

## 1.1 AN OPPORTUNITY TO SHOW KINDNESS AND EMPATHY TO FAMILY AND FRIENDS

*Parents: A few ideas on how we can demonstrate to our children how to be generous, be kind and empathetic towards our families, ourselves and to others during the situation that we find ourselves in.*

### Safety:

- Ensure your children that you will take care of them
- Showing them how to follow the guidelines to minimize the spread of Covid-19;
  - model to keep the distance when you leave home;
  - wear the mask;
  - wash hands.



### Warmth and Support:

- Treat each at home with kindness and patience;
- Tell your children that you love them and give them hugs – to ensure them that you care about them;
- Show empathy to them by letting them talk about their feelings of fear and worries, for example their friends or schoolwork, their grandparents.

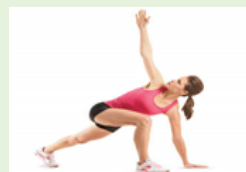
### Giving praise:

- For the little things they do at home, maybe washing the dishes, taking out the bin;
- When they play games with you – express your enjoyment;
- Allow you to play their games with them, e.g. Play station games;
- When they have completed a schoolwork activity – tell them how proud you are of the specific activity they have done.



### Create positive memories:

- Record a fun activity – Karaoke – sing along or Dancing;
- Creative exercise activities – allow them to lead the activity and record; (Example – the W4C Breathing exercise);
- Do gardening, baking or cooking together.



### Selfcare:

- Create time for yourself – me-time., to relax and spend time in your personal space.
- You can read, meditate, listen to your favourite music, quiet time.
- It's a time where you can do something that you enjoy.



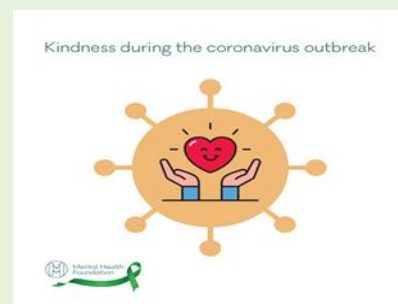
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### Kindness to others:

- Explain to them that keeping to the Safety guidelines all of you are kind to other people;
- Treat neighbours with kindness and respect – keep in mind when you have a movie night or Music night;
- Make a thank-you card for the nurses in the area – drop off at the local clinic;



- Put a Big Thank-you card for Health care workers on your gate or in the window.
- Send Whatsapp messages to friends and grandparents or older lonely people that you know;
- Reach out to older people in the neighbourhood – offer to buy their groceries;
- Involve your children in the process.



All these acts of kindness, showing generosity during this time is not asking us too much, just our hearts to be grateful for a time to bond and to share it with other human beings.

**Let's grab the opportunity!**