



Resources to Help You and Your Family Through this Challenging Time

Take Care of Yourself:

15 Self-care Quarantine Ideas

www.thriveglobal.com/stories/15-self-care-quarantine-ideas/

Six Daily Questions to Ask Yourself in Quarantine

greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine

Make time for self-care during a self-quarantine

www.geisinger.org/health-and-wellness/wellness-articles/2020/03/18/17/56/self-care-during-quarantine

Protect Your Mental Health During The Coronavirus Outbreak

<https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Protect-Your-Mental-Health-during-the-Coron>

Be Productive at Home:

50 Things to Do When You're Stuck at Home

www.timeout.com/things-to-do/best-things-to-do-at-home-stuck-inside-bored

20 Fun Ways to Be More Productive at Home

www.housebeautiful.com/lifestyle/fun-at-home/a31697979/fun-things-to-do-at-home/

Keep Kids Entertained & Informed:

These 50 Fun Activities for Kids Will Keep Them Entertained for Hours

www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/?slide=7

5 Fun & Cheap Family Game Night Ideas & Board Games

www.moneycrashers.com/family-game-night-ideas-board-games/

Kid Crafts

www.parents.com/fun/arts-crafts/kid/

Ease Children's Anxiety About COVID-19

<https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19>