

Page 1

Family Routines

Playing Ideas for Families

Fun with Animals

Media Tips

Door Plate

Helplines in case of Emergency and Crisis

Family Life in the Time of Corona



Page 2

Boredom

Boredom means not knowing what to do. Well, actually there isn't much to do these days. Isn't it possible that this is a good thing?

Boredom as a Chance

A lot of free time can play out like a boomerang. A lot of parents are afraid of their kids saying "I am bored". First and foremost it is important to tolerate this status quo without having to react immediately.

Boredom can

- enhance creativity.
- lead to rest and relaxation.
- teach kids to deal with themselves.
- enables kids to try something new.

It's not the parents' job to fill the void, however it is necessary sometimes. In times of boredom an overuse of media consumption is definitely not the best. It actually limits the positive effect of self-creativity. The same goes for parents in order to be a good role model.

Page 3

Playing Ideas for the whole family

Make up a story with certain words given. The story is supposed to be told or read.

Every family member cuts out ten pieces of words or pictures of a newspaper or advertisement, usually from your mail or stairway.

Those ten pieces are put in an envelope. All envelopes are collected and placed in the middle of the table. Each family member picks one. You have until Sunday to make a good story out of these words and pictures. Read or tell the stories when you are done.

Page 4

Fun with Animals

Observe exotic animals on live-cam

Watch a kestrel from Regensburg

Discover the Baltic Sea virtually

Page 5

Creative Media Tips

Handcrafts for Easter

Draw your game

Use as App for IOs and Android. Generate your own little game and challenge somebody.

www.little-lab.de

Scientific experiments to watch and try at home.

Page 6

Door Plate

Colour me and cut me out

I am angry

Helplines in case of emergency and crisis

Staying home for a couple weeks can be hard on all family members and can have a negative impact on the parent-child relationship. Disputes and arguments might increase during these times. If you think it is getting out of hand, it is advisable, to get help.

Youth and Family Therapy Consulting Regensburg

Tel: 0941/507-2762 Erreichbarkeit: Mo-Do 8.30 -12Uhr 13.30 -17.00 Uhr Fr 8.30 -15 Uhr

Substantiated child danger and for youth in crisis

During office hours

TEL. (0941) 507-2512

jugendamt@regensburg.de

on duty outside office hours

TEL. (0941) 507-4760

jugendschutz@regensburg.de

Financial questions: Tel. (0941) 507-3514

Other issues: Tel. (0941) 507-1512

jugendamt@regensburg.de

or: www.bke-beratung.de