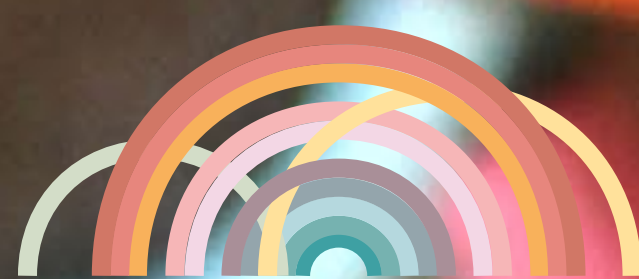


**#PlayPandemic**





# DON'T JUST SURVIVE... THRIVE

Move over, Corona, there's a new pandemic in town. It's Play and it's spreading like wildfire throughout the globe.

I know, Covid-19 is no laughing matter - my heart aches for all those suffering from it's far reaching effects. We're going to meet the panic, fear and uncertainty with passion, purpose and joy.

What follows on these pages is an offering of guidance, reassurance and practical steps to transform your forced-seclusion and social distancing into a true family retreat.

This guide, and all the materials linked in it - are aimed to serve you. Pick and choose what works for you and release the rest. This is a #guiltfree and #judgementfree zone - we believe there is no one-size-fits-all and no such thing as "behind".

So dive right in, make it your own and share it out. Let's spread the #PlayPandemic like a wild fire.



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**Hey, I would love the chance to support you further and connect with you on a deeper and more personal level.**

I'll share Live Q&A's, updated play ideas and behind the scenes snippets...

Connect With Me Via Email





# WELCOME!

At home all day with your kids? Social distancing? Anxiety?...in this uncertain time I know you probably have so many questions, just like all the other parents who reach out to me asking: How to stay sane? How to continue to educate them? How to calm their difficult behaviors? How to manage the time? How to get "me" time, or work time?! Should I succumb to endless screen time... help!

I hear you, loud and clear.

I'm a homeschooling mother of four and a Performance Coach for parents - and the founder of the Present Play movement. Our global village is inviting you in (for free!) to infect you with the play bug... it's joyful, helpful, healthy and incredibly contagious.

In us, I believe you'll find a community of like-minded parents who have been reclaiming play and spending time with our children at home every day of the year anyways. Of course we're also thrown for a loop right now with school closures and social seclusion. However, if there's one thing we know - it's how to create a haven at home with our kids.

Right now so many parents around the world are suddenly finding themselves in our shoes - looking for how to spend the time at home. We've put together the best of what we know to help all parents who are thrown into the intensity of 24/7 with your kids (plus the anxiety, plus the extra hand washing).

Now comes the tough love part: If you're "stuck" at home with your kids either way for the foreseeable future you have two choices:

A) Suffer through it, waiting for it to end, perhaps crippled by anxiety or bursts of rage... which of course also translates as a pretty tough time for your kids and perhaps partner too.

B) Make lemonade out of lemons. Decide not to waste this precious opportunity. Learn a set of new skills (don't worry, I'll give you the short cuts) and find incredible joy, healing and connection in this time... emerging stronger, healthier and with lifelong memories that your family can look back on with a smile.

I know which one I choose.

Now I know this isn't easy. Your entire world - and the actual world - has been turned upside down. But, chin up buttercup - I'm here to hold your hand. All you need to do is open my emails, read them, and follow the daily challenges.

It might look like there are a million things you need to "get a hold on" - routines, behaviors, homeschooling, screen times, bedtimes, self care... but slow down honey. This is a process of surrender, of simplifying and of attunement. I'll guide you through. One baby step in front of the other. And we're all gonna come out of this not only surviving, but actually thriving. And infected with a series of new bugs: Presence, Peace and Play.

Namaste,

*Arvital xxx*





# #PLAYPANDEMIC RESOURCES



**PLAY GURU**

**FREE COURSE**

**>>>**

**HANDLE YOUR ANXIETY (FREE COURSE WITH RENEE JAIN)**

**>>>**



**JOIN THE COMMUNITY (FREE!)**

**>>>**



**BEST OF VIDEOS**



**Why is my child so clingy?**



**How To Stop Your Kid Screaming**



**Slow Parenting: Embracing Boredom**



**How To Improve Focus Naturally**

**LISTEN TO THE PODCAST**

**>>>**



**FROM THE BOOKSHELF**







# MEDITATIONS

## START YOUR DAY WITH THIS #PLAYPANDEMIC MORNING MEDITATION I RECORDED JUST FOR YOU.

Listen to the Morning Audio Meditation

Take a big breath in and come into this moment. Inhaling lightness, energy and health. Exhaling stress, anxiety and uncertainty.

