

WE PLAY, YOU PLAY, THEY PLAY...

NOT with our Health

Ideas for children and parents to enjoy time at home!

Create your own Quarantine Diary. Take a used notebook or pad and paint the cover, or stick photos that you like and consider appropriate. Sit comfortably in a part of your house you like and write your answers to the following questions:

- A person you love or admire
- Something you enjoy doing
- A talent you have
- Something you like about yourself
- A favorite song
- A game you enjoy playing
- Your favorite book
- The last thing that made you laugh

Learn something new! Choose a new piece of information you read, heard, saw, learned in one of your classes and write it down on your diary.

Find a recipe for a dessert or a dish that you find interesting, from a relative, a friend, the internet, TV or a recipe book. Buy the materials with your parents, cook/bake it and enjoy!

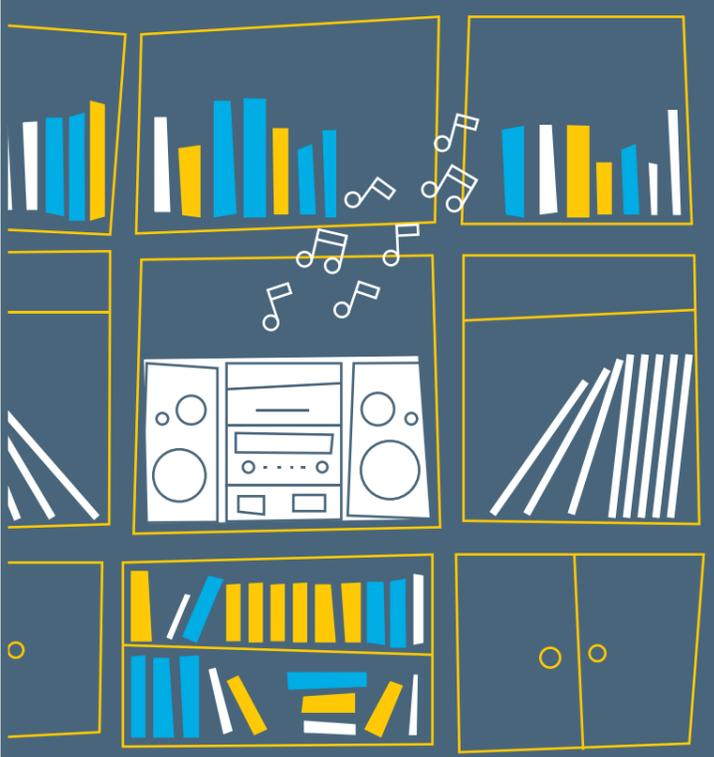
Write down the most interesting and the funniest event you saw from your balcony door or window.

Make a story and share it with your friends. Better yet, create the beginning of a story and ask them to continue.

Read your favorite books. Take advantage of time and travel to the pages of everything you have always wanted to read. Write in your diary something you would like to remember.

Get in contact with your friends and other favorite people.

Listen to a story. Children's book authors read in Greek their favorite children's books at the Network:
<https://www.youtube.com/playlist?list=PLN-PsyEdbigFMWgnBfnNWnypZCE9WY55m>



Paint or create a collage with different materials on topics you choose with your friends or parents.

Listen to music. Start with your favorite songs. Try to focus on the melody and isolate external noise and sounds. Concentrate on what you are hearing and clear your mind of thoughts and worries.

Now that you've warmed up workout! You can run on the spot, jump, use a chair or a carpet to exercise all your body parts! If you are not in the mood just stretch and unbend. Your body is not built to sit!

Dance to the rhythm of your favorite songs. Indulge in music and follow your body without thinking. Do not stop! Let your stress, pressure and worries drift away and disappear in the rhythm.

Play with your parents and siblings a favorite board game or make your own.

Create a daily program with the above activities and others you can think of and organize your time. Then make a schedule for the week in your diary. You can decide to do all the activities you have written or just choose the ones that better suit your mood.

Make a song list we the ones you like or even better a couple of them for your different moods. You can make one with dancing songs, relaxing songs, greek songs, foreign ones etc.

BOOHAAAS



δίκτυο
για τα δικαιώματα
του παιδιού

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for children's
rights