



Jumbo's Guide on Coronavirus for Children



Hello children! Have you heard of a new virus around us?



1

The name of the new virus is Coronavirus or Covid-19. This virus makes people sick with fever, headache, dry cough, and even shortness of breath.

Do you know it likes to travel?



2

The Covid-19 virus likes to travel which means it is contagious, and can spread from person to person through their nose, mouth, eyes, and hands.

Doctors say that people with Coronavirus should be advised to...

- 1 Stay at home and rest.
- 2 Stay isolated.
- 3 Consult a doctor for medication to get well soon.



3

What can you do to keep safe?

- 1 Regularly wash your hands with soap and water while singing the "Happy Birthday song".
- 2 Stay inside your home as much as possible.
- 3 Wear a mask covering your nose and mouth whenever you step out of the house or when people come home.
- 4 Maintain a physical distance of 6 feet with people when you go out.
- 5 Always cough or sneeze in your elbow or a tissue paper.
- 6 Avoid touching your nose, mouth, and eyes with your hands.



4

Sometimes you may feel...



5

It is fine if you feel sad or confused about what is happening but always share your feelings and questions with your parents and teachers.

To keep safe from the virus, remember you cannot...

- 1 ...go out to play in your building or garden or beach or a friend's house.
- 2 ...go to school.
- 3 ...go to the mall or market.



6

But you can do these things...

- 1 Attend school virtually with your teacher and friends.
- 2 Play indoor games, dance, draw and paint.
- 3 Chat over a voice or video call with your family and friends.
- 4 Help your parents with household work.



7

How can you become a Corona Champ to #breakthechain?

- 1 Don't go out, stay at home.
- 2 If you have to go out, wear your mask and ensure that it covers your nose and mouth.
- 3 Wash hands regularly if you have touched something.
- 4 Always maintain physical distance from others.



8

If you have any questions about the virus, then you must ask your parents and/or teachers. Stay safe, Stay healthy.



5 Rules to Teach Children About Wearing Masks



Always ensure that
you can breathe
through your Mask.

Always ensure that your
Mask is **washed**
and **clean**.



Always ensure that the
mask covers your
Mouth and **Nose**.



Always ensure to wear your mask
properly before
going out of your house.



Always use
comfortable cloth masks
and not surgical masks as
they are for Doctors and Nurses.

WASH YOUR HANDS

(Can be sung to the tune of Row Row Row Your Boat)

Wet your palms
Wet your fingers
Take a drop of soap
Scrub Scrub Scrub Scrub
Make the germs go



Scrub the fingers
Scrub the thumb
Scrub the wrist too
Scrub Scrub Scrub Scrub
Make the germs go

Put your hands
Under the tap
Let the water flow
Clean Clean Clean Clean
No germs anymore



Written by Indu Chanda.



WASHING HANDS PROPERLY



Step 1:
Wet hands with safe
running water



Step 2:
Apply enough soap to
cover wet hands



Step 3:
Scrub all surfaces of the hands – including backs of hands,
between fingers and under nails – for at least 20 seconds -
(sing the happy birthday song!)



Step 4:
Rinse thoroughly with
running water



Step 5:
Dry hands with a clean,
dry cloth, single-use towel or
hand drier as available

Virtual Interaction Hand Signals at Podar Jumbo Kids

Hand signals are non verbal cues that support children to quickly and appropriately communicate their reactions, needs, and levels of understanding in the virtual interaction.

- | | | |
|---|--|--|
| 1 | I wish my teacher and friends with a Jumbo Silent Hug! | |
| 2 | I am happy! Happy Hands. | |
| 3 | I would like to talk. | |
| 4 | I need help. | |
| 5 | I need to go to the washroom. | |
| 6 | I understand what is being said. | |
| 7 | I do not understand what is being said. | |
| 8 | I have finished doing my activity. | |

Virtual Interaction Agreement at Podar Jumbo Kids

The Virtual Interaction Agreement enables children to become aware of behaviour associated with personal and social skills. It aims to encourage learning, improve engagement, and also nurture socio- emotional skills in children.

1



I blink my eyes every 5 minutes to relax them.

2

I keep my video camera on during interaction.



3



I keep a bottle of water with me and drink water during water breaks.