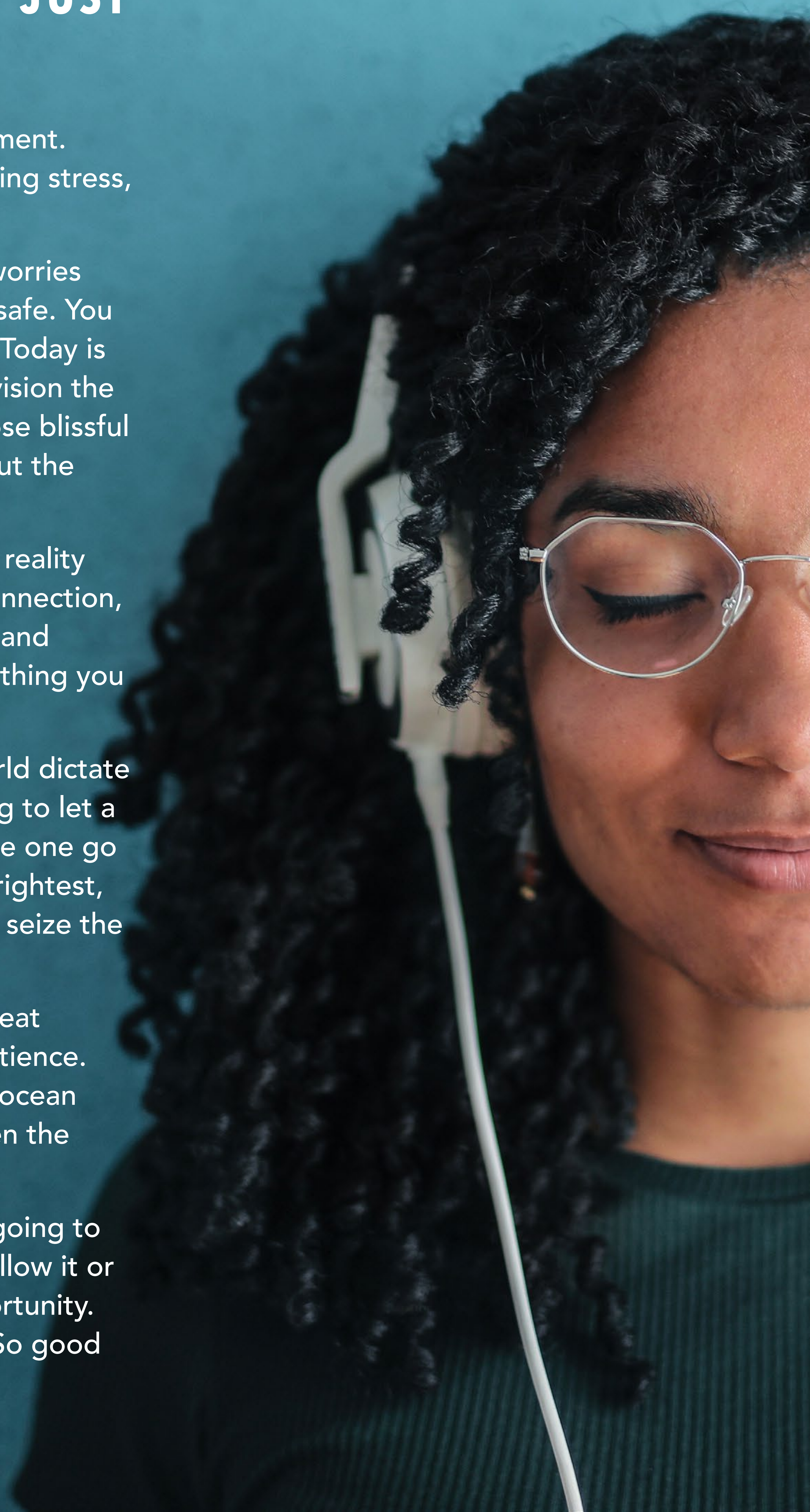
I know you might be facing fears, doubts, worries and stresses. Remind yourself that you are safe. You are loved. You are capable. You are strong. Today is a precious gift. It's yours for the taking. Envision the type of day you want to have. What are those blissful moments that will be sprinkled in throughout the day? Give gratitude for them.

Believe in your own capacity to create your reality within the broader reality. To choose joy, connection, laughter, fun, strength, resilience, empathy and creativity. You can do this. You've got everything you need.

You're not going to let the chaos of the world dictate how you show up to today! You're not going to let a precious day of love and light with your little one go to waste! You're going to show up as the brightest, shiniest version of yourself. You're going to seize the day.

You're going to talk kindly to yourself. To treat yourself with grace and compassion and patience. You're going to be the deepest part of the ocean - the part that is calm and steady, even when the surface is storming and raging.

Believe in your ability to manifest. You are going to make a plan for today - and whether you follow it or not - today will be your creation. Your opportunity. Your time with you and the ones you love. So good morning sunshine, let's do this.







# END YOUR DAY WITH THIS #PLAYPANDEMIC EVENING MEDITATION I RECORDED JUST FOR YOU.

Listen to the Evening Audio Meditation

Take a deep breath in and make yourself comfortable. Relax every part of your body scanning your entire body and telling each part to relax.

