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EASTERN CAPE
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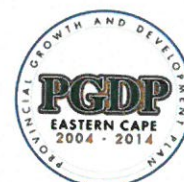
“OUR WELL-BEING DURING COVID-19”



DIRECTORATE: INCLUSIVE EDUCATION

JULY 2020

building blocks for growth



Ikamva eliqaqambileyo!

Coping Strategies Simplified

Remember to:

- Eat on time and eat healthily where possible.
- Sleep at least 6 to 8 hours a day
- Move around.
- Drink fresh or boiled water as far as possible.
- Keep your space clean.



Stick to the basics

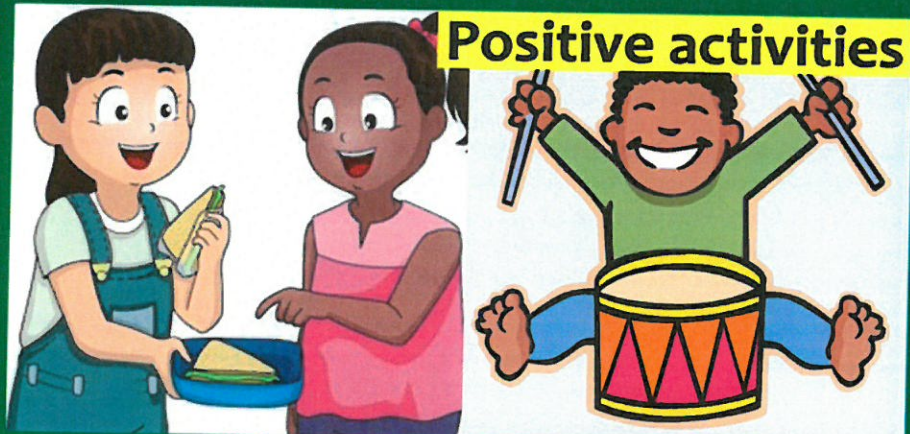
Remember, It is ok to feel how you feel.

- This feeling will not last forever.
- Why do you feel this way?
- Who can you share your feelings with?



Feelings

- Listen to your favourite song.
- Dance with your friends; keep a 1.5m - 2m distance.
- Help those who have less than you, sing them a song or just spend some time with them.



Positive activities



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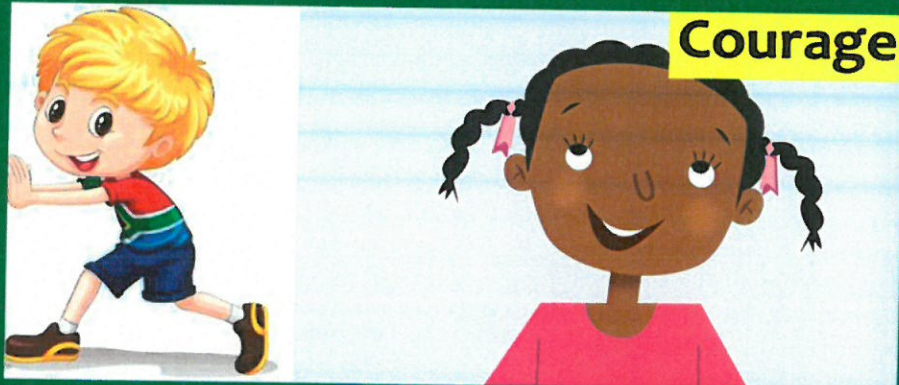


- Do you remember life before Covid-19? Yes! Do the things you would normally do each day.
- Follow your class schedules.
- Wake up as you would for school.
- Start a study group of 3 to 4 people. Social distancing please!
- Remember your masks and to wash your hands.



Routine

- What gives you the extra push when you feel like giving up?
- Do you say a prayer? Maybe you chat to a loved one.
- Whatever you do, do not give up.
- Keep your goals in mind.
- Remember, this will not last forever.



