

Dear familys*

to prevent you from getting cabin fever in this exceptional situation, we present you some idears:

Sports and exercise

1. **Work out together as a family** to stay fit: go on a walk, search on YouTube for fitness videos, dance, use a skipping rope, etc. The more family members join in, the more fun! The Internet offers numerous ideas for inspiration and to participate. Our favourite tip:
 - „ALBAs **tägliche Sportstunde**“ (ALBAs daily sports lesson) for children from 3 to 6 years old (kindergarden/ pre school), from 6 to 10 years old (primary school) and for teens (secondary school).
<https://www.youtube.com/playlist?list=PL9H8VPpyaFzOU7WShhUg25QyolQrt7MSx>
 - FIT FOR FUN: german workouts
<https://www.youtube.com/user/fitforfunonline>
2. **Take a walk with your family** – spring is coming, it's getting warmer outside and the sun is good for all of us. Since playgrounds are currently taboo, why don't you explore the nearest forest or the field paths with your parents?
3. If walking is too boring for you, **try geocaching**: this is a GPS scavenger hunt or a kind of treasure hunt. Hiding places are published on the Internet using geographic coordinates and can then be searched for using a GPS receiver (you can also just use your smartphone). Hidden "cashes" are everywhere: in the city, in small villages or in the middle of nature.
<https://www.geocaching.com/play>
4. Transform the apartment into an "**indoor playground**":
 - Build a course of obstacles to jump, crawling, climb or balance.
 - Indoor bowling: 10 empty plastic bottles and a tennis ball, and you have a bowling alley right in your living room - or wherever's the least amount of porcelain.
 - Play volleyball with a balloon. A rope can be stretched instead of a net.

- The ground is lava: a kind of obstacle course where the ground must not be touched.
- Disco inside the apartment with „stop dance“: The DJ suddenly turns off the music and everyone has to petrify until the music continues.
- Build a blanket fort/ pillow fort and maybe have a picnic there.

Kitchen and garden

5. **Bake and cook together.** On „Chefkoch“ there are many recipe ideas:
 - <https://www.chefkoch.de/> or use the „Chefkoch“-app from the Google Playstore or the Appstore.
6. **Sow cress and other plants** that germinate quickly. The growing plants will show you the passing of time. You can then cook with the large herbs and crops.
7. **Garden together.** Whether in your own garden, on the balcony or on the windowsill. Take care of plants you already own, repot them and watch them grow or plant new plants. You can also try to grow new plants from seeds of fruits and vegetables.

Scool and homework

8. **You can get help for your homework or to repeat the learning material** from your parents or by phone from your friends, from us „Familienhelfer“ and of course also from your teachers. On the internet you can also find some exercises, here for example:
 - Learn online – mainly for maths and German <https://www.ilern.ch/>
 - YouTube channels for maths
 - For primary scool: „Der Kanal mit dem Fisch“ (the channel with the fish)
<https://www.youtube.com/channel/UCbDFAFEFrkreZ2kk3BPhc4Q>
 - For middel and highscool (especially for geometry): „Lehrerschmidt“
<https://www.youtube.com/channel/UCy0FxmGGUIRnKxCoNZUNRQQ/playlists>
 - For middel and highscool: Matheretter
<https://www.youtube.com/user/echteinfach/playlists>

- For highschool (and university): „Mathe by Daniel Jung“
<https://www.youtube.com/user/beckuplearning/playlists>
- Vocabulary for foreign languages can also be learned well via apps. Just type "vocabulary" into the search bar of the Playstore or Appstore. For example "PONS Vocabulary Trainer" by PONS or "Vocabulary Trainer" by Ruben Gees.

Reading and writing

9. **Read an exciting story.** You are welcome to draw a picture if you want to (and then send it to us as a photo and tell us the story). Since the libraries are currently closed you can find new stories at the “Einfach Vorlesen” website or app!
 - <https://www.einfachvorlesen.de/> → App at the Google Play Store or at the Appstore
10. **Write a letter** – either to dear friends or to grandma and grandpa, who you are not allowed to visit at the moment.
11. **Write and design a diary together.** Or write a story together when the children are a little older: Each of them gets to write a passage and then it is the next ones turn.

