

# Resources and Tips

Home for Holidays

*Making the most of the season during COVID-19*



## RESOURCES FOR PARENTS OF ELEMENTARY AGED CHILDREN

- **125 IDEAS TO KEEP KIDS ENTERTAINED**
- **TIPS FOR QUARANTINED PARENTS IN THE TIMES OF COVID-19**
- **25 TIPS AND ACTIVITIES TO MAKE QUARANTINE FUN FOR CHILDREN**

## RESOURCES FOR PARENTS OF PRE-TEENS AND ADOLESCENTS

- **50 WAYS TO SPEND QUALITY TIME WITH YOUR TEENAGER**
- **SUPPORTING TEENAGERS AND YOUNG ADULTS DURING THE CORONAVIRUS CRISIS**
- **ACTIVITIES FOR TEENS**

## COVID FRIENDLY EVENTS ON LONG ISLAND FOR FAMILIES

- **SCHEDULE OF LONG ISLAND SOCIALLY DISTANT EVENTS THIS SEASON**
- **THINGS TO DO ON LONG ISLAND WITH KIDS**
- **LONG ISLAND EVENTS HAPPENING**

## SOURCES FOR RELAXATION

- **COSMIC KIDS: KIDS YOGA CHANNEL**
- **VIDEOS FOR CHILDREN**
- **YOGA FOR TEENAGERS**
- **UNLIMITED FREE YOGA ALL**
  - **MINDFULNESS APP- HEADSPACE**

## ADDITIONAL RESOURCES

- **TALKING TO CHILDREN ABOUT CORONAVIRUS**
- **MANAGING STRESS - CORONAVIRUS**
- **HARVARD: HOW TO TALK TO YOUR TEEN ABOUT THE NEW CORONAVIRUS**

**FOR SUPPORT OR ADDITIONAL RESOURCES PLEASE CONTACT YES COMMUNITY COUNSELING CENTER AT 516-799-3203**