Summon a sense of gratitude: Run through list of things you're grateful for as you part ways with this day. Gratitude for how your loved ones, your wider community or even the universe at large was showing up today. Give yourself a pat on the back for everything you've achieved so far.

Summon a sense of forgiveness: Let go of whatever happened. Of the times you lost it, we all do. Forgiveness for how your loved ones, your wider community or even the universe at large was showing up today. Give yourself grace for everything you didn't do as you wanted to.

Remind yourself that we're all doing the best we can and that includes you. Let it all go now. Welcome rest, welcome retreat, welcome a nourishing, deep, rejuvenating sleep.





A young child with curly hair is playing with wooden toys. The child is holding a wooden propeller airplane. In the foreground, there are several wooden dinosaur figures and a wooden structure that looks like a castle or a fort. The background is blurred, showing more toys and a warm, indoor setting.

# STAYING HOME WITH KIDS: 7 DAILY ELEMENTS TO TRANSFORM YOUR QUARANTINE INTO A FAMILY RETREAT.

In the following pages I'll walk you through seven elemental building blocks to build your day with - time blocks if you will. Each is important and helpful. Some days you won't hit on all of them. That's OK! Just use them as guidelines and remember they're all at your disposal.





# 1/ PLAY TIME

Imaginative, immersive, independent play has deeply healing properties... use it plentifully throughout your day. When kids sink into a state of “flow” - time stands still. They’re completely focused and in the zone of what they’re doing. And it’s intrinsically rewarding - they don’t need any input from you.

But it can be hard to get kids into that zone if they’re used to constant direction in school, right? And they might be continuously nagging you to “Be the mermaid!” or to put on a movie... I get it.

Of course different children are wired differently, but we parents have a huge impact on how well our children play. And I believe 90% of the reasons your children might be clingy or naggy are things you have control over.

You may not realize the ways you’re interrupting independent play, or sabotaging it from getting off the ground in the first place. Saying “Go play!” or playing *with* your child most of the time - are just a few ways we parents get in our kids ways. But don’t fret, my pet, your kids, too, can catch the independent play bug...

Which is why I have created a free course for you - it’s part of my Present Play membership, but desperate times call for passionate measures and we’ve made it free for you for the time being. Get your log in here and learn how to be a Play Guru.

[Watch the Free Play Guru Course](#)

SHARE YOUR  
PLAY PICS WITH  
[#PLAYPANDEMIC](#)  
[#PRESENTPLAY](#)





# BECOME A PLAY GURU (for Free)

Here's what you'll find inside the course when you sign up (button below!)

## **WHY:**

[What is Play? >](#)

[Play = Learning >](#)

[The 7 Types of Play >](#)

[Why Independent Play is So Important >](#)



## **HOW:**

[When, Where, What & How to Play WITH Your Child >](#)

[Parental Role in Play >](#)

[The Attention Rule >](#)

[Attention to Kick start Play >](#)

[The Art of Strewing >](#)

## **TROUBLESHOOTING:**

[Temperament >](#)

[Neediness & Clinginess >](#)

[Helping Siblings Play Together >](#)

[Sharing & Turn Taking >](#)

[Creating a Non-Competitive Home >](#)

[How to Interrupt Play >](#)

[Minimizing Interruptions & Distractions >](#)

[Clean Up >](#)



Get the (Free for a while) Play Guru Course





# 2/ FOCUS TIME

Of course, you're going to need to get actual work done during the weeks that come. Maybe you're working from home, maybe your children have school work to keep up with, or maybe you simply want to have some more traditionally "educational" time with your children.

It's incredibly difficult for all of us to get good, quality focused work time when there are others around us, distractions, and when we haven't gotten to move our bodies or gotten fresh air in a while. However, here are some tips for getting some excellent focus for you and for your littles.





# FOCUS TIME

## FOR LITTLES:

I would recommend releasing any expectations of “schooling” or academic work from your little kids at this time. Honestly, I advocate for a late academic start anyhoo - but that’s extra super important when they’re pulled out of their regular routine.

Don’t become your child’s “teacher” and chase them down to be “productive”. Instead - lean back on playing, reading (to them) and creative projects. Your child will learn the way all littles ones do - by doing, by watching, by exploring and experiencing.

I want you to remember that Play Is Learning! I’ll prove it to you in this video.

## FOR MEDIUMS:

If your children need to keep up with school and have a virtual learning environment to log into - I get that this is necessary. I would still encourage you to take it lightly and with a grain of salt - it’s not going to be possible or desirable to “keep up” with the materials - especially for a child that is not used to self-directed learning and for a parent who is not used to teaching. If your homework sessions up until now have been a battle - don’t make that the reality of your entire day.

*Tears mean  
the lesson is  
over.*  
*- Julie Bogart*

I suggest setting one, or two short “periods” aside for their official work, and giving grace when they haven’t completed them.

