

# < COVID19 Parenting Toolkit - audio pack

*Scripted messages and activities for audio and video*

## What's in this audio pack?

This audio pack is a set of scripts of evidence-based messages for parents and caregivers that are shown to improve their mental health, give them positive ways to manage challenging child behaviour, and how to enjoy playing together. The scripts can be used in a variety of ways, for example, they can be read on radio, loudspeaker, video, or as a voice recording on text messages. The audio pack is broken down into three core modules; Play Together, Keep It Positive, and Sharing is Caring, each with six or seven related topics.

Each topic comes with a ready-to-use script and a choice of three playful, practical activities that parents and caregivers can do with their children. There are also relaxation activities to support the mental health of adults.

## MODULES

<b>1. PLAY TOGETHER</b>
<b>7 topics</b> <b>3 activities per topic</b>
<i>This module presents practical tips for parents and caregivers about how they can spend one-on-one time with their family to build positive relationships and help children learn through play.</i>
<b>2. KEEP IT POSITIVE</b>
<b>7 topics</b> <b>3 activities per topic</b>
<i>This module will provide tips on how to encourage children and teens through positive instruction and praise. It also reminds parents and caregivers that regular self-care is the first step.</i>
<b>3. SHARING IS CARING</b>
<b>6 topics</b> <b>3 activities per topic</b>
<i>This module will provide tips on how to deal with worry and anxiety in the family by listening to each other, letting go of stress in a fun way and remembering to take a pause.</i>

## Who is this audio pack for?

The audio pack is primarily designed for government agencies and nongovernmental organizations that work to promote child and/or parent health and well-being. They may also be of interest to anyone who is concerned about the welfare of children in these challenging times.

## How can you use these audio scripts?

The content of the audio pack is open-source and free to use, adaptable for any context. The scripts and activities can be read out for a wide range of uses; such as radio or loudspeaker broadcast, or pre-recorded as voice notes to send via instant messaging. One complete module would take approximately 20 minutes to broadcast. Each topic and activity would take approximately 3 minutes.

### **Here are two suggestions for implementation:**

#### **Module by module**

Parenting modules can be spread out on a daily or weekly basis

*for example, one module per week over three weeks, or one module per day over three days*

#### **Topic by Topic**

Parenting topics can be spread out on a daily or weekly basis

*for example, one topic per day over three weeks or several topics per day over a shorter time*

## [Translation Tool](#)

You can use the Translation Tool sheet to translate all or some of the content and it will automatically update throughout the resource. This tool is not available in pdf format.

# 1. PLAY TOGETHER

## Module Overview

< This module presents practical tips for parents and caregivers about how they can spend one-on-one time with their family to build positive relationships and help children learn through play.

Topic	Description
<b>ONE ON ONE TIME</b>	One-on-one time helps parents and teens build trust, communication and positive relationships. One-on-one time does not have to cost any money or take a lot of time - and it can be lots of fun.
<b>PLAY WITH YOUR BABY</b>	Here are some ideas of how parents can spend one-on-one time with their baby or toddler. Playing together helps children's development, builds a bond, and can be fun for everyone.
<b>PLAY WITH YOUR CHILD</b>	Ideas for how parents can spend one-on-one time with their young child, which will help them feel secure and loved. Through games, children can learn many things and release some energy.
<b>TALK TO TEENS</b>	How can parents spend one-on-one time with their teenagers? When parents express interest in what their teens like, teens will feel more heard, and will be more willing to talk to their parents and take on responsibilities. Here are some practical ways you can do that.
<b>MAKE HOUSEWORK FUN</b>	Every family has lots of housework that needs to be done. By making housework fun together, chores can even become a way for parents and children to bond and spend fun one-on-one time together. Here are some suggestions on how parents can do this.
<b>LEARN THROUGH PLAY</b>	Children do not only learn from school books, they also learn a lot through play. Here, parents are given some tips on how they can use games to help their children learn, which is fun for everyone!
<b>TIME FOR YOURSELF</b>	In order to be able to spend positive one-on-one time as a family, it is important that parents also take care of themselves and recognize their own efforts.

## ONE ON ONE TIME

*note to announcer/recorder*

< *One-on-one time helps parents and teens build trust, communication and positive relationships. One-on-one time does not have to cost any money or take a lot of time - and it can be lots of fun.*

Script

<b>duration</b>	3 min
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Hey! How are you feeling today?

Are you;

A) [stressed noise]  
 B) [overwhelmed noise]  
 C) [yawn]  
 or  
 D) all of them.

It's tough and you have your kids to take care of. But have you tried spending some one on one time with them today? You know what? It can be fun, bonding and can help you release some of your stress too.

So how much time do you have? Do you have half an hour at the end of the day while doing some chores? Do you have twenty minutes when you finish work or only ten minutes while you eat breakfast together?

It's ok. Start there and keep it up every day if you can.

Not sure what to do with them? Or too tired to think of something to do? That's ok too. Ask your child what they want to do. They'll feel important that you asked them and they'll feel loved when you listen to them.

Got no money? Quality time is one of the best gifts you can give your child or teenager without it costing anything... and it can turn your day from "arrrrrrrgh [stressed noise]" into "ahhhhhhhhhh [peaceful sigh]".

But before you can take care of anyone, you need to take care of yourself!

ACTIVITIES (choose 1)

**Take a Pause**

Find a comfortable sitting position with your feet flat on the floor and your hands resting on your legs. Close your eyes if you feel comfortable. Take a deep breath.

[breath in & out]

What are you thinking right now? Are your thoughts negative or positive?

[pause]

How are you feeling emotionally? Are you feeling happy or sad? Scared, angry, calm or confused? Remind yourself that everything is ok.

[pause]

Now notice how your body feels. Go from the top of your head to the tips of your toes. Does anywhere feel tense? Does it hurt anywhere?

[pause]

Listen to your breath as it goes in and out.

[breath in & out]

You can put your hand on your belly and feel it rise and fall with each breath. You can say to yourself "It's ok. Whatever it is, I am ok". Then just listen to your breath for a while.

[pause]

Notice how your whole body feels. Listen to the sounds around you. What can you hear?

[pause]

Do you feel any different? When you are ready, open your eyes.

Well done for taking a pause! Taking care of yourself will help you to take care of your children.

**Quiet Eyes**

Lie down or find a comfortable sitting position. Take a deep breath.

[breath in & out]

Let your eyes soften and gaze quietly at something out of the window or in the room. It could be anything; the clouds, the sky, birds, a candle or a spot on the roof.

[pause]

As you quieten your eyes, notice your thoughts. What are you thinking about? Are you thinking about the past or the future? Are your thoughts positive or negative?

[pause]

Notice your breath coming in and out of your nose. As you breathe out imagine your thoughts floating away with your breath. Just let them go.

[pause]

Do this for a couple of breaths.

[pause]

Now let your eyes move slowly around again. How do you feel now?

[pause]

Quieten your eyes can help quieten your mind and bring a sense of inner peace. Did you feel it?

