

TIPS FOR DEALING WITH PERIODS OF ISOLATION



- 1. Routine:** a daily routine is very important - arrange certain times to going to bed, be physical activity, etc. A lack of routine can lead to an increase in feelings of loneliness, frustration and impatience.
 - Choose a few “pleasures” every day, at set times - sitting down for meals as a family, playing games, and telephone conversations with a friend or family members.
 - Have each child select a chore they are in charge of: help prepare a meal, watch over younger siblings, etc.
- 2. Explain information briefly and update the children in a simple way about what is happening.**
 - Explain what is happening at this time and what will happen in the future: “your friends are at home now too, we’ll go out when the quarantine is lifted, when we know that it is safe for us and for others..., then we will be able to go back to school/ kindergarten, and I can return to work; we will get together with ... we will go to we will meet”
 - It is important that the explanation sound real and honest but also optimistic, and at the end, suggest an activity for the children to do now: “now you can talk to a friend/relative on the phone.”
- 3. Set an example:** children are heavily influenced by adults and their behaviors.
- 4. Exposure to the media:** it is important to limit television viewing time, especially the news, which expose children to information and pictures that are not age appropriate and may increase anxiety.

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5. Physical activity to release energy also helps to reduce tension and fears:

- A “pushing walls” competition: Make a family contest of who can push the wall the longest while running in place.
- Prepare an obstacle course in the living room and see how fast each family member can complete the course, this may continue as a daily activity.

6. Breathing and relaxing

- A contest using feathers/paper balls/cotton balls/ and a straw: Challenge the children to blow air through a straw in order to push the objects along the floor without using hands. Whoever’s object reaches the wall first, wins! This game is important as it requires breathing in and out many times, and therefore, is calming.
- Family quiet time: lay down on the carpet in a circle, heads in, feet out quietly. Take deep breaths and imagine that the air is different colors. After 2-3 minutes, you can share a dream, a story, or talk about what you will do when you will be able to leave home.

7. Creativity and enjoyment help to reduce worries and tensions

- Look at family photos together and choose pictures to decorate the rooms
- Create a family game.
- Start a family drawing and add to it every day.

8. It is important to create a safe and supportive space where it is possible to express feelings and thoughts about one’s fears and worries related to the current situation.

- Decorate a mask: draw, color and glue something that will look funny when put over the face. It may help to show examples of funny looking masks.
- Family diary - write down one or more funny thing that happened during the day - thoughts, feelings, dreams.

