



## **Let us make this Moment 😊**

Dear Parents,

*Greetings of the Day!*

We are all experiencing the present lockdown in our respective homes. Let us take a moment to feel safe, see the other side of today's time and ask ourselves how is it making us feel? Are we bored, overwhelmed, anxious, happy, sad or blessed? It will always depend on us that how we want to make ourselves feel.

Be thankful to all who are working out day in day out to keep us safe in our homes. The doctors, medical and para medical staff, the police men, those who are maintaining the supplies of essential items and medicines, the dairy workers, the staff of cleaning agencies, the media persons, the transport vehicles drivers, etc they all are exposing themselves to risks while keeping us comfortable and safe.

Appreciate that the air around your home is now clearer. You are now able to spot birds if you stand and look outside from your window for some time. From same spot the moon is more clearer during nights. It is nature's galore which is available to us all around .

Let us take a moment to think that after how many days we are all have opportunity to be together in the family.... the eldest one and the youngest one together... Is it not amazing and a blessing in disguise? Many times you have shared your concern that you don't get time.... to be with your near and dear ones, right? You have now time given to you by Mother Nature. It is equally given to all of us with the equal task of staying at home and together... Can we make it a blessing? Can we feel the gratitude? Yes, we can, let us take a moment to cook together in the kitchen and enjoy your simplest to fancy meals prepared together, to pen down our fruitful thoughts before it fades with daily life activities, watch a movie or a series together in the drawing-room, sit with kids and talk to them, giving the most precious gift to the elder's - time and attention, learn to accept each other's presence at home, smile more, breath consciously more, take out indoor games stored somewhere, dust them and give it life by playing it with your loved ones, talk to your loved ones(thanks to technology for making our lives easier), read books, sink in and enjoy every moment.

Our nature is telling us to take a moment...every moment... how wonderful it will be when your youngest one will learn about life from his eldest one... yes, it is indeed a blessing and it means a lot to them and it means a lot to each one of us... let's take a moment and create an experience which will remain etched in our memories and be admired throughout our life.

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