**Count to Three**

Notice how you are feeling.

[pause]

Breathe in to the count of three. 1, 2, 3.

And breathe out to the count of three. 1, 2, 3.

How do you feel now? Do you feel any different?

[pause]

What are your three favourite foods?

[pause]

Can you name three things you can see right now?

[pause]

Can you name three sounds you can hear right now?

[pause]

What are three things you are grateful for right now?

[pause]

Breathe in to the count of three. 1, 2, 3.

And breathe out to the count of three. 1, 2, 3.

How do you feel now? Do you feel any different?

Three is a magic number! Remember to breathe deeply next time you feel angry or scared!

## PLAY WITH YOUR BABY

*note to announcer/recorder*

*Here are some ideas of how parents can spend one-on-one time with their baby or toddler. Playing together helps children's development, builds a bond, and can be fun for everyone.*

Script

<b>duration</b>	3 min
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Now let's get practical.

Do you have a baby or toddler? What can you play with them?

Try copying their facial expressions or sounds.

Make some funny faces or animal sounds. What makes them laugh?

Play a game of hiding and reappearing. Make a funny sound like [Peekaboo] when you do!

Sing them little songs. Any songs. Make music, even if you're not a musician. Just bang a pot or shake something. It might help with the stress!

Dance around the kitchen to your favourite song. Hold your baby while you dance. You could even tell them a story!

Playing with your baby is bonding and it boosts their brain development. Help them develop through play today!

ACTIVITIES (choose 1)

### Shakers

Want to know more about making music for babies? Start simply by clapping, stomping and clicking your fingers.

Then make this free musical instrument!

Find an empty and clean plastic bottle or pot. Make sure the lid closes tight.

Fill it with sand, stones, uncooked rice, beans or any small objects that make an interesting sound.

Start by shaking it gently in front of your baby. Then get bigger. Try different rhythms and speeds. Which ones does your baby like?

Move your body at the same time.

If your baby reaches out for the shaker and the lid is safely on, give it to them to shake. Give them positive responses like clapping your hands or smiling.

Get creative and try something different. You could fill the bottle with water for a more soothing sound!

Music helps babies express their feelings and soothing sounds can even slow down their heartbeat. Try singing a soothing song next time they won't stop crying or go to sleep!

### Funny Faces

Want to try playing with funny faces and sounds?

Look at your baby in the eyes and make different funny faces.

Make a big face. Make a small face. Make a happy face. Make a surprised face.

Which ones make your baby smile or laugh? Do them again, even bigger this time!

Play with different feelings and add sounds.

Notice if your baby is copying you. Give them positive responses like a smile, a laugh or a clap!

Now copy their facial expressions. Exaggerate them to make them funny.

Always end with a smile so your baby knows that everything is ok.

Babies learn lots of things by copying their parents and and it's a vital part of learning to communicate. Try it today!

### The Sun is Coming!

Babies also need loving touch!

It is important for their brain development and builds trust. Try this sensory game after washing them or changing their diaper.

Lie your baby on their back.

Tell them "The sun is coming!" and wiggle your fingers like sunrays above their head. Make your face a big smiling sun.

Tell them "The wind is coming!" and blow softly over their body.

Tell them "The rain is coming!" and use your fingers to gently pat over their whole body like light raindrops.

Tell them "The clouds are coming!" and wrap them up in a towel or cloth. Give them a big cuddle!

Play with different weathers. Which one does your baby like best?

Add sound effects or make it into a little song. Use the tune of another song you know!

## PLAY WITH YOUR CHILD

*note to announcer/recorder*

*Ideas for how parents can spend one-on-one time with their young child, which will help them feel secure and loved. Through games, children can learn many things and release some energy.*

< Script

<b>duration</b>	3 min
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Now let's get practical.

Do you have a young child? What fun activities can you do with them?

Tell them a story that you loved when you were a child. Can't remember all the words? Get creative and make them up!

Read them a book. No books? Look out the window. No windows? Go for a walk inside the house. Make it into an adventure and see what wonders you can discover together.

Tight for time? Help them with their schoolwork or even do a chore together.

How could you make cleaning and cooking a game? Make it a game for yourself because if you are having fun, your child will have fun too.

Having fun and playing with your child develops their brain, social skills and makes them feel loved. That's a win, win, win!

ACTIVITIES (choose 1)

<b>Make Up A Story</b>
<p>Do you want to tell a story but can't remember one? Got no books? Don't worry! Here's a simple way to make one up!</p> <p>Start the story. For example, "Once upon a time there was a..."</p> <p>Let your child make up the next sentence.</p> <p>Then you make up a sentence.</p> <p>Take turns until you have a wonderful new story. Make sure to end the story on a positive note!</p> <p>Afterwards ask your child what was their favourite part of the story. Invite them to draw it or act it out.</p> <p>This activity will improve their listening skills and develop their imagination. Try it at bedtime or next time you need a calm activity to do together!</p>

<b>See It Be It</b>
<p>Do you want an active game that develops observation skills, creativity and physical expression? Here is a simple and fun game that does exactly that!</p> <p>Look around you and name something that you can see. For example, a tree or a cup.</p> <p>Say to your child "I see a tree, let's be it"</p> <p>Countdown from 5 and make the shape of a tree with your bodies. Be as big and silly as possible!</p> <p>Now let your child have a turn. What can they see? Look out the window to get inspiration from nature.</p> <p>You can even say what you see in your imagination. For example, a sunset or a waterfall.</p> <p>When you've done it a few times, add moves and sounds.</p> <p>Keep exploring!</p>

<b>Dance Party</b>
<p>Are you looking for a fun way to release some energy and improve your child's listening skills? Try this out today!</p> <p>Play or sing your favourite music and dance around the room</p> <p>When the music stops, everyone does a funny freeze.</p> <p>Suggest dancing in different ways or with different parts of your body</p> <p>For example, "Dance like a monkey", "Dance like a chicken" or "Dance with just our knees and hips"</p> <p>Think up different instructions. Be seriously playful!</p> <p>If you're having fun, why not let your child be the one to stop the music?</p>

## TALK TO TEENS

*note to announcer/recorder*

*How can parents spend one-on-one time with their teenagers? When parents express interest in what their teens like, teens will feel more heard, and will be more willing to talk to their parents and take on responsibilities. Here are some practical ways you can do that.*

Script

<b>duration</b>	3 min
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Now let's get practical.

Do you have a teenager? Talking about day to day stuff with teenagers is vital. It can help build a positive relationship and make it easier to sort out challenges when they come up!

So what fun activities can you do together that encourage conversation and sharing?

Ask them questions about what they like. Do they like sports? What music do they listen to? What are they watching on YouTube? How are they keeping in touch with their friends? Try to listen to their answers without judgement or criticism.

Create a quiz or play a game where you learn something new about each other. Make sure you share generously too!

Ask them to choose their favourite meal and make it together.

Get some exercise, even if it's dancing around the kitchen. If you can play their favourite sport or game, play together. It can help a lot with stress!

