

## FLOWER POWER! BLOOM WHERE YOU ARE PLANTED!

### WHAT:

We are living in a time where we are asked to Stay Home as much as we are able. With the closing of schools, children are now having a complete disruption of their routines. This disruption can be very stressful for children and their isolation from other family members and their friends adds to their stress. It is important that children still have a sense of control and are empowered to make some of their daily decisions.

Brainstorm activities that your child can decide to select and complete each day... activities they enjoy! Help children to think

about some activities that they might not have considered, but that you think would be enjoyable for them.

Next, brainstorm what makes them feel safe. Right now it is so important for children to have a sense of safety - emotionally and physically. It might be as simple as you telling your child that everything will be okay. Communicating with grandparents on the phone, their classmates or teacher online, or even washing their hands can add to the sense of safety that will ease their stress and provide reassurances that they will be ok.

### MATERIALS:

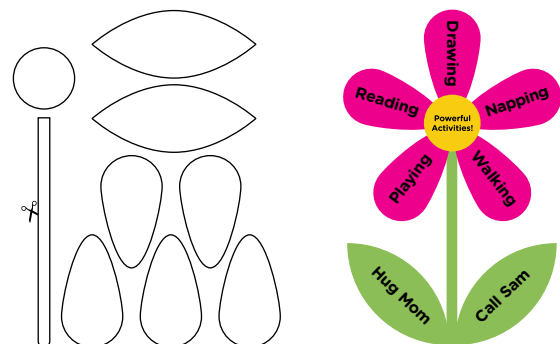
- Construction Paper
- Copy Paper
- Crayons
- Markers
- Glue
- Tape
- Scissors

### HOW TO:

- Use the template on the following page.
- Cut a circle for the center of the flower.
- Cut 5 petals.
- Cut 2 leaves.
- Cut 1 stem.
- Glue or tape each part together to form a flower.
- Give your child time to decorate each part of their flower with crayons, markers, paint, or anything you have on hand.
- In the center of the flower, your child will write Powerful Activities!
- On each of the petals, your child will write the name of an activity they enjoy doing each day and that helps them to feel safe.

For example: Reading a book, reading a story to a younger family member, walking the dog, exercising, drawing a picture, taking a nap, making a sandwich, etc.

- On the leaves, your child will write what makes them feel safe. For example: Hugging mom or dad, Staying at Home, connecting online with my teacher, talking to my grandmother on the phone, etc.
- Display your child's Powerful Flower where they can see it everyday and direct them to pick an activity each day to begin their day in a positive way.



**FLOWER POWER!**

