

## Family Resources

How are you doing, trying to juggle work and kids and boredom and cooking . . . and the list goes on! Just when we are about to get a better grasp on using more and newer technology, there are rumblings that NC is about to relax shelter in place. It is encouraging that there are lots of important conversations among leaders about the best way and time to slowly and safely move back into society.

**It's almost May!** The governor just announced that NC public schools aren't reopening this school year. Virtual prom season has started. Wonder what graduations will look like? Maybe more than ever, resources to help your kids and your family find new ways to have fun, learn and spend important time with one another are going to come in handy. Here are a few new ideas for you and your family to enjoy. Stay well!

**SOOO Many Handouts Attached!** Attached to this email are lots of printable resources for you and your family to enjoy. If you want resources and don't have a printer, please let one of the Family Partners know and we will print and mail you a packet of fun! Thanks to our colleague, Jean Hartford-Todd, Certified Child Life Specialist with the **Duke Cancer Patient Support Program** for sharing these fun activities with us!

**Online Learning Zoo** If you love all things animal, Switch Zoo is for you! It's a site full of funny and creative animal names, drawings, stories and poems. Don't miss the [fantastic drawings](#) of combination animals by 5<sup>th</sup> graders at the Visitor's Pages. [www.SwitchZoo.com](http://www.SwitchZoo.com)

**Good Energy at Home** *GoNoodle* is a free resource that provides tons of ways for kids and families to be active, stay mindful, and keep on learning! *GoNoodle* benefits kids' physical wellness, academic success, and social-emotional health, a triple threat for success!

There is a website, there are apps and You Tube videos, too! Let's ALL GoNoodles!!

[www.gonoodle.com](http://www.gonoodle.com)

**Got Girls?** Recognizing the important connection between physical and emotional health, the *Girls on the Run* programs creatively integrates running to cultivates healthy behaviors to inspire girls to reach her potential - for the rest of her life! Check out local programs for activities going on NOW!

<https://www.girlsontherun.org/>

**DIY Caterpillar Time!** Here is a very simple activity for making "*The Very Hungry Caterpillar*"

<https://www.thesprucecrafts.com/diy-caterpillar-craft-for-kids-4125131>

**It's bubble time!** Check out this website for making homemade bubbles and bubble blowers. A great outdoor activity now that the weather is warmer and fun for kids and teens of all ages!

<https://www.beyondthechalkboard.org/activity/bubbles/>

**Kindness 101** *Kindness 101* teaches about kindness through four important themes, character, empathy, friendship, and altruism. The series is led by Steve Hartman, a special interest reporter for CBS news. From his home and with the help of his family, Steve includes CBS special interest stories that feature kids and teens from across the nation that relate to each of these four themes. We encourage you to watch these videos as a family and have discussions about each of the themes. CBS has decided to continue the series. They will be posted on [www.CBSnews.com](http://www.CBSnews.com) Each video is about 30 minutes long.

Character <https://youtu.be/gYR9B2iUxQo>

Empathy <https://youtu.be/ULweH40OqQE>

Friendship [https://youtu.be/e6fD\\_rYI9vA](https://youtu.be/e6fD_rYI9vA)

Altruism (Kindness 1010 graduation!) <https://youtu.be/HdSXVJekMm8>

**Real Time Historian** If you are feeling ambitious you can tackle the Time Capsule project (attached) with your children and work on some or all of these pages provided. Your family can document their experiences during the pandemic, and in twenty years you all might like to look back on this time and reflect what it was like during the time of shelter in place and social distancing.

**Self-care for Tired Moms, Dads and Grands** Self-care is not selfish or indulgent—it's how we keep ourselves well to ensure we are physically, emotionally, and mentally capable of being there for our families. The realities of COVID-19 make self-care even more important. The unknowns of what's coming next can worry even the calmest of parents. Other stressors may or have already emerged; concern for family members, worries about lost income, keeping the fridge full of groceries, balancing job roles with child care, and more. But all children need their parents to offer a calm, stable, and predictable "home base" for them. It's a challenge, but as a parent, the best way to help your child be at their best is to take care of yourself.

<https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

**Meal Locator Texting Resource - If food is a need for your family, do you know about** the "text FOODNC to 877-877" texting service? Families who need help finding meals for their children ages 18 and younger can text FOODNC to 877-877 to locate nearby free meal sites. The texting service is also available in Spanish by texting COMIDA to 877-877. After entering the address, you will receive a text with the location and serving times for nearby pick-up and drive-thru meal sites. Sites have been set up across the state with school and community partners.

**The Hope4NC Helpline (1-855-587-3463)** connects North Carolinians to additional mental health and resilience supports that help individuals cope and build resilience during times of crisis. It is available to everyone in North Carolina's 100 counties 24 hours per day, seven days a week. There is a live person at the other end of the phone.

**The Hope4Healers Helpline (919-226-2002)** provides mental health and resilience supports for first responders, health care professionals, emergency medical specialists, and other staff who work in health care settings. If you are or know of someone who is experiencing stress from being on the front lines of the state's COVID-19 response, Hope4Healers is also available 24 hours per day, seven days a week. The caller will be contacted quickly by a licensed mental health professional for follow-up.

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