Wherever possible, use their best focusing times of day as the time where they log in/ do the worksheets etc. For my

son, that’s 8am... 15 minutes at 8am = 1 hour of work at 4pm. Keep lessons real short and end on a positive note. As Julie Bogart, veteran homeschooler and author of [The Brave Learner](#) says: Tears means the lesson’s over. So begin to notice your child’s tendencies and leverage them.

I also would discourage any kind of reward or punishment system. Sure, they certain things like school work need to get done before video games can be played - but try not to get into power struggles. Instead make it you and them against the challenge - and come from the attitude of “This has to get done. How can I help make it fun. Add some cookies? Sit with you? Break it into bite sizes?”... take it from a homeschooler: be their liaison, guide and friend - not their teacher.



*Take it from a  
homeschooler: be  
their liaison, guide  
and friend - not their  
teacher.*







## FOR YOU:

If you absolutely have to get some work done - and I know most of us do - I want you to consider the following:

Pick-it-up-put-it-down work.

If you have some more flexible work or projects to focus on like reading emails, listening to a podcast, writing something that's easy for you to pick up and put down - by all means, do so while your children are enjoying some Play Time, Messy Time, Quiet Time or Focus Time. Indeed, working along side them can often work really well for this type of work. However... there's another type of work that demands all of your attention...

### Full Focus Work

If you have work that demands your full presence for productivity, phone calls, meetings, recordings etc - you do not (repeat: DO NOT!) want your children around. It's simply impossible to multitask parenting and true, deep work (take it from someone who runs a business while homeschooling four) and it would not do either of your roles justice to try.

Set some defined time aside when you are simply not available. The door needs to be shut. You may not come bounding out to solve problems and "help" at the slightest whine. You do need to work on communicating clear boundaries here: Unless someone is bleeding or the house is on fire, I'm simply not available for the next 1.5 hours. And then follow through.

Honestly, you can only do this type of clear cut boundary work when one of three conditions occurs:

1. You have another adult in the house who is responsible for your children.
2. Your child is asleep.
3. Your child is watching a show.
4. Your child is older and able to reliably care for themselves.

If one of these conditions occurs: bingo! Work time. Set yourself up for success by trying to tend to your children's needs first - don't leave them hungry, needing the bathroom or feeling love-cup-empty. Pump them up with some presence and love and get them settled into their activity. And make it clear that you may not be disturbed. Then go and do your important work, #guiltfree

## FOR YOUR PARTNER:

Of course, all of this applies to your partner's work as well. Become great team mates in this regard - honoring both of your work times (or personal, me times) as vitally important to your family as a holistic whole. Show your partner how carefully you will protect their work time, and show them that you require them to do the same for you. This is the time to shine together as a team, you can do this.



***It's simply impossible to multitask parenting and important work and it would not do either of your roles justice to try.***





# 3/ MESSY TIME

Getting our hands messy and into tactile materials - be it water, bubbles, mud, paint, dough, sand, pebbles... has soothing properties and helps children to develop their fine motor skills and understand the world around them. It's incredibly calming and meditative for many children (and adults!) and keeps them busy for... hours. It allows them to express themselves and discover the world around them.

You might be used to relying on the playground, preschool or school to offer these opportunities - and mess might make your blood pressure pop. Have no fear, my dear - what follows is three ways to introduce sensory play into your day everyday with minimal clean up. I want to urge you to loosen any grip you have on mess and allow your child to make one, in a contained manner. Trays are your friend! If you have access to the outdoors - take the paints there! If you have a plastic protector for the floor - use it!... but let them use their hands (and feet!) to explore sensorily and express themselves creatively. You won't be sorry when you reap the emotional benefits of a happier,

SHARE YOUR  
MESSY PICS WITH  
**#PLAYPANDEMIC**





# Create: Mess!

## OPTION 1: BAKING, COOKING, LAUNDRY, CLEANING...

**ALMOST ANYTHING YOU'RE DOING IN THE KITCHEN OR HOUSEWORK CAN BE AN INCREDIBLE OPPORTUNITY FOR SENSORY EXPLORATION FOR YOUR KIDS. LET THEM SUD THE DISHES IN THE SINK BEFORE YOU WASH THEM. LET THEM STRAIN THE PASTA AND FEEL IT WITH THEIR (CLEAN!) HANDS. LET THEM SPRAY THE SURFACES AND WIPE THEM DOWN.**

It doesn't have to be pinterest worthy for your child to make cookies with you or spend time mixing your hummus. Just see these times as a chance to slow down and smell the roses - special time with your child. You have to do these things anyway so rather than speeding through the list when the kids are out - perhaps you do it less perfectly and less quickly - but with your child in tow?

Word to the wise: Scratch all of that if this causes you anxiety. If you can't let go of the control and you'll end up yelling at your kids - better use the digital babysitter while you get your baking and cooking done!



