

# How can you nurture children's spirituality and their ethical reflections during the COVID-19 lockdown?



Create spaces in your family home to connect with one another through playing, reading or telling stories to each other, and involve children's help in activities such as cooking, cleaning, gardening, and others.

Plan periods of time to devote exclusively to your children. Listen to your children with empathy and pay attention to their non-verbal communication. Ask about, and listen to their needs, their fears, their joys, and frustrations. Respond with kindness and understanding.

Foster gratitude for the important things in life: being together, being healthy, being able to see family and friends online, being able to laugh, being able to show and help someone feel better. Ask your children what they are grateful for and share with them what makes you feel grateful.



Help children reach out to family and friends through phone, chats or social media. When this is not possible, talk about previous activities with those family members and friends, and encourage your children to talk about what they like about sharing with them. Encourage children to draw pictures for relatives, and/or write notes to them which may be shared with those relatives online or after the pandemic.



Find joy and positivity in the big and little moments of daily life.



Show through positive example the importance of eating healthy, and maintaining a correct hygiene. Explain the need for physical distancing, caring for one another, and respecting the Planet.

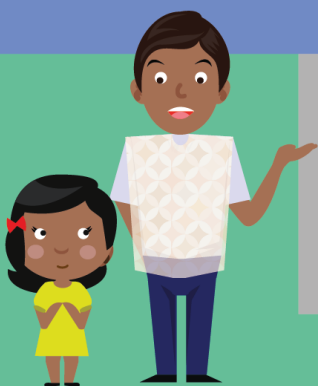
# How can you nurture children's spirituality and their ethical reflections during the COVID-19 lockdown?

Agree on sharing household chores, with age-appropriate help from children, and keep the home environment clean and organized.



Encourage everyone in the family to talk about how each one is feeling and suggest ideas on how you can support each other. This could be done at a certain time every day.

If possible, eat all meals together as a family, and use this time for positive and lighter conversations, without complains or scolding to children.



Create moments for children to pray, and/or meditate and/or engage in mindfulness activities.



Talk about the situation. Information about COVID-19 is at times overwhelming. Engage in dialogue with your children to understand what they know about the COVID-19 and how they feel about it to clarify any misunderstanding or concern they may have. They can draw, talk, or role-play what they know and how they feel. You can join them and share what you know and how you feel too in ways that are not overwhelming for children and can help releasing any stress or anxiety. Check UNICEF Resources to learn about it.

Motivate children to respond to the current situation by doing something simple for their community. For example, if possible, sharing food and resources with community members especially those who are vulnerable while restrictions are in place.

