


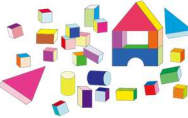








## Creating Calm Through Predictable Routines

Routines provide a sense of order and a sense of security in our lives. This reduces the feelings of stress and fear, which supports positive development in young children. We can help our children feel safe and calm by increasing predictability through the use of a daily schedule. While we are spending extra time at home with our families, we can thoughtfully provide experiences that support interacting, learning, and expressing creativity. Ideas and website links are included in the following sample daily schedules. Keep in mind the American Academy of Pediatrics (AAP) recommendation for children's media use found at [www.aap.org](http://www.aap.org).

### *Among the AAP recommendations*

- For children younger than 18 months, avoid the use of screen media other than video-chatting. Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
- For children ages 2 to 5 years, limit screen use to one hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.



<b>Home Routine for Young Children</b>	
	<p><b>Morning routine</b></p> <ul style="list-style-type: none"> <li>● Wake up</li> <li>● Wash hands, eat breakfast and brush teeth</li> <li>● Chores</li> <li>● Get ready for the day</li> </ul>
	<p><b>Play/ Learning activities</b></p> <ul style="list-style-type: none"> <li>● Drawing <a href="https://www.kennedy-center.org/education/mo-willems/">https://www.kennedy-center.org/education/mo-willems/</a></li> <li>● Building with blocks or Legos</li> </ul>
	<p><b>Go for a walk/run outside if possible</b> (Exercise improves brain function!)</p> <ul style="list-style-type: none"> <li>● Just Dance on YouTube</li> <li>● <a href="http://www.gonoodle.com">www.gonoodle.com</a></li> <li>● <a href="http://www.cosmickids.com">www.cosmickids.com</a></li> </ul>
	<p><b>Play/ Learning activities</b></p> <ul style="list-style-type: none"> <li>● Pretend play/ Puzzles</li> <li>● Reading and listen to stories together</li> </ul> <p><a href="https://www.youtube.com/watch?v=vkYmvxPOAJI">https://www.youtube.com/watch?v=vkYmvxPOAJI</a>  <a href="https://www.youtube.com/watch?v=NgFuW4bU0MI">https://www.youtube.com/watch?v=NgFuW4bU0MI</a>  <a href="https://www.youtube.com/watch?v=asu8hhHYFRw">https://www.youtube.com/watch?v=asu8hhHYFRw</a></p>
	<p><b>Choice Time</b> (with your favorite adult)</p> <ul style="list-style-type: none"> <li>● Play in the yard, rake leaves, go for a hike</li> <li>● Attend a virtual field trip: <a href="https://kids.sandiegozoo.org">https://kids.sandiegozoo.org</a> <a href="https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm">https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm</a></li> <li>● Find a healthy recipe and cook it for lunch (wash hands first)</li> <li>● Play a board game or card game</li> <li>● Sidewalk chalk, hopscotch, relay race</li> </ul>
	<p><b>Lunch/ Rest time</b> (good nutrition and plenty of sleep are essential to your child's health)</p> <ul style="list-style-type: none"> <li>● Practice hand washing with warm water and soap, for 20 seconds.</li> </ul>
	<p><b>Play/ Learning activities</b></p> <ul style="list-style-type: none"> <li>● Building</li> <li>● Pretend play</li> <li>● Drawing/Painting</li> </ul>
	<p><b>Guided Meditation</b> (this helps to disengage stress, which calms the brain)</p> <ul style="list-style-type: none"> <li>● SAFE &amp; CALM meditation--<a href="https://youtu.be/tVM9JKbIIqU">https://youtu.be/tVM9JKbIIqU</a></li> <li>● Cosmic Kids Yoga <a href="http://www.cosmickids.com">www.cosmickids.com</a></li> </ul>
	<p><b>Family time</b></p> <ul style="list-style-type: none"> <li>● Play together</li> <li>● Eat dinner together</li> </ul>
	<p><b>Bedtime Routine</b></p> <ul style="list-style-type: none"> <li>● Bath time/ Read a story/ Sing a song/ Share funny family stories</li> </ul>

Time	Home Routine for Older Children
8:00-9:00	<b>Morning routine</b> <ul style="list-style-type: none"> <li>● Wake up</li> <li>● Wash hands, eat breakfast and brush teeth</li> <li>● Chores</li> <li>● Get ready for the day</li> </ul>
9:00-9:40	<b>Learning activities</b> <ul style="list-style-type: none"> <li>● School assignments</li> <li>● Drawing</li> </ul>
9:40-10:00	<b>Go for a walk/run outside if possible</b> (Exercise improves brain function!) <ul style="list-style-type: none"> <li>● Work out/yoga</li> <li>● Ride bikes</li> </ul>
10:00-10:45	<b>Learning activities</b> <ul style="list-style-type: none"> <li>● School assignments</li> <li>● Read a favorite book</li> </ul>
10:45-11:30	<b>Choice Time</b> <ul style="list-style-type: none"> <li>● Attend a virtual field trip: <a href="https://kids.sandiegozoo.org">https://kids.sandiegozoo.org</a> <a href="https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm">https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm</a></li> <li>● Find a healthy recipe and cook it for lunch (wash hands first)</li> <li>● Play a board game or card game</li> <li>● Interact with friends through social media, text, online game</li> </ul>
11:30-1:00	<b>Lunch/ Downtime to rest</b> (good nutrition and plenty of rest are essential to your child's health) <ul style="list-style-type: none"> <li>● Practice hand washing with warm water and soap, for 20 seconds.</li> </ul>
1:00-2:00	<b>Learning activities/Journaling</b> <ul style="list-style-type: none"> <li>● School assignments</li> <li>● Art/ music/ creative projects</li> <li>● Journaling prompts: <ul style="list-style-type: none"> <li>○ Write a letter to yourself 10 years from now.</li> <li>○ What's on your mind? What is the best part of your day?</li> <li>○ What is your favorite thing about being home?</li> </ul> </li> </ul>
2:00-2:30	<b>Guided Meditation</b> (this helps to disengage stress, which calms the brain) <ul style="list-style-type: none"> <li>● SAFE &amp; CALM meditation--<a href="https://youtu.be/tVM9JKbIIqU">https://youtu.be/tVM9JKbIIqU</a></li> <li>● Calm App <a href="https://www.calm.com/">https://www.calm.com/</a></li> </ul>
2:30-9:00	<b>Family time</b> <ul style="list-style-type: none"> <li>● Enjoy an activity outdoors</li> <li>● Watch a movie together</li> <li>● Play a board game/ card game</li> <li>● Eat dinner together</li> </ul>
9:00	<b>Bedtime Routine</b> <ul style="list-style-type: none"> <li>● Shower/ Read a book/ Listen to music</li> </ul>