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### Family Routines

**Conflicts within the Family**

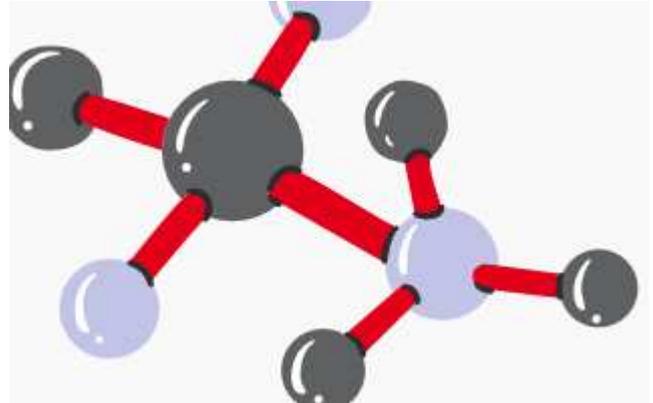
**Virus-Emoji**

**Playing Ideas for Families**

**Media Tips**

**Helplines in case of Emergency and Crisis**

**Family Life in the Time of Corona**



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### Conflicts within the Family

Is the family together the whole time, it is naturally that conflicts can occur.

#### **How to Deal with Conflicts**

During these times, it is very likely that situations can get out of hand. How can you deal with it as a family?

Most of the times, it is about the same things e.g. tidying your room.

It can help families to come together for example every evening at the same time, to talk about things that bother you. You can talk about it and make suggestions how to solve problems. You can use the virus-emoji on the next page to express how you feel. Take the kids feeling serious during these times of crisis.

Here are some basic rules:

- Parents are always right
- Children are very good in finding solutions
- Children have a right to be heard and finish their sentences
- Take all options into account even if they are not applicable. Here is an example of how you can react: "I am not sure if this works for us, maybe think about it again".
- Sometimes it need some time for new rules to work

It is very important that all family members stick to the new rules. All members have the right to remind each other.

If it turns out that the new rules don't work discuss them in your next family meeting.

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#### **Think about how you are feeling at the moment**

I'm having fun with:

I'm angry because:

I'm afraid of:

I'm proud of:

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#### **Playing Idea for Families**

##### **Open up a family casino.**

Every member of the family joins in on a daily base. Scores are written down. Find the champion of the week. You can use all kinds of games you have at home.

#### **Simple ideas for games**

##### **Who am I?**

You need a pen, paper und sticky tape.

Every player writes down the name (person, animal or figure) on a piece of paper and uses the sticky tape to fix it on another person's forehead. Make sure the person cannot read what's on it!

The youngest player goes first. You have to ask a question who you could be. You have to ask the questions in way that the answer is either "yes" or "no".

Here are some examples: Am I a woman? Am I young? Am I a human?

You can ask as many questions as you want until the answer is "no". Then it is the turn of the next player. The player gets it right first, wins.

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#### **Quick on the draw**

You need a pen, piece of paper, and a watch. Form two teams. One team draws one team guesses. The drawing team starts with drawing a word, the other group does not know. If the guessing team is can name the word within the given time, they get a point. If they don't, the group gets zero points. Now, it's the other way round.

Here are some example words: Toilet seat, fork-lift truck, giant, fairy, nose picker, and so on...

## **Word Game**

You need a pen and paper.

One player thinks of a word. The longer the word, the more difficult it is. Write down a small line for each letter. You have to guess the word quickly in order to win. Start with guessing letters and write them down on the given spaces. If a letter occurs more than once, write it down. The player who guesses the word first, gets a point.

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### **Media Tips**

[www.kabu-app.de](http://www.kabu-app.de)

This website is entertaining and educational for primary school kids.

[www.ohrka.de](http://www.ohrka.de)

Audio platform for kids

[www.abeteuer-regenwald.de](http://www.abeteuer-regenwald.de)

Adventure in the rain forest

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Colour me

Fun-Virus

Grumpy-Virus

Fear-Virus

Proud-Virus

**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.

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Substantiated child danger and for youth in crisis

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