Ideas & Activities for Families During the COVID-19

As schools close, activities pause and states issue stay-at-home orders, we have a unique opportunity to “go within” and connect deeply with our families. We hope the below activities will help foster peace with our children, inspire fun with our families and shine a healing light of love upon our world. We’re all in this together!

**ACTIVITIES FOR KIDS**

**Put Our Peace Pledge Into Action**

**I pledge to use my words to speak in a kind way.**

- Sing a happy song! Go curbside caroling with your family; create a music video and share far and wide; sing from your window like the [Italians](https://www.italianobserver.com/2020/04/20/italians-singing-for-coronavirus-patients/), or simply sing along with the radio.
- List all the things that make you happy.
- Send [Peaceful Pen Pal](https://www.kidsforpeaceglobal.org/peaceful-pen-pal) letters to other kids in the USA. Sign up [here](https://www.kidsforpeaceglobal.org/peaceful-pen-pal)
  
  We already have 440+ youth from 37 states participating!
- Create an entry for the “I Am Powerful” Kids for Peace Book “Contest.” This will be our 5th book. Learn more: [Flier & Book Entry Form](https://www.kidsforpeaceglobal.org/iampowerful).
- Write and mail a card through our [Loving Letters for Grandfriends project](https://www.kidsforpeaceglobal.org/lovingletters). Send cheer to a senior citizen who can no longer receive visitors due to the COVID-19 situation. [Learn More & Sign Up](https://www.kidsforpeaceglobal.org/lovingletters).
- Hold gratitude circles at dinnertime.
- Call or FaceTime friends, Grandparents, or Grandfriends just to say hello.
- Make up a poem with a positive message.
- Write positive messages on Post-It Notes and place on mirrors in your house.
- Make Peace Rocks. Paint rocks with kind words and place them around town to delight your neighbors.

**I pledge to help others as I go throughout my day.**

- **Surprise delivery drivers with a gratitude gift.** Place a note and a gift of food, water, gift cards, a toilet paper roll, etc. in a basket by your front door. #ThankYourDeliveryDriver.
- Create a “Take what you need, Leave what you can.” container for your neighborhood.
- From our friends at [The Random Acts of Kindness Foundation](https://www.kindness.org/), post these notes and offer to help your neighbors! (Please don’t interact directly; just leave the note on the door.)
- **Sew facemasks for nurses and doctors.**
- Do household chores without being asked - make your bed, pick up your toys, clean your room/bathroom.

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I pledge to help others as I go throughout my day cont’d

- NEW: Let’s show our healthcare workers how much we appreciate them with #AppreciationPizzas!
- Whenever possible, avoid time with people outside your family to help prevent the spread of COVID-19.
- Offer to pick up mail or run errands for elderly neighbors and leave shopping bags on their doorstep. Use the Random Acts of Kindness Foundation form or give your neighbors a call.

I pledge to care for our earth with my healing heart and hands.
- Check out the one-click actions from our friends at Roots and Shoots.
- Take a hike or visit the beach and pick up litter along the way (remember to keep the 6 feet distance from others!) #SixFeetOfKindness.
- Learn about recycling in your community and discover something new.
- Water your plants, pick weeds.
- Harvest seeds from fruits and replant them.
- Learn about composting and practice in your own garden.

I pledge to respect people in each and every land.
- Show compassion to end harassment towards Asians who might be experiencing racial discrimination because of COVID-19 fears.
- Discover something new about a different culture or a different country.
- Listen to music from different parts of the world.
- Pick at least one country from each continent and discover their favorite food/dish.

I pledge to join together as we unite the big and small.
- NEW: Let’s safely celebrate birthdays with a Happy Birthday Party Parade! Click here for step by step tips on how to coordinate a successful and safe car parade.
- Loving Letters for Grandfriends. Sign up a senior to receive loving letters or sign up to write loving letters to seniors! Learn More & Sign Up.
- Send letters or cards to Senior Homes, Memory Care, Hospice facilities since they are not able to have visitors at this time.
- Spend time taking care of your pet - feed them, brush them, walk them, clean up after them.

