

How Kids Can Go Back To School With A Bang



By Minoo Jokhi

Renowned late American Singer Billie Holiday had rightly said: "I'm always making a comeback, but no one tells me where I've been!" The coronavirus pandemic ensured that schools and colleges remained shut for close to two years. Currently things in Mumbai are better and it will be a happy comeback for kids if they're encouraged to go back to school with a bang.

For some children, return to school can be a stressful thought. Firstly it would be the holiday blues after almost two years and secondly the thought of studying in classrooms again is daunting.

Teach the child to be relaxed and stay enthusiastic always as the right attitude makes all the difference between mediocrity and accomplishment. You're only going back to school - why is it so hard? If this question is something you've asked your child, you can help dispel the post-holiday blues and make school fun.

Tips To Thrive In School Mode

1) Set new goals, be it social, intellectual, exams wise or athletics. Take a book and pen and write them down, not just think about them, as it will motivate the child to implement them in reality.

2) Make new friends; during online classes due to the pandemic you only met your classmates virtually. Now you meet in person, many old friends as well as new friends.

3) Aim to get better marks and percentages. If you can motivate yourself

to get more A's and A Plus it will ignite the fire within you and automatically you will wake up each day with vigour and a desire to go to school.

4) Review your past assignments and topics. Always try to learn anything new within eight hours and do a follow-up every eight hours till you are perfect in that topic.

5) Write down all the items you look forward to. By making a list of these things, you can replace any fear you have of going back with the excitement to return.

6) Be punctual, not late, as discipline always helps.

7) Connect with teachers. There can be some teachers who have recently joined and you haven't met them as it was online class all the while. With school in-person now, take the opportunity to meet teachers and take advantage of their expertise and develop yourself.

8) Take some time to get in the school mode once again. The first few days are little difficult; after that it is fun!

9) Adjust your sleep patterns; it's no longer vacation! Sleep well; it won't help if you deprive yourself of proper rest.

10) Pack your school bag and clothes the night before; no last minute hassles.

11) Eat healthy to be in the right frame of mind. Try to avoid late night eating.

12) Physical exercise helps immensely as you are active physically and mentally. Be it a sport, or jogging, brisk walking, cycling or stretching, it all helps to make you agile and adds freshness to your outlook and approach. Good health is a cherished asset the pandemic has taught us in last two years.

13) Don't wait for the last day; go back to school mode a week to 10 days in advance; it really works.

14) Make a "Back to School" check list; items that you need be on it like text books, calculator, pens, pencils, notebooks and so on.

15) Stay calm; don't be hyper. As the American quote says: "Calmness is a great advantage." It is a great cradle of power. Ongoing stress has many

harmful health effects. Stress can never be avoided but you can surely face it and overcome all obstacles and win over tough situations.

The coronavirus pandemic is a very unfortunate occurrence. But we need to get our act together. Children have to be motivated to go back to school. Quite a few kids are hesitant; we need to help overcome this hesitancy. While this was a

long forced break, it is natural that kids will at times struggle to go back. However, a child's future is built when he/she gets to go to school and let's really hope this happens successfully. Online learning is useful but the joy of going back to school is truly amazing!

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