Self-Care For All

Resources to “BeWell365” during emergency school closure
Welcome! The MCPS Pupil Personnel Workers wish everyone the best during during this very tough time. We hope everyone is staying safe and healthy. Please use this slideshow for ideas on how to practice self care while at home.

All The Best,

MCPS PPWs
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Activities and practices we engage in on a regular basis to reduce stress and enhance our well-being. -Unknown

Self-care is an active and choice to engage in the activities that are required to gain or maintain an optimal level of overall health (physical, emotional, spiritual).

Self Care: intentional proactive pursuit of personal and professional wellness balancing mind, body and spirit- One person’s self care should not come at the expense of another’s (Mindfuless is infused self care) – Dr. Gill Lopez, Director of School Psychology program at Fairfield University, NASP Website Podcast
"At MCPS, we are committed to the academic success and to the physical, social and psychological well-being of every one of our students. Student learning is our purpose, and we know that students perform better academically when they are healthy in body, mind and spirit. The two go hand in hand to produce young people who are successful in school and in life."

Dr. Jack Smith, Superintendent of Schools
MY SELF-CARE PLAN

CHECK THE SELF-CARE SKILLS YOU ALREADY USE

- EXERCISE
- SPEND TIME IN NATURE
- TAKE SLOW, DEEP BREATHS
- READ A BOOK
- LISTEN TO MUSIC
- SPEND TIME IN NATURE
- TAKE 3 DEEP BREATHS
- TAKE DIGITAL DETOXES
- SET DAILY/WEEKLY GOALS
- FOCUS ON MY STRENGTHS
- WRITE IN A JOURNAL
- ASK FOR HELP
- TAKE WARM SHOWER/BATH
- TRY NEW ACTIVITIES
- USE A STRESS TOY
- USE A MINDFULNESS APP
- TAKE BREAKS
- GET GOOD SLEEP
- DO SOMETHING KIND
- STRETCH
- GO FOR A WALK
- DRINK WATER
- EAT SOMETHING HEALTHY
- ORGANIZE YOUR BELONGINGS
- CUDDLE YOUR PET
- HANG OUT OUTSIDE
- JUMP ON A TRAMPOLINE
- PLAY GAMES
- SPEND QUIET TIME ALONE
- HANG OUT WITH POSITIVE PEOPLE
- CREATE ART

WHAT SELF-CARE SKILLS WOULD YOU LIKE TO USE IN THE FUTURE?

1. 
2. 
3.
Checking In on Yourself

Here’s a way to stop and reflect on what’s really important right now:

Ask Yourself These Daily Quarantine Questions

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating or enjoying today?
PRE-SCHOOL & ELEMENTARY:
PK3-5TH GRADE
“Always look for the helpers, where there are helpers, there is hope”  Fred Rogers  3:09

Talking to kids about Covid 19 KXAN 2:19

“Answering Kids Questions about Coronavirus”. Children's Hospital of Colorado 7:42
Quotes to think about:

Have you told you lately that you love you?
ACTIVITIES FOR PRE-K STUDENTS

1. Connect-the-dots with letters
2. Alphabet knock down
3. Children’s book in a bottle
4. Crocodile circle
5. Letter matching archeology game
6. Mini alphabet sensory bins

See this link for additional activities and directions:

https://www.rasmussen.edu/degrees/education/blog/literacy-activities-for-preschoolers/
Activities for Pre-K

Kid Sense Self Care Skills

Ahway Island: your kid's source for relaxation, fun, and everyday adventure

Click Above!
Rich array of *Sesame Street* content, including newly produced *Sesame Street* Muppet moments designed to entertain, educate, and comfort parents, caregivers, and children.

[Sesame Workshop Launches 'Caring for Each Other' Initiative to Help Parents and Children During Coronavirus Pandemic -- CLICK HERE](#)

[Caring for Each Other -- CLICK HERE](#)
One of the internet's largest collections of educational resources, nursery rhymes for children, and cartoons.

https://www.babyfirsttv.com/#shows
Need to shake out the sillies or get calm?

GoNoodle: Home
“I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival.”

- Audre Lorde
Watch Penguins Tour the Shedd Aquarium

https://twitter.com/shedd_aquarium/status/1239661654629023747?s=21&utm_source=CreativeMornings+Global&utm_campaign=c8ff1519d1-WEEKLY_HIGHLIGHTS_215_COPY_01&utm_medium=email&utm_term=0_1768cc808f-c8ff1519d1-326300085&mc_cid=c8ff1519d1&mc_eid=6fb5e4dea6

The adventure continues! 🐧>
This morning, Edward and Annie explored Shedd’s rotunda. They are a bonded pair of rockhopper penguins, which means they are together for nesting season. Springtime is nesting season for penguins at Shedd, and this year is no different! (1/3) 👇
Podcasts

English

https://www.ahwayisland.com/

NASP Podcast

Espanol

https://babyradio.es/podcasts-babyradio
Podcasts

https://www.rebelgirls.com/pages/podcast

https://www.npr.org/podcasts/414697070/brains-on
Listen to Stories!

