



RIGHT TO PLAY

20<sup>th</sup>  
ANNIVERSARY



# PLAY @ HOME

Games for Health and  
Wellbeing during the  
COVID-19 Outbreak

#PlayAtHome #PlaySavesLives





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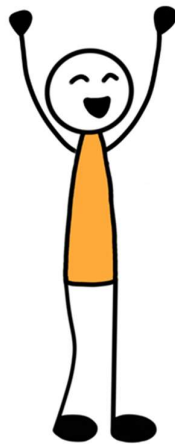
## ACKNOWLEDGEMENTS

These materials have been prepared as a collaborative effort by Right To Play offices around the world:

- Right To Play Canada
- Right To Play International
- Right To Play Lebanon
- Right To Play Palestinian Territories
- Right To Play Pakistan
- Right To Play United Kingdom

We would like to thank Yasmeen Abdelghani Salameh, a youth in the Palestinian Territories, who created a collection of illustrations for our COVID-19 response materials.

We would also like to thank the families and partner organizations whose feedback has helped us refine these materials and who continue to provide insight as we use these materials in different contexts. If you share these materials with families, we'd love to hear what works well and what we can do better!



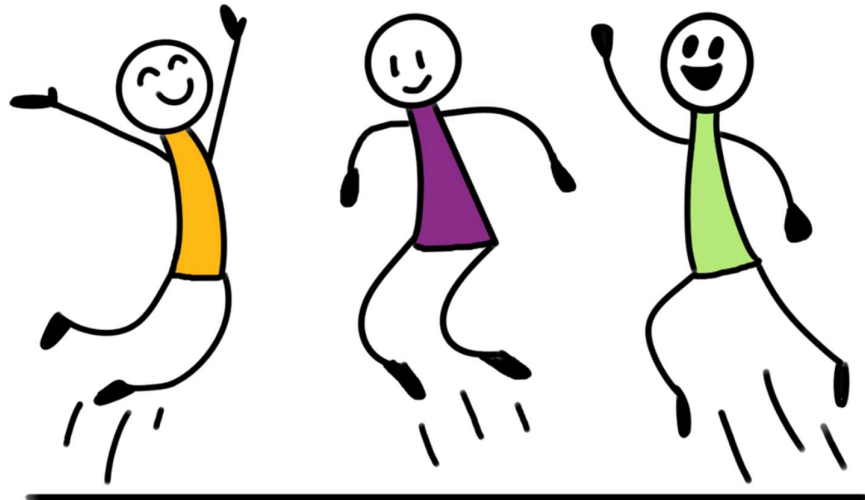
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# ABOUT RIGHT TO PLAY

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Right To Play is a global organization that protects, educates and empowers children to rise. We work with children in some of the most difficult and dangerous places on earth, helping them to stay in school and graduate, to resist exploitation and overcome prejudice, to prevent disease and to heal from war and abuse.

For more than 20 years, we have delivered programs with impact in both development and humanitarian contexts. As pioneers in a unique approach to learning, both inside and outside of the classroom, we harness play, one of the most fundamental forces in a child's life, to help children dismantle barriers and embrace opportunities. We are the only global development organization focused exclusively on using the power of play to transform children's lives.

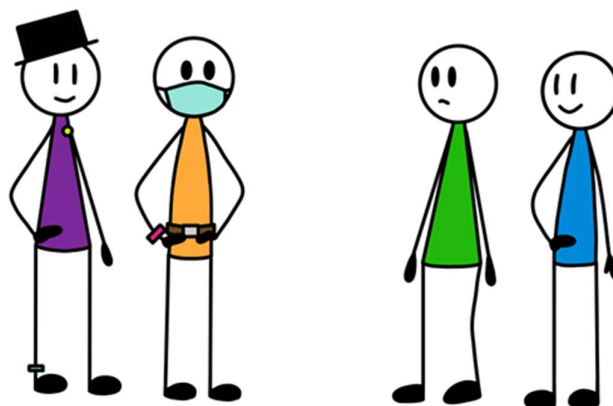
We reach 2.3 million children each year in 15 countries around the world. By collaborating with teachers, governments, communities and parents, we unlock children's potential, enabling them to make positive and healthy choices and to create better futures for themselves, their families and their societies.

## ABOUT THIS PACKAGE

The following is a collection of game infographics that were developed by Right To Play global and country team staff in March 2020, to quickly respond to needs arising in their communities due to the COVID-19 crisis. School closure, restrictions on movement, and home/facility-based confinement constrained the ability of staff to physically reach children to address the multiple impacts of the crisis. Remote solutions were developed as a first response in order to deliver key messages and develop key skills in children and families that support their health and wellbeing, using a play-based approach.

Drawing from the evidence available at the time on the health and psychosocial concerns for children arising from COVID-19, and Right To Play's own framework of life skills that support psychosocial wellbeing, the group developed a framework of skills that integrate both and turned these into messages for children and families, reinforced with games that could be easily simplified and adapted into short steps from our games database. This content was then turned into infographics, short videos, leaflets, radio spots, and resource manuals for distribution by teacher networks, community coach networks, Right To Play social media platforms and local partners. This resource contains that same content in the form of infographics for global reach that can be adapted for local use.

During the COVID-19 crisis, play has a vital role in giving children the breathing space to relax and be children, create connections and return to a sense of normality. We know from our long history using play-based approaches in protracted and refugee settings, that play in crisis can facilitate healing, support children to develop adaptive skills and contribute to healthy relationships; it can also foster a sense of belonging, community and social cohesion.<sup>1</sup> The games contained in this resource are focused specifically on developing a particular set of life skills, related to the COVID-19 crisis, that support children to stay healthy, stay active, take care of themselves and take care of one another, as well as skills for parents/caregivers.



<sup>1</sup> Right To Play. 2018. *Psychosocial Wellbeing Through Play: Research Brief*. Toronto, Canada.

## HEALTH & PSYCHOSOCIAL WELLBEING FRAMEWORK

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## HEALTH & PSYCHOSOCIAL WELLBEING GAMES AND ACTIVITIES

This is a collection of game infographics that can be shared via social media with families and workers from local community-based organizations who continue to communicate with community members. This content can also be modified for use in producing short videos, e-cards, digital or printed leaflets/brochures, radio messages, etc. Many of these resources are also already available in other languages including Arabic and French.