ACTIVITIES (choose 1)

### Two Truths, One Lie

Try this game as a fun way to learn something new about each other!

Think of three statements about yourself. Two must be true and one must be a lie.

It might help to think of wishes, dreams, likes or dislikes. For example, I wish I could swing through trees like a monkey, I like climbing rocks and I love sweets.

Say them to your teenager. Ask them to guess which one is a lie.

Did they guess correctly? Was it a surprise? Did they learn something new?

Now ask them to do the same.

Did they learn something new?

Give it a try next time you have some one-on-one time together!

### Dream Travel

You can't travel right now but you can dream!

Dreaming together can give your teenager a positive goal to work towards. Ask your teen these questions.

Where do you want to travel?

How long will you be away?

What will you pack?

What will you do?

What will you see ?

Look at a map together if you have one. Choose a country that they've never heard of and look it up together online. Together research things that interest your teen.

For example;

What food do they eat there?

What sports do they play?

What animals live there?

Take a few minutes and dream together today!

### Get Active

Looking for an active way to bond with your teenager?

Come up with three types of exercise to do together. For example, jogging, soccer or dancing

Pick one together and try it out. If you both like it, decide how often you are going to do it. Once or twice a week? Every morning?

At the end of the first week, ask yourself and your teen these questions.

How's it going?

How did you feel at the start of the week?

How do you at the end of the week?

What can we do differently next week?

Together think of ways to make it even more fun. Take turns in being the coach? Motivate each other with a small free reward?

Having active and structured goals can boost your teen's self esteem and release happy hormones. Start today if you can!

## MAKE HOUSEWORK FUN

*note to announcer/recorder*

*Every family has lots of housework that needs to be done. By making housework fun together, chores can even become a way for parents and children to bond and spend fun one-on-one time together. Here are some suggestions on how parents can do this.*

Script

<b>duration</b>	3 min
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< Household chores aren't fun... or are they?

If doing the housework is the only one on one time you can spend with your children, then make it fun and engaging.

If you feel creative, make household chores into a game! It will be fun for your child and more fun for you too!

Or use the chores as a way to spend time together. Talk to your child or teenager while you do them, play your favourite music or sing.

And if you are doing the housework alone, try to focus on your breath and other physical sensations to help you relax.

This makes housework fun, relaxing, or even both. Don't believe us? Try it and see!

ACTIVITIES (choose 1)

<b>Do It Together</b>
<p>If you are busy, try this simple way to spend one-on-one time with your child while also doing the housework.</p> <p>Start with a simple household chore. For example, sweeping, folding clothes, washing up.</p> <p>Invite your child to do it together with you. Ask them in a calm, friendly voice.</p> <p>If you have a baby, they love to do what you do! Give them something safe like a pot, spoon or cloth. Keep hot or sharp things far away from them.</p> <p>If you have a child or teenager, talk to them while you work. Ask them questions and listen to their answers. Let them ask you questions and answer honestly. You can even sing a song or tell a story while you work.</p> <p>Remember to thank them afterwards for their help!</p>

<b>Rain On The Mountain</b>
<p>Are you looking for a fun way to spend one-on-one time with your child and tidy up? Try this popular game.</p> <p>Call out, "There's rain on the mountain!"</p> <p>Everyone else replies "Run, run, run" while running around.</p> <p>Call out different, fun instructions. For example, "touch your nose", "touch something red" or "hop like a frog"</p> <p>Keep playing and change the instructions each time.</p> <p>Then call out a simple and quick household chore. For example, "Wash a plate" or "Put your books in your bag".</p> <p>Make sure to mix them up and give fun instructions in between chores.</p> <p>Be seriously playful and try it today!</p>

<b>Wash Up, Calm Down</b>
<p>Next time you are doing the washing up alone, try this!</p> <p>Take a deep breath.</p> <p>[breath in &amp; out]</p> <p>Feel the water on your hands.</p> <p>[pause]</p> <p>How does it feel? Is it warm or cool? Can you smell the soap? How do the cloth and the dishes feel on your hands? Can you feel your feet on the ground?</p> <p>Try it with other household chores. Can you listen to sounds while you sweep? Can you see how many smells you can notice while you cook?</p> <p>[pause]</p> <p>Notice how you feel when you do this. Do you feel any different?</p> <p>Focusing on your senses while doing day to day tasks can reduce stress and help us calm down!</p>

## LEARN THROUGH PLAY

*note to announcer/recorder*

*Children do not only learn from school books, they also learn a lot through play. Here, parents are given some tips on how they can use games to help their children learn, which is fun for everyone!*

Script

<b>duration</b>	3 min
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Play is serious stuff!

Playing with children when times are tough is a great way to connect and learn together.

Can you make a simple game for your toddler to learn about colours? Like naming all of the colours you can see together.

How could you play with opposites? Try running on the spot really fast and then running on the spot really slowly.

Can you make learning about shapes fun? Like making different shapes with your bodies while dancing.

Young children learn about listening and co-ordination when they have to freeze when the music stops.

Older children can learn a lot by making up stories. Do a quiz with your teenager about something they are interested in!

Play is the language of children. It is how they understand the world. So be seriously playful!

ACTIVITIES (choose 1)

Rain On The Mountain
Here is a simple game you can adapt to learn about anything! From colours, shapes, animals, body parts to numbers.
Call out, "There's rain on the mountain"
Your child replies "Run, run, run" while running around.
Call out different fun instructions. For example, "touch your nose", "touch something red", "hop like a frog" and "jump up and down ten times"
Keep playing and change the instructions each time.
This fun game also helps your child practise listening and following instructions!

Read Together
You can read together with your child from an early age!
Sit together with your child in your lap so they can see and touch the book too.
Talk to your child about what they see in the pictures. Listen to what they say and pay attention to where they are looking or pointing.
You can introduce new words, name objects and actions or talk about different character's feelings and facial expressions.
Respond positively to whatever your child says. If they say something that is incorrect, ignore the mistake and praise them for trying. For example, if your child points to a red apple and says "Tomato", you can say "Yes, you're right, it's red - just like a tomato"
Ask questions about what your child can see and why they think certain things are happening. Do this by asking 'who', 'where', 'what' and 'why' questions.
Ask questions in an encouraging and kind manner.
This calm and interactive activity will help develop your child's language skills, concentration skills, thinking skills and social skills. Try it at bedtime or whenever you need a quiet moment!

Cook Together
Cooking together is an excellent developmental activity and a fun way to introduce your teenager to family budgeting!
Ask your child or teen what kind of meal they would like to eat.
Prepare it together. The first time, you may need to guide them.
Once your child or teen knows how to prepare the meal, let them take the lead and follow their instructions.
Let each child and teen in the house have a turn at being the head chef.
You can even help your teenager make a budget for ingredients!



## TIME FOR YOURSELF

*note to announcer/recorder*

*In order to be able to spend positive one-on-one time as a family, it is important that parents also take care of themselves and recognize their own efforts.*

Script

<b>duration</b>	3 min
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So how much time are you finding for yourself at the moment?

