



Save the Children



Save the Children

PSS for Families During Covid-19

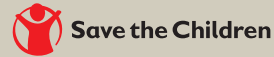
1. PSS Kits: Books, Toys, Arts Supplies, Guidance for Caregivers
2. Stress Busters – Print outs, Social Media Messaging, Radio Facilitation
3. HEART Activities at Home – Family support distributions and/or PSS Kits
4. Remote HEART Trainings for physically distanced Child Friendly Spaces

Example: Radio Facilitation Stress Busters

Example: Masks Activity

Example: Stress Buster Graphics

Stress Busters from our HEART Program



Stress Busters

from our HEART program

الزهرة والشمعة



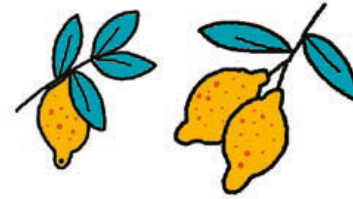
يساعد هذا النشاط البسيط على التنفس بعمق، وهو أحد أساليب الاسترخاء

مثل/ي أنك تحمل زهرة طيبة الرائحة بيد وشمعة باليد الأخرى

- خذ/ي نفسًا ببطء وكأنتك تشم الزهرة
- أخرج/ي الهواء من فمك ببطء وكأنتك تطفئ الشمعة
- كررها لبضع مرات

Lemwn

Mae'r ymarfer hwn yn rhyddhau tensiwn yn y cyhyrau.



Dychmygwch fod gennych lemwn yn eich llaw.

- Estynnwch i fyny i'r goeden a chasglwch lemwn ym mhob llaw.
- Gwasgwch y ddau lemwn yn galed i ryddhau'r holl sudd – gwasgu, gwasgu, gwasgu.
- Taflwch y ddau lemwn ar y llawr ac ymlaciwch eich dwylo.
- Ailadroddwch hyn, nes bod gennych ddigon o sudd ar gyfer gwydraid o lemonêd!
- Ar ôl gwasgu am y tro olaf, ysgwydwch eich dwylo i ymlacio!



Cath ddiog

Mae'r ymarfer hwn yn rhyddhau tensiwn yn y cyhyrau.

Dychmygwch eich bod yn gath ddiog sydd newydd ddiuno ar ôl cysgu'n braf am amser hir.

- Agorwch eich ceg yn llydan.
- A mewian.
- Nawr estynnwch eich breichiau, eich coesau a'ch cefn – yn araf fel cath – ac ymlaciwch.



Feather/Statue



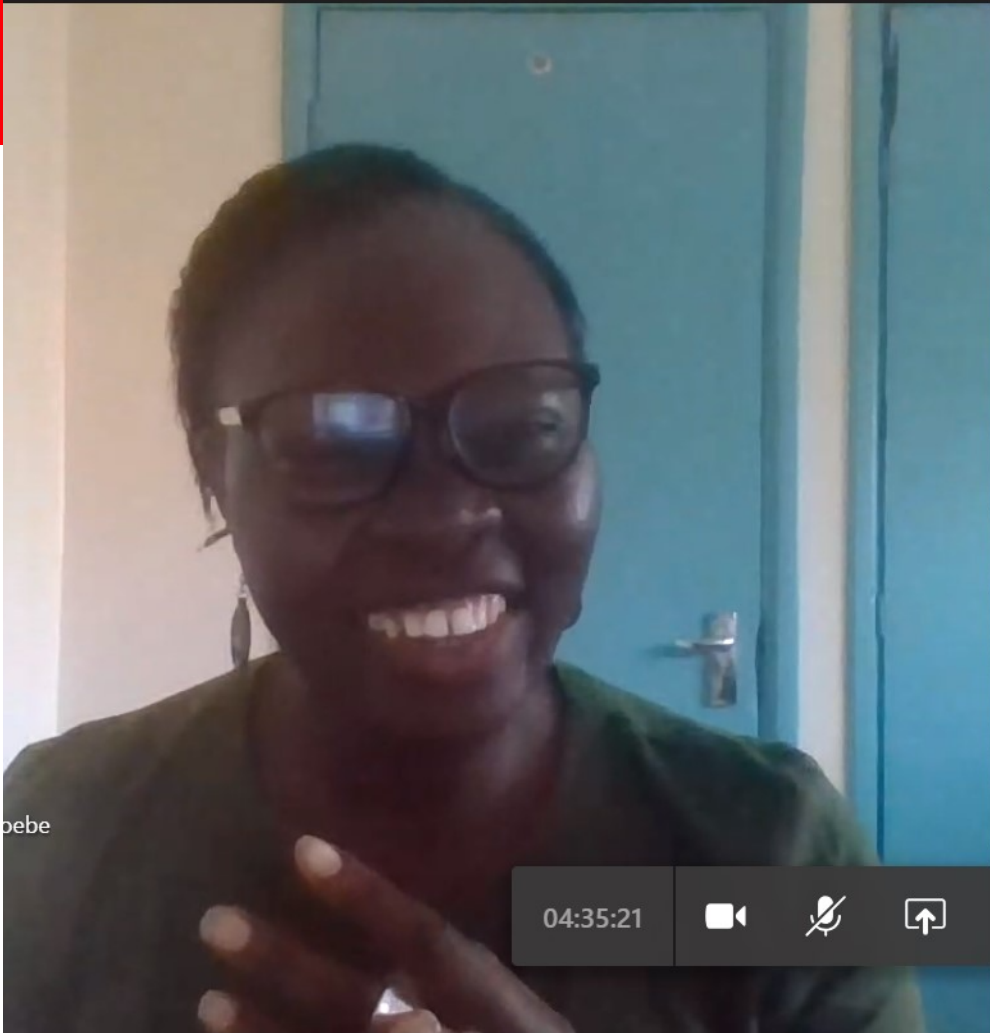
This exercise releases muscle tension.