I pledge to do my part to create PEACE for one and all.
- Chalk your walk.
- Stay strong and healthy with this One Month PE Challenge created by Coach K, the PE teacher from Reynolds Elementary in Oceanside, CA.
- Design your own string of peace flags using old clothes, paint, or whatever materials you have available at home.
- Create a kind rainbow.
- Practice mindful breathing exercises.
- Do yoga.
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FUN ACTIVITIES FOR FAMILIES

- **NEW**: Safely celebrate birthdays with a Happy Birthday Party Parade! [Learn more and see the joy!]
- Download our [Great Kindness Challenge- Family Edition checklist](#) and complete as many items as possible from home.
- Join our [Happy Heart Hunt](#). Let’s blanket our world with LOVE! It’s simple! Just make a heart from any object and tape it to a street-facing window to send your love out to the world. Encourage all your friends to do the same. Then, in a few days, take a family walk to search for other hearts on houses. How fun it will be to watch the love grow! [Learn More.]
- Host Family Game Night – get out the board games, decks of cards, chess sets and puzzles.
- Create an obstacle course with things from your home.
- Have a spontaneous dance party! Crank the tunes and DANCE!!
- Create a family “masterpiece” out of [recycled items](#) from your decluttering.
- Listen to a podcast: “Wow in the World”.
- [Learn on-line together.](#)
- Teach your child a skill or a share a talent. Teach them to cook, change a tire, sew on a button, balance a checkbook, play the ukulele, etc.
- Go on a [scavenger hunt](#).
- Explore nature. Continue to spend time outdoors. The fresh air is good for kids, and for us as parents. But please do this as a family rather than meeting up in groups.
- Create a [family vision board](#).
VIRTUAL PLAYDATES AND CONNECTIONS

Use a free video platform to connect with other kids. Zoom, FaceTime, Skype, WhatsApp and Google Hangouts are some of our go-tos.

- Lego Masters – Create a LEGO challenge amongst a group of friends. Give the kids a timeframe to create. Send pictures of final creation on a video platform.
- Start a virtual book club for kids.
- Take a Virtual Museum Tour together.

HELPFUL TIPS FOR PARENTS

How to talk about COVID-19 with your children

- Meet children where they are.
- Help them feel like they’re in control.
- Be realistic about them getting sick.
- Provide reassurance.
- Keep up a normal routine.

Sources/learn more:
NEW: Social Distancing - a PSA from Carlsbad High School Students
NEW: A cool way to show kids how easily germs travel from one child to the next!
https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111

Self-care Ideas

We must remember to take care of ourselves so we can take good care of our children!
2. Look after yourself – exercise & meditate.
3. Reach out to others and support people around you.
4. Maintain a sense of hope and positive thinking.
5. Acknowledge your feelings.
6. Take time to talk with your children about the COVID-19 outbreak.
7. Ask for professional support.
8. Remember you are not alone.

Sources/learn more:
https://www.mhe-sme.org/covid-19/
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**TIPS FOR PARENTS CONT’D**

Create a Routine

While you are home with your children, a routine will be helpful for both your kids and you! We love to make plans, but stay flexible and leave room for the “magic” of the moment to happen.

- Use school as the framework and honor what had been your child’s routine.
- Dedicate time for play.
- Schedule in some easy indoor activities.
- Go to recess.
- Make a screen time routine.

Sources/learn more:
https://busytoddler.com/2020/03/indoor-activities/

**INSPIRATION**

- **NEW:** Some Good News with John Krasinski
- **A message of hope from Dr. Jane Goodall,** our 2010 Peace Hero
- This beautiful poem puts everything in perspective. Lockdown – Hope for Humanity

**COVID-19 DAILY SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before 9:00</td>
<td>Wake up</td>
</tr>
<tr>
<td>9:00 - 10:00</td>
<td>Morning walk</td>
</tr>
<tr>
<td>10:00 - 11:00</td>
<td>Academic time</td>
</tr>
<tr>
<td>11:00 - 12:00</td>
<td>Creative time</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:30PM</td>
<td>Chore time</td>
</tr>
<tr>
<td>1:00 - 2:00</td>
<td>Quiet time</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>Academic time</td>
</tr>
<tr>
<td>4:00 - 6:00</td>
<td>Afternoon fresh air</td>
</tr>
<tr>
<td>6:00 - 6:30</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:30 - 8:00</td>
<td>Free TV time</td>
</tr>
<tr>
<td>8:00</td>
<td>Bedtime</td>
</tr>
</tbody>
</table>

We are all in this TOGETHER!

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