



SIU MEDICINE

CENTER FOR
FAMILY MEDICINE

FAMILY SURVIVAL KIT

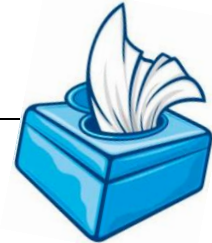
- C**all family & friends. Use social media and video chat like Facetime or Zoom to interact with the ones you care about.
- O**ffer to help a neighbor in need while practicing social distancing.
- V**alue your family time & use virtual learning for students at home.
- I**nspire others with a positive attitude or kind words of encouragement.
- D**ance & sing with joy!

TIPS FOR STAYING SAFE

- Wash your hands. Use warm water, soap and sing the ABC song while washing your hands to properly clean your hands. Use hand sanitizer when soap and water are not available.
- Practice social distancing. Remember to stay 6ft away from the person next to you.
- Stay home. If you do not need to go out to get essentials, such as groceries or the pharmacy, stay home.
- No play dates. Children and teenagers can be carriers of the virus.
- If you feel sick, call your primary health care provider for further instructions on what to do and where to go.
- Isolate yourself if you are not feeling well.

HOMEMADE WIPES

Please contact bleach or other disinfecting product manufacturers for guidelines & timelines on protection.



<p><u>DIY Clorox Wipes</u> 1 c. water 2 tsp. bleach 2 tsp. dish soap 6 Drops Essential Oil (opt.)</p>	<p><u>DIY Baby Wipes</u> 1 c. water 1Tbsp Liquid Baby Bath Soap 2 tsp Baby Oil or Coconut Oil</p>
<p><u>Lysol Wipes</u> 1 c. water 6 Tbsp. 91% Isopropyl Alcohol 2 tsp. dish soap 6 Drops Essential Oil (opt.)</p>	<p><u>DIY Gentle Disinfecting Wipes</u> 1 c. water 6 tsp. vinegar 2 tsp. dish soap or baby shampoo 6 Drops Essential Oil (opt.)</p>
<p>Soak paper towels or fabric in solution, wring out majority of the liquid, but leave the cloth or paper towel semi wet. Store in air tight container. Clean out old jars or wipe containers to reuse. HINT: you may have to cut a paper towel roll in half to fit a reusable container.</p>	

FREE LEARNING WEBSITES, VIRTUAL TOURS & STORYTIMES

www.switcheroozoo.com

www.kids.nationalgeographic.com

www.readingecb.org

www.Suessville.com

www.abdya.com

www.funbrain.com

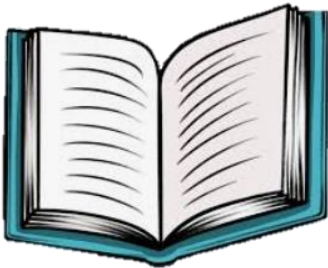
www.pbs.org

www.starfall.com

www.storylineonline.net

www.hightlightskids.com

www.compass4kids.org



www.preschoolinspirations.com

www.ABCmouse.com

(currently free use code School7771)

Facebook Group “Ideas & Fun”

www.leftbraincraftbrain.com

www.thebestideasforkids.com

<https://springfieldmoms.org/at-home-activities-during-the-covid-19-pandemic/>

St. Louis Aquarium at Union Station Tour (Like Facebook Page)

The Little Gym of Springfield Storytime (Like Facebook Page)

Ahh Yoga (Like Facebook Page)

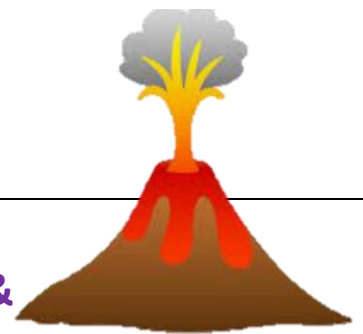
Cincinnati Zoo Tour: www.cincinnati-zoo.org

www.sesamestreet.org/care

Over 30 virtual field trips in below link:

<https://cantonoh.macaronikid.com/events/5e6e6bb7397b9a6708c236e2/over-30-virtual-field-trips-with-links>

