COVID-19 SAFE PLAY FOR CHILDREN

Ideas about how to #playwell2gether
○ Play is what children love to do.

○ Being playful helps us cope with stress & fear, as it’s a way to express our emotions.

○ In these challenging times it is important that we do what we can to create opportunities for our children to play and that we try to play with our children.

○ Playing is important for our children’s well-being as well as our own.
STOPPING THE SPREAD
playing safely

Prevent getting or spreading COVID-19

Wash your hands often with soap and water for at least 20 seconds

SOURCE: WORLD HEALTH ORGANIZATION

Be kind during Coronavirus

Check in regularly especially with those affected
Encourage them to keep doing what they enjoy
Share WHO information to manage anxieties
Provide calm and correct advice for your children

Source: United Nations/World Health Organization

BE SUPPORTIVE
BE CAREFUL
BE ALERT
BE KIND

BE READY
to stop Covid-19
Source: World Health Organization
PLAY FOR ALL

★ Playing:

- *takes our minds away from stressful things and helps us feel better*
- *allows us to be carefree and creative*
- *adds fun to our days*
- *helps us be who we want to be and do the things that we like to do*
- *helps us to learn*

When we play, we can be silly; we can laugh and we can giggle.

Take a little break from the worries of the day and PLAY!
INCLUSIVE PLAY:
Nothing without us

★ Include children with disabilities in play. Talk to those who care for the child and find out what the child loves to play, and include them in games with other children.

★ Focus on what the child can do, what senses they can use and play games where they can join in. For example:

★ Clap, bang on the pots with a wooden spoon and sing together.
★ Find interesting things for the child to look at, to listen to and to explore with their hands.

(Tip: you can place your hands over their hands and help them do the actions)

The child may only be able to play in part of a game. This is okay. As long as children with disabilities are not in pain or doing something against their will, playing is a grace to enjoy.
PLAY FOR THE YOUNG & OLD

★★ Think about the games you used to play when you were young. Share these memories and ideas with your children. They love to learn about and play the games you loved to play. They love playing these games with you.

★★ Talk to your friends and neighbours to remind each other of which games you liked the most & why.

★★ Think about the ways in which you played, even when it was difficult to play. For example, this may have been because you were alone or had to do lots of work. What ideas can you share with your children about finding ways to play?

Playing in different ways during COVID-19: Building solidarity & well-being
★ When we wake up, we have been still for a long time! This is a great time for us to stretch our bodies.

★ Here are some full body stretches for children:

★ Ask the child to lie on the floor on their back and curl themselves into a ball. Ask them to count aloud with you while they hold this position. When done, they can relax and stretch their arms and legs making themselves as “long” as they can.

★ Then ask them to turn over onto their tummy and then jump up into standing. Jump ten times up and down when standing.

★ Now ask them to lie down on their tummies & try to lift their arms & legs off the ground & pretend we are flying like an aeroplane. Ask them to count aloud with you while they hold this position.
Imagine everything that we bring into our home has glitter on it (in other words, the VIRUS). This glitter can be on a bag or plates, cups or on our hands, after touching a gate or pavement outside.

- We need to wash our hands & wipe down surfaces with soap and water OR a bleach and water solution
- It’s important to also wash the toys we play with because germs can stay active on toys.

Children can also help with cleaning tasks around the house:
- Encourage children to use two hands to hold the cloth and to make big movements as they wipe. Sing or count as you clean.
★ We can move even when we are standing still & keeping physical distance of at least 1.5 metres.
★ When we are waiting in long lines we can:
  o Bend our heads forward and then backward
  o Wiggle our fingers, then hips. Flick our fingers like shooting stars
  o Make fists & stretch each finger one by one, counting as we go
  o Stretch your arms out to the sides, you should be far enough so that you do not touch anyone at all times when out. Make big windmill circles with your arms.
  o Spin around on one spot then balance on one leg for as long as possible and then hop 5 times on the other leg before being allowed to sit down again.
★ Dig holes in the ground and plant seeds from tomatoes or beans.
★ Build a tent with a blanket and with other materials that you can find.
Pop your head outside, or look up if you’re sitting outside & count the clouds or try and imagine what pictures the clouds are forming.

Play I spy with my little eye...

Find items of different colours, talk about the different shades of colours.
Talk about your feelings and how Covid-19 is affecting you & your family. Give one another comfort as you share your feelings.

Talk about the following things with each other & with your children: What makes you laugh? What brings you hope? What encourages you to stand strong?

Talk about your dreams and hopes for the future.
What one thing can we be thankful for today?

Look for opportunities to look around and explore our environment, do you notice a new leaf that has grown on a branch in the past day? Or a new sprig of grass? Can you hear a bird singing? Or someone down the road singing?
# LEARNING TOGETHER:
Some ways we can learn together

★ STAR TALK: choose a letter of the alphabet and think of the names of famous people, movie/TV stars and singers which start with this letter

★ YES/NO GAME: one person thinks of an animal, a fruit or a vegetable. Other people ask questions which you can only answer with yes/no. The person who guesses correctly is the winner and then it is their turn.

★ GOING TO GRANNY’S HOUSE: One person starts by saying: “I am going to granny’s house and I am taking…” and they name an item starting with the letter A. The next person repeats the phrase and finishes the sentence with an item that begins with a B. The pattern continues with the rest of the alphabet.

★ How many cracks or marks can you count in the walls?

★ Can you count how many square shapes you can find in the room/ home?
★ Take time to be calm. Think about things that you like to do to help you rest.

★ What does your child like to do to help them rest? How can we rest together?

★ Here are some ideas:
  ○ Singing
  ○ Lie down and take 3 deep breaths in & out
  ○ Stretch while you are lying down
  ○ Massage your own feet
  ○ Take time to do nothing!
  ○ Share jokes; silly stories & laugh out loud
REMEMBER YOU ARE NOT ALONE
STAYING SAFE DURING COVID-19

EMERGENCY NUMBERS to keep during 21 DAY LOCKDOWN
#SOUTHAFRICALOCKDOWN

COVID-19 texting
KEEP AN EYE ON YOUR SYMPTOMS,
IF YOU HAVE A SEVERE FEVER, COUGH OR CANNOT BREATHE
CALL THE COVID-19 HOTLINE
0800 029 999

AMBULANCE 10177
FIRE BRIGADE 998 or 999
POLICE 10111

STAY SAFE. STAY HEALTHY. STAY INDOORS.

RAPE CRISIS CAPE TOWN TRUST
021 447 9762

POLICE CHILD PROTECTION UNITS
08600 10111

CHILDLINE
0800 055 555

SA DEPRESSION AND ANXIETY GROUP SUICIDE LINE
0800 567 567
SMS 31393

MARIE STOPES CLINIC
0800 117 785
info@maries stopes.org.za

ALCOHOLICS ANONYMOUS
0861 435 722

www.covidcomms.org.za
COLLECTIVE WELL-BEING

Multiple forms of support are needed for womxn who are experiencing gender based violence & children who are the victims of violence.

Providing protective & healing spaces can restore power, dignity & respect for all.

Communities can create healing spaces through connecting & finding ways of being well together while further preventing the spread of COVID-19.
CONTRIBUTORS

https://www.inclusivepractices.co.za/content/research-teaching-and-learning

http://www.dhrs.uct.ac.za/dhrs/divisions/occu_therapy/staff