

**User Guide for Digital Materials Adapted from  
'Psychosocial Support for Children during  
Covid-19 – A Manual for Parents and Caregivers'**



## **User Guide for Digital Materials Adapted from 'Psychosocial Support for Children during Covid-19 – A Manual for Parents and Caregivers' Manual**

2020

Digital Materials adapted from content in '*Psychosocial Support for Children during Covid-19 – A Manual for Parents and Caregivers*', a publication developed by UNICEF India Country Office, in collaboration with CHILDLINE India Foundation.

The purpose of the Manual, and the digital materials developed from it, is to provide parents, caregivers, support persons, children and adolescents tools and play methods to help understand Covid-19 and how it can be prevented. It helps them manage related stress, fear and anxiety, and to recognize the increased risk of violence, which can help them stay safe.

These digital tools inform, engage and encourage children of age groups 6 to 10 years and 11 to 19 years to remain positive in this period. These activities and play methods help them learn and express their emotions, even as they have fun.

Digital Materials developed by New Concept Centre For Development Communication, New Delhi

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## Material Type:

Digital Tool

## Purpose:

To help children express their emotions during these troubled times, when everyone is forced to remain indoors due to the lockdown. This would also help parents, caregivers and support persons understand the emotional needs of children. It would be especially useful for children in childcare institutions who are away from their families for any reason and need to express how they feel.

## Age Group:



- Children aged 11 to 19 years
- Children aged 6 to 10 years (assisted by an adult, who can explain and navigate)



## Usage:

- A simple, intuitive tool that can be used by anyone.
- The user clicks on the link provided to open the tool. The forward, backward arrows help the user navigate properly through it.
- The child clicks on a series of boxes that best express their emotion and feelings. The accompanying voiceover reads the box to help a child, or adult helping the child.

## Action Points:

- In case a child feels he or she is at risk, the tool points out that they can call 1098 at any time of the day or night, in case they feel troubled or are in trouble.
- In the end the tool provides a simple deep-breathing exercise to help calm the mind and to reduce worries. The exercise will be helpful to all children.

## Key Behaviour Takeaway:

- As the child goes through the steps that express his or her emotion, it provides a release, thereby providing relief from the strong emotions that may have been held back.
- The tool helps the child understand that they should not feel isolated and alone and expressing their emotions to people and friends around, who care for them, is very helpful.

## 2 COMFORT AND ENGAGE A CHILD



### Material Type:

Digital Tool

### Purpose:

- To help adults understand a child, to learn to listen, comfort and reassure them in a positive way. Though it is useful for adults at all times, it is more relevant now, when both adults and children are under tremendous stress due to the anxieties and fears created by the pandemic.
- The tool will be very useful for parents, care givers and support persons with little access to resources. It will help them understand why children in stressful situations, behave the way they do, and how they can help and engage them.



### Age Group:

- For any adult who is taking care of; or responsible for, the health and well-being of children.

### Usage:

- A simple, intuitive tool that can be used by any adult.
- The user clicks on the link provided to open the tool. Each page provides content on different aspects about understanding and engaging children in stressful situations. The forward, backward arrows help the user navigate.
- There are three sections that the user can easily navigate through:
  - Part A — Understand the Child, Keep it Positive
  - Part B — Engage the Child, and
  - Part C — Recognising signs of psychological distress

### Action Points:

- The parts 'Keep it Positive', 'Engage the Child' give practical, handy tips (for children of different age groups) and reminds the user that adults are obliged to create a cheerful atmosphere since children cannot comprehend why things are not 'normal anymore'.
- Different children react differently to stressful conditions. The last part gives practical pointers on recognising signs of psychological distress in children. It provides details of agencies that they can reach out, in case a child is too distressed and needs the help of trained professionals.

### Key Behaviour Takeaway:

- As the user goes through the tool, he or she learns new ways of being with children and engaging them in a positive way.
- The user learns that listening to children, encouraging them to share their feelings is a good way of reassuring them, because they need to speak to someone who genuinely cares for them.

