

## Prevent Yourself and Your Children from Going Completely Nuts 10 Practical Ideas to Support Parents During the COVID-19 Pandemic

Mood Meter: How are you feeling? On most days, parents are not asked how they are doing. Now more than ever, it is important to be in touch with your emotions. Use this space to write down your thoughts and feelings. Having trouble identifying your emotions, use the Mood Meter to help you (page 3).

	<b>.</b>	
1.	Create a schedule	
	Your daily routine	
	matters.	
2.	Manage Your Food	
	Intake & Food Supply	
3.	Facilitate Learning	
	E-Learning	
		<del></del>
	Packets	
	<b>Additional Ways to</b>	
	<b>Support Learning</b>	
	TAR DIA	
		<del></del>
4.	Designate SSSA	
4.	Designate 333A	
		<del></del>



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5.	Set Boundaries	
6.	Make time to laugh and be silly	
	and be silly	
7.	Stay informed, but	
	set limits	
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8.	Everyone needs a bedtime	
	beddine -	- <del></del>
9.	Be Flexible	
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10	Voor drooming!	
10.	Keep dreaming! Keep planning!	
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FRUSTRATED	) WORRIED	ENGERGIZED MOTIVATED
	ANGRY	НАРРҮ
ANXIOUS	SCARED	LIVELY
TIRED	DRAINED	COMFORTABLE
	SAD	<b>CALM</b> CAREFREE
LONELY	DISAPPOINTED	GRATEFUL

## **PLEASANTNESS**

<sup>\*\*</sup>The Mood Meter was created by the Yale Center for Emotional Intelligence. \*\*