



## FAMILY TOOL KIT

At The LCADA Way, we are focusing on the challenges and needs of our community. The reality of COVID-19, has changed the way we feel, communicate, relate, learn, work, and live. Since different families have different needs, we want to ensure that we are continually providing support for our communities and families. We have created this **Family Tool Kit** which contains helpful resources and supports, to assist you during this time. If you have any questions, or would like assistance in applying these resources, please contact us at The LCADA Way – Prevention Department at (440)-989-5912. We are here to support you!

### HOW TO TALK TO YOUR CHILD/TEEN ABOUT COVID-19

[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html)

### FAMILY ACTIVITIES:

- COVID-19 Time Capsule** <https://letsembark.ca/time-capsule>
- INFOhio Digital Library** <https://www.infohio.org/>
- Virtual Travel Tours** <https://www.travelandleisure.com/>
- Family Activities Tool Kit** <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/>



As important as it is to talk with your child about COVID-19, it's even more important to **engage** as a family, in an educational and entertaining activity. How about a virtual trip to Greece? Or, check out a book on the Ohio Digital Library. Maybe you want to document your personal experience in a time capsule? Here are some excellent websites that will assist you to create **FUN!**



## ARE YOU PRACTICING MINDFULNESS?

Have you ever wondered...“what is mindfulness?” Here is an easy way to think about it! Mindfulness is a mental state of being conscious, and having awareness of our present moment. This would include our thoughts, feelings, and bodily sensations. Becoming mindful allows us to calmly acknowledge, and accept how we are feeling. Practicing mindfulness is important for our emotional and physical health. Here are a few resources to consider:

### WHAT IS MINDFULNESS & HOW IT CAN BENEFIT OUR HEALTH

<https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>

<http://www.yoga4classrooms.com/>

<https://www.youtube.com/watch?v=QTsUEOUaWpY>

<https://www.youtube.com/watch?v=RVA2N6tX2cg>



### A MINDFUL MOMENT ~

*We can't control everything that happens, but we can change our experience of those things.*

#### (Volume 1)

We hope that you find these resources helpful. If you have questions, or are in need of a specific resource, we would be happy to assist you. Please contact your District Prevention Educator, Ashley Truman-Skvor @ [atrumanskvor@thelcadaway.org](mailto:atrumanskvor@thelcadaway.org) or [trumanskvorashley@avoneagles.org](mailto:trumanskvorashley@avoneagles.org). The Youth and Family Tool Kits are designed to coordinate with one another. Visit us on Facebook @ Keys to Prevention. THANK YOU!