Media

12. The **television programmes of public service broadcasters and online media libraries** currently offer a lot of content specifically for children.
 - „Logo!“ provides the daily news for children:
<https://www.zdf.de/kinder/logo>
 - <https://www.kindernetz.de/> → both you can also find on YouTube
13. **Instead of cinema:** organize a family evening to watch a film together. Homemade popcorn adds up to the cinema feeling.
14. **Get on the phone with your friends to stay in touch** and if you use video chat you even can see each other. Ask them what they are doing to avoid boredom.
15. **YouTube channels we like to recommend:**
 - SWR Kindernetz
https://www.youtube.com/channel/UCv_xAMMONoka7AgFDcYg07w
 - SWR Kindernetz Plus <https://www.youtube.com/user/Kindernetz>

- ALBA BERLIN → ALBAs tägliche Sportstunde (ALBAs daily sports lesson)
<https://www.youtube.com/playlist?list=PL9H8VPpyaFzOU7WShhUg25QyolQrt7MSx>
- FIT FOR FUN: german workouts
<https://www.youtube.com/user/fitforfunonline>
- ZDFtivi <https://www.youtube.com/user/ZDFtiviKinder>

16. **Look at (holiday) photos and videos.** Plan your next family trip/holiday for the time past corona.

Play and handicrafts

17. Excogitate **theme days**: How about an inverted/opposite world day, a costume day, an astronaut day, a history day or a jungle day? There are no limits to your imagination!

18. **Craft, paint and draw as much as you like**: Finger paints, A3 sheets and large cardboard boxes can keep even the youngest children busy. Older children can learn to braid, crochet or knit. Just get creative!

- Diverse topics, puzzle pages, handicraft tips:
<https://www.geo.de/geolino>
- Salt dough <https://utopia.de/ratgeber/salzteig-rezept-in-wenigen-schritten-herstellen-und-backen/>
- How to make eatable dough <https://www.geo.de/geolino/basteln/17728-rtkl-nachhaltig-basteln-so-koennt-ihr-knete-selber-machen>
- You can make wonderful fantasy cities, robots and much more from empty packaging, toilet paper rolls, etc.

19. Play **board games, card games, etc.** or learn card tricks/magic tricks. There are many ideas on the internet.

Other activities

20. Use ur free time to do the spring-cleaning together. Maybe the closet or the toy box could use a little clearing out too?

21. **Enjoy that life slows down for the moment.** When the stress of school, deadline pressure and social obligations return, you might think back with melancholy to this forced break.

For parents

22. If possible, **take turns as parents** and allow each other some time off. There also must be quiet times without the children interfering for necessary work, bathing or showering, doing sports or reading. With new energy, you can be there for your children again!
23. **Maintain a structured daily routine:** Structures offer security and help not to get lost in chaos during the Corona everyday life. Wake up the children during the week at fixed times, if possible, have breakfast together, set fixed times for completing school tasks, household chores, exercise or sport units and for leisure activities.
24. **Talk to the children and other members of your household about the current situation.** Make sure that your children comply with contact bans and, if necessary, curfews. Explain the reasons for the current measures to the children in a calm and age-appropriate manner. If children are not given any explanations, this usually causes more fear and worry than if you honestly speak to them.
25. **Get some time off yourself.** If you have run out of patience, if the children are full of nonsense, if they can't calm down, or when you have just had an argument and you don't know what to do, take some time off. Go into your bedroom or onto the balcony, close the door behind you and take a deep breath. You can also explain your emotions to the children and make it clear that you need a moment to yourself. Please feel free to call us at any time too, your "Familienhelfer" are there for you.

Useful telephone numbers and contact points

26. In addition to your "Familienhelfer", you can always contact the following centres:

- **„Nummer gegen Kummer“** (number against sorrow/ emotional distress) for children and teenagers: 116 111
anonymous and free of charge from mobile and landline phones
Monday – Saturday 14:00 – 20:00
- **Elterntelefon** (number against sorrow/ emotional distress for parents):
0800 111 0550
anonymous and free of charge from mobile and landline phones
Monday – Friday 9:00 – 11:00
Tuesday + Thursday 17:00 – 19:00
- **Pflegetelefon** (help for caregiving relatives): 030 2017 9131
Monday - Thursday 9:00 - 18:00
- Hilfetelefon **„Schwangere in Not“** (Help for pregnant women in need):
0800 404 0020
around the clock and free of charge

Kind regards, stay at home and stay healthy!

Your SAFJ Familienhelfer

PS: We feel just like you. We almost all work from home and cannot see our friends. When we are in the office, we keep our distance to our colleagues, tidy up, clean every corner or write lists with 1000 ideas for you 😊