# Create: Mess!

## OPTION 2: THE BATHTUB (OR SINK!)

**DID YOU KNOW YOU HAVE A CONTAINED WAY OF HAVING CONTAGIOUS MESSY FUN? YOUR BATHTUB, SHOWER OR KITCHEN SINK, OF COURSE...**

Put anything in the bathtub or kitchen sink for tiny ones to make it more fun and endless sensory play... paints, jelly beads, bubbles, cups and containers, syringes, bath bombs or salts, essential oils...

### REAL LIFE PRESENT PLAYER TIP - HOW TO KEEP KIDS ENGAGED?



**Kerlin Kalda** Cooking with kids can be fun. Read books to kids. Rotate toys- puts some away right away and take them out when boredom is killing. Get out- discover nature, spend time in the forrest (basically all places are fine where there are not many other people).





# Create: Mess!

## OPTION 3: SENSORY MATERIALS

**YOU PROBABLY HAVE A WHOLE STOCK OF SENSORY EXPLORATIONS AT HOME WITHOUT EVEN REALIZING IT. ANY ART SUPPLIES: PAINT, CLAY, PLAY DOUGH, POMPOMS, GLUE, SCISSORS AND PAPER... AND IF YOU DON'T HAVE MUCH YOU MIGHT BE ABLE TO BUY OR MAKE IT.**

If you absolutely have to get some work done - and I know most of us do - I want you to consider the following:

Pick-it-up-put-it-down work. activity. And make it clear that you may not be disturbed. Then go and do your important work, #guiltfree

***Surrender to the never ending cycle of mess - clean up. Think of it like a seasonal rhythm - the messes keep getting made, the cleaning up never ends...and that's a beautiful thing.***



How to handle clean up time? Watch This.

Check Out My Favorite Art Supplies





# 4/ MOVEMENT TIME

It's especially crucial that you move your body right now. Not only will it boost your health, but also your good mood. I know you know this but you may have needed a reminder of how crucial this is. Still, I'm sure your child's need to move is top priority for you - especially if your child is particularly active and spirited and needs a lot of motion and physical challenge each day. I'll share some great ways of getting those wiggles and energy out - for both of you!

SHARE YOUR  
MOVEMENT PICS WITH  
**#PLAYPANDEMIC**





# Create: Movement!

If you're lucky you might have some great movement opportunities in your home already - such as an outdoor space, a trampoline, a basket ball hoop, or my all time favorite - indoor swings. If you have any possibility of hanging one of these right now: DO IT! It will be a sanity saver. However, do NOT worry if you can't! There are SO many ways to move our bodies inside - we just need to get creative. I'll start you off:

## THE SOCK GAME

I learned this game from the brilliant Dr. Lawrence Cohn. All you have to do is each (or all!) wear a pair of socks and sit on the floor - preferably on a rug. Start by establishing the rules such as: "No hitting, biting, kicking, pulling hair, pinching...". Then count "One, two, three - game on!" and try to get each others socks off. Roll around on the floor trying to get the other person's socks while protecting your own. Last person left with a sock on - wins (although of course winning is not the point at all...). Winner gets to make everyone hot chocolate. I dare you not to giggle frantically while playing this.



## OBSTACLE COURSE

Gather all the pillows in the house (chairs, stools, mattresses welcome too!) and create a course that your child needs to hop from one to the other - shout "floor is lava"! If your child falls off the course they have to start again. If it's too easy - make it harder! Make them do it with one hand behind their back! Hopping on one foot! Blindfolded!...

## WRESTLE MATCH

The way we play this is we use the rug or a mat as our defined "wrestling ring". We establish rules, as above, and then begin. The aim is to get each other out of parameter of the rug. Give your child a challenge here - let them use their muscles!



## DANCE PARTY & GAMES

Pump up the music and shake that thing... this one needs no explanations but... do it!!! If your children like to perform ask them to create a dance or gymnastics or martial art show for you. Try playing [GoNoodle](#) or blindfolded hide and seek!



## YOGA!

If you have a yoga practice you could simply get your mat out and begin - your child may or may not join you but you'll be inspiring them to move by your example. Or flip on [Cosmic Kids](#) and have them do some yoga for themselves or with you!



### REAL LIFE PRESENT PLAYER TIP - HOW TO GET ENERGY OUT INSIDE?



**Andréa von Delft** Build a obstacle course... •do it blindfolded,  
• do it backwards  
• have a commentator narrate what happens  
• do it in slow motion

Love · Reply · 4h







# 5/ QUIET TIME

If you've sufficiently stretched your body and mind - rest time will be welcomed by all. Younger kids need their naps and older kids can still benefit from some quiet time to read, draw, write or listen to an audiobook.



SHARE YOUR  
QUIET PICS WITH  
**#PLAYPANDEMIC**





# Create: Rest!

A prerequisite to getting proper rest times is that you have properly tired your little one out during the morning - not easy when stuck inside, I know! Which is why I ordered the Movement Time before this element of quiet time - it's going to help, a lot.

