



## Routine for children to keep them happy during lockdown period

By

**West Bengal Commission for Protection of Child Rights**

We are going through an uncertain and confined life. It's difficult to accept the present situation for adults and children. Suddenly our daily routine has been changed. Those who appeared in exams had to suddenly stop in between. The same interruption is applicable for the children and parents who are eagerly waiting to join new classes. We are now clueless. In this situation lack of concentration along with anxiety, depression, worry, anger, irritability, tension, disappointment, disturbed sleep are natural. We are becoming impatient. We all are afraid of our future.

But we urge you to live in "now". Be positive and stay connected with each other.

Managing children is a real challenge for parents. A planned activity is always better than an unplanned in emergency. Hence WBCPCR has planned to make routine / activity list for children, which parents may follow easily without thinking much. This routine is divided into several segments – Morning, Day, Evening and Night.

# Morning

**Morning activity should be light which can make our mind, calm & fresh.**

- Start the day with pranayam or deep breathing followed by light music.
- Afterwards free hand exercise and jogging inside the house (balcony or terrace, if available).
- If anyone wants may involve the child in cleaning bed and keeping pillow aside.
- Encourage them to help preparing breakfast (make bread and butter or jam, peeling of egg scales, and serving breakfast).



# Day

**Day time indulge child in self engaged activity or time may be spent with parents and grandparents or help the parents in cooking.**

- Engage them to story books
- Practice handwriting
- Drawing and colouring
- Origami
- Puzzle
- Board game
- Playful time may be spent in case of having sibling
- Playful time may be spent with father or grand parents
- Practice guitar, song, synthesizer etc.



## Evening

### Evening time should be for family bonding.

- They may be engaged for making evening snacks like masala muri
- Watering plants
- Parent and child may involve in indoor game like ludo, chess etc.
- Fix a time and allow child to talk freely whatever they want. Have a receptive ear
- Play music allow child to dance
- May watch Cartoon on TV but not more than one hour.
- Memory game
- May be involved in making dough for roti
- Day activities may be repeated.



## Night

- Prayer
- Engage child in preparing bed to sleep
- A log book may be maintained by where they can write their feeling (anxiety, worry)



Keep encouraging every child.

#### **Disclaimer:**

*This a general guideline for children of all ages. Children should be engaged in these activities under supervision of parents or care giver.*