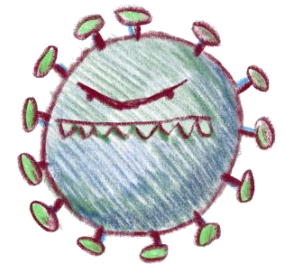


Young Warrior Combating Against The Epidemic

Parent-Child Activity Booklet



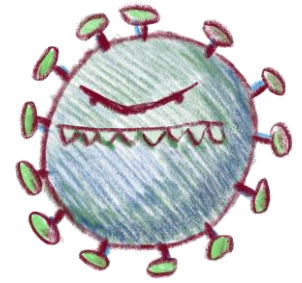
Content



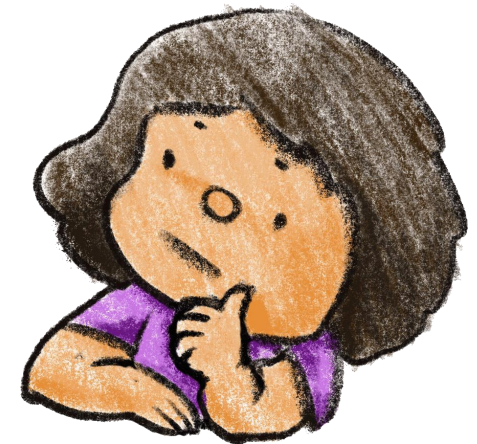
- Impact of novel coronavirus on children's emotions
- Ways to actively cope with the epidemic
- Ways to handle emotions and feelings
- Home activities
 - On Language
 - On Fine Motor and Coordination
 - On Gross Motor
 - Others
- Concluding Remarks



Since the outbreak of novel coronavirus.....



- “Class suspended and I need to stay at home everyday. I wonder what I can do to spend my time.....”
- “Why am I not allowed to go to school?”
- “Daddy and mummy seem anxious and always insist that I need to wear a face mask. What is happening?”
- “Why can’t I go to the park?”
- “Nothing is allowed. It is annoying.....”
- “I have nobody to play with at home.....”