Listening to stories can help reduce stress and make sense of the world! Audibles is offering free children’s books to listen to while schools are closed.

https://www.audible.com/ep/kids-audiobooks
Homeschool Activities that are High Interest

- Scholastic At Home
- Wild Earth – Youtube – Watching real life safari videos
- San Diego Zoo Virtual Tour
MIDDLE SCHOOL: 6th - 8th Grades
86 Creative Activities for Pre-Teens & Teens

- Color
- Paint
- Draw
- Bake cookies
- Collect leaves and rocks
- Work on a puzzle
- Study the Bible
- Practice photography
- Work on learning a new language
- Play a board game
- Memorize a Scripture verse
- Create an art journal
- Make play dough
- Create chalk drawings outside
- Pack a picnic
- Make puppets
- Work with beads
- Train a dog
- Exercise
- Ride a bike
- Try a new hair style
- Paint your nails
- Make a cake
- Look through a cookbook (pick out things to make and make a shopping list!)
- Play with marbles
- Water the flowers and weed the flower beds
- Draw a self portrait
- Create a treasure hunt with clues for your parents and/or siblings
- Write in your journal
- Work on a short story or novel
- Interview a parent or sibling
- Sew
- Tie-dye a shirt
- Make ice cream
- Observe objects in your microscope
- Paint rocks
- Plan a scavenger hunt
- Crochet
- Make a duct tape rose
- Have a relay race
- Play hangman
- Run through the sprinklers
- Play with bubbles
- Play with Legos
- Do a science experiment
- Sing songs with a sibling
- Play catch
- Make a music video
- Take pictures
- Plant a mini-garden
- Walk the dog
- Have a water balloon fight
- Put on a play
- Create a photo book
- Jump rope
- Make a lemonade stand
- Write a letter
- Model with clay
- Play balloon volleyball
- Create origami
- Create a memory jar
- Set up a tent
- Write up interview questions for our parents
- Practice cartwheels
- Collect things for a yard sale (& plan one)
- Organize your closet
- Lay in the grass and watch the clouds
- Practice an instrument
- Create a dance contest
- Work on craft projects
- Start a kickball game
- Make friendship bracelets
- Make a tie blanket
- Make up a Madlibs story
- Write a play and act it out
- Style each others’ hair
- Take a walk
- Play hopscotch
- Take turns singing favorite songs
- Play checkers or chess
- Read a book
- Play in the water
- Play lawn darts
- Play croquet
- Start a volleyball or soccer game
Indoor Activities for Tweens -- CLICK HERE
Unplugged Activities for Tweens

50+ Unplugged Activities for Tween Age Boys — CLICK HERE
50 Ways to Take a Break
**Self-care Bingo**

Can be created in any language and adapted to any age. Materials needed:

1. A piece of paper for each person playing
2. Writing utensil
3. Anything to cover the squares “called” or “played”

Suggestions:

- Dance party
- Take a nap
- Write a note of appreciation to your teacher/parent/BFF
- Walk the dog
- Take a walk
- Do a random act of kindness
- Learn a new skill
- Clean out clutter
- Read a short story
- Draw
- Color
- Make a craft
- Listen to soothing music
- Visit with a friend through Messenger, FaceTime or ...
Self-Care for Kids

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

1. Take a Break
   You may have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. It can be helpful to try making your schedule lighter by taking a little break (if you can) from certain stressful activities.

2. Do Your Favorite Things
   Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven’t been able to do in a while. Make a plan to do the things on your list soon!

3. Learn to Relax
   Take some time to do something that relaxes you and calms your mind and body. This might mean turning off electronics and going out in nature. You could also try meditation, yoga, or listening to calming music.

4. Take Care of Your Body
   The healthier you are, the easier it will be to cope with stress and negative feelings. Make sure that you’re getting enough sleep every night. Exercise often, and eat healthy meals.

