

COVID-19 Emotional Health & Well-Being Tips for Kids

It is not unusual to feel afraid or anxious during this period but being anxious could reduce your immunity and make you more vulnerable to the virus.

You can relieve stress and anxiety by practising deep breathing:

Breathe in slowly to the count of 4, hold your breath to the count of 4, and breathe out slowly through your mouth to the count of 8.

Do this 10 times 2 -3 times daily. This should help you relax.



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You have a wonderful immune system in your body that fights off viruses and bacteria all the time. You can help it work better by:

- Eating lots of fruits and vegetables everyday
- Keeping well hydrated by drinking 2 to 3 litres of water everyday
- Getting at least 8 hours of sleep at night
- Washing your hands regularly with soap and water



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Observe
handwashing
precautions and
maintain social
distance.
No handshakes,
hugs, or sitting
close to a friend.



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What can you do if you feel **anxious, worried or stressed?**

Keep Fit:

Do some exercise every day, even if it is just inside your house.



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What can you do if you
feel **anxious, worried**
or **stressed**?

Stay Connected:
Talk to your family and
friends. Tell them how
much you care about
them!



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What can you do if you
feel **anxious, worried**
or **stressed**?

Gratitude:

Think of or write down
3 things you are
grateful for everyday.



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What can you do if you feel **anxious, worried** or **stressed**?

Do Something Fun:

Do something you enjoy everyday such as listening to music, drawing, or dancing .



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Finally, Covid-19 is only here for a season and this season will pass!

Look forward to life beyond Covid-19!



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