4



I look away from the screen every 5 minutes to relax them.

5



I use my soft voice.

6



I listen when someone else is talking.

7



I sit comfortably and attend my interaction.



Wave



Peace



Thumbs Up



Salute



Air Fist Bump



Namaste



Air High Five

PHYSICAL DISTANCING GREETINGS



Hand on Heart



Silly Face



Jumbo silent hug



Pinky Wave



Dab



A little Dance



Heart Fingers





Screen Time Rules for Children!

Dear Parents,

Today’s children are “digital natives”, they have been raised in and with technology to the extent that they are familiar with it from a very early age. Technology is here to stay and we cannot keep our children completely away from it. However what is required is “Productive learning experience” with gadgets for our children. Even in our **Podar Jumbo Kids Online Home-based Learning**, we have kept child safety and appropriate use in mind, by ensuring that children are not on screens all the time and that the content they watch is appropriate and also involves a lot of physical activity and games. We are aware that extensive and incorrect use of screens can have many negative effects on children. Ensure children watch Brief and healthy content on screens. Have strict rules for screen time. Limit screen time. Especially not during eating, sleeping and family time.

We have ensured their safe screen use in our planning now dear Parents, do educate children on the following quick guidelines to make them understand the safe use of Technology:



1. Don't hold us too close to your eyes.



2. Take a break after 10 minutes and do some stretches.



3. Play with toys, books and spend very little time with us, never use us for more than one hour a day.



4. Never learn bad language or view bad programs on us.



5. We are not for playing games and you must always enjoy us when an adult is around

Healthy children have healthy screen habits.



Children understand best through stories, so parents please read the below story to your child and support him/her understand how to use technology safely...

Hello I am Jumbo and this is Happy and we are here to introduce some friends to you

- Tanya the television.
- Mayur the mobile phone.
- Charmi the computer.
- Lavina the laptop.
- Imran the Ipad.

Hello I am Tanya the television and I can be your friend for life. To be my best friend you must sit atleast 3 feet away from me. I have some programs for you and some for your mummy and daddy, so be careful and watch only programs meant for kids.

3 feet

When you are eating then do not switch me on as your stomach and mouth get distracted and you may not enjoy your food, or eat too fast or too slow, get a tummy ache and may even eat more than you want.

Try not to watch me for more than 10 minutes at a time so in every ad break do this exercise and you will be fit and fine.

10 Minutes

I like it when kids learn good things from my programs. I feel very sad when kids watch and learn wrong habits or language from my programs.

You must not watch me before going to bed, play with my friend the book and you will get a good night's sleep and Good sleep makes you smart.

Hello I am Mayur the mobile phone I can keep you safe and in touch with your family and friends.

I am not for playing games, my small screen and tiny buttons can harm your eyesight and finger muscles so please don't play games on me.

I work on radiation, radiation also cooks and warms your food in the microwave, so holding me too close all the time can be harmful for your health. Do tell your mummy and daddy not to keep me in their pocket or near their bed.

Hello I am Charmi the computer and these are my friends Lavina the laptop and Imran the Ipad.

I can help you type, find facts through internet, design, draw and many more interesting things.

I can help you do all that the computer does and I can be carried wherever you want, I am small and compact.

I have no wires, no keypad and no buttons and I can do many things. But children use me to play games and I would like them to play outdoors, read books and build with blocks too.

Never keep me too close to your face as it is unhealthy for your eyes. I too work on radiation so be careful and try not to hold me all the time.

We are all screen buddies because like the television and mobile phone we have screens and watching our screens for too long can harm your eyes.

We are not a toy and we are very unhappy when kids only use us for playing games. Our friends the blocks, the board games and the books feel sad when kids stop using them, so we request you to spend some time with your toys to make us all happy.

Tanya the television is right, you must exercise your muscles every 10 minutes after using us, otherwise you will not be strong and healthy so here is another fun stretch for you to do when you use us.

10 Minutes

Never use us for more than one hour a day, so which means not more than 15 minutes for each of us. And yes we all should be used by you only when an adult is around.

Early Childhood Association and Association for Primary Education and Research with Born Smart, recommend the following safety guidelines for children using screens for entertainment/edutainment or for remote learning engagements.