Each activity includes the following parts:

*Health & Psychosocial Wellbeing Topic*

*Key message or skill*

*Discussion questions to help children apply the skill after playing*

### Let's Take Care of Ourselves!

RIGHT TO PLAY

#### I can manage stress when I watch/hear the news

**You need:** 1 rope or scarf

- Two people will hold the rope (or scarf).
- Take turns going under the rope.
- Then they will hold the rope lower. Try again!
- Stop when it is not comfortable to go under.



#### Talk

*Why did you decide to stop?*

*Who can you talk to when you are uncomfortable or worried?*

**Take care of yourself:**

Too much news about COVID-19 can make us scared, worried or stressed. Before this happens, we need to stop watching/listening and take a break.



Let's Stay Healthy!



## LET'S STAY HEALTHY

I can wash my hands

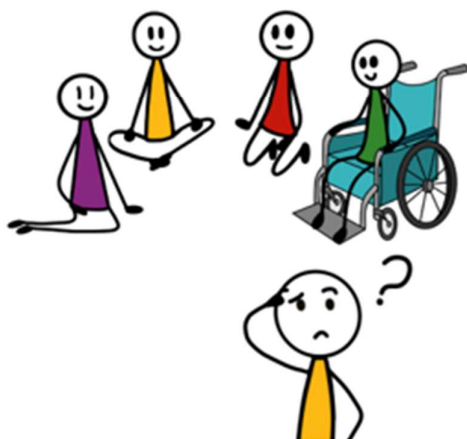
Let's stay healthy!

I can wash my hands

### Clean Hands Detective

**You need:** A small object (examples: eraser, small ball, sock)

1. Make a circle. The leader goes in the middle and closes their eyes.
2. Pretend the object is soap. Pass it behind your backs as you sing a song.



3. When the song stops, the leader tries to guess who has the "soap"!
4. Play again with a new leader.

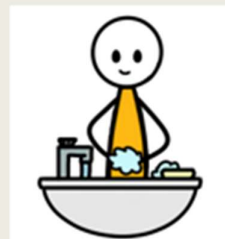
#### Song

Wash, wash, wash  
your hands

Wash them nice  
and clean

Scrub them here,  
Scrub them there

And scrub them in  
between!



**Let's Talk** Why is it important to wash your hands often,  
especially right now with COVID-19?

How long should you wash your hands for?

Show me how to wash your hands!

**Washing our hands with soap and water for 20 seconds is a great way to protect ourselves from COVID-19!**



## LET'S STAY HEALTHY

We can keep a safe space between us

Let's stay healthy!

We can keep a safe space between us

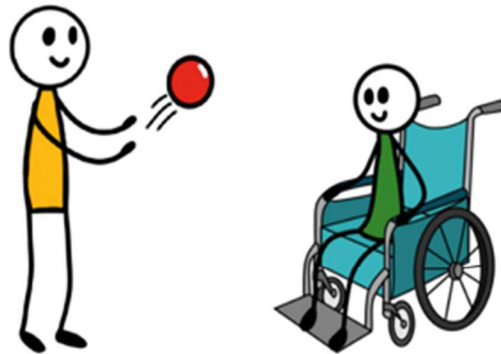


### Virus Catch

#### You need:

Ball or something safe to pass (examples: stuffed toy, plastic bottle)

1. Pass the ball to your partner.



2. After each pass, take 1 step back.



3. If the ball drops, see how far you are from each other. Are you 2 metres (6 feet) apart?

4. Keep playing!

#### Let's Talk

Why is it important to stay distant from many people at this time?

Why is it important to help keep other people healthy?

## LET'S STAY HEALTHY

I can sleep regularly

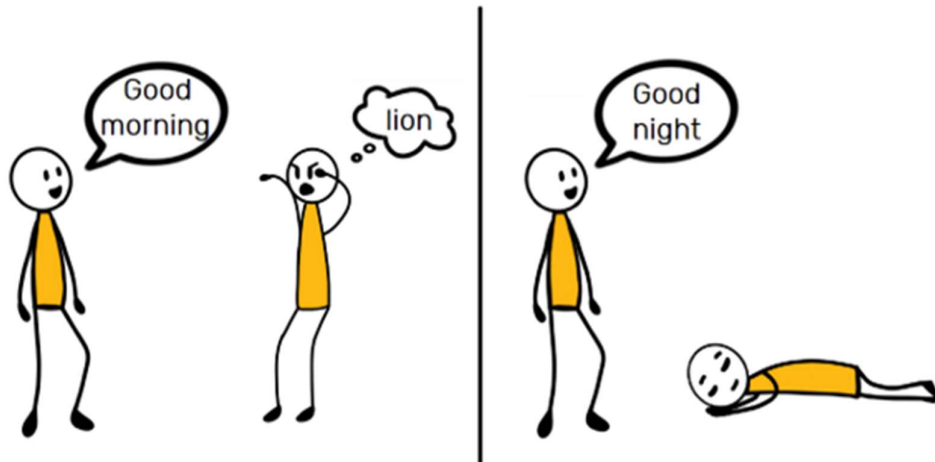


*Let's stay healthy!*

### I can sleep regularly

**You need:** Nothing

1. Choose your favourite animal.
2. When the leader says, "Good morning", act like the animal.
3. When the leader says, "Good night", pretend to sleep.
4. The leader will say it faster and faster.



How do you feel when you don't sleep enough?

Why is it important to sleep regularly and get enough sleep?

## LET'S STAY HEALTHY

I can eat healthy

# Let's Stay Healthy!



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## I can eat healthy

**You need:** 4 drawings of food groups

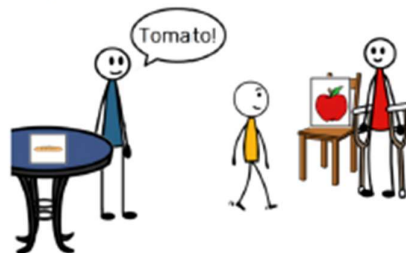
- 1.** Make a picture for each food group:  
(1) Fruits and Vegetables, (2) Grains,  
(3) Protein, (4) Dairy



- 2.** Choose 4 places in the room.  
Put a picture by each place.



