

CREATIVE WAYS OF KEEPING ANXIETY IN CHECK DURING LOCKDOWN

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1



WORK TOGETHER ON A ROSTER OR REWARDS CHART OF DAILY CHORES

Decide who is responsible for what and by when it needs to be done. Motivate buy-in by allowing ideas for rewards to be generated by the participants. Praise those who are complying and ensure that others know and hear about their accomplishment. Encourage and coerce where necessary to get 100% compliancy.

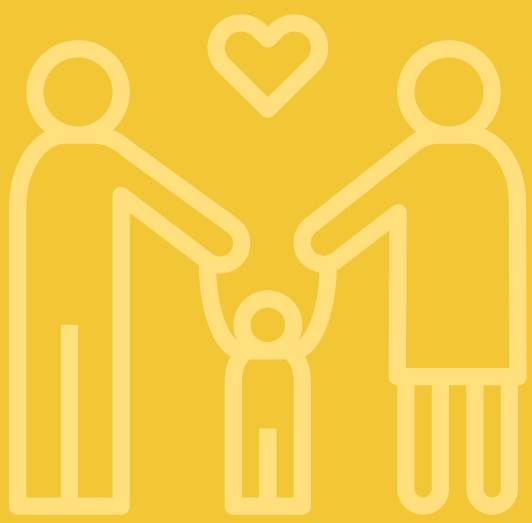
2



DECIDE ON HEALTHY SNACKS

Now is an important time to be making sure that we are feeding our bodies with healthy foods to make sure our immune systems have all the nutrients needed. It is a good idea to prepare the snacks together as a family or take turns at preparing the snacks according to your roster.

3



CREATE FAMILY PLAYBACK TIME AT THE END OF EACH DAY

Share one awesome thing that happened. Share one challenge that was experienced. Share one thing you are grateful for. Share one wish for tomorrow. If you're part of a big family perhaps turn and talk to a partner and then report back on what they shared.

4



TAKE SOME TIME TO LAUGH

Laughter is the best medicine! Share your favourite joke with your family. It is so important in these trying times to make sure that you find some time to focus on the silly things!

5



SEND SOME SHOUTOUTS

Take some time to think about the essential workers who are working very hard during these trying times. Give a special thanks to our Front Line Heroes - it will make you feel good!

WE HOPE THIS HELPS TO KEEP YOU AND YOUR CHILDREN'S ANXIETY LEVELS DOWN DURING LOCKDOWN.