

## TIPS TO HELP WITH PEACE OF MIND

When times at home become challenging, we need to take a step back and regroup. This is true for adults and children. Let's be mindful of what our minds need as well as our bodies. Visit the links below to brighten your spirit during these cloudy days.

### [Filling Your Cup: Comprehensive Self-Care Strategies](#)

Four-part training series on reducing stress and finding balance in your everyday life

### [Practice Gratitude, Boost Your Mood](#)

Short video tips to incorporate self-care practices into your new routine

### [Loving Kindness Meditation](#)

2-minute guided meditation to combat stress with mindfulness and compassion

## MIND AND BODY CONNECTED

There is a Sanskrit proverb: "For breath is life; if you breathe well, you will live long on earth." Research suggests that slow, deep breathing can trigger the "relaxation response," slowing respiration and heart rate, reducing blood pressure, soothing digestion, improving energy, and reducing stress.

### Deep Breathing



To help with relaxing try these simple poses:

### Torso Twists



### Extended Pony



## Have Fun Learning

Even though our kids are stuck inside, don't let them become couch potatoes! You can still do brain breaks between school assignments. Here are some quick and easy things to do.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

**Young children:** Looking at the map identify north, south, east and west. Starting in New York, have children point north, south, east and west. Ask them to find 2-3 states in each direction. If they are readers, have them name the state. Place a paper on the floor around the room with the direction words written on them. Take away the map and say: Gallop, hop on your left foot, or jump to, and name a direction or state in a direction. Example – I want you to hop on your left foot to Texas.

**Older children:** Have them spell the state. You can also give them time to memorize a given area, (south) you name a state and ask them to give you the border states.

It's easy to incorporate math too. Have your child add the total number of letters in a given state, have them multiply the number of a given letter by a given number. Example: I want you to look at the spelling of Kansas, add all the letters, then multiply that number by 2 and subtract the number of a's in that state.

Now, get them moving. Ask them to do 1 sit up for every letter in the spelling of the state (for Kansas they would need to do 6 sit ups). Have them do jumping jacks for the number they go when they multiplied, and so on.

If you have access to the internet, have them do some research and find the number of counties, cities, rivers, lakes etc. To get them moving have them do breast strokes, backstrokes for that number. Then take it further by doing the same for a border state and incorporate division.

Here are some other exercises you can do that do not require any special items.

- Low or high kicks
- Basketball dribbles
- Arm pumps – weight lifting
- Running in place
- Elbow to knee
- Crisscross jumps
- Writing their name with their legs in the air
- Paddling a boat
- Marching in place around the room
- Using a book – move it around their waist
- Bicep curls
- Dancing

**Check out these websites for more MOVING ideas**

[www.youtube.com](http://www.youtube.com) Usher and Sesame Street – ABC SONG; Sid Shuffle – Ice Age  
 Zumba; Ghostbusters; Tae Bo with Billy Blanks; Beyoncé - Let's Move Dance  
[www.jamschoolprogram.com](http://www.jamschoolprogram.com)

**Your Creating Healthy Schools and Communities Partners love sharing ideas.**

***Most importantly – HAVE FUN & STAY WELL***

## STAYING HEALTHY WHEN THERE IS NO SCHOOL!

Make it a goal today to eat the recommended number of servings from each food group, which is 6 servings of grains, 3 servings of vegetables, 2 of fruits, 3 of milk or other dairy foods, and 6 ounces of protein! & don't forget physical activity!

Be Active! 60 minutes of physical activity every day is recommended for good health. Participate in a variety of energizers and physical activity to get all your minutes in!

Creating Healthy Schools and communities



***Check out these resources for more ideas***



[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

[www.allianceforahealthiergeneration.org](http://www.allianceforahealthiergeneration.org)

[www.jamschoolprogram.com](http://www.jamschoolprogram.com)

[www.healthygamesforkids.org](http://www.healthygamesforkids.org)

[www.fns.usda.gov/tn/team-nutrition-back-school-resources](http://www.fns.usda.gov/tn/team-nutrition-back-school-resources)

[www.nysed.gov/cn/cnms.htm](http://www.nysed.gov/cn/cnms.htm)

### **On You tube**

Yoga for Kids & Teens; Go Noodle; Usher and Sesame Street – ABC SONG; Sid Shuffle – Ice Age; Zumba Ghostbusters; Tae Bo & Ghostbusters with Billy Blanks; Beyoncé - Let's Move Dance; Sid Shuffle – Ice Age Zumba