5. Be Around People You Enjoy
   Surround yourself with people that make you feel happy. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

6. Share Your Feelings
   It is helpful to find someone to talk about your feelings with often. This could be a counselor, a close friend, or a family member. Talking about your feelings is a healthy way of coping and can help you feel happier.
Mindful Breathing; 3mins
https://youtu.be/SEfs5TJZ6Nk

Mindfulness for Kids; 5mins
https://youtu.be/shR8DLyOkcg
HIGH SCHOOL & YOUNG ADULTS
How to Encourage Your Teen to Spend Time on Self-Care

Click Here (article: Newsweek)

What do I do for self-care?

- Get plenty of sleep
- Enjoy sunshine
- Cook
- Write or draw (think out loud)
- Talk to myself
- Cuddle cats
- Walk or bike (esp in a park)
- Tidy
- Read
- Read about people whose lives are more complicated
- Garden
- Get a hug
- Talk to select people
How Teenagers can Protect Their Mental Health

How teenagers can protect their mental health during coronavirus (COVID-19)
Supporting Teenagers and Young Adults

Teen Social Distancing Activities

Social Distancing and Teens: 30 Things They Can Do Alone or With the Family -- CLICK HERE
Self-care for the Creative Soul

https://creativemornings.com/talks/james-greig/1?utm_source=CreativeMornings+Global&utm_campaign=c8ff1519d1-WEEKLY_HIGHLIGHTS_215_COPY_01&utm_medium=email&utm_term=0_1768cc808f-c8ff1519d1-326300085&mc_cid=c8ff1519d1&mc_eid=6fb5e4dea6
ADULTS
"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."

- Eleanor Brown
A Listening Care Package for Uncertain Times:
https://onbeing.org/blog/a-listening-care-package-for-uncertain-times
/?fbclid=IwAR2H3i9_e610i6h0-ZWZ6LuMurTd2s1Z49uoIMy-rKd9Ri5g3RMJ1keBp-8

Tips for Taking the Fear out of Coronavirus:
https://www.joanborysenko.com/2020/03/taking-the-fear-out-of-coronavirus/?mc_cid=d096e2b514&mc_eid=2fd525d71af#video

How to Cope With Anxiety About Coronavirus (COVID-19):
**Video Clips**

[https://www.youtube.com/watch?v=Shka3Shzq2o](https://www.youtube.com/watch?v=Shka3Shzq2o) “Coffee House Jazz” instrumental music

[https://www.youtube.com/watch?v=w0iVTQS8ftg](https://www.youtube.com/watch?v=w0iVTQS8ftg) A Self Care Action Plan; how to Adult. 5:01

Self Care  Lee Kaufman Marriage Recovery Center

Information for to Help Yourself or Others

Suggested ways to help yourself with the what ifs...


This is great information for all of us to keep us healthy mentally and physically.

https://www.joanborysenko.com/2020/03/taking-the-fear-out-of-coronavirus/?mc_cid=d096e2b514&mc_eid=2fd525d71a#video
Coronavirus quarantine: 100 things to do while trapped inside

-- CLICK HERE
Everything Is Awful and I'm Not Okay: questions to ask before giving up

Have you changed any of your medications in the past couple of weeks, including skipped doses or a change in generic prescription brand?

That may be screwing with your head. Give things a few days, then talk to your doctor if it doesn’t settle down.

Have you waited a week?

Sometimes our perception of life is skewed, and we can’t even tell that we’re not thinking clearly, and there’s no obvious external cause. It happens. Keep yourself going for a full week, whatever it takes, and see if you still feel the same way then.

You’ve made it this far, and you will make it through. You are stronger than you think.

Everything Is Awful and I'm Not Okay: questions to ask before giving up -- click here
Keep Your body moving

CorePower Yoga Free online yoga and meditation classes

https://www.corepoweryogaondemand.com/keep-up-your-practice?fbclid=IwAR3-T4eGvS1B7S2RKGV6tLoglWAobw3n6S4mYxPAq750ppu32BPxlzAZfuA

YMCA 360 Free on demand workout videos; No membership required

YMCA 360 - Online Exercise | On-Demand Videos
Dear Friends ~ During this global crisis we all need pathways to calm, clarity and openheartedness. While it’s natural to feel fear during times of great collective crisis, our challenge is that fear easily takes over our lives. Mindfulness and compassion practices can help us find an inner refuge, and deepen our loving connection with each other. This list of talks and guided meditations will support you through these difficult times.

