

# Entertaining at home

Ideas for caring for your family while they are  
home from school and work



**In times of uncertainty, when life feels out of control, it's common to experience a rollercoaster of emotions and corresponding reactions in our bodies. You may feel tired, stressed, restless, fearful, anxious, have increased energy, headaches, irritability, trouble concentrating and periods of insomnia—maybe all in the same day. And, that is okay.**



When we can identify our emotions and our body's response, we can then focus on specific ways to care for ourselves. And, caring for ourselves is the best thing we can do to be able to effectively care for others.

Although it might feel impossible to be able to prioritize your own needs when you are responsible for other people's lives, remind yourself that it is possible. In fact, it can take a minimal amount of time to integrate simple self-care tactics throughout your day in order to be the best you possible to care for your loved ones.

## **10 daily reminders to promote your health and well-being**

**10** minutes of outside activity



**9** stretches for your body (neck, shoulders, back, sides, hips, hamstrings, calves, hands and feet)



**8** cups of water



**7** or more hours of sleep



**6** servings of fruits and vegetables

**5** really deep and slow belly breaths



**4** things you currently appreciate



**3** nutritious meals (with healthy snacks in between)



**2** meaningful conversations with loved ones



**1** really good and hearty laugh



**Try doing the above with the whole family too!**



## Here are some other ideas for caring for your family while they are home from school and work:

1

**Establish a schedule or routine** most of us do better with predictability and consistency. Creating a regular routine, with flexibility day to day, can be a family activity in itself. Take time to re-examine the schedule every once in a while to make sure it is still working for everyone.

2

**Create space for feelings** we can't control what comes up for us in each moment—some of us want alone time, some of us want to talk, and some of us just need a hug. Take time to talk about what people in your family typically need when their emotions feel like they are too much to handle.

3

**Use your online resources** there are numerous free educational websites and even virtual field trips that you can rely on to keep everyone learning and academically engaged.



4

**Everyone needs “free” time.** We all cope differently with stress, so if one family member wants to play video games, one wants to read a book, and another wants to take a nap, allow for non-scheduled time in the day for everyone to get the nourishment they need.

5

**Take breaks for fun, laughter, and running around outside!** Physical activity will release endorphins, which help to relieve pain and stress. Additionally, exercise also plays an important part in regulating your mood.

**A feelings wheel is a valuable tool for helping people of all ages identify more specifically the emotions they are feeling.** Increasing a person’s “emotional vocabulary” can help with finding ways to cope with specific emotions.

## Some creative ideas for hanging out at home together as a family:

**Dance party** turn the music up and lights down and dance like no one is watching!

**Yoga** 5-10 minutes a day to keep calm, limber and grounded.

**Restaurant** create a fun and creative menu, taking turns being the “chef.”

**Camping** create a fort or campsite inside your home to “weather the storm.”

**Spelling bee** create a challenging word list for family members to take turns spelling. Compete for a prize to make it more fun!

**Charades** get the whole family up and moving with lots of laughs as you take turns acting out a word list you create or find online.

**Scavenger hunt** have one family member design a scavenger hunt for the rest of the family to enjoy.

**Haunted house** it doesn't have to be Halloween to enjoy a spooky “haunted” room.

**Fashion show** pick a theme and dig through one another's closets to have a fashion show. Include the family pets if they don't mind too much.

**Jigsaw puzzles** can entertain the whole family for days!

**Who did it?** Make up your own game of Clue using different rooms in your home.



**Book club** everyone in your family can read the same book and schedule time to meet and talk about it.

**Craft night** take turns coming up with a craft using supplies from your home.

**Show and tell** find items in your home that are significant to you and tell your family the story of why it is special to you.