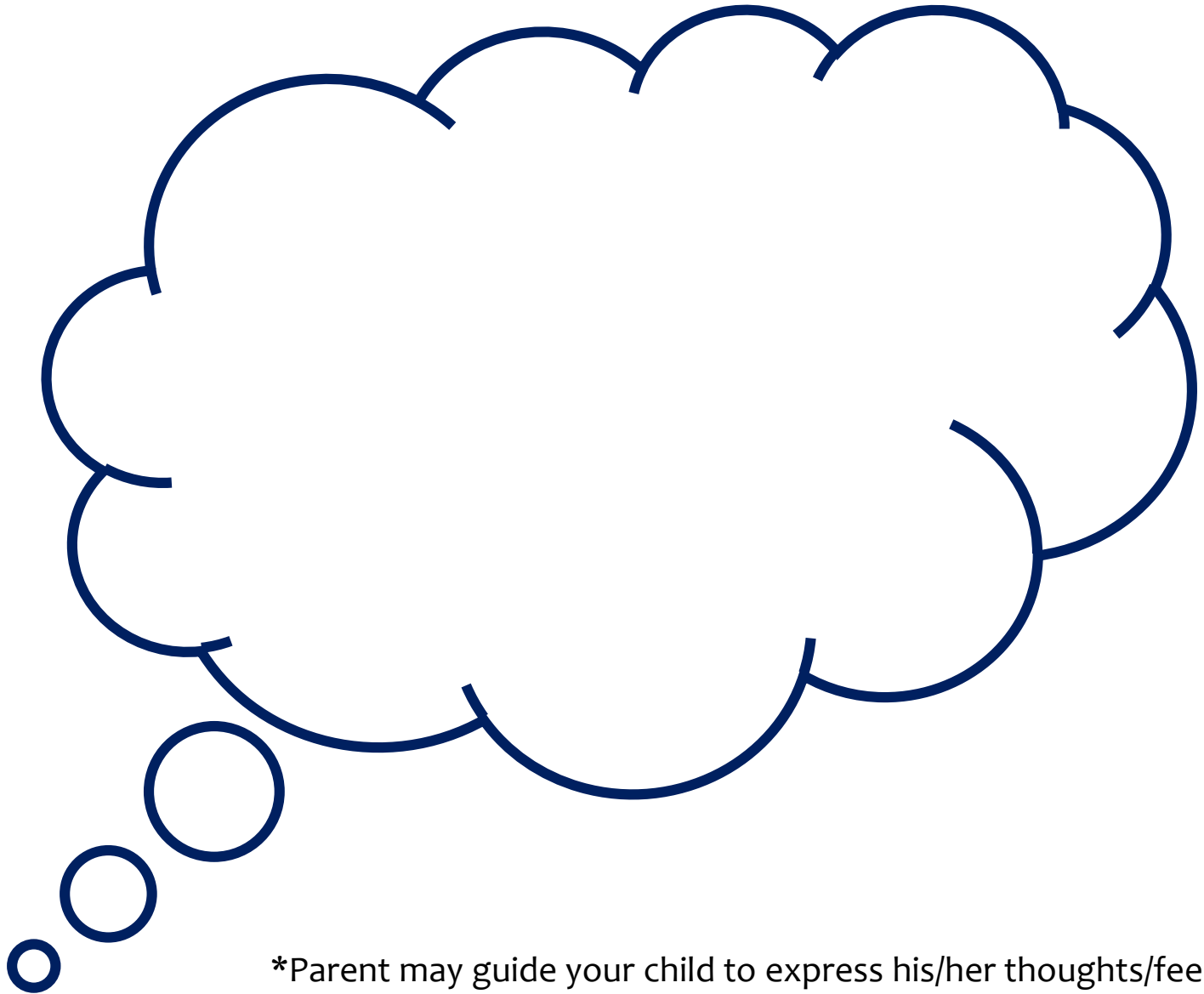
How do you feel since the outbreak of novel coronavirus?



*Parent may guide your child to express his/her thought/feelings and acknowledge them. e.g. "I see, you are a bit worried....."



And also.....



*Parent may guide your child to express his/her thoughts/feelings and acknowledge them. e.g. "I see, you are a bit upset....."



Can you draw the novel coronavirus you have in mind?



During this epidemic, unhappy emotions or anxiety are understandable.

Although it may not be easy to fight the epidemic, we can still cope with it resiliently and be a Young Warrior combating against coronavirus!



Young Warrior will.....

1. Maintain personal hygiene in order to protect oneself and others
 - Wear face mask
 - Wash / sanitize hands frequently (before meals, after toileting, etc.)
 - Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue into a covered rubbish bin and wash hands thoroughly



2. Maintain daily routines; ensure to keep regular daily activities, including regular meal times and sufficient sleep



Now, let's set up a timetable!

Time	Activity (Example)
8:00	Wake up; Brush teeth; Wash face
8:15	Wash hands for 20 seconds, Breakfast (Children and parents may prepare breakfast together)
	Table tasks (Revision, Writing, Artwork etc...)
	Break
	Indoor Exercises
12:00	Wash hands for 20 seconds, Lunch
	Leisure Time (Children may pick activities he/she preferred)
	Household chores (Children may help with cleaning and laundry)
3:30	Wash hands for 20 seconds, Tea Time
	Fine motor coordination activities
	Leisure Time (Children may pick activities he/she preferred)
	Shower
7:00	Wash hands for 20 seconds, Dinner
	Parent-Child interaction time
	Brush teeth; Wash face
9:30	Bedtime

Parents can use reinforcement to enhance children's motivation to adhere to the time table



Young Warrior's Timetable

Remember to wash you hands frequently

Time	Activity
	Wake up; Brush teeth; Wash face
	Wash hands for 20 seconds, Breakfast
	Wash hands for 20 seconds, Lunch
	Wash hands for 20 seconds, Tea Time
	Wash hands for 20 seconds, Dinner
	Bedtime

*Parent can set the timetable together with your child



Young Warrior will also...

