



Dear Parents,

*Greetings of the Day!*

The Covid19 pandemic has suddenly brought a lot of challenges in our lives. All our struggles are minutely being observed by our kids as well.

The children might be initially happy with more number of holidays but slowly they will realize that these critical days will bring more emotional challenges for them as well as for us. This situation is unprecedented, where we have to maintain extra hygiene, for them there is no outdoor play, no friends and they are confined in their homes and limited to the virtual world. Home is definitely always our first preference to relax and rejuvenate our mood. But it is no more a relaxing place when you are locked for an indefinite period. If the situation goes uncontrolled then may be this lockdown period will increase.

You may observe irritation, tantrums, crying for no relevant reasons, stubbornness, crankiness in children. Screaming on them is not going to help the situation. We need to understand that they are observing you at home. You are their role models like their teachers, they admire their parents and look forward to them for happiness and solutions to their problems.

These days, 24\*7 they are just surrounded by you. Your every behaviour is scanned by them. Show them ways to deal in difficult times. Meditation, mantra chanting, deep breathing exercises, will strengthen their nervous system. Go for lot of brain teasers to activate their brain cells.

Take this time as an opportunity to create a scientific temper in them by discussing the disease and its genesis.

It is a proven research that 21 days are enough to form a new habit. Let's together pledge to form healthy habits in our kids.

If you or your kids are facing any issues dealing with emotional well-being, kindly feel free to communicate via email at [counselor.dpsbopal@kalorex.org](mailto:counselor.dpsbopal@kalorex.org) . We will revert to you at the earliest.

With Best Wishes from Health & Wellness Department  
Delhi Public School-Bopal, Ahmedabad.