



# Family Quarantine Workbook

Practical and helpful family activities and tips to help your family through this challenging time.

Dr. Laura Domer-Shank

860-918-2060

[lauradomershank@gmail.com](mailto:lauradomershank@gmail.com)

# How to use this workbook:

- ▶ Every family is different. You may find that you will need all parts of this workbook or you may pick and choose what parts will work for and with your family.
- ▶ Although this workbook may appear to be for elementary and middle school aged children, many of the activities are critical for families with adolescents. In fact, there are certain activities that older children are in critical need of (e.g., self-care, family resilience tree, family play).
- ▶ Don't take the workbook too seriously! Have fun and don't worry if your children don't engage in all activities.
- ▶ This workbook is intended to be followed and managed by the parent.



## Contents of this Workbook:

- Self Care
- Family Plan
- Life Skills
- Calming Space
- Emotions
- Family Play
- Family Resilience Tree
- Tips for Parents



# Family Self Care and Resilience:

Resilience is the ability to overcome difficulty.

➤ Resilience comes from:

- Predictability
- Controllability

➤ Therefore, it is important for families to develop their own ROUTINES to foster *predictability* and MANAGE STRESS which will foster a sense of being able to have a sense of *control*.

# SELF CARE TO BOOST RESILIENCE

*Self-Care is taking action to preserve one's physical, mental, emotional, social and spiritual health. When we use self-care we put ourselves in a place to manage stress better which give us more control. This helps boost our resilience or ability to overcome difficulties.*

## Examples:

- Relaxation
  - Creative expression
  - Social Connection
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- Your own self care as a parent is incredibly important for family resilience.
    - In a better mood
    - Less stress
    - More in tune to family needs






# Activity 1: Self Care Examples

Each family member will select examples of self-care that they will use. You may include your own ideas!

Reflection	Learning a new skill (e.g., sport, baking)	Play a game
Limiting Screen Time	Gardening	Write a letter
Connecting with Nature (e.g., take a walk)	Art	Take a bath
Journaling	Meditating	Pamper yourself
Reading	Exercise	Listening to soothing music
Talking with a loved one	Developing a hobby	Praying
Eating good food	Getting good sleep	Going to therapy via telehealth



Each Family Member writes their top 3 self-care goals. These goals must be practiced daily for the next week.

Name:

- 1.
- 2.
- 3.

Name:

- 1.
- 2.
- 3.

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- 1.
- 2.
- 3.



Name:

- 1.
- 2.
- 3.

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- 3.

Name:

- 1.
- 2.
- 3.



# Create a Family Plan

- What are your family's most basic priorities? (e.g., school, work, exercise, relationships, sleep, play, etc.)
- Write a family plan that supports efforts to manage anxiety as you move forward in your life in the next week.

***Example: In the next week, I will....wake up at a regular time, prepare a healthy lunch, do my self-care activities, make some time to connect with my children, and sit down for a family dinner.***



## OUR FAMILY PLAN

In the next week, we will.....

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## Productivity

*It is important for all family members to feel as if they are productive and contributing members in their family.*

*Many children lack essential life skills which are often called “chores”. Even if children resist, know that providing your children with life skills is critical to their development, sense of accomplishment and mastery, and overall confidence.*



# Pick two or three life skills to focus on until it is mastered.

## ► Toddlers:

- ☐ Putting clothes in laundry basket
- ☐ Putting toys in toy basket
- ☐ Brushing teeth
- ☐ Combing hair
- ☐ Dusting (with a feather duster)
- ☐ Washing face and hands
- ☐ Feeding one's self
- ☐ Clearing place at the table
- ☐ Helping to set the table

## ► Preschoolers:

- ☐ Bringing groceries in from car
- ☐ Setting the table
- ☐ Clear place after snacks/meals
- ☐ Prepare their own snack
- ☐ Wiping table and counter tops
- ☐ Folding towels
- ☐ Washing hands
- ☐ Brushing Teeth
- ☐ Making Bed
- ☐ Vacuuming
- ☐ Sweeping



## For Elementary School Age

- ☐ Gathering and taking out trash
- ☐ Cleaning sinks and counter tops
- ☐ Cleaning toilets
- ☐ Loading and unloading dishwasher
- ☐ Washing clothes
- ☐ Packing a lunch
- ☐ Cooking simple meals (with supervision)
- ☐ Cleaning mirrors
- ☐ Wiping cabinets
- ☐ Sweeping
- ☐ Mopping
- ☐ Caring for a family pet



# Creating a Calm Down/Relaxation Space

*It is important to have a space designated for family members to calm down. It is important for everyone to work on regulating their emotions when feeling upset, overwhelmed, anxious, or angry. The following are steps you may use to create space in your home:*

Decide together on a room, corner, or space that is quiet and private. You may have one for adults and children or one for all members of the family.

