

# Virtual CSS Webinar Series

March – April 2020

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## THEMES:

\*Physical Health and  
Wellness

\*Mindfulness/  
Stress Reduction

\*Cognitive Activities

\*Household Tasks

\*Creative Arts



## Activity Ideas

### Staying healthy

- Basics become together time
- Planning a meal with CSS then cooking w/the family
- Plan time/activity for gardening/yardwork, then implement with the family
- Pick a game, review the rules, play a practice round w/ CSS, then enjoy w/ the family

### Daily Quarantine Questions

1. What am I grateful for today?
2. Who am I checking in on or connecting with today?
3. What expectations of 'normal' am I letting go of today?
4. How am I getting outside today?
5. How am I moving my body today?
6. What beauty am I either creating, cultivating or inviting today?

### Websites/Articles:

- [https://greatergood.berkeley.edu/article/item/six\\_daily\\_questions\\_to\\_ask\\_yourself\\_in\\_quarantine?utm\\_source=Greater+Good+Science+Center&utm\\_campaign=f25b905b76-ED\\_NEWSLETTER\\_APRIL\\_2020\\_1&utm\\_medium=email&utm\\_term=0\\_5ae73e326e-f25b905b76-74618095](https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine?utm_source=Greater+Good+Science+Center&utm_campaign=f25b905b76-ED_NEWSLETTER_APRIL_2020_1&utm_medium=email&utm_term=0_5ae73e326e-f25b905b76-74618095)
- <https://www.militaryonesource.mil/family-relationships/family-life/keeping-your-family-strong/family-routines-during-the-covid-19-pandemic>

- <https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids>
- <https://www.americastestkitchen.com/kids/home>
- <https://www.care.com/c/stories/10371/fun-indoor-exercises-for-school-aged-kids/>
- <https://www.brighthorizons.com/life-at-home>