Family Life in times of Corona – Covid 19

- How to have a good time as a family?
- Corona explained in a child-friendly way
- Competition
- How to meet friends and grandparents?
- Game ideas
- How to do sports indoors?
- Media tips
- Places to contact in Case of Emergency and Crisis
How to have a good time as a family?

How can you have a good time as a family despite the difficult circumstances?

Making plans for everyday life

A structured daily routine helps not to sink into chaos or to argue out of boredom.

Make an everyday plan with your children. Set up a timetable for each day that includes both duties and fun activities. It is especially important for school children to have fixed learning times and free time.
Ideas for planning the day

Each family member should collect ideas out of which a common plan of the week is created.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 Uhr</td>
<td>Getting up and starting the day</td>
</tr>
<tr>
<td>08:00 Uhr</td>
<td>Breakfast</td>
</tr>
<tr>
<td>08:30–11:30 Uhr</td>
<td>Working for School</td>
</tr>
<tr>
<td>11:30 Uhr</td>
<td>Going for a walk or watching “Sendung mit der Maus”-TV</td>
</tr>
<tr>
<td>12:30 Uhr</td>
<td>Lunch</td>
</tr>
<tr>
<td>13:00–14:00 Uhr</td>
<td>Playing or relaxing</td>
</tr>
<tr>
<td>15:00–15:30 Uhr</td>
<td>Studying for school</td>
</tr>
<tr>
<td>15:30–17:30 Uhr</td>
<td><strong>Family and Sports time</strong></td>
</tr>
<tr>
<td></td>
<td>Sports with children (Youtube)</td>
</tr>
<tr>
<td></td>
<td>Exploring the forest</td>
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<tr>
<td></td>
<td><strong>Adventure ideas</strong></td>
</tr>
<tr>
<td></td>
<td>from the children’s room to the kitchen</td>
</tr>
<tr>
<td></td>
<td>without touching the floor</td>
</tr>
<tr>
<td></td>
<td>Building a cave</td>
</tr>
<tr>
<td></td>
<td>Parents’ Lessons: Children teach parents about their favourite YouTube celebrities, Lego construction etc.</td>
</tr>
<tr>
<td>18:00 Uhr</td>
<td>Dinner</td>
</tr>
<tr>
<td>18:30–21:00 Uhr</td>
<td>Playtime (media-free)</td>
</tr>
<tr>
<td>21:00 Uhr</td>
<td>Bedtime</td>
</tr>
</tbody>
</table>
Corona explained in a child-friendly way

That's why we stay at home when we have been outside and touched many things and people, the viruses can sit on our hands.

We do not want to get sick and we do not want to infect other people. That is why it is now very important that we stay at home. Many people are doing that right now.

At the moment we have to take special care of ourselves and others. We love our relatives and friends very much and we don't want them to get sick. If we miss each other, we can call them on the phone.

So we have to wash our hands thoroughly. Because the viruses don't like that.

Corona is a disease you can get infected with. Corona viruses are very small. So small we can’t see them with our eyes. But if they get into our bodies, we can get sick.
We stay at home!

Competition – Cool prizes to win!

Send us your highlights from your time at home: your own songs, photos, jokes, comics, handicraft instructions ... and win great prizes!

There’s support for it:
Join-in tutorials from the Augsburg children’s newspaper LOGI-FOX

Children design their own newspaper and homepage called LOGI-FOX. All children who have to stay at home find great tutorials there to become creative themselves. With LOGI-FOX children learn how to compose a song or how to rehearse and perform the perfect joke. A great way to become creative in times of Corona is to draw comics. In the LOGI-FOX tutorial „Drawing Comics for Kids“ (logifox.de/comics-zeichnen), there are 10 tips on how to create a nice comic page. The best entries will be published on the homepage.

Until April 30th, send your Entries to tschamp@augsburg.de
How to meet friends and grandparents?

Unfortunately, children cannot meet friends or relatives. How can they stay in touch anyway?

Staying in contact

It is important for children to keep in touch with grandparents and friends. This exceptional situation might cause fears. It helps to show the children that, for example, grandparents and friends are doing well. Video calls are a good way of doing this. You can also draw a picture and/or write a letter to the grandparents and send it by post.
# Game ideas

## Making a card game with to-do ideas

In the morning each family member draws a „to-do card“. The activity on the card must be completed by the evening. Those who manage to complete his or her task receive a point. After a week, the points are counted. The one with the most points is the winner.

