

Meera Says!



- Remember, I feel most loved, comfortable, safe and secure at home with my parents, even if they are infected with COVID-19 infection.
- Put me under the care of one adult to take care of my essential needs until the situation resolves.
- Relocating me to my grand parents house may not be a good idea as I may spread the infection to them as well.
- If required, give me medicines only after consulting with my doctor.
- Guide me as a precautionary measure, remind me to change my mask or wash my hands and how to maintain social distance.
- Ensure that you don't pass your anxiety to me, I am already overwhelmed with changes in my world.

Hina shares...



- I like to play Pictionary with my ammi, abba, bhaijaan, didi and grandparents which is a fun drawing game.
- We use materials like the white board/paper, pencils/markers and a box/envelope.
- Ammi or abba prepare for the game by writing names of things we see around us on chits of paper.
- For example, it can be three - or four - letter words like bed, mat, cat, rat, peg, pin, bin, pot, fat, fan, sun, tree, flower, biscuit, TV etc.
- These chits are folded and placed in a box or an envelope.
- We can keep healthy eats to munch on while enjoying this fun activity.
- To play the game, I pick a chit from the box and then draw the word on white board or a paper.
- The other players must try to identify the word that I have drawn.
- Whoever identifies the word correctly scores a point.
- We continue the game by taking turns.

Manjeet suggests!



- **A self-soothe box can be put together using items which connect to all my senses. This helps me to calm down.**
- **Mummyji and papaji put together a collection of things in a box that I can touch, smell, taste, hear and see.**
- **For example - scented candles or agarbattis, photographs of fun moments with friends and family or my favourite book, soft cloth or soft toy, bell or wind chime, chocolates or anything that I like to taste.**
- **Every time I am in distress or get upset, mummyji or papaji let me hold this box and choose any two objects.**
- **I am allowed to bring out two objects and engage with them.**
- **If I choose the agarbatti, I smell it nicely and slowly. Mummyji tells me to engage in the smell for some time and enjoy the fragrance.**
- **If I choose to see the photographs, papaji and me look at it together and share our memories of the event in the photograph.**
- **Doing this activity makes me feel calmer and happier.**
- **Mummyji and papaji keep changing the objects in the box every week so that it is fun for me to choose the objects inside the box.**