- 3.** When the leader says a food, go to that picture! *Examples: Potato, chicken, rice, milk, banana*



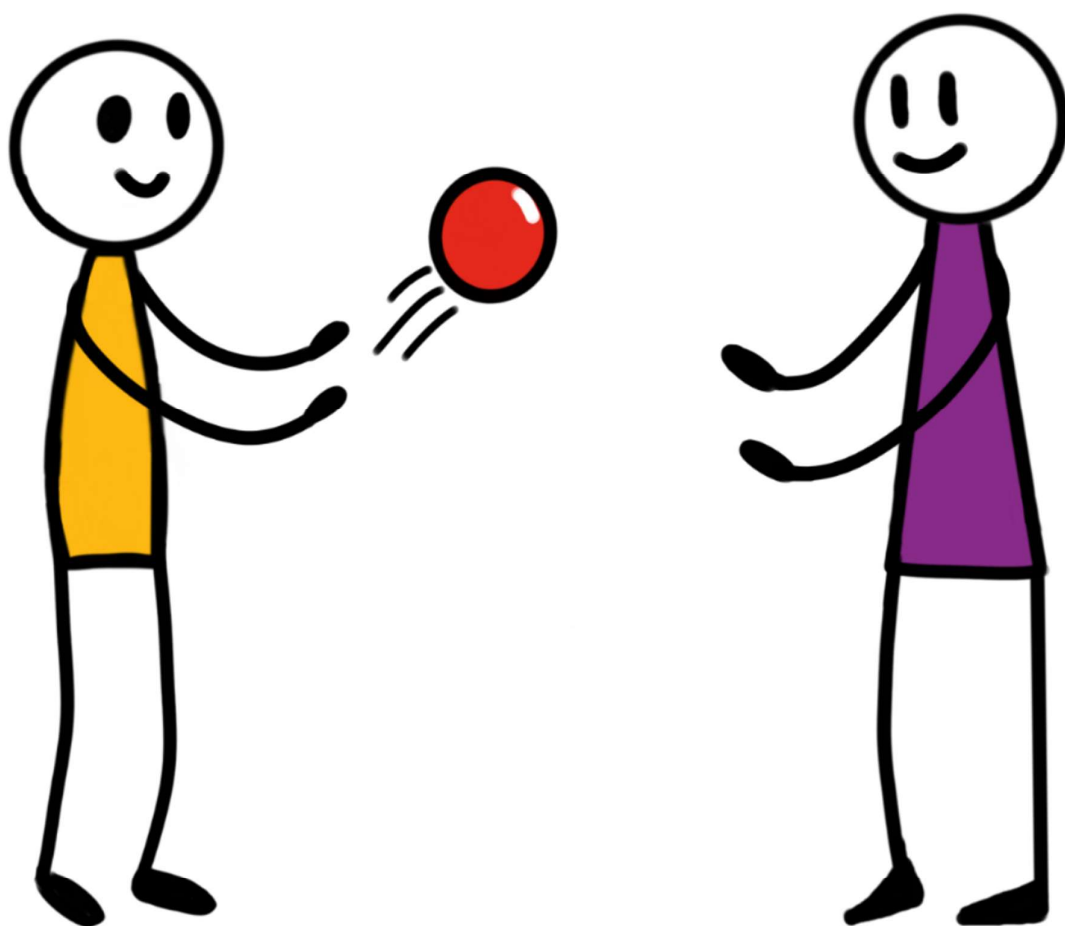
- 4.** If you go to the wrong picture, you are the new leader.



**Talk**

What healthy food can you eat today? Which food group is it in?  
Why is it important to eat healthy?

# Let's Stay Active!



## LET'S STAY ACTIVE

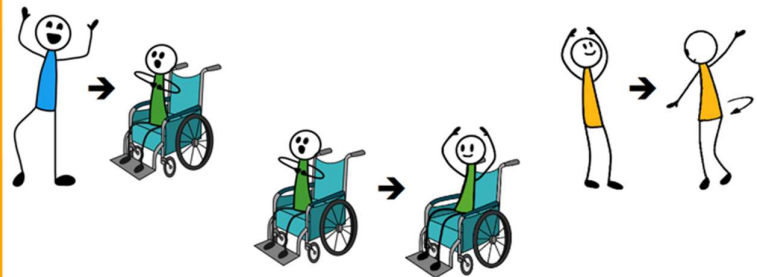
I can wash my hands

*Let's stay active!*

# I can stay active

**You need:** Nothing

1. Think of an action or movement. Show each other your actions.
2. The first person does their action. Then they do the action of another person.
3. If someone does your action, it's your turn! Do your own action and then a new person's action.



**Move your body every day!** Some ways to stay active are: dancing, playing games, gardening or helping your mother, father or elders. If you can, you can go for a walk in safe places! – Just make sure to keep a safe distance from others.

**Let's talk**

- Which action did you like most?
- How will you be active tomorrow?


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## LET'S STAY ACTIVE

We can stay active inside our homes



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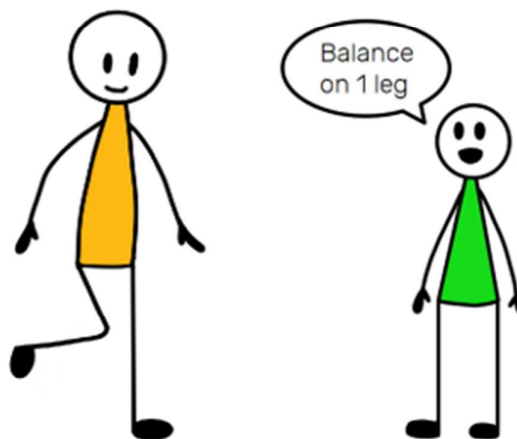
**Let's Stay Active!**

### We can stay active inside our homes

You Need: Nothing

1. The leader will say different body parts.

*Examples:* 2 hands & 1 foot / 1 hand & 1 foot / 1 elbow & 2 knees / 1 elbow & 1 knee / 2 heels / 1 heel



2. Put the body parts on the floor and balance yourself for 3 seconds! (If you can't balance, do other fun actions!)



Which task was hard? Why?