Not much?

It's tough to be there for your children when there is no time for you! Being fun, creative, calm and caring takes energy and focus.

That's why taking pauses throughout the day is so important.

It's simple. You need to take care of yourself so that you can take care of your children. Make sense?

This includes talking kindly to yourself, especially at the end of a difficult day. Try it before you sleep tonight!

ACTIVITIES (choose 1)

Praise Yourself
<p>Next time something goes wrong or you start to feel negative about yourself, try this simple activity.</p> <p>Think about your day or week and finish these sentences:</p> <p>I was able to...</p> <p>I tried really hard to...</p> <p>I showed I loved my family by...</p> <p>I am proud of how I...</p> <p>This activity can help you learn how to praise yourself, so you can get better at praising your children too! Remember, you are doing your best!</p>

One Thing
<p>At the end of each day, take a minute to think about the day.</p> <p>Talk your child about one positive or fun thing they did.</p> <p>Praise yourself for one thing you did well today.</p> <p>Think of one thing that you are grateful for.</p> <p>Keep it up at the end of each day. A gratitude practice like this can bring more peace and happiness into your home!</p>

Give yourself a hug
<p>Before you sleep, think back over the day.</p> <p>Take a deep breath and think of one thing you did today that you do feel proud of. It doesn't have to be big.</p> <p>And wrap your arms around your body and give yourself a hug.</p> <p>And now think of one thing you did today that you don't feel proud of. What can you do differently tomorrow?</p> <p>And wrap your arms around your body and give yourself a hug.</p> <p>You're doing your best so be kind to yourself! A practice of self compassion can help us feel calm and cope better.</p>

## 2. KEEP IT POSITIVE

## Module Overview

This module will provide tips on how to encourage children and teens through positive instruction and praise. It also reminds parents and caregivers that regular self-care is the first step.

Topic	Description
<b>KEEP IT POSITIVE</b>	When parents use lots of praise and give instructions that are positive, simple and realistic, children are much more likely to listen and show the behaviour we want to see. That way, parents can build a positive atmosphere at home for everyone.
<b>KEEP CALM</b>	The way in which parents give instructions affects the effectiveness. If parents are calm, and give simple and specific instructions, it will be easier for the child to follow the instruction.
<b>GET REAL!</b>	Instructions need to be realistic, otherwise children won't be able to follow them. Parents should be realistic in what they expect from their children and from themselves as well!
<b>PRAISE YOUR CHILD</b>	Praise encourages positive behaviour. Parents should spot positive behaviour when it happens and praise it right away - this will help children feel seen and appreciated!
<b>TEEN TROUBLES</b>	It can be challenging to communicate with teens and involve them in a positive way. Parents can help build trust and positive communication by creating opportunities to talk together and by giving teens clear responsibilities.
<b>FROM NEGATIVE TO POSITIVE</b>	Challenging behaviour is common in all children. By redirecting difficult behaviour when it starts, and giving children consequences when the difficult behaviour continues, parents can prevent difficult behaviour from getting out of hand or ending in conflict.
<b>PRAISE YOURSELF</b>	Parents are the models to their children. By learning to focus on the positive and praising themselves, they can also more easily see the good and praise their children.

## KEEP IT POSITIVE

*note to announcer/recorder*

*When parents use lots of praise and give instructions that are positive, simple and realistic, children are much more likely to listen and show the behaviour we want to see. That way, parents can build a positive atmosphere at home for everyone.*

### Script

<b>duration</b>	3 min
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It's hard to feel positive when our kids and teenagers are driving us crazy, especially at this time. When you're trying to work and all you can hear is "Donk Donk Donk" as they kick the ball around again.

Shouting at them or saying "Stop doing that!" just makes everyone more stressed and angry. So what can we do?

First take a deep breath.

[breath in & out]

Remember you are doing your best. This is not a normal time.

Children are also more likely to do their best if we give them positive instructions. So instead of "Stop doing that!?" try this.

"Wow, great ball skills [your child's name]! Please put the ball away now and practice later."

Praising your child or teenager for positive behavior will let them know that you care. This will encourage more positive behaviour.

And remember to praise yourself too when you keep things positive!

So how else can we keep the atmosphere positive at home?

### ACTIVITIES (choose 1)

One Thing
At the end of each day, take a minute to think about the day.
Talk to your child about one positive or fun thing they did.
Praise yourself for one thing you did well today.
Think of one thing that you are grateful for.
Keep it up at the end of each day. A gratitude practice like this can bring more peace and happiness into your home!

Surprise Notes
Everyone shows their love and praise in different ways. Here is a delightful activity for anyone who expresses their love through words.
Find a place in your home to hide a note. For example, under a pillow, in a school bag or even inside a shoe.
Think of a message to encourage, inspire or praise someone in your family. Make it fun, silly and positive!
Make sure everyone in your family gets one. You can even leave notes for yourself too.
Try leaving a note every week. Get creative when finding new hiding places!

Yes, Let's
It feels good when others say "Yes" to our ideas. Here is a fun activity bursting with that good feeling!
At any moment in the day when a change of rhythm is needed, someone makes a suggestion.
For example, "Let's jump up and down" or "Let's pretend to be cats".
Everyone else replies "Yes let's" and then does the action.
Anyone can call out a suggestion at any time and everyone has to do it - as long as it's safe and kind!
Encourage each other to be as creative as possible and use the whole space. Keep this game short and sweet!

# KEEP CALM

*note to announcer/recorder*

*The way in which parents give instructions affects the effectiveness. If parents are calm, and give simple and specific instructions, it will be easier for the child to follow the instruction.*

< Script

<b>duration</b>	3 min
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Arrrgggggghhhhh!

[make a funny stressed noise]

That's how we might feel when our children are running around making noise and the house is a mess. It's hard to know what to say or how to say it without shouting.

First let's take a deep breath.

[breath in & out]

Get their attention by using their name. Speak in a calm voice and say what you want to see. Keep it as simple and specific as possible.

Instead of "Don't make a mess", try "[Your Child's Name], please put your clothes away".

Try it and see if it makes any difference!

Research shows that it's easier for children to understand simple and clear instructions spoken in a calm voice. It will keep you calmer too!

But other than taking a deep breath. how can we calm down when we are feeling angry or frustrated?

ACTIVITIES (choose 1)

Stop & Listen
Sit down and close your eyes
How many sounds can you hear? Listen to the sounds inside and outside the room. Count them on your fingers.
[long pause]
After ten seconds, how many fingers do you have up? What sounds did you hear?
Try again for another ten seconds.
[long pause]
Did you hear any new sounds? Did you hear any sounds inside your own body?
Notice how you feel.
Well done for taking a moment for yourself! Now keep calm and carry on!

