



#KidsKickingCovid

What can kids do to help slow the spread of COVID-19? What are they doing from home to help others? When children feel like they're part of the solution, it can lessen worries and feelings of lack of control.

Get your kids involved in various ways to keep your home cleaned and disinfected, keep up with their proper hygiene, help their loved ones, their community, say thank you to frontline workers, etc. Capture the moments and share using the hashtag #KidsKickingCovid.



WAYS FOR KIDS TO HELP, BE ENGAGED, STAY ACTIVE

- **Teach them proper hand-washing and make sure they do it every time**
- **Help clean and disinfect items around the house, knobs, handles, remotes, devices, etc.**
- **Write letters to their elderly loved ones, neighbors, senior care facilities, etc.**
- **Facetime grandma and grandpa, friends they miss, etc.**
- **Keep up with schoolwork**
- **Create ways to stay in touch with friends**

Come up with ideas of your own! Stay safe, stay well and reach out to/for help!



32 Lake Shore Road,
Groses Pointe Farms, MI 48236
313.447.1374
FamilyCenterWeb.org