## 3 ENGAGE A CHILD



### Material Type:

Digital Tool

### Purpose:

- Provides pointers to adults to help them keep children engaged positively. Though it is useful for adults at all times, it is more relevant now, when both adults and children are under tremendous stress due to the anxieties and fears created by the pandemic.
- The tool will be very useful for parents, care givers and support persons with little access to resources. The user learns that they need to set aside time for the child and gives them some ideas on things they can do together with children of different age groups.



### Age Group:

- For any adult who is taking care of; or responsible for, the health and well-being of children.

### Usage:

- A simple, intuitive tool that can be used by any adult.
- The user clicks on the link provided to open the tool. The forward, backward arrows help the user navigate.
- The user can easily navigate to the content on 'Engage the Child' and click on the each box or point of interest to them.

### Action Points:

- The user learns practical, handy tips to keep children of different age groups engaged in constructive activities. This is especially helpful to parents or caregivers, support staff who have to engage children of different ages.
- Since Yoga and meditation are helpful to calm anxious minds, the tool reminds parents that they can practice them together with children, especially when everyone feels stressed.

### Key Behaviour Takeaway:

- As the adult caregiver or parent goes through the tool, they learn new ways of being with children and engaging them in a positive way.
- It helps the adult reflect and rethink about the ways in which they have been dealing with children.

### Material Type:



Digital quiz on Corona virus and common misconceptions about how it spreads and can be avoided.

### Purpose:

To help children understand the Corona virus and to clear up common misconceptions about it and the precautions to be taken.

### Age Group:



- Children aged 11 to 19 years
- Children aged 6 to 10 years (assisted by an adult)



### Usage:

- A simple, intuitive tool that can be used by children and teens. Younger children can be assisted by an adult, who can read and explain the answers in a simple way.
- The user clicks on the link provided to open the tool. The forward, backward arrows help the user navigate.
- The child reads a statement and clicks on 'True' or 'False' while responding to the given statement. If the child clicks a wrong answer, he or she is encouraged to try again. When the answer is correct, a pop-up explains why it is so. This ensures the child learns something new at each step and is not merely trying to get all correct answers.
- It ends with an informative, interactive 'Five Basic Steps to Prevent Corona Virus', where the child can click on each icon to learn about these basic prevention steps.

### Action Points:

- The child learns about the Corona virus and ways to prevent getting infected, as he or she answers each statement. It may be helpful to some adults as well.
- The tool doesn't judge the child's understanding, which creates an atmosphere of learning. In line with this, there are no scores given.

### Key Behaviour Takeaway:

- The quiz helps clear common misconceptions about the virus and prevention behaviours, which will relieve children of some anxieties that may reflect in their behaviour.
- The quiz ends on a positive note, giving the child some hope, since everyone around; including adults, is worried about the future.
- The interactive page on 'Five Basic Steps to Prevent Corona Virus' encourages reinforces positive behaviours that will prevent the spread of the virus.

## 5 MYTHS & MISCONCEPTIONS ON COVID-19



### Material Type:

A quiz on common misconceptions and myths about Covid-19.

### Purpose:

To resolve common misconceptions among adults and caregivers about Covid-19.

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### Age Group:



- For any adult who is taking care of; or responsible for, the health and well-being of children.

### Usage:

- A simple, intuitive tool that can be used by any adult.
- The user clicks on the link provided to open the tool. The forward, backward arrows help the user navigate.
- The user reads the statement and clicks on the accompanying 'True' or 'False' box, which fetches an appropriate response.

### Action Points:

- Some common myths about Covid-19 are cleared, which would be helpful to parents and caregivers.

### Key Behaviour Takeaway:

- The user learns to stop or modify actions and behaviours that they may have picked from people around that have no scientific basis, but which are generally believed to help prevent infections.
- Children learn from adults and they imitate behaviours. If the adults learn the right things, hopefully the children under their care will pick these too and learn from them.

### Material Type:



Animation film with voiceover. The film encourages children to be safe in the times of Covid-19 from the virus, and from abuse and violence by people around them.

### Purpose:

To help children understand they must take precautions so that they do not come to harm, or mistakenly harm others, by inadvertently exposing themselves to the Corona virus. During these stressful times, the chances of being abused by people around them are high. The film guides children on how to come out of any such situation safely.

