

## CHAIRPERSON'S MESSAGE



Mrs. Neerja Birla

Founder & Chairperson Aditya Birla Education Trust 66

Let us engage in some fun activities whilst looking after our emotional well being during these COVID-19 lockdowndays.

Here are some things that will keep your mind ticking while the days tick by.

Stay safe. We're in this together.

"





Create unforgettable moments with your family with this Memory game.

- Bring out old photographs of self, parents, grandparents in different places. (can add other people and places)
  - Stick the selected pictures on a sheet of paper.
- Now ask the respected family member to share the story around those pictures.
- Find a cool name for the picture and write it against it.
- Put those sheets up in different rooms as a 'Memory Wall'.





#### **FITNESS DICE**

Start a fitness routine with your family/friends by creating a set of fitness dice!
(This can be conducted online as well)



- Pick a time of the day you'll may want to do this. One can perform the activity every day or 2/3 times a week.
- Gather your family to play the Fitness Dice game! Start by rolling both dice at the same time.
- Each friend or family member should take a turn, until the group is ready for a break!



### ACTIVITY CHOICE BOARD

#### Try for 2 in a row each day

As you watch a movie or show together, talk about how do the characters feel?

How can you tell what their feelings are?

What were some of the choices the characters made? What would you do differently if you were one of them? With someone at home, talk about 2 ways you can be a responsible community member?



Make a note of the positive ways people are showing compassion and care.

What can do you to show compassion and care?



#### The Wizard of OZ day

The scarecrow needed a brain. The Tinman needed a heart. Lion was looking for courage. Dorothy was looking to find her way home.

What is something you need or something you need to be, so you can be YOUR BEST SELF today?

#### Warm a Heart Day

Write a short message or note to a classmate or a cousin.

Use the power of words to share something special about them, something that you admire.



Achieving goals. Solving problems, looking for new adventures... I LOVE THE FEELING OF POSSIBILITY!

What does Possibility smell, sound, taste, feel like to you? Write a few similes' and share on your social media



### Letter of the day!

Pick a letter for the day. Now name a person, food item, colour, place and thing starting from that letter. Connect with the Person. Make something of that food item. Bring out the artist in you - draw that thing and try your colouring skills (starting from that letter)

#### All about me!

Pull all your art supplies and create an all about me board. Go as creative as you can.



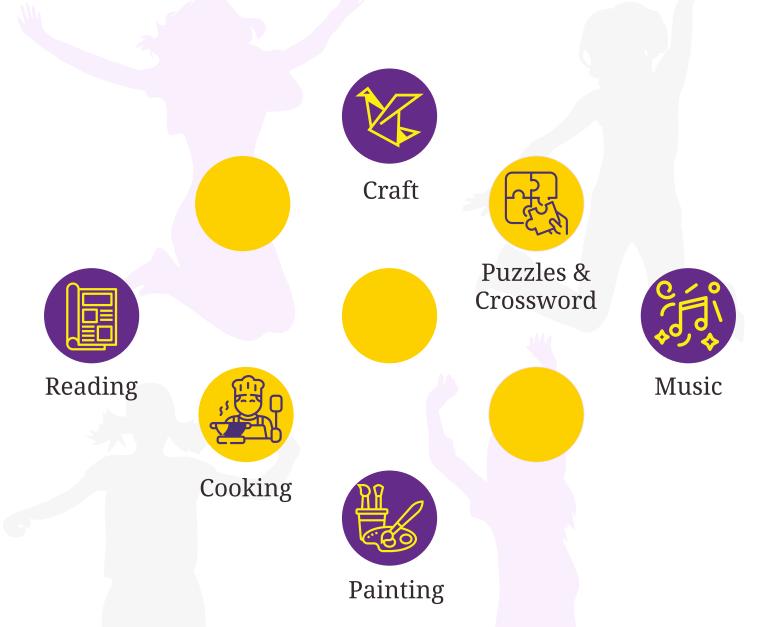
Brainstorm a family tradition that you will help in creating positive family environment...







