

# EXCELSIOR

During a time of uncertainty, it is important for families to incorporate predictability within their schedules and routines. This is particularly important for children who are familiar with the structure they participate in while at school. Balancing time, keeping kids occupied and engaged, and providing support while homeschooling or working from home can be challenging. We hope this resource provides helpful information about common reactions children may have adjusting and spark ideas for fun activities and routines to do with the family! **If you need direct support from our child and family specialists, Excelsior providers are here to serve you via virtual appointments, please call us (509) 559-3100.**



## Preschool

### Potential Reactions

- Fear of being alone, bad dreams
- Speech difficulties
- Loss of bladder/bowel control, constipation, bed-wetting
- Change in appetite
- Increased temper tantrums or clinging behaviors

### Activities

#### 3 to 5 Years

- Puzzles (5-25 large pieces)
- Simple matching games
- Puppets (make your own out of paper lunch sacks)
- Painting
- Cutting and pasting
- Dramatic/imaginative play
- Bubbles



## School-Age

- Irritability and/or aggressive behavior
- Clinging, nightmares
- Sleep/appetite disturbance
- Physical symptoms (headaches, stomachaches)
- Loss of interest
- Competition for parents' attention
- Forgetfulness about chores and new information learned

#### 6 to 12 Years

- Board Games/Puzzles
- Exercise and stretching
- Stay in touch with friends through telephone or Internet
- Crafts/ Sorting/matching/counting/put together activities
- Helping with household chores
- Reading
- Word search, mazes, matching, crosswords
- Magnets and science-like activities
- Hobbies/Collections

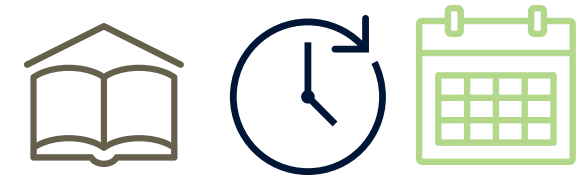


## Adolescent

- Physical symptoms (headaches, rashes, etc.)
- Sleep/appetite disturbance
- Agitation or decrease in energy
- Ignoring health promotion behaviors
- Isolating
- Concerns about stigma and injustices

#### 13 to 18 Years

- Already developed interests will guide choices
- Stay in touch with friends through telephone, or Internet
- Video games
- Competitive games
- Hobbies/collections
- Music
- Reading



## Homeschool Schedule (example)

- 10:00-11:00am **Reading**
- 11:00-12:00pm **Online Learning**
- 12:00-1:00pm **Lunch and Free Time**
- 1:00-2:00pm **Rotating Activities** (Art, Music, Science, ect.)
- 2:00-3:00pm **Hike or Gardening**
- 3:00-3:30pm **Write about your day**
- 3:30-4:00pm **Clean up**

### Quick Tips:

- **Patience, tolerance, and reassurance!**
- Limit media
- Maintain regular family routines
- Discuss healthy behaviors and hygiene practices