



Options For Youth

Public Charter Schools

May 22, 2020

Dear OFY Families,

We understand that the stress of COVID-19 and staying home for extended periods of time can trigger anxiety in young people, making it hard to focus on their studies. We've put together some resources and ideas to help keep your family's spirits up!

- Physical activity and fresh air is a great way to keep the endorphins flowing. Try to get outside regularly for walks if possible, but be sure to take appropriate safety precautions when you do. With the advice of your doctor, you can also follow along with workout videos on YouTube. Some of our favorites are:
 - [Yoga for Teens from Yoga with Adriene](#)
 - [30 Minute Hip-Hop-Fit Workout from PopSugar](#)
 - [15 Minute Workout for Kids, Teens, & Adults from Emi Wong](#)
- Encourage your child to keep a diary, daily journal, or book of poetry. The process of writing out thoughts and feelings can be a positive outlet for anxieties. Not to mention, a memento of their time during quarantine is something they can refer back to and reflect on what life was like during this unprecedented time.
 - To get the writing juices flowing, here is a link to the personal stories of several quarantined teens:
<https://www.buzzfeednews.com/article/rachelysanders/teens-teenagers-at-home-isolation-coronavirus-school>
- Spend free time at home exercising your creative muscles! Create at Home has put together a great group of lessons and activities celebrating music and the arts:
<https://createca.org/createathome>

You can learn more about mental health and the impact of major events on teens and families at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

We know you're finding your own ways to stay healthy and optimistic. Please share any wellness tips you have with us on social media to inspire fellow OFY families and students. We can't wait to see all your faces again soon!

Sincerely,

Options For Youth Leadership