As adults, we’re in a new place dealing with daily changes. Children can observe our stress and anxiety, which may lead to their own feelings of upset. Child Psychologist Dr. Bruce Perry reminds us that “The same way anxiety and panic is contagious, so is calm.” One of the tools he shares to gain calm and reduce stress is to create routines in your day. There are many resources for parents online right now, but it can be a lot to sort through. We want to make this easier for you by creating thematic guides for activities to do at home with your young children.

- Books can be a bridge to help children talk about their feeling and develop resilience, or strength.
- Guidelines suggest 10 minutes of reading for each year of child’s age. For example, a 3 year old should get 30 minutes of reading. Older children may be able to read longer, but if you can get in 30 minutes, you are doing well!
- Reading can be broken up throughout the day it doesn’t have to be done all at once!
- Young children like repetition. It helps them to feel safe.
- Check out the Science of Parenting for more tips & suggestions.

### Theme of the week: Resilience or overcoming challenges

**Start the day**
Lots of examples on Youtube, here are two favorites:

with a song! **Good Morning** https://youtu.be/7CuZr1Dz3sk  
**Emotions Hokey Pokey** https://youtu.be/ZH57vCdBBeus

**Question of the week**
What does resilience mean? What do we do when something is hard?

**Read about it**
- **Chicken Little** https://youtu.be/JBiUZyb2AbB  
  Chicken Little thought he was having an emergency, but he didn’t have a good plan for coping. How can your family make a plan for emergencies? https://www.ready.gov/kids/family-emergency-planning

**Explore a challenge**
Chickens aren’t “chicken”! Learn about the life cycle of chickens https://www.extension.iastate.edu/4h/files/page/files/weekly_challenge_chick_it_out_0.pdf

**Read about it**
- **Llama Llama Red Pajama** https://youtu.be/HD1g3P-nKWo  
  Knowing that others are there for you is important in learning to Take on Challenges. When your child tries something hard, point this out, reminding him/her about the book: “You were scared just like Baby Llama, but you managed it!”

**Reflect**

**Relax**
End the day with some Yoga! Learn some farm animal yoga poses. https://www.kidsyogastories.com/farm-animals-yoga/