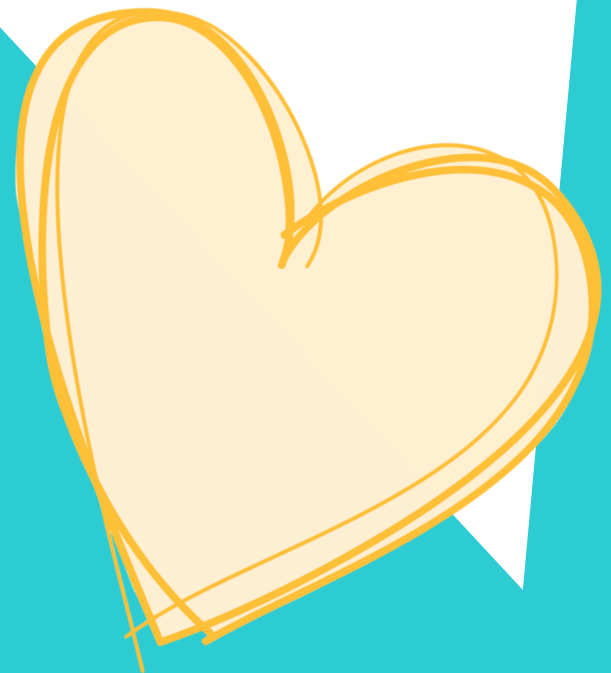


ISOLATION SURVIVAL GUIDE



**For families
and the young
at heart**



**Big Brothers
Big Sisters**

OF CENTRAL AND SOUTHERN
INTERIOR OF BC

The MOST IMPORTANT thing we can all do is take care of our mental health and well being during these trying times.

You are not alone, stay strong, we are all in this together.

What we think is how we feel.

Try these mindset shifts when you find yourself getting caught up in fear and anxiety.

Mindset Shift During a Pandemic

- | | | |
|---|---|---|
| I'm stuck at home | → | I get to be SAFE in my home and spend time with my family |
| I will get sick | → | I will self-isolate and wash my hands, this will significantly DECREASE my chances of getting sick |
| I will run out of items at home during self-isolation | → | I have prepared for this and I will use my items wisely. I have everything I NEED for now |
| Everything is shutting down, I'm panicking | → | The most IMPORTANT places, such as medical centers, pharmacies and grocery stores, remain open |
| There is too much uncertainty right now | → | While I can't control the situation around me, I CAN control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition. |



PLAN FOR A GREAT DAY!

- Eat healthy & hearty meals
- Get moving and stay active
- Take in some fresh air & have fun in the sun
- Stay informed by credible sources
- Learn something new, start a project at home
- Make time for self care

If the mere thought of planning or sticking to a routine stresses you out. Take a deep breath! You're doing just fine.

Using this guide and other community and online resources, identify some things you'd like to try or find interest in. **Engage your family** in the planning; children and teens are easily motivated when they are given an opportunity to have a say.

Encourage a routine that works for you and the individual members of your family. It does not need to be 9-5 to work effectively! The main goal here is to find some normalcy in a routine that keeps your mind, body and spirits active and healthy!

**INCLUDE THESE 6 INGREDIENTS
IN YOUR DAILY ROUTINE FOR OPTIMAL
HEALTH AND WELLNESS**

Let's make the best of it!



100+ THINGS TO DO WHILE

In the Kitchen:

- **Experiment with new recipes from a friend or with an international twist**
- Try homemade ice cream or upside down cake! .
- **Make slime, goop or playdough - recipe's are on the next page!**
- Make trail mix of your snacks– great for a movie or a hike!
- **Make your own pizza night!**
- Set up a taco bar and have a fiesta!
- **Host a fancy tea party.**
- Attempt some kid-friendly science experiments.
- **Measuring ingredients and reading labels are great learning opportunities!**
- Have a fancy dinner party, where everyone gets dressed up and receives an official invitation. Decorators, chefs, servers, everyone can get involved!
- **Put together a collection of recipes to make a 'family favorites' recipe book.**
- Take part in free online cooking classes.
- **Pack a picnic for a later adventure.**
- Paint macaroni and string it to make jewelry.

