

Psst! Parent - Student School Topics



A Family Plan to THRIVE through Quarantine Days

Technically, *anomie* is a sociological term but in general usage it means aimlessness, personal unrest, or a sense of alienation and anxiety that comes from a lack of purpose. Anomie can lead to depression. The most effective preventive or antidote is **purposeful structure**.

Covid 19 insinuated itself into our lives and overnight families find themselves quarantined; living more closely than usual; getting “testy” with other members; taking the definition of “couch potato” to a whole new level, and hearing the whine of “I’m bored. There’s nothing to do!”

Turn this crisis into a positive opportunity.

In all seasons – pre-Covid19, during Covid19, and post-Covid19 – the self-esteem needed to function positively is rooted in purposeful structures, expectations, and industrious activity. In short, to avoid anomie (or to correct it) pre-plan / organize / schedule activities on a regular basis

Throughout this pandemic develop a schedule for wakeup, cleanup, meals, school work, leisure time, family time, chores, solitude, faith formation, and prayer time. Distinguish weekdays from weekends. Encourage your children to devote portions of the “extra free time” to expand their awareness of spiritual and faith formation topics.

Four Tips for Thriving through the Quarantine

1. Create designated spaces.

Be creative in fashioning a prayer/reading space, perhaps with pillows and blankets and a reliable light source; a schoolwork space; and even a play space. Robin Oswald, mother of four, aunt to 13, and a Mimi to 13 grands advised:

“Clean out a space in your garage and pull the cars out – voila!!! They can roller skate, jump rope, hula hoop, play hopscotch, draw with sidewalk chalk on the floor, do “messy” projects like watercolor painting and play dough. If you are worried about things they can get into then hang sheets or fabric over tools or whatever. Even if it takes you are few hours to get your new playground ready, it’s worth it.”

2. Expand Knowledge of Catholic Culture.

Focus on topics like the Commandments, Sacraments, Saints, Rituals/Practices (like Stations of the Cross, the Rosary, formula for confession), details of Catholic disciplines (like holy days of obligation, fast, abstinence), the Mass, the Bible, Christian morality, Catholic traditions, and common prayers. Children especially enjoy stories/movies of the Saints and Mary.

Some free digital resources include: *Busted Halo* web-video series like *Sacraments 101* (Fr. Dave Dwyer, CSP) and *Sacraments 201* (Fr. Steven Bell, CSP), *You Don't Know Jack ... about Lent, Advent, Halloween, Valentines' Day, New Year's*, and similar traditions (Fr. Jack Collins, CSP); church videos and YouTube videos like *Chiseled, Grace*, and *Triduum* (Skit Guys @www.skitguys.com); and “Movies for Kids” at www.Formed.org.

3. Design a Mary Marathon.

Include digital presentations of Mary’s various apparitions (like Fatima, Lourdes, Guadalupe, and the Miraculous Medal/St. Catherine Labouré); the rosary (the meaning of its prayers and how to make a rosary); titles in the Litany of the Blessed Virgin Mary; multicultural representations of Mary; and the major Marian feast days.

View free *YouTube Movies* on these apparitions of Mary. Additionally, be aware that the Augustine Institute (www.Formed.org) offers movies and presentations on these topics and many other topics of Catholic interest – on both adult and child levels. Normally a parish subscribes and publishes a code number to its parishioners. But during the Covid 19 season Augustine Institute is offering a free 40 day subscription to all people.

4. Walk with the Saints.

At www.Formed.org access movies of these Saints: Pope Paul VI, Pope John XXIII, Pope John Paul II, Josephine Bakhita, Teresa of Avila, Therese of Liseiux, Teresa of Calcutta, Faustina, Maria Goretti, John Henry Newman, André of Montreal, Anthony, Maria Goretti, Giuseppe Moscati, Edith Stein, Albert Chmielowski, Maximilian Kolbe, Pedro Poveda, Teresa of the Andes, Maria Soledad. For each saint name the character traits that you would like to add to your personality and faith development.

Online Article, *Catechist Magazine*, April 5, 2020 <https://www.catechist.com/family-plan-thrive-quarantine>