

#KIDSTOGETHER

THE **nickelodeon** TOWN HALL

SOCIAL DISTANCING, BUT STILL #KIDSTOGETHER

Helping One Another, Now More than Ever

Because of the impact of COVID-19, kids and grown-ups alike may find themselves feeling more anxious or stressed than usual. Nickelodeon offers this guide to give kids, parents, and caregivers advice on ways to support each other in these difficult times.

WATCH AND LEARN

Check out the one-hour special **#KIDSTOGETHER: THE NICKELODEON TOWN HALL** on Monday, March 30, at 7 p.m. ET/PT. And catch it on [YouTube.com/Nickelodeon](https://www.youtube.com/Nickelodeon) and VOD afterward.

Hosted by Kristen Bell, the special directly addresses kids' questions and concerns and includes insights from medical experts. It also gives first-person accounts from kids and families experiencing social distancing and making changes to their everyday lives and relationships. Pediatrician Dr. Nadine Burke Harris, the Surgeon General of California, offers ideas for how to cope when things get stressful.

The Town Hall offers an inside look at what families all over the U.S. are doing and reveals what kids really think about what's going on in the world today.



WHAT TO SAY

Talking to kids about what's going on is not easy. Here are a few suggestions to help ease kids' stress—and your own.

- Talk to your children about COVID-19, taking their concerns seriously so they feel heard.
- Keep updated about COVID-19 so you can continue to answer your children's questions honestly and in language they can understand.
- Be a positive role model, practicing healthy hygiene and social distancing.
- Help children stay connected to family and friends.
- Take a moment with your children to acknowledge that the sacrifices they make—like missing birthday parties or team sports—are how they are helping fight COVID-19.
- Provide extra patience, attention, reassurance, and love.

TAKE A BREATHER

Tips for Overcoming Stress with Fun

Tensions can run high when we're in close quarters. Here are some activities for kids to do to lighten the mood and reset the vibe—even when everybody's home.

1. **CREATE! YOU'RE AN ARTIST FOR A DAY—OR 30 MINUTES!** Draw your favorite character, color a picture of yourself, or write your name in super fancy letters.
2. **DON'T GET BORED, GET BOARD!** Play an actual board game with someone at home or over video chat with a friend.
3. **TAKE A DEEP BREATH!** A little fresh air goes a long way. Open windows whenever you can, and take walks with a grown-up as often as possible. Remember to keep a safe distance from people you pass outside!
4. **CHILL OUT...BRRRRR!** An ice pack on the back of the neck or forehead may be just the trick to cool off when you are feeling upset or angry.
5. **CLAP FOR THE HELPERS!** Make a family video applauding anyone you know who is helping or volunteering, like medical staff, grocery workers and pharmacy employees, as well as the police, fire, and emergency crews. Then, with your family's permission, share it on social media, tagging those you are thanking.

KEEP UP WHILE YOU STAY IN

During this time, kids are going to have many questions. Below is some great information to help you navigate those conversations and also provide ways for families to have playful and loving moments together during this extraordinary time.

- Refer to these [tips about how to understand—and explain—COVID-19](#). (Also available in [Spanish](#) and [Mandarin](#).)
- Help keep everyone busy with more [simple, kid-friendly activities](#) and look out for yourself with these additional [suggestions for self-care](#).
- Learn about what kids are watching from [Common Sense Media](#) and [Common Sense Media Education](#).
- Offer your children kid-friendly access to current events with the [TIME for Kids digital library](#), which is free through the end of this school year.

HERE FOR YOU

Looking for more ideas? Nick is here to help!

- [NickHelps.com](#): for kids of all ages
- [NickParents.com](#): for parents and caregivers
- [NickCommunity.com](#): for youth organizations and educators
- [Noggin](#): for preschool learning and growing

In response to COVID-19, Noggin's free trial period has been extended to 60 days.
Go to [noggin.com](#) for more info.

#KIDSTOGETHER

Thanks to [Dr. Robin Gurwitsch](#) for her ideas and contributions. Dr. Gurwitsch is a psychologist and professor in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center and the Director of Parent-Child Interaction Therapy and Child-Adult Relationship Enhancement Training at the Center for Child & Family Health.