

SCHOOL COUNSELING MESSAGE (3/16 - 3/20)

COVID-19 & STAYING ACTIVE!!!

Tips on how parents can combat some common issues during the current coronavirus pandemic.



SOCIAL ISOLATION

- **Encourage** your children to call their friends on the phone and see how they are.
- **Create** Chat Groups with other parents to arrange “playdates.”
- **Arrange** shopping and running errands with friends and their children.



INACTIVITY

- **Emphasise the importance of physical activity** - being physically active is an essential ingredient for the health and wellbeing of human beings.
- **Get outside and get moving** - at least 30 minutes of moderate to vigorous physical activity daily is ideal.



SCREEN TIME

- Set aside time to **unplug** after a day of distance learning.
- **Create** “Technology-Free Zones”
- **Encourage** other Activities.
- **Minimise** weekend technology use.
- **Model** healthy electronic use.