



# Kids for Peace

Uplifting Our World Through Love and Action

## Ideas & Activities for Families During COVID-19

As schools close, activities pause and states issue stay-at-home orders, we have a unique opportunity to “go within” and connect deeply with our families. We hope the below activities will help foster peace with our children, inspire fun with our families and shine a healing light of love upon our world. We’re all in this together!

### ACTIVITIES FOR KIDS

#### Put Our Peace Pledge Into Action

##### I pledge to use my words to speak in a kind way.

- Sing a happy song! Go curbside caroling with your family; create a music video and share far and wide; sing from your window like the [Italians](#), or simply sing along with the radio.
- List all the things that make you happy.
- Send [Peaceful Pen Pal](#) letters to other kids in the USA. Sign up [here](#).
- Create an entry for the “[I Am Powerful](#)” Kids for Peace Book “Contest.” This will be our 5th book. Learn more: [Flier](#) & [Book Entry Form](#).
- Write and mail a card through our [Loving Letters for Grandfriends project](#). Send cheer to a senior citizen who can no longer receive visitors due to the COVID-19 situation. [Learn More & Sign Up](#).
- Hold gratitude circles at dinnertime.
- Call or FaceTime friends, Grandparents, or Grandfriends just to say hello.
- Make up a poem with a positive message.
- Write positive messages on Post-It Notes and place on mirrors in your house.
- Make Peace Rocks. Paint rocks with kind words and place them around town to delight your neighbors.

##### I pledge to help others as I go throughout my day.

- [Surprise delivery drivers with a gratitude gift](#). Place a note and a gift of food, water, gift cards, a toilet paper roll, etc. in a basket by your front door. #ThankYourDeliveryDriver.
- Create a “[Take what you need. Leave what you can.](#)” container for your neighborhood.
- From our friends at [The Random Acts of Kindness Foundation](#), post these [notes](#) and offer to help your neighbors! (Please don’t interact directly; just leave the note on the door.)
- [Sew facemasks for nurses and doctors](#).
- Do household chores without being asked - make your bed, pick up your toys, clean your room/bathroom.





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## ACTIVITIES FOR KIDS CONT'D

### I pledge to help others as I go throughout my day cont'd

- Let's show our healthcare workers how much we appreciate them with [#AppreciationPizzas!](#)
- Whenever possible, avoid time with people outside your family to help prevent the spread of COVID-19.
- Offer to pick up mail or run errands for elderly neighbors and leave shopping bags on their doorstep. Use the [Random Acts of Kindness Foundation form](#) or give your neighbors a call.

### I pledge to care for our earth with my healing heart and hands.

- Check out the [one-click actions](#) from our friends at Roots and Shoots.
- Take a hike or visit the beach and pick up litter along the way (remember to keep the 6 feet distance from others!) #SixFeetOfKindness.
- Learn about recycling in your community and discover something new.
- Water your plants, pick weeds.
- Harvest seeds from fruits and replant them.
- Learn about composting and practice in your own garden.

### I pledge to respect people in each and every land.

- Show compassion to end harassment towards Asians who might be experiencing racial discrimination because of COVID-19 fears.
- Discover something new about a different culture or a different country.
- Listen to music from different parts of the world.
- Pick at least one country from each continent and discover their favorite food/dish.

### I pledge to join together as we unite the big and small.

- Let's safely celebrate birthdays with a [Happy Birthday Party Parade!](#) Click [here](#) for step by step tips on how to coordinate a successful and safe car parade.
- [Loving Letters for Grandfriends](#). Sign up a senior to receive loving letters or sign up to write loving letters to seniors! [Learn More & Sign Up](#).
- Send letters or cards to Senior Homes, Memory Care, Hospice facilities since they are not able to have visitors at this time.
- Spend time taking care of your pet - feed them, brush them, walk them, clean up after them.

### I pledge to do my part to create PEACE for one and all.

- [Chalk your walk](#).
- Stay strong and healthy with this [One Month PE Challenge](#) created by Coach K, the PE teacher from Reynolds Elementary in Oceanside, CA.
- Design your own string of peace flags using old clothes, paint, or whatever materials you have available at home.
- Create a [kind rainbow](#).
- Practice [mindful breathing exercises](#).
- Do [yoga](#).





