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CWSD/20-21/007

Dear Parents

"As schools, colleges, offices are shut across India, across the world, every house is a school and every parent is a teacher. Playtime and me time gets merged with school time and there is no boundary between bedroom and classroom for millions of children."

Since this is a different experience for all of us, many of us are not equipped to deal with this situation. Children sitting at home away from their teachers and friends may also feel stressed. In the present situation amongst children, there is not only anxiety and fear due to the virus but also due to the sudden stoppage of any kind of social interaction with their friends, classmates, playmates in the neighborhood and also their teachers. Their daily schedule of going to school and other activities have been stopped raising many questions in their mind. The effect of all this can affect the wellness of individuals across all age groups, particularly on children. In such a situation parents need to know of ways to cope with the stress and anxiety

#### SUGGESTED STRATEGIES TO ENGAGE CHILDREN DURING LOCKDOWN EXTENSION

1. Prepare a Time Schedule to organize their time through the entire day, where there is ample scope for fun activities and sleep. It should include screen time (i.e. time with TV, mobile etc.), study time, indoor games time, experimentations and explorations, story – telling time, reading time, music and dance time, creative activities, laundry, cooking with adult guidance and bedtime.

2. Listening to music, dance, exercise and meditate - Music and dance are a must during lockdown as children are not able to go outside and engage in activities where their bodies get stretched and energies are spent. Therefore, performing some dance, doing yoga and some exercise at home etc. will help to keep them physically fit, help in digestion, and maintain their level of alertness and energy.

3. Sharing feelings and emotions with parents and other family members- Children too are concerned about the crisis and it is making them anxious. Encourage them to talk of their feelings with everyone in the family so that they can be reassured. Children can also think and undertake different strategies to spread awareness and keep family members alert.

4. Children can indulge in some Art & Craft work – Parents and other family members can also sometimes join a child in doing some joint craft project with a purposeful objective.

5. New skill – This is a good time to do some research or learn a new skill. Everyone or someone from the family can assist the child in doing so.



6. Spend fun time with family members playing and having fun, such as playing indoor games like carom, ludo, chess, watching TV together, play antakshari, dance, read stories together, solve puzzles and crosswords, prepare riddles etc.

- Children can also organize 'show time' for the family by preparing some activity (may be song, dance, play or magic show) and everyone come together at a given time for the show.

I am sure parents can come up with unique ideas too. This is a great time to bond. We are in this together.

Be safe and healthy!

Regards



Principal



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