

The Sandbox

Click a hexagon to be directed to that resources

GOOD NEWS YOU CAN USE

Fun & Educational Things To Do At Home



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"We understand many of you may be feeling isolated as public health officials encourage us to distance ourselves from others and community events are canceled. I encourage you to continue to find ways to connect with your loved ones during this time. Make a phone call, video chat with a friend, send a handwritten note in the mail, spend time with your child doing art projects, enjoy a movie night in with your family. Emotional wellness is just as important as physical well-being. As you take precautions to keep your family physically healthy, don't forget to take a moment for yourself."

- Mike Perry
Hallmark CEO

Remember you know your child best and know what is best for them! Stay in close contact with your doctor and home health care providers. The Sandbox is here for you during this unsettling time.

Click each circle to be directed to a helpful article:

The benefits of Social Distancing and a new perspective!

How to stay positive!

Podcast from Bill Nye and epidemiologist Dr. Celine Grounder

Taking care of your emotional health

Helping Children Cope



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