

## EVERYONE NEEDS TO PLAY

Everyone needs to take time to play. Play is important to both children and adults, especially during difficult times. Play can reduce stress by providing opportunities to laugh, relax, think, be creative, and interact with others. Families are spending a great deal of time together, which can be challenging. Playing together, even for just a few minutes, can help to build family bonds.

### FAMILY FUN

- **Take a family walk.** Have your family members notice what they see, hear, smell, and how they feel.
- **Have a family dance party.** Have each family member pick a few songs to play. Everyone has to get up and DANCE!
- **Family I Spy.** Take turns looking around the room to “spy” something. Once the item is selected, family members will ask questions to try to determine the item.
- **Action Story Time.** Select a story. Assign each family member a role. As the narrator reads the story, the family will act out their parts.
- Check out easy and fun social-emotional and safety activities at [LaurensKids.org](https://LaurensKids.org). Learn to make a feelings chain, safety goggles, and more!

**Safety Tip:** Remember to be a safety superstar. If you go outside, leave your shoes outside and wash your hands for 20 seconds.

### FRIENDLY FUN

- Play a virtual game with a friend
- FaceTime Pictionary
- Have a virtual dance party

### EXERCISE FUN

Exercise is important to both physical and mental wellbeing. Some families may be able to play in the yard, ride bikes, or take a jog, while other may need to do jumping jacks and jog in place inside their home. Whatever your situation, try to get up and move.

- **Freeze Dance.** Play a few of your favorite songs. Everyone dances while the music is playing and they must freeze when the music stops.
- **Balloon Volleyball.** Blow up a balloon. The goal is to keep the balloon in the air as long as possible without having the same person hit the balloon twice in a row.



- **Reading Workout.** Select a book or story to read. Pick the workout word. Each time you read that word, everyone has to “workout” by doing a jumping jack, squat, jog in place, etc.
- **Crab Walkers.** Show your children how to crab walk with their hands and feet on the floor and the tummy up. Find a soft object like a small stuffed animal or bean bag to be the “passenger.” Practice crab walking around the house carrying a passenger on their tummy.

### ONLINE FUN: BEING SAFE IN THE DIGITAL WORLD

Many children are doing school work, interacting with friends, and playing games online. Remember these tips for staying safe in the Digital World.

- Always ask permission from a trusted adult before going online.
- Never send personal information or pictures to anyone you do not know.
- Cover the webcam on your computer or gaming device to make sure no one can remotely hack into your camera.
- Check with a trusted adult before entering a classroom meeting or video conference to ensure you are entering the correct site.
- For more digital safety tips, visit [SaferSmarterFamilies.org](https://www.safer-smarter-families.org).

### CREATE A DIGITAL SAFETY P.L.A.N

Before going online, you must have a Digital Safety P.L.A.N.

**P = Permission** - ask a trusted adult for permission to go online and to visit a specific website or use an app or game.

**L = Location** - tell the trusted adult the exact location you will be visiting online.

**A = Activity** - tell the trusted adult what activity you will be doing while on that website, game, or app.

**N = Name** - your trusted adult must know who you will be interacting with online.

**Parent Tip:** The FBI announced that parents should be weary of increased threats to child safety during school closures and social distancing, echoing the cautions we’ve been sharing with families. With the threat of COVID-19, children are likely spending more time than usual on digital devices for both education and entertainment.