Our space(s) are:

Find comfortable, comforting items to put in your space. Examples are pillows, stuffed animals, blanket, etc.  
We will include:

Finding things that can be done while someone is in the calming space. Examples are books, music, fidgets, sensory toys, etc.


We will have:

Create your family rules for the space. Example may include “only 1 person at a time” or time limits on using the space.

Our rules are:



# EMOTIONS



It is important to help family members identify their emotions, particularly during a time of not only an abundance of emotions but conflicting emotions. The following will help your family recognize and name emotions which will assist in respecting and positively regulating their emotions.

Emotions can be abstract and difficult to comprehend. When we personify emotions as characters and give them distinct personalities, it creates a concrete understanding.


Many families are familiar with the movie, *Inside Out* (if you aren't – it would be a great opportunity family movie night!). *Inside Out* personifies emotions as colorful characters with distinct personalities as seen below.

A helpful strategy to guide children in understanding their emotions is asking them "Who do you most feel like now?", "what color are you feeling?" or "what zone are you in?"

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

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# Feelings Zone Family Plan



*Use this family plan to help a family member cope when they are in each zone. Create this coping plan together.*

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When we are in the blue zone we can:

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When we are in the green zone we can:

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When we are in the yellow zone we can:

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When we are in the purple zone we can:

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When we are in the red zone we can:

# Deep Breathing

Deep breathing is incredibly important, particularly during times of stress. When an individual experiences a stressful event, there is a physiological reaction (e.g., heart rate increases, stomach slows down digestion, breathing becomes more shallow).



Deep breathing has a physical effect as it helps to bring your body back into a restful, calm state.





Use bubbles: Blowing gently to create bubbles is a good way to be playful and breathe deeply.



Use a stuffed animal: Place a stuffed animal on your belly. Breathe up and down to move the stuffed animal.



Use a pinwheel: Practice breathing out slowly and more quickly using the speed of the pinwheel.



## Deep breathing with Props



There are many resources online to help with deep breathing. Here are just a few!

### BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

### TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

### ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

### BUBBLE BREATHING



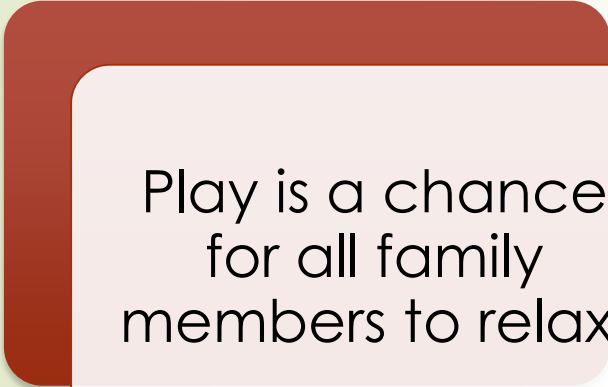
Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.





# FAMILY PLAY!!!!

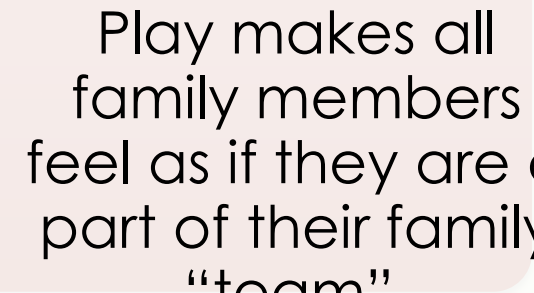
*Use play time to connect with your family. Connection and belonging are critical during this time. Please don't waste this opportunity!*



Play is a chance  
for all family  
members to relax.



Play allows for  
communication.



Play makes all  
family members  
feel as if they are a  
part of their family  
“team”.