Pretend you are a feather floating through the air for ten seconds.

- Pretend you are a feather floating through the air for about ten seconds.
- Suddenly you freeze and transform into a statue. Don't move!
- Then slowly relax as you transform back into the floating feather again.
- Repeat, making sure to finish as a floaty feather in a relaxed state.



Search or type a command



04:35:21



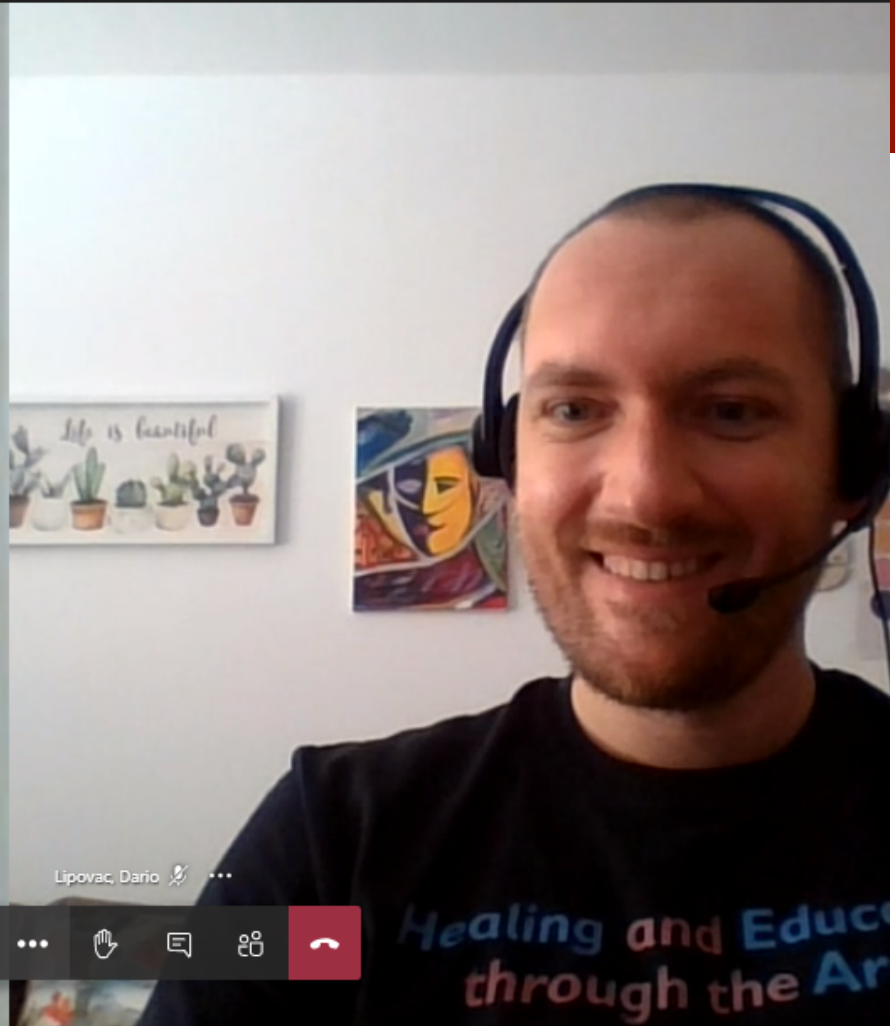
Search or type a command

Save the Children Federation Inc

PR



va, Irina



Lipovac, Dario

04:33:49

ere to search



Save the Children

Remote HEART Training

June 30, 2020

THANK YOU



Save the Children