What's your favourite phone-less activity? Add many more...





## REBUILDING CONNECTIONS

Our hearts are always connected with others even when we are not together. Let's rebuild connections. Write/ Draw/Colour the name of the people who you would like to connect to NOW. By thinking of someone and wishing them well, feeling grateful for the place they have in our hearts we can keep that connection strong....







One part of your daily routine that makes you happy Draw s

Draw something that makes you happy

A list of people whose love/friendship or company makes you happy

One place that makes you happy

One thing about your home that makes you happy

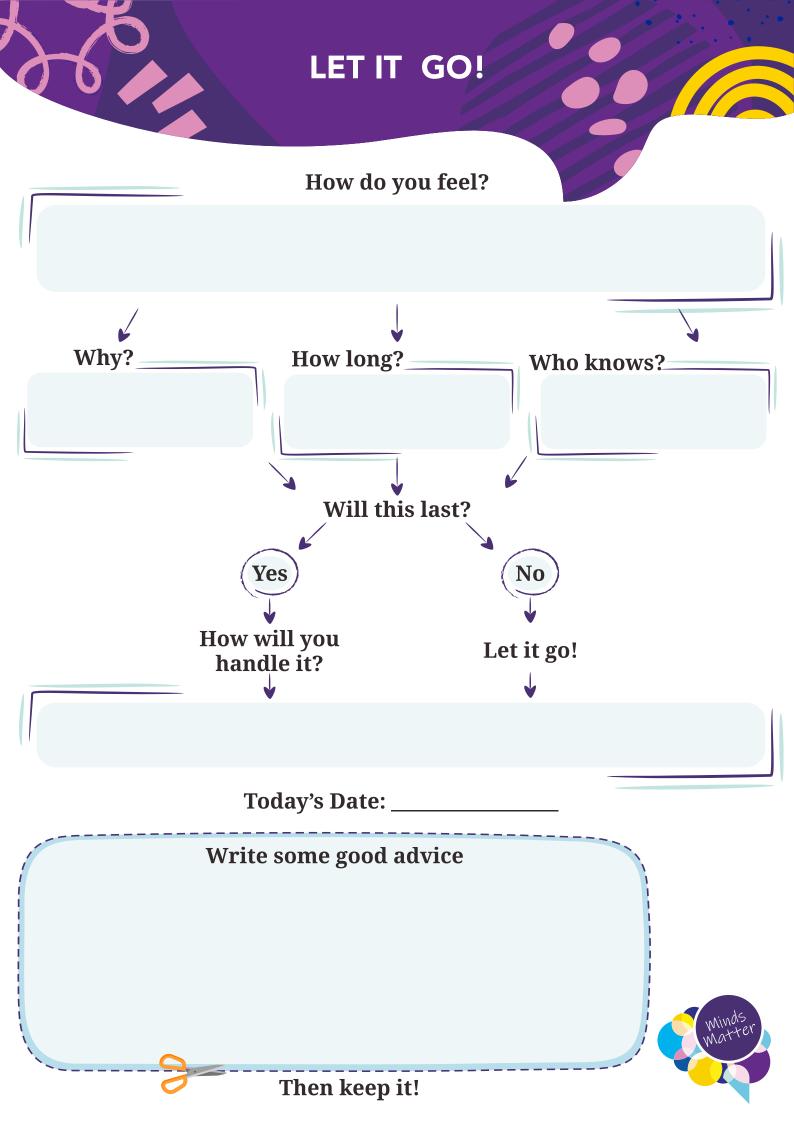
One occasion or time of the year that makes you happy

