



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

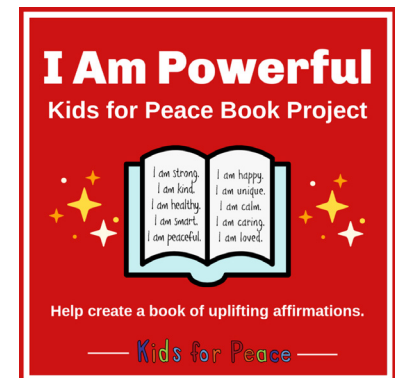
Put Our Peace Pledge Into Action

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. 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](#).

Appreciation Pizzas



Let's CARE for our healthCARE workers!

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Loving Letters For Grandfriends



Let's send some love to our beloved senior friends.

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Happy Birthday Party Parade



Let's safely celebrate each other!

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Happy Heart Hunt



Let's send our love to the world!

— Kids for Peace —



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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

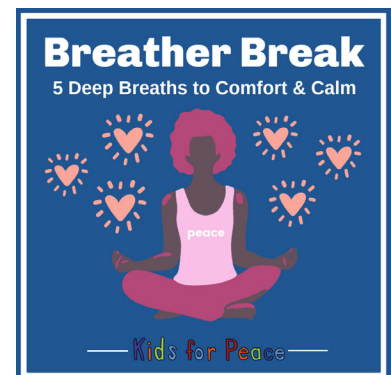
We must remember to take care of ourselves so we can take good care of our children!

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](#)

**We are all
in this
TOGETHER!**

— Kids for Peace —

Praying and playing
Paused we are
Picnicking and panicking
Parked for now
Planning and picturing
Portrayed our lives
Picking and peeling
Pivoted inside
Pondering and paleing
Paused in time

Permanently
paused
Asia Moore

