

WELLER HEALTH EDUCATION



Dear Parents/Caregivers,

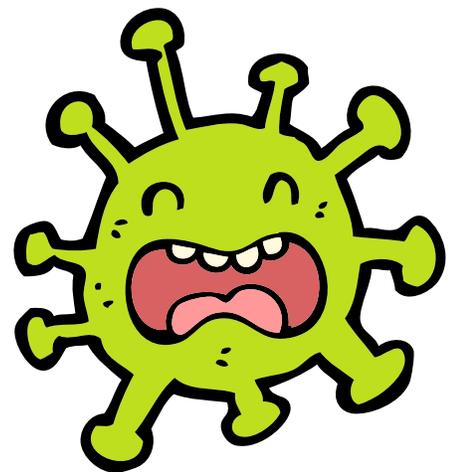
With schools being closed and social distancing orders in place due to COVID-19, we recognize that this can be a very stressful and challenging time for families.

The Health Educators at Weller would like to share with you important information on COVID-19 (also known as Coronavirus) and provide you with helpful resources and fun ideas to help your family make the most of their time while safe at home.

Sincerely,
The Team at Weller Health Education



- **COVID-19 Symptoms include:** fever, dry cough, shortness of breath, muscle soreness & fatigue.
- **If you are experiencing symptoms, please visit one of our [testing locations](#)**
- **[COVID-19 FAQs](#)**



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Prevent the spread of COVID-19 in **7 STEPS**



- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



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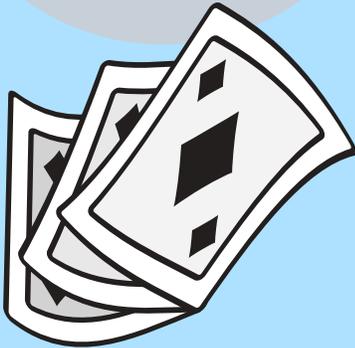
SOURCE: WORLD HEALTH ORGANIZATION

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WAYS TO EASE ANXIETY

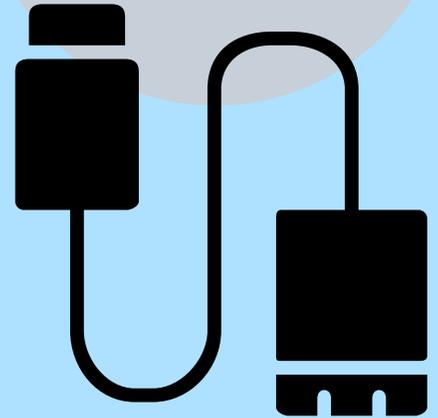
Limit News Intake

Take breaks from watching the news and going on social media. Look to public health experts for information.



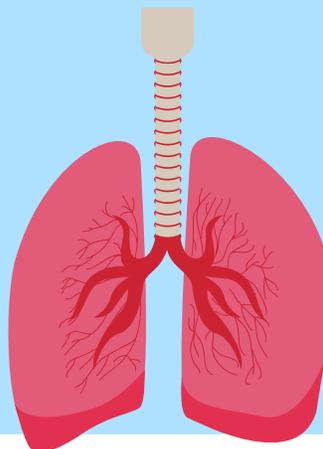
Connect

Reach out to friends and family members. Call them, text them, video chat them.



Stay Healthy

Try to eat balanced meals, drink plenty of water, and get adequate amounts of sleep.



Unwind

Exercise, meditate, do activities that make you happy.

Don't panic

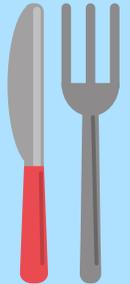
Life won't be the way it used to be for awhile, but positivity can guide us through it.

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LEHIGH VALLEY SCHOOLS OFFERING FREE LUNCHES FOR KIDS

School districts are providing free breakfast and lunch to students while schools are closed. Lunches for the week are being handed out twice weekly. Each district has their own schedule so please visit your district web site for details.



