



*“Cast all your worries upon him,
because he cares for you.” 1 Peter 5:7*



To support the Gehlen Catholic community during this time of social distancing and isolation, here are some resources and ideas students and families may find helpful.

Strengthening Our Faith

- Diocese of Sioux City [Updated Guidelines](#)
- [All Saints Parish](#) information and 9:30 Sunday Mass live stream
- Father Patrick Behm's [Daily Mass](#) on YouTube
- Read the daily readings as a family - <http://www.usccb.org/>
- Pray a novena as a family (a prayer said each day for 9 days). [Prayer for Protection in Time of Pandemic](#)
-  Download the Laudate app - it is loaded with many different prayers, the Bible, Daily readings for Mass, and much more that you could do as a family. Free app on Google Play and on the App Store
- One of the best things that you can do when worries, fear and anxiety over the unknown overcome you is to do something for someone else. Keeping in mind the social distancing and gathering guidelines, consider doing one or some of these ideas:
 - Make posters/signs with encouraging messages for neighbors, nursing homes residents, and family members. Call ahead to the nursing homes and ask permission to post in windows.
 - Instead of hoarding items, donate to local food banks and giving centers
 - Send an encouraging note or make an encouraging phone call to your pastor, healthcare professionals, first responders and others who are working hard to care for others.
 - Call your grandparents! Or other family members or loved ones. Brighten their day with an unexpected phone call.
 - Use sidewalk chalk and leave uplifting messages/drawings outside for mail carriers, delivery people, or anyone walking by.
 - Check in with the friend, co-worker or family member who you know that deals with anxiety or depression.
 - Offer to give your parents a break and play with your siblings for a while.
 - Organize a family game night or tournament instead of binging yet another Netflix series. Turn off the news for a while and tune into family.
 - Come up with ways as a family to ease burdens for others during these trying times.

Taking Care of You and Your Family

- National Association of School Psychologists' [Talking to Children About COVID-19: A Parent Resource](#)
- The CDC [Mental Health and Coping During COVID-19](#)
- Child Mind Institute's [Tips for Families with Children at Home](#)

Educational Resources

- Please be in communication with teachers if you are looking for grade-level or subject-specific learning and enrichment activities.
- [PBS Learning Media](#) (grades PreK-12)
- Common Sense Media's [Best Podcasts for Kids](#)
- PTO Today's [Activities to Keep Kids Busy When Schools Close](#)