

Finding joy in the times of COVID-19!

TEN interesting activities to bond with your child while at home

Excerpts from advisory to parents by
Shri Balasubramanian G
(Former Director-Academics, Central Board of Secondary Education)

Facilitate learning moments
throughout
the day



Not all learning comes from within the pages of a textbook. Dining table/bedtime conversations, reading newspaper along with the child, while watching TV, anything can be a conversation or discussion starter.

Tell them stories, share your favourite pranks/anecdotes from your childhood. Collaborate to play some fun word games or number games. The key is to be there for the child while they are learning.

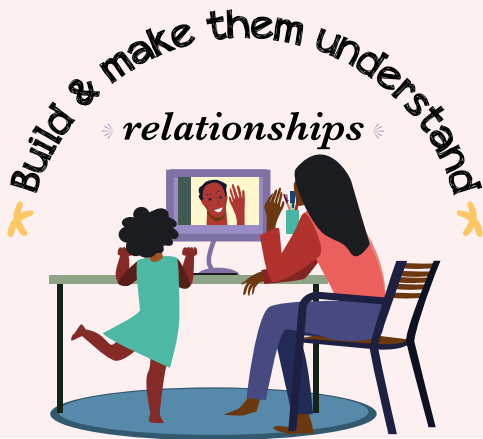


Engage in promoting
native culture



Introduce them to their roots and our culture. Sing some fun folk songs in your mother tongue or narrate those unique fables that only people in your village/hometown have told.

Give them varied experiences. Allow them to spend their time in drawing, painting, learning music, playing instruments, writing stories and poems.



Staying in quarantine need not distance them from their loved ones. Video calls with grandparents or cousins in other cities, browsing through photo album or building your family tree. The options are plenty.

Make them your own little assistants in the kitchen or your balcony garden. Let them own small household chores like loading the washing machine or feeding the dog.



Introduce them to the world of books and you have just introduced them to their best friend. Every book irrespective of the genre has something to share with the child.

Restricting play or contact with loved ones can be overwhelming. Talk to them in simple words about why this is important. Encourage them to talk about their emotions.

*Help them to learn
physical and
emotional restraint*



*Encourage them to explore
spirituality*



Looking within themselves and exploring the notion of self through Yoga and meditation is a good first step into a spiritually enriching life.

Talk to them about and with the people who are not as privileged as us – your house help, apartment security person, vegetable/milk vendors, newspaper boys.

*Help them develop
social
consciousness*



Social distancing, parents working from home, schools closing early can be overwhelming, confusing and frustrating for a young child. We sincerely hope these pointers help you sail through these tough times.