<table>
<thead>
<tr>
<th>practice and perform a magic trick</th>
<th>paint a nice picture</th>
<th>bake a cake</th>
<th>vacuum clean the apartment</th>
</tr>
</thead>
<tbody>
<tr>
<td>take out the garbage</td>
<td>make an origami animal or a flower</td>
<td>funny Youtube – search and present a video on a specific topic</td>
<td>launch a digital game</td>
</tr>
<tr>
<td>tell a joke</td>
<td>be kind all day long</td>
<td>paint easter eggs</td>
<td>cook your favourite dish</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Your ideas</th>
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Stadt Augsburg  
Amt für Kinder, Jugend und Familie
Build a cave in the children’s room
Of course, not only should it be as large as possible, but also stable. After building, the cave can be used for reading, listening to music and dreaming, painting or playing a game together.

Living Canvas
Number of players: 2 and more / Age: as from 4 years
Playing Time: up to 10 minutes
One player draws a symbol, a letter or a word with his finger on the back of the other. If the player guesses it right, he may paint next. This requires concentration and imagination. The living canvas is also great to play in your own cave.

Drawing together
Number of players: 3 and more / Age: as from 4 years / Playing Time: up to 20 min.
All players together draw a picture according to an agreed task, e.g. each player must draw one floor of a skyscraper and each floor must be different from the others. You can „add on“ another sheet of paper.

Variation:
Make a collage of small collectibles, e.g. heads, animals, utensils cut out of magazines. What could be the headline of the final picture? Can a story be told from it?

Play of Colours (for indoors and outdoors)
Number of players: 4 and more / Age: as from 6 years / Duration: approx. 10 min
The players move freely in the room. At the command of the captain of the game, they have to touch an object with a certain colour as quickly as possible (e.g. „red“ -> red jacket). The last player to touch a colour is the new captain of the game and may announce the next colour.
How to do sports indoors?

Look at the video platform Youtube. There you will find sports offers for children which are suitable to be practiced indoors.

Youtube Sports
Sports exercises for children of all ages:
new sports videos everyday, Alba Berlin

Football training at home
MFSFussbaltraining.tv
Media tips

logifox.de
Augsburg children’s newspaper

sjr-a.de
Fun Activities from the Youth Clubs despite closure

kinderschutzbund-augsburg.de
New crafting ideas every day

familienangebote-augsburg.de
Information and online events for the whole family

klick-tipps.net
App offers / secure apps for children

flimmo.de
TV recommendations

fragFinn.de
Search engine for children with recommendations on good websites

webhelm.de
Information about online media use
Places to contact in Case of an Emergency and Crisis

**Child protection**
Central reporting office at the Amt für Kinder, Jugend und Familie in the event of child endangerment
0821 324-2811
Contact point for child protection – Deutscher Kinderschutzbund Augsburg
0821 4554-060

**Youth Social Work At Schools**
The social workers at your children’s schools are also available to answer questions and give advice.

**Telephone counselling**
Telephone counselling for families with difficulties and questions about family life at the Augsburg child guidance offices

- Erziehungsberatung der Stadt Augsburg
  0821 324-2962
- AWO Familien- und Erziehungsberatungsstelle
  0821 4505-170
- Evangelische Beratungsstelle für Eltern-, Jugend-, und Lebensfragen des Diakonischen Werkes
  0821 597-760
- KJF Erziehungs-, Jugend- und Familienberatung Augsburg
  0821 4554-100

Pregnant women, families with babies and small children up to the age of 3 years can get advice from

- Frühe Hilfen und Koordinierender Kinderschutz (KoKi) – Netzwerk frühe Kindheit
  0821 324-34304

The four family base centres (Familienstützpunkte) in Augsburg offer advice for families, also in a situation of crisis:

- augsburg.de/familienstuetzpunkte
- Family base – midtown
  0821 4554-0627
- Family base – north
  0821 6509-4790
- Family base – east
  0821 7947-929
- Family base – south
  0821 6509-682

„Nummer gegen Kummer“
anonymously and free of charge from mobile phones and fixed lines

**Kinder- und Jugendtelefon:** 116 111
(For Kids and Teenies)
Montag bis Samstag: 14–20 Uhr

**Elterntelefon:** 0800 1110550
(For parents)
Montag bis Freitag: 9–11 Uhr
Dienstag und Donnerstag: 17–19 Uhr
for more ideas see
tschamp.de