3. Maintain connection with friends and relatives
 - List out those people you would like to keep connected with
 - Give some thoughts on how to show your care and concern



Now, let's list out people whom you would like to contact

“OK” refers to a possible means

“X” refers to not a possible means

Friends and Relatives to contact	Whatsapp	By phone	Email	Others: e.g. Facetime
1. e.g. Grandma	OK	OK	X	
2.				
3.				
4.				
5.				



In addition, young warrior can design cards with drawings and messages to express your concern for those you care!

*Parents can come up with a contact list together with your child



Young Warrior will also.....

Maintain a balanced diet



Exercise regularly

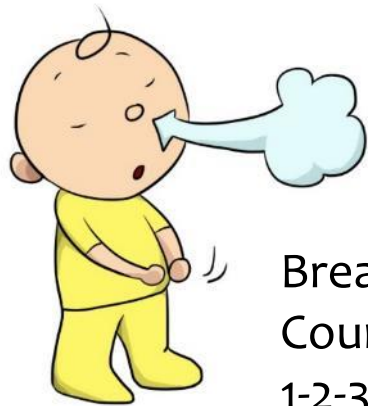


Sleep sufficiently

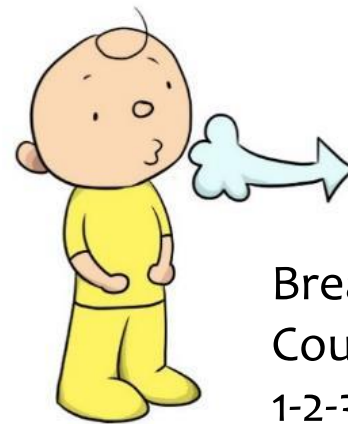


When Young Warrior feels worried or anxious, you may try the breathing relaxation technique

Why do we feel uncomfortable when we are anxious? When we are facing fears, feeling scared or in danger, our nervous system will trigger us to flee (or to fight). If we slow our body down, our anxious feelings will gradually subside.



Breathe in slowly.
Count to yourself
1-2-3. Slowly inflate
your belly



Breathe out slowly.
Count to yourself
1-2-3. Slowly deflate
your belly



Young Warrior may practise other relaxation techniques available online

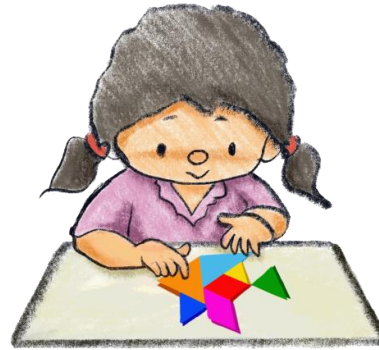


What can Young Warrior do when you are idling at home?

You can consider these home activities.....



Speech and
Language
Activities



Fine Motor and
Coordination
Activities



Gross Motor
Activities





Home Activities That Enhance Speech and Language Skills



Suggestions from Speech Therapist





1. Paired Reading

Reading books helps children develop their language skills by increasing their exposure to language. Join your child in reading. Set aside time that you and your child can look forward to and talk about stories, words, and ideas. After reading the stories, ask questions that stimulate your child's thinking (e.g., Which character do you like most? Why?).





2. Making Snacks

Making snacks is another fun activity to do at home. Talk with your child about what is needed to make the snacks (e.g., the utensils, the ingredients, etc.). In the course of cooking, ask your child to describe what he/she observes. This provides a language-rich environment. Enjoy the yummy snack. Have a good time with your child.





3. Role-Playing

Role-playing is fun to do. Through role playing as different characters, you can introduce lots of new words and ideas to your child and stretch his/her imagination. It helps your child to realize that not many toys are needed. It is more about creativity. You may discover your child's interest and talent through role-playing as well!





Home Activities That Enhance Fine Motor and Eye-Hand Coordination Skills



Suggestions from Occupational Therapist





If young warriors help with the following household chores everyday, your fine motor skills will be enhanced.