Why should we all stay active while we are staying at home?



## LET'S STAY ACTIVE

We can stay active in small groups



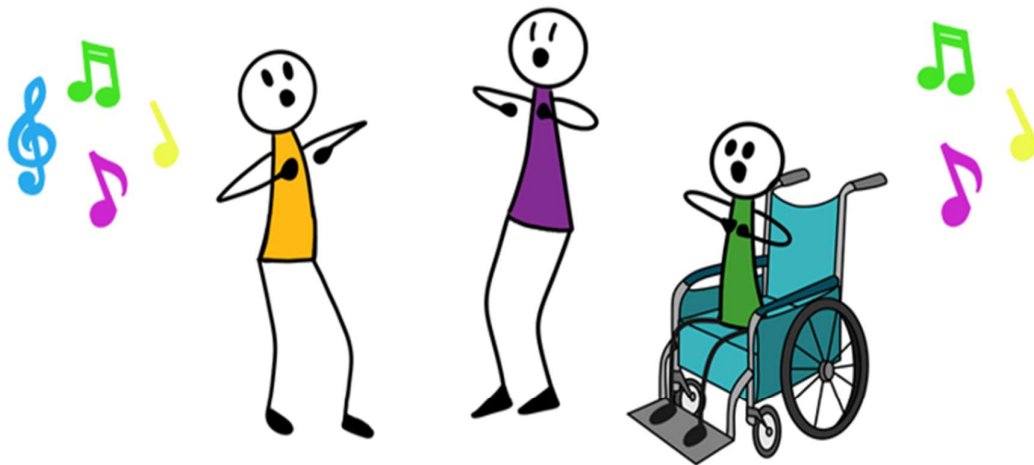
# RIGHT TO PLAY

## Let's Stay Active!

### We can stay active in small groups

You Need: Nothing

1. The leader will sing or play a song. Dance!
2. When they stop the music, FREEZE! The leader will try to make you laugh.
3. If you laugh or move, help the leader make others laugh.
4. Start the music again and dance again.



How do you feel when you are active?

How can you stay active together at home?



## LET'S STAY ACTIVE

I can stay active by myself

# Let's Stay Active!



RIGHT TO PLAY

## I can stay active by myself

**You need:** Nothing

1. Move your body in different ways. Try to make lots of different sounds.
2. Make these sounds and sing a song.



**Talk**

*What different actions did you make?*

*How else can you be active at home?*

## Move your body every day!

Some ways to stay active are: dancing, playing games, gardening or helping your mother, father or elders. If you can, you can go for a walk in safe places! – Just make sure to keep a safe distance from others.



# Let's Take Care of Ourselves!



## LET'S TAKE CARE OF OURSELVES

I can manage stress when I watch/hear the news

# Let's Take Care of Ourselves!

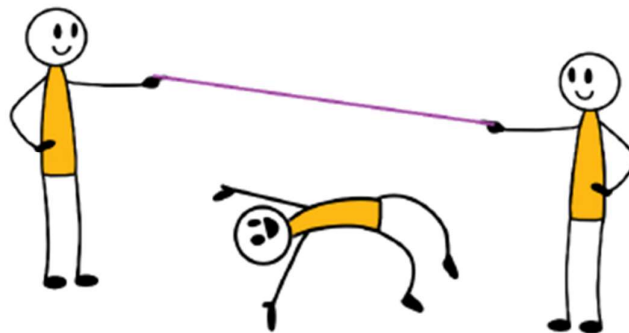


RIGHT TO PLAY

## I can manage stress when I watch/hear the news

**You need:** 1 rope or scarf

1. Two people will hold the rope (or scarf).
2. Take turns going under the rope.
3. Then they will hold the rope lower. Try again!
4. Stop when it is not comfortable to go under.



### Talk

*Why did you decide to stop?*

*Who can you talk to when you are uncomfortable or worried?*

### Take care of yourself:

Too much news about COVID-19 can make us scared, worried or stressed. Before this happens, we need to stop watching/listening and take a break.



## LET'S TAKE CARE OF OURSELVES

I can feel hopeful when I see heroes in my community

Let's take care of ourselves!



I can feel hopeful when I see heroes in my community

## Who's Your Hero?

### You need:

- paper
- pencils



1. Choose your favourite job.

2. The group will try to guess it! Draw, act or give clues.



3. Take turns!

### Let's Talk

Who are the heroes in our community these days?  
 Why? Think of girls, women, boys and men!

How does your hero help you feel hope?

We are staying at home to help keep everyone safe from COVID-19. Some people still go to work so that we can be healthy and have the things we need. Others care for us at home. They are our heroes!

## LET'S TAKE CARE OF OURSELVES

I can share my ideas and feelings



## Let's Take Care of Ourselves!

### I can share my ideas and feelings

**You Need:** Pencils, paper

1. Each person draws an idea they have right now.  
Example: Pot on a cooking fire.
2. Take turns showing your picture. The others will guess what it is.
3. If they don't guess correctly, tell them your idea!  
Example: I want to help cook tonight.



Which of the ideas do you feel happy about?  
Why is it important to share our ideas and feelings?