Show this poster to your child/children and help them understand how to use screens safely.

Tips for parents/teachers/caregivers-



Adult supervision: It is important that children are supervised by adults during their screen time. Parental controls on computers, phones and tablets can help to monitor usage of screens for older children, whereas younger children must always be accompanied by an adult during screen time.

2

Interactive engagements: During engagements with screens, whether the adult is interacting with the child through the screen or is accompanying the child as they watch the screen, children must also interact and share their point of view on the content being watched.



3

- **When school comes online!**
- Not more than 60 minutes screen time a day.
- A brain break every 20 minutes. Make children do a stretch or jump.
- Ensure children keep 20 inches distance from the screen.
- Don't forget to remind them to blink often!



Tips for adults to share with children

1

Blink-Blink-Blink: While spending time engaging with screens it is important to ensure that you are blinking your eyes often to avoid strain on your eyes.

2

How long?: It is important to make sure that you are not exposed to screens for more than one hour (60 minutes) at a time. You must move and stretch every 15-20 minutes.

3

Distance from the screen: It is essential to maintain a safe distance from the screen while watching it. You must maintain at least 20 inches distance from the screen to avoid strain to your eyes.



4

Do not eat or drink around digital devices: Eating is a sensory experience and your tongue and hand can get distracted! So never eat while watching content on a screen, as you may eat too fast or slow, eat too much or too little and then get a tummy ache!

5

Balancing with physical exercises: While you take a break from screens, do some stretches, yoga or exercise or just jump 20 times!



6

Use gadgets appropriately: Avoid viewing any programs that have bad language or teach you incorrect behaviour. Don't play too many games on gadgets. Play board games or build with blocks.

7

- **When school comes on a screen!**
- Keep 20 inches distance from the screen.
- Do not hold the screen in your hands, prop it comfortably so that both your hands are free.
- Don't forget to blink often!

Screens can be our friends for life we learn to use them safely. Lets start today.

DO THE FIVE

and help
stop coronavirus
from spreading by following
these 5 basic steps:



1 HANDS:
Wash them often
(regularly for 20 seconds, with soap and water or
alcohol-based hand rub.)



2 ELBOW:
Cough into it



3 FACE:
Don't touch it



4 SPACE:
Keep safe distance (1 meter or 3 feet)
with people who are unwell and show signs of flu.



5 HOME:
Stay at Home

NOTE:
It is important to tell children that
these 5 basic steps must be
followed by all.
Demonstrate by following yourself.

I am a smart **Covid** warrior child

1.
Wash hands
regularly



2.
I maintain
social distancing



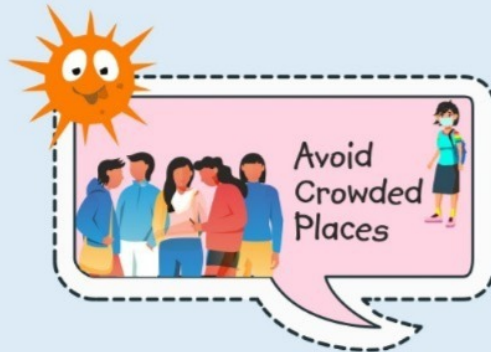
3.
I wear
a mask



4.
I don't cough or
sneeze into my
hand, I use tissue
or the fold of my elbow



Hand Wash Warrior



Social Distancing Warrior



**No touching
my face Warriors**

CORONA VIRUS

IS SPREADING... RAPIDLY

No need to panic. No need to get worried by reading forwards and false news.

Remember PREVENTION is better than cure.



cover your mouth when you sneeze or cough. Use a tissue and throw it in the bin.



one thing to do, is stay away from people who cough or cold. Keep yourself away from people when you have it too.



restrict frequenting public places. Stay away from parties and gatherings or swimming pool.



one more thing you can do is disinfect frequently touched surfaces like door handles etc. With a wipe. In public places touch railings, door knobs etc. with a tissue.



namaste!

No handshakes or hugs.



always wash hands with a good soap. Scrub fingers, thumb and wrists.



