parenting on the move

PARENTING ON THE MOVE

Program of empowerment and stimulation of parental competencies development of parents of children up to 12 years of age, in situations of migrations and refugeehood

"POM" GAMES AND ACTIVITIES TO GO

CENTAR ZA INTERAKTIVNU PEDAGOGIJU

Save the Children

parenting on the move

Dear parents and children,

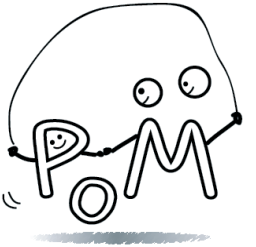
Here are 31 cards with ideas for exploring, learning, creativity and play.

Draw a card every day and let it inspire you to come up with activities for that day. In this way, every day will be unique; it will have a theme and a structured family time.

When you use up all the cards, you can reuse them in any way you like.

We wish you a happy family time together.

Learn at least five phrases (sentences) in the language spoken in your surroundings. Ask adults and children you meet to teach you.

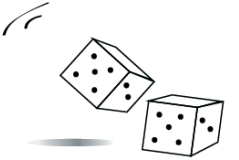


POETRY DAY

Read and learn nursery rhymes together. Recite your favourite poems. Come up with poems of your own. Talk about poets you like.

BOARD GAME DAY

Play card games, dice games, memory, bingo, ludo, chess, dames, dominos, mah-jong, pachisi, go... with your children. You can make your own cards, dice, board games.



MUSIC, SONG AND DANCE DAY

Listen to music. Sing. Dance the traditional dances from your region. Learn the dances of the country you are staying in.

LEARN ABOUT THE COUNTRY YOU'RE IN DAY

Ask the people around you questions, research it on the internet, look it up in books to learn more about the country you are staying in or traveling through. About its nature, people, customs, language, food, popular sports, art...

LEARN A FOREIGN LANGUAGE DAY

Learn at least five new words of a foreign language. This may be a language you are already learning, or another. You may all learn the same or different languages. Learn from books, listen to music, research it on the internet, ask someone who speaks the language. Talk about similarities and differences between your language and the one you are learning.

EXPLORE YOUR SURROUNDINGS DAY

Take a walk and get to know the area surrounding the place where you're staying. Explore buildings, streets, parks, playgrounds, museums, monuments... Find out what is out there, that might be interesting for children.

DRAW AND PAINT DAY

Draw and paint, as you prefer; select each your own subject, or set themes for each other. Use what is available - purchased or natural colours, coloured pencils, felt-tip pens, chalks, hand paints.
Paint on paper, cardboard boxes, pebbles, textile...

LEARN ABOUT NATURE DAY

Settle on what specifically you wish to learn that day (about people, plants, animals, natural phenomena, cosmos...). Come up with a learning process. Talk about what you learned.

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ART DAY

Talk about art, about your favourite artists and pieces. Look them up in books or on the internet.

PRESERVE YOUR TRADITION DAY

Talk about your tradition - the culture and customs of your people and your country, why this is important to you. Teach your children to understand and cherish it.

LEARN ABOUT CUSTOMS DAY

Talk about what customs are, why they are important and how they are passed on to younger generations (e.g. customs related to birth, celebrating personal, religious or national holidays). Ask around about the customs of the country you are staying in. Remember the customs in your region, or in other countries you have travelled through. Talk about similarities and differences in the behaviour of people in the same situations in life.

READING DAY

Read books, magazines, articles on the internet.
Talk about what you read. You should read each day, but pay a little more time to it this day and read something especially nice and interesting.

INTERESTING ANECDOTES DAY

Talk about fun personal and family anecdotes. Remember how you felt in that moment. Familiarize your children with the lives of their ancestors. Have fun.

LEARN A SKILL DAY

Pick a concrete skill you wish to learn (e.g. craft, repairs, drawing, using a mobile phone...). You may teach each other, watch people who are good at it, ask other adults and children, look it up on the internet.

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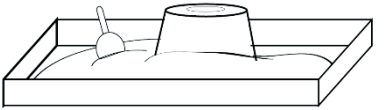
SCULPTURE DAY

Sculpt figures or scenes using play doh, clay, sand, dirt...



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MAKE SOMEONE HAPPY DAY

Do something nice for other family members.
Surprise them. Check if they liked it.
Ask what you could do for them next time.

LEARN SOMETHING UNUSUAL DAY

Agree on what it is that is new and unusual, that you would like to learn, e.g. about people, nature, technology, art, country you are in... Do you all want to learn the same thing, or is everyone interested in something else? Come up with a way you can learn something you are interested in (read, ask other people, over the internet...). Exchange what you learned.

TELL A STORY, A FAIRYTALE OR A LEGEND DAY

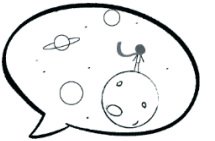
Tell the children fairy tales, stories and legends from your region. Do it in an interesting way. Ask the children to tell you their favourite stories.

TAKE A WALK IN NATURE DAY

Go for a walk or a short trip to a park, a forest, by the river, lake... Ask around to see what is available in your location and how you can get there.

DAYDREAM DAY

Share with others what you like to daydream about. What imaginary creature you'd like to be. Which powers you'd like to have. Talk about your favourite superheroes from cartoons, books, films, fairy tales, legends.

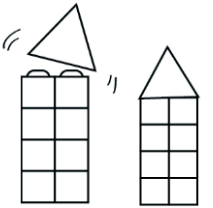


SCIENCE DAY

Talk about sciences you are interested in. Pick a science and get better acquainted with it: what it studies, who are its famous scientists, why it's important for people, how you apply scientific knowledge in everyday life.

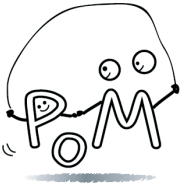
CONSTRUCTION DAY

Make towers and other shapes out of cards, boxes, blocks, constructors...
Try to make them tall and stable.



EXERCISE DAY

Do exercises together, for arms, legs, back, abdomen. Stretch. Learn from each other or do some research and try out some new exercises.



LEARN ABOUT RIGHTS DAY

Talk about the rights of the child and human rights.
Get informed and learn why they are important, how they are protected.
Talk about how rights relate to responsibilities.

WORD GAME DAY

Play word games in your own, or a foreign language. Find words that start or end in a certain letter, or first or last letter in the word you choose, invent new words...

SOCIALIZE WITH OTHER FAMILIES DAY

Arrange a time when you will meet with another family, and how you will spend your time together. Don't let language be a barrier; spend time with families who speak other languages, too.

MATHS DAY

Talk about mathematics, why it's important, where and how mathematical knowledge is applied —research famous mathematicians.

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TALK ABOUT TRADES DAY

Talk about different professions. Talk about the professions of the people you know. Ask the children what they'd like to be when they grow up and why. Do they know what kind of education they need for that?

SPORTS DAY

Engage in a sports activity that children like, for which you have the equipment, or you can acquire or make it.

STORYTELLING DAY

Come up with a story about your family, your journey, homeland, imaginary characters, whatever you like. You can write your story down, illustrate it, make a comic strip or a play.

Dear parents, don't forget that you are role models for your children on how to handle problems and build better lives.

- Take care of your health.
- Do what keeps you calm, fulfils you and inspires you.
- Try to see the beauty in every environment.
- Be open to other people, socialize, make new friends.
- Preserve your roots, get acquainted with and respect other cultures.
- Enjoy the time you spend with your children.

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