



Challenges That Children May Face After the Exam

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Challenge: Lack of Structured Routine and Boredom

Children may struggle with the transition from a structured school routine to unstructured holiday time, leading to restlessness and boredom.

What Parents Can Do:

- *Establish a Flexible Routine:* Create a daily schedule that includes a mix of activities, chores, and leisure time. This provides a sense of structure while allowing for flexibility.
- *Encourage Engaging Activities:* Recommend hobbies, sports, or creative pursuits that capture their interest and keep them engaged.
- *Explore Educational Opportunities:* Encourage reading, online courses, or educational games to stimulate their minds and prevent intellectual stagnation.

Challenge: Increased Screen Time and Digital Overload

Children may be tempted to spend excessive hours on electronic devices, potentially leading to negative impacts on their physical and mental health.

What Parents Can Do:

- *Set Screen Time Limits:* Establish clear guidelines for screen time and encourage alternative activities like outdoor play, reading, or arts and crafts.
- *Promote Tech-Free Zones:* Designate specific areas or times in the day when electronic devices are not allowed to create a healthy balance.
- *Engage in Shared Activities:* Participate in activities that do not involve screens, such as board games, cooking, or outdoor adventures.

Challenge: Peer Pressure and Risky Behavior

Without the supervision of school, children may face increased exposure to peer pressure, potentially leading to risky behaviours or engaging in activities that are not age-appropriate.

What Parents Can Do:

- *Foster Open Communication:* Create a safe space for your child to share their experiences and feelings. Encourage them to talk about their interactions with friends.
- *Discuss Decision-Making Skills:* Teach your child how to make responsible choices and provide them with strategies for handling peer pressure.
- *Know Their Friends:* Get to know your child's friends and their families. Establishing connections with their peer group can provide insight into their social interactions.

Challenge: Limited Social Interaction

Children who are more socially inclined may find it challenging to connect with friends, especially if they do not have structured activities or opportunities for socialization.

What Parents Can Do:

- *Organize Playdates or Outings:* Arrange opportunities for your child to spend time with friends, whether it is a playdate, a park outing, or a group activity.
- *Support Extracurricular Activities:* Enroll your child in clubs, classes, or workshops that align with their interests, providing a platform for social interaction.
- *Encourage Communication Skills:* Help your child develop effective communication skills to facilitate meaningful interactions with peers.

Challenge: Lack of Skill Development

Without academic engagement, children might miss out on opportunities to develop skills and knowledge that can be beneficial in the long run.

What Parents Can Do:

- *Identify Areas of Interest:* Encourage your child to explore their interests and provide resources or opportunities for skill development in those areas.
- *Introduce New Hobbies or Activities:* Support your child in trying out new activities that can lead to the acquisition of new skills, such as painting, coding, or playing a musical instrument.
- *Visit Educational Sites or Museums:* Plan outings to places that offer educational experiences, allowing your child to learn while having fun.

Remember, every child is unique, and these challenges may manifest differently in each individual. By providing a supportive and nurturing environment, parents can help their children navigate these obstacles and make the most of their holiday break.

Spiritual Foundation

1. Lack of Structured Routine and Boredom:

- *Verse:* "Commit to the Lord whatever you do, and he will establish your plans." (Proverbs 16:3)
- *Reflection:* Trust in God's guidance as you establish routines and engage in activities that promote growth and well-being.

2. Increased Screen Time and Digital Overload:

- *Verse:* "I will set before my eyes no vile thing." (Psalm 101:3)
- *Reflection:* Encourage responsible use of technology and prioritise activities that nurture physical, mental, and spiritual health.

3. Peer pressure and risky behaviour:

- *Verse:* "Do not be misled: 'Bad company corrupts good character.'" (1 Corinthians 15:33)

- *Reflection:* Emphasise the importance of choosing friends wisely and provide guidance on making godly decisions.
4. **Limited social interaction:**
- *Verse:* "Two are better than one, because they have a good return for their labor." (Ecclesiastes 4:9)
 - *Reflection:* Encourage and facilitate opportunities for meaningful social interactions, recognising the value of companionship.
5. **Lack of Skill Development:**
- *Verse:* "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." (Colossians 3:23)
 - *Reflection:* Encourage your child to pursue their interests and talents, recognising that their efforts can be an offering to God.

These verses provide spiritual grounding and perspective for parents as they navigate the challenges of the holiday break. They emphasise the importance of seeking God's guidance, making responsible choices, and nurturing holistic growth in their children.

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