#vatsgyaan by Dr. Swati Popat Vats

Corona Virus

Health advisory

Coronavirus is a large family of viruses, which causes illness ranging from common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

1300 cases (~41 deaths) as on 26 Jan in China

4 cases in Thailand

1 each in South Korea, Japan, Taiwan & the US

More suspected cases in a few other countries

How it spreads:

Most commonly spreads from an infected person to other



The Air by coughing and sneezing.



Rarely, faecal contamination.



Close personal contact, such as touching or shaking hands.



Touching an object or surface with the virus on it, then touching your mouth.

Severe symptoms

In more severe cases, the infection can cause High fever (100.4F or higher), pneumonia, kidney failure and even Death.

Common symptoms



Fever



Cough



Breathing difficulties

How to prevent the spread?



Washing hands regularly.

Thoroughly cooking meat and eggs.



Covering mouth and nose while sneezing.

No unprotected contact with farm and wild animals.



Control Measures

If the symptoms are mild, stay at home, keep yourself hydrated and take complete rest. Avoid touching your eyes, mouth or nose with unwashed hands. In all cases be they mild or severe, seek medical opinion immediately.

Health advisory

Coronavirus is a large family of viruses, which causes illness ranging from common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

PRECAUTIONARY MEASURES INSTRUCTED TO ALL PODAR JUMBO KIDS TO HELP KEEP CHILDREN SAFE

1

Children to wash hands regularly and properly with a liquid soap:

- After going to the washroom
- Before and after snacks
- After coming back from the outdoors

2

Disinfecting all the doorknobs, cupboard surfaces.

3

To avoid Field trips to crowded locations.

5

If a child is observed with cough/cold/fever/breathing issues or any other signs and symptoms, then immediately Headmistress would inform the parent, talk to them and strictly the child to stay home till fully recovered.

6

Didi's, bus didi's and teachers have been guided to keep tissue papers handy and use it to cover their mouth when sneezing and immediately discard the tissue in the dustbin.

4

Monitoring if any didi, bus didi and teacher have severe cough/cold/fever/breathing issues or any other signs and symptoms. If found then let them stay home till they recover.

7

To give children frequent water breaks to keep themselves hydrated and throat moist.

...Precaution is better than cure and we at Podar Jumbo Kids strive to take all the possible preventive measures to ensure children's well-being and safety.



CONTAGION



**Personal
contact**



**Transmission by
cough/sneeze**



**Contaminated
objects**

HEADACHE

FATIGUE

FEVER

SORE THROAT

RUNNY NOSE

**SHORTNESS
OF BREATH**

DRY COUGH

Symptoms



PREVENTION



**Cover your cough
or sneeze**

**Wash your hands
frequently**



**Always wear a safe
mask**



PREVENTION OF

COVID-19



1. The **COVID-19** virus spreads from person to person in droplets produced by coughs and sneezes.

2. Therefore, it is important that students and staff **cover** their mouth and nose with a tissue when coughing or sneezing and dispose the tissue appropriately.



3. If no tissue is available, using the inside of the **elbow** (or shirtsleeve) to cover the mouth or nose is preferable to using the hands.

4. Always perform **hand hygiene** after sneezing, coughing and handling dirty tissues or other soiled material.



5. Avoid **touching** your face, eyes, mouth and nose

TREATMENT



**Eat healthy and
sleep well**

**Visit a doctor only
in an emergency**



House Quarantine



Listen:



Give children opportunities to **talk** about what they are feeling. Encourage them to share concerns and ask questions

Comfort:



Use simple tools to **comfort and calm** children, for e.g. telling stories, singing with them and playing games. **Praise** them frequently for their strengths, such as showing courage, compassion and helpfulness

Reassure:



Children that you are prepared to keep them **safe**. Provide them with correct information through valid sources

Here are some **Do's** and **Don'ts** from **UNICEF**, for educators and media on **HOW TO TALK ABOUT THE CORONAVIRUS**



DO:

Talk about the new coronavirus disease (COVID-19)

DON'T:

Attach locations or ethnicity to the disease. Remember, viruses can't target people from specific populations, ethnicities, or racial backgrounds.



DO:

Talk about "people who have COVID-19", "people who are being treated for COVID-19", "people who are recovering from COVID-19" or "people who died after contracting COVID-19"

DON'T:

refer to people with the disease as "COVID-19 cases" or "victims"



DO:

Talk about people "acquiring" or "contracting" COVID-19

DON'T:

Talk about people "transmitting COVID-19" "infecting others" or "spreading the virus" as it implies intentional transmission and assigns blame.