Maybe you can snuggle up with your little one and enjoy some rest yourself or maybe this will be a golden hour of productivity for you.

For an older child, you might set a rule that they are allowed to play as long as they stay in their room or on the couch or similar - to change up the energy and make a calm atmosphere (in difference to the movement, messy or play time expectations).

My favorite for older kids during quiet time is [Audio books](#) and podcasts.

## FAV KIDS AUDIOBOOKS:

[The Magic Tree-house Collection](#)

[The Who Is Collection](#)

[Pippi Longstockings](#)

[Mr. Popper's Penguins](#)

[The Boxcar Children](#)

[Charlotte's Web](#) and [Stuart Little](#)

[Beatrix Potter](#)

[Winnie The Pooh](#)

[The Gruffalo](#)

[Frog and Toad](#)

## FAV KIDS PODCASTS:

[Wow in the world](#)

[Circle Round](#)

[Stories Podcast](#)



## REAL LIFE PRESENT PLAYER TIP - HOW TO ENJOY THIS TIME?



**Adriana Suarez** Take time to get to know each other better. Ask them questions, give them the time they need to answer them. Laugh to their jokes and allow some silliness. Take time to ask them what they are thankful for and share also what you are thankful for. Be observant and speak life to them in forms of encouragement, like things you notice they do, a specific moment you saw them being patient or kind. Take time to be together. It's okay to slow down and not be in the "go, go, go mode".

Love · Reply · 34m







# 6/ FAMILY TIME

This might sound strange... after all, you're at home with your family all day, right? Why carve out family time? The truth is it's impossible to be present with each other and create meaningful connection all day. Rather than beat ourselves up for being on our phones, distracted or busy - if we take some time to intentionally connect with our loved ones we can release that expectation the rest of the day. You do not need any extra time for this... what follows is how to ensure you're filling your love cups without it being yet another chore. Sounds good? Read on.



## REAL LIFE PRESENT PLAYER TIP - HOW TO ENJOY THIS TIME?



**Kanar Maroof** Let's use this quarantined period as an invitation to build a strong connection with our little ones! We have two choices ,we stay stress and anxious or been optimistic and take advantage of been at home all day long! like strengthening our relationship and make it as a great memory for them ( when I was a kid and there was a bad virus around the world I remember how my parents behaved toward the situation ,they gave me love and attention-which teaches them during the hardest time we are grounded and bold)....I am strewing nowadays a lot and keep things more easygoing

Love · Reply · 1h



SHARE YOUR  
FAMILY PICS WITH  
**#PLAYPANDEMIC**





# Create: Connection!

Please, repeat after me: It's OK not to be present and involved with your kids all day. Not only is it OK not to, but it's actually impossible to.

Instead - follow the method laid out by Magda Gerber and repeat after me:

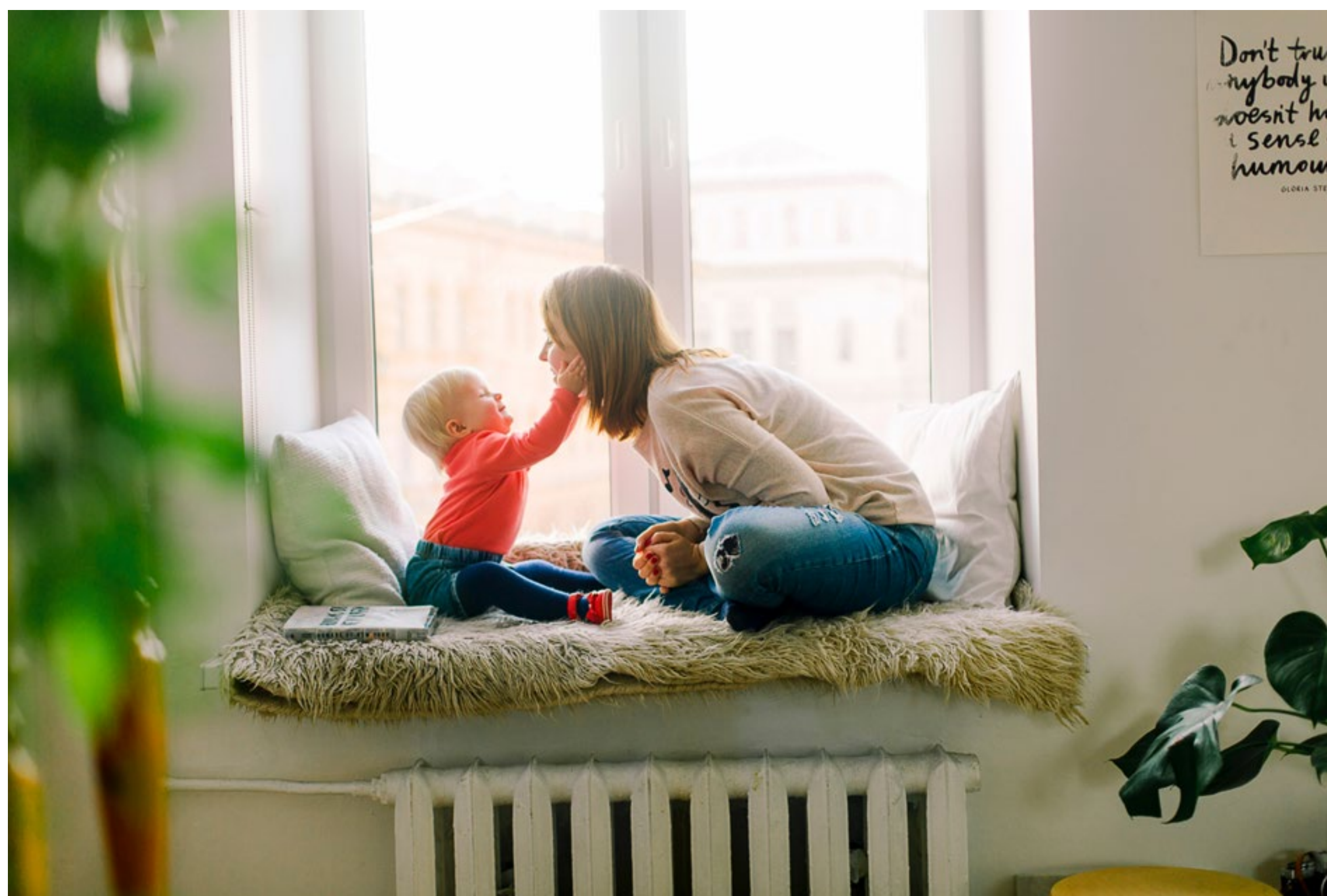
## Caregiving times = connection times.