# *Play will be one of the most important parts of your day!*

## ➤ Tips for Family Play Time:

- Don't overthink it. Anything can turn into playtime.
  - Ideas for playtime: build a fort, sidewalk art, capture the flag, swinging on swings, scavenger hunt, sports game, drawing together, water balloons, family yoga, dance party, etc.
- Try to incorporate outside play.
- Schedule play time. If you schedule it, you are more apt to stick to the schedule.
- Have fun – get messy!
- Let your children see that their parents are able to laugh and have fun during a stressful time.



# Family Activity



# YOUR FAMILY RESILIENCY TREE

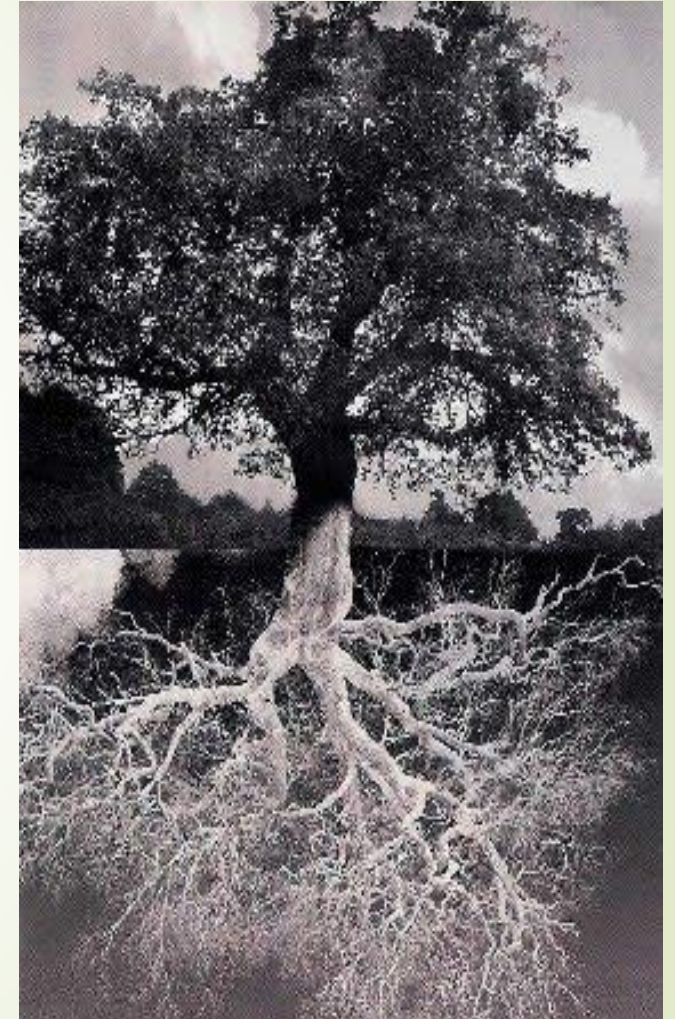
Your family resiliency tree represents the parts of your family that help your family function during times of adversity.

There is no right or wrong and this activity can be used however it fits each unique family.



# Parts of your tree:

- The **ROOTS** of the tree are the strong foundation and they anchor the tree. The roots help to keep the rest of the tree healthy and stable, particularly in times of stress and adversity.
- What are the **ROOTS** in your family? (e.g., unconditional love, support, safety, traditions, spirituality)





# Parts of your tree:

- The **TRUNK** of the tree is the heart of the tree. It is fairly constant and is who people see when they think of your family.
- What is the **TRUNK** of your tree? (e.g., family members, pets)



