



## **Utilise distance learning to help kids build strengths and skills**

The distance learning has impacted everyone's life. While some have struggled, some have thrived. It is important to use the opportunity to strengthen new interest and skills.

### **1. More time for creativity**

Let children explore new hobbies, such as drawing, gardening, dancing, learning music. These activities should focus on helping children to express themselves. Discovering these skills will also help them with their self-esteem.

### **2. Less pressure less structure**

Having less structure means more time to learn various life skills. Learning self-care, the activities and routine of the household, organisation skills, these activities prepare them for independence and learning structure outside of school activities.

### **3. Interesting ways to learn social skills**

Although face to face interaction has reduced notably, children are learning new ways to interact with peers, relatives etc... during online classes, they are learning new etiquettes, new rules, new social skills. Socialising happens at home too, with all primary caregivers at home social skills and bonding improves.

### **4. Coping skills**

Children have learnt to adapt in this difficult situation, learning to cope with such difficult situation can help them at later stages in life. Helps to build resilience, they will have skills to deal with an adverse situation. Children look at adults as models and learn to cope, so this gives a good chance to cope together as a unit. This situation has also helped them learn empathy, learning to care for themselves and others around such as helping the elderly in society, being aware of the hard work put in by front line members etc..

With best wishes,  
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