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Quality Early Education System (QEES)

Keeping **CALM** in Chaos

In chaotic and uncertain times like these, we must be mindful that children are observant and sense the energy in the air. Some schools may be closed and children will be spending more time at home upsetting their normal schedule and routines.

Here are some tips and activities you and your family may want to try at home to create an environment that feels “safe”:

Sing & Dance



Put on your favorite music and dance together. It is not only fun and good exercise it is great for brain development! It helps with language development, sound, reading skills and speech. Music can also be used to cheer, calm or soothe.

Try “The Wiggles” online: <https://www.youtube.com/user/TheWigglesPtyLtd>

Fort or Cave Building

A simple way to create a stable fort or den is by using a blanket or bed sheet and cover a table or some other furniture moved together.



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Do Yoga



Yoga helps to reduce stress, improve mood, and promote physical strength, flexibility, and balance.

Try “Cosmic Kids Yoga” online:

https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

A Housebound Treasure Hunt

Draw a map of your home or a room in the home and hide small items around it. Mark each piece of hidden treasure on the map. Explain the map to your child and offer your support for in looking for the items when needed.



Be a S.T.A.R



When children/adults feel anxious, upset, mad, sad or frustrated, choose to be a STAR: Stop, Take a deep breath And Relax (3 times). This helps get oxygen to the brain and creates a pause so you can respond instead of react to your upset.

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Create an Indoor Obstacle Course

Use tape to create a course or simply create your own gym class. To make it more competitive you can use the stopwatch to time the duration of each exercise. Make sure to stick to age-appropriate durations.



Make a Kindness Tree



Encourage children to look for or do acts of kindness or helpfulness daily. You can draw a simple tree and post it on the fridge. Write the kind/helpful acts on another piece of paper or sticky note and put them on the branches.

Rock Painting

Take a nice walk outside to collect some rocks. Dry them off and practice painting with water or decorating them with paint or markers.



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Create a Safe Place



Find a quiet corner and fill it with comforting items such as pillows, dolls, books, paper, pencils, etc. This is not a Time-Out. It's a calm place to allow a child to just chill and regroup.

Play with Legos

Instead of fast-paced video games, which can overstimulate children, why not play with Legos and construct amazing buildings and cities? Playing with Legos fosters:

- teamwork and communication
- patience and organizational skills
- constructive problem solving and lateral thinking
- adventure and experimentation
- fine motor skills development
- spatial awareness
- better focus and concentration



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