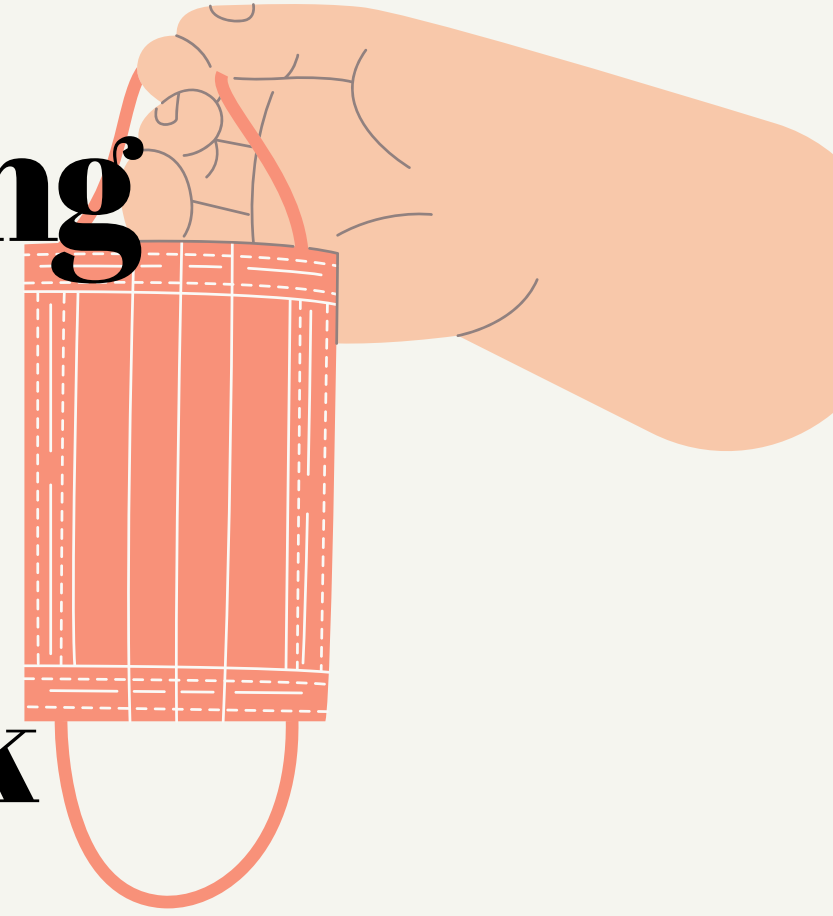
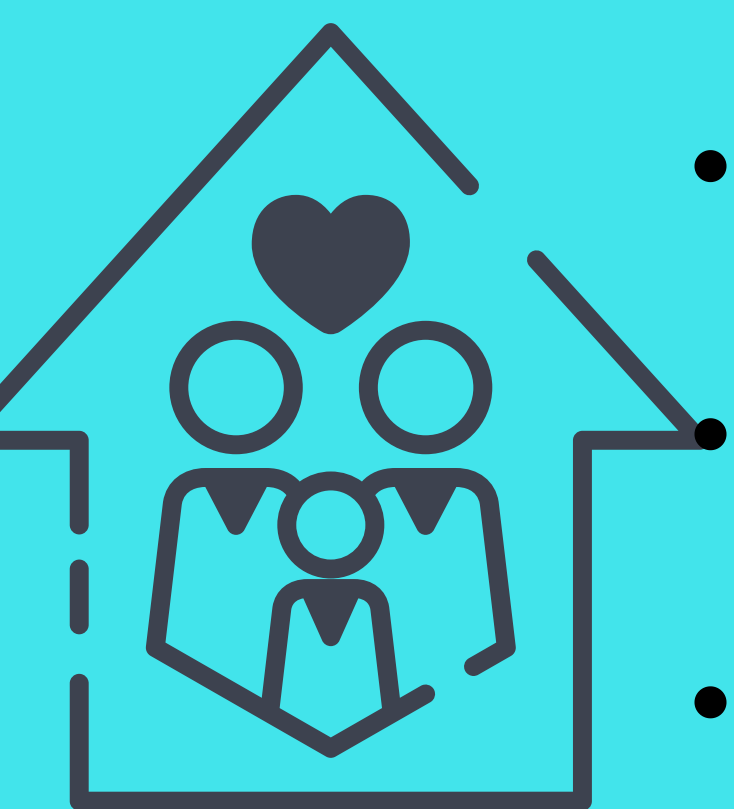
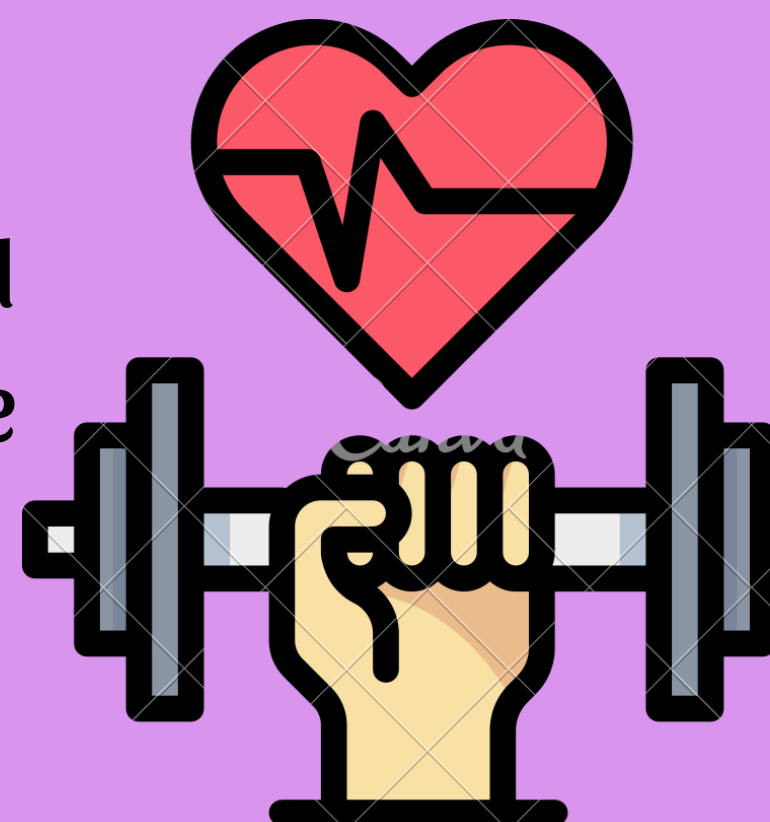


Mental Health & Well Being of Children & Adolescents during the Covid Outbreak



- Focus on the Positive — Amplify positive news stories and support caregivers who work hard to fix the problem
- Stay connected with friends, relatives . Engage in social interaction

- Listen to your body — Eat safe, get plenty of sleep and exercise every day. This may include indoor exercise lessons/games, stretching and meditation.
- Educate your children about sanitation and hygiene



- Establish a routine- Engage in daily activities . Care with empowering.
- Break up your day— Find ways to break up your day and, if possible, adjust the setting for various things.
- Take a break from stressful situations.

- Be non-judgmental towards children and promote proactive communication
- Help & Join your child for Online Classes - Enjoy Learning with Creativity