Take a Short Pause
Sit down and close your eyes.
Listen to your breath as it goes in and out.
[breath in & out]
Notice how you feel.
[pause]
Take a few more deep breaths.
[breath in & out]
When you are ready open your eyes again. Do you feel any different?
Remind yourself that "Everything is ok"
Some days are easy, others are not. But taking a short pause can remind us that everything is ok!

Pause Power
Pause power is the ability to transform from a grumpy, angry person into a calm, logical one.
When you're feeling frustrated, plant your feet firmly on the ground and breathe in and out three times as slowly as you can.
[breath in & out]
Imagine you are smelling a flower and blowing out a candle.
[pause]
Da ta! Pause Power! Your transformation from grumpy to calm is complete!
This is a playful way to trick our monkey mind and distract it from our usual angry or frustrated thoughts!

## GET REAL!

*note to announcer/recorder*

*Instructions need to be realistic, otherwise children won't be able to follow them. Parents should be realistic in what they expect from their children and from themselves as well!*

Script

<b>duration</b>	3 min
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Being realistic is an important skill to learn in life. Are your expectations of yourself and your children realistic?

Is it realistic to imagine you'll be a fun, calm, perfect parent the whole day?

Remember you are also trying to manage your work, the housework, the kid's work and be fun. Nobody is perfect, so be kind to yourself!

Is it realistic to take their ball or phone away from your child or teen for a whole day?

Instead suggest a time when they do something else and make that time realistic. Instead of a whole day, what about half an hour?

Being realistic is an important skill to learn in life. What are some fun ways to practice being realistic with your children?

ACTIVITIES (choose 1)

### Let Your Child Decide

Let your child or teen take decisions about their lives. Giving them an opportunity to make decisions for themselves, however small, can make them feel seen and heard.

First decide how on what decisions you are happy for them to make. Start with something small and build from there. That's what makes it realistic.

Stand back and encourage them to make a decision for themselves. For example, what to wear, what toy to play with, what story they would like to hear, what to make for dinner, what hobby to try.

Try to be as supportive as possible. If things don't work out, help them to problem solve.

Doing this can make them more co-operative when you ask something from them!

### Small Wins

Decide on a small habit that you want your child to achieve. For example, putting away their toys.

Attach it to something they already do, like brushing their teeth.

Brush your teeth together and then put two toys away. Once they get used to that, then put three toys away. Don't try and put all the toys away on the first day.

Make sure to celebrate the small wins! It can be as simple as saying "Amazing!" or doing a little celebratory dance. Celebrating the small wins is motivating for your child.

In a few months, you can have a routine of brushing your teeth and putting all the toys away.

If they learn how to build these habits, it will be an easy and valuable practice they can take into adulthood!

### Five Minutes in Paradise

Sometimes we just need five minutes of peace and quiet! This is a great way to get it while bonding with your child.

Tell your child that you have five minutes. Ask them "What can I do for you in that time to make you happy?"

Give them some calm and nurturing examples, like brushing their hair, rubbing their back, singing a song or telling them their favourite story.

Once they have chosen, give them their five minutes in paradise.

Then swap over. Let your child give you the five minutes in paradise that you need!

## PRAISE YOUR CHILD

*note to announcer/recorder*

*Praise encourages positive behaviour. Parents should spot positive behaviour when it happens and praise it right away - this will help children feel seen and appreciated!*

Script

<b>duration</b>	3 min
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< Praise makes a big difference!

It can show your child you love them and it can encourage more of the behaviour you want to see.

When they listen and follow instructions, praise them and give them some physical affection.

You can say "Thank you for sharing with your sibling. That was so kind of you!" or "It was amazing how quickly you tidied up. I am so proud of you!"

That will make them feel loved. Isn't that what we are looking for after all?

Now let's get practical. What are some simple ways to bring more positivity and praise into your home?

ACTIVITIES (choose 1)

One Thing
At the end of each day, take a minute to think about the day.
Talk your child about one positive or fun thing they did.
Praise yourself for one thing you did well today.
Think of one thing that you are grateful for.
Keep it up at the end of each day. A gratitude practice like this can bring more peace and happiness into your home!

Love Wall
Sometimes it's easy to find words of praise, sometimes it's not. Sometimes it's easier to write the words down than say them face to face. A love wall can help you with these challenges!
Write small notes or draw pictures about the members of the family.
You can write something you love about them, something they are good at or leave them an inspiring message!
For example "You are so good at making people smile when they feel sad" or "You are a star! Keep shining!"
Put them on the wall. Add new pictures and words every week.
Read them aloud when you need extra love and inspiration at home!

Physical Affection
Everyone feels love in different ways. Some children need physical affection to feel loved.
Ask yourself, is my child one of those children? Does my child like a lot of physical affection? Or do they like a lot of personal space?
Physical affection is shown through safe touch.
For example, hugging, squeezing, tickling, holding hands, skipping, sitting on your lap.
When your child listens and behaves positively, give them some physical affection.
Pay attention if your child pulls away or looks uncomfortable. This could be a good time to talk about safe and non safe touch.

## TEEN TROUBLES

*note to announcer/recorder*

*It can be challenging to communicate with teens and involve them in a positive way. Parents can help build trust and positive communication by creating opportunities to talk together and by giving teens clear responsibilities.*

Script

<b>duration</b>	3 min
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"Argh I'm so angry right now. I just got yelled at again for the same thing I got yelled at for yesterday. No one even give me a chance to do anything differently! I don't even know what I can do differently because they are always telling me what they don't want me to do, not what they want me to do. Argh I am so confused and sad because I can see they are stressed and I want to do something to help but I don't know what"

Sound familiar? Nobody likes to be yelled at or told what to do, especially teenagers. They are probably missing their friends right now.

So watch out for when they are behaving well and praise them for it. Tell them what you want them to do and let them know how they can help you.

Praising your teenager will boost their self esteem and motivation, but it's not always easy to know how. Here are some ideas!

### ACTIVITIES (choose 1)

How Was Your Day?
Find a time every day to ask your teen the following questions.
"What made you happy today?"
"What was difficult today?"
"How can I help you?" or "What do you need from me?"
Let them ask you the same questions and answer honestly.
You can do it when you are eating together or before bed.
Having a daily check in like this can make your teenager feel heard and supported. Give it a try for a week and see if you notice any difference!

Rolling Connections
Teenagers may not feel comfortable talking about their feelings or giving praise to others. This fun family game makes those things easier!
Get a dice or write the numbers 1 to 6 on small pieces of paper.
Take turns rolling the dice or picking a number.
1 = do something funny e.g. a dance move, a push up, tell a joke
2= tell each person something you hope for them
3= say something nice about each person in the group
4 = roll again
5= ask each person a question
6= roll again
Do you feel more connected to each other after playing the game? What have you learnt?

Cook Together
Cooking together is an excellent developmental activity and a fun way to involve your teenager in family chores!
Ask your teen what kind of meal they would like to eat.
Prepare it together. The first time, you may need to guide them.
Once your teen knows how to prepare the meal, let them take the lead and follow their instructions..
You can even help your teenager make a budget for ingredients!

