BLUE BELLS GROUP OF SCHOOLS

HOW TO OPTIMALLY UTILIZE TIME AT HOME
(PRIMARY WING)

BE CREATIVE TO PASS YOUR TIME

COMPLETE YOUR ONLINE WORKSHEETS

ENJOY YOUR FAMILY TIME

WRITE ABOUT YOUR LEARNINGS

STAY HEALTHY, STAY SAFE
WITH BEST WISHES FROM HEALTH & WELLNESS TEAM, BBGS
BLUE BELLS GROUP OF SCHOOLS

HOW TO OPTIMALLY UTILIZE TIME AT HOME
(PRIMARY WING)

MAKE A DAILY SCHEDULE

READ NEW BOOKS

MAINTAIN AN ACTIVE LIFESTYLE

STAY HEALTHY, STAY SAFE
WITH BEST WISHES FROM HEALTH & WELLNESS TEAM, BBGS
THINGS TO DO AT HOME
(MIDDLE & SENIOR WING)

- Set up a camp in your house
- Learn origami
- Organise your closet/desk
- Exercise/do yoga/meditate
- Watch your favourite movie/series
- Skype with friends and play online games together
- Follow a healthy routine
- Listen to music

Stay healthy, stay safe.
With best wishes from Health & Wellness Team, BBGS
BLUE BELLS GROUP OF SCHOOLS

THINGS TO DO AT HOME
(MIDDLE & SENIOR WING)

COMPLETE YOUR ONLINE WORKSHEETS

CONSTRUCT A BIRD HOUSE

READ A BOOK OR WRITE YOUR OWN

LEARN A NEW SKILL

LEARN TO BAKE CAKES & COOKIES

RELISH HOMEMADE HEALTHY FOOD

MAKE TIME FOR PAINTING AND SKETCHING

STAY HEALTHY, STAY SAFE
WITH BEST WISHES FROM HEALTH & WELLNESS TEAM, BBGS
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HEALTH & WELLNESS PROGRAMME

Protect yourself and others!
Follow these Dos and Don'ts

Dos

Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean

Cover your nose and mouth with handkerchief/tissue while sneezing and coughing

Throw used tissues into closed bins immediately after use

See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose

If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare’s 24X7 helpline at 011-23978046

Avoid participating in large gatherings

Don'ts

Have a close contact with anyone, if you’re experiencing cough and fever

Touch your eyes, nose and mouth

Spit in public

Together we can fight Coronavirus

For further information:
Call at Ministry of Health, Govt. of India’s 24X7 control room number +91-11-2397 8046
Email at ncv2019@gmail.com

Stay Healthy, Stay Safe
With best wishes from Health & Wellness team