

HOW TO STAY HEALTHY AND IN A GOOD MOOD

Ideas for the Whole Family

Don't forget: knowledge is power. Learn something new every day.

1 Dance and sing together, video call your relatives and friends! Show your kids how you danced when you were young. Play them the music you used to listen to.



2 Dress yourselves and put on the make up your favorite singers or actresses/actors wear. Imitate your idols, each one your own!

3 Find your old comic books/books/magazines... Read them together.



4 Exercise together, agree on the exercises everyone enjoys...



5 Invite your classmates and their parents to an online party.

6 Find your old photographs. Recount your memories of the events and the people dear to love. Tell the kids how you met them and the things you did together.

7 Watch a cartoon or a favorite movie together. Discuss what you like about them.

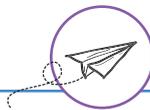
8 Draw a family tree. Write something interesting about each family member.

9 Swap roles for an hour: you'll be the kids and the kids'll be the parents. Enjoy.

10 Play with paper dolls/heroes/animals. You can think up ways of cutting them out or find ideas on the Internet.



11 Origami Day – you can consult the Internet or let your imagination run away with you and make your origami collection! Or, make paper planes and the race may begin – whose plane flies the farthest/longest.



12 Create your own orchestra. If you don't have any music instruments, use rattles, make drums or other instruments.



13 Look up various experiments on the Internet (e.g. the ones conducted by Ardivin Gupta) and conduct them with the kids.

14 Dust off your board games or teach the kids the games you played when you were a kid: guessing and association games, battleship, pantomime, 20 questions, card games like Go Fish and Memory.

15 Tell stories: make up a town or another setting and tell the kids about the various adventures happening in it.



16 Organize family quizzes on various subjects.

17 Organize an indoor treasure hunt.

18 Think up a sci-fi/crime/adventure story together and illustrate it or create a picture book relating it.



Make sure you have time for yourself and the activities you enjoy doing.

Find free online museum exhibitions, theatre plays and concerts, virtual city tours...
Watch them together or have each family member view one exhibition and tell the rest what they saw.

<p>19 Draw your own comic book in which your family members are the lead characters, maybe about an event you're often retelling ...</p>	<p>20 Draw up a daily schedule together for every family member. It should include learning, entertainment, chores, joint activities, exercise, cultural activities...</p>	<p>21 Think up various fun ways of greeting each other not involving hugging or kissing.</p>
<p>22 Call up the kids' grandparents, aunts and uncles and ask them what games they used to play when they were kids. Create a family collection of games!</p>	<p>23 Secret friend: ask every family member to come up with their own code names and pass paper messages to each other all day. Everyone should disclose their identity at the end of the day ...</p>	<p>24 Learning sewing, knitting ... this is an opportunity to learn how to sew a button, knit a wallet or hairband ...</p>
<p>25 Organize Family Olympics. Think of „sports“ you can play indoors: race with books on your heads, play basketball with a small ball or balloon and a trash can, bowl with plastic pins. You can play chess...</p>	<p>26 Make presents for everyone whose birthday just passed or is coming up soon (a puzzle, bookmark), or write them a poem or draw them a happy birthday card, and you'll have a present ready next time you meet up with them.</p>	<p>27 Think up a story together: One family member begins (e.g. with <i>Once upon a time...</i>), the next one repeats what they said and adds something else, and so on...</p>
<p>28 Draw with the hand you usually don't use. Agree on the subject or have everyone suggest a subject, write them down on pieces of paper, throw them into a hat, have everyone draw out a piece of paper and draw what's written on it. When you finish, organize and exhibition and discuss your drawings.</p>	<p>29 Have an indoor picnic. Lay a blanket on the room floor, prepare the snacks, everyone can sit down, talk to each other, read stories ...</p>	<p>30 Do each other's hair using a brush, your fingers, hairpins. Take turns to make sure each family member has a new hairdo and does someone's hair.</p>
<p>31 Cook together: assign chores to everyone (e.g. washing or chopping vegetables, measuring the ingredients, washing dishes, setting the table...). You can choose your family's favorite meal or try out a new recipe.</p>	<p>Make short video recordings or photographs as you try out some of these ideas. You can interview each other, ask what they liked, found interesting, why... You can send the photographs and recordings to the grandparents, aunts and uncles ...</p>	