



CHI GUIDE

COVID-19 PREVENTION

2020

CHI GUIDES

TABLE OF CONTENTS

4 NUTRITION TIPS TO STAY WELL

6 WAYS TO BRING LEARNING HOME

5 HYGIENE TIPS AND TRICKS

5 TIPS TO PROTECT YOUR MENTAL HEALTH

CHI GUIDES

4 NUTRITION TIPS TO STAY WELL

Don't Wait To Hydrate

Your body--and your immune system--need water to function. Skip sugary drinks like soda and juice, and limit your consumption of coffee and tea, as they can actually dehydrate you!

Try A Kick Of Turmeric!

Foods like turmeric and ginger can help reduce inflammation and kill bacteria. Make a tonic with turmeric, ginger, lemon, tulsi drops and honey to help boost your system.

Fruits & Vegetables Are Most Credible

Remember that fresh, clean fruits and vegetables will provide you with the vitamins and nutrients your body needs to stay strong.

Processed Foods And Sugar Will Only Make You Sicker

Stay away from foods that come prepackaged, especially sweets, cookies and snacks. Sugar can even stop your body from fighting off germs!

And last but not least, don't forget to wash your hands for 20 seconds before and after every meal.

6 WAYS TO BRING LEARNING HOME

Go On An Alphabet Hunt

You must find one object in your house beginning with each letter of the alphabet. For example, grab an apple for the letter 'A' or a pencil for the letter 'P'

Make Your Own Dance Festival

Alone or with siblings, choreograph new dances to your favorite songs. Entertain your family with your creations.

Play Rhyme Time

Try writing a poem with 6 lines, making sure that every line ends with a rhyming word. For example: My puppy was missing and silent./ I found out why he was so quiet/He'd opted to try a new diet./He held in his feet/A buttery treat/I thought it sweet, he thought it neat.

Become The Teacher

Set up your own school house at home. Siblings or dolls can be your students--now just teach them what you've already learned at school.

Explore the Color Wheel

Using this color wheel, write down three things for each color. (Hint: the wheel goes from red-orange to yellow-orange, to yellow-green, to blue-green, to blue-violet, and then red-violet, before going back again)

Open Your Own Shop

Set up a store where you sell whatever you can find--pebbles and rocks, or even old socks! Figure out how many you need to sell to earn \$5 today, and make a plan to make those sales.

5 HYGIENE TIPS AND TRICKS

Wash Your Hands A Lot...More Than You Thought

Every time you touch another person, use the bathroom, touch your face, or prepare and eat food, wash your hands. Use soap and running water, lathering up long enough that you can sing Happy Birthday twice.

Hands Off Your Face And Your Headspace

Avoid touching your nose, eyes, lips, face and hair--that's where germs are transmitted. If you must adjust your glasses or touch your face, use a tissue and dispose of it afterwards.

Cover Your Sneeze And Your Coughs, Please

Make sure to cover all sneezes and coughs with a tissue or your elbow.

Avoid The Group And Stay In The Loop

Avoid crowded places and confined spaces where you may come in contact with someone with a fever or a cough.

Check For Fever And Take A Breather

Check yourself for symptoms such as cough, fever or aches and pains. Stay home and avoid contact.

5 WAYS TO PROTECT YOUR MENTAL HEALTH

"A SMILE IS THE BEGINNING OF PEACE."

MOTHER THERESA

Make A Date To Meditate

Start off with just 5 minutes when you wake up or before you go to sleep. Meditation has been shown to help people deal with challenges, keep their sense of calm, and be more resilient.

Move Into Your Groove

Incorporating movement is a great way to relieve stress and take care of you. Try dancing, listening to music, or a 5-minute yoga sequence to ground yourself and let go of your worries.

Get Creative

Make time for a simple art activity like free drawing, coloring, or even cooking. Spending time engaging in creative pursuits doesn't just improve your mental health--it has been shown to impact your physical health, too.

Connect With Your Spirituality

Whether its chanting a mantra or reading a spiritual text, take some time to disconnect from the material world and connect with your spirituality.

Give Gratitude A Go

Alone or with your family, list out the things that are going well. What made you smile today? What made you comfortable today? What came as a good surprise? Reminding yourself of what you have helps you see the world from a perspective of abundance instead of lacking.