

Hi there JHCS Families,

Keeping healthy at this time is of utmost importance. However, keeping ourselves mentally healthy is just as vital. For some, it may be meditation, quality family time, cooking together, or outdoor activities. Keeping to a routine and a schedule can be especially difficult at this time.

Attached to this email are some ideas that may be helpful for keeping a normal family routine during an abnormal time. In this PDF there are many ideas for different activities such as; learning, movement, crafts, free play, cooking, storytime, games and outdoor activities. Included is also a sample schedule that may be helpful for you to structure a routine.

It is also important to exercise personal self-care. Self-care looks different for everyone. Teaching self-care to our children can be difficult if we struggle with it ourselves. So lead by example and show them how it's done. In this PDF there are many self-care ideas that can help you get started.

So, "Put your own oxygen mask on first" so you are re-charged to help your children. Below are some links that you might find helpful as you reframe your thinking, exercise personal care and explore how to help yourself and your family. I hope you have a wonderful week.

Have a Wonderful Day,
Sam Grabert

How to Reframe Your Attitude When You Can't Change Your Situation

<http://fitlife.tv/how-to-reframe-your-attitude-when-you-cant-change-your-situation-mindset-monday/videos/>

Daily Home Schedule and Activity Idea Schedule

[Preview attachment DailyHomeScheduleActivityIdeaschedulesRoutines.pdf](#)

Strategies for Personal Self Care

[Preview attachment Personal_SelfCare \(1\).pdf](#)