# Parts of your tree:

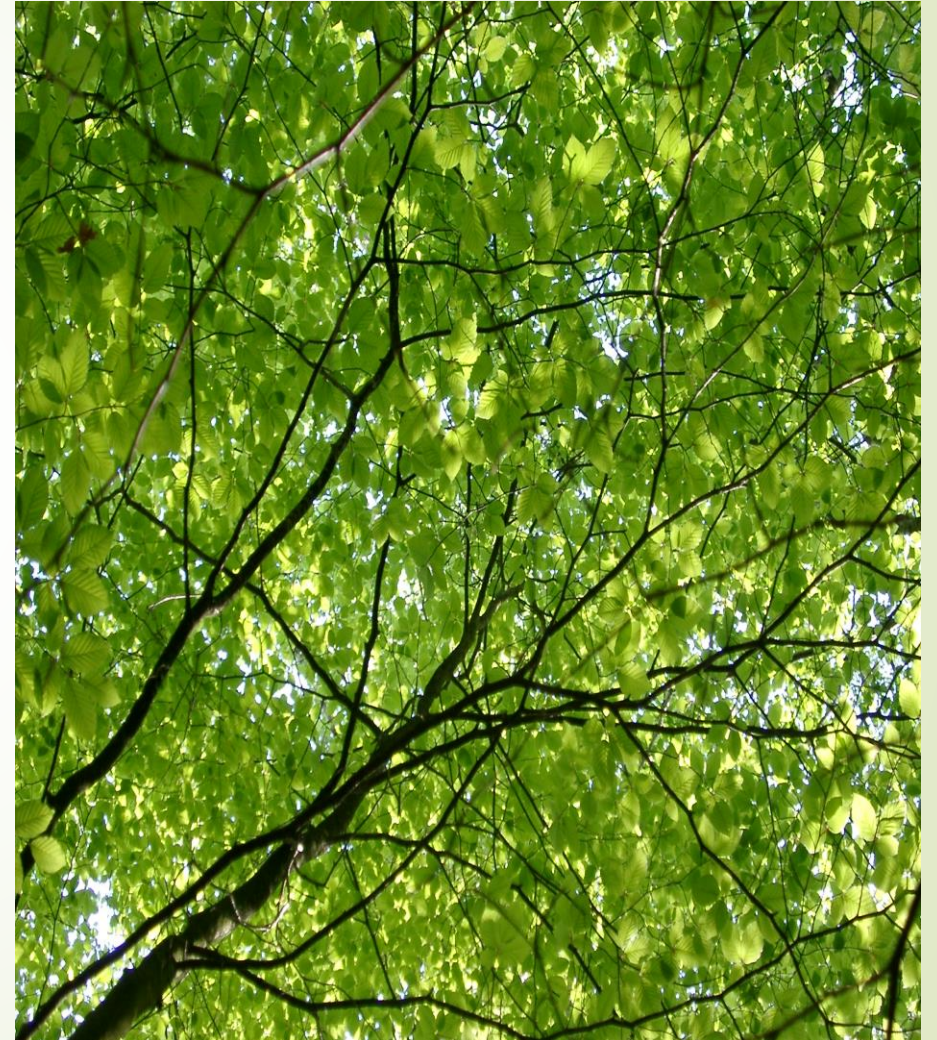
- The **BRANCHES** of the tree are priorities for the family and important as they tend to support beliefs and produce tangible items.
- What are the **BRANCHES** of your tree? (e.g., school, work, sports, leisure activities?)



