



How Families Can Cope with Stay-at-Home Advisory

Bring the beauty of spring indoors. If your daffodils or tulips are blooming, cut a few to enjoy inside.

Burn a scented candle for a calming effect.

Stay active, because you will sleep better at night.

Find exercise or yoga videos on YouTube or TV.

Go outdoors for a power walk or jog.

Make a schedule for you and your family — one day at a time or for a week. Having structure helps.

Give your family members chores to do. The house needs to be cleaned, and clothes need to be washed, folded, and ironed. This is an opportunity to teach life skills that we may have allowed our family to skip in the past.

Every day, be grateful for something. Write it down so you can look back on your gratefulness list.

Donate blood! There's a significant shortage right now. Make an appointment at the closest donation center near you.

Donate monetarily to local food banks.

Keep it positive on social media.

Call fellow members to check in, especially our older members.

Read some books. Many libraries offer e-books online.

Binge-watch your favorite program that you never had time for. Now's the time to indulge!



Connect with your family — play games or read books together. Amazon has free Audible audiobooks for children.

Cook or bake something together.

2,500 museums offer virtual tours.

Grandparents can read to your grandchildren by FaceTime or other computer applications.

Create daily activities on sticky notes and put them on the wall.

Have one day for a family film afternoon.

Let teens have some private time to FaceTime their friends.

Homeschool Spirit Week

Monday: Superhero Day — In honor of the hospital workers, first responders, grocery employees, and other essential personnel.

Tuesday: Crazy Hair/School Colors Day — In honor of hair stylists and the school you miss.

Wednesday: Dress like a Grandparent Day — In honor of a grandparent that is most at risk.

Thursday: Jersey Day — In honor of your favorite sports team that is not able to play right now.

Friday: Pajama Day — Because pajamas are the best part of your homeschooling.