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## FUN ACTIVITIES FOR FAMILIES

- Let's unite, bring hope and set a Guinness World Record with our [Linked By Love](#) longest paper chain ever!
- Take a [Breather Break](#) - 5 deep breaths to calm and comfort.
- Check out our [One-Minute Wonders](#) and keep your family moving with a simple circuit workout!
- Celebrate Earth Day with our [COVID Cardboard Creations](#).
- Jot down what you are missing the most and add it to your [Someday Soon Jar](#). Soon you will be able to enjoy it again!
- Stay safe and spread some smiles with an [Undercover Smiles Facemask project](#)!
- Organize a [Happy House Hunt](#) or a [fun scavenger hunt](#) at home.
- Create a [Covid-19 Time Capsule from Long Creations](#).
- [Send a Hug](#) to your loved ones.
- Safely celebrate birthdays with a Happy Birthday Party Parade! [Learn more and see the joy!](#)
- Download our [Great Kindness Challenge- Family Edition checklist](#) and complete as many items as possible from home.
- Join our [Happy Heart Hunt](#). Let's blanket our world with LOVE! It's simple! Just make a heart from any object and tape it to a street-facing window to send your love out to the world. Encourage all your friends to do the same. Then, in a few days, take a family walk to search for other hearts on houses. How fun it will be to watch the love grow! [Learn More.](#)
- Host Family Game Night – get out the board games, decks of cards, chess sets and puzzles.
- Create an obstacle course with things from your home.
- Have a spontaneous dance party! Crank the tunes and DANCE!!
- [Play charades.](#)
- Clean your closets together. (Seriously!) Put on some fun music and then joyfully declutter. Keep only the things that are useful and spark joy.
- Create a family “masterpiece” out of [recycled items](#) from your decluttering.
- Listen to a podcast: “[Wow in the World](#)”.
- [Learn on-line together.](#)
- Teach your child a skill or a share a talent. Teach them to cook, change a tire, sew on a button, balance a checkbook, play the ukulele, etc.
- Go on a [scavenger hunt](#).
- Explore nature. Continue to spend time outdoors. The fresh air is good for kids, and for us as parents. But please do this as a family rather than meeting up in groups.





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## VIRTUAL PLAYDATES AND CONNECTIONS

- Use a free video platform to connect with other kids. Zoom, FaceTime, Skype, WhatsApp and Google Hangouts are some of our go-tos.
- Lego Masters – Create a LEGO challenge amongst a group of friends. Give the kids a timeframe to create. Send pictures of final creation on a video platform.
- Start a virtual book club for kids.
- Take a [Virtual Museum Tour](#) together.

## HELPFUL TIPS FOR PARENTS

### How to talk about COVID-19 with your children

- Meet children where they are.
- Help them feel like they're in control.
- Be realistic about them getting sick.
- Provide reassurance.
- Keep up a normal routine.

Sources/learn more:

[How To Care For Your Kids' Mental Health During The COVID-19 Pandemic](#)

[Social Distancing - a PSA from Carlsbad High School Students](#)

[A cool way to show kids how easily germs travel from one child to the next!](#)

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>

### Self-care Ideas

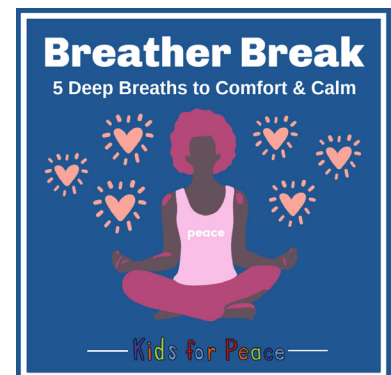
We must remember to take care of ourselves so we can take good care of our children!

1. Seek accurate information from legitimate sources & set limits around news on COVID-19.
2. Look after yourself – exercise & meditate.
3. Reach out to others and support people around you.
4. Maintain a sense of hope and positive thinking.
5. Acknowledge your feelings.
6. Take time to talk with your children about the COVID-19 outbreak.
7. Ask for professional support.
8. Remember you are not alone.

Sources/learn more:

<https://www.mhe-sme.org/covid-19/>

<https://www.verywellmind.com/managing-coronavirus-anxiety-4798909>





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## TIPS FOR PARENTS CONT'D

### Create a Routine

While you are home with your children, a routine will be helpful for both your kids and you! We love to make plans, but stay flexible and leave room for the “magic” of the moment to happen.

- Use school as the framework and honor what had been your child’s routine.
- Dedicate time for play.
- Schedule in some easy indoor activities.
- Go to recess.
- Make a screen time routine.

Sources/learn more:

<https://time.com/5803373/coronavirus-kids-at-home-activities/>

<https://busytoddler.com/2020/03/indoor-activities/>

## COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B- wipe all door handles, light switches, and desk tops. C- Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids

## INSPIRATION

- [Some Good News with John Krasinski](#)
- [A message of hope from Dr. Jane Goodall](#), our [2010 Peace Hero](#)
- This beautiful poem puts everything in perspective. [Lockdown – Hope for Humanity](#)