List of food items that make you happy

One activity or passion project that makes you happy

One thing about living in your town or city that makes you happy

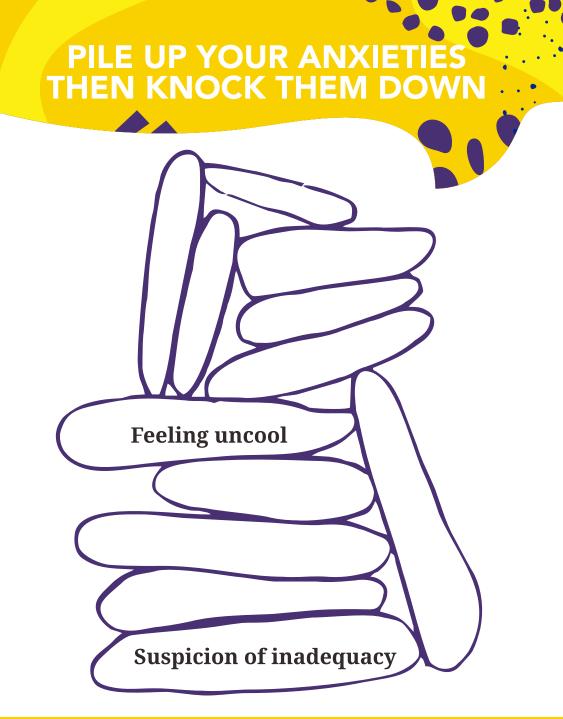




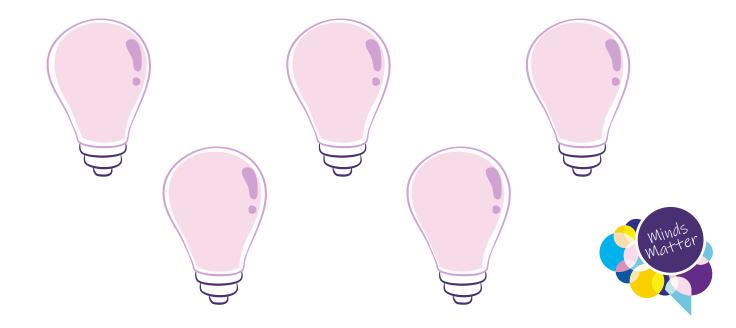
## MINDFUL COLOURING













Post this page & tag someone for each box!

You drive me crazy

Thanks for everything

**Friends Forever** 

2 AM FRIEND

Super cool cousin

Owes me a favour

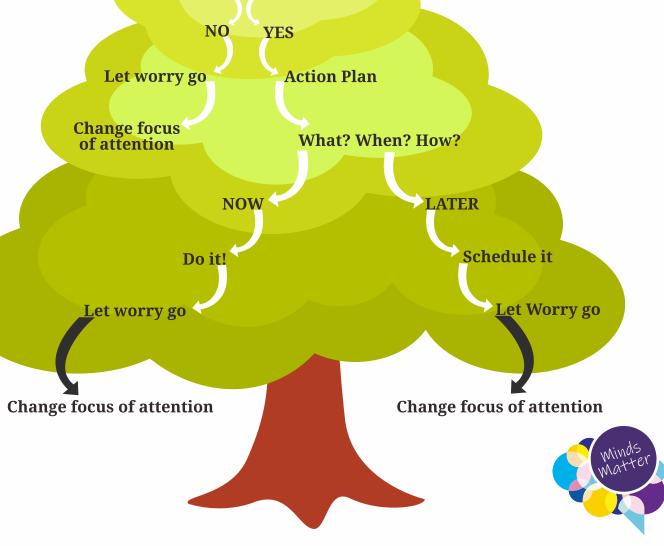
Favourite aunt

Always ready to party

Need to catch up

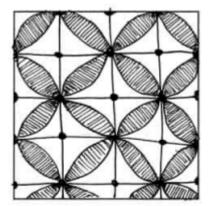


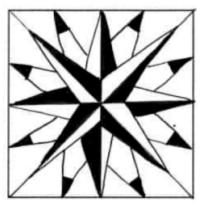


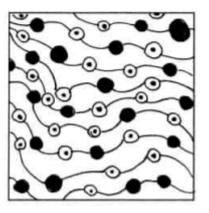


## ZENTANGLE BOOKMARK

Look at the zentangle patterns for inspiration and design your own zentangle style bookmarks.









