



## ***Resources for our Youth & Families During Social Distancing!***

### **RECOMMENDATIONS FOR CONNECTING**

Our young people and our whole community are facing a lot of disruption right now. It's important that our youth know they are cared for by many people! **Social distancing can lead to social isolation. We want people to be safe AND feel connected with others so we're encouraging matches to stay in touch!**

Community-Based, School-Based, and Workplace matches are encouraged to stay in contact via phone, text, video, or by sending notes and/or cards. This is an important time to stay in communication with people we care about! Please contact your Match Support Specialist for any questions or additional ideas/support.

- **\*School-Based and Workplace matches** please contact your Match Support Specialist to initiate the required steps for contact with your Little & their Parent/Guardian.

### **ACTIVITIES LITTLES CAN DO AT HOME**

- 1) Read at least 30 minutes a day!
- 2) Online Learning Platforms (Free/Low Cost Internet Resource Below if Needed)
  - a) [Kahn Academy](#) - non-profit providing online learning
  - b) [Desmos](#) - free math learning
  - c) [Scholastic Learn at Home](#)
- 3) Drawing Activities
- 4) [Making Drawing Fun!](#)
  - a) [Free Printables by XO-LP](#)
- 5) [Online Education Resources](#) (Mostly free!)
- 6) [Engineering education](#) specific ideas
- 7) [Giant List](#) of activity ideas generated by lots of community members!
- 8) Library Online Resources:
  - a) Cedar Falls Public Library <https://cedarfallslibrary.org/>
  - b) Charles City Public Library <https://www.charles-city.lib.ia.us/>
  - c) Denver Public Library <https://www.denver.lib.ia.us/>
  - d) Dike Public Library <https://dikepubliclibrary.org/>
  - e) Evansdale Public Library <https://www.evansdale.lib.ia.us/>
  - f) Grundy Center Public Library <https://www.grundycenter.lib.ia.us/>
  - g) Hudson Public Library <https://www.hudson.lib.ia.us/>
  - h) Independence Public Library <http://www.independenceia.org/library>
  - i) New Hampton Public Library <https://nhpl.weebly.com/>
  - j) Oelwein Public Library <https://www.oelwein.lib.ia.us/>
  - k) Parkersburg Public Library <https://www.parkersburgia.com/community-residential/public-library/>
  - l) Readlyn Community Library <https://www.readlyn.lib.ia.us/>
  - m) Shell Rock (Benny Gambaiani) Public Library <http://www.shellrocklibrary.org/>
  - n) Sumner Public Library <https://www.sumner.lib.ia.us/>
  - o) Tripoli Public Library <https://www.tripoli.lib.ia.us/>
  - p) Waterloo Public Library <https://www.waterloopubliclibrary.org/>
  - q) Waverly Public Library <http://www.waverlyia.com/public-library>
- 9) [Easy Science Experiments](#) using common household supplies
- 10) [12 Famous Museums](#) that offer virtual tours!
- 11) Pacific Science Center - [Curiosity at Home](#) kit
- 12) [101+ Ideas to keep Kids busy](#)

## FOOD RESOURCES WHILE SCHOOLS ARE CLOSED

- To find additional food resources in your neighborhood go to: <https://northeastiowafoodbank.org>
- Each school district's website will have additional resources, please visit your local school district website for more information.

## FINANCIAL & OTHER RESOURCES FOR FAMILIES

We're asking Bigs not to do crowd-sourcing fundraising, like GoFundMe pages for specific families. Bigs, if there is a specific need for your Little's family (like food, or other emergency needs) please take a look at this list and talk to your Match Support Specialist directly about needs and desires to help.

- [Mediacom connect 2 Compete](#)- FREE for two months if subscribed before May 15,2020, normally \$9.95 for low income families
- **United Way** agencies across Iowa are proud to partner with the Iowa Department of Public Health and be the COVID-19 Hotline. Call 211 or visit <https://www.211iowa.org/> for questions, concerns or more information about Coronavirus/COVID-19.
  - **Cedar Valley United Way:**
    - <https://www.blackhawkcovid19.com/>
    - <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>
    - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
    - <https://www.mercyone.org/northeastiowa/about-us/news-releases/cancellations-and-delays-related-to-covid-19>
    - <https://www.peoples-clinic.com/coronavirus-updates/>
    - <https://www.unitypoint.org/coronavirus.aspx>
  - Waverly Shell Rock United way
    - [www.wsrUnitedWay.org/covid](http://www.wsrUnitedWay.org/covid)
  - All other counties please call 211 or visit <https://www.211iowa.org/> for more resources including info on health insurance & medical expenses, internet, unemployment benefits & more.

