

20 WAYS TO BUILD RESILIENCE AT HOME

IDEAS FOR KIDS

#1 Enjoy crafting, like making a DIY Jellyfish!

#2 Take a quiet moment to eye-spy

#3 Meditate!

#4 Check in with friends & family via video-chat!

#5 Create a family play.

#6 LEARN A NEW LANGUAGE, LIKE ASL!

#7 Tour a children's museum virtually.

#8 Create a musical instrument

#9 Play with homemade play-doh

#10 TAKE A NATURE WALK

#11 Try out yoga!

#12 Write letters & mail them

#13 Bake with a grown-up

#14 Explore a national park (virtually).

#15 Go Bowling in your backyard!

#16 Enjoy a story-time

#17 CREATE A FAIRY GARDEN

#18 Start a family book club

#19 EXERCISE!

#20 Share using #ResilienceWeekVA to share how your kids are building resilience at home!

CREATED BY:

greater richmond
SCAN
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