



Children in lockdown – Are we prepared?

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What can be the Impact of lockdown on child's Psyche?

Impact of lockdown on psychological wellbeing of children

Thought process



Behavior



Dear parents, your child's behavior needs discipline, not their emotions

Routine



Education



Interpersonal Skills



Did You Know?

- **One billion** students are out of school globally
- **School drop out** is the one that is **most critical**
- [UNESCO reports](#) **over 120 million** affected learners across the globe

Mental health of children

- **Children are absorbing parents anxieties**
- **Mental health issues caused by change of daily schedule, and change in sleeping pattern.**
- **Low confidence, low self-esteem and zeal for hard work**
- **Fear of death.**

“Under severe pressure, some rocks become diamonds and others become dust”.

What to expect when students rejoin regular school.....



Lethargy?



Lack of discipline?



***over use of
gadgets?***



***Low
confidence?***



Lack of interest?

So on.....

Challenges to Post Pandemic Education

- **Handling the shift from virtual classes to regular classes**
- **Changes in hierarchy, rules, regulations & examination pattern**
- **Socializing is the major area of concern**
- **Adapting to ‘new regular’**

Ways in which teachers can support students

Restrict
discussions

Work closely
with parents

Help students
cope

Address
concerns and
fears of the
students

Revisit the
necessary
precautionary
measures

Give student
time and space
to adapt

Tips for teachers and school management

- **Create peer support groups to help teachers cope**
- **Focus on teacher professional development**
- **Provide teachers with resources and tools to manage classrooms and workload**

- **Create manageable time tables to prevent burn out**
- **Discuss boundaries with parents – preventing over/under involvement**
- **Co-create solutions with parents to overcome child's challenges**

Tips for teacher's wellbeing

- Regular **physical exercise is essential**
- **Maintain a gratitude journal**
- **Focus on the present (in the moment)**
- **Talk about your stress** with someone you are close.
- **Help others** in any way you can this will give you satisfaction.

Thank You