In the Living Room:

- **Put together a playlist of family favorite songs and bust out your finest moves**
- Play Charades, Lego or hide-and-go-seek
- **Build a fort with pillows and blankets - have your picnic!**
- Set up a tent and "go camping".
- **Tell ghost stories around the "campfire" - don't forget the smores!**
- Introduce kids to influential music and movie legends from your past.
- **Participate in free online exercise classes such as yoga, pilates or Zumba.**
- Plant some flower/vegetable seeds in pots and watch them grow.
- **Host a game night! Play your favorite board games or make up family trivia.**
- Make a memory scrapbook with pictures and memorabilia.
- **Host a karaoke night!**
- Build a bridge between two tables or chairs with blankets or sheets and see how much it can hold.
- **Play school. Let the kids be the teachers.**
- Have a movie marathon of everyone's favorite movies.
- **Do a silly family photo shoot!**
- Make friendship bracelets and mail them to those you miss.
- **Write a poem, song or story together and see what you come up with!**
- Put on a family talent show
- **Create a family tree and tell stories of your family and childhood**
- Make sock or paper bag puppets and put on a show

SPENDING TIME AT HOME

In the Bedroom:

- **Have a fitted sheet folding contest - search on Youtube "how to fold fitted sheets"**
- Read aloud to one another, share your favorite stories.
- **Sort through clothes and toys, donate what no longer fits or is being used.**
- Make a list of clothing items needed for next season.
- **Enjoy some much needed alone time.**
- Complete a room make-over by switching up furniture and accessories.

In the Laundry Room & Bathroom:

- **Teach life skills; how to sew on a button and do a load of wash.**
- Have a sock matching party!
Grand Prize: two matching feet.
- **Take a bubble bath.**
- Relax with an at home spa day.
- **Make your own bath bombs, foot soaks and scrubs.**



Things to do Outside:

- **Go for a bike ride, walk or scavenger hunt in your neighbourhood.**
- Make an obstacle course, using things from around your house and yard.
- **Make bird feeders and hang them in nearby trees.**
- Use sidewalk chalk to draw games like hop scotch and snakes and ladders.
- **Go old school... get out the skipping ropes, play tug-of-war and red rover!**
- Star gaze and day dream!
- **Write letters and cards to friends and family you miss.**

Above all else be patient, kind and empathic towards one another and mindful of behaviours, anxiety and the stress levels of everyone at home. There are many community services linking families to income support, food security and mental health supports.

**ASK FOR HELP
IF YOU NEED IT.**

We are here for you!

SLIME

8-ounce bottle Elmer's white school glue
1 1/2 – 2 Tablespoons water, add more as needed
1 Tablespoon baking soda
Food coloring, optional

Add glue and food coloring to bowl. Squeeze the bottle of glue into a bowl and stir until combined. Then mix in baking soda. Add water and mix until combined. If it's too sticky, add a few drops more until it's not so slimy. It will be wet and gooey at first, keep kneading until it all comes together.



OOPY GOOP

3/4 c. Corn starch
1/2 c. Water

Food Coloring– or not! It's just as fun without it.

Mix all together in a bowl and Bam! You've got a fun substance that goes from liquid to solid in seconds and keeps your kids busy for hours. *not as much fun if they lug the bowl around the house.

PLAYDOUGH

4 cups of flour
1 1/2 cups salt
2 tbsp oil
1 cup warm water
4 food dyes or Kool-Aid packages

In a large bowl mix flour and salt.

In 4 small bowls:

Divide 1 cup of warm water into each bowl (1/4 cup each)
Add food coloring of your choice
Add 1/2 tbsp of oil in each bowl

1. Divide flour mixture into 4 and slowly add to each small bowl, while mixing continuously with spoon until it forms a ball.
2. Sprinkle counter with a dusting of flour and knead balls of dough until coloring is blended well and dough is smooth.
3. Store in an air tight container or zip lock bag.



GO AHEAD,
TREAT YO-SELF!



EXFOLIATING BODY SCRUB

1 cup. White Sugar
1 tsp. Lemon Juice
1 tbsp Oil (whatever you have at home)

This DIY lemon scrub will leave your skin fresh and glowing!

OATMEAL & BANANA FACEMASK

1 cup Oatmeal
1 Banana

Simple as that! Mash it, mix it and you've got yourself an oh-so smooth and rejuvenating facial!

MENTAL HEALTH FITNESS AND SUPPORT

www.cmha.ca

www.childmind.com

www.psychologytoday.com

www.camh.ca

www.canada.ca

SOAK THEM TOES!

MIXTURE # 1

1/2 tsp Coconut Oil
5 Drops Essential Oil

MIXTURE # 2

1/2 cup Epsom Salts
5 Drops Essential Oil

MIXTURE # 3

3 tbsp. Baking Soda
1/2 cup. Cooked Rice

In a large basin or bowl add any one of these mixtures to 2-3 litres of hot water. Indulge in the simple pleasures of a relaxing foot soak.

There's no way to go wrong here!

Hot water, salt, your favorite bubble bath.
1000's of combinations!

ONLINE RESOURCES THE WHOLE FAMILY WILL ENJOY!

