

HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

Importance of social emotional learning

BY DR. CHARLES E. STAMPER, ED.D.
 Extension Special Projects Coordinator/
 4-H Youth Development

The Collaborative for Academic, Social, and Emotional Learning (CASEL, 2020) defines social and emotional learning (SEL) as “the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.” Understanding the importance of SEL as we start a new academic year will help in making the transition into an uncertain school year less stressful.

There are five core abilities of CASEL's SEL Model (CASEL, 2020).

- **Self-awareness:** The ability to accurately recognize your emotions and thoughts and their influence on behavior. This includes accurately assessing your strengths and limitations and possessing a well-grounded sense of confidence and optimism.
- **Self-management:** The ability to regulate your emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating yourself,



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Cleaning and disinfecting your COVID-19 infected home

BY SARAH LOVETT HANKS

Healthy Homes and Communities Extension Associate

Has someone you live with been diagnosed with COVID-19, or are they displaying symptoms of the virus and are self-isolating? When this happens, your first job is to reduce the spread and survival of the virus in your home. The Centers for Disease Control has a home care guide to teach household members how best to interact with the sick person.

Containing the germs

Dedicate one room for rest, recovery, and isolation of the sick person(s) away from other members of the household. If possible, dedicate a bathroom to their sole use. If you only have one bathroom, it should be cleaned and disinfected after every use by the sick person. Give the sick person (only if they are an able-bodied adult) personal cleaning supplies such

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OTHER RESOURCES

Do Not Mix These Chemicals or Products (article):

<https://fcs-hes.ca.uky.edu/files/do-not-mix-these.pdf>

How to Clean a Cell Phone (article):

<https://fcs-hes.ca.uky.edu/files/how-to-clean-a-cell-phone.pdf>

Sanitizing Your Laundry (article):

<https://fcs-hes.ca.uky.edu/files/sanitizing-laundry.pdf>

Cleaning versus Disinfecting (article):

<https://fcs-hes.ca.uky.edu/files/cleaning-versus-disinfecting.pdf>

List N: Disinfectants for Use

Against SARS-CoV-2 (article):

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities (article):

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Caring for Someone at Home (article):

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

Cleaning and Disinfection for Households (article):

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

Cleaning and Disinfecting Your Home (article):

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

Fun indoor activities for your children

BY DR. KERRI ASHURST

Senior Extension Specialist for Family and Relationship Development

When you are confined at home, it can be hard to find activities to do with your children. This can be especially true with younger children. It is easy to allow your children to spend more time on the computer or in front of the television. However, these activities can reduce the amount of quality time you spend together as a family. Too much screen time can also be connected to childhood obesity. When you spend time together in fun activities, you create memories that last a lifetime. Here are a few tips for activities that families can do that are free or very low cost.

- **Build a tent together in your home.** You can use items you already own. Use any room of your home. Tents can transform even the smallest spaces into a whole new world. Have your child pick out materials to really spark their creativity.
- **Bake or cook with your children.** Cooking tasks such as stirring batter and cracking eggs are great ways for kids to have fun while learning new skills. Tasks such as measuring liquids and figuring proportions when changing recipes can help teach critical math skills. You can find free recipes online together. You can even find recipes that call for ingredients that you already have. It also teaches your children important life skills they will need in their future.
- **Try some indoor water play.** Bath time does not have to be just for cleaning our bodies. Fill a tub with warm water and throw in bubble bath and toys, and let the fun begin! Even a large water basin or sink can work. Use fun things like color tablets for the bath or tub crayons or paints. The bathtub is a great place for creative imaginations and relaxed time playing as parent and child. You can also create your own bath bombs or bath slimes together.
- **Get up and get moving together.** Your family can play Hide and Seek or Hello Neighbor together. You can plan a family scavenger hunt or obstacle course. You can do yoga, stretching, or meditation together without having to buy a single thing. Take a walk or play a game of soccer together.



- **Plan regular family game nights.** Board games or card games are a great way to bring the family together for lots of fun and laughs. Let each person in the family pick out a favorite game that you can all play together. Start a tradition that your own children may even continue with their children someday.
- **Make a “bored box.”** This does not have to be fancy. Include simple items like paper, paint supplies, and crayons. Playdough and clay are also great to have handy. Slime ingredients are always a huge hit. Don't be afraid to get messy! Just stock up on a few items your family loves to do together and keep them stored in a box for an instant activity anytime.

OTHER RESOURCES

Talking to Your Kids about COVID-19 (article):

<https://fcs-hes.ca.uky.edu/files/talking-to-your-kids-about-covid-19.pdf>

At-Home Family Night Activities You Haven't Thought of Yet (article):

<https://www.sheknows.com/parenting/articles/842477/50-family-fun-night-ideas-for-families>

Involving Little Ones in the Kitchen (video):

<https://youtu.be/swPDThQFr1s>

Importance of social emotional learning

and setting and working toward achieving personal and academic goals.

