

COVID-19 MESSAGING: PSS Support for IP, SP and FET

The focus this week is on addressing fears, anxiety, anger and frustration

Good day Principals, please provide parents with the following tips on helping their children by addressing fears, anxiety, anger and frustration

- Talk to your child and listen to what is making them fearful or frustrated
- Arrange catch-ups with family and friends by following all the rules of health and safety and doing the following relaxing activities:
 - Family/Friends picnics/get together or walking/jogging together
 - Be creative, learn and teach each other how to do a new dance, like dancing to popular song “Jerusalemá”