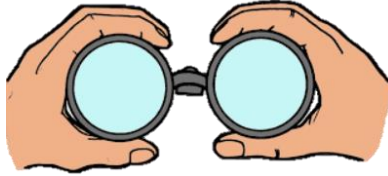
Christian Home Schooling Association – Follow them on Facebook



PROJECTS, OUTDOOR ADVENTURES & NEIGHBORHOOD SCAVENGER HUNTS

- Nature Walk Bracelets: Turn a piece of tape upside down and place whatever items you discover on your nature walk to your tape.
- Walk around your neighborhood and have your child identify the different signs of spring time (flowers budding, birds singing and bird nests and warmer weather). For older kids you can have them write down what they saw and describe objects and for younger kids you can have them draw what they saw.
- Make a rain cloud by using a glass cup. Fill part of the container with water, put shaving cream on top and drip food coloring on top of the shaving cream.

- Make a volcano! <http://www.sciencefun.org/kidszone/experiments/how-to-make-a-volcano/>



- Start an in-house scavenger hunt. Pick a letter from the alphabet and try to find objects in the house that begin with that letter.
- Get creative! Have your kids design their own board games and then play as a family. It can be as simple as your crayons and paper.
- Reach out to others in your neighborhood and create a scavenger hunt for families. Compile a list and have the kids in your families set up the items. For example, teddy bears can be put in the window or create a flower using construction paper and tape it in the window and have children walk around to find.



PARENTS GUIDE TO NAVIGATING SCHOOL AT HOME

Non- Screen activities that you can do at home: <https://medium.com/pobble/simple-and-fun-non-screen-activities-that-children-can-do-at-home-115543cb3b9c>

Energy burning Easter egg hunt: <https://www.eatsamazing.co.uk/inedible-fun/fun-energy-burning-easter-egg-hunt>

<https://nyulangone.org/news/schools-out-parents-guide-meeting-challenge-during-covid-19-pandemic>

Free online resource for learning at home: <https://funinfirst.com/free-online-learning-at-home/>

EDUCATION:

- ✓ Entire list of education companies offering free subscriptions due to school closings: <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- ✓ Free Kids Games, Educational and Fun Recommended by Teachers (K-5 Games): <https://www.education.com/games>
- ✓ Free online resource for learning at home: <https://funinfirst.com/free-online-learning-at-home/>
- ✓ Youth & Teens: <https://www.rawhide.org/blog/wellness/educational-websites-for-kids/>
- ✓ K-12: https://www.learntobehealthy.org/lessons-and-activities/?gclid=EAlaIQobChMI8LPhK56AIVCxmCh20ywLIEAAYASAAEgI9IPD_BwE