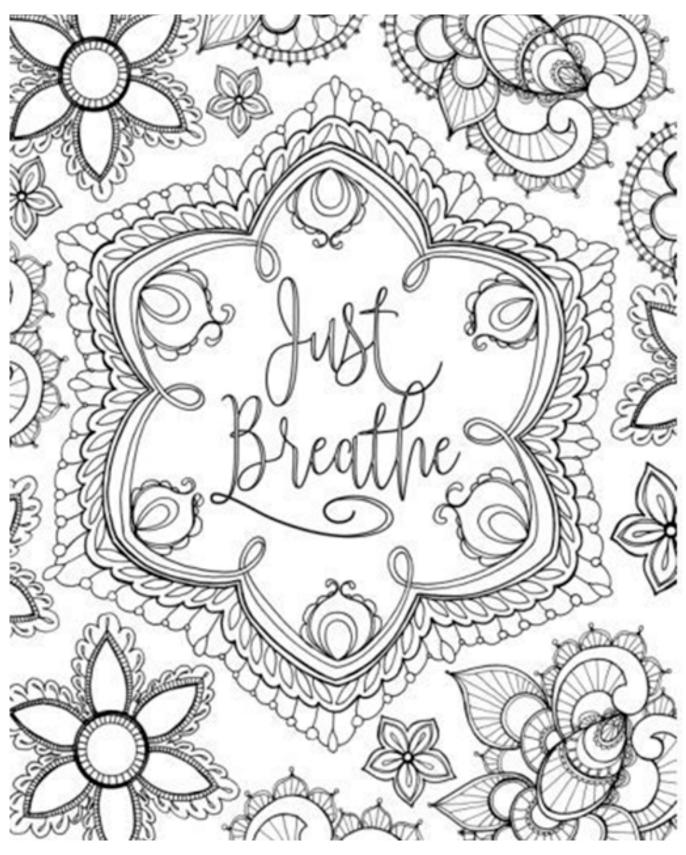


Take a deep breath and think of all the things you love about yourself. Write each in the fruits on the tree. The tree is you and every time you water it with loving thoughts and words, it BLOOMS!

