

**HEALTH AND SAFETY PROTOCOLS FOR REOPENING OF SCHOOLS**  
**SOP AND GUIDELINES FOR STUDENTS AND PARENTS**

**PROMOTING EMOTIONAL WELL-BEING OF STUDENTS**

**SUGGESTIONS FOR STUDENTS**

**1. Mental well-being Activities for Elementary Stage Students**

**2. Students may:**

- a. Share their feelings and emotions with parents, teachers and other family members, respecting others' emotions
- b. Engage in activities that help to feel positive
- c. Communicate with teachers and friends
- d. Spend time with parents, siblings and other family members by involving in activities like indoor games, antakshari, reading stories together, solving puzzles and crosswords, dancing etc.

**3. Activities for Coping with Stress and Anxiety: Strategies for Students at Secondary Stage**

- a. **Acknowledge feelings:** It is important to recognize one's feelings and acknowledge that it is okay to have such feelings.
- b. **Reflection:** Give time to self to reflect on what one has been doing during the phase of lockdown for self and for others, which aspects one would like to change, what kind of effort/thinking/action it would require to bring that desired change. Becoming aware of one's sensations and expressions may help to understand one's feelings.
- c. **Positive thinking:** The key to avoid, manage, and reduce stress is a positive mindset and a positive attitude. Never lose hope, begin from yourself and pass it around to all. Be persistent in keeping positive thoughts.
- d. **Schedule your routine and manage time:** Scheduling a routine helps to create discipline and can have a positive effect on one's thoughts and feelings. Students may modify their time table by reducing the time spent on daily activities that they were engaging in during the lockdown. This will help to transit to normalcy.
- e. **Take care of your mind and body:** Make sure to eat a healthy and well-balanced diet, practice meditation, yoga, or breathing exercises after school hours to calm the mind and for building better mental and physical health. Also, get enough sleep every day.
- f. **Become aware** of your thoughts, feelings, and actions.
- g. **Maintain a diary.** Every day write down how you could follow your plan of action. Note down changes in your feelings every day and share with your best friend.

## **A. GUIDELINES FOR PARENTS FOR PROMOTING EMOTIONAL HEALTH OF THEIR CHILDREN**

1. **Get the child mentally ready for a new routine:** Point out the positive aspects of starting school. Reassure children that if any problems arise at school, parents will be there to help resolve them.
2. **Be patient:** Exercise patience and refrain from using punishment as transitioning once again from home to school may be challenging for the students.
3. **Encourage children to extend Positive offerings:** Children may be asked to draw and colour cards for their friends, teachers, and also family members as preparation for school reopening thus setting a positive tone and hope.
4. **Collect Motivational resources:** Students can be asked to collate good audio(podcasts) songs developed for and during the Covid-19 that they find motivating for sharing with school mates
5. **Ensure their emotional safety:** Parents need to make children feel safe and wanted by giving them the feeling that they can share anything and everything with them as they prepare to go to school as well their concerns while they are in school.
6. **Acknowledge their emotions:** Stay calm especially when the children are anxious. Pay attention to their feelings and give them space to share their fears, if any. Ensure that there is adequate time for sitting together and talking freely at different times.
7. **Encouragement:** Parents also need to encourage and guide their children to plan their daily schedule for school, studies at home, play, sleep, activities to maintain good health and hygiene, etc.
8. **Appreciate your child:** Recognize and praise even small accomplishments and efforts made by children. This not only develops confidence and self-esteem but will lead to the formation of good habits and better performance in different tasks. □
9. **Set a good example:** Before expecting children to be disciplined, empathetic, healthy, and hygienic, parents need to practice such things. Parents need to manage their stress by getting good sleep, exercise, healthy diet, connected with friends and family.
10. **Acknowledge your feelings:** Understanding and recognizing one's own emotions is vital for one's well-being. As a parent one can help himself/herself and their children to navigate each one of their emotions and responses.

11. **Focus on the things that can be controlled:** Focusing on things that are out of one's control can make one feel drained, overwhelmed, and anxious. So, focus on what can be controlled.
12. **Taking care of the self:** Make sure to indulge in physical exercises like yoga. Have a healthy diet and take care of your body.

## **I. PARENTS / GUARDIANS**

### **Parents /guardians may take the following steps:**

1. **Provide written consent for their children to attend school if they wish to send to school.**
2. Ensure that their ward goes to school wearing a mask and sensitise them not to exchange masks with others. Masks can be made at home also. Face masks made of cloth may be reused after thorough washing with soap. Disposal face masks are to be disposed safely.
3. Encourage their ward to wear full-sleeved clothes to minimize the interaction with any public surface.
4. Parents may take care not to send their ward to school if the child is not feeling well.
5. Drop and pick children from school, as far as possible. If sent by school bus then maintains physical/social distancing and ensure that everyone is wearing a mask.
6. Ask their ward to practice physical/social distancing at all times once she/he leaves home.
7. Clean and sanitize their ward's uniform and other belongings daily.
8. Ensure that their ward maintains personal hygiene such as bathing, brushing teeth properly twice a day (in the morning and before sleeping) and trimming of nails.
9. Provide two clean small napkins/clean cloth daily with their ward for wiping hands.
10. Give healthy food, fresh fruits, and clean water in their lunch box or send a tiffin box for mid-day meal and advise their ward not to share their tiffin and water bottle with others.
11. It is advisable that parents/guardians download the AAROGYASETU APP and let their ward commute only when the App shows safe and low-risk status.

## 1. Checklist for Parents

S. No.	Task	Yes/No
1	Regular monitoring of child's health.	_____
2	Keeping of child at home if s/he is ill or has any specific medical condition that may make them more at risk.	_____
3	Teach and model good hygiene practices at home. <ul style="list-style-type: none"><li>• Wash your hands with soap and water frequently or use an alcohol-based hand sanitizer with at least 70% alcohol</li><li>• Ensure availability of safe drinking water</li><li>• Ensure clean and safe toilets at home</li><li>• Ensure safe collection, storage and disposal of waste</li><li>• Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth, nose</li></ul>	_____
4	Ensure emotional safety of your child through different means.	_____
5	Prevent stigma by using facts and teach your children to be considerate of one another.	_____
6	Coordinate with school to receive information.	_____
7	Offer support to the school to strengthen school safety efforts.	_____

## 2. Checklist for Students

S. No.	Task	Yes/No
1	You avoid stressful situation by talking and sharing with others and help keep yourself and your school safe and healthy.	_____
2	You protect yourself and others by: <ul style="list-style-type: none"><li>• Washing hands frequently, always with soap and safe water for at least 40 seconds</li></ul>	_____

	<ul style="list-style-type: none"> <li>• Not touching face</li> <li>• Not sharing cups, eating utensils, food or drinks with others</li> </ul>	
3	<p>You act as a leader in keeping yourself, your school, family and community healthy by:</p> <ul style="list-style-type: none"> <li>• Sharing what you have learnt about preventing disease with your family and friends, especially with younger children</li> <li>• Model good practices such as sneezing or coughing into your elbow and washing your hands, especially for younger family members.</li> </ul>	_____
4	<p>You don't stigmatize your peers or tease anyone about being sick.</p>	_____
5	<p>You tell your parents, another family member, or a caregiver, if you feel sick, and ask to stay home.</p>	_____