### Age Group:



- Children aged 11 to 19 years
- Children aged 6 to 10 years (assisted by an adult)



### Usage:

- A simple, animation film with voiceover that can be clicked open and viewed.

### Action Points:

- Children, women and those with disabilities may face abuse of some sort or other from some adults during the lockdown, so be aware.
- It asks the child to observe if he or she sees children, women or elders not being treated well around them. It asks them if they are aware of good touch/ bad touch, or if they have experienced any such behaviour. This subtly makes the child aware of such issues.
- The film explains how children can avoid such situations, or what they can do if caught in such unfortunate situations. How they can keep themselves safe with the help of people they trust, or by calling the CHILDLINE (1098) or the Police at any time.

### Key Behaviour Takeaway:

- The film persuades children to be patient and listen to their elders, doctors and care givers, who ask them to protect themselves and take precautions against infections.
- It asks them to be on guard against harm from other sources- from abuse and violence by people around them. They should stay away from people who harm others and never meet them alone.
- They must watch out for children or people with disabilities or women and elders, who may face hardships from some people around them.
- It also points out that while the Internet is a good educational and informational resource, they should exercise caution when they are online. It asks them to be cautious and not trust every person they interact with online, so that they are not harmed in anyway.

## 7 BE SAFE – SHORT CLIP

### Material Type:



Short clip with voiceover. The film encourages children to not feel lonely and isolated, and to protect themselves from abuse and violence by people around them.

### Purpose:

The short clip guides children on how to come out of any situation, where they may be at risk from violence and abuse from others, safely. It can be easily downloaded on a smart phone and shared among groups and communities.

### Age Group:



- Children aged 11 to 19 years
- Children aged 6 to 10 years (assisted by an adult)



### Usage:

- A small clip with voiceover that can be clicked open and viewed.

### Action Points:

- Identify situations where children, women and those with disabilities may face abuse of some sort or other from some adults.
- Speak to adults and people the child trusts. Call the CHILDLINE number 1098 or the Police at any time of the day or night, if the child is at risk of being harmed, or is in trouble.

### Key Behaviour Takeaway:

- It asks them to be on guard against abuse and violence by people around them. They should stay away from people who harm others and never meet them alone.
- They must watch out for children who face hardships from some people around them.
- Do not hesitate to ask adults whom they trust, for help, or call the CHILDLINE number 1098 or the Police, any time they are in trouble.
- Above all, never feel lonely and isolated. A child can always reach out to people for help.

## 8 ACTIVITY SHEETS

- 1) Activity Sheet One – Colouring Sheet – Child-Friendly Spaces in Times of Corona
- 2) Activity Sheet Two – Colouring Sheet – Heroes Fighting Corona Virus
- 3) Activity Sheet Three – Colouring Sheet – Staying Safe from Corona Virus
- 4) Activity Sheet Four – Mandala Art Colouring Sheet – Bear
- 5) Activity Sheet Five – Mandala Art Colouring Sheet – Deer
- 6) Activity Sheet Six – Mandala Art Colouring Sheet – Dolphin



### Material Type:

Colouring sheets.

### Purpose:

To keep children engaged, to help them use their creativity while learning about staying safe, people who keep us safe from Corona, and about child-friendly spaces during the Corona pandemic. The Mandala Art series introduces the children to certain attributes of the animals that people respect and honour. It helps them reflect on these attributes and consider how they can bring these qualities in their own lives.

### Age Group:



- Children aged 11 to 19 years
- Children aged 6 to 10 years (assisted by an adult)



### Usage:

- Can be coloured online or a printout of the sheet can be coloured.
- In the drag and drop sheets, the user simply drags the right shape/ coloured object to the right place in the sheet. In the Mandala sheets, clicking once in the area colours the pattern.

### Action Points:

- Children learn about different aspects of life that get affected by the Corona virus and that there are people who take care of society at great personal risk.

## Key Behaviour Takeaway

- Children learn that being engaged in creative activities is a good way of spending time and learning.
- The Mandala Art series helps the child learn about some wonderful qualities and how we can display them in our lives. They start wondering which qualities they would like to have, whether it is fair that certain qualities are linked to certain genders and so on.

