

Wellbeing Tips

Physical Fitness and Boosting your Immunity:

<https://www.gameplan-a.com/2017/09/5-ways-tailor-nutrition/>

Managing Sleep – Getting your 8 hours rest:

<https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>

Gratitude journaling:

<https://positivepsychology.com/gratitude-journal/>

Managing Cabin fever:

<https://www.healthline.com/health/cabin-fever#bottom-line>

A guide to helping and getting help during the pandemic:

<https://edition.cnn.com/interactive/2020/health/coronavirus-how-to-help/>

Work/life balance – keeping the kids busy and home schooling:

Lesson plans: <https://www.crayola.com/education/lessonplans>

Activities: [National Geography Kids](#)

How to talk to children about COVID-19:

http://elisegravel.com/en/blog/coronavirus-free-printable-comic-for-kids/?fbclid=IwAR3vgQ8_OBGmWJxquCoby2CgtXrbfXwV6Y289O4kL9L3edElwVGjB_a9xhV8

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