

# St Arnold's School, Jhartarang

## Rourkela

### SELF-CARE IS A NECESSITY!!!

Corona virus pandemic has brought the whole world to a standstill. The danger humankind is facing is very much real. Amidst this we have been instructed by our government to be in Lockdown i.e. practice physical distancing, avoid being in large gatherings and only venture out from home when there is a necessity (buying groceries, seeking medical help etc.) for our own safety. Schools and workplaces are also closed in order to **prevent community spread of the virus**. Aside from worrying about our physical health during these trying times our mental health is also affected. Since our normal lifestyle has been brought to a complete halt people are experiencing huge loss in financial, academic, social and many other aspects. This has led to increase in negative emotions and behaviours like anxiety, frustration, restlessness, hopelessness, aggression, fear etc.

Keeping these aspects in mind I request the parents and children to take courage and start **developing a personal mental health kit** by following the options given in the list below. You are welcome to practice any activities which will help you to **take care of your mental health**. The **objectives** behind developing mental health kit are:

1. **Having a routine (as much as you can)**- it will help you in developing a sense of purpose amidst the difficulty we are facing right now. Spend time with yourself (learn or practice hobbies).
2. **Starting an at-home exercise routine**- it will help you take care of your physical health as well as help you to feel active.
3. **Spend some time in nature**- spend some time doing deep breathing exercise in your garden or terrace or balcony. It will help you release negative emotions and fill you with positive thoughts and feelings.
4. **Maintain community and social interaction**- use the technology (video call or audio calls or conference calls etc.) to connect and develop a support system so that sharing of feelings and experiences continues despite lockdown.
5. **Practice gratitude and be of service to others from a distance**- be a listening ear to someone going through a tough time. Never forget the little things which make our life colourful.

Class	Activities
Primary (Nursery to KG II)	<ol style="list-style-type: none"><li>1. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li><li>2. Action Song- If You are Happy and You know It</li><li>3. Story telling by Parents and Children</li><li>4. Rhymes Recitation</li><li>5. Colouring/Drawing/Singing/Dancing</li></ol>
Class 1	<ol style="list-style-type: none"><li>1. Physical Exercise- 20 minutes (skipping</li></ol>

	<ul style="list-style-type: none"> <li>rope, aerobics video in YouTube)</li> <li>2. Drawing and Painting</li> <li>3. Dragon Breathing Exercise</li> <li>4. Video call your friends, relatives and share about your feelings</li> </ul>
<b>Class 2</b>	<ul style="list-style-type: none"> <li>1. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li> <li>2. Drawing and Painting</li> <li>3. Dragon Breathing Exercise</li> <li>4. Video call your friends, relatives and share about your feelings</li> </ul>
<b>Class 3</b>	<ul style="list-style-type: none"> <li>1. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li> <li>2. Drawing and Painting</li> <li>3. Dragon Breathing Exercise</li> <li>4. Video call your friends, relatives and share about your feelings</li> </ul>
<b>Class 4</b>	<ul style="list-style-type: none"> <li>1. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li> <li>2. Drawing and Painting</li> <li>3. Dragon Breathing Exercise</li> <li>4. Video call your friends, relatives and share about your feelings</li> </ul>
<b>Class 5</b>	<ul style="list-style-type: none"> <li>1. Gratefulness Diary</li> <li>2. Dragon Breathing Exercise</li> <li>3. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li> <li>4. Taking care of Pets/Plants in their garden</li> <li>5. Colouring/Doodling/Drawing/Playing Music/Singing</li> <li>6. Video call your friends, relatives and share about your feelings</li> </ul>
<b>Class 6</b>	<ul style="list-style-type: none"> <li>1. Gratefulness Diary</li> <li>2. Dragon Breathing Exercise</li> <li>3. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li> <li>4. Taking care of Pets/Plants in their garden</li> <li>5. Colouring/Doodling/Drawing/Playing Music/Singing</li> <li>6. Video call your friends, relatives and share about your feelings</li> </ul>