When you're changing a diaper, bathing, dressing, feeding or tucking your little ones into sleep - that's the time to create special connection.

For us, family time comes when we snuggle together in the morning, when we sit together for a meal or when we tuck our kids in at night. Beyond that, there are many points of connection throughout the day, of course, but I don't beat myself up if I can't be fully "present" or say "yes" to every request for my attention.

In order to be able to fully connect, make eye contact, enjoy a game together, listen and cozy up... you'll also need some alone time, I'm guessing. So of course, all of these different elements need to come together to create an emotionally healthy whole: when you've moved your body, you can really rest and sleep. When you've truly connected at meal time - you can go off and play independently. When you've focused on learning and work - you can get messy and explore with your hands. There's a balancing out, a yin and a yang...

So try to make the most out of your caregiving times - laugh loudly, snuggle closely, enjoy each other - and that will release you to go about the rest of your day with less concern that you're not "present" enough.



**ONE OF THE ALL TIME FAVORITE WAYS WE LOVE TO CONNECT ARE PLAYING GAMES TOGETHER. WE LOVE:**

[Monopoly](#)

[Halli Galli](#) (best game EVER!)

[Set](#)

[Sleeping Queens](#)

[Uno](#)

[Chess \(this one teaches kids as young as 4 to play!\)](#)

[Clue](#)

We also really love non competitive board games such as [this one](#) and [this one](#)

***One of the all time best ways to spend family time is looking back at albums, videos and pictures from years gone by. Telling and retelling stories, such as: Here's what happened the day you were born... and video-calling friends and family.***





# 7/ SCREEN TIME

I know, I know... for many of us screens are this guilty, confusing thing that brings out the extremists in us. No restrictions can leave our kids groggy, sedentary and inactive - and over restriction means we're missing out on one of the modern world's miracles: access to endless content, ideas and entertainment. Screens are fun. Screens are interesting. But we also don't want them to take over our kids brains or to lead them to uncharted waters. So let's find the balance shall we, or as I like to call it: the Radical Middle (hear my podcast about this approach [here](#)).



SHARE YOUR  
SCREEN PICS WITH  
[#PLAYPANDEMIC](#)





# Create: Fun & Entertainment

Since we’re staying home now, my personal preference is to dedicate screen time everyday so that we have that reliable time that everyone knows about. That way my kids aren’t nagging all day for screens (they know it’s only in the afternoon and after we’ve done our other things like moving, resting, creating, learning...) but I also have reliable quiet time to work or do housework.

I do my best to help my kids choose high quality games, apps, videos or shows - but I’m totally fine with some cartoon binging from time to time too. I like to discuss what they’ve watched with them afterwards so that they can tell me if it was too scary or if they learned something cool. I know the advice is to watch with your kids, but honestly - we almost never watch together as I need that time for work and I’m just fine with that #guiltfree.