## 9 ACTIVITY SHEET – MATCH THE ACTIVITIES – PREVENTION, CONTAGION, SYMPTOMS AND TREATMENT



### Material Type:

Activity sheet.

### Purpose:

Helps children understand which activities help prevent the spread of the Corona virus, which ones aid the contagion, the symptoms and treatment of the disease.

### Age Group:



- Children aged 11 to 19 years
- Children aged 6 to 10 years (assisted by an adult)



### Usage:

- A drag and drop sheet, where the child simply drags the right activity from the top and drops it into the right column.

### Action Points:

- Children learn about different aspects related to the prevention of Covid-19, the ways in which the contagion can spread, and the symptoms and treatment of those affected by Covid-19.

### Key Behaviour Takeaway

- Children learn that infections and Covid-19 can be prevented.
- They learn that its spread can be halted if the right actions are taken.
- They learn to recognise symptoms. They learn that people should not panic and meet a doctor only in an emergency.
- They learn about eating nutritious healthy meals, and that timely detection and treatment can help a person recover.



### Material Type:

Interactive digital information tool.

### Purpose:

Helps children understand five basic steps to prevent the spread of the Corona virus.

### Age Group:



- Children aged 11 to 19 years
- Children aged 6 to 10 years (assisted by an adult)



### Usage:

- A simple, intuitive tool that can be used by any child.
- The user clicks on the link to open the tool. The forward, backward arrows help navigate.
- Icons for the Five Basic Steps appear. Clicking on each icon provides information on what needs to be done and why following the step will help prevent the virus from infecting others.

### Action Points:

- Children learn simple steps that they can follow to prevent the virus from infecting others.

### Key Behaviour Takeaway

- Children learn to follow basic steps of personal hygiene: washing hands properly with soap at regular intervals, coughing or sneezing in one's elbow, wearing a face mask and avoiding touching one's face with hands.
- They learn new ways of being - about social distancing and staying at home as far as possible, to avoid crowds and reduce the chances of getting infected.

### Material Type:



Short clip that describes fun activities that can make hand-washing and hygiene less of a chore.

### Purpose:

The short clip guides adults on the things they can do to enforce regular hand-washing and good hygiene habits, by making a game out of it. It can be easily downloaded on a smart phone and shared among groups and communities.

### Age Group:



- For any adult who is taking care of; or responsible for, the health and well-being of children

### Usage:

- A small clip that can be clicked open and viewed.

### Action Points:

- Suggests ways by which parents or caregivers can ensure children have fun even as they follow a regular hand-washing or cleanliness routine.

### Key Behaviour Takeaway:

- Children learn that hand-washing and hygiene can be fun and this reinforces positive behaviours.
- Both adults and children learn six steps for effective hand-washing with soap and they can have fun with friends and siblings, even with activities such as these.
- They learn that they can make other 'chores' and activities fun too.

## 12 UNDERSTANDING STIGMA AND DISCRIMINATION BETTER DURING PUBLIC HEALTH EMERGENCY OF COVID-19



### Material Type:

Interactive digital information tool.

### Purpose:

Gives users a good insight into stigma and discrimination and its forms observed in society. Set in the context of the COVID-19 pandemic, it is however a useful learning tool in all situations where one would want to make people aware of stigma and discrimination.

### Age Group:



- All adults
- Teenagers



### Usage:

- A simple, intuitive tool that can be used by anyone.
- The user clicks on the link to open the tool. The forward, backward arrows and message prompts help the user navigate.

### Action Points:

- As users navigate through its four sections, they learn through simple, interactive exercises various facets of stigma and discrimination and its forms experienced by different groups.

### Key Behaviour Takeaway

- In the first section users get acquainted with stigma and discrimination.
- In the second section they understand the forms in which stigma manifests for different groups and individuals. They learn about the causes of stigma.
- Section three highlights the impact of stigma and discrimination on individuals and groups
- Section four presents a quiz on how common people can fight stigma and discrimination. In the next part, the user understands how the Indian Constitution safeguards every citizen's rights and protects them from stigma and discrimination. In the end, some common myths around Covid-19 that impact the way people behave with others, are busted.