www.compass4kids.org





130 WAYS TO PLAY



1. Catch fireflies.
2. Make homemade Play-Doh.
3. Play musical chairs.
4. Go exploring in the woods for crickets, spiders, worms, squirrels, & unexpected treasures.
5. Roll down the biggest hill you can find.
6. Play "I spy in the sky" and make shapes out of clouds.
7. Paint your portrait.
8. Splash in puddles.
9. Make rock art on the sidewalk with soapstone.
10. Have a snowball fight.
11. Make a lemonade or snowball stand.
12. Have a water balloon battle.
13. Roll up your pant legs and splash your bare feet in a pond or creek.
14. Climb a tree with your best friend and dangle your legs from the branches.
15. Go fishing.
16. Make words in your bowl of alphabet soup.
17. Count the stars in the sky.
18. Look for ladybugs.
19. Feed birds.
20. Blow bubbles.
21. Skip to the playground.
22. Run a race with your best friends.
23. Swing upside-down on the monkey bars.
24. Take turns on the see-saw.
25. Pick flowers for your teacher.
26. Skip rocks at a lake or pond.
27. Play jacks and pick-up sticks.
28. Shoot marbles.
29. Hula-hoop.
30. Make instruments out of recycled materials (for example, a guitar made from a shoebox & rubber bands), then play!
31. Make tap shoes by fastening metal bottle caps to the soles of an old pair of dress shoes, then dance to a jazz tune!
32. Search for animal tracks.
33. Dig up different stones & start a rock collection.
34. Draw hopscotch on the sidewalk w/ chalk & play.
35. Sing Supercalifragilisticexpialidocious.
36. Camp out in your backyard or living room
37. Read your favorite scary tales by flashlight.
38. Play dress up in a grown-up's clothes.
39. See how long you can be a statue and note a statue and not move at all.
40. Create a puppet stage in a doorway with a rod and sheet then put on a show!
41. Pretend that you are the king or queen of an imaginary kingdom and host a fancy tea party.
42. Turn an old sheet or large piece of cloth into a costume (wrap it like a dress or toga, or tie it like a cape).
43. Use aluminum foil to create a treasure, jewelry, armor, or a robot costume.
44. Turn a room, bed, or a large rock into a pirate ship.
45. Make paste and create papier-mâché art.
46. Make Mexican Hot Chocolate.
47. Dance to different music from around the world. Try tango, reggae, Turkish pop, and more. There's a world of music to enjoy.
48. Play tug-of-war.
49. Play Red Light, Green Light, or Red Rover.
50. Run a three-legged relay.
51. Do a handclap rhyme like "Miss Mary Mack" or "Rockin' Robin".
52. Sing campfire songs like "On top of Spaghetti" around a real (or pretend) campfire and make s'mores.
53. Make shadow puppets with your hands.
54. Turn an empty cardboard box into a fortress, car, or bear's den.
55. Play music with pots, pans, wooden spoons, and spatulas.
56. Play grocery store with play money, and canned and boxed foods from the pantry.
57. Walk in the grass with your bare feet.
58. Have a tricycle, scooter, or Big Wheel race.
59. Make friends with the new kid on your block or at school.
60. Make a nature box of pinecones, twigs, seeds, rocks, shells, leaves, birds' nests, and acorns.
61. Create "magic" potions, stews, and witches brews from stuff you find outside.
62. Dig for gold and buried treasures.
63. Create sand castles and kingdoms in the Sandbox.
64. Make Martian landscapes in the sand.
65. Go on a monster hunt. You heard that they've been spotted in your neighborhood!
66. Make boats from milk cartons and sail them in the sink or bathtub.
67. Collect & sort different leaves, sticks, nuts, & rocks.
68. Host a teddy bear tea party or a baby doll picnic.
69. Pretend you are a horse and gallop around.
70. Play in the mud.
71. Build a tree house.
72. Slide down a pole.
73. Slide down a slide.

74. Take off your shoes and socks and dig your feet in the sand.
75. Turn your room (or a place outside) into a haunted castle and explore it.
76. Play with turtles, frogs, and toads.
77. Make a homemade kite and fly it in a wide open field.
78. Play football in the backyard or street ball in the alley with kids in your neighborhood.
79. Swing.
80. Go swimming (or learn to swim).
81. Play "fort" with sofa cushions.
82. Have a sleepover party.
83. Make a tent or a tepee with an afghan or blanket.
84. Build an igloo with pillows.
85. Double Dutch jump rope with friends.
86. Play hide and seek.
87. Play "Simon Says".
88. Play leap frog with your friends.
89. Play freeze tag.
90. Make mud pies and decorate them with flower petals. Just remember, don't eat them!
91. Make perfume from flower petals.
92. Sit on a beanbag chair & read your favorite book.
93. Spin around until you make yourself dizzy.
94. Hang out with your friends and talk.
95. Play dodgeball or kickball.
96. Make snow angels.
97. Blow bubbles in your glass of milk with a straw.
98. Go roller skating or ice skating.
99. Make funny faces at friends to make them laugh.
100. Ride your bike to the park with friends.

