

# Prioritizing One Another During COVID-19

Proactive family strategies for the COVID-19 emergency

## Balance family activities with responsible distancing

In the best of times, people need a balance of social and solitary time in order to thrive. This premise does not change during the state of emergency. Engaging in activities that involve all members of the family is important, as is personal time to refuel your tank.

Whole family activities create important opportunities to bond, learn, and grow together, while providing each other with the emotional security needed to navigate rough waters. Simple activities can go a long way. A few easy examples could be cooking and eating together, doing crafts, going for walks or playing games outdoors, playing board games, playing cooperative video games, and listening to music or dancing. These are opportunities to explore and foster shared interests and to promote the development of important social skills, such as collaborative [decision-making](#), clear communication, and reciprocity (give and take). Additionally, when families engage in collaborative tasks together, it creates a shared [identity](#), togetherness, safety, and sense of belonging.

*An important point: When it is time to take a break from one another, make a family rule that everyone will practice social distancing and safe practices. Discuss why this is important, emphasizing themes of togetherness and interdependence.*

## About the Author



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