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May 11, 2020



Support Mental Health Awareness Month

Get your Green Ribbon

May is National Mental Health Awareness Month! May 7th is Children’s Mental Health Awareness Day- This year’s theme is “**Bringing Children’s Mental Health into Focus: Perfect Vision in 20/20**”. For the month of May, we are asking family, friends, and neighbors to donate \$5 to show your support for Mental Health Awareness. Pick your very own **Green Ribbon** on our **Green Ribbon Wall** and let’s all join together to put our “Focus” on Children’s Mental Health.



[Click here for your Green Ribbon . . .](#)



Discovery #Mindblown App

Ever wondered how machines work? Do you think dinosaurs are cool? Aren't you curious of what else we can find in the outer space? Find the answers and expand your knowledge in just 5 minutes a day on Discovery #MINDBLOWN!

-Happy Apping



Discovery #Mindblown App, By: Discovery Communications

Coolmath Games App

Coolmath Games is the free brain-training app for everyone, where logic and thinking meet fun & games! If you love CoolmathGames.com, you'll love this app – hundreds of our favorite math, logic, thinking and strategy games made especially for mobile phones and tablets!

-Happy Apping



Coolmath Games App, By: Coolmath.com, LLC

Virtual Tours

Do you know you can go or learn just about anything through a Virtual Tour? Do you want to learn about Cows? Did you know you can go to [Caring for Cows](#) and learn about modern farming. Or go on a virtual tour to the [Governor's Palace at Colonial Williamsburg](#). You can see the elegant décor and grand rooms for yourself, and get a glimpse at what life was like for the 18th-century elite. Oh the places you can go try this site [Twenty virtual educational trips](#) to zoo, museums, or the wonders of the world.

Indoor Activities to Beat Cabin Fever

During this unpredictable time, it is important to keep routines to help your family deal with this new normal. If your kids are spending more time inside due to COVID-19, check out these fun indoor activities, [how to make slime](#), [how to build a blanket fort](#), or [create an indoor obstacle course](#), these fun activities can help develop important motor and cognitive skills.

Make Learning Fun

Do you know you may have some tools in your home that your child can use to improve math skills? In this article [math tools you can find at home](#) makes math fun to learn. Children don't only have to read books to improve their reading skills this article shows [6 Fun Things for kids to read](#). Learning can be fun with a little bit

of creativity.

Fun Recipes for Kids

Looking for something fun to do with your children? How about having them help you cook dinner tonight? Kids love to help especially in the kitchen [these 18 recipes are fit for kids](#). This is both fun and it's teaching them counting, letters, and colors all at the same time. Plus, they will probably eat all of their dinner.

NIH National Institute of Mental Health

Coping with COVID-19

Take breaks from the news	Take care of your body
Make time to unwind	Connect with others
Set goals and priorities	Focus on the facts

Military-Connected Children News

Coronavirus Updates For Our Military Community

The Department of Defense is working closely with the Centers for Disease Control and Prevention and the U.S. Department of State to provide support in dealing with the coronavirus disease outbreak. Check back for the latest information on COVID-19. Important Program Updates: View up-to-date information about programs, services and resources: what is new, what remains the same and what has changed. [View Here . . .](#)

Military Families

Exceptional Parent magazine provides practical information and guidance to parents of children and young adults with disabilities and the professionals. The May issue is dedicated to special coverage on COVID-19. This issue has a special Military Section go to [Exceptional Parents Magazine](#) for information on home schooling tips or on-line learning.

PEP Webinars

These webinars allow you to take a short break to get the information you need without leaving your home or work. Click the links below to get a description and register for these amazing webinars.

- Presented by Nevada PEP

[Positive Behavioral Approaches for Parents](#)

Thursday, 14 May 2020, 3:00pm - 4:00pm

[Considering College? Learn What's Available and How to Get It](#)

Friday, 15 May 2020, 12:00pm - 1:00pm

[Introduction to IEP - Virtual Style](#)

Tuesday, 19 May 2020, 10:00am - 11:00am

[Introducción al Curso del IEP](#)

Viernes, 22 de Mayo, 2020, 12:00pm - 1:00pm

Statewide Family Network Update

Throughout the COVID-19 crisis, the Nevada PEP Statewide Family Network continues to provide families support directly and through systems advocacy. Our staff is providing support via phone and internet, including virtual support group. Another way that we support families across the state is by attending the regional children's mental health consortia meetings, which have gone virtual also. Nevada PEP would like to encourage families to attend these [public meetings](#) for the Clark, Rural, and Washoe Consortia and get involved in supporting families across the state.

Transition Corner



Learn Everywhere

Children are home, schools are closed. Parents are becoming teachers [Learn Everywhere](#) is a place that parents can go to for ideas. Get hundreds of free resources or go join a Facebook group to connect with other parents. Get academic subjects for grades from Pre-K all the way through high school. There is also a section for teachers. Check out this great site and maybe make some new friends on Facebook.

Youth M.O.V.E. Nevada Update

We at Youth MOVE Nevada hope you are safe and doing well during these chaotic times. May 7th was Children's Mental Health Awareness Day, and Youth MOVE has been busy participating in and hosting events to spread awareness and fight stigma. A few examples of these activities have been hosting a panel during the Children's Mental Health Summit hosted by the Clark County Children's Mental Health Consortium, a Twitter chat about youth mental health, and a virtual poetry slam focused around the theme of "your vision for youth mental health." We will continue to host virtual statewide meetings for youth between the ages of 14-24. For more information about YMNV or to become a member to get involved in future meetings and activities, be sure to check out our [website](#) and don't forget to follow us on [Facebook](#), [Twitter](#), and [Instagram](#)

Learning Made Fun

Discover a collection of stories, that will help children continue dreaming, and learning. These books entertain teach and keep children active and engaged. Children love to listen to stories at bedtime, or just quiet time. These [audible books](#) are free to stream on your desktop, laptop, phone or tablet. Select a title and start listening. It's that easy!!

Fun Scavenger Hunts

Children love scavenger hunts! This is a great activity to keep them busy and productive. Scavenger hunts are easy to prepare and a great way to keep their minds and bodies

working at the same time. They can go through the house or out in the backyard it helps to get them physically moving and staying active, it teaches them how to figure out clues. Try this fun [29 scavenger hunt ideas for kids](#). This is something even the whole family can enjoy.

Join Sesame Street

The Sesame Street gang has some great ideas that families can use to laugh and play together. This amazing site is filled with lots of playful learning go to [Caring for each other](#) that has great games, videos and art to keep your children entertained. You can even sign up for the free [Sesame street newsletter](#). Who wouldn't want to hear a message or watch a video featuring Cookie Monster, Elmo or Big Bird?

Toy Theater- Learn, Create, Play

This Educational site has interactive educational games for children first through eighth grade. Go to [Toy theater](#) for a collection of math, reading, art, puzzles. They are all free and they work on computers, tablets, and mobile devices. Learn how to tell time or play word scramble. This is fun and entertaining for young children.

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The Give Back Program!

The \$5 Give Back Program! is an Easy Way To Support Nevada PEP While Having a Fun Experience at the Las Vegas Lights FC Games!

*Enter Code: NVPEP at checkout [Here ...](#)

Statewide

Toll-Free (800) 216-5188

Central Office

7211 West Charleston Blvd.

Satellite Office

4600 Kietzke Lane, Suite I-202

www.nvpep.org

Las Vegas, NV 89117

Reno, NV 89502

pepinfo@nvpep.org

Phone: 702-388-8899

Phone: 775-448-9950

[View Newsletter on Web](#)

Fax: 702-388-2966

Fax: 775-448-9603

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