Sheetz is offering free food for children while schools are closed. "Meal bagz" will contain a turkey sandwich, chips and a drink.

Participating locations in the Lehigh Valley:

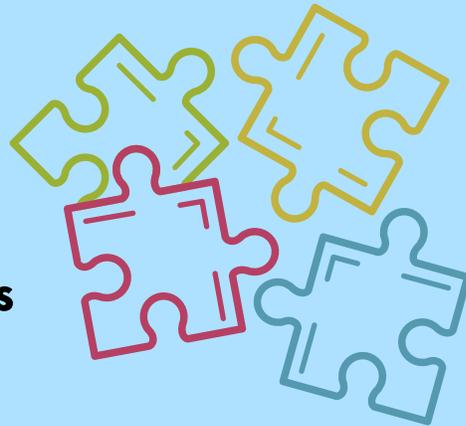
- 3501 Nazareth Road, Palmer Township
- 5001 MacArthur Road, Whitehall Township
- [Sheetz Free kids' meal link](#)

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FUN THINGS TO DO WHILE SAFE AT HOME

- Read
- Play board games
- Dance
- Write stories
- LEGOs, puzzles, arts & crafts
- Learn how to do laundry
- Learn how to count change
- Paint the sidewalk with water
- Help clean the house
- Cook or bake (with adult supervision)
- Stay active; exercise
- Get creative and have fun!



Here is a **complete list** of education companies offering free subscriptions due to school closings



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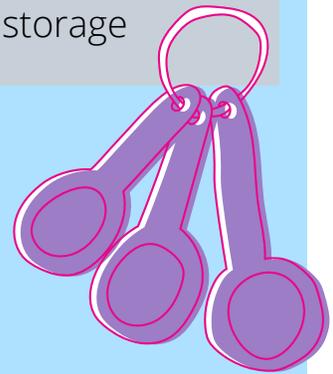
MAKE YOUR OWN 3-INGREDIENT SLIME!

Ingredients:

- 2 (4-ounce) bottles washable school glue, such as Elmer's
- 1 to 2 drops of liquid food coloring (optional)
- 1/4 cup glitter (optional)
- 1 teaspoon baking soda
- 2 to 3 tablespoons saline solution (contact lens solution)

Equipment:

- Measuring spoons
- Mixing bowl
- Mixing spoon
- Airtight container for storage



Instructions: (with adult supervision)

1. Color glue (optional): Pour glue into a bowl, mix in glitter and food dye, if desired.
2. Add baking soda: Add baking soda to glue mixture and stir until smooth.
3. Add contact lens solution: Pour 2 tablespoons of solution into bowl, stir slowly and it should begin to harden.
4. Mix until a ball forms: mix slowly until ball of slime forms
5. Knead by hand: Work the slime between your hands until smooth, add more contact solution if it is too slimy.
6. PLAY WITH SLIME!

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EASY AT-HOME SUGAR COOKIE RECIPE

Ingredients:

- 2 3/4 cups all-purpose sugar
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 cup butter, softened
- 1 1/2 cups white sugar
- 1 egg
- 1 teaspoon vanilla extract

Equipment:

- Measuring spoons
- Mixing bowl
- Mixing spoon



Instructions: (with adult supervision)

1. **Preheat oven to 375 degrees F**
2. **In a bowl, stir together the flour, baking soda, and baking powder.**
3. **In a large bowl, mix the butter and sugar together until smooth. Beat in one egg and vanilla extract.**
4. **Gradually blend in the dry ingredients from step one and mix together.**
5. **Roll rounded teaspoons of dough into balls and placed on un-greased cookie sheet.**
6. **Bake 8-10 minutes or until golden brown.**
7. **ENJOY!!**

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PICK A ROOM FOR CHORES EACH DAY

Monday

Bedroom Day

- Change sheets
- Dust & polish furniture
- Clean mirrors
- Clean fan
- Sweep floor
- Declutter 10 minutes
- LAUNDRY: sheets



Tuesday

Kitchen

- Clean out refrigerator
- Clean counters
- Clean table and chairs
- Sweep and mop floors
- Take out trash
- LAUNDRY: Light colored clothing



