

# **Amt für Kinder, Jugend und Familie**

## **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.

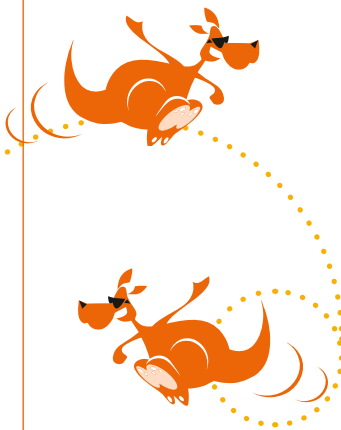


# Ideas for planning the day

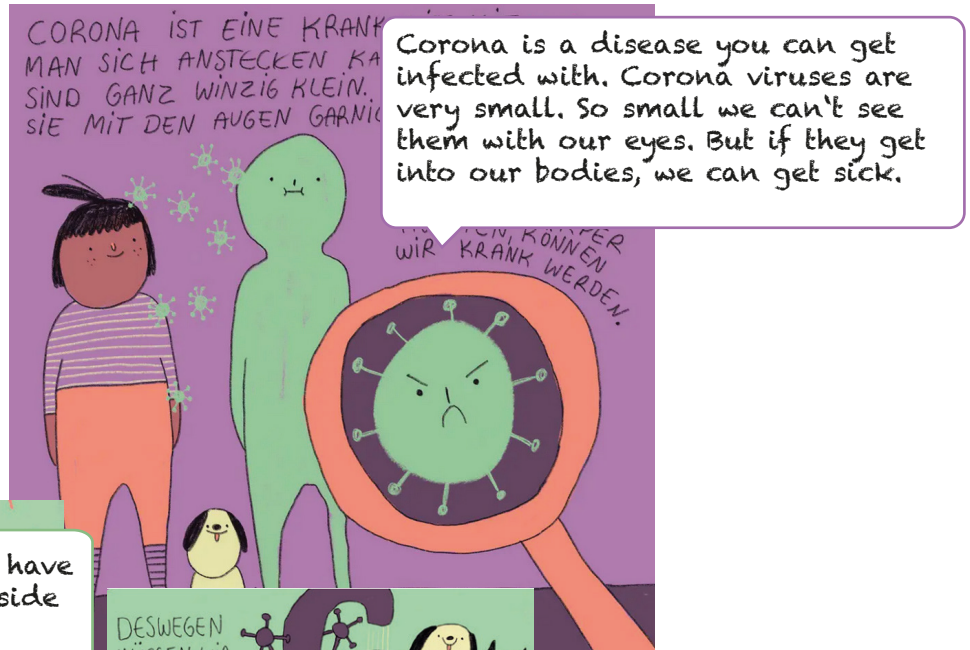
Each family member should collect ideas out of which a common plan of the week is created.

## Our timetable (For example like this)

|                 |   |
|-----------------|---|
| 7:30 Uhr        | Getting up and starting the day   |
| 08:00 Uhr       | Breakfast   |
| 08:30–11:30 Uhr | Working for School  |
| 11:30 Uhr       | Going for a walk or watching<br>"Sendung mit der Maus"-TV   |
| 12:30 Uhr       | Lunch   |
| 13:00–14:00 Uhr | Playing or relaxing   |
| 15:00–15:30 Uhr | Studying for school   |
| 15:30–17:30 Uhr | <b>Family and Sports time</b><br>Sports with children (Youtube)<br>Exploring the forest<br><b>Adventure ideas</b><br>from the children's room to the kitchen<br>without touching the floor<br>Building a cave<br>Parents' Lessons: Children teach parents<br>about their favourite YouTube celebrities,<br>Lego construction etc.<br><b>Media time</b><br><b>Depending on the age of the child!</b><br>(Media tips considering appropriate age<br>see on page 10) |
| 18:00 Uhr       | Dinner  |
| 18:30–21:00 Uhr | Playtime (media-free)   |
| 21:00 Uhr       | Bedtime   |



# Corona explained in a child-friendly way



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



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.



# 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](http://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 30<sup>th</sup>,  
 send your Entries to  
[tschamp@augzburg.de](mailto:tschamp@augzburg.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.

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

## Game ideas 2



### 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



webhelm



# 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](https://www.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](https://tschamp.de)**

