



**JEWISH FAMILY AND CHILD SERVICE OF GREATER TORONTO**

**Jewish Family and Child Service of Greater Toronto**  
4600 Bathurst Street  
Toronto, ON M2R 3V3

T: 416-638-7800  
F: 416-638-7943

info@jfundcs.com  
www.jfundcs.com

**Gordon S. Wolfe Branch**  
365 Bloor Street East  
Suite 1904  
Toronto, ON M4W 3L4

T: 416-961-9344  
F: 416-961-9351

**York Region Branch**  
9600 Bathurst Street  
Suite 242  
Vaughan, ON L6A 3Z8

T: 905-303-5838  
F: 905-303-5892

**Jerome D. Diamond Adolescent Centre**  
196 Keewatin Avenue  
Toronto, ON M4P 1Z8

T: 416-482-3023  
F: 416-482-3014

## Navigating COVID-19 for Parents and Families From The School Outreach Team and The Family Resource Centre

Children do well when a routine is in place. We recommend **Creating and Maintaining Structure and Expectations** by:

- Maintain usual meal and sleep times
  - Keep regular morning routines
  - Have a wake up time and bedtime
    - Click [here](#) for an example
    - Click [here](#) for a template
- Have kids collaborate when planning for the day
- Create device restrictions
  - Only allow devices only at certain times of the day
- Be consistent and firm with expectations
- Stay Active
  - Younger Kids: Click [Here](#) - FREE Resource
  - Older Kids: Go for a walk, Practice sports or a Tik Tok Dance

### How to speak to children about COVID-19:

Have an open and age appropriate discussion. Children want to feel heard and acknowledged provide them with education around the topic

### Be Honest and Factual

Children are seeing and hearing about COVID-19 from various mediums. As parents it is important to be honest and factual when speaking to your child about COVID-19. Share with them what you do know and what you don't know. Let them know that they can come and ask you questions at any time and aim for your conversation to focus on actionable practices.

The following resources can be used to help guide your conversation:

Click [here](#) for a video resource

Click [here](#) for a comic resource

Click [here](#) for a podcast resource

### Be Mindful of Media Exposure

It is optimal for you to be your child's primary information source for information about COVID-19. Be mindful of media that may be detailing a more stressful narrative for your child.

Helping your child/teen to manage COVID-19 anxiety:

<https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19>

<https://www.google.ca/amp/s/www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.amp.html>



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# Stay At Home Activities

## From JF&CS Outreach Social Workers and The Family Resource Centre

### **The Floor Is Lava:**

Blow up a balloon and see how long you can keep it off the ground

### **At Home Scavenger Hunt:**

Create a list of items around the house for kids to find, most creative for first one to fill the list wins  
Instead of “finding and collecting” items, encourage them to take pictures and be creative

### **Make Placemats Out Of 8X10 Paper:**

Decorate the paper with markers, crayons, stickers, etc.  
Cover with saran wrap so it can withstand being eaten on

### **Car Wash or Doll Spa:**

Fill a large plastic bowl or containers with soapy/bubble water and wash toy cars or plastic dolls  
Do this somewhere that water can spill and not create damage  
Style the Dolls hair using hair products

### **Create A Journal:**

Be creative and decorate  
Write in the journal each day

### **Make Sock Puppets:**

Take old single socks and glue anything on for eyes , use markers for mouths  
Create a puppet show

### **Bake Muffins or Cupcakes**

Baking helps develop math and literacy skills  
Decorate and share

### **Homemade Play Dough:**

Use food colouring to be creative or Don't use food colouring, let dry and paint  
Recipe:

2 cups all-purpose flour

½ cup salt

2 tbsp. vegetable oil

½-¾ cup of warm water

4 drops of food coloring or two packets of Kool-Aid (optional)

Large bowl

Large spoon

Pour the flour, salt and Kool-Aid or food coloring into a large bowl and mix.

Add the vegetable oil and a half-cup of warm water.

Stir until the color is evenly distributed and then use your hands to knead the dough.

