



# Happy Easter Celebrations

The COVID-19 pandemic is bound to put a damper on traditional family celebrations. By focusing on family relationships and positive interactions, new ways of celebrating can be a rich source of positive family memories.

Though social distancing requires that individuals remain a minimum of six feet away from others in public settings, it's not required within the family home. *Safer at Home* policies offer a unique opportunity for families to practice positive interactions that promote five key protective factors<sup>1</sup> identified by the Center for the Study of Social Policies (CPPS) that strengthen families:

- 1) Parental resilience – Managing stress and functioning well when faced with challenges, adversity and trauma
- 2) Social connections – Positive relationships that provide emotional, information, instrumental and spiritual support
- 3) Knowledge of parenting and child development – Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development
- 4) Concrete support in times of need – Access to concrete support and services that address a family's needs and help minimize stress caused by challenges
- 5) Social and emotional competence of children – Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

<sup>1</sup>CPPS, *About Strengthening Families and the Protective Factors Framework*

## Family Easter Egg Hunt

Families are invited to celebrate the Easter holiday with a dozen activities that strengthen family relationships based on protective factors. Follow the directions below for a fun way to promote resilient relationships in the whole family!

**Directions:** Cut apart each activity, fold, and place each in a plastic resealable egg or container. You can play this activity in two ways:

- A) Hide an egg each day from now until Easter in your home or yard. The child that finds the egg reads the activity and leads the family in completing the task.
- B) Hide all twelve eggs Easter morning. When the children open their eggs, they can choose which of the activities they would like to do each day for the next 12 days. If you have multiple children, make multiple copies of this sheet so that each child will get multiple tasks to do with the family.

Adults may need to read and explain the activities to younger children. Offer to help them lead the activity and encourage full family participation. Spending quality time together helps a child feel safe and secure.

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|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pick a family-friendly game to play with your family. You get to play first!</b>          | <b>Draw a picture of your family. Don't forget the pets!</b>                                          | <b>Draw a picture of your favorite family traditions. If you need help, ask an older family member!</b>                               | <b>Make a family meal together. Need some ideas? Check out <a href="http://www.spendsmart.extension.iastate.edu/">www.spendsmart.extension.iastate.edu/</a></b> |
| <b>Play a game of Simon Says. Each person gets a turn to be Simon!</b>                       | <b>Give each person in your family a compliment (say something to them that you like about them!)</b> | <b>Gather the family together. Each person shares one (1) thing they could do to help their community!</b>                            | <b>Write down one responsibility each member of the family has to help things run smoothly at home! Share your list with them!</b>                              |
| <b>Have a family dance party! Each person get to pick a song for the family to dance to.</b> | <b>Gather the family together. Each family member shares three (3) qualities of a good friend!</b>    | <b>Gather the family together. Ask each member of the family to identify two (2) family rules that help you and others stay safe!</b> | <b>Reach for the STARS! Gather the family and ask each person to share a personal goal.</b>                                                                     |