



4 Stay at Home Wellness Tips for Students & Families

There is no getting around it - people all around the world have had their lives upended by the current pandemic and it's hard to stay positive with rising uncertainty and lack normal routines. That's why SAGE Scholars has put together some wellness tips for students and parents alike. The most important thing to remember is that we are all in this together and we need to be kind to ourselves and others. So if you don't feel motivated to learn a new language or musical instrument, there are plenty of others like you. Now is the time to focus on finding some calm and peace and helping others to find the same. Here are a few suggestions.

1 Write a daily checklist

This tip is written by an unabashed lover of checklists, however now more than ever they can give you a sense of accomplishment in times when you aren't able to do the same things as you would normally be able to do. The list doesn't have to be large. Somedays walking the dog, making meals and unloading the dishwasher are herculean tasks when you have multiple people living under that same roof again. That's okay. One checklist item at a time and don't fret if everything doesn't get checked off the list. There is always tomorrow.

2 Kids - Give Your Parents an at Home Date Night

Staying at home is very stressful for students. High schoolers are missing their friends and routines and college students are missing their friends, routines, and the sense of freedom of being a young adult not living with mom and dad. However, it's a very hard time for the parents as well. They only want their children to be happy and it's difficult when life events outside their control affect their children. What can kids do to help their parents? An unexpected act of kindness like planning an at home date night for your parents will melt their hearts and make them feel valued. Even if you aren't a master chef, a frozen pizza and two cans of soda will be enough to make them happy. If you are able to babysit any younger siblings while your parents have some time to themselves, even better.

3 Consider Fostering a Pet

This is truly a time when we need animals as much as they need us. If you are up for it and would like a four-legged friend to quarantine with, now might be the ideal time for you to look into fostering a dog or a cat. According to the Center for Disease Control and Prevention studies have shown that the bond between people and their pets can increase fitness, lower stress, and bring happiness to their owners. However, if you are truly not equipped to care for a pet and think it will add more stress, perhaps just get a fern and call it a day.

4 Learn from the Best and Brightest at No Cost

There are amazing resources at your fingertips and our friends at Knowledge at Wharton High School have compiled an extremely impressive collection of articles, videos and podcasts curated by professors at University of Pennsylvania's Wharton School of Business. Also, if you are an educator, you can sign up for free and download complete lesson plans for your students on a wide variety of business related topics. <https://kwhs.wharton.upenn.edu>

