



# Cedarwood School

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## EMOTIONS during LOCK DOWN

The **5 stages of emotion** of Lock Down and how to help your child cope with each one in the face of COVID-19!



**WE know you feel stretched.** The quote, **“Jack of All Trades, Master of None”** comes to mind as we try juggle work, home-schooling, running the house and attending to the needs of our families, all at once, during this difficult time.

Whilst the world is changing so should our minds. A **mental shift** in the way you identify, process and react to your child is **key** to embracing this change.



CEDARWOODSCHOOL  
(Association incorporated under Section 21 - not for gain)  
Fundraising Number: 01 101753 000 2  
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Umalusi Accreditation No. 17 SCH01 00304

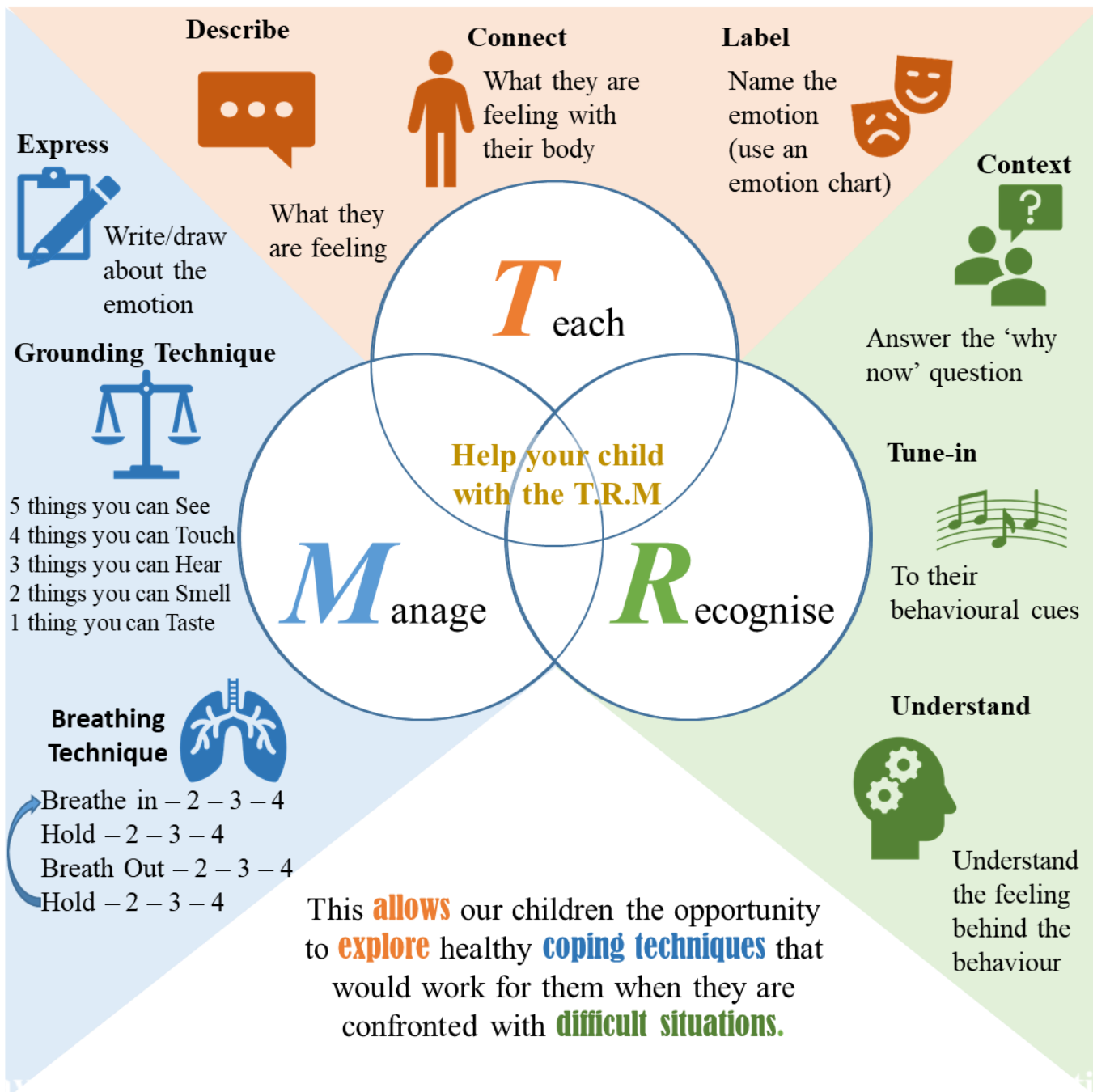




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Children who understand **what** emotions are and **how** they are experienced in their own **unique way** as well as **by others** will not only be better able to **communicate** their feelings more effectively but also express their **emotions appropriately**



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