



Promoting Psycho-Social Support of Learners During the COVID-19 Outbreak

As the COVID-19 situation is rapidly evolving, learners may worry and be affected by the situation around them. The struggle that learners are facing is also directly related to the significant shift in their routines due to school closures, quarantine and social distancing which hinders their sense of structure, predictability and security. **This in turn will affect their ability to be fully engaged in learning.**

Recommendations to support learners' psycho-social well-being during the pandemic:

1

Recognize that reactions to the pandemic may differ



Every learner is unique and has a different way to respond to stressful events



Assure learners that their reactions are normal during such times.



Explain the impact of the pandemic in an age appropriate way

2

Promote learners' emotional well being



Help learners know their own emotions and acknowledge their feelings and concerns



Support learners communicate, express, and manage their anger and frustration



Give them plenty of affection, share your feelings, and tell them that you love them

3

Promote learners' social well being



Maintain a net of family and peer relationships around learners



Explain that social distancing is only physical



Teach listening, problem solving, decision making, and communication skills

4

Create Safe, Positive, and Supportive Environment



Create and maintain a regular schedule and daily routine during quarantine



Ensure a balanced diet, physical exercise and enough sleep



Use positive discipline strategies based on conflict resolution, role modeling, and praise

Keep room for fun and recreational activities including: play, music, media, team games, and others...