## FROM NEGATIVE TO POSITIVE

*note to announcer/recorder*

*Challenging behaviour is common in all children. By redirecting difficult behaviour when it starts, and giving children consequences when the difficult behaviour continues, parents can prevent difficult behaviour from getting out of hand or ending in conflict.*

Script

<b>duration</b>	3 min
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All children and teenagers misbehave. It's normal but it's stressful!

So how can we prevent difficult behaviour from starting or stop it once it's started?

Children express their feelings through their behaviour. So we can often prevent difficult behaviour by listening to their feelings and meeting their needs.

Praise them for what they do well and redirect their attention from negative to positive behaviour.

If the difficult behaviour continues, give them a warning so they have a chance to behave differently.

And if it still continues, use consequences such as taking away a toy or game for a short while.

Then give them a chance to do something good and praise them for it!

It takes practice so keep it up. How can you make this practice fun?

ACTIVITIES (choose 1)

No, Yes But, Yes And	I Bet You Can't	Dance Party
<p>Decide who is going to be the first storyteller. The first storyteller starts by suggesting something nice thing to do together</p> <p>For example, "Let's make our favourite food today" or "Let's do some drawing"</p> <p>The second person must reply to the suggestion with the word "No" and an excuse.</p> <p>For example, "No, I don't have time" or "No, that will be too messy"</p> <p>After you've done that a few times, play again but this time the second storyteller says "Yes but..."</p> <p>For example, "Yes, but actually that's going to be very expensive" or "Yes but we don't have any paper to draw on"</p> <p>After you've done that a few times, now the second storyteller says "Yes and..." and builds on the idea.</p> <p>For example, "Yes, and we can put on our favourite music while we cook!" or "Yes and we cut up a cardboard box to draw on"</p> <p>How did it feel every time someone said no to your idea? How did it feel when they said yes?</p> <p>A storytelling activity like this can show the power of positivity and help you practice turning a no into a yes!</p>	<p>Turn your child's defiance into a positive thing!</p> <p>Whenever your child doesn't want to do something, instead of using anger or force, try turning it into a fun challenge.</p> <p>For example, if they don't want to eat their vegetables, try "I bet you can't eat all your spinach before me"</p> <p>Make sure to say it in a playful and light-hearted way. You can even put on a silly voice. If there is any anger or frustration in your voice this won't work!</p> <p>Some children respond really well to challenges. Try this once in a while to turn challenging behaviour into the positive behaviour you want to see!</p>	<p>This activity is a fun way to explore the power and value of consequences!</p> <p>Play or sing your favourite music and dance around the room.</p> <p>When the music stops everyone does a funny freeze. Practice a couple of times.</p> <p>Dance in different ways or with different parts of your body</p> <p>For example, "Dance like a monkey", "Dance like a chicken" or "Dance with just your knees and hips"</p> <p>If someone doesn't freeze when the music stops, introduce a funny consequence. For example, singing a song or doing a push up.</p> <p>Play the game again. Notice how well the game is played once there are consequences!</p>



## PRAISE YOURSELF

*note to announcer/recorder*

*Parents are the models to their children. By learning to focus on the positive and praising themselves, they can also more easily see the good and praise their children.*

Script

<b>duration</b>	3 min
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Do you also feel like you are getting everything wrong sometimes?

It can really help to recognize the things you are doing well. If you pay attention there are so many! Small things, big things, silly things, serious things.

When we are kinder to ourselves, we can be kinder to others. So learning to praise yourself makes it easier to praise your child. Make sense?

The next time something goes wrong and you start to think negative things about yourself say, "Cancel that!" And remember something you did well.

You are doing an amazing job!

So let's practice together. What are some simple ways to praise yourself today?

ACTIVITIES (choose 1)

Praise Yourself
<p>Next time something goes wrong or you start to feel negative about yourself, try this simple activity.</p> <p>Think about your day or week and finish these sentences:</p> <p>I was able to...</p> <p>I tried really hard to...</p> <p>I showed I loved my family by...</p> <p>I am proud of how I...</p> <p>This activity can help you learn how to praise yourself, so you can get better at praising your children too! Remember, you are doing your best!</p>

One Thing
<p>At the end of each day, take a minute to think about the day.</p> <p>Talk your child about one positive or fun thing they did.</p> <p>Praise yourself for one thing you did well today.</p> <p>Think of one thing that you are grateful for.</p> <p>Keep it up at the end of each day. A gratitude practice like this can bring more peace and happiness into your home!</p>

Give yourself a hug
<p>Before you sleep, think back over the day.</p> <p>Take a deep breath and think of one thing you did today that you do feel proud of. It doesn't have to be big.</p> <p>And wrap your arms around your body and give yourself a hug.</p> <p>And now think of one thing you did today that you don't feel proud of. What can you do differently tomorrow?</p> <p>And wrap your arms around your body and give yourself a hug.</p> <p>You're doing your best so be kind to yourself! A practice of self compassion can help us feel calm and cope better.</p>

### 3. SHARING IS CARING

### Module Overview

This module will provide tips on how to deal with worry and anxiety in the family by listening to each other, letting go of stress in a fun way and remembering to take a pause.

Topic	Description
TALK ABOUT COVID19	When parents use lots of praise and give instructions that are positive, simple and realistic, children are much more likely to listen and show the behaviour we want to see. That way, parents can build a positive atmosphere at home for everyone.
SHARE YOUR WORRIES	The way in which parents give instructions affects the effectiveness. If parents are calm, and give simple and specific instructions, it will be easier for the child to follow the instruction.
LEARN TO LISTEN	Instructions need to be realistic, otherwise children won't be able to follow them. Parents should be realistic in what they expect from their children and from themselves as well!
WHO HAS THE ANSWERS?	Praise encourages positive behaviour. Parents should spot positive behaviour when it happens and praise it right away - this will help children feel seen and appreciated!
HEALTHY FUN	It can be challenging to communicate with teens and involve them in a positive way. Parents can help build trust and positive communication by creating opportunities to talk together and by giving teens clear responsibilities.
TAKE A BREAK	Challenging behaviour is common in all children. By redirecting difficult behaviour when it starts, and giving children consequences when the difficult behaviour continues, parents can prevent difficult behaviour from getting out of hand or ending in conflict.

## TALK ABOUT COVID19

*note to announcer/recorder*

*COVID-19 has brought a lot of uncertainties for families around the world. Parents can help their children cope well and model healthy coping mechanisms by listening to their children, sharing concerns with their support system, and remembering to relax and have fun with their family despite the circumstances.*

Script

<b>duration</b>	3 min
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Hey. Here's a question. How much do you know about COVID-19?

What would you say to your child if they asked about COVID-19? Do you have to wear a mask? Are you going to get sick? How do we stop ourselves from getting sick? What's going to happen if you do get sick?

Arrrrrrrrgh [funny stressed noise]

There are so many questions about COVID-19 and you don't need to know all the answers. In fact, nobody knows all the answers.

