



#WEAREALLCONNECTED

During this time of social distancing, encourage kids of all ages to connect by creating artwork that reflects their experience of the COVID-19 pandemic. It's a great outlet for relieving anxiety too.



#weareallconnected

Avery Blake, age 11



April Cascante, age 16

1 Reflect

Start a conversation to help kids reflect on:

- their experience during the pandemic
- how it has impacted them and their community

2 Inspire

Ask them to develop art that:

- shows how their life has changed
- shares what makes them feel grateful
- shows how people are staying connected
- shares an inspirational message or poem
- shows how they've been helping or volunteering

3 Create

Have kids create art such as a:

- drawing, painting, comic strip, collage
- photograph or video

Encourage them to use their imagination—the sky's the limit!

4 Share

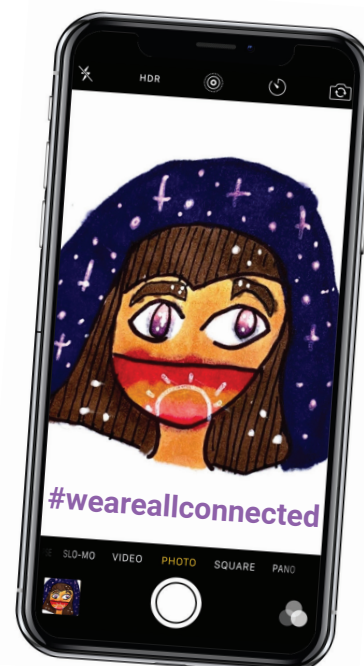
You or your artist can post their creation on an appropriate social media platform or school website. Make sure to include the hashtag #weareallconnected and tag Justflauntit_

(Note: #weareallconnected is an existing public hashtag.)



I believe we feel the greatest sense of compassion and empathy when we create moments of connection... Through artistic expression, students can share their unique perspectives and, most importantly, unite through this unprecedented time.

—Meg Zucker
founder of Don't Hide It, Flaunt It



Avery Blake, age 11

Quick Stress Busters for Kids

Help kids feel less anxious and more focused during stressful times with these simple exercises.

• 5 Breaths

Breathe in for five slow counts, then breathe out slowly for five counts. Repeat five times.

• ABC's

Slowly trace the letters of the alphabet in the palm of your hand.

• Stretch It

Stretch your arms up to the ceiling, wiggle your fingers, lean to the left, and lean to the right.

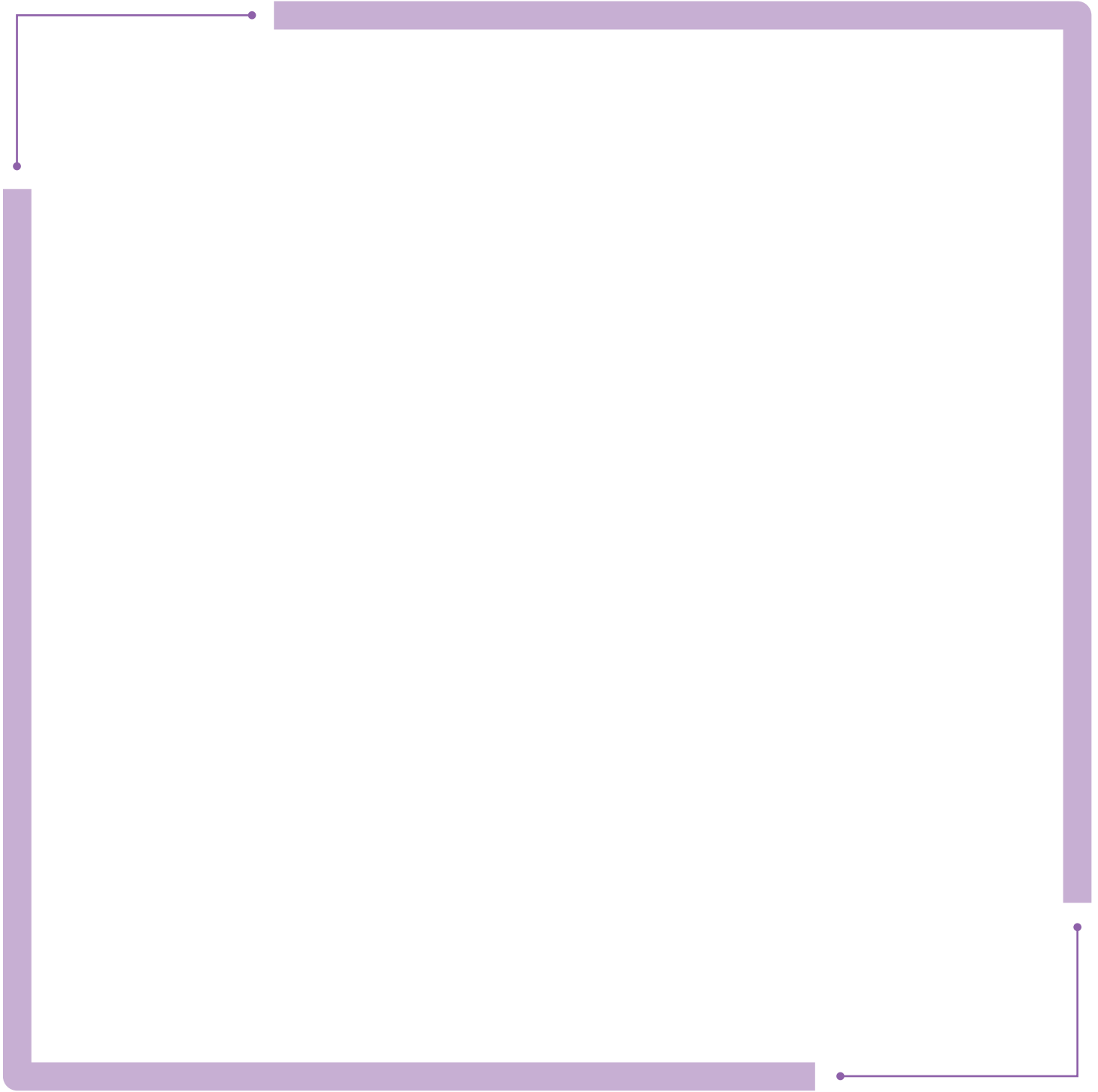
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CREATE YOUR ARTWORK

You can use this space for your creation!



#weareallconnected