

KULACHI HANSRAJ MODEL SCHOOL

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KHMS/QM/10/SP-20/24

11 March 2020

Dear Parent

In context of the global crisis, due to COVID 19, as a precautionary measure we need to keep children away from large gatherings and crowded places and keep them largely confined to their homes.

This is an opportune time to devote to children. Here are a few suggestions for the same-

- Have a daily connect with children and reaffirm family bonds. Opening a conversation box in the family
- By playing games like board games – ludo, chinese checker, lego blocks, scrabble, puzzles. Teach them games from your childhood.
 - Play games like hide and seek, I-spy .
- Do crosswords, sudoku etc. Read the newspaper together. Let them ask questions and discuss current topics.
- Take them for morning walks, cycling, yoga.
- Encourage them to don the chef's hat. Cook up a healthy meal/ snack with them.
- Let them assist you in household chores.
- Foster their creativity with origami, paints etc., use recycled material to create interesting artefacts.
- Factor in reading time. Read stories and enjoy books with children.
- Encourage them to spend time with elder family members.
- Keep them away from mobiles. Limit screen time to useful programmes.
- Take a meal together every day.

Meaningful connections have lasting impact. Inculcate life skills to tackle the challenges of the future. Time with children is precious. Turn the minutes into memorable moments.

Principal