So the most important thing is to listen to your child or teenager and be honest. Let them ask you questions. And hey! Why not find out the answers together?

Our children will copy us. If we are scared and confused, they will be scared and confused. So find your support people and share your worries.

Then take a break and play with your children. As play is the language of children, let's talk to our children about COVID 19 in the language they understand!

ACTIVITIES (choose 1)

When Covid19 Ends	Vision Board	New Challenge
<p>This memory game is a fun way to learn more about your child's wishes and needs after COVID-19!</p> <p>For example, the first person says, "When COVID-19 ends, I am going to..." (e.g., go to the park)"</p> <p>Second person adds to first person, "When COVID-19 ends, I am going to the park and... (e.g., visit my best friend")</p> <p>Each person adds to the previous trying to think of all of the fun things to do when COVID-19 ends</p>	<p>A vision board with images of hopes and dream for the future can help you and your family through the tough days.</p> <p>Find a piece of cardboard or use a wall. Ask yourself and your child these questions;</p> <p>"What would you like in your life after COVID-19 ends? What would you like to do?"</p> <p>Look for pictures that represent your wishes and visions. You can use old magazines, newspapers, brochures or leaflets.</p> <p>Cut them out and stick them onto your board or wall.</p> <p>Make sure to put it somewhere where you can see it every day!</p> <p>When you are feeling overwhelmed or stressed, take a deep breath and look at your vision board or wall.</p> <p>Try this uplifting activity with the whole family!</p>	<p>Having a goal to work towards during COVID 19 will create structure and create more meaning for your child or teenager at this time.</p> <p>With younger children, set yourselves a simple challenge. For example, who can do the most toe touches, jumping jacks or laps around the room in a minute.</p> <p>With your teen, think of a new skill you could learn together with your teen. For example, keeping a ball in the air, juggling, learning a new language, or playing an instrument</p> <p>Take turns in trying out the new skill or challenge.</p> <p>Set a realistic goal. For example, "By the time COVID 19 is over, I will be able to..."</p> <p>Make sure to set some rules to keep safe and praise each other!</p>

## SHARE YOUR WORRIES

*note to announcer/recorder*

*Everybody needs support in dealing with the many questions and uncertainties brought on by COVID-19 and other daily challenges. Parents should find trusted adults to process concerns and help their children express their worries as well. Parents can try the activities below to help their children talk and release some anxiety.*

< Script

<b>duration</b>	3 min
<p>Do you feel alone at the top of the corona coaster? Does your anxiety or depression feel too much sometimes? Even your child may experience anxiety or concern.</p> <p>Talk to someone. Talk to a friend. Talk to family. Talk to someone you trust. Talk to a tree.</p> <p>Get your worries about COVID-19 off your chest and then try to switch off for a moment.</p> <p>If you reach out for support, you will be able to support your children better. Can you think of some gentle ways to help them?</p>	

ACTIVITIES (choose 1)

<b>Worry Dolls</b>	<b>Funny Faces</b>	<b>Dancing With Angels</b>
<p>Sometimes it's hard for children to put their feelings into words. Talking through a doll or object can help them feel safe to do this.</p> <p>Ask your child to get a doll, teddy bear or toy friend for this exercise. They can also make one.</p> <p>For example, make a sock puppet by putting a sock on your hand or draw eyes on a stone. Explain that this is their worry doll or friend.</p> <p>Ask their worry doll questions and let the child answer.</p> <p>For example, What is your doll's name? What does your doll like to eat? What are your doll's favourite colours? What makes your doll scared?</p> <p>Ask one question at a time and listen to your child's answers.</p> <p>Thank your child and tell them that whenever they feel worried about anything they can share it with their 'worry doll'.</p> <p>You can also use this game as a way to learn more about your child and what they are worried about!</p>	<p>Babies feel what their parents feel. Playing with funny faces and feelings will allow you to be light hearted with challenging emotions and this will reassure your baby that it is ok too.</p> <p>Look at your baby in the eyes and make different funny faces.</p> <p>Make a big face. Make a small face. Make a happy face. Make a surprised face.</p> <p>Which ones make your baby smile or laugh? Do them again, even bigger this time!</p> <p>Play with different feelings and add sounds.</p> <p>Notice if your baby is copying you. Give them positive responses like a smile, a laugh or a clap!</p> <p>Now copy their facial expressions. What expressions can you see? Exaggerate them to make them funny.</p> <p>Always end on a positive expression!</p>	<p>This gentle activity will build trust between you and your child, and help them learn how to lead.</p> <p>Play a piece of music that is gentle and relaxed to encourage smooth and calming movement.</p> <p>One person goes first and closes their eyes while the other person is the guardian angel or protector</p> <p>The guardian angel must protect the person with their eyes closed from harm while gently dancing together</p> <p>When the music ends, the dancer can open their eyes before switching roles.</p> <p>Enjoy this special moment. You deserve it!</p>

## LEARN TO LISTEN

*note to announcer/recorder*

*Parents can help their children stay healthy and safe by listening to them carefully and showing that they understand. This will help children to build trust and open up to their parents.*

Script

<b>duration</b>	3 min
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The wise old owl sat on the oak.  
The more she heard the less she spoke  
The less she spoke, the more she heard.  
Try to be like that wise old bird.

Are you like that wise old bird?

Do you listen more than you talk?

When we are stressed or worried, it can be hard to listen properly. But try to listen to others when they are talking with you, especially your children.

Be open and show them that you hear what they are saying. It can help to even summarise what you have heard before responding: "What I hear you saying is..."

If your child or teen is experiencing cyber bullying or sexual violence, you want them to feel safe to talk to you!

So how can we practice talking less and listening more?

ACTIVITIES (choose 1)

### Sipho Says

Be the leader to start with. The leader calls out different instructions.

Explain that if the leader say "Sipho says touch your toes" then they must do it

If they only say "Touch your toes" then they mustn't do it. If they do, have a funny consequence.

For example, singing a song or doing ten star jumps.

Keep playing and change the instructions each time.

Let your child be the leader!

Try this fun, active game for you and your child to practise listening and following instructions!

### Blind Monster

Tell the story about a monster who lived near a village. He would sneak into the village at night and steal people's treasures – anything they loved. Anybody who tried to take their treasure back would be eaten alive. This continued for many years until the monster became old, fat, and blind from sitting on his treasure and gazing at the glare of the gold coins. Then the townspeople could try and sneak into his lair and steal back their relatives' treasure.

One person plays the monster. The monster sits blindfolded or with eyes closed surrounded by a pile of treasure.

Everyone has one piece of treasure that they must steal back. The treasure can be anything, for example, a toy, a bottle, a bag, a shoe.

If the monster hears you and points at you, you must go back to the starting place.

This is an excellent way to develop listening skills and create a quiet, focused atmosphere in the house.

### Leading the Blind

First make sure the space is clear and safe. Safety is essential to building the trust in this game.

As the adult, it is important to be the leader first to model how to do this game safely.

Cover your child's eyes with a scarf or blindfold.