1. Use finger tips to peg and release clothes pegs
2. Help to prepare cooking ingredients, e.g. peeling off oranges with fingers, rinsing rice, washing vegetables, etc...





3. Help to fold the laundry, e.g. learning 3 different ways to fold your socks:

(1) Ball Method



(2) Cross Method



(3) Stick Method



Young Warrior, can you apply these folding methods to other laundry items?



Other Fine Motor Activities

1. Draw a maze
2. Connect dots using ruler
3. Play jigsaw puzzles, tangram, etc.
4. Cover coins or objects (with rough surface) with a paper, then use pencil to print out the pattern



5. Crumple paper with hands and form a dense paper ball. The ball can be used for different games (e.g. Ball flicking competition, carrying ball using spoon, etc.)



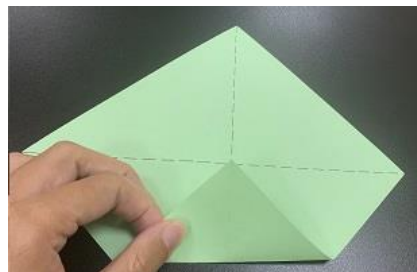


Other Fine Motor Activities

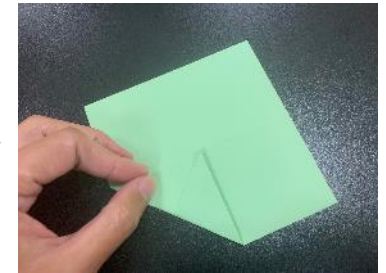
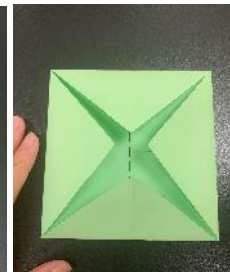
6. Making origami such as “Paper Fortune Teller”
You may use your fingers to manipulate the origami to enhance finger dexterity



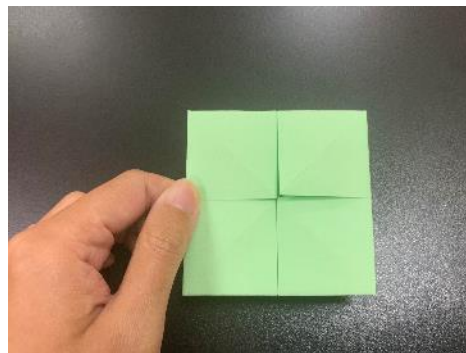
1. Prepare a squared paper



2. Fold the 4 corners towards the center



3. Turn over, fold all 4 corners towards the center again

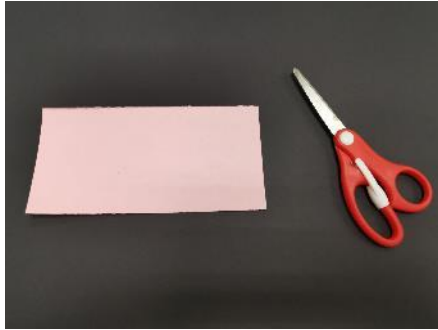


4. Turn over again, write down different activities inside the “Paper Fortune Teller” (e.g. squat jump, etc.) and it is done!

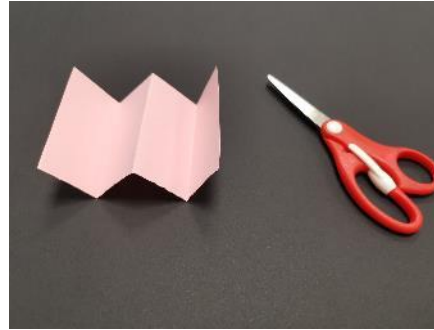




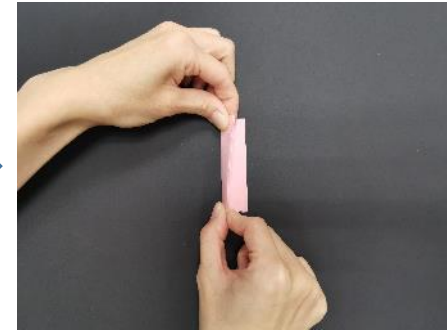
7. Making paper-cutting crafts, e.g. heart-shaped paper string