With loving blessings, Tara
Greater Good: The Science of a Meaningful Life

- Topics
- Quizzes
- Videos
- Podcasts
- Keys to Well-Being
FAMILIES
A Bare-Bones Daily Schedule for Those Who Just Cannot With School At Home

**Help** (prepare food, tidy up, feed pets)

**Eat** (meals, snacks, and lots of water)

**Learn** (writing, building, experimenting)

**Play** (games, crafts, toys)

**Exercise** (run, bike, jump, dance)

**Read** (together or alone)

**Screens** (facetime, movies, apps, games)

https://www.510families.com/loose-school-at-home-schedule/
Healthy Eating During Quarantine

- Create a structured eating schedule
- Have a cut off from eating to curtail grazing
- Prepare healthy snacks ahead of time so you don’t go on a junk food binge
- Plan out dinner with a healthy protein, vegetables and portion out any starches.
- Hydrate yourself during the day with at least 64 oz of plain water
- Throw out junk food from pantry

Healthy Snacks Ideas
  - [https://snacknation.com/blog/guide/healthy-snacks/](https://snacknation.com/blog/guide/healthy-snacks/)
Virtual Museum Tours

https://artsandculture.google.com/partner?hl=en&mc_cid=c8ff1519d1&mc_eid=6fb5e4dea6
“To be a good parent, you need to take care of yourself so that you have the physical and emotional energy to take care of your family.”

- Michelle Obama
Resilience and Routines for Families During the Pandemic

Resilience and Routines for Families During the Pandemic -- CLICK HERE
Mindfulness Activities

6 Mindfulness Activities You Can Do as a Family  -- Click Here

Eight Ways to Bring Mindfulness into Your Family  -- Click Here
Virtual Tours of 5 National Parks

Resources for Families

COGNITA SCHOOLS: An Inspiring World of Education

Tips and Advice for Families

School Closure or Self-isolation: Advice for Teenage Students

Talking to Your Child about Coronavirus

Maintaining Wellbeing During School Closures
Stay At Home Activities Kit

https://us2.campaign-archive.com/?u=7ffd04812c1972d0dd39de876&id=bd854d2334&e=7ff9469690&utm_source=CreativeMornings+Global&utm_campaign=c8ff1519d1-WEEKLY HIGHLIGHTS 215 COPY 01&utm_medium=email&utm_term=0_1768cc808f-c8ff1519d1-326300085&mc_cid=c8ff1519d1&mc_eid=6fb5e4dea6
Podcasts

https://www.npr.org/podcasts/510321/wow-in-the-world
Glitter Calming Jars

Materials:
- Empty Plastic Bottle/Glass Jar
- Small Bowl
- Whisk
- Measuring Cup
- 1 Cup of Hot Water
- 2 fl oz Glitter Glue (¼ cup or small container)
- Fine Glitter (assorted colors)
- Food Coloring (matching your glitter)
- Super Glue
- Optional: Funnel

Step 1: Wash each bottle in hot, soapy water before using. Let dry and set aside.

Step 2: Pour glitter glue in bowl

Step 3: Add hot water to bowl. Use the whisk to mix the water and glue until the mix is no longer clumpy

Step 4: Add glitter to mixture, use the whisk to make sure it’s evenly distributed. Start with a small amount and then add glitter as needed

Step 5: Add 1 drop of food coloring

Step 6: Pour mixture into bottle/jar

Step 7: Super glue lid to bottle/jar

Step 8: SHAKE and ENJOY!!
Blowing Bubbles As Self-Care

Follow the Link

Good for teaching breathing, and fun for the whole family.

Also use the leftover solution to sanitize!

Article on Bubbles as self Care


Guided Exercise


Recipe for Bubble Solution

https://www.thesprucecrafts.com/make-your-own-bubble-blowing-mixture-1244214

Make your own bubble wands

Alternatives to singing ‘Happy Birthday’ when washing hands

Coronavirus: Vietnam's handwashing song goes global -- CLICK HERE
Talking to Young Children about COVID-19

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus
“When physical distancing is deemed necessary, social and emotional connectedness is even more critical.” – Karen Niemi President & CEO Collaborative for Academic, Social, and Emotional Learning (CASEL)

- Resources for parents and caregivers
- Resources for educators
- Resources for state policy makers and leaders
RECURSOS EN ESPAÑOL
Audio books for children of all ages in different languages

https://stories.audible.com/start-listen -- CLICK HERE
¿Quién quiero ser durante el COVID-19?

Compras de pánico
Me rindo fácilmente
Zona de miedo
Reconozco que todos estamos tratando de dar lo mejor de nosotros mismos ante una situación complicada
Vivo en el presente

Encuentro un propósito
Comienzo a soltar el control
Pienso en los demás y busco cómo ayudarlos
Zona de aprendizaje
Agradezco

Zona de crecimiento
@parteaguaspodcast

Agandallo papel de baño, comida y medicamentos que no necesito
Remember to BREATHE... We will all get through this together! Stay Safe and Healthy! We can’t wait to see everyone Soon!