Activities for All
A supportive resource from the Hawai‘i Association of School Psychologists (HASP)

Mental health includes emotional, psychological, and social functioning. Physical activity and recreational learning support mental health. Move your body, stretch your mind, and improve your mental health with these daily activities.

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**MONDAY**

Physical activity is important for a variety of reasons. It can improve health, reduce the risk of disease, and support quality of life. Living an active lifestyle also contributes to improved emotional well-being. Exercise can be fun! Check out the Resource section for a link to entertaining exercise videos for the whole family!

Activity: Participate in a workout video with your keiki. Try a video that is fun or relaxing!

**TUESDAY**

Science is cool! During these challenging times, keiki (and adults) can engage in a variety of scientific activities like learning how to make slime and elephant toothpaste, or understanding fossils, forensics, and stars.

Activity: Explore your curiosity! Complete a science experiment.

**WEDNESDAY**

Most keiki love animals! Learning about animals can be an engaging educational opportunity as well as a distraction from current stresses.

Activity: Spend 30 minutes researching your child’s favorite animal!

**THURSDAY**

Imagination is a gift many keiki have! Activate your own by engaging with you keiki in pretend play today.

Activity: Plan and create your own movie or play as a family. Put together costumes for each character and act it out. Encourage your keiki to be as imaginative as possible and help by offering your own ideas upon which they can build.
FRIDAY

Having a sense of gratitude during these challenging times can make a world of difference. Some children may not understand or recognize the various things they have to be grateful for. Today would be a great day to help them and yourself acknowledge these things.

Activity: Use this time to talk about gratitude. Create an arts and crafts activity for the whole family. For example, making your own gratitude card or journal can be fun. Consider drawing a happy picture on the front with a poem inside. Or, paint a poster and display it in your home so that you are reminded to practice gratitude every day.

WEEKEND FAMILY ACTIVITIES

Create a scavenger hunt around the house or neighborhood for the keiki.
Read together as a family.
Play family games. Encourage creativity and imagination by putting together art activities.
Cook together.
Take a nature walk around the neighborhood.
Start a garden.
Create an obstacle course.
Limit exposure to the news and other possible sources of negative influence.
Have open and honest discussions. Answer any questions keiki may have, while encouraging their sense of safety and security.
Allow alone time and foster self-reflection opportunities. Households with multiple people may not present opportunities for time to spend alone.

SELF-CARE RESOURCES

Exercise: https://family.gonoodle.com
https://www.youtube.com/playlist?list=PLtKFn2-K_dbB0uljE2gZaInrx0LDjfrHm
Science: http://www.frostscience.org/frost-sciencehome-learning-activities/
Animals: http://cincinnatizoo.org/home-safari-resources/
Arts and Crafts: https://theimaginationtree.com/
Family Activities: https://www.wsisd.com/apps/pages/familyactivities
Drawing Activities: https://www.youtube.com/playlist?list=PL14hRqd0PElGbKihHuTqx_pbvCLqGbOkF