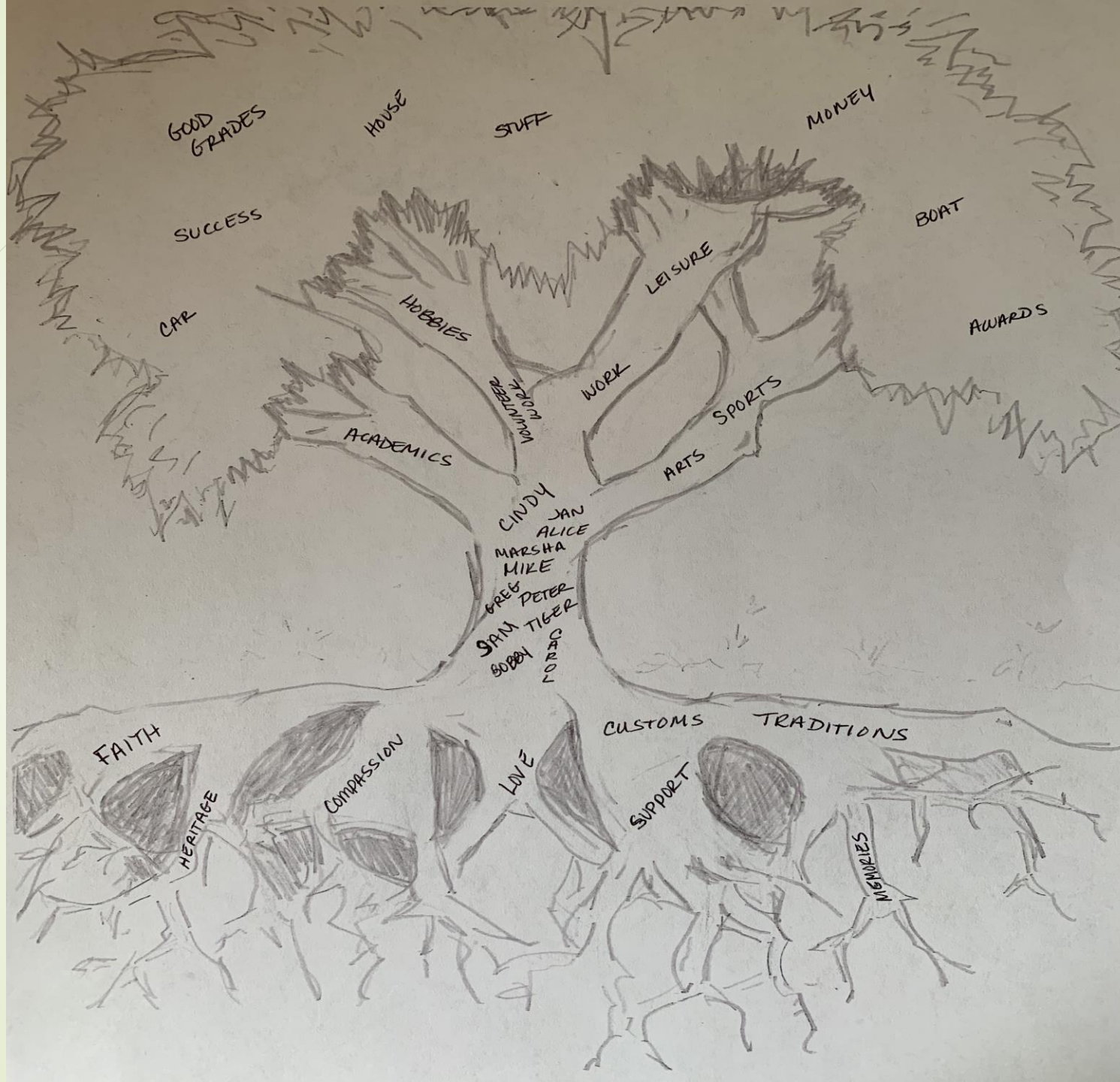


# Parts of the tree with examples:

- The **LEAVES** of the tree is the outcome of the family - what is attached to your family and what is seen by others. These things tend to come and go. Sometimes they are thriving and sometimes they are not. We tend to focus on the leaves, admire them, or lament when they fall.
- What are the **LEAVES** of your tree? (e.g., stuff, money, material items, status?)

