

Ways to Use this Physical Distancing Time to Strengthen Our Health and Social Connections

Enjoy Time to Practice Common Sense Use of Television, Movies and Digital Media

Limit and monitor your family's exposure to news media

Stay informed with brief and accurate updates: [CDC.gov/coronavirus/2019Updates](https://www.cdc.gov/coronavirus/2019Updates)

Family Common Sense Media Guide: <https://www.common sense media.org/>

**Discontinue use of electronic devices at least 1 hour before bedtime for improved sleep*

**Remove electronic devices from the bedrooms of your children/teens at night*

Enjoy the Health Benefits of Outdoor Play and Exercise

Follow [CDC](#) and [Ohio](#) guidelines for physical distancing, surface exposure, and handwashing

StarkParks [parkfinder](#)

Neighborhood parks [Best Playgrounds across Northeast Ohio](#)

Free Bike Rentals [BikeSmart Expands with More Bikes, New Locations, and New Features](#)

Enjoy Time to Explore Different Forms of Exercise from the Comfort of Your Own Home

Explore a large variety of exercise options available free on-line or just jam to favorite tunes, sing out loud, and DANCE because no one is watching!!

[YMCA-360: On Demand Videos](#)

[Kid Yoga Videos](#)

Youtube: [Kids Workout Video](#)

Enjoy Time for Family Conversations and Games

Host virtual gatherings with [Free Zoom Videoconferencing Access](#)

[StarkMHAR](#) made the [Conversation Cards](#) created by North Canton Hoover High School JA students for family conversations around the dinner table or anytime of the day

Enjoy time playing with your children and making fun family memories.

Play and Laughter is still the best medicine.

[Simple Activities for Children to Limit Screen Time](#)

[Ready Rosie videos modeling family fun activities](#)

Enjoy Time for Spring Cleaning and Cleaning Out Your Closets

Give your children opportunities to contribute and serve by helping you spring clean

Great time to donate any items that you do not need but can be valuable to others

Eliminating clutter can improve focus, decrease stress and improve sleep

[How To Declutter Every Room In Your House To Reduce Anxiety And Stress](#)

***Enjoy Time* to Create and Enjoy Healthier Family Meals and Snacks**

Great time to start preparing your gardens and get your kids involved in learning gardening skills

Time to try new, fun, and healthier recipes that your children can help you prepare

[Budget Friendly Healthy Recipes](#)

[Free Digital Cooking Classes for Kids](#)

***Enjoy Time* to Foster Your Creativity and Innovation**

Significant artistic, musical, and literary masterpieces and amazing innovations transpire in times of solitude. Use this gift of time and solitude to use your gifts and talents to create and innovate!

[Learn to Draw Favorite Disney Characters](#)

[Creative Cloud Access](#)

[Lunch Doodles with Mo Willems! Kennedy Center](#)

***Enjoy Time* to Spread More Kindness**

Spreading kindness is proven to reduce stress, anxiety, depression, loneliness and more

Challenge your children to come up with ways to spread kindness without spreading germs

Check in with neighbors, share your contact information, offer to grocery shop for them

[Kindness Ideas](#)

[Channel Kindness](#) - Inspiring kindness, one story at a time

[10 Days Of Live, Online Choose Love Lessons For Parents And Children](#)

***Enjoy Time* for Reading and Listening to Books**

Stark County Library has great on-line access options:

[Download it from the Online Library](#)

[NCantonlibrary.com](#)

[Time for Kids Digital Library Free](#)

[Free Audible Stories for Kids](#)

***Enjoy Time* for Virtual Field Trips and Tours of Some Amazing Places**

[Virtual Tours of National Parks](#)

[Discovery Education Virtual Field Trips](#)

[Virtual museum resources](#)

[Virtual field trips around the world](#)

[Adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids](#)

[Explore Local Museums](#), [Cleveland Metroparks Zoo](#) and [Cincinnati Zoo](#)

[TomTod Ideas Daily Adventure](#)

[Virtual Marine Biology Camp](#)

***Enjoy Time* to Breathe, Be Still, and Learn New Strategies to Decrease Stress**

[Care for Your Coronavirus Anxiety](#)

[Free Online Mindfulness Class for Kids](#)

[Calming Anxiety](#)

[Yogaed.com/toolkit-3-tools-to-manage-anxiety](#)

[Healthline's Top Rated Anxiety Apps of 2019](#)

Take Time to Help Your Children Talk About their Fears and Stress

[Talking to Kids About the Coronavirus](#)

[Taking Care of Your Family During Coronavirus](#)

[Talking to Your Children About Tragedies and News Events](#)

[Talking to Your Children During Times of Crisis](#)

[Mister Rogers Episodes About Fear and Talking About Your Feelings](#)

[Ready Rosie Videos modeling ways to talk to young children about feelings](#)

No Better Time than the Present to Quit Smoking and Strengthen Your Lungs

Ohio's Tobacco Quit Line 1-800-Quit-Now (1-800-784-8669): [Quit Smoking and Tobacco Use](#)

Information for parents about vaping: [Catch My Breath Parent Information](#) and [Be Vape Free](#)

Apps that Might be Helpful: [Healthline's Quit Smoking Apps of 2019](#)

[Prevention Action Alliance Tips for Raising Children Whore are Alcohol, Tobacco, and Drug-Free](#)

Take Care of You and Your Family's Mental Health or Addiction Treatment Needs!

[Mental Health & Coping During COVID-19](#)

Mental Health and Addiction organizations are expanding their telehealth options

Stay tuned with the [StarkMHAR](#) website and social media posts for updated information

Connect 24/7 to the [Stark County Mobile Response Team](#) at 330-452-6000

Connect 24/7 to the [Crisis Text Line](#) at 741741 (Text "4hope")

Share this website with your Teens and Young Adults [Hey I'm Here](#)

Find additional resources at: [OhioMHAS Mental Health Resource Information](#)

Keep up with support for addiction recovery with [On-Line AA Recovery Groups](#)

And Always Look for Helpers - Lots of Resources Available

School Districts are distributing food to students (check your school district for details)

[Ohio's School Distribution Sites During Coronavirus School Closures](#)

[Stark County Hunger Task Force](#) sites have increased hours and access

[Techcred.ohio.gov](#) on-line training that employers need in today's tech-infused economy

[Ohio Unemployment Benefits](#) offers their application process on-line or by phone

[Comcast](#) and [Spectrum](#) are providing internet access assistance to support distance learning

[OhioMeansJobs](#) will keep you updated on the job opportunities

[Beacon Charitable Pharmacy](#) serving uninsured and underinsured with low to moderate income

Reach out to [2-1-1](#) for updated resource information