Wednesday

Bathroom Day

- Clean shower & toilet
- Clean sink, counter, faucet
- Clean mirror
- Sweep floors
- Change towels
- LAUNDRY: towels



Thursday

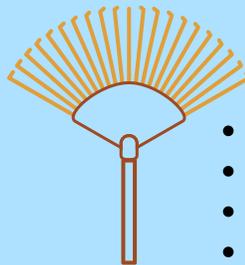
Living RM. Day

- Dust & polish furniture
- Clean TV
- Freshen fabrics (Febreze)
- Sweep & vacuum
- Declutter 10 minutes
- Laundry: dark colored clothing

Friday

Alternate

- Week 1: all appliances
- Week 2: kitchen cabinets
- Week 3: windows & blinds
- Week 4: walls & baseboards
- LAUNDRY: white colored clothing



Saturday

Outside

- Clean out car
- Straighten up garage
- Sweep off steps
- Yard work
- LAUNDRY: catch up

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MAKE A SCHEDULE AND STICK TO A DAILY ROUTINE

Write in your own routine!

Morning Routine

Productivity

Lunch

Productivity

Dinner

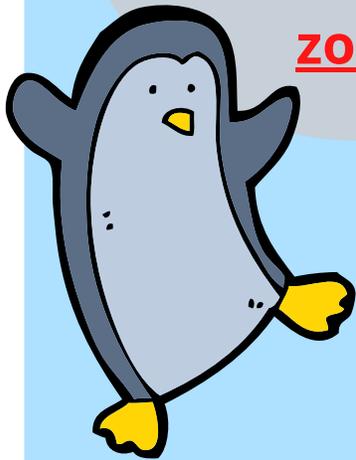
Relax & Rejuvenate

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LEARN ABOUT DIFFERENT ANIMALS

Did you know
you can watch
the penguin
cam at the
[Philadelphia](#)
[zoo?](#)



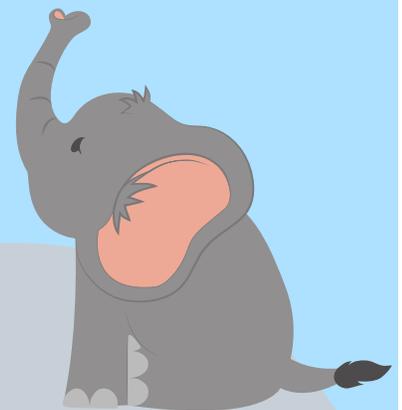
[The Cincinnati Zoo & Botanical Gardens](#) has
printable worksheets and
activities!



Join [Buddy's Club](#) for tons of
animal-related games and
resources



[The Elmwood Park Zoo](#) has
live "zoo school" at 11 A.M.
every week day where kids
can learn about and see
different animals.



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RESOURCES FOR PARENTS AND KIDS

- [Scholastic Learn At Home Program](#): free daily courses for kids
- [Mystery Science](#): free science lessons for K-5
- [Hippocampusorg](#): 7,000 free videos on a variety of subjects
- [Virtual Museum Tours](#)
- [Virtual Field Trips](#)
- [Cape May County Park & Zoo](#): Virtual Zoo School
- [Pittsburgh Zoo](#): Zoo's web cams, podcast, and educational fun
- [Maritime Aquarium at Norwalk](#): The Maritime Museum of Norwalk CT has Live Facebook shows at 3 PM and replays here
- [List of Zoos](#) that are live-streaming animals
- [Boardmaker](#): A collection of standardized picture symbols used for communication with students who are strong visual learners, including those with autism spectrum disorders, Down Syndrome, speech, language and behavioral disorders.
- [DeltaMath](#): A free website for teachers/ students that cover a wide range of math content from middle school to high school
- [Delish Kids + Parents Cooking Class](#) – [Instagram Live](#) (handle is @Delish) at 1:00pm:
- [Calendar of virtual field trips](#) for families/ daily activities