## LET'S TAKE CARE OF OURSELVES

I am aware of my emotions



*Let's take care of ourselves!*

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### I am aware of my emotions

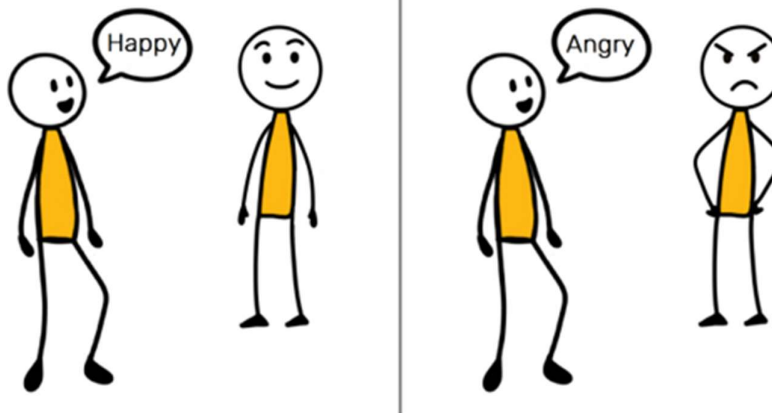
**You need:** Nothing

1. One person will act out a feeling.

(Examples: happy, brave, angry, scared, sad, worried)

2. The other people will try to guess it.

3. Then play again with a new feeling!



What makes you feel happy at home? Worried?  
Hopeful?

How do you feel today? How did you feel yesterday?

---

## LET'S TAKE CARE OF OURSELVES

I can name and describe my emotions

# Let's Take Care of Ourselves!



RIGHT TO PLAY

## I can name and describe my emotions

**You need:** Nothing

**1.** Face away from each other. Think of a feeling.



**2.** Say: "1-2-3 Go!"



**3.** Turn around. Act out your feeling.



**4.** Guess the other person's feeling.



### Talk

How can you tell how others feel?

How can you tell others how you feel?



## LET'S TAKE CARE OF OURSELVES

I can focus on a task and ignore distraction

# Let's Take Care of Ourselves!



RIGHT TO PLAY

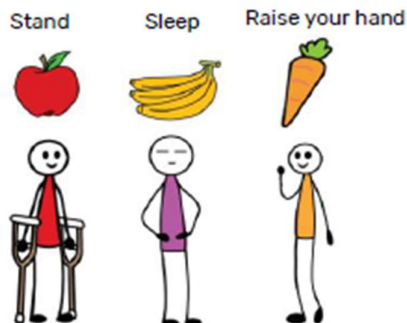
## I can focus on a task and ignore distraction

**You need:** Nothing

1. Each person chooses a fruit. Think of an action for each fruit.
2. The leader tells a story about the fruit.



3. When they say a fruit, do the action for that fruit.



**Talk**

*What helped you stay focused?*


*Why is it important to stay focused?*



## LET'S TAKE CARE OF OURSELVES

I can focus on a task and not give up

# Let's Take Care of Ourselves!

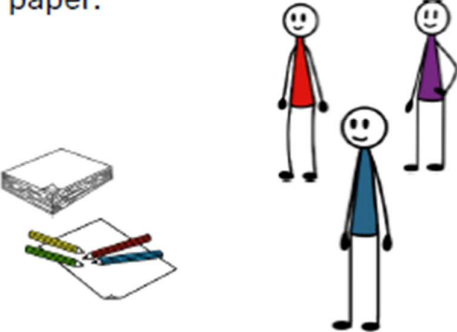


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## I can focus on a task and not give up

**You need:** Pencils/markers and paper


**1.** Make two lines across from the paper.




**2.** The leader will say what to draw. Examples: Boat, house, lion




**3.** The first player will go to the paper and draw for 10 seconds. Then they will come back.




**4.** Take turns until you finish the picture.





### Talk

*Which drawings were hard to do?  
What tasks at home are hard to do,  
but you don't give up?*



## LET'S TAKE CARE OF OURSELVES

I can do things for myself

Let's take care of ourselves!

I can do things for myself



# Shooting Star Jars

### You need:

- **a jar (or box)**
- **pieces of paper**
- **a pencil**



- 1.** What makes you HAPPY? Write or draw on your papers.
- 2.** Crunch your papers into STARS or BALLS.
- 3.** Throw your paper BALLS into your JAR or BOX.
- 4.** When you feel SAD or WORRIED, take out a paper from your jar or box!



### Let's Talk

Do you think you can change how you feel and what you do?

What other decisions can you make in your life?

## LET'S TAKE CARE OF OURSELVES

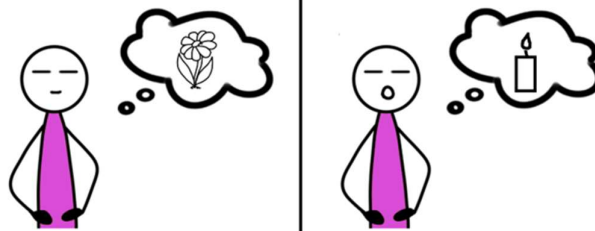
I can calm myself down

*Let's take care  
of ourselves!*

**I can calm myself down**

You need: Nothing

1. Sit up straight. Put one hand on your belly.
2. Breathe in slowly for 4 seconds. (Imagine you are smelling a flower.)
3. Hold the smell in your nose for 2 seconds.
4. Breathe out of your mouth for 4 seconds. (Imagine you are blowing a candle.)





*Breathe in*

*Breathe out*

This belly breathing activity is taken from the Teachers in Crisis Contexts Working Group.