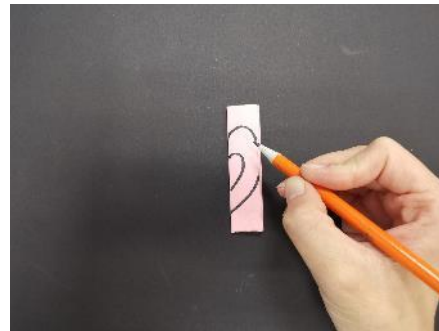
1. Prepare a rectangular paper



2. Fold into 4 columns



3. Further folding into half



4. Draw half of a heart



5. Cut along the lines



6. Here you go! The heart-shaped string is completed!



You can also use this paper-cutting skills to create other interesting products!





Home Activities That Enhance Gross Motor Skills



Suggestions from Physiotherapist





Points to note:

Due to limited space in home environment, safety precautions should be taken. Beware of sharp edges of table and wall corners. To prevent slips, trips and falls, wet and slippery floor should also be avoided.

Young Warrior can try the following activities accompanied by parents or adults.





Ball Games:

- Keep throwing the balloon up into air and preventing it from falling onto the ground
- Child throwing a tennis ball into a container held by parent. (Either a plastic box or bucket will do. A taller container is recommended to prevent the tennis ball from bouncing out. If tennis ball is not available, crumpled paper balls can also be used)
- Home Hockey, Bowling and Darts game using crumpled paper balls





Young Warrior should avoid spending too much time on electronic devices. After browsing or playing video games, you can try the following relaxation exercises:

1. Neck Stretching

Relax your shoulder

Use your shoulder to draw a big circle

Clap your hands in the front and at the back

Nod your head to the front and to the back

Turn and look to the left then to the right

2. Eye Exercise

Look up and then down

Look to the left and then to the right

Look afar and then close

Use your eyes to draw a big circle: both clockwise and anti-clockwise

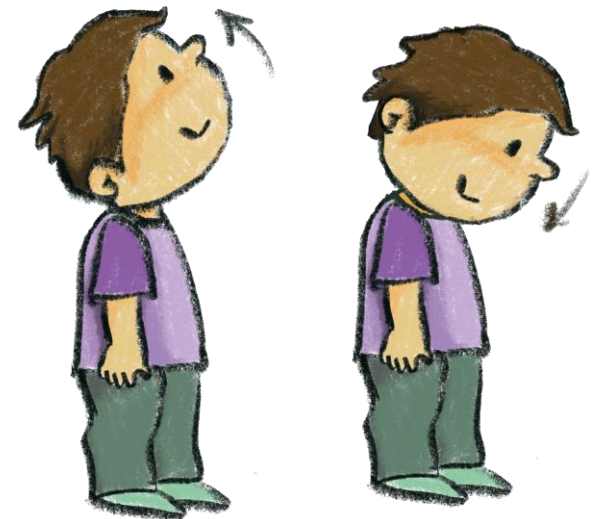




Table Ball Game (1)

Parent and child stand at opposite side of the table. Parent rolls the ball along the table, while the child tries to catch the ball with a container, without touching the ball.

You may explore using balls and containers of different sizes to maximize the fun!

