

STRATEGIES FOR PARENTS & CHILDREN

COVID-19 AWARENESS

FOR PARENTS



STAY CALM, LISTEN & OFFER REASSURANCE

- Be aware of how you react and talk about problems
- Practice active listening with your children
- Acknowledge and validate their feelings
 - e.g. *"I know you have been feeling quite stressed lately."*

BOTH PARENTS & CHILDREN



MINDFUL EATING DURING MEAL TIMES

Engage all your senses as you enjoy the food.



Vision



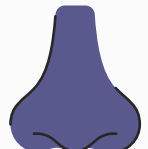
Hearing



Taste



Touch



Smell



WRITE A GRATITUDE JOURNAL TOGETHER

List down or draw one thing that you are grateful for the day.



FIND OPPORTUNITIES FOR 'ME TIME'

Plan times during the day to relax and unwind yourself.

Can plan it out as a family as well!



PRACTICE DEEP BREATHING EXERCISES TOGETHER

Visit our website to access printable pdf:

<https://oasisplace.com.my/wp-content/uploads/2020/03/deep-breathing.pdf>

BUMBLEBEE BREATHING

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Inhale slowly through your nose. Breathe out slowly through your mouth, saying "hummm" for as long as you can. Repeat. Repeat the bumble bee breathing until your body is calm and relaxed.

