

# Top 5 ways to cope when school is closed

## 1 CREATE A ROUTINE

Routine will help the day feel consistent, predictable, and safe.

## 3 LEARN TO BUILD CONFIDENCE

Do school work, read books, start a hobby, learn something new.

## 5 PRACTICE COPING SKILLS

- Breathe slowly and deeply
- Take a break to concentrate on something else
- Use words to share feelings (instead of using unhealthy actions)
- Our body shows feelings before we recognize them, so know your body's clues
- Use positive self-talk
- Break problems into smaller steps
- Focus on one activity at a time
- Draw, write, or talk about your feelings
- Make a list of things to do and/or topics to discuss
- Practice healthy sleep hygiene
- Practice healthy eating habits
- Play games together
- Talk about the feelings you notice in others (at home, in a movie, or TV show)
- Play charades to explore the body language of feelings

## 2 SCHEDULE FITNESS AND PLAYTIME

Daily activity time relieves stress and builds feelings of self-control.

## 4 USE NEW RESOURCES AS ADVENTURES

Explore books and new websites.

Find resources for parents and families at [coronavirus.ohio.gov](https://coronavirus.ohio.gov) for ideas about:

- talking to kids about COVID-19
- virtual exhibits for online learning and fun
- family activities to try during closures
- at-home learning by grade level
- coping with anxiety
- health resources and COVID-19 checklists