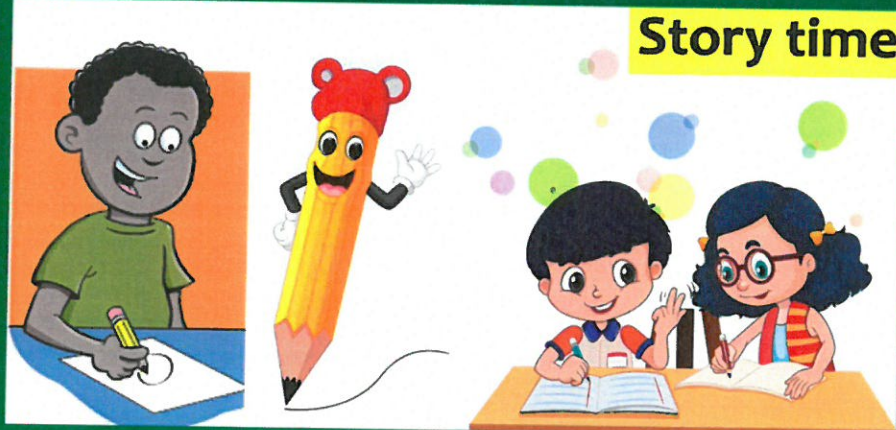
Courage

- As hard as it may be, always be thankful.
- Who are you thankful for?
- What are you thankful for?



Thankful

- YOU are the leading role in this story of YOUR life.
- Write yourself a story about covid-19.
- Who told you about it?
- Where were you?
- How did you feel when you found out?
- How does your story of covid-19 end?



Story time



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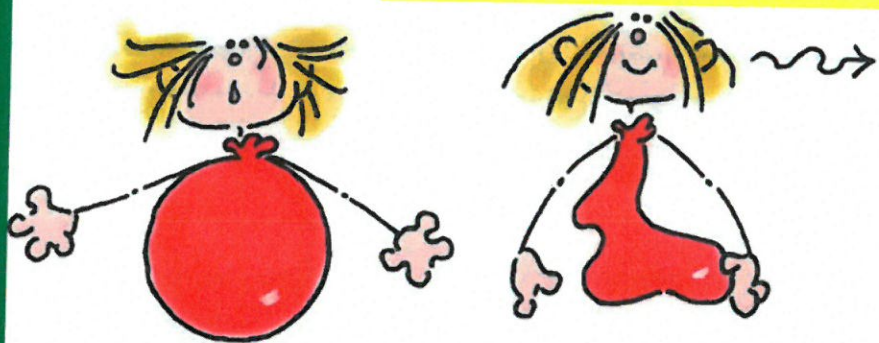


- What do you love about yourself?
- How many times have you already survived tough times and come out stronger?



Be kind to yourself

- Focus on your breathing.
- Deep breath in for 3 counts and out for 3 counts.
- Do this for 2 minutes.
- What emotions did you feel?



Breathing exercises

- What makes you laugh?
- What do you find funny?
- Laughing therapy; sit 1.5m - 2m apart from your friend and start laughing. Laugh from your tummy. Laugh out loud.



Humour

Some things take time;
Stay PATIENT, Stay POSITIVE,
Things will get better.



Thank you for reading me.

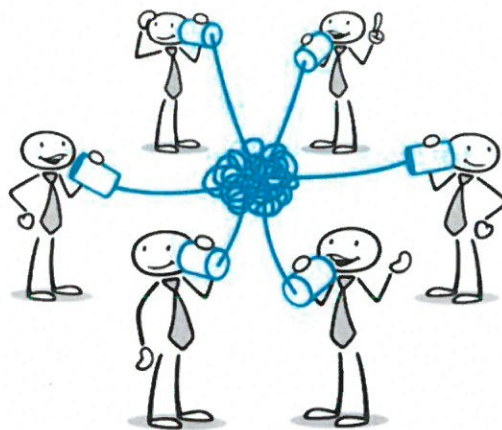


Communication and Covid-19



Process of Communication

Use Simple Language → Listen → Respond



Why is communicating in a healthy way important in my family?

- It makes each one of us feel loved •
- We will give one another support •
- We will survive the tough times together •
 - It makes the family stronger •
- Each one of us will feel more positive •
 - We all treat one another better •
- We will solve problems together and faster •
- We accept one another's differences •



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Healthy ways of communicating

- Always speak your mind.
- Remember to be kind.
- Use simple words/sentences.
- Make your message clear.
- Talk directly to the person.
- Always make eye contact when you speak.

