

In these trying times of lockdown and COVID when educators are trying to take care of themselves, their families and their students, here are some motivational pointers

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Lets change the way we look at **COVID:**  
#vatsgyan



Care for yourself first, if you are happy and healthy you will be able to do your teaching.



Outside-in. Children are missing the outdoors so try and bring the outside world of nature inside! Involve children in nature gazing and other activities. Involve yourself in these too.



Virus, yes you may have a lot of questions about the virus, get real answers, don't get misled by fake forwards, as they can be quite scary and depressing.



Intelligent quotient is what is valued in this world; remember EQ is a very important part of IQ! So take care of your emotions and you will be able to take care of all teaching learning needs better.



Doing. Keep yourself busy with 'doing' activities, yoga, cooking, games etc. Don't spend all time online.