ARTS, CRAFTS & MUSIC

KIDS NETWORK

www.allkidsnetwork.com

3D PRINTING AND CODING

www.instructables.com

INTRO TO MUSIC THEORY

www.musictheory.net

LEARN TO CODE

www.codecademy.com

PLAY MUSIC ONLINE

www.virtualmusicalinstruments.com

PRESCHOOL CRAFTS & ACTIVITIES

www.preschooexpress.com

MUSIC PRODUCTION

music.beatdrop.ca

PAINTING WITH FABIOLA MARTINEZ

www.facebook.com/paintingwithfabi

LUNCH DOODLES WITH MO WILLEMS

www.kennedy-center.org/education/mo-willems

DRAWING ACADEMY

www.drawingacademy.com

STORY TIME WITH CELEBRITIES

www.storylineonline.net/library

CULINARY EXPERIENCES

KIDS COOKING CLASSES

www.nomsterchef.com/nomster-recipe-library

MORE KIDS COOKING CLASSES

www.instructables.com/class/Cooking-Class

BY THE WORLDS BEST CHEFS

www.skillshare.com/browse/cookin

SLOW COOKER CLASSES

michelescicolone.com/slow-cooker-secrets-online-cooking-classe

CAROLINES EASY BAKING LESSON'S

easyonlinebakinglessons.com

STAR CHEF COOKING CLASSES ON INSTAGRAM

secretmiami.com/massimo-bottura-instagram-classes

ULTIMATE GUIDE TO MEAL PLANNING

wellnessmama.com/5345/meal-planning

PRE-MEDITATED LEFTOVERS

www.premeditatedleftovers.com

OCEANS & AQUARIUMS

GEORGIA AQUARIUM LIVE CAMS

www.georgiaaquarium.org/webcam/ocean-voyager

MONTEREY BAY AQUARIUM CAM

www.montereybayaquarium.org

VANCOUVER AQUARIUM LIVE CAMS

www.vanaqua.org

VIRTUAL OCEAN FLOOR TOUR & DIVES

www.sanctuaries.noaa.gov/vr

ALASKAN SEA LIFE TOUR

www.alaskasealife.org/virtual_field_trips

SEA TURTLE HOSPITAL TOUR

www.neaq.org/blog/virtual-visit-sea-turtle-hospital-tour

RIPLEY'S AQUARIUM - SHARK CAM

www.ripleyaquariums.com/canada/shark-camera

HEALTH & FITNESS

ACTIVE TODDLERS

busytoddler.com/2020/03/indoor-activities

YMCA CANADA

www.ymca.ca

COSMIC KIDS

www.cosmickids.com

YOGA ED

www.youtube.com

GO NOODLE

www.gonoodle.com

CATCH HEALTH AT HOME

www.catch.org/pages/health-at-home

PRACTICING MINDFULNESS

www.mindfulfamilies.ca

MEDITATION FOR FAMILIES

www.meditationforfamilies.com

HEALTHY HABITS

www.health.com/family/10-habits-of-healthy-families

KID FRIENDLY WORKOUTS

app.sworakit.com/collections/kids-workouts

FREE VIRTUAL HEALTH COACHING

www.livewellnb.org

ZOO & ANIMAL CAMS

SAN DIEGO ZOO

www.kids.sandiegozoo.org

CANADIAN FARMS

www.farmfood360.ca

WORLDS LARGEST NATURE CAM

www.explore.org/livecams

THE SMITHSONIAN'S NATIONAL ZOO

www.nationalzoo.si.edu/webcams

LIVE AQUARIUM CAM

www.aqua.org/Experience/live

THE HOUSTON ZOO

www.houstonzoo.org/explore/webcams/

KANSAS CITY ZOO

www.kansascityzoo.org/animal-cams/

CINCINNATIZOO.ORG

batworld.org/bat-cams/

WILDLIFE CAMS

www.iws.org/livecams.html

LIVE BIRD CAMS

www.allaboutbirds.org/cams/all-cams/

MEMPHIS ZOO CAMS

www.memphiszoo.org/animal-cams

NEW MARYLAND ZOO

www.marylandzoo.org/animals/live-cams-feeds/

CHERRY BROOK ZOO

www.cherrybrookzoo.ca

MUSEUMS & FINE ART

METROPOLITAN MUSEUM OF ART

www.metmuseum.org

VISITING THE PAST

www.whatwasthere.com

HISTORICAL ART GAMES

www.artsology.com

METROPOLITAN OPERA

www.metopera.org

SMITHSTONIAN MUSEUM

www.si.edu/kids

BROADWAY MUSICALS

www.campbroadway.com

ANCIENT MUSEMS

[www.anamericaninrome.com/wp/2020/03/italy-](http://www.anamericaninrome.com/wp/2020/03/italy-museums-visit-for-free-online/)

[museums-visit-for-free-online/](https://naturalhistory.si.edu/visit/virtual-tour)