## SELF-CARE DURING STRESSFUL TIMES - for Littles AND adults!

- Exercise. Go for a walk outside - bundle up if you have to.
- Have a dance party with your family!
- Listen to music - or make music if that's your jam.
- Color. Even adults can color.
- Call a friend and catch up!
- Get good rest! Keep a solid routine, even with school and work changes.
- Drink lots of water!
- If you feel worried or stressed, talk to someone about your feelings. Don't keep it bottled up.
  - You can also write about your feelings! Or use art to express feelings too.
- United Healthcare has a free resource for anyone needing emotional support due to COVID-19
  - 1.866.342.6892 or visit [www.liveandworkwell.com](http://www.liveandworkwell.com)

## INFORMATION ABOUT COVID-19

- Center for Disease Control: [click here](#)
- Iowa Department of Public Health: [click here](#)
- Black Hawk County Department of Public Health: [click here](#)
- World Health Organization: [click here](#)

## How do I talk to my Little and/or child about COVID-19?

- [Tip Sheet](#) from The Search Institute rooted in how to work through this time using a development relationship framework.
- National Association of School Psychologists:
  - [Talking to Children About COVID-19](#)
  - [Coping with Coronavirus anxiety](#)
- World Health Organization - [helping kids cope with stress right now](#)
- Safety – talk to your child/Little about being healthy, [washing hands](#), etc.
- Education – How to talk to your child/Little about COVID-19: [Article from Child Mind Institute](#), [Article from CDC](#)
- Be kind & be aware of bullying: [Countering coronavirus Stigma and Racism: Tips for Parents](#)

## Little's & Big's Connecting and Coping

- 1. Call and talk** to each other on the phone or **text** each other.
  - a. Ask each other questions:  
<https://www.familyfelicity.com/questions-to-ask-your-kids/>
  - b. Check up on how the day is going.
  - c. Ask them to name 3 great things about themselves.
  - d. Remind them you are there for them even though you cannot see each other in person.
- 2. FaceTime**
  - a. Play a board game together.
  - b. Have a dance party.
  - c. Create a song, sing a song, karaoke, make a playlist together.
  - d. Exercise together:
    - a. <https://www.kidsyogastories.com/kids-yoga-poses/>
    - b. <https://www.verywellfamily.com/easy-exercises-for-kids-1257391>
  - e. Create a project together.
  - f. Read a book together.
  - g. Watch a movie together.
  - h. Cook/bake together.
  - i. Write down things you are thankful for.
- 3. Phone Apps** (if applicable)
  - a. Words with Friends
  - b. Draw Something
  - c. YAHTZEE
  - d. Powerboard Racing 3D
  - e. Mini Golf Match-up
- 4. Coping Skills**
  - a. Meditation.
  - b. Body Scan.
  - c. Write a card.
  - d. Text/call someone.
  - e. Belly breathing.
  - f. Take breaks from social media.
  - g. Grounding exercise: notice what you can see, smell, taste, touch and hear.
  - h. Read a book.
  - i. Listen to a Podcast.
  - j. Take a walk outside.
  - k. Cuddle with a pet.
  - l. Create a grateful list.
  - m. Write a letter about loving yourself like you would to a friend.

- n. Write a story.
- o. Do a puzzle.
- p. Play board games.
- q. Take pictures.
- r. Bake/Cook.
- s. Unclutter a part of your home.
- t. Give yourself a hug, send love to another, then to yourself.

#### 5. Online Resources

- a. Calm: <https://www.calm.com/>
- b. Headspace: <https://www.headspace.com/>
- c. Sitting Still Like a Frog: <https://www.shambhala.com/sittingstilllikeafrog/>
- d. Mindfulness for Kids: <https://annakaharris.com/mindfulness-for-children/>
- e. GoZen: <https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

#### 6. Book Resources

- a. Wilma Jean the Worry Machine
- b. Wemberley Worried
- c. When My Worries Get Too Big
- d. David and the Worry Beast
- e. Breathe Like a Bear
- f. Listening to My Body
- g. How Big are your Worries Little Bear
- h. The Worry Box
- i. The Invisible String
- j. I am Love: A Book of Compassion

#### 7. Audible

- a. Offering hundreds of titles available for free during the COVID-19 pandemic while schools are closed, anyone can listen to a vast selection of its titles. Simply visit [stories.audible.com](https://stories.audible.com) from any web browser to get started. No log-ins, credit card or passwords needed.



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We are #BiggerTogether!!