DO:

Speak accurately about the risk from COVID-19, based on scientific data and latest official health advice

DON'T:

Repeat or share unconfirmed rumours, and avoid using hyperbolic language designed to generate fear like "plague", "apocalypse" etc.



DO:

Talk positively and emphasise the importance of effective prevention measures, including following tips on handwashing and social distancing.

Prime Minister Narendra Modi's (Modi uncle's) call for #SaatkaSaath.

1

Take extra care of the elderly in your family.



2

Stay home, support social distancing and wear a mask at all times.



3

Strengthen your immunity, drink warm water and eat healthy.



4

Download Arogya Setu app.



5

Help the poor and the hungry around you.



6

Employers to refrain from removing staff.



7

Respect and reverence for our frontline workers



Let us follow this #Saptapadi to defeat #Corona

If we stay in, Corona stays out.
If we all stay in, Corona stays away.
#lockdowntillmay3

post with #Jumbocelebrations

HERE ARE SOME IMPORTANT POINTS FROM UNICEF, ON HOW TO TALK TO CHILDREN ABOUT COVID-19,

It's easy to feel overwhelmed by everything you're hearing about coronavirus disease 2019 (COVID-19) right now. It's also understandable if your children are feeling anxious, too. Children might find it difficult to understand what they are seeing online or on TV – or hearing from other people – so they can be particularly vulnerable to feelings of anxiety, stress and sadness. But having an open, supportive discussion with your children can help them understand, cope and even make a positive contribution for others.

1. Ask open questions and listen

Start by inviting your child to talk about the issue. Find out how much they already know and follow their lead. If they are particularly young and haven't already heard about the outbreak, you may not need to raise the issue – just take the chance to remind them about good hygiene practices without introducing new fears.

Make sure you are in a safe environment and allow your child to talk freely. Drawing, stories and other activities may help to open up a discussion.

Most importantly, don't minimize or avoid their concerns. Be sure to acknowledge their feelings and assure them that it's natural to feel scared about these things. Demonstrate that you're listening by giving them your full attention, and make sure they understand that they can talk to you and their teachers whenever they like.



2. Be honest: explain the truth in a child-friendly way

Children have a right to truthful information about what's going on in the world, but adults also have a responsibility to keep them safe from distress. Use age-appropriate language, watch their reactions, and be sensitive to their level of anxiety.

If you can't answer their questions, don't guess. Explain that some information online isn't accurate, and that it's best to trust the experts.



3. Show them how to protect themselves and their friends

One of the best ways to keep children safe from coronavirus and other diseases is to simply encourage regular handwashing. It doesn't need to be a scary conversation.

You can also show children how to cover a cough or a sneeze with their elbow, explain that it's best not to get too close to people who have those symptoms, and ask them to tell you if they start to feel like they have a fever, cough or are having difficulty breathing.



4. Offer reassurance

When we're seeing lots of troubling images on TV or online, it can sometimes feel like the crisis is all around us. Children may not distinguish between images on screen and their own personal reality, and they may believe they're in imminent danger. You can help your children cope with the stress by making opportunities for them to play and relax, when possible. Keep regular routines and schedules as much as possible, especially before they go to sleep, or help create new ones in a new environment.

If you are experiencing an outbreak in your area, remind your children that lots of adults are working hard to keep your family safe.

If your child does feel unwell, explain that they have to stay at home/at the hospital because it is safer for them and their friends. Reassure them that you know it is hard (maybe scary or even boring) at times, but that following the rules will help keep everyone safe.



5. Check if they are experiencing or spreading stigma

The outbreak of coronavirus has brought with it numerous reports of racial discrimination around the world, so it's important to check that your children are neither experiencing nor contributing to bullying.

Explain that coronavirus has nothing to do with what someone looks like, where they are from or what language they speak.



6. Look for the helpers

It's important for children to know that people are helping each other with acts of kindness and generosity.

Share stories of health workers, scientists and young people, among others, who are working to stop the outbreak and keep the community safe. It can be a big comfort to know that compassionate people are taking action.



