



**Educators, please share with your parents:**



# 1. Be INNOVATIVE

Make lemonade from lemons. There are bound to be disappointments with the many cancelled events, outings, social distancing, etc., but with your child, find some ways to make the time together more positive.

Start a new hobby together, accomplish something you've been meaning to do together, or modify something you had planned using technology.

The main idea here is to model a positive, innovative attitude with your child by making something positive and memorable from something negative.

Doing it together will model important creativity, problem-solving, and critical thinking skills for the next challenge your child faces.

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# 2. Be ORGANIZED

Children spend 7 hours a day in school. They thrive on organized schedules and knowing what to expect and how to plan during school days.

Your child will benefit from a daily schedule with a planned wake up time, eating times, schoolwork times, brain breaks, and specific play times.

Following a schedule is comforting to most children, providing them with a sense of what is coming, even in an uncertain situation.

Without organization, it is also easy for the days to slip away without anything being accomplished. Save the easy-going days for the weekends, and structure the weekdays for you and your child.

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### 3. Be POSITIVE

It is easy to be negative during an unexpected challenging event. Leave negativity and complaining to the news stations. Focus on your positive response to the situation. With your child, make a list together of any positive outcomes of this experience: spending time together, playing new games together, sharing the home-schooling experience, cooking and doing chores together. You may be surprised at how positively your child views spending time with you! Add to the list throughout the time you spend together.

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### 4. Be RELATIONSHIP - FOCUSED

Focus on doing things as a family during this unexpected time together. Learn to know each other better – personal strengths, creative talents, likes and dislikes, ideas and dreams.

Create a family vision board for your family future goals. Play games together, share movies together, create art or cook together, or complete home improvement projects together.

Focus on getting to know your child better by listening without judgement, asking lots of questions, and showing interest in your child's preferences, ideas, and schoolwork.

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## 5. Be FUN

Bringing fun to a challenging situation is one way to make positive memories that last a lifetime.

Many times, just doing something new or unusual together brings fun to the experience. Build an indoor fort together, play dress-up together, or video a play or puppet show to share.

Make up fun contests or challenges for family members, such as creating the best dessert surprise or the craziest sandwich with limited ingredients. Create and schedule indoor family events like family board game night, movie night, puzzle night, funny story night, or buddy reading night.

Having fun together helps pass the time and builds fond memories at the same time. Share your sense of humor.

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## 6. Be CALM

Your child is counting on you to be calm. If you find it challenging to remain calm in challenging situations, practice calming exercises, stretching, deep breathing, and mindfulness together.

Focus on what you can do rather than what you can't control. Maintain as much normalcy as possible with established routines and chores.

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## 7. Be TRUTHFUL

Explain the current situation and be honest with what you know to be factual.

Using facts to support changes in daily routines allow children an opportunity to become part of the solution in making necessary changes.

Talk about what you need to do together to stay safe but remind them that you as the parent are monitoring things carefully.

Listen to your child's fear or concerns without judgement. Empathize with them and stay focused on what you know to be true and what you can both do about it.

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## 8. Be PROACTIVE

Anticipate times of boredom, poor attitudes, and negative feelings. These are natural and normal in challenging times. Watch for signs, listen to their words, and note body language.

Acknowledge the feelings, empathize with your child, and help to bring it back to something you can do together, something more positive, or try a new idea one of you may have to keep focused on what can be done.

Sometimes stories, articles, and videos with inspiring themes of perseverance, resiliency, overcoming, and courage can help lift negative or pessimistic attitudes

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And Remember,

# Stay Calm and Collected.

Follow [@EmotionsWithKiwi](#) for tips on parenting, social emotional learning and how to be a great parent.

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**Our mailing address is:**

Cloud9World Corp

**7765 W 20th Ave**

**Hialeah, FL 33014**