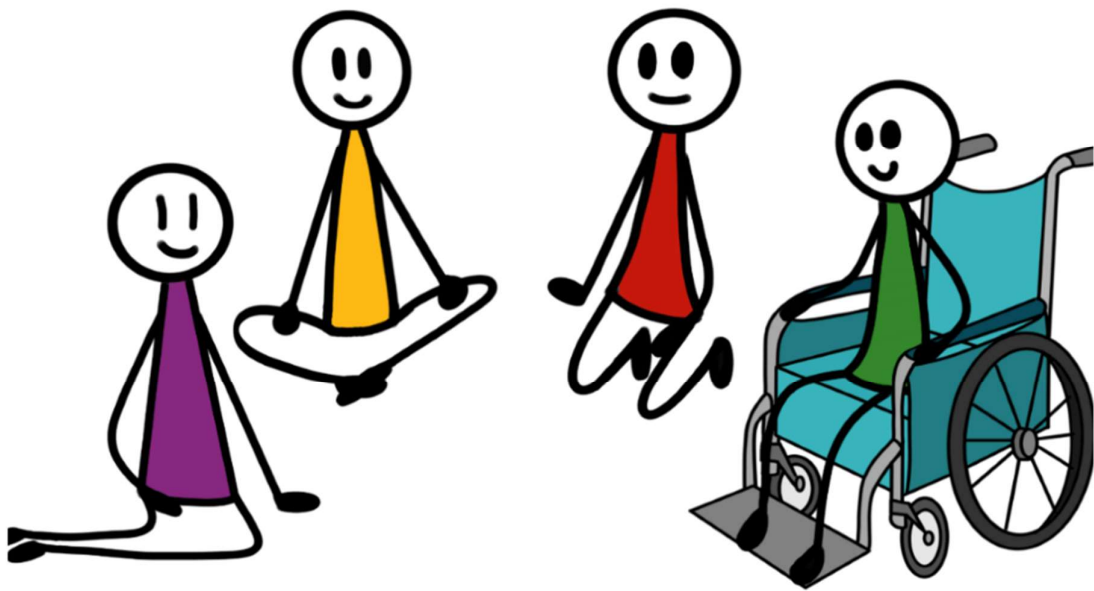
**Let's talk**

-  When do you need to calm yourself down?
-  Why is it helpful to calm yourself down?



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# Let's Take Care of One Another!






## LET'S TAKE CARE OF ONE ANOTHER

I can share information I know is true

Note: You can modify this to talk about facts and myths in your community!



**RIGHT TO PLAY**

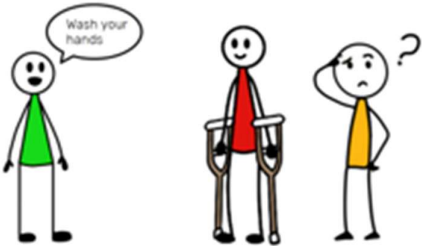
**Let's Take Care of One Another!**


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**I can share information I know is true**

**You Need:** Nothing

1. One side of the room is True. The other side is False.
2. The leader will read the sentences, one by one.
3. If you think it is true, go to the True side. If you think it is false, go to the False side.





**Talk**

Which statements are true? Not true?

Why is it important to only share information that is true?

What will you do if you are not sure of the information that you want to share?

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Sentences	
True	False
We should wash our hands with soap for 20 seconds	It is okay to visit parks and markets
You should cover your face with a tissue, face mask or handkerchief when you sneeze or cough	Sneezing and coughing do not spread the virus
You can help stay healthy with good sleep and nutrition	Eating fast food is good for your health

## LET'S TAKE CARE OF ONE ANOTHER

I can challenge myths and stereotypes about COVID-19

Note: You can modify this to talk about facts and myths in your community!



**RIGHT TO PLAY**

**Let's Take Care of One Another!**

### I can challenge myths and stereotypes about COVID-19

**You Need:** Nothing

**Are these fact or fiction? Check your answers below!**



What did you learn about COVID-19?

What will you tell others about COVID-19? Why?

Answers	
Fact	Fiction
Anyone around the world can get COVID-19.	Only children and old people can get COVID-19.
COVID-19 passes easily from person to person.	You cannot get COVID-19 from touching objects and furniture.
Washing your hands properly helps protect you from COVID-19.	If you have some signs of the virus, you shouldn't go to the doctor unless it gets worse.



## LET'S TAKE CARE OF ONE ANOTHER

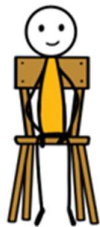
I can respect and value people who are different

*Let's take  
care of one  
another!*

**I can respect and  
value people who are  
different**

You need: Nothing

1. Each person chooses 1 role:



• Won't walk



• Won't talk



• Won't see

2. Choose a letter of the alphabet.

3. Together, find things that start with the letter. Find as many as you can!

### **Let's Talk!**

Why is it good to play with girls and boys who have different ideas?



**RIGHT TO PLAY**

## LET'S TAKE CARE OF ONE ANOTHER

I can respect and value people who are sick

*Let's take care  
of one another!*

**I can respect and value  
people who are sick**

You need: 1 ball

1. Make a circle. Pass the ball.
2. Make a new rule: If you are wearing blue, you can only use 1 hand/foot.
3. Play again. Change the colour.  
Example: If you are wearing red, you can only use 1 hand/foot.



Anyone around the world can get sick with COVID-19. We can be kind when we talk about them!

**Let's talk**

- How did it feel to follow a different rule than everyone else?
- Why should we be kind to people who are different?



**RIGHT TO PLAY**

## LET'S TAKE CARE OF ONE ANOTHER

I can understand how others think or feel

*Let's take care of one another!*

**I can understand how others think or feel**

**You need:** Something safe to put on your head (examples: sock, notebook, leaf)

1. Put the sock on your head and dance!
2. Freeze if your sock falls!
3. Keep dancing if someone puts the sock back on your head.



*Dance!*

*Freeze!*

People who have COVID-19 are sick. They may feel sad, worried or scared. We cannot go see people who are sick, but we can be kind!

**Let's talk**

- Why did you decide to help?
- How did you feel when someone helped you?



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## LET'S TAKE CARE OF ONE ANOTHER

I have a sense of responsibility for myself and others

# Let's Take Care of One Another!



RIGHT TO PLAY

## I have a sense of responsibility for myself and others

**You need:** Nothing

**1.** Pretend to be a car. The leader will say "Go!" and "Freeze!"



**2.** Listen to the leader. Don't bump into the other cars!





**Talk**

What did you do to drive safely?  
What can we do at home to keep ourselves and others safe?



## LET'S TAKE CARE OF ONE ANOTHER

I can work with others to reach a goal

### Let's Take Care of One Another!



RIGHT TO PLAY

### I can work with others to reach a goal

**You need:** Pencils/markers and paper

1. Sit in a circle.
2. Together choose something to draw.
3. Take turns: Each person draws on their paper for 10 seconds. Then they pass it to the next person.



