

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).

1. Create a schedule



2. Manage Your Food Intake & Food Supply



3. Facilitate Learning

E-Learning



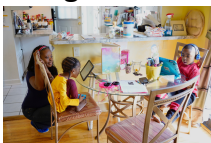
Packets



Additional Ways to Support Learning



4. Designate SSSA



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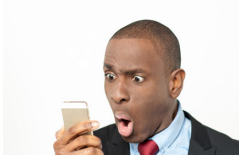
5. **Set Boundaries**



6. **Make time to laugh and be silly**



7. **Stay informed, but set limits**



8. **Everyone needs a bedtime**



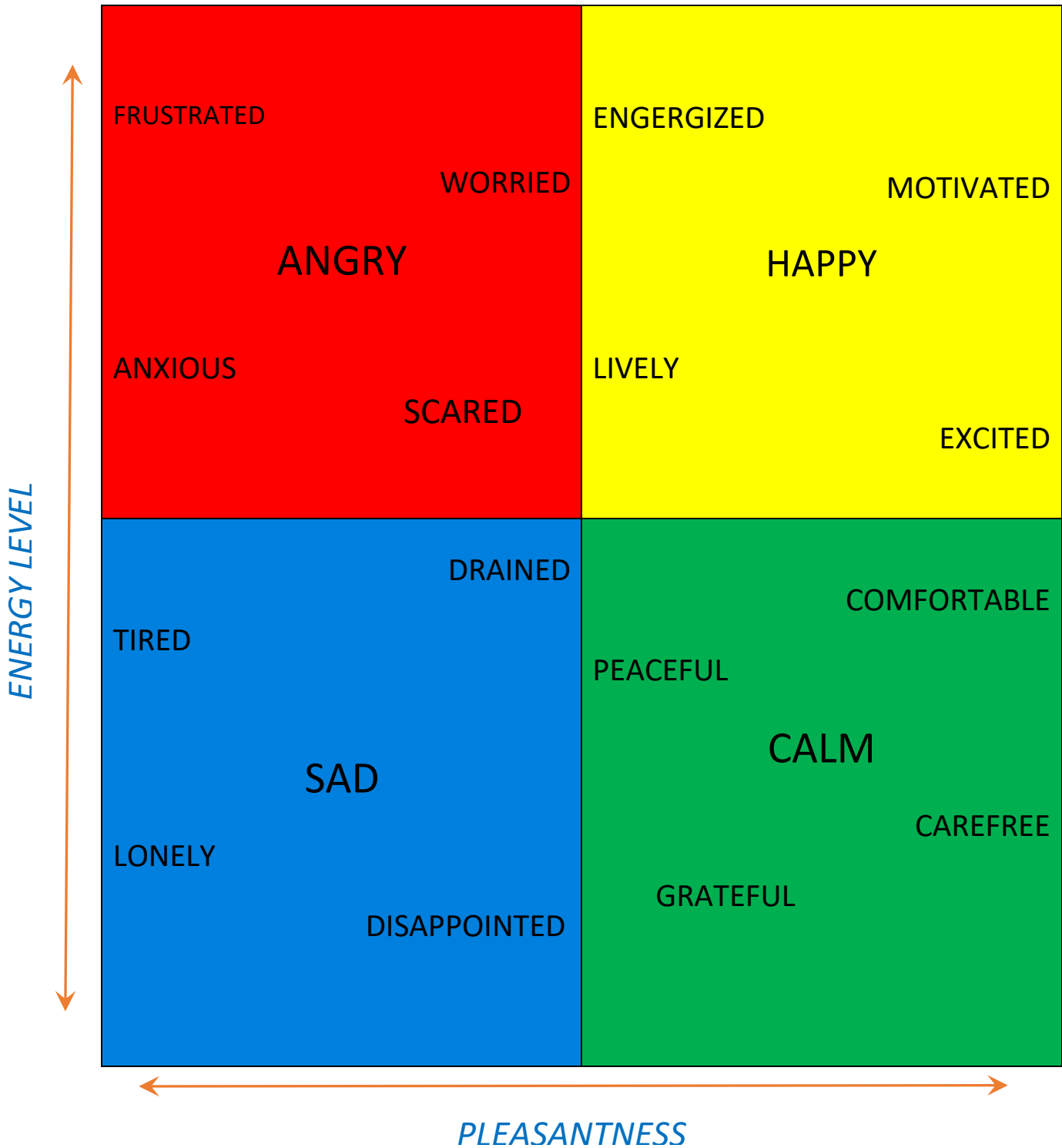
9. **Be Flexible**



10. **Keep dreaming!
Keep planning!**



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**The Mood Meter was created by the Yale Center for Emotional Intelligence. **