Ideas & Activities for Families During 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, or simply sing along with the radio.
- List all the things that make you happy.
- Send Peaceful Pen Pal letters to other kids in the USA. Sign up here.
- 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.
- Write and mail a card through our Loving Letters for Grandfriends project. Send cheer to a senior citizen who can no longer receive visitors due to the COVID-19 situation. Learn More & Sign Up.
- 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, 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.
**ACTIVITIES FOR KIDS CONT’D**

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

- 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.

- 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.

KidsForPeaceGlobal.Org  501(c)(3) nonprofit organization #26-1564351  GreatKindnessChallenge.Org
FUN ACTIVITIES FOR FAMILIES

- Let’s unite, bring hope and set a Guinness World Record with our Linked By Love longest paper chain ever!
- Take a Breather Break - 5 deep breaths to calm and comfort.
- Check out our One-Minute Wonders and keep your family moving with a simple circuit workout!
- Celebrate Earth Day with our COVID Cardboard Creations.
- Jot down what you are missing the most and add it to your Someday Soon Jar. Soon you will be able to enjoy it again!
- Stay safe and spread some smiles with an Undercover Smiles Facemask project!
- Organize a Happy House Hunt or a fun scavenger hunt at home.
- Create a Covid-19 Time Capsule from Long Creations.
- Send a Hug to your loved ones.
- 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!!
- Play charades.
- Clean your closets together. (Seriously!) Put on some fun music and then joyfully declutter. Keep only the things that are useful and spark joy.
- 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.
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:
How To Care For Your Kids’ Mental Health During The COVID-19 Pandemic
Social Distancing - a PSA from Carlsbad High School Students
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/
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

- 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