

Thriving Thursday, April 23, 2020

“We’re playing lockdown.”

Thriving Thursday is about answering the question, “Does this shit happen at your house?” Under normal circumstances many people may think that the stuff that happens at their house only happens to them. However, the more we connect with each other and share our stories, the more we realize that we are not alone and that many others have similar experiences to ours. In this time of deliberate isolation and distancing, sharing our stories may not only create connections and shared experience, but what we learn from each story may contribute to our ability to grow and build resilience as we navigate our new reality – alone, but together.

The Stories: As kids see it

This week we share a collection of quotes and short stories that demonstrate the perspective of kids during COVID

They take this seriously . . .

My daughter watches people walk past our house. When they walk by in groups she yells, “not social distancing!!!” I don’t think they can hear her, but I think she really wants them to hear her.

They make sense of it through play

Our kids are playing “lockdown” with their bouncy castle. They get into their bouncy castle; they deflate it and while it is deflating, they stay inside it and play “lockdown.” Then once it is deflated, they create little hideouts in there.



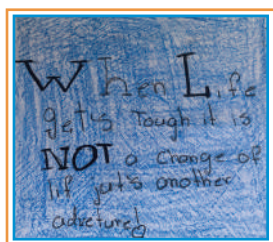
It is confusing . . .

My son (he’s 3), has been engaging in very regressive behavior, like wanting to go back into my belly. He also deeply inhales my scent several times a day! Not sure if this is due to COVID or if this is just him!

My kids have been going a ‘little nuts’ with no social contact, my daughter (age 7) has started talking to her dolls and stuffies.

They are learning experientially . . .

We have a pair of pileated woodpeckers nesting in our yard. This provides great experiential learning for the kids as we watch them feed and build their nest. However, there have been some unintended outcomes. The other day the pair were in a tree we could see from our dinner table. Suddenly the male jumped on the female and mounted her. Our older child (age 9) had stepped away from the table. This is how the younger child (age 7) reported what happened: 7-year-old: “Hey! The male woodpecker just jumped on the female!” 9-year-old: “What? Really?” 7-year-old: “Yeah. He really nailed her.”



They are more resilient than we realize. . .

In the first week of being home from school my daughter (age 9) created a quote and made it into a sign, “When life gets tough it is not a change of life, it’s just another adventure!”

Note: We are grateful to the individuals who anonymously agreed to share their stories – thank you!

TAKEAWAY

- 1 Kids make sense of their world through play. Play, both structured and unstructured, helps them both develop and understand the world physically, socially, emotionally and cognitively. Active for Life has great resources [here](#) and also at this [link](#). Scholastic provides tips and explanations about play [here](#).
- 2 “Exercise builds brain cells, not new learning,” this [14 minute Ted Talk](#) discusses the link between physical activity and learning
- 3 The new normal we are living is creating opportunities for different types of learning (experiential and life skills for example) that will serve kids well in the long run
- 4 “Neuroscience shows that it is adversity in life, dealing with tolerable challenges and stressors, that wires the brain for resilience,” says Ned Johnson, co-author of [“The Self-Driven Child.”](#) He [offers tips](#) for helping kids increase their sense of control during the Covid pandemic
- 5 This is a difficult time for everyone, kids included, [Anxiety Canada](#), [Anxiety Canada \(Kids\)](#), [Psychology Today](#) and the [CDC](#) are just a few places to find tips for helping kids (and their caregivers) navigate the challenges associated with our current reality