<p><b>Class 7</b></p>	<ol style="list-style-type: none"> <li>1. Gratefulness Diary</li> <li>2. Dragon Breathing Exercise</li> <li>3. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li> <li>4. Taking care of Pets/Plants in their garden</li> <li>5. Colouring/Doodling/Drawing/Playing Music/Singing</li> <li>6. Video call your friends, relatives and share about your feelings</li> </ol>
<p><b>Class 8</b></p>	<ol style="list-style-type: none"> <li>1. Story writing/poem writing/ watching movie with family and writing a review on it.</li> <li>2. Video call your friends, relatives and share about your feelings</li> <li>3. Gratefulness Diary</li> <li>4. Dragon Breathing Exercise</li> <li>5. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li> <li>6. Taking care of Pets/Plants in their garden/Colouring/Doodling/Drawing/Playing Music/Singing</li> </ol>
<p><b>Class 9</b></p>	<ol style="list-style-type: none"> <li>1. Story writing/poem writing/ watching movie with family and writing a review on it.</li> <li>2. Video call your friends, relatives and share about your feelings</li> <li>3. Gratefulness Diary</li> <li>4. Dragon Breathing Exercise</li> <li>5. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li> <li>6. Taking care of Pets/Plants in their garden/Colouring/Doodling/Drawing/Playing Music/Singing</li> </ol>
<p><b>Class 10</b></p>	<ol style="list-style-type: none"> <li>1. Story writing/poem writing/ watching movie with family and writing a review on it.</li> <li>2. Video call your friends, relatives and share about your feelings</li> <li>3. Gratefulness Diary</li> <li>4. Dragon Breathing Exercise</li> <li>5. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li> <li>6. Taking care of Pets/Plants in their</li> </ol>

	garden/Colouring/Doodling/Drawing/Playing Music/Singing
<b>Std 11</b>	<ol style="list-style-type: none"> <li>1. Story writing/poem writing/ watching movie with family and writing a review on it.</li> <li>2. Video call your friends, relatives and share about your feelings</li> <li>3. Gratefulness Diary</li> <li>4. Dragon Breathing Exercise</li> <li>5. Physical Exercise- 20 minutes (skipping rope, aerobics video in YouTube)</li> <li>6. Taking care of Pets/Plants in their garden/Colouring/Doodling/Drawing/Playing Music/Singing</li> </ol>
<b>Std 12</b>	<ol style="list-style-type: none"> <li>1. Story writing/poem writing/ watching movie with family and writing a review on it.</li> <li>2. Video call your friends, relatives and share about your feelings</li> <li>3. Gratefulness Diary</li> <li>4. Dragon Breathing Exercise</li> <li>5. Physical Exercise- 20 minutes (skipping rope, doing aerobics by watching aerobics video in YouTube)</li> <li>6. Taking care of Pets/Plants in their garden/Colouring/Doodling/Drawing/Playing Music/Singing</li> </ol>

**Dragon Breathing Exercise-** Imagine that you are a dragon and you have a feather in the palm of your hand which you put a few inches away from your mouth. Now breathe out all the fire (anger, irritability, anxiety, restlessness, fear, frustration and negativity) from your body with a force so strong that it can blow the feather away. Now, gently breathe in cool air through your nose and feel it calming you down. Repeat it for three to five minutes.

**Doodling/Drawing/Painting/Colouring Instruction-** Use whatever materials are available in your home. Don't trouble your parents to buy materials. Invest ten to fifteen minutes every day. Don't focus on how artistic your drawing is; rather focus on expressing your thoughts and feelings through the drawing. Don't complete the whole drawing in one day. Ask yourself these questions after doing the activity 1. What are the feelings I had before the activity? 2. How was I feeling during the activity? 3. How do I feel now after the activity is done?

**Physical Exercise for 20 minutes and Dragon Breathing Exercise is mandatory. One can fix time according to their convenience but regularity needs to be maintained.**

**Gratefulness Diary-** Write about any five things you are grateful for before going to sleep/ before starting a new day.