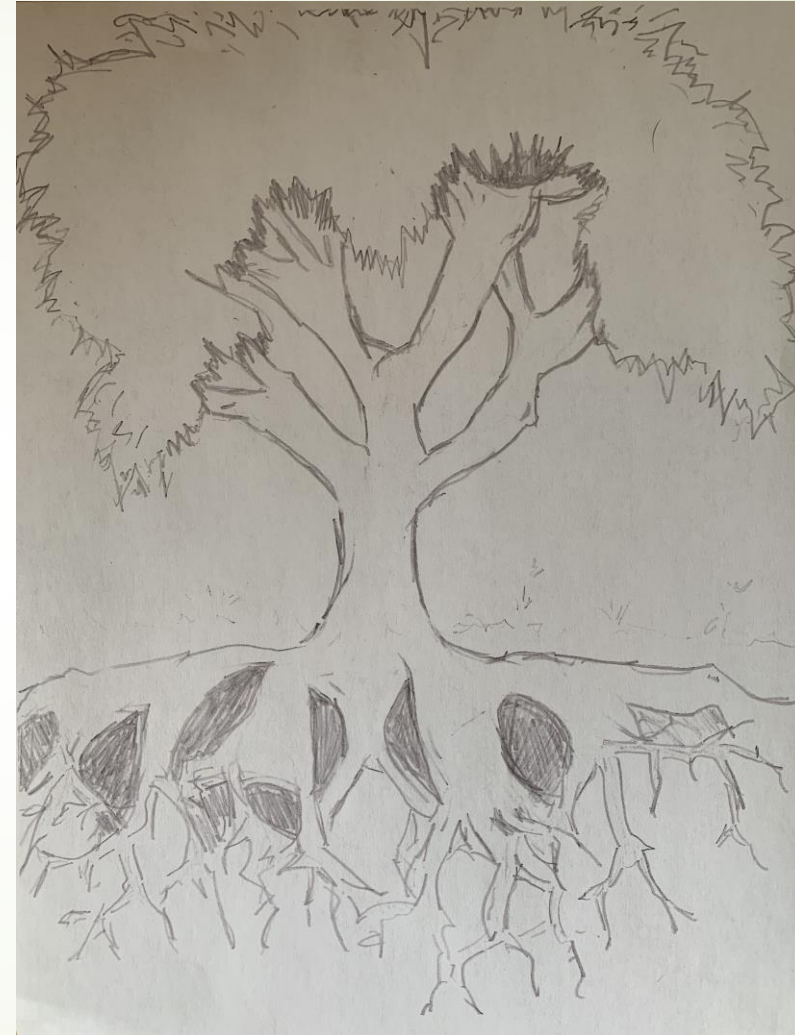






Example  
of a  
Family  
Resilience  
Tree

# Create your Family Resilience Tree!





# THE FAMILY RESILIENCE TREE DISCUSSION FOR FAMILIES:

- Often families focus on the branches and leaves, taking for granted that the trunk is always there and not even thinking of the roots. Families should pay special attention to the roots as they are the foundation to all families. The roots will help the trunk feel supported, strong, and resilient.
- What people see in the leaves is not essential – regardless of how beautiful and plentiful. We can typically survive without the leaves. It may not be pretty or how we thought our tree would look but we will survive.



# THE FAMILY RESILIENCE TREE QUESTIONS FOR FAMILIES:

- As a family, what do we tend to focus on? Roots, trunk, branches, or leaves?
- What part of the tree will help us get through this time of uncertainty?
- We provided examples of our family leaves. What leaves will fall that we can live without?
- If a branch fell off, would we be OK? Have branches fallen off recently? Have we been OK? What has helped us? What has made things difficult?
- How strong are our roots?
- What can we do to strengthen our roots?
- What may happen if we have strong, solid roots?



## Connection & Belonging

*We all need to feel as if we connect and belong to something. Connecting with family and feeling as if you belong in your family is powerful.*


Connection will look different for every family.

- For some, connections will be created by completing parts of this workbook.
- For others, connection may be sitting in the same room with your child, having a meal together, or simply offering a hug.



*Wherever your family is in this journey, just connect.*

Use technology as a tool.



During times of heightened stress, we sometimes have to meet our children where they are.

The goal is to **CONNECT** with our family members.

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**Use the following with adolescents/teenagers that are resistant to connect with family:**

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Netflix Parties

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Learn about different apps. (e.g., House Party, Trivia Crack, snapchat). Use these apps to connect with your child via messaging or playing games.

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Virtual Family Bingo with extended family

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Create a quarantine vlog.

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# Important Information for PARENTS

*Please take time to review the following information. This information provides the foundational skills that will help you as you work through the stressors of this pandemic.*

# Mindful Parenting

## *1). Switch your perspective*

When faced with stress, pause and put yourself in your child's shoes. Imagine the situation from their perspective before automatically reacting. Step outside yourself and view yourself as a parent. Ask yourself "Would you like to have yourself as a parent?"

## *2). Accept your child as they are.*

Let go of subconscious expectations and needs and accept your child as an individual.

