

National Neutopenia Network

By Charity Macheke

Due to the prevailing pandemic world wide, the activities suggested seek to keep the children safeguarded while they continue with the isolation. They aim to promote the children's mental wellbeing by allowing them to engage in various activities while craft making will allow for self expression. They also seek to help them gain a sense of mastery from learning new skills.

Art based activities such as Picture Collage creation.

Target Group : 3-7 years

Using old magazines or newspapers, they can cut pictures and create a collage of images for various themes for example: animals, fruits, food, occupations and many other fields. This will allow the children to be creative, learn more about designs and create an interest in various fields.

Craft Making

Target Group : 3-14 years

This will encourage activities such as creating DIY picture frames, face masks and the knitting of simple items like scarfs. Several child friendly Youtube channels are available that provide step by step visuals on the creation of various crafts. Some of the activities such as knitting have been known to help alleviate stress this is a popular opinion amongst many who take part in it.

Learn a programming language

Target Group : 10-14 years

Free apps are available on both Android and iOS, that the children can download and use to learn a new skill. These apps are actually created in such a way that they appeal to the user's sense of mastery. Some will offer badges of completion along the way which will go a long in boosting the children's morale. Some apps use a game like approach to ensure that the children engaged for example GrassHopper (they are many more)available on both Android and iOS.