Add more water if the texture is too dry or crumbly.

### **Other Things You Can Make:**

Create Musical Instruments And Start A Band: <https://www.learningliftoff.com/make-homemade-music-with-these-6-diy-instruments/>

Make Your Own Kite: <https://www.instructables.com/id/Easy-Paper-Kite-for-Kids/>

Make Your Own Boardgames: <https://www.wisebread.com/8-amazing-board-games-you-can-diy>

2 Ingredient Cloud Dough: <https://www.pinterest.ca/pin/434949276515962533/>

Home Made Face Painting:

<https://pagingfunmums.com/2014/04/17/homemade-face-paint-using-only-3-ingredients/>

### **Activities From Around The House:**

#### **Got Toilet Paper Rolls?**

Race Cars: <https://www.pinterest.ca/pin/555561304034555744/>

Wind Socks: <https://www.pinterest.ca/pin/198651033550302336/>

Bird Feeders: <https://www.pinterest.ca/pin/650348002410735380/>

Shape Painting: <https://www.pinterest.ca/pin/510103095292163869/>

Helpful Tip: If you don't have paint, use pudding mix hiding in your pantry

#### **Got Yogurt Or Shaving Cream, Or Conditioner?**

<https://www.pinterest.ca/pin/196469602480918457/>

#### **Got Cornstarch?**

<https://happyhooligans.ca/2-ingredient-goop-recipe/>

#### **Got water?**

<https://www.pinterest.ca/pin/196469602478902901/>

#### **Got a big pot and a ladle?**

<https://www.pinterest.ca/pin/196469602479253804/>

#### **Got Cotton Balls, Empty Drink Bottle?**

<https://www.pinterest.ca/pin/778067273106454869/>

#### **Got Paper Towel Roll, Cars And Tape?**

<https://www.pinterest.ca/pin/576953402249439191/>

#### **Don't Have Paint?**

<https://www.pinterest.ca/pin/372461831669583528/>

### **Set Up A Restaurant (Because You Can't Go Out To Eat)**

- Let them write up a menu
- Take your reservations by phone (so they practice some phone etiquette)
- Set the table (life skills)
- Take your orders (and write them on a little pad of paper)
- Then they can go make the food out of paper and colouring pencils, markers, cut them out, put them on a plate.
- Meanwhile you get to be at the table. Then they serve you.

### **Run Out Of Bubbles Already?**

<https://youtu.be/t0-Rhu4gwJk>

If you don't have the ingredients, just mix any dish soap and water, and try it out.

Have them help you experiment with different "soap" items to see which ones work better.

### **More Ideas and Resources:**

<https://indyschild.com/70-things-to-do-with-kids-now-that-were-all-stuck-at-home/>

### **Free Printable Drawing Pages:**

<http://elisegravel.com/en/livres/free-printables/>

### **Free Virtual Tours Of Museums And Famous Sites:**

[https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku\\_w/preview?fbclid=IwAR2FjzXpd23L0p7BTnW5OPZn5xYfpPRT3KynLO9CPW-vYpFDxtGMiuNiFBw&pru=AAABcQ3dWOG\\*SRpP8ir3BL1Z\\_6\\_IeawFuw](https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR2FjzXpd23L0p7BTnW5OPZn5xYfpPRT3KynLO9CPW-vYpFDxtGMiuNiFBw&pru=AAABcQ3dWOG*SRpP8ir3BL1Z_6_IeawFuw)

### **Resources From UJA:**

<https://jewishtoronto.com/cje/blog-for-jewish-educators/jewish-education-resources-for-surviving-thriving-through-self-isolation?preview=1040d283f66a94ad0687452213dc8f6a>

Wishing you and your families well from the entire JF&CS Team  
Our Intake lines remain open for child welfare referrals, counselling inquiries, financial support (pending eligibility) and referrals to emergency support services.

**416.638.7800 x6234**

A member from our Intake Team will return your call within 24 hours, please leave a safe and confidential number where we can call you back.