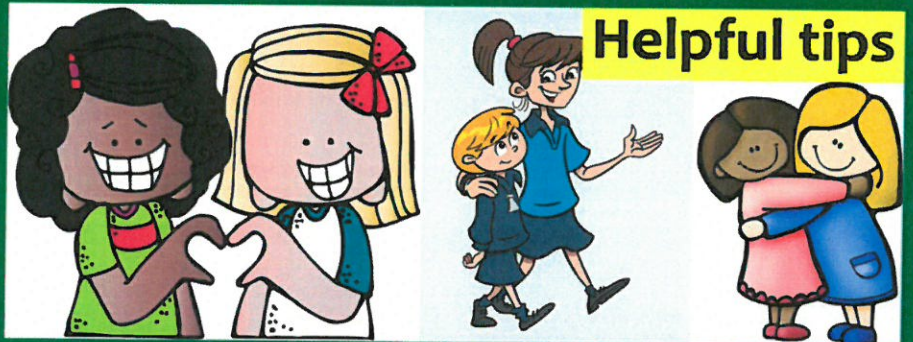


- Being closed off.
- Using words or sentences the other person does not understand.
- Speaking with hints and not directly.
- Speaking ABOUT the person and not TO the person.

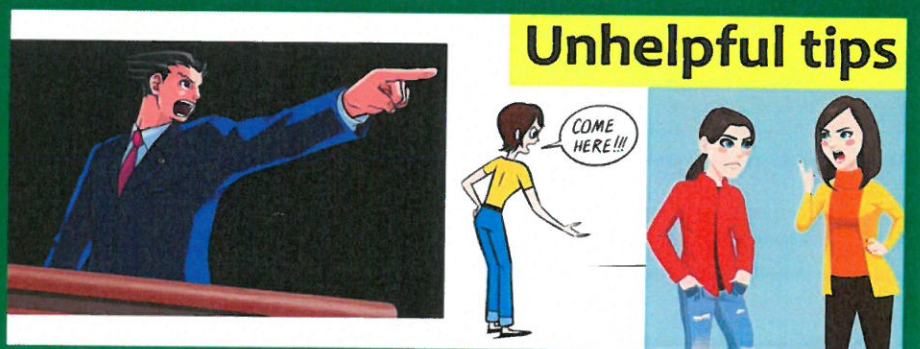


What helps with communicating

- Always respect the person you speak with.
- Give the other person an equal chance to talk.
- Listen to understand.
- Do not assume anything.



- Try not to shout at one another.
- Do not blame each other.
- You should not point at the person when you speak.
- Do not compare the person you are speaking to with somebody else.



Thank you for reading me.



Problem solving in a family through healthy communication

Types of family problems

Money

Food

Emotions

Feelings



Stages of solving a problem

- What is the problem we are facing?
- Does each member in my family have the same problem?
- Which members are facing this problem?



Find the problem



- Who do I feel most comfortable in speaking with in the family?
- Call a family meeting.
- Remember to use healthy ways of communicating during this meeting.

Tell the right person about the problem



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- Speak to one another about the problem that you have found.
- Remember to give each family member a chance to speak about what is on their mind.
- Take turns to suggest solutions.
- Try and think of more than 1 solution.

Find different solutions together

ARE YOU PART OF THE PROBLEM
OR PART OF THE SOLUTION?



- Discuss each solution together.
- Does each person in your family agree with the solutions?
- Choose the best solution together.

Find a solution together

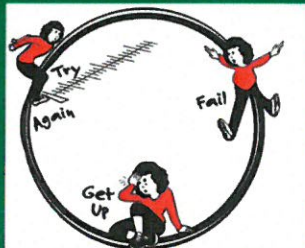


- Use the solution.
- Remember things will take time to change, keep trying.

Try it out



- Did the solution you used work?
- How long did you try and use the solution?
- If it did not work - that is ok - try the next solution.



Did it work?

GOAL ACHIEVED!



**“Our greatest weakness lies in giving up,
the most certain way to succeed is always
to try just one more time”.**

-Thomas A. Edison



Thank you for reading me.



References

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