**Talk**

*How did it feel to make one drawing with the help of others?  
What things at home do you have to do with the help of others?*





## LET'S TAKE CARE OF ONE ANOTHER

We can take care of our home together

**Let's take care of one another!**

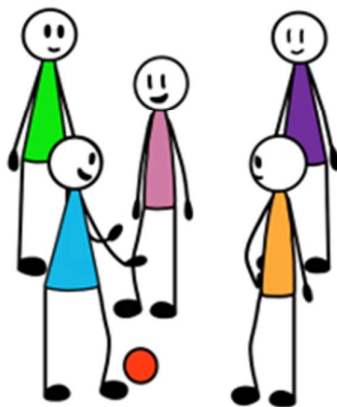
**We take care of our home together**

### What do you do?

**You need:**

- **Ball**

1. Pass the ball around the circle as you sing a song.
2. When the song stops, the person with the ball goes in the middle.



3. They will act out a job that they do at home. The others will try to guess it!
4. Then play again.

#### Let's Talk

What jobs need to be done at home? Why are they important?

How can each person in the family help with these jobs?


**During COVID-19, girls/women may do even more work at home than usual. It is important for boys/men to help so that everyone can stay healthy and have time to play and learn.**



## LET'S TAKE CARE OF ONE ANOTHER

I can use body language

# Let's Take Care of One Another!

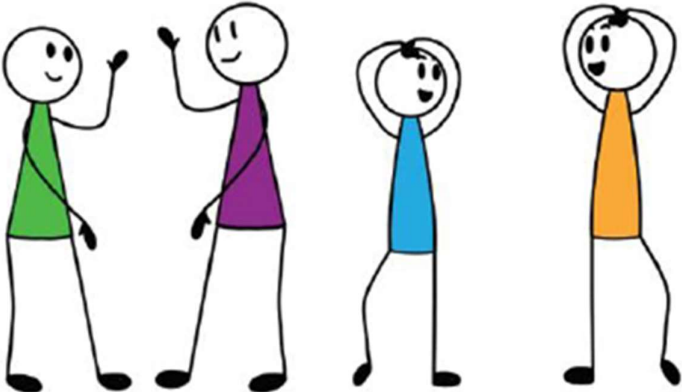



RIGHT TO PLAY

## I can use body language

**You need:** Nothing

1. Face your partner. One person is the leader.
2. The leader will do different actions.  
Try to act out different feelings.
3. The other person will be the mirror. Copy the leader!



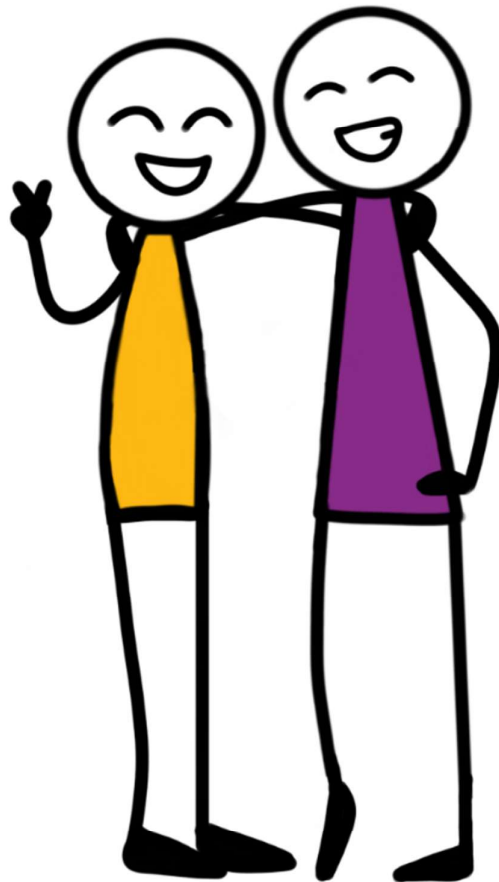


**Talk**

*What feelings did you act out?*  
*What body language do you often see at home?*  
*What do they say?*



Let's Play with Our  
Family!



## LET'S PLAY WITH OUR FAMILY

We can respect girls and women in our family


**Let's play with our family!**


**We can respect girls and women in our family**

**This Is Me**

**You need:**


- **Nothing**





1. The leader sings or plays a song. The group moves around.
2. When the music stops, find a partner.
3. The leader will ask a question. Tell your partner your answer.
4. Play again with a new question. Find a new partner each time!

**Example questions:** What do you like to do for fun? / What's your favourite animal? / What do you want to play tomorrow?



**Let's Talk**

What did your family say that was interesting? Did girls say different things than boys?

Is it ok for girls and boys to have different ideas?

**It is ok for men, women, girls and boys to have different ideas and choices about different things. We should support each other when they share their ideas or take decisions.**

Go to [www.covid19parenting.com](http://www.covid19parenting.com) for more tips for parents!

This game is adapted from Amnesty International.

## LET'S PLAY WITH OUR FAMILY

We can continue our daily activities

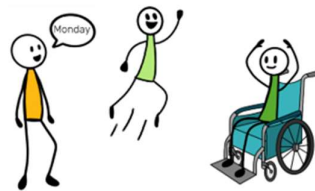
*Let's play with  
our family!*

### We can continue our daily activities

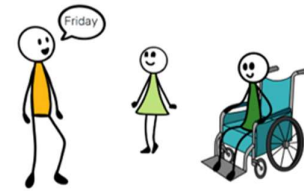
**You need:** Nothing

1. The leader will say a day of the week.
2. **REACH HIGH** if they say Monday, Tuesday, Wednesday, Thursday or Saturday!
3. **FREEZE** if they say Friday or Sunday.
4. If you do the wrong action, say one thing that you always do on that day.

Step 2:



Step 3:



Step 4:



#### **Routine and Structure**

- Even though you stay at home more now, you can still do some of your regular activities. Doing regular activities helps you feel better.
- Structure helps children feel safe and to know what to expect everyday at home even though the world outside is unpredictable.

Go to [www.covid19parenting.com](http://www.covid19parenting.com) for more tips for parents!

**Let's talk**



What do you do everyday at the same time?  
How do you want your day/week to look?



**RIGHT TO PLAY**

## LET'S PLAY WITH OUR FAMILY

We know what personal protective equipment is for

*Let's play with  
our family!*

**We know what personal  
protective equipment is for**

**You need:** Nothing

1. One person is the car. One person is the driver.
2. The driver uses 4 actions to move the car safely.

Be gentle!

