

Health Powered Kids Virtual Care Package

A lot has changed since schools have closed or moved to online classes to mitigate the spread of coronavirus (COVID-19). The kids are home, teachers are planning or instructing from a far, and parents are managing work and shifting schedules. These circumstances and changing routines are bringing extra stress on kids and adults alike. That's why the Allina Health Powered Kids team is sending our partners a virtual care package! This is your guide to keeping kids happy and healthy as a classroom or as a family.

Be Active

- [Get Out and Enjoy Nature](#) (45 min)
 - Activity: Outdoor Energy Boost
 - This activity demonstrates how our mood can improve simply by going outdoors for a short period of time.

Keep Clean

- [Wash Hands for Health!](#) (30 min)
 - Instructional lesson and coloring activity, ages 3-8
 - Young people will be able to demonstrate proper and effective hand washing techniques.
- [Hand Washing: A Weapon against Germs!](#) (30 min)
 - Video and instructional lesson on hand washing, ages 9-14
 - Young people will learn when hand-washing is essential and will be able to demonstrate proper and effective hand-washing techniques.

Find Balance

- [What We Can Do to Stress Less](#) (30 min)
 - Young people will learn everyone can feel stress sometimes, that some stressful feelings are a normal part of life, and there are things they can do to help reduce and deal with stress, ages 9-14

Power Chargers

- [All Power Chargers](#) (2, 5, or 10 min)
 - Power Chargers are a collection of short exercises designed to give kids a quick activity break throughout the day. Use Power Chargers to wake up kids in the morning, energize them after lunch or help them focus before a big assignment.

DIY Activities

- [Make slime!](#), ages 5-14
- [Make bath fizz](#), ages 5-14
- [Make a mind glitter jar](#), ages 9-14

Additional Resources:

- For more information on managing stress and anxiety during COVID-19 visit the Centers for Disease Control and Prevention