Interim Report

Based on survey responses from September 1 to 22

Report Date : Oct 8, 2020
THANK YOU for your participation!

Children:
- 739 Children
- Primary School Grade 1-3
- Primary School Grade 4-6
- Middle School Grade 7-9
- High School Grade 10-12

Guardians:
- 3,762 Guardians
- Primary School Grade 1-3
- Grade 4-6
- Grade 7-9
- Grade 10-12
- Babies & Toddlers, Age of 1-2 years
- Preschooler, Age of 3-5 years

Total 4,501
Many children go to bed later or more irregularly.
It takes me a long time to wake up properly in the morning.

“Early to bed and early to rise” is important for the healthy growth and development of children.

Responses from Children

Quality of Sleep

**Hard to Wake Up**
- YES 42%
- It takes me a long time to wake up properly in the morning.

Let’s go to bed early at night, and get some sunshine in the morning!

**Sleeping in on Weekends**
- YES 30%
- On weekends, I sleep at least 2 hours longer than I do during the week.

You cannot make up for your usual lack of sleep by the sleep on weekends.
Families are encouraged to discuss rules with their children about what and when they use the devices.
Children’s Mental Health

Feel uncomfortable when thinking of COVID: 40%
Has difficulty concentrating: 27%
Gets irritated easily: 30%
Can’t sleep or wakes up at night: 18%
Often has unpleasant dreams: 14%
Feels alone: 9%
Has self-injured or injured someone in the family: 7%

We should take the children’s feelings to heart.
Stress Coping Methods

- Try to solve it: 26% (Children), 30% (Guardians)
- Think in another way: 25% (Children), 20% (Guardians)
- Get lost in games or other activities: 30% (Children), 25% (Guardians)
- Do favorite activities: 69% (Children), 69% (Guardians)
- Put out the feeling: 28% (Children), 35% (Guardians)
- Gain someone’s sympathy: 35% (Children), 35% (Guardians)
- Asking someone for help: 19% (Children), 19% (Guardians)
- Pretending not to see it†: 15% (Children)

†Asked only of middle and high school students

Find many of your favorite ways!
Do you want to go to school?

- Never “NO” (Always want to go to school): 45%
- Never “NO” (Always want to go to school): 7%
- Mostly “NO”: 6%
- Sometimes “NO”: 20%
- Almost never “NO” (20%)
- Don’t know or don’t want to answer

Responses from Children

Don’t know or don’t want to answer

One in three students do not want to go to school. We should be in touch with each student’s feelings.
Children should be properly explained on what is relevant to them, and their opinions should be tried to taken in.

Regarding **Any Changes of Life due to COVID** ...

Adults around me have

- **Not** explained it to me with simple words: 20% at home, 18% at school
- **Not** allowed me to speak my mind: 16% at home, 23% at school
- **Not** taken in my ideas when I tell them: 11% at home, 20% at school
I wish my mom will listen to me more.
From a 5th grade boy in Kanagawa

Parents should spend less time on their phones.
From a 7th grade girl in Hyogo

I wish everyone would stop wearing masks at school. I cannot speak my mind because I cannot hear their voice well or see their faces when they’re wearing a mask.
From a 6th grade boy in Tokyo

I want my teachers to listen to me in a room where I feel safe to talk to them and not be heard by other students.
From a 7th grade boy in Osaka

I like to write letters.
From a 1st grade boy in Fukuoka

It’s not easy to ask for advice. I need someone to help me do that.
From a 4th grade girl in Kanagawa

I want adults to listen to us properly. If they can’t take in our opinions, I want them to explain why.
From a 10th grade boy in Kyoto

Children reminds us of many things!