## SHOWS

- [Daniel Tiger](#)
- [Dinosaur Train](#)
- [Wild Kratts](#)
- [Magic School Bus](#)
- [Hilda](#)
- [Story Bots](#)

## MOVIES

- [Inside Out](#)
- [Timmy Failure](#)
- [Monster’s University](#)
- [Akeelah and the Bee](#)
- [Zootopia](#)
- [Up](#)
- [Frozen](#)
- [Charlotte’s Web](#)
- [Mary Poppins](#)

## DOCUMENTARIES

- [March of the Penguins](#)
- [Arctic Tale](#)
- [Wings of Life](#)
- [Oceans](#)
- [Chimpanzee](#)
- [Born in China](#)

## LEARNING RESOURCES & GAMES

- [Outschool](#)
- [Osmo](#) - I absolutely love this entire series and have found it worth the investment.
- [Minecraft](#)
- [TedEd](#)
- [Khan Academy](#)
- [Homer Reading](#)



**Got more suggestions? Share them so we can all benefit!**  
**Love Parenting With Avital Facebook Group >**



A child in striped pants is sitting on a wooden floor, surrounded by books. A large potted plant is in the foreground, and a wooden chair is visible in the background.

## PUTTING IT ALL TOGETHER

Throughout this guide you've learned about different "elements" that couple make up your day, specifically: Play, Focus, Mess, Movement, Quiet, Family and Screen times. You won't hit on all of these times every single day and that's just fine. If you're a check-list person who likes processed and step by steps - I've put together a checklist and a sample flow (schedule) on the following pages. Use them as tools and make them your own. There is no right or wrong way to enjoy your days together - there's only what's right for you and your unique family.

## NEXT STEPS:

1. **Print out the checklist and blank flow on page 27** to fill out for yourself so that you can experiment with your daily flow and see the #playpandemic spread.
2. **Log Into the Play Guru Course** so that you can up your skills and support, [here's the link](#) again
3. **Share with everyone so that we can spread the #playpandemic** if this has helped you in anyway please, please pass it forward so that we can help all parents who are home with littles.



# DAILY CHECKLIST

- ☐ PLAY TIME
- ☐ FOCUS TIME
- ☐ MESSY TIME
- ☐ MOVEMENT TIME
- ☐ QUIET TIME
- ☐ FAMILY TIME
- ☐ SCREEN TIME

\* In these uncertain times, maybe a checklist will help you to plan out your day so that it's not too sedentary, boring or frustrating... But please don't use it as a measuring stick or a standard - it's only here to serve you. Cut yourself extra slack and give yourself buckets of grace.



# SAMPLE DAILY FLOW FROM MY OWN FAMILY

TIME	OUR FOCUS	EXAMPLES OF THINGS WE DO
6:00	Family Time	Snuggles in bed and a joint breakfast
7:00	Focus Time	Doing our work when our brains are sharpest
8:00	Messy Time	As my older kids work on projects, the younger sink into sensory play
9:00	Play Time	My kids sink into deep play as I cook, clean and get my work done! (I'm in and out facilitating)
10:00	Play Time	
11:00	Movement Time	We get outside to take a walk - or do a yoga session together
12:00	Family Time	Lunch together as a family!
1:00	Quiet Time	Reading together on the couch or napping
2:00	Movement Time	Rough housing and wrestling match/ dance party!
3:00	Screen Time	A movie, show or video game while I get work done
4:00	Messy Time	Inspired by what they just saw, they'll often rush to create something
5:00	Family Time	Dinner together as a family!
6:00	Quiet Time	Bath, reading and bedtime snuggles...



# MY DAILY FLOW

[illegible]





# Help spread the **#PlayPandemic**

I know how scary and weird and chaotic this time is. It may be over quick or last a long while yet. The pain and loss, both medical and economic are real and widespread. We don't get to choose what happens, but we do get to choose our approach to it.

I want you to know that even though you are isolated - you are not alone. You are interconnected, now more than ever, with a web of supportive, like minded parents who are experiencing the exact same wave as you. We are all in this together.

I want you to know that you are supported - my team and I are working tirelessly to hold you through this time and not only to survive it - but possible to even thrive through it.

Maybe you'll discover strengths you never knew you had.

Maybe it will be the opportunity of a lifetime to simplify and come back to basics.

Maybe it will bond your family in new and profound ways.

Maybe it will be fun, funny and joyful.

Maybe it's just the break we all need from the go-go-go life.

Maybe. It's up to us to make it so.

***AS THE ANXIETY AROUND  
CORONA RISES - LET'S RAISE  
OUR HOPE AND JOY. LET'S  
MATCH OUR PANIC WITH  
OUR PASSION, OUR FEAR  
WITH OUR FAITH AND OUR  
UNCERTAINTY WITH OUR  
UNWAVERING OPTIMISM.***

Please, please, please share [this guide](#) out everywhere. Who knows which parent it could help pull themselves out of the blues and into a rejuvenating time with their families? And never ever hesitate to reach out for help. We are here for you - always, and especially now.

Namaste,

*Arvital xxx*

***Pain is inevitable,  
suffering is  
optional***

**- OLD BUDDHIST SAYING**

