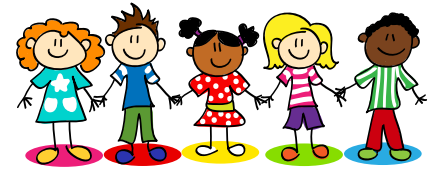


SUDDENLY IN CHARGE:

Mental Health



Safety

Natural disasters, pandemics (COVID-19), and changes in a family can be scary or stressful for everyone. However, children may express their stress differently than adults. A few negative consequences children may exhibit after experiencing stress include: trouble sleeping, nightmares, headaches, stomach aches, mood swings, and make-believe play about the stressful event.

You can help young children by doing the following: letting them know you are there to help, sticking to a “normal” routine, talking to them about our own feelings, comforting them, and creating an emergency plan with them.

Activity

Calm Down Jar

The Calm Down Jar is a great way to practice mindfulness or deep breathing. After making the jar, shake the bottle and watch the glitter fall to the bottom while taking deep breaths.

Directions: Fill a water bottle $\frac{3}{4}$ the way up with water. Add $\frac{1}{4}$ cup of glue. Add glitter/sequins. Optional: Add food coloring. Glue the water bottle lid on with a hot glue gun.

Yoga

Turn the lights down and find a comfortable spot on the floor to practice each yoga pose. Start by taking three deep breaths in through the nose and out through the mouth. Hold each pose for 10 seconds. End the yoga activity by taking three deep breaths in through the nose and out through the mouth. Some yoga poses to try with young children are at <https://childhood101.com/yoga-for-kids/>



Snack

Feelings Toast

Ingredients: 1 cup milk, 4 colors food coloring, bread slices, butter

Directions: In a small cup, pour $\frac{1}{4}$ cup milk and add several drops food coloring. Repeat with other colors. Then, toast bread slices. Paint different feelings (happy, sad, mad, silly faces) on toast with food coloring mixture.

Butter and then eat your feeling faces!



Wash your hands first!

Scan the QR code for more “Suddenly in Charge” tip sheets and connect with your local K-State Research and Extension office.



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