

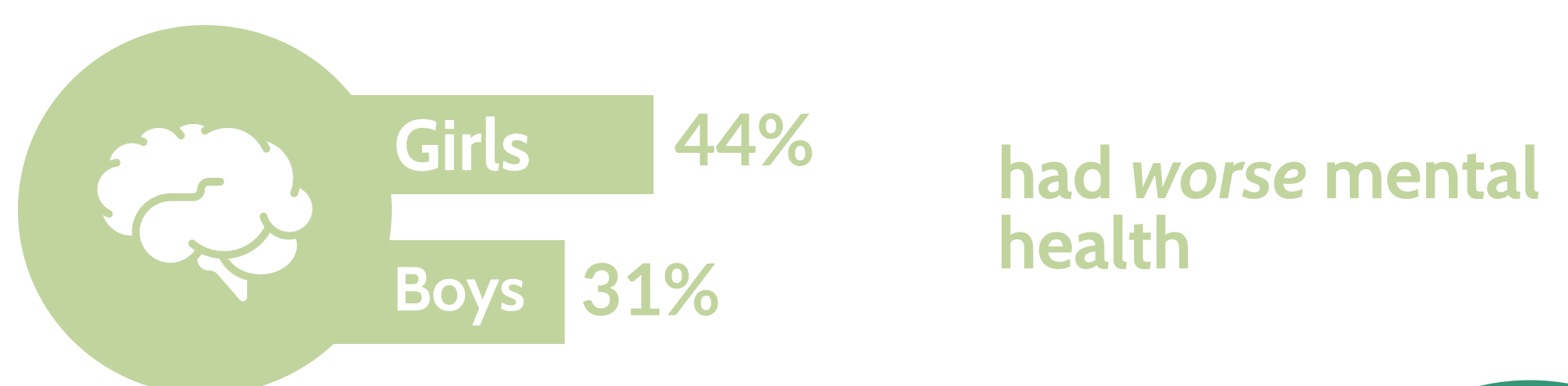
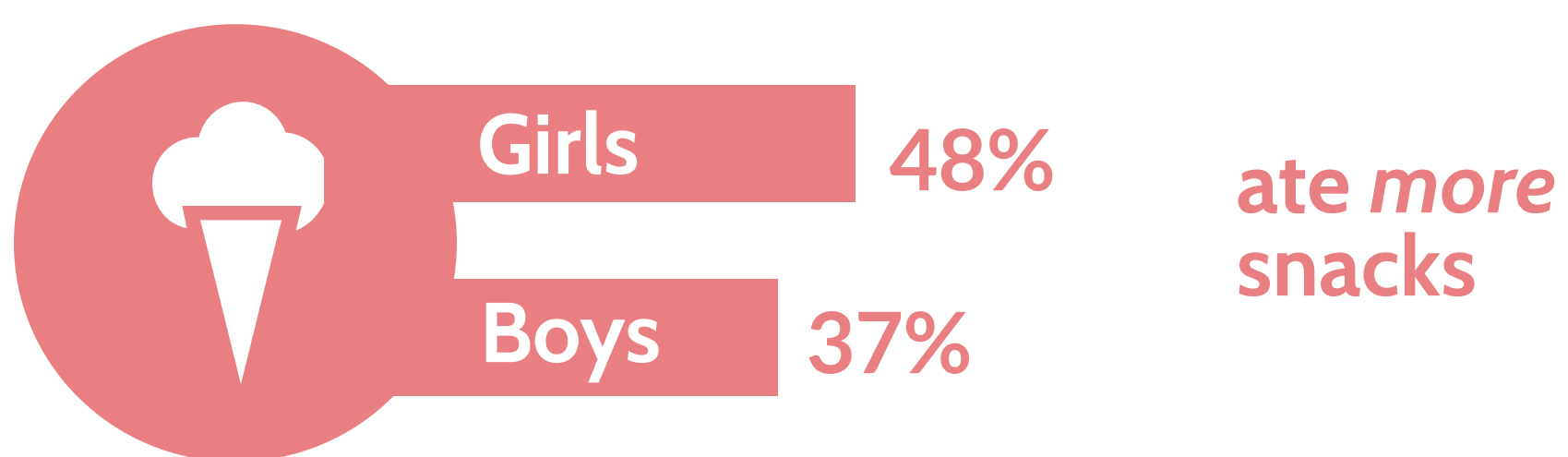
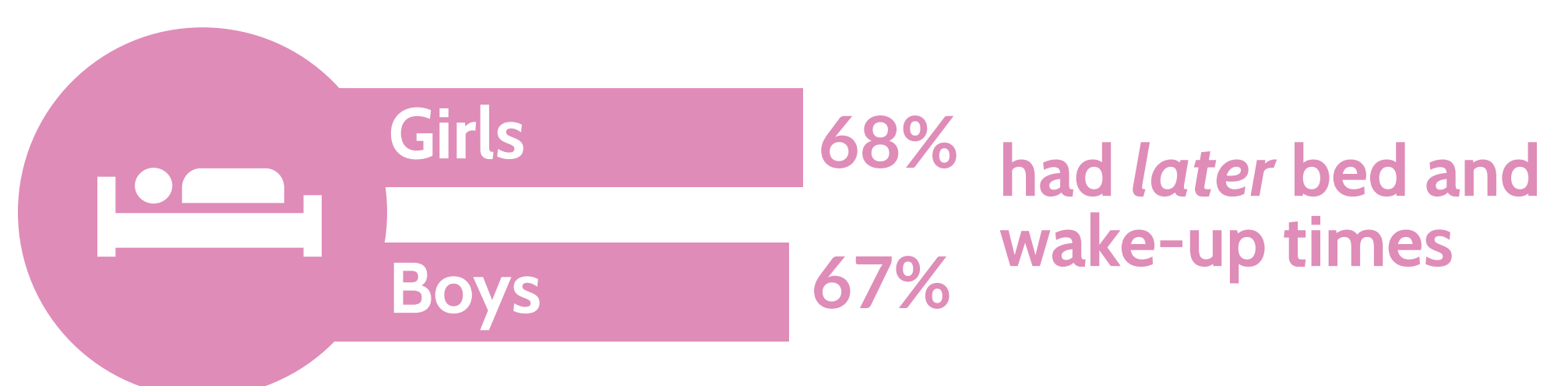
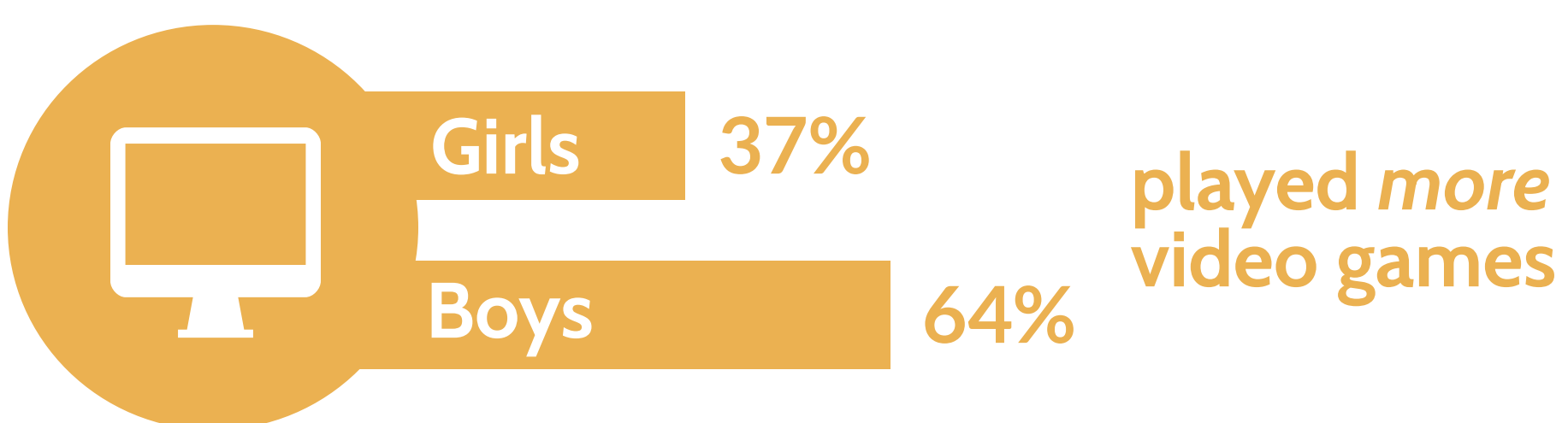
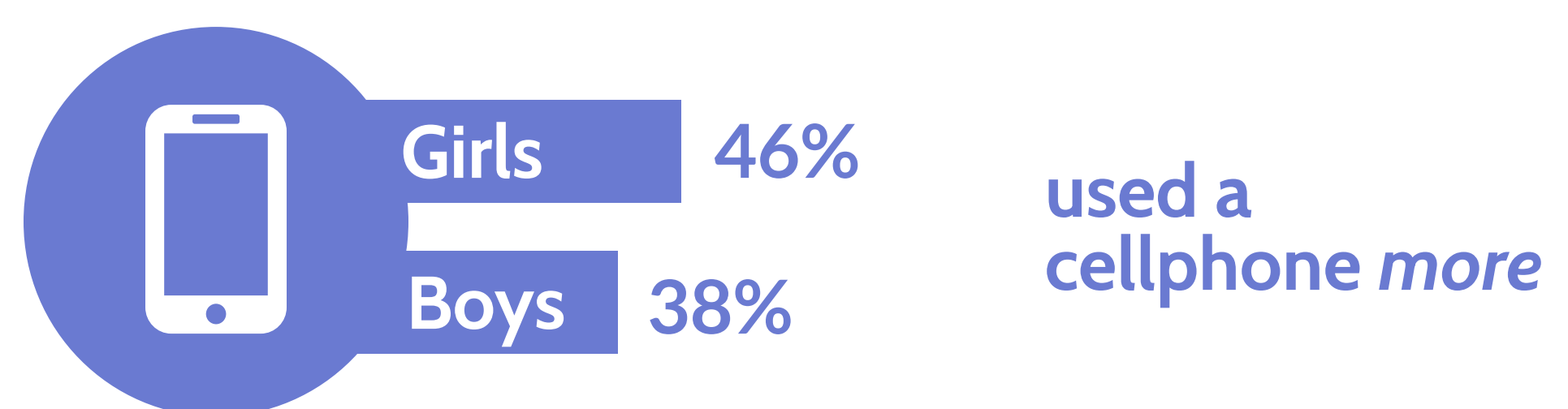
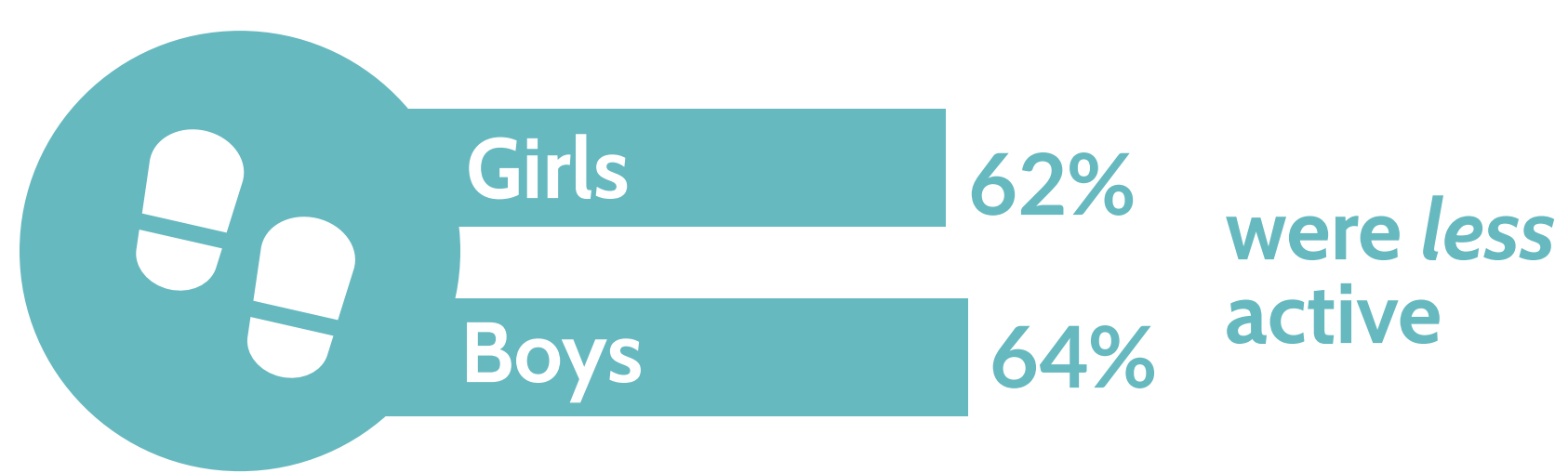
COVID-19 Pandemic

Through the eyes of a child

No earlier study has reported children's perceptions of school closures & lockdowns

More than 1000 girls and boys aged 9-12 from rural and remote Northern communities provided their opinions

How girls and boys perceived their lifestyle changes during vs before school closures & lockdowns:



Kids with more positive attitudes toward healthy living had **better** lifestyle behaviours during school closures & lockdowns



Kids said:

Sometimes I feel so anxious about wanting to see my friends, I literally want to jump through the window and run to school...

I wasn't really able to play any sports because that was shut down... We don't have a lot of parks in our town. None of them are in our neighbourhood so we couldn't even go to the other neighbourhoods and [play].

I just felt like I could connect more with my family. Usually... I only have 7 hours left when I get home from school.

