



STAY HEALTHY/ACTIVE

- Walk outdoors when it's nice weather
- Avoid contact with anyone other than Mom or Dad (social distancing)
- Get a list of other exercise ideas from Matt and Adam (weights, push-ups etc)--use ZOOM
- Clean up the driveway basketball goal
- Healthy but yummy food choices
- Good and frequent hand washing
- Purll
- Wipe down surfaces daily
- Cover coughs and sneezes
- Check temperature regularly

DAILY LIFE/ROUTINE

- somewhat consistent wake/sleep times
- shower daily
- Help with housework/cooking/etc
- daily "schedule" of things to do such as exercise, physical activity, get outdoors, etc

STAY CONNECTED

- Facetime Matt and other family
- Skype or Facetime Fire Dept shifts
- Make an encouraging video for ESPD
- Help Ben get on Facebook daily and "like" or comment on friends posts
- online church services on Sundays
- Front yard 10ft apart meet up with Steve

STAY BUSY/NOT BORED

- ipad (WWE, music)
- Remote control truck
- **see stay connected
- golf in basement
- Family Movie time
- explore e-books

POSSIBLE OBSTACLES/BARRIERS

- Dad still has to work - potential exposure
- CO-VID on the news and other media all the time
- Other people not complying with social distancing
- CABIN FEVER IS REAL
- Crappy weather/can't get outside

Vision for What I Want

WHAT WE WANT FOR BEN DURING THE CO-VID19 CRISIS

- Keep busy
- Keep working on fitness while he isn't able to access his trainer or the community center
- Stay Connected with:
 - Fire department friends
 - Valued staff
 - Family who don't live with us (especially Matt)
 - St Ann friends
 - Coffee friends & other community acquaintances
- Stay healthy and active
- Dad and Mom stay healthy too
- Keep a positive outlook on life - BE HAPPY

What I Don't Want

WHAT WE DON'T WANT TO HAPPEN DURING THE CRISIS

- Boredom
- Get CO-VID19 or any other sickness
- Stress and worry
- Ben scared he will get sick
- Ben worried for parent's health
- Seizures or other diagnosis related health complications
- Sadness
- Missing family and friends
- Gaining weight/out of shape