Lead them slowly around the room. Encourage them to touch things, for example, a chair, a table, a piece of fruit.

If you feel that their body is tense, go even slower. Never force anyone to move faster than they feel safe.

Ask them how they felt afterwards.

Now let them do it for you! How did it feel?

This activity builds trust and encourages deeper listening. Listening to body language is an important skill!

## WHO HAS THE ANSWERS?

*note to announcer/recorder*

*Knowing where to find correct information is important to keep families healthy and safe. By using reliable sources only, parents can prevent the spread of fake news and stay well-informed.*

Script

<b>duration</b>	3 min
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< We all have lots of questions at this time but where do we find the answers?

Where do you get your information? Do you read the paper, listen to the news on the radio or television? Or do you talk to your friends? That friend that always looks at things positively or the friend that always loves the drama?

Not all information is correct. Sometimes we come across fake news. And we may even spread it because it seems so real.

Make sure that your information comes from a source that you trust. The UNICEF and WHO COVID-19 sites are a good place to start. That way you and everyone around can be well-informed, stay healthy and safe.

How can we find the answers and explore the challenges of misinformation in a playful way?

ACTIVITIES (choose 1)

### Broken Telephone

This game is a fantastic way to demonstrate how stories change as rumours spread. Try it with the whole family!

Start with one sentence, and whisper it to the person next to you.

Keep going and only let everyone hear it once. No repeating!

The last person says the sentence they heard out loud.

Has it changed?

### Research Together

Knowing how to research effectively and evaluate sources of information is a very important skill for teenagers to have. Fake news can cause a lot of unnecessary stress and anxiety!

Sit down together and decide what you are going to research. For example, the symptoms of COVID-19.

Identify trusted sources of information like the UNICEF or WHO COVID-19 websites

Do a quick search of those websites. Make notes of the important points.

Evaluate the sources. Can you trust them?

Once you feel confident about the information, share it with your friends and family.

Do you have questions you want answers to? Try researching together with your teenager today!

### Two Truths, One Lie

This is a fun game can be a great way to open up a discussion about lies with your teenager.

Think of three statements about yourself. Two must be true and one must be a lie.

It might help to think of wishes, dreams, likes or dislikes. For example, I hate bananas, I love ice cream and I really wish I could sing.

Say them to your partner or friends. Ask them to guess which one is a lie.

Did they guess correctly? Was it a surprise?

Now ask them to do the same. Did you learn something new about each other?

Laughing together brings you closer as a family and makes communication easier. Give it a try and see for yourself!

## HEALTHY FUN

*note to announcer/recorder*

*To promote good hygiene, parents can introduce games and songs to make hygiene activities like handwashing fun and easy to remember. Praise and small rewards can also help children maintain good hygiene.*

Script

<b>duration</b>	3 min
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Talking to your children about ways to stay safe can be boring.

Remember that play is the language of children. It is how they understand the world. So if you want your child to do something, make it fun! It can be as simple as that!

So how can you make healthy habits like hand washing fun for you and your children? What ideas do you have?

Make up a song or sing twenty seconds of your favourite song while you wash your hands. Invite your child to create some funny moves or actions.

You can give your child points or praise when they remember to wash their hands. Or play with the soap bubbles and see if you can blow a bubble. Can you turn hand-washing time into story time?

Whatever you do, do it every time you wash your hands so hand washing becomes a fun time to spend together while keeping safe!

Let's explore some more ways to make healthy habits and hygiene practices fun and engaging.

ACTIVITIES (choose 1)

### Make A Handwashing Song

Start by choosing one of your favourite songs to sing while washing your hands

Make sure it is at least twenty seconds long

Sing it enthusiastically every time you wash your hands with your child

Enjoy it as much as possible!

Encourage them to pick their favourite song or make up their own words to a familiar tune

Invite them to create some funny moves or actions

Do it together and see how big and silly you can make it!

It is not only a simple creative activity but your child will think positively about washing their hands!

A fun handwashing song can keep you safe and lift your spirits!

### Play With Bubbles

All children love bubbles especially babies and toddlers! They are a great way to develop motor skills and make washing more fun.

Get a pot of bubbles or make your own.

To make bubble mix, combine liquid soap and water. You can make a bubble wand with a piece of wire.

Blow the bubbles for your child

Encourage your baby or toddler to pop the bubbles!

Be careful to avoid blowing the bubbles near their eyes!

Give your toddler a chance to try! Bubbles are a fun way to develop motor skills and co-ordination.

### Crazy Chicken

This is a fun way to dry your hands after washing them with soap while also releasing any stress or excess energy!

Shake your hand in the air 8 times while counting

Do it as fast and loud as you can

Repeat with your other hand and both feet

Do it 7 times, then 6 times until you get to 1.

Call out "Crazy chicken" as loud as you can!

Are your hands dry now? Have you released all your stress? If not, do it again even faster and louder!

## TAKE A BREAK

*note to announcer/recorder*

*Overexposure to news can lead to feelings of being overwhelmed and powerless. By disconnecting from news input and connecting to family in an intentional and playful way, families can reduce daily stress and build their positive relationships.*

Script

<b>duration</b>	3 min
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When we've got COVID overload, sometimes the best thing we can do is disconnect from the radio, news, our phones and television. Then we can connect with ourselves and our children!

First connect with yourself. Take a quiet moment for yourself. Give yourself some love and praise. You deserve it!

It doesn't have to be long. You'd be amazed at what a few minutes can do.

Then connect with your family. Talk about your day, listen to each other and be seriously playful!

Here are a few ways to give back to yourself today!

ACTIVITIES (choose 1)

### Take a Short Pause

Sit down and close your eyes

Listen to your breath as it goes in and out.

Notice how you feel.

Take a few more deep breaths.

When you are ready open your eyes again. Do you feel any different?

Remind yourself that "Everything is ok"

Sometimes it's easy, sometimes it's not. Take a short pause to remember that everything is ok. You are doing your best!

### Quiet Eyes

Lie down or find a comfortable sitting position. Take a deep breath.

Let your eyes soften and gaze quietly at something out of the window or in the room. It could be the clouds, the sky, birds, a candle or a spot on the roof

As you quieten your eyes, notice your thoughts. What are you thinking about? Are you thinking about the past or the future? Are your thoughts positive or negative?

Notice your breath coming in and out of your nose. As you breath out imagine your thoughts floating away with your breath. Just let them go.

Do this for a couple of breaths.

Now let your eyes move slowly around again. How do you feel now?

Quietening your eyes can help quieten your mind and bring a sense of inner peace. Did you feel it?

### Give Yourself A Hug

Before you sleep, think back over the day.

Take a deep breath and think of one thing you did today that you do feel proud of. It doesn't have to be big.

And wrap your arms around your body and give yourself a hug.

And now think of one thing you did today that you don't feel proud of. What can you do differently tomorrow?

And wrap your arms around your body and give yourself a hug!

You're doing your best so be kind to yourself! A practice of self compassion can help us feel calm and cope better.