- **Social awareness:** The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.
- **Relationship skills:** The ability to establish and maintain healthy and rewarding relationships with diverse people and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
- **Responsible decision-making:** The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

These core competencies cannot just be taught in traditional school settings, but must be brought into the community and home as well. That is why SEL complements our work in the Kentucky 4-H Youth Development program, because our focus is

on positive youth development (PYD). Positive youth development enhances the assets youths have in their lives as they develop into well-rounded adults.

How can we teach SEL as kids go back to school?

Understood.org (2020) gives these suggestions:

- **Activities for preschool:** Show students how to work in pairs. You can do this by showing them how to read a book together — point out how to hold the book so it's centered between two students and how to take turns flipping the pages. This kind of instruction can help kids learn about sharing, think about the needs of others, and develop mutual respect.
- **Activities for grade school:** You might ask students to identify their strengths and weaknesses as part of math lessons. You can encourage each child to do things like fill a hundreds grid or a pie chart to show how strong the child feels at a particular skill.
- **Activities for middle school:** At this age, you can focus more on human connection. Do this by telling students to ask one another how their weekend was. Make the classroom a safe space where everyone can express themselves by having the class agree that there's no teasing or bullying allowed.

- **Activities for high school:** Help teens practice taking the perspectives of other people, like getting them to think about how a character in a book felt or why a historical figure took certain actions. You can ask the class to reflect on how and why someone fought for justice and equality. This builds SEL skills by creating opportunities to discuss these kinds of things in small groups or by having them define and use the word empathy.

Our youths are living through experiences no one in our lifetime has ever gone through. We must give them the supports they need to get through this period of challenge.

OTHER RESOURCES

Collaborative for Academic, Social, and Emotional Learning (article):

<https://casel.org/what-is-sel>

25 Ways to Integrate Social Emotional Learning (article):

<https://www.thepathway2success.com/25-ways-to-integrate-social-emotional-learning>

Social-Emotional Learning: What You Need to Know (article):

<https://www.understood.org/en/learning-thinking-differences/treatments-approaches/educational-strategies/social-emotional-learning-what-you-need-to-know>

Cleaning and disinfecting your COVID-19 infected home

as facial tissues, sanitizers, cleaners, paper towels, disinfectants, and a lined trash can for their isolation area. The sick person should eat (or be fed) in the isolation area.

How to clean and disinfect items in the home

- When cleaning hard or nonporous surfaces, you should use disposable gloves, if available. You can also use reusable cleaning gloves, if you have a pair dedicated for COVID-19 virus cleaning and disinfections only. Gloves or no gloves, wash your hands promptly after touching and cleaning contaminated items.
- Read and follow the instructions on your cleaning and disinfecting products.
- Before disinfecting, clean off the dirt.
- Refer to the list of EPA-approved products that will disinfect a surface contaminated with COVID-19.
- A bleach solution can be used if you do not have access to the items on the EPA list. Use 1/3 cup (5 tablespoons) of bleach per gallon of water or 4 teaspoons of bleach per one quart of water.
- Have proper ventilation during and after using bleach.
- Do not mix bleach with other cleaners or ammonia.
- Check the expiration date of the bleach. Only unexpired bleach, when properly diluted, will disinfect surfaces contaminated with coronavirus.
- You should also disinfect electronics that are frequently touched. Read and follow the instructions provided by your device's manufacturer. If no guidance is available, you could use alcohol-based products that contain 70% alcohol to disinfect.

You do not want liquid to pool, so dry thoroughly.

- Handle items that can go in the laundry (towels, washcloths, clothes, sheets) with disposable gloves or reusable gloves that are dedicated to use for COVID-19 virus contaminated items.
- Do not shake dirty laundry. This can spread the virus in the air.
- Launder items in the warmest water possible for the item according to the washing instructions on the tag.
- Clean and disinfect hampers used to gather and move clothes in between uses. You could also use a trash bag to line the hamper, and then throw it away.

All members of the household should wash their hands frequently, and avoid touching their face, eyes, nose, and mouth.

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FOR MORE INFORMATION, EMAIL US:
ukfcsext@uky.edu

EDITING by Alyssa Simms
DESIGN by Rusty Manseau

- **Alison Davis, Ph.D.**
Director, Community and Economic Development Initiative of Kentucky
- **Jennifer Hunter, Ph.D.**
Assistant Extension Director, Family and Consumer Sciences
- **Mark Mains, Ph.D.**
Assistant Extension Director, 4-H Youth Development
- **Craig Wood, Ph.D.**
Interim Assistant Extension Director, Agriculture and Natural Resources