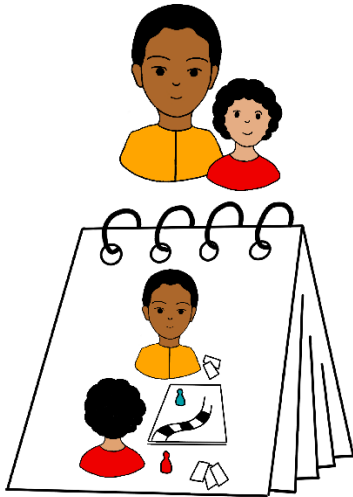


## A day for... Ideas for shared activities

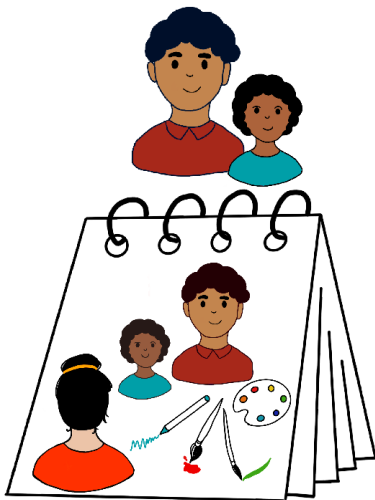
Dear parents and children

Here you will find some ideas for learning, discovering and playing every day. The ideas will improve your skills, prepare you for school and help you to have a nice time together.



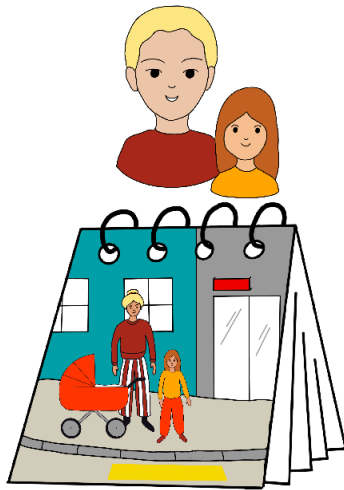
### A day for playing games together

Play cards or board games. Chess. Memory. Bingo. Dominoes. Uno. Make your own cards and dice from paper. Invent your own rules.



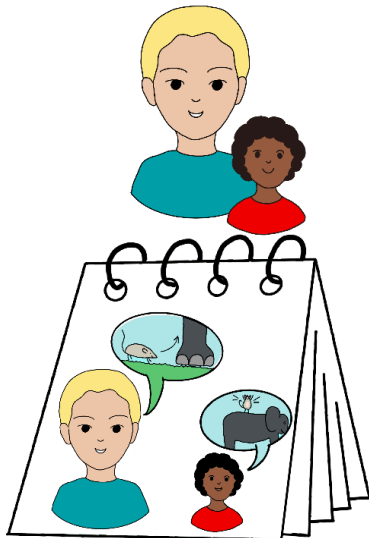
### A day for drawing and painting

Draw or paint whatever you like. Or draw something on a particular subject. Use different objects for painting: crayons, felt pens, water colours, chalk, natural inks made from flowers and plants.



