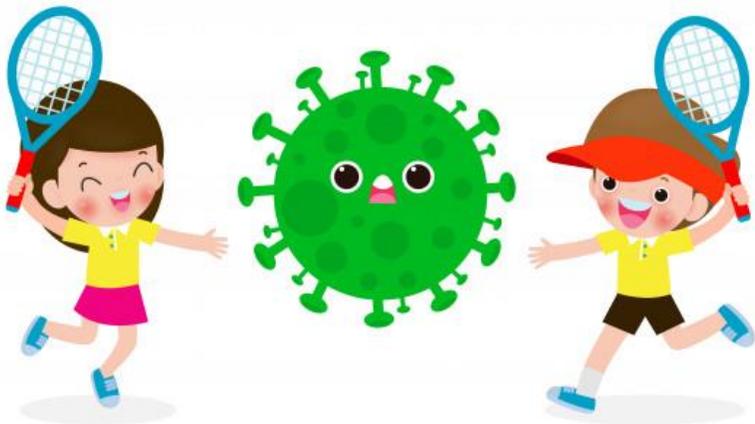


Engaging children and sustaining overall development during Covid-19 lockdown

By

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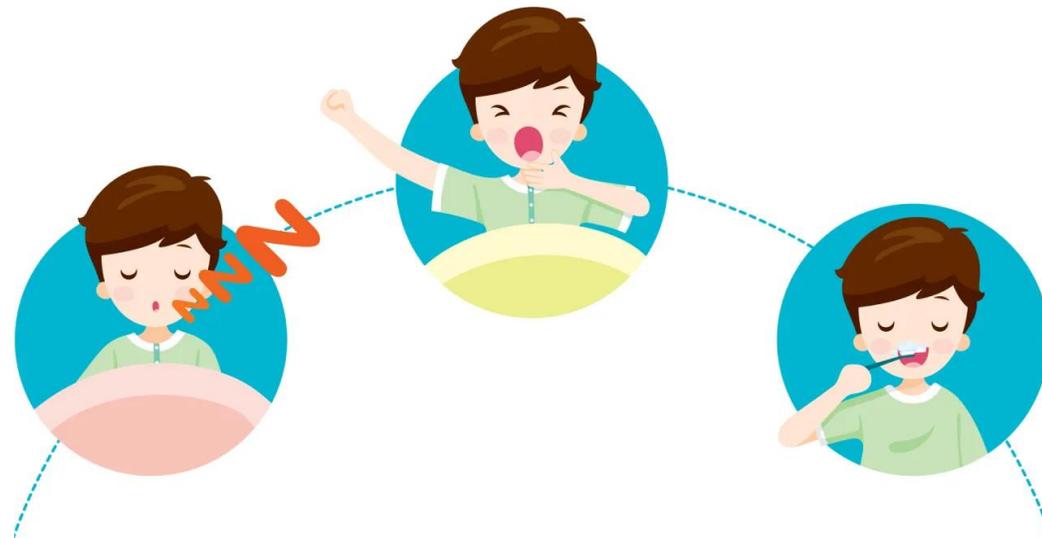
Important goals for children during lockdown

- ▶ Set up a routine
- ▶ Academic development
- ▶ Taking care of mental health of children.
- ▶ Engaging children
- ▶ Developing values, abilities, interests and life skills
- ▶ Developing close bond with children



Set up a routine

- Fix up sleeping time and waking time of children
- Online classes
- Exercise time
- Hobby time
- Study time
- TV or mobile time
- Playing time
- Clean-up time.



Academic development

- ▶ Reading
- ▶ Writing
- ▶ Numerical skills
- ▶ Intellectual stimulation



Developing reading skills

- Loud reading : one page of textbook of English, Hindi and EVS.
- Loud reading : story books in English and Hindi.
- Reading the paragraph , recording and listening yourself
- Reading games: Scrabble
- Using online reading programmes
- Story listening



Developing writing skills

- ▶ Making spellings from one specific alphabet in one minute.
- ▶ Writing spellings of objects in various rooms in house.
- ▶ Writing few lines on simple topics.
- ▶ Letter writing
- ▶ Word games



Developing numerical skills

- ▶ Writing tables everyday
- ▶ Counting and sorting games: toys, vegetables.
- ▶ Counting in kitchen: show measuring tools, talk about fractions such as two $\frac{1}{2}$ cup makes full cup, ratio and proportion.
- ▶ Ball games: counting while dribbling ball improves concentration.
- ▶ Solving sums based on basic concepts like addition, subtraction, multiplications, division etc.



Taking care of mental health of children in face of Covid 19



- ▶ Give children clear information and facts
- ▶ Avoid overexposure to media reports about Covid-19
- ▶ Give assurance to children by listening to their concerns and answering their queries related outbreak.
- ▶ Restrict screen time of mobile and T.V

Engaging children

- ▶ Engage with children in stretching exercises, Yoga, Dance to maintain fitness.
- ▶ Play indoor games with children: chess, carrom, snake and ladder, card games etc.
- ▶ Make art and craft artifacts together with child.
- ▶ Perform small simple scientific experiments to stimulate thinking of child.
- ▶ Play role play games with the scenes like Bank, Post, Shops, Vegetable vendor
- ▶ Playing building games like house, fort, car etc.



Developing values, abilities, interests and life skills

- ▶ Involve in house hold activities such as
 - Kitchen: vegetable sorting and packing properly, teaching to cook simple recipes, cutting vegetables (If child knows to use knife under the supervision of elderly)
 - Washing own clothes, cleaning utensils and own room
 - Organizing own cupboards of books, toys etc.
 - Gardening
 - Engaging in house hold activities will teach child values like independence , team-work, co-operation and gender equality



Developing close bond with children

- ▶ Listen to your child
- ▶ Ask questions about their activities and interests to explore their thoughts and to help them to express.
- ▶ Eat lunch and dinner together (Without watching T.V)
- ▶ Spend quality time with your child.





Thank you!
Stay Home.. Stay Safe..
Take Care....