

COVID-19

**Coping with
#StayAtHome**

**Create
your own
timeline
dashboard**

We are sharing how a self-made timeline dashboard created from simple materials out of a used box, toothpicks and some colours may help children and adults cope with the #StayAtHome period.

Our normal daily schedule has been disrupted due to the Movement Control Order (MCO) to prevent the spread of COVID-19.

However, it is difficult for children to stay put in a really long monotonous routine, as they are unable to gauge a sense of 'space' in estimating long duration periods like several days or weeks.

This day-to-day planner serves as a visual aid dashboard to keep track of passing days as well as knowing what's waiting ahead.

WHAT YOU NEED?



USED CARTON BOX



TOOTHPICKS



COLOUR CRAYONS

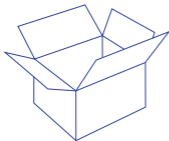


SAFETY SCISSOR



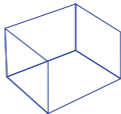
STAY AT HOME

STEPS: DIAGRAM



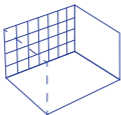
1

FIND A CLEAN USED
CARTON BOX



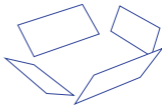
2

CUT OUT FLAPS



3

DRAW THE
MCO CALENDAR



4

CUT FLAPS INTO
SMALLER SQUARES



5

STICK TOOTHPICKS ONTO THE
SMALL SQUARES OR YOUR 'TOOLS'

STEPS



1. Cut box into half and you will get two 'dashboards'.
2. Cut out the flaps to create pictorial cards (make sure the cards are the same size with the calendar squares).
3. Attach toothpicks to pin the cards to the calendar. These are your 'contents' or schedule.

STEPS



4. The main calendar (MCO period) sits at the centre of the dashboard along with your 'contents'.

5. The left wall is the 'starting point' (pre-MCO) and where 'Tools' are kept.

6. The right wall is the 'finishing line' (or the end goal of what you wish to achieve by the end of the MCO period).

STEPS



7. You may write it as MCO Day 1, Day 2 and so on, or with actual dates of the month. The objective is to have a timeline and a goal to look forward to.

8. Interchange a sun and a moon to help children navigate through their daily routine.

EXAMPLE GOAL: BUTTERFLY



1. Draw out all the stages of the life cycle to be pinned on the calendar with the butterfly as the end goal to look forward to. These are the 'contents' of your dashboard.
2. The 'Tools' can be the different types of plants that caterpillar loves to eat.
3. Each day, the task is to make sure the caterpillar has something to eat.

EXAMPLE GOAL: HARVEST



1. For the corn life cycle (or any plants you like), use the same steps.
2. Your 'Tools' can be a watering can or anything that are needed to grow a plant.
3. Do not forget to use the sun you draw at the beginning.

#CreateYourOwnToys

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Designed by Ernadia Os'hara, in collaboration with



COVID-19 Pandemic Fund

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