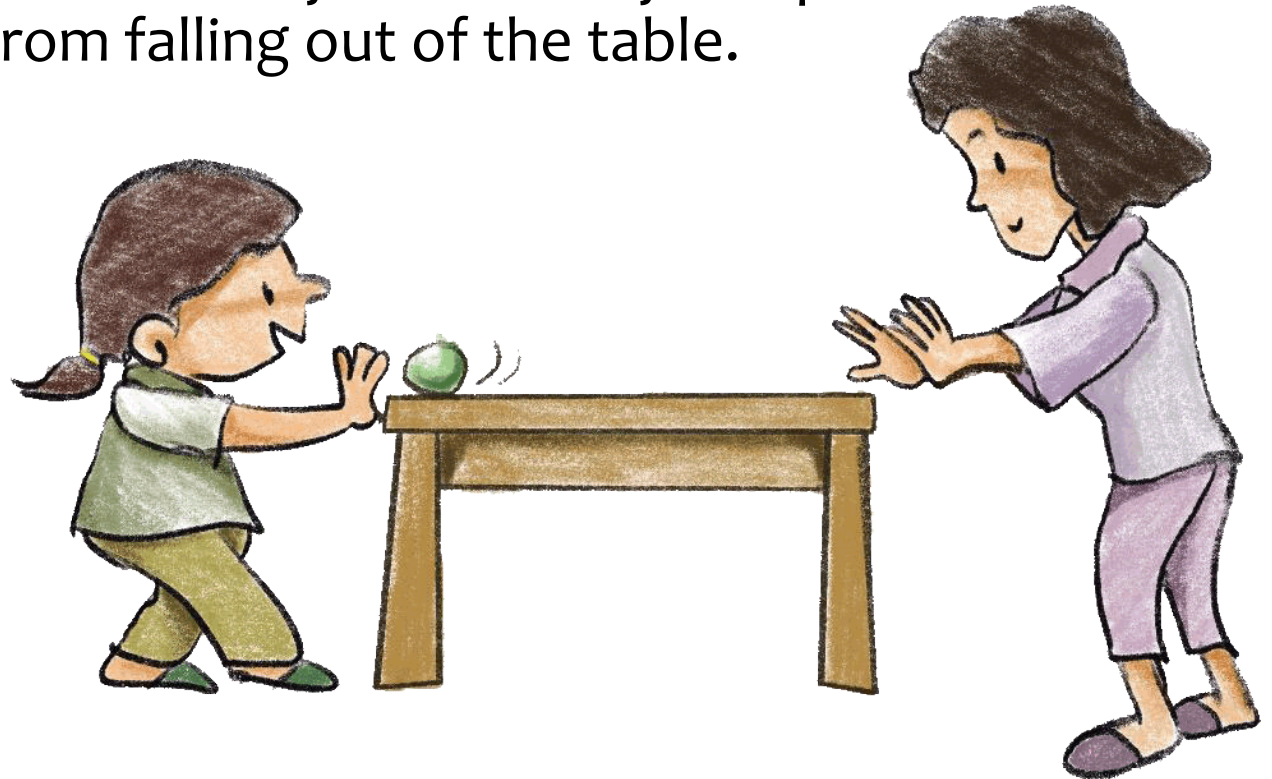




Table Ball Game (2) (Suitable for older warriors)

This game is similar to air-hockey. Parent and child use their palms to push the ball to each other. Your palms may only rest outside the table area, without crossing the edge of the table.

Keep the ball inside your territory and prevent the ball from falling out of the table.





Other interesting activities and games:

1. Use your legs to play “Stone-Paper-Scissors”
(Legs crossed; Legs wide apart; Legs together)



2. Animal Imitation Game: Take turn to imitate sound and action of animals with your body for the opponent to guess
3. Rhythmic Exercise: Can explore doing rhythmic exercise with children using online video clips



Other Home Activities

Young Warrior may make use of your time to do chores that you were too busy to do previously. For example, you may tidy up your wardrobe, organize old photos and categorize toys, etc...



Congratulations, Young Warrior!
You have completed all your missions!
Please accept a medal of bravery!



Share your experience with friends and
relatives for mutual encouragement!



Activities in this booklet are suggestions only. Parents can exercise your creativity and come up with other meaningful home activities together with your child. Days during class suspension could also be fruitful!



Young Warrior Combating Against The Epidemic Parent-child Activity Booklet

Author: Clinical Psychologist Team, Child Assessment Service,
Department of Health

Activity Suggestions:
Speech Therapist, Occupational Therapist, and Physiotherapist Team

Acknowledgement: Mr. Simon Chiu for illustrations

Published in February 2020



Copyright © Child Assessment Service, Department of Health