101. Make up dances to your favorite songs.
102. Put on a finger puppet play.
103. Finger paint an abstract masterpiece.
104. Plant seeds in clay pots. Over time watch them grow and bloom!
105. Perform a magic show.
106. Paint your friends' faces.
107. Have a squirt gun duel.
108. Make popcorn streamers & decorate for a party.
109. Thumb wrestle.
110. See how many things you can juggle at once.
111. Play house or school.
112. Play checkers.
113. Learn chess.
114. Make juice ice cubes or popsicles.
115. Pillow fight.
116. Jump up and down on your bed.
117. Pantomime.
118. Read a story and act out each scene.
119. Play Twister.
120. Pass an orange or grapefruit between friends with your chin (no hands allowed!).
121. Fingerpaint with mud.
122. Create a rock sculpture.
123. Make pinecone people.
124. Make and sail walnut-shell boats.
125. Fly mapleseed helicopters.
126. Play charades.
127. Play flashlight tag in the dark.
128. Make tin can telephones and talk to your friends.
129. Make up your own commercials and act them out.
130. Play Frisbee.

Compliments of National Children's Museum
www.ncm.museum.org



Learn at home!

tech free

Health/ PE

- o Help prepare a healthy meal with your family
- o Try a new vegetable- write your food critic review of it
- o At Home Recess- get your body moving!
- o Do Stretches
- o Play Simon Says with Exercises
- o Practice Yoga Poses
- o 1 Min Workouts- ex: 1 Min Plank, Jumping Jacks, High Knees, Run in Place
- o Eat healthy snacks/ eat the rainbow
- o Make up a new game/sport to play

Social/Emotional

- o Write/Draw your feelings about:
 - o Being Home
 - o Being away From Friends
 - o Missing school/routine
- o Play a board game
- o Call a grandparent/ friend and ask about their day
- o Create an Acts of Kindness list for your home or neighborhood
- o Practice Breathing Exercises if feeling anxious
- o Work Together to finish a puzzle
- o Practice positive self talk
- o Problem Solve during stories- ex. How should the character solve this problem?
- o Use puppets/ stuffed animals to discuss feelings

Arts

- o Create a self portrait with any materials you have
- o Draw a mural with chalk
- o Draw a Picture and Create the Title of your work
- o Use recycled materials to create a sculpture
- o Make up a song
- o Make up a dance routine
- o Put on a talent show
- o Star in your own play
- o Act out a story you know
- o Create a collage from magazine cut outs

Sight Words:

- o Write in:
 - o shaving cream
 - o sand
 - o Play dough using a chopstick
- o Build with Play Dough
- o Play Sight Word Hopscotch
- o Snowball Fight- write words on paper and crumple into balls, throw-catch- open- read
- o Make a memory game
- o Build words with legos
- o Sight word hunt- find words in books and magazines

Blanco Vista Elementary PE

Yesterday at 2:59 PM · 🌐



I'm not an art teacher, but this is pretty awesome. Design your own design with tape, have kids use colored chalk, when finished peel the tape, and you have a masterpiece!



Educational Activities

Compliments of www.wcicfm.org website

TAKE A FIELD TRIP ON-LINE

Peoria Riverfront Museum	Monterey Bay Aquarium
Boston Children's Museum	Georgia Aquarium
British Museum	San Diego Zoo
Yellowstone National Park	Houston Zoo
The Great Wall of China	Zoo Atlanta's Panda Cam
Mars	Farm and Food Tours
NASA Library	

MORE ON-LINE ACTIVITIES

Adventures in Odyssey Club (free four-week trial)	Science Mom and Math Dad YouTube Lessons
Scholastic Learn at Home Projects	ABCya -Educational Games
Kids National Geographic	Lunch Doodles with author Mo Williems
Storyline Online	Sight Reading Exercises
Storytime from Space	Games and Music Lessons
Mystery Science	Scrap Coloring - online coloring pages

SCREEN-FREE FUN

Free audio books on Audible	Days with Grey
Highlights Kids Crafts and Recipes	Drawing/Writing Prompts
30-Day Lego Challenge	Language Arts and Science Activities from author Melinda Long
50 Games and Activities to do with Your Kids	Beginner Kids Workout
Busy Toddler	

During this time, please remember to make the most of the time with your family in your home. Please follow the Centers for Disease Control & Prevention guidelines that are set for **YOUR** safety! To view the most recent guidelines and to get COVID-19 updates please visit the CDC's website:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

At SIU Center for Family Medicine, we are here to help you and your family. If you have any questions for your providers, we can be reached at 217-545-8000. To see more updates and other resources like us on our Facebook at **SIU Center for Family Medicine-Springfield**.