

MENTAL WELL-BEING OF LITTLE MONSTERS!

Hello! I am Naysha Kumar and I am 7 years old.

So, I am sharing my experience with you for the lockdown period and confirm that my mother and to some extent my father call me THE LITTLE MONSTER.

Let's all of us call ourselves monsters too so we can take advantage of whatever we do and the freedom we have during this lockdown.

In the beginning, when I was told that the school is closed and we will be home for a long time, I was so happy and full of joy. But I was sad that I will not be able to meet my friends. The days passed by, online classes started, and for few days I was very happy that I have got a nice laptop and I can see my friends and teachers and I have to study only for a short time. I had long hours to play.

In between two online classes there was a break of 25 minutes and I use watch videos and play games on the laptop. Because of this I used to have headaches and started feeling sick and my eyes use to hurt a lot. Weeks passed by and all I was doing was attending classes online and also doing my homework using the laptop. Some of my friends told me that they had specs now because of the eye strain. I started to miss my extra classes like – gymnastics, swimming, lawn tennis and dance classes. I realized STAYING AT HOME IS NOT FUN AFTER ALL.

I then decided to change my routine and all my habits using laptop for long hours. I love gymnastics and also act in fashion shows. If my eyesight got weak, I will not be able to enjoy such things.

One day, when I opened my almirah I saw many toys and a number of books we bought from book fairs. There was never time to use them before.

My parents and our teachers all told us to find ways to keep ourselves busy in this lockdown and make use of this time we have got. Now I play a lot of games with my parents, read books, write essays, participate in various online competitions, do a lot of art & craft, call and talk to my grandparents regularly, do gardening, help my mother in kitchen and other things – and the funny thing is I learnt how to make a cupcake so every weekend we enjoy my delicious cupcakes.

Most important thing which I do not want to forget is that we have all three meals together as a family and chit chat a lot on the dining table about how was our day and what new things we can do tomorrow.

Now I know how to engage myself in this long-long-long lockdown and want to encourage all LITTLE MONSTERS like myself to find a hobby and make use of this time to bring our creativity out.