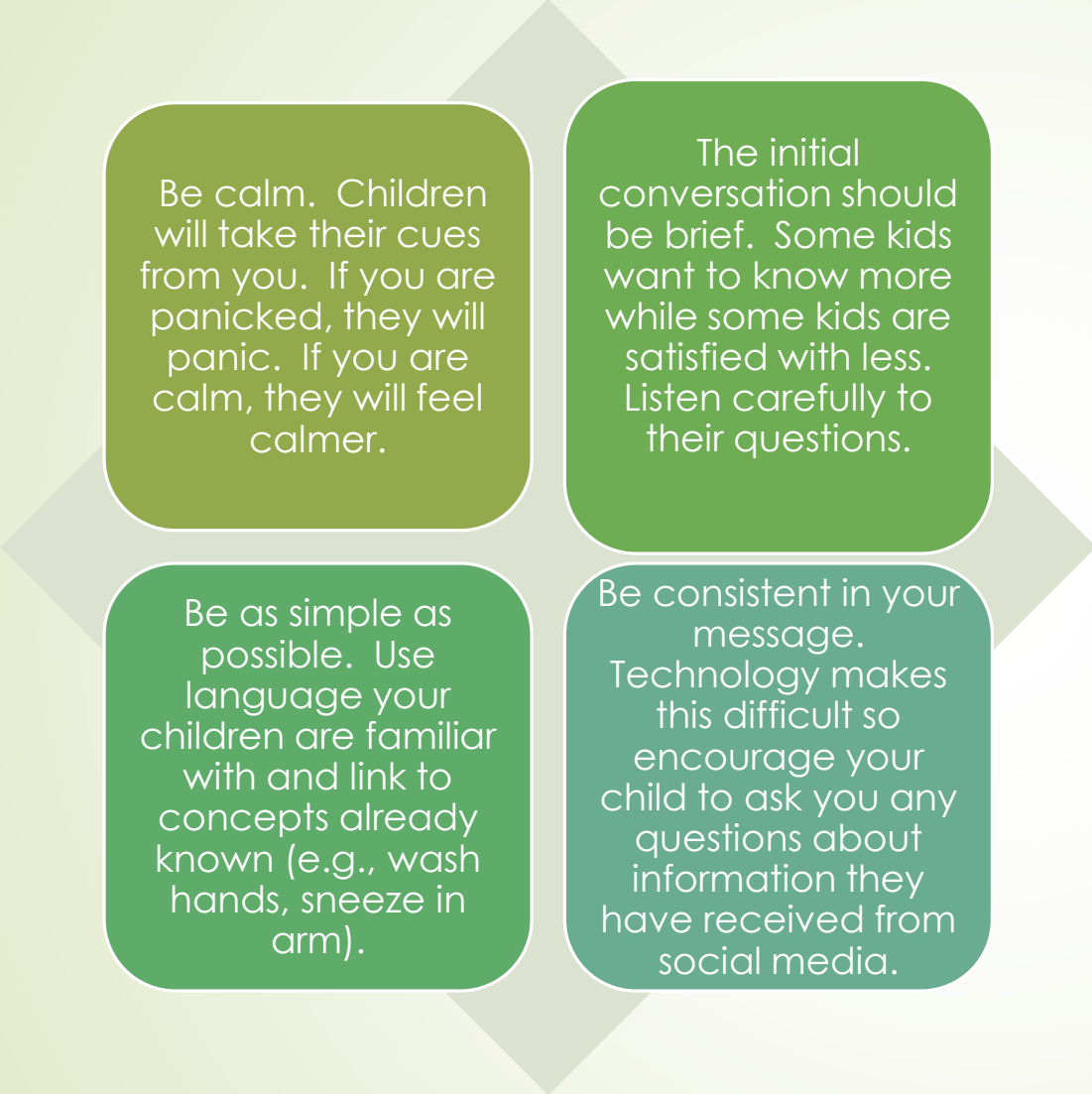
## *3). Be fully present and engaged when in stressful situations.*

If you are present and engaged, you are more likely to gain an intuitive understanding of the situation and respond intentionally rather than reactively.