<https://naturalhistory.si.edu/visit/virtual-tour>

AMERICAN MUSEUM OF NATURAL HISTORY

www.amnh.org

VIRTUAL MUSEUM OF CANADA

www.virtualmuseum.ca/home

PARKS & TRAVEL

YELLOWSTONE NATIONAL PARK

www.nps.gov/yell/learn/photosmultimedia/webcam

PARIS, FRANCE

www.louvre.fr/en/visites-en-ligne

GREAT WALL OF CHINA

www.earthtv.com/en/webcam/beijing-great-wall-of-china

GREAT BRITAN

britishmuseum.withgoogle.com

WORLD TRAVELER

www.projectexplorer.org

WORLD WIDE LANDMARK CAMS

<https://www.skylinewebcams.com/en/webcam.html>

MILES AND MILES OF BEACHES

www.livebeaches.com

HAWAI, MACHU PICCHU VOLCANO

www.youvisit.com/tour/machupicchu

EXPLORE CAVES OF ALL KINDS

www.goodearthgraphics.com/virtcave

DISNEY AMUSEMENT PARK

www.visitorlando.com/en/things-to-do/virtual-tours

EARTH AND BEYOND

ADVENTURES ON MARS

www.accessmars.withgoogle.com

VIDEOS OF EARTH FROM SPACE

www.everyday-earth.com

FARMERS ALMANAC

www.almanac.com/kids

ALL ABOUT EARTHQUAKES

earthquake.usgs.gov/learn/kids

KENNEDY SPACE CENTRE

[www.facebook.com/](http://www.facebook.com/KennedySpaceCenterVisitorComplex)

KennedySpaceCenterVisitorComplex

NASA FOR KIDS

www.nasa.gov/kidsclub & www.climatekids.nasa.gov

DR. UNIVERSE

askdruniverse.wsu.edu

WEATHER WIZ KIDS

www.weatherwizkids.com

STORIES FROM SPACE

storytimefromspace.com

ASTRONOMY BY THE BAY

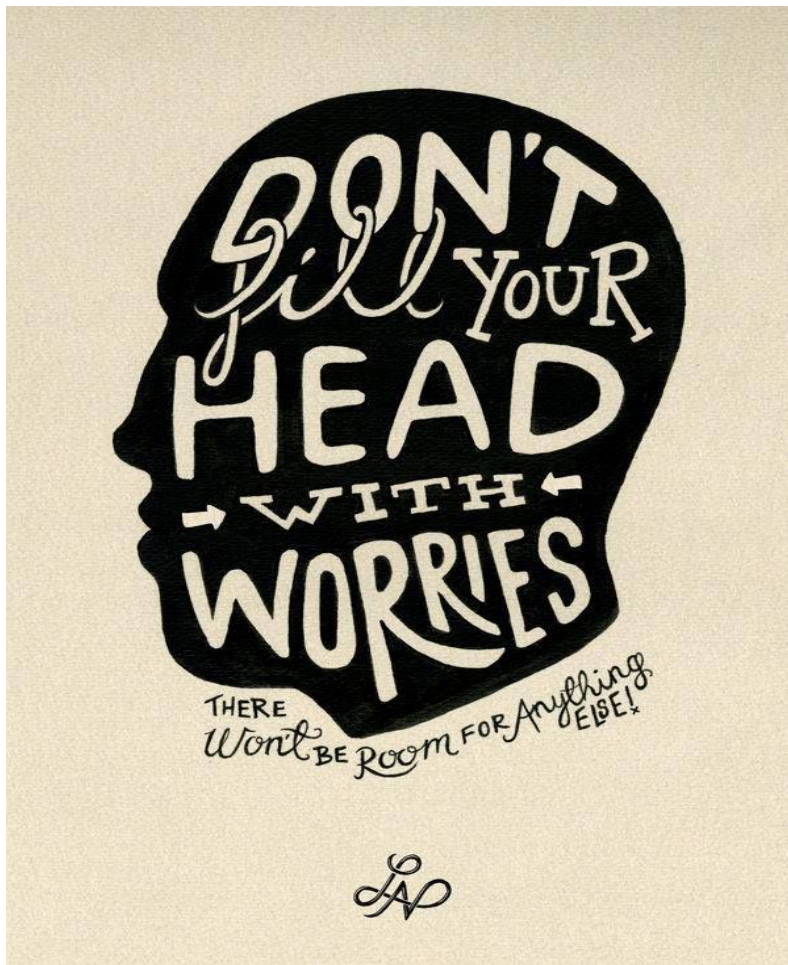
sjastronomy.ca/astronomy-by-the-bay

TRAVEL AROUND THE WORLD THROUGH VIRTUAL TOURS

MAKE A BUCKET LIST OF ALL THE THINGS YOU AND YOUR FAMILY WOULD LIKE TO DO, SEE AND VISIT!



STAY INFORMED, STAY HEALTHY & STAY SAFE AT HOME!



We are
all in this
together.



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Big Sisters**

www.bigs.bc.ca