

USING THIS GUIDE

Here are some tips for parents to facilitate conversations with your child when using our educational packages.



Tip #1: Create a Conducive Environment

Insightful conversations need not be forced - they can take place in a casual and comfortable setting.

- **Be distraction-free.** Switch off the TV, put aside the devices.
- **Be opportunistic.** Seize opportunities during common mealtimes, after the evening news, upon receiving relevant articles on the family chat.
- **Be comfortable.** Find a comfortable location (e.g. living room, bedroom).

Tip #2: Listen without Judgement

A huge part of a conversation is to listen. Giving your children the space to share their thoughts and feelings makes them feel heard and respected.

- **Be open.** Listen to understand, even when you disagree – this opens up depth in your conversations beyond merely agreeing/disagreeing.
- **Be attentive.** Focus on what is being said.
- **Be curious.** Don't assume. Ask questions to find out more.
 - "What do you mean by...?"
 - "Can you explain to me...?"

Tip #3: Difficult Question? Let's Explore Together.

You don't have to have all the answers - Let's explore together!

- **Be upfront.** Acknowledge that you don't have an answer.
- **Be inviting.** Be a role model and invite your child to explore it together.
 - "Here are my thoughts on this issue. What do you think?"
- **Be patient.** It might take time to understand and to form an perspective. Give you and your child the time to ponder about it.

Extra Tips: Alternative Facilitation Methods

1. Draw it

Grab some markers and paper and draw how you think/feel.

- Use emojis, symbols, colours etc

2. Number Line

From a scale of 1 to 10, how strongly do you feel about...?

- Brings out spectrum of opinions

Trivialisation of COVID-19 (Parents' Guide)

DESCRIPTION

The COVID-19 pandemic has escalated rapidly, infecting and taking many lives. People are being quarantined, hospitals are prioritising admission & treatment of patients and countries are closing borders and restricting citizen's movement – with the intent to reduce its spread and impact on all aspects of society.

Yet, not everyone is taking COVID-19 seriously. Worldwide, we see people breaching quarantine/ lockdown orders, people still travelling and gathering in large groups. On social media, irresponsible messages and acts of mischief are also going viral, generating more fear and confusion. COVID-19 is causing serious disruption at all levels of society, from personal lives to global networks. How can we exercise personal responsibility over the precautionary measures and the messages we put out for those in our networks?

For all members of the family:

Game Challenge: Plague Inc.

Plague Inc. is a strategic simulation game. Players start off with a pathogen that just infected "Patient Zero". The objective is to bring human history to an end by evolving a deadly, global plague while adapting against human defences and interventions.

Have a mini challenge within the family to see who can get the highest scores!

This game is available as an app in Google Play Store and Apple App Store.



Discussion Question:

1. Have you found your strategy in this game? How do we infect and kill before the virus gets cured?
2. What makes a virus really dangerous? (the parameters in the game revolve around Infectivity, Severity, Lethality and elements of evolution)
3. The current COVID-19 pandemic involves an infectious virus that can spread asymptotically, resulting in sustained community transmissions worldwide. How dangerous do you consider COVID-19 to be? Why?