## 13 A VIRUS TEACHES TO CARE FOR EVERYONE – BHOLU AND SHEENU LEARN ABOUT STIGMA AND DISCRIMINATION DURING THE COVID-19 PANDEMIC

### Material Type:



Illustrated story book

### Purpose:

Children learn about stigma and discrimination through the experiences of two children Bholu and Sheenu and their families and friends, during the Covid-19 pandemic.

### Age Group:



- Children aged 11 to 19 years
- Children aged 6 to 10 years (read and explained by adults)



### Usage:

- A digital story book that can be clicked open and read.

### Action Points:

- Story book with illustrations, on the experiences of Bholu, Sheenu and their families, during the covid-19 pandemic.
- Interested children and adults can do an exercise to identify similar behaviours around them.

### Key Behaviour Takeaway:

- Children learn how our biases and fears affect the lives of friends and family members and strain relationships, due to the stigma attached to diseases.
- They learn that while being fearful of the unknown is a natural human reaction, it is not right to trouble and harass those affected by Covid-19.
- Children learn that arming ourselves with knowledge, making people aware of the disease, how it spreads and measures to prevent transmission and infections, reassures people.
- After a person recovers from Covid-19, he or she is like any other person. Any unfairness against them and their families creates greater danger for the rest of us, as those with the symptoms then try to hide it, increasing the risk of transmission.
- There are many people working tirelessly, doing their bit to help society get rid of Covid-19. We must respect them for the work they do despite the great risk to themselves and their families, and not treat them badly because of our unfounded fears.

## 14 NO CHANCE FOR CORONA – HOW KIDS CAN HELP BEAT THE VIRUS



### Material Type:

Illustrated story book, adapted from a story by Deutsche Welthungerhilfe e.V. and Wash United.

### Purpose:

Children learn how kids can come together and help beat the Corona virus.

### Age Group:



- Children aged 11 to 19 years
- Children aged 6 to 10 years (read and explained by adults)



### Usage:

- A digital story book that can be clicked open and read.

### Action Points:

- An illustrated story book where four bored children, stuck at home during the covid-19 pandemic, explain why the measures taken during to prevent transmission are important to keep everyone safe from the disease.

### Key Behaviour Takeaway

- Children learn about the Corona virus and Covid-19.
- They learn the importance of social distancing and how it helps break the transmission chain. The kids explain that while it is boring to stay at home all day, we can do many things at home, play indoor games, read books to keep ourselves entertained and make sure the virus doesn't enter our bodies.
- The kids explain the simple measures that each one of us can take to prevent others around us from getting infected. In their own way, the kids spread awareness about these measures within their group of friends and the neighbourhood, so that everyone can be safe.

## 15 KALA'S FAMILY — INTERACTIVE TOOL ON PARENTING ADOLESCENTS



### Material Type:

Illustrated interactive digital tool with voiceover

### Purpose:

Readers learn how they must interact with children transiting into adulthood. They learn to create a positive environment, acknowledging all outcomes - successes, efforts and failures, listen and talk openly, discuss about online dangers and lookout for warning signs and ways to comfort children. The story is told through the eyes of Kala, an eleven year old girl, dealing with the complexities of adolescence and staying indoors during the Covid-19 pandemic.

### Age Group:



- Children aged 11 to 19 years (adolescents)
- Parents and caregivers of adolescents



### Usage:

- A digital interactive tool with voiceover that can be easily navigated through.

### Action Points:

- Using the tool, the user empathises with Kala's feelings of sadness and anxiousness that stems from dealing with unknowns (here, the Covid-19 pandemic and societal isolation and distancing).
- It tries to address aspects of mental wellbeing as Kala engages in activities both individually and with her family, giving her a sense of security, changing her mood and outlook.

### Key Behaviour Takeaway

- Users learn to listen to adolescents, talk openly and comfort children.
- The family and caregivers learn to do creative activities together, play indoor games and do housework together.
- They learn that providing an abuse and violence-free home environment is crucial for children in their growing years.
- It exhorts parents and caregivers to ensure they provide guidance to keep their children safe from online bullying and threats.
- It urges users to create together with other family members a routine, and provide positive acknowledgement of all outcomes - successes, efforts and failures that come their way.
- It informs children that they can call CHILDLINE 1098 for any support, if they are in trouble.