## *4). Learn to apologize to your child.*

## *5). Enjoy your child.*





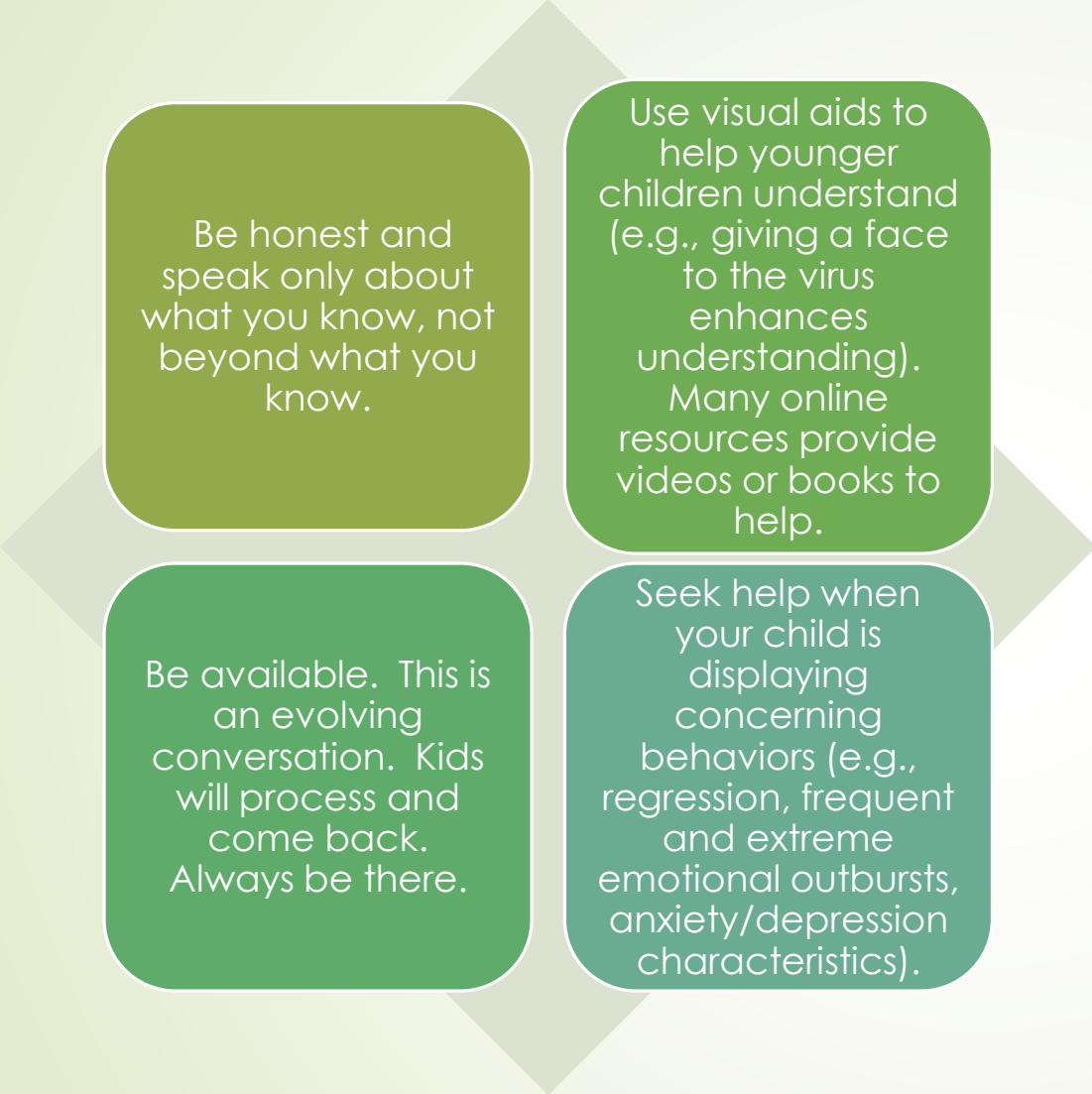
Be calm. Children will take their cues from you. If you are panicked, they will panic. If you are calm, they will feel calmer.

The initial conversation should be brief. Some kids want to know more while some kids are satisfied with less. Listen carefully to their questions.

Be as simple as possible. Use language your children are familiar with and link to concepts already known (e.g., wash hands, sneeze in arm).

Be consistent in your message. Technology makes this difficult so encourage your child to ask you any questions about information they have received from social media.

Tips for  
talking to  
your child  
about the  
Coronavirus.



Be honest and speak only about what you know, not beyond what you know.

Use visual aids to help younger children understand (e.g., giving a face to the virus enhances understanding). Many online resources provide videos or books to help.

Be available. This is an evolving conversation. Kids will process and come back. Always be there.

Seek help when your child is displaying concerning behaviors (e.g., regression, frequent and extreme emotional outbursts, anxiety/depression characteristics).

Tips for talking to your child about the Coronavirus.



Younger children learn by modeling what you are doing. Often, we spend too much time talking and not enough time doing. During times when teenagers are available, they can learn by talking.



Younger Children



Teenagers

# Quick General Tips during Quarantine:

- Find a routine that works for your family. This includes a consistent bedtime and time to wake up.
- Get dressed.
- Write a schedule for the day. This will likely look different for every member of the family.
- Give yourself time to be outside, feel the sun, and breathe in some fresh air!
- Eat healthy meals. At home, we tend to snack and stress eat and we may inadvertently cause ourselves to feel tired, sluggish, or down.
- Hydrate!
- Connect. Connect with family. Virtually connect with friends. Virtually connect with extended family. Connect. Connect. Connect.
- Know that everyone is doing the best they can with what they have.
- *Know that you are doing your best.*



You won't be perfect. You won't be ready. You won't feel prepared.

But....

You are perfect enough. You are ready enough. And you are prepared enough.

Love, Play, Learn, and Grow Together.

*Dr. Laura Domer-Shank*