

Date: 06 November 2020

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

Good day Principals, please provide parents with some tips on spending quality time doing positive creative activities with their children at home:

- Arts and crafts can help your child explore and be creative. They can make a fun project with objects in the house
- Music activities can be another great way to bond with your child and allow them to be creative. Singing songs and dancing to music can help create a sense of routine, structure and fun-filled family time.
- You can even create your own instruments with materials you have at home and make up silly songs to a familiar tune – be creative!
- If your family can safely go for a walk, or bike ride, you can enjoy some fresh air while exercising.
- For teenagers with access to a phone or tablet/iPad, listening to their favourite music may be a helpful way to connect and to reduce stress.