**‘I don’t know what I think until I write it down.’ – Joan Didion**

*If you want to talk about any issues or difficulties, you are going through during these tough times you can contact your school counsellor for telephonic counselling. Confidentiality will be maintained.*

**#Stay Home Stay Safe**

### **Contact Details:**

Monalisa Kujur

Email id- [monalisakjr@gmail.com](mailto:monalisakjr@gmail.com)

Timing- 10 am to 6pm

Phone no- 9348885866

### **ASSIGNMENT-**

1. A reflective report on your experience related to self-care utilizing various methods given in the list above during this lockdown. (Assignment is for STD 5-12).
2. You can click pictures of your art work and send it in the following email id ([monalisakjr@gmail.com](mailto:monalisakjr@gmail.com)). I would love to be a part of your mental health routine. When you are sending email mention your Full Name, Class and Roll no and subject of the mail should be filled as **Arnold’s Self-care Routine**. Students of Nursery to STD 4 are also welcome to send pictures of their art work. I request parents to help their children to do the assignment. (Students of all classes are welcome to do this assignment)

### **NOTE:**

Please read the instructions properly given in the document. If you have any doubts you can approach your school counsellor in the above mentioned phone no. I will prefer to attend voice calling or SMS or video call. No Whatsapp messages please. For video calling I am available in Google Duo or Skype. You can call and set an appointment for counselling sessions. I wish good health and safety to all!!!

**“Children thrive when the adults in their lives come together to take care of them”**

**(Shelja Sen)**

### **References**

#### **Video for home work-out**

1. <https://www.youtube.com/watch?v=5if4cjO5nxo> (Have a blast with this family fun cardio workout)
2. <https://www.youtube.com/watch?v=oc4QS2USKmk> (9 mins exercise for kids- home workout)
3. <https://www.youtube.com/watch?v=dhCM0C6GnrY> (kids workout full 25 mins exercise routine)
4. <https://www.youtube.com/watch?v=pj4TVbnIEgk> (10 minute workout for teenagers Joanna Soh)

## Videos about using art for dealing with anxiety

1. <https://www.youtube.com/watch?v=yhKL3CuUxNs> (Art for Anxiety by thirsty for art channel)
2. [https://www.youtube.com/watch?v=0kcAFq7C\\_CA](https://www.youtube.com/watch?v=0kcAFq7C_CA) (10 Minute Mindfulness Drawing Meditation: Easy Art Tutorial for Relaxation and Self Care)
3. <https://www.youtube.com/watch?v=eZtDT0j7J08> (Colored Pencil Art Therapy)

## Videos on Deep Breathing Exercise

1. <https://www.youtube.com/watch?v=jbtLH-3DfLc> (Breath of Fire- Pranayama Series by Yoga with Adriene)
2. <https://www.youtube.com/watch?v=ClqPtWzozXs> (Reduce stress through Progressive Muscle Relaxation)
3. <https://www.youtube.com/watch?v=a1JOT30bP5g> (10 minute morning guided meditation for positive energy)

## Articles related to mental health & self-care:

1. <https://www.forbes.com/sites/alicegwalton/2020/03/22/9-mental-health-practices-to-maintain-or-begin-during-coronavirus-lockdown/#1bd3e8ac4264>
2. <https://slate.com/technology/2020/03/coronavirus-isolation-mental-health-guide.html>
3. <https://healingbrave.com/blogs/all/louise-hay-affirmations-you-can-heal-your-life>

## List of movies you can watch with your family:

- |                             |                   |
|-----------------------------|-------------------|
| 1. Night at the Museum      | 7. Narnia         |
| 2. Brave                    | 8. Harry Potter   |
| 3. Jumanji                  | 9. Finding Nemo   |
| 4. Home Alone               | 10. Inside Out    |
| 5. Frozen Part 1&2          | 11. Despicable Me |
| 6. The Adventures of TinTin | 12. Nanny McPhee  |

## St Arnold's Media



St. Arnold's Media  
16 subscribers

Dear Parents,

The school has started a YouTube channel by name St Arnold's Media to share with you videos of various activities held in the school. We have uploaded videos from 2017 onwards. You can watch them and enjoy yourselves. Kindly subscribe so that when new videos are uploaded, you will be notified.

Please click on the link below to go to the channel.

<https://www.youtube.com/channel/UCKJoIcJC6zPxJqjoMBiH1Tg/videos>

