

Childhaven Parent/Caregiver Guide: Best Day Ever Words

Tips for helping our kids and managing their emotional responses:

Safety: Feelings are contagious. Parents/caregivers need to remain calm right now, and when interacting with kids, reflect a calm demeanor. Remind kids that even though this is a scary time, they are safe, and you're there to keep them safe as their caregivers. As parents/caregivers, that is our most important job.

Seen and Heard: It's essential to be validating our kid's emotions right now as they are navigating big feelings and feelings of loss and uncertainty.

Regulation/Co-regulation: It's important to help our kids find ways to self-soothe and cope. Deep breaths, throwing pillows, sidewalk chalk art, or introducing something new like art .



Doing the Art with Heart Project:

Parent/caregiver check-in: How is your own mental health feeling? Find a way to ground yourself and focus yourself on your child and the project. Find a way to stay calm and positive so your child can experience a sense of security throughout the project.

Bring positivity and energy to this project and environment you are doing it in.

- Refrain from power struggles.
- Be on your child's level. Make eye contact.
- Narrate as they work.
- Reflect what you see your child doing and their responses to the work.
- Validate and acknowledge as they talk about the project and what is coming up for them.

Try to refrain from "good job" and too much instruction on how to do the activity. Instead, reflect on their work, how they're responding to what their making, ask questions about their choices, and what you like about how hard they are working.

- Examples could be:
"Wow, look at how the words pop out on your picture!"
"It's fun to experiment with different colors."
- Other examples:
"You're working hard at that!"
"You're so focused on this!"
"I love the green (or shape) you chose , why'd you pick it?"

Remember to stay positive, compassionate, and sensitive to your child's needs and have fun together! This is a unique opportunity to enjoy each other and build on your relating skills and regulation together.

Covid-19 Resources for Families with Kids (URLS are direct links):

- **Dr. Bruce Perry, Psychiatrist – stress and Covid-19:** vimeo.com/280406253 and youtu.be/PZg1dlskBLA
- **Dr. Barbara Stroud, Clinician and Developmental Psychologist – tips for children and COVID-19:** youtu.be/MdKeau2huT4
- **Liz Covey, LMHC – Trauma Proof Parenting:** youtu.be/pB6ZUVE-4uk (video) and parentmap.com/article/connection-empathy-family-coronavirus?fbclid=IwAR0POGA0b2 (article)
- **COVID-19 Resource Guide:** drive.google.com/file/d/13X80BbNkDSu2U6b2iU7LEcCVEdf7WZ1q/view
- **Mindfulness activities for children from the Child Wellness Institute:** facebook.com/ChildWINnj/
- **Positive Parenting and COVID-19:** end-violence.org/articles/new-resource-pack-positive-parenting-covid-19-isolation
- **Activities for parents to do at home with kids:** drive.google.com/file/d/1lvFjygr0vcgGkPMsmzEYTmgt3giR36kj/view and drive.google.com/file/d/1tFOduVod7rZH-Snv2HFJTr3WzvMpE9Nx/view
- **Emergencies and Disasters:** The following are resources to support families in helping young children cope with the challenges that might occur during stressful emergency or disaster situations. This website will be updated as we obtain more resources: challengingbehavior.cbcs.usf.edu/emergency/index.html
- **King County Covid-19 Info & Resources:** kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx
- **Child Care Aware 1-800-446-1114:** childcareawarewa.org/

collaboration by:



Art Activity: Best Day Ever

Time: 30-45 min

Suggested Age: 6+

Book: Magnificent Marvelous Me!, pg. 45

SEL Skill Development:

- Identity building
- Relationship Skills

[WATCH THE ACTIVITY VIDEO](#)

Materials:

- Tacky glue or hot glue
- Tinfoil
- Pencils
- Cardboard or thick paper
- Cotton balls and Q-tips
- Markers

Prep: gather materials, cut down foil, and cover tables



Priming Activity:

Set intention for art making. If you have Magnificent Marvelous Me! work in it following the prompts on pg. 45. Do a “turn and talk” and share the best day you ever had. If there are multiple people talk as a group and share what everyone did on their best day ever. Is there a theme? Things in common? Discuss what you liked most and what your best day all together would be.

How to explain activity to a kid:

We’re going to create foil images of the place we want to go the most or have been, for our best day ever. Sometimes thinking about a great day, or having something that reminds us of that day, can help us cope in difficult situations.

Create:

1. On a piece of cardboard sketch, what the place you had the best day ever looks like in pencil. You’ll later be tracing over these lines with glue, so keep the lines simple and not too close together.
2. Use tacky glue to trace over the pencil lines and when done let dry until clear. Glue is a liquid, so things might look imperfect and a little abstract.
3. Spread a thin layer of glue over the drawing and place a piece of foil slightly larger than the cardboard on top of it.
4. Use cotton balls and Q-tips to smooth and press the foil over the upraised areas of dried glue to expose the traced drawing. Fold the edges of the foil around the edges of the piece to finish it off.
5. To press more detail into the foil, use a very dull pencil or the back of a paintbrush. Use markers to color in the piece.

Material adaptation:

Use crayons, colored pencils, or markers to draw your best day ever. Make some areas stand out more by creating patterns or different types of shading in them.

Guiding questions to encourage sharing and reflection:

- Tell us about your piece and your best day ever. Where did you go? Who was with you?
- Did anyone make a piece about a place they haven’t been yet but want to go? Where is it?
- How can thinking about our best days help us feel better?

Continued support:

Look for photos of a fun time you had. It could be a birthday party, a vacation, or a trip to a beach or the zoo. Talk with a friend or someone you trust about what you remember. What made that time special? If you don’t have photos, you can look

[WATCH OUR VIDEO ON HOW TO USE ART TO HELP KIDS HEAL](#)

[MAGNIFICENT MARVELOUS ME! CURRICULUM](#)

[MAGNIFICENT MARVELOUS ME! ACTIVITY BOOK](#)