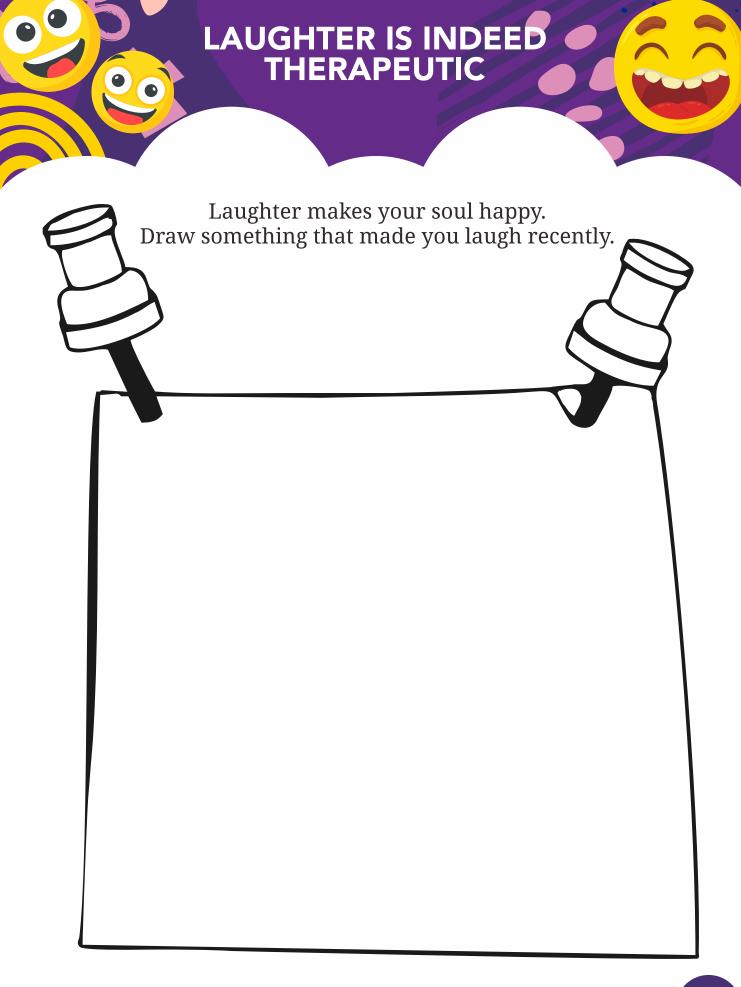




## TIME FOR SOME COLOURING





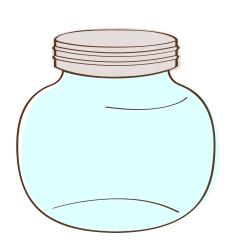




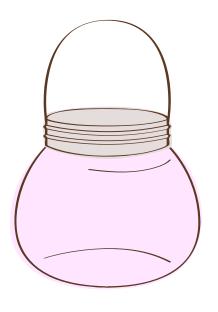


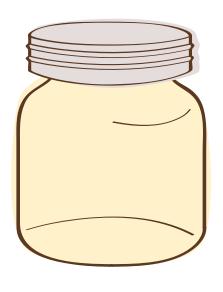
Preserve some feelings in the jars. Draw some more jars. You'll be able to enjoy them in colder months!

















Some apps that will 'lighten' you up



**CALM** 



**WOEBOT** 



VIRTUAL HOPE BOX



**FEAR TOOLS** 



**YOUPER** 





**REMENTE** 





# SUPPORT YOUR MENTAL HEALTH TIPS FROM DR. ZIRAK MARKER





Focus on the 'here and now'. Let us refrain from thinking too much about the future.



Be Accountable for your screen time & gaming. Limit it to 2 hr/day.



ENGAGE in household chores and support family members to clean and cook.



EAT Nutritious food and Sleep Well



REMEMBER that you are safeguarding yourself and the people you love by social distancing.



Important people in your life



Create your own time-table and stick to it.



LAUGH each day. Play a prank, crack some jokes, watch something funny. Be creative.



Set Boundaries with What + How much social media you consume



STAY CONNECTED and RECONNECT with distant family & friends



CONNECT with each other through board games, family photos and more...







ACKNOWLEDGE your feelings
It's OK to feel anxious, frustrated, irritated, upset, angry, sad,
scared, worried and more.

ts NOT OK to not talk about it. PEACH OUT to family & friends of

Its NOT OK to not talk about it - REACH OUT to family & friends or a professional.





### **OUR CORE TEAM**



Dr Zirak Marker
(MBBS, DPM, DNB)
Child & Adolescent Psychiatrist & Advisor
Mpower - The Centre, Mumbai
Medical Director
The Aditya Birla Integrated School



Aachal Jain (MSc in Counselling Psychology) Pastoral Care Coordinator Aditya Birla World Academy



Avalanne Dsouza
(MA in Counselling Psychology
and Art Based Therapist)
School Counsellor
The Aditya Birla Integrated
School



**Delnaz Delina** (MSc in Counselling Psychology) School Counsellor Aditya Birla World Academy



Benaaz Irani
(MSc in Human Development,
MA Counselling Children and
Young People)
School Counsellor
Aditya Birla World Academy



Kruti Shah (M.A in Clinical Psychology, Narrative and Play Therapist) School Counsellor Aditya Birla World Academy



Anuj Gaje (MSc in Psychoanalytical Developmental Psychology) Content Creator Mpower - The Centre, Mumbai