**Go:** Tap their head



**Stop:** Tap their back



**Go left:** Tap their left  
shoulder



**Go right:** Tap their right  
shoulder



### **Personal Protective Equipment: Masks**

People wear masks if they are sick, or if they are taking care of a sick person. This helps protect them from germs.



Some people wear a mask when they are not sick (or not taking care of someone).

If you wear a mask, you still need to wash your hands often.

### **Let's talk!**

How did you stay safe?  
Why do people use masks?

The information about masks is from WHO. Go to [www.covid19parenting.com](http://www.covid19parenting.com) for more tips for parents!



## LET'S PLAY WITH OUR FAMILY

We can learn to express feelings and fears

# Let's Play with Our Family!



RIGHT TO PLAY

## We can learn to express feelings and fears

**You need:** Paper, pencils, stones (or something small)

1. What feelings do girls and boys have when they stay at home for a long time? Draw a chart like the one in the picture.
2. The leader will say different feelings.



3. If the feeling is on your chart, cover it with a stone.
4. Say "BINGO!" when you fill a straight line!



**Talk**

*Which feelings do you feel more often because you stay home all day?  
How can you deal with feelings that make you feel bad?*

## Tips for Parents/Caregivers:

Be willing to talk to your children. Listen and let them share how they feel. Tell them you are there for them.

These are tips taken from <https://www.covid19parenting.com/>, where you can see more tips!





## LET'S PLAY WITH OUR FAMILY

We can learn to concentrate

*Let's play with  
our family!*

# We can learn to concentrate

**You need:** Nothing

1. Listen carefully to the leader.
2. Try to go faster!

If they say, "**In** the water": Go forward 1 step.



If they say, "**On** the water": Stay still.



If they say, "**On** the sand": Go back 1 step.



If they say, "**In** the sand": Stay still.



### Let's talk!

When is it hard to focus?

How can you focus when it is hard?



Go to [www.covid19parenting.com](http://www.covid19parenting.com) for more tips for parents!

## LET'S PLAY WITH OUR FAMILY

We can learn to plan our day

# Let's Play with Our Family!

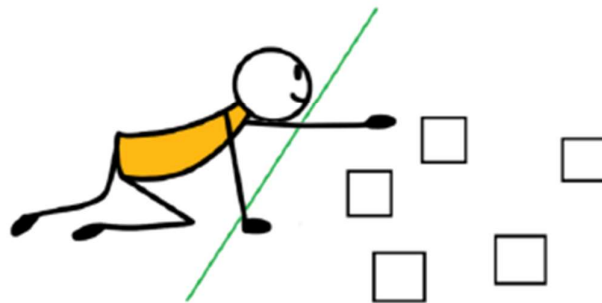


RIGHT TO PLAY

## We can learn to plan our day

**You need:** Pencils, paper and a start line (make it with a broom, scarf or rope!)

1. What is important for you to do every day? Draw or write each one on a piece of paper. *Examples: Brush teeth, practice reading, eat lunch, sleep, play*
2. Fold the papers. Throw them in front of the start line.
3. Work together to get the papers. You can only touch the ground in front of the start line with your hands!



### Talk

*Make a plan with your family: what will you do at the same time every day?*

## Routine and Structure:

Create a daily routine with your children. Structure helps children feel safe and to know what to expect every day at home even though the world outside is unpredictable.



Go to <https://www.covid19parenting.com/> for more tips for parents!

## LET'S PLAY WITH OUR FAMILY

We can learn to ask for help

# Let's Play with Our Family!



RIGHT TO PLAY

## We can learn to ask for help

**You need:** 2 small objects, clock

1. Close your eyes. The leader will hide 2 objects.
2. Try to find them in 5 minutes!
3. If you need help, you can ask the leader 3 questions.



**Talk**

*When are the times when we ask for help?  
Why is it important to ask for help?*

For parents/caregivers:

Go to <https://www.covid19parenting.com/> for tips for parents!



## LET'S PLAY WITH OUR FAMILY

We can help one another make healthy choices

# Let's Play with Our Family!



RIGHT TO PLAY

## We can help one another make healthy choices

**You need:** Nothing

1. The leader tells a short story: *Ahmad likes to climb trees and eat fruit. Once his dad came home with a basket of fruit. He asked Ahmad not to eat it. It was for his guests.*

*Ahmad was so hungry and there were lots of fruits.*

2. Talk: What are Ahmad's choices? What will happen if he makes each choice?



3. Together make the best choice. Tell each other why you think it is the best.

**Talk**

*Did you ever need to choose between 2 choices? What did you choose? How did this impact others?*

**For Parents/Caregivers:**

Go to [www.covid19parenting.com](http://www.covid19parenting.com) for more tips for parents!





## LET'S PLAY WITH OUR FAMILY

We can love and practice reading

# Let's Play with Our Family!



RIGHT TO PLAY

## We can love and practice reading

**You need:** A story book

1. One person will read the story slowly.
2. Act out the story as you listen.
3. Take turns reading different parts.



**Talk**

*Which part was the most fun to act out?*

*When can we read more stories?*

You can read books for free on:

- [www.africanstorybook.org](http://www.africanstorybook.org)
- [bookdash.org/books](http://bookdash.org/books)
- [storyweaver.org.in](http://storyweaver.org.in)
- [digitallibrary.io](http://digitallibrary.io)



Go to [www.covid19parenting.com](http://www.covid19parenting.com) for more tips for parents!

This game is based on Barron, P. (2013). Practical ideas, games and activities for the primary classroom (2nd ed.)

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- Health Games: Awareness, Prevention and Protection
- Learning Together Toolkit: Parent-Child Play Sessions
- Playing Through Emotions that Matter: An Ebola Games manual for Prevention & Psychosocial Support
- Positive Child and Youth Development Games Manual
- Promoting Life-skills in Aboriginal Youth Games Manual
- Psychosocial Wellbeing Through Play: Play-Based Learning Activities and Research Brief
- Reading Through Play: Stories and Play-based Activities
- Taking Care: Promoting Life-skills in Aboriginal Youth

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