7. Take care of yourself

You'll be able to help your kids better if you're coping, too.

Children will pick up on your own response to the news, so it helps them to know you're calm and in control.

If you're feeling anxious or upset, take time for yourself and reach out to other family, friends and trusted people in your community. Make some time to do things that help you relax and recuperate.



8. Close conversations with care

It's important to know that we're not leaving children in a state of distress. As your conversation wraps up, try to gauge their level of anxiety by watching their body language, considering whether they're using their usual tone of voice and watching their breathing.

Remind your children that they can have other difficult conversations with you at any time. Remind them that you care, you're listening and that you're available whenever they're feeling worried.



Dr. vats recommends...

For Parents

- Parents are currently struggle because there is so much news going around about Corona virus. However parents should not believe that their child is intelligent and knows everything. They must have a chat about what it is and what are the precautions we must take in a story form.
- It is important to talk to them age appropriately. Children who cannot talk or open up then make children draw about how they are feeling - this will help to know what is going on their mind
- We must label emotions - sad,angry,happy etc. It helps children to differentiate.
- Set aside a screen free time - eat together, do some exercise or walk around with your child, sit with your child and chat.
- Not more than 15 minutes screentime at once and guide your children to blink their eyes often while using gadgets. It helps keeps the eyes safe.

For educators and schools

- Educators must think of revival of education. This lockdown period serves as an example for us.
- Schools planning for home based learning activities should be a mix of hands on activities and not just a video for 3 hours. It should be more conversation based.
- Activities we design as schools should not pressure parents as mothers are already loaded with alot of household work.
- Animal yoga interests the children and hot hot cold cold are great games to keep children engaged.
- Refrain from putting pictures of family and children on social media.

First ask yourself

- - is it required?
- Will my child like it? - How is it helping my child?

#vatsgyaan

Talking to children about Corona and all...



To explain about Corona, parents need to learn how to do it with different age groups.

Up to 6 years- tell them in a story form about how we get a cold or fever and have to stay at home, similarly right now many people are getting a cold and fever and it is called corona and so we have to keep ourselves safe by staying at home. If we stay home and wash our hands, it will not come to us.

From 6 years upwards- it is important to ask them what they know about corona virus, because it is important to know what they know so that we can correct any misconceptions or ideas if they have any. Playing a Q and A also helps. Like ask questions- What is quarantine? Why are we asked to be in quarantine? Etc.
11 things for parents to keep in mind -

- 1 Don't threaten them using the virus. Like, eat this or you will become weak and catch the virus. This will scare them and we don't want to scare them right now, we want to educate them.
- 2 Talk to them everyday if they have any anxieties or questions about the virus.
- 3 Ensure that they do not hear you laughing or telling jokes about the virus, as this will send them mixed messages about whether to take it seriously or not
- 4 Be alert when you cough or sneeze; ensure you follow the same rules, children learn best by imitation.
- 5 Don't act flippant about the situation. Don't blame the government or a country or anyone; it is important that children learn that this is not happening because of anyone.
- 6 Children must see you having resilience, so its ok to show you are scared or bored or upset. But also show them that inspite of feeling scared, bored or upset you are still keeping on doing all the things to be safe.
- 7 Children are watching news, hearing you talk and they have fears that they are unable to talk to you about. Make them draw about the virus and then talk to them about their drawing and you may be able to understand what is going on in their mind.
- 8 Reassure them that the virus cannot come home; it stays out if we follow all the rules, all the time. And if we were to catch the virus, the government has well trained doctors who can take care of us.
- 9 Be realistic, especially when children ask you questions like, "How long will we have to stay home?- reply, as long as it is unsafe outside.
- 10 Set a daily routine as routine calms the brain, but also be sensitive to moodiness. Staying at home, cooped up is going to take a strain on their emotions, so ensure that if their emotions are going haywire, yours should be stable!
- 11 If your child is starting online school, do talk to them and prepare them for it. Especially the early and primary years children, they should not feel confused about this sudden change from a physical school to an online school.

Stay at home. Stay safe. Stay clean. Stay hydrated.

Dr. Swati Popat Vats

President

Early Childhood Association/Association for Primary Education and Research

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

By Dr. Swati Popat Vats.

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.