

A word for parents

This is a crucial time for families, and for many at the moment life is stressful and difficult. Some of the situations being faced are hard for those of us in easier settings to imagine. However, this is an opportunity to spend more time together, and I want to encourage you by providing some fun things for you to do with your children.

First, I want to flag up some resources. Please see the two recent editions of *Educare Extra*, for March and April 2020. There are some helpful articles in there, about subjects such as processing sudden isolation as a family, and working from home when you are not used to it. In addition there are some activities for families.

I have recently been made aware of some further useful resources on coping with the Covid 19 situation as a family, and we want to recommend the World Family Education website:

<https://worldfamilyeducation.com/caring-for-your-family-in-an-ongoing-crisis/>

<https://worldfamilyeducation.com/temporary-home-education-for-international-families/>

The link below is from a different website. It explores the different coping strategies that are used by both adults and children – such as denial, minimising or catastrophising – and gives practical strategies for helping with these.

<http://www.utesinternationallounge.com/how-to-deal-with-different-coping-styles/>

The World Health Organisation has also produced 6 one-page guides on parenting. These are not written from a Christian perspective but they contain some good common sense suggestions. The topics included are:

1. One-on-one time
2. Keeping things positive
3. Put structure into the day
4. Managing bad behaviour
5. Keeping calm and managing stress
6. Talking about Covid 19.

All of them can be downloaded here:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

Sunday School

Many families will already be linked to a church in the host or passport country. However if you need resources for Sunday School, I recommend the programme on our church website run by our children's worker, Rhiannon Price. She is producing excellent Sunday School material each week for pre-school children up to age 13, plus bedtime stories. These can be accessed here:

<https://www.youtube.com/channel/UCIz3HLW7JqR57kNp-lQuVPg>

Help us to help you

Since putting the extra *Educares* together, I have collected a few more ideas for things to do at home. However I believe we could all benefit from each other's knowledge and gifts at this time. If you have some insights or ideas that have helped your family, please send them to me so that they can be shared. It would be great to be able to produce another issue of *Kidzone* full of ideas from around the world.

Activities

Origami

Make an origami boat that floats (it really does, I've tried it!)

<https://www.youtube.com/watch?v=6X7g5RWSEq4>

or an origami dog

<https://www.youtube.com/watch?v=OPOiGpfzj4M>

You can no doubt find many other origami projects once you get started.

Semaphore

Learn a signalling system used by the armed forces before the digital age! You only need your arms to do this. Some handkerchief or table napkins are a nice addition but not essential.

Maybe do the first 7 letters on day one as they are the easiest. Then learn two or three letters a day until you are really sure. To help you remember, J is like a clock face at 9 o'clock. Other letter can be remembered similarly. The children could try sending messages to each other.

<https://www.youtube.com/watch?v=LFWQ6usrSCM>

Morse code

Learn about it here

<https://www.youtube.com/watch?v=LFWQ6usrSCM>

Learn the code itself from this musical video.

https://www.youtube.com/watch?v=2_qQZ92onhU

Make a jigsaw puzzle

This only needs cardboard and a picture from a magazine etc. If you don't have glue, make some from flour and water.

<https://www.youtube.com/watch?v=AmRBW17Do48>

Line dancing

This is a great form of exercise that can be done in a small space. I would encourage people to rearrange the furniture if needed as exercise is so beneficial for mental physical health.

Hayley, the teacher, demonstrates the routine in her kitchen. Here is a link to the first one for beginners. There are many more videos once you have done that one.

<https://www.youtube.com/watch?v=FNYgaH4EhOY>

Here is another one. The teacher is in a gym so it looks as if more space is needed, but if you look at the moves made, you can see that it could still be done at home.

<https://www.youtube.com/watch?v=uZXQuqPnp8g>

Geography project

Now is the time to learn lots more about the country that you are living in. Print off an outline map from the Internet. Mark the major cities, rivers and other features. Study the local industries. What is produced and sold in your country? Study your city or town. Find out about any famous features. Make a powerpoint presentation and show it to other family members.

Anagrams

Write down a long word such as one of these:

interminable philosophical extraordinary

and make short words of three letters or more. You can do this in any language. Set a time limit!

Spot the difference

Spot the differences between two pictures that are almost identical. Try these links:

<https://www.smithsonianmag.com/games/spot-difference-180968040/>

<http://www.spotthedifference.com/explorer.asp?g=2>

General knowledge quiz

This is a game that we played in my family when I was growing up. It was great fun and also developed our general knowledge. You only need a pencil and paper for each player.

The quiz is on the next page – the letter given is s, but you can choose any letter of the alphabet. I divided the questions into two categories – using the Internet is allowed for some questions but not others. You can decide what suits your family. You can also change the questions or add new ones.

Quiz Time

Today's letter is.....S!

Find things that begin with this letter. For some questions you can use the Internet. For others you are not allowed. If you get an answer that no-one else gets, you get 3 points. If someone else has the same answer you get one point.

No Internet allowed

Something in your house – furniture, kitchen tools etc _____

A boy's name _____

A girl's name _____

A sport _____

An animal _____

A fruit or vegetable _____

A place in your country – town or village _____

Internet allowed

A country _____

A capital city _____

A river _____

A type of tree _____

A famous invention _____

A famous sports team _____

Maximum points 39