



*Aldersgate Youth Services "COVID-19 Weekly Tips & Activities" assists & supports parents, health care providers, employers & religious leaders who work with and care about children, teens, young adults and their families at this challenging time.*

## Weekly Update

### Parent Tip Sheet

During this challenging time, parents are struggling with multiple issues – working from home or forced unemployment, financial and health concerns, children who need assistance with schoolwork, elderly parents who need care, and other difficulties. Creating a schedule can help manage the stress. Schedules can provide structure for parents and children. Routines help children understand expectations, reduce anxiety, learn independence, and increase self-esteem and confidence.



#### Identify and schedule important daily activities:

- Sleep – a sleep schedule is critical for brain development
- Meals and healthy eating – children can take turns helping with meal prep or planning the menu
- Remote schooling and homework assignments
- Cores and household responsibilities to contribute to the family
- Physical activity – outside play, dance, yoga and exercise videos, such as the video posted below
- Relaxation, which can include reading, music, or arts and crafts. [www.mindyeti.com](http://www.mindyeti.com) has colorful videos to teach children guided meditation and relaxation exercises to manage stress.
- Family time – game night, make-your-own pizza or taco night
- Play – card or board games, trivia games via Zoom with other family members, or even the moderate use of video games.
- Engage your child in creating their schedule so they feel a sense of ownership
- Print the schedule and have the children display it in an accessible space.

It is our hope that this information helps everyone in your family reduce their stress.

***Aldersgate remains available for phone support for clients and families. If we can provide support or assistance to you or your children, please feel free to contact us at 215-657-4545.***

Pat Wilcke, MFT  
Clinical Program Coordinator

## Aldersgate's Awesome Activities

### Edition 2: Fun Activity for Kids

For our second **Aldersgate Awesome Activities**, we have included a fun activity for kids to stay active and moving

while at home. Regular exercise helps relieve tension and release hormones to help kids (and adults!) feel calmer and happier. But it's difficult without physical education class or organized sports right now. Instead, kids can spell out their whole name for a fun and simple workout. For an additional challenge, try adding your middle name or spelling out a family member's name! Or, if there are spelling or sight words your child needs to practice, have them spell those out as well!



*Spell Your Name Workout courtesy of 730SageStreet.com*

## what's your name? FIT ACTIVITY FOR KIDS

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Other health and wellness resources:

Nutrition:

<https://www.catch.org/pages/health-at-home>

<https://www.actionforhealthykids.org/nutrition-toolkit/>

Exercise:

<https://www.gonoodle.com/>

<https://www.playworks.org/news/playathome-with-playworks/>

<https://vkool.com/exercises-for-kids/>

Mindfulness

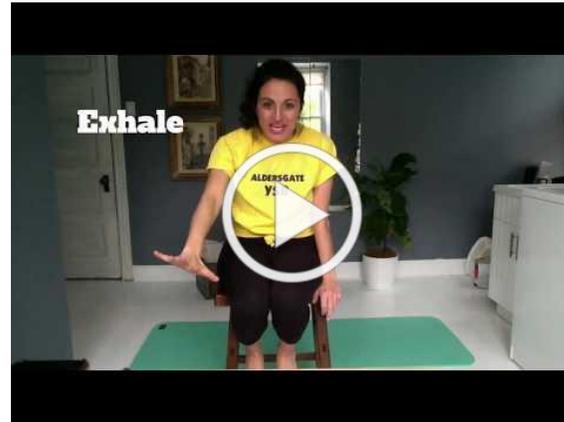
<https://www.actionforhealthykids.org/activity/mindfulness-journaling-breathing-and-more/>

<https://www.youtube.com/watch?v=WSy2L9VvX90>

Also remember to check out Aldersgate's Mindfulness and Movement Lesson on You Tube Link below:

*If you are in need of support, Aldersgate Youth Services can be accessed by calling 215-657-4545 or @ [info@aldersgateservices.org](mailto:info@aldersgateservices.org). If you are concerned about your child's level of stress or anxiety, it is important to seek help. You may want to contact your child's physician. If your child's anxiety is school-related, reach out to your school's counselor, social worker, or SAP team. If your child is experiencing a mental health emergency, please visit your nearest emergency room or call 911. Montgomery County Mobile Crisis can be reached at 1-855-634-4673.*

Laura Shapella, M.Ed.  
Aldersgate SAP Liaison/Counselor



## Important Resources

**“All of us might wish at times that we lived in a more tranquil world, but we don’t. And if our times are difficult and perplexing, so are they challenging and filled with opportunity.” Robert Kennedy**

How can we use this time as an opportunity to learn new skills to manage an uncertain world, and to teach our children to do the same?

- Give yourself a break. Sometimes "good enough" is fine; nothing is "normal" right now.
- Create a code word or phrase when things become too chaotic at home. Everyone then has to take a break and settle down by doing a mindfulness or relaxation exercise
- Take a 5-minute dance break with your children to break up the day and get re-energized
- Create a more relaxed mood at home; turn off the TV and turn on quiet music



### Helpful Resources

There are helpful apps for children and adults in teaching relaxation, meditation, and mindfulness skills to manage stress and anxiety. Many offer tips for improving sleep, and challenging negative thinking.

**Calm** also has topics on self-esteem, relationships, kindness, and gratitude. **Smiling Mind**; **Headspace**; and **Happify** are other apps to try.

Teens may benefit from reaching out to another teen for peer support by using the **Teen Talkline**. They can Call 866-825-5856 or Text 215-703-8411

## Aldersgate Welcomes Your Thoughts & Feedback

Survey

## We Create Success Stories

### Who We & What We Do

Aldersgate is a non-profit human services agency located in Willow Grove, PA. We offer counseling and other emotional, behavioral health supports and drug and alcohol prevention/intervention services. Social and emotional learning programs are also provided at the agency, in area schools and in the community.



Aldersgate is currently providing telehealth support services for adults and for children, teens, and their families.

Aldersgate provides support services to students in Abington, Bishop McDevitt, Cheltenham, Jenkintown, Lower Moreland, Springfield Township, Upper Moreland, and Wissahickon School Districts.

[Visit our website](#)

**Contact us for more resources:**

**Deborah Sapin-Feldstein, Executive Director**

**42 N. York Road, Willow Grove, PA 19090**

**Phone: 215-657-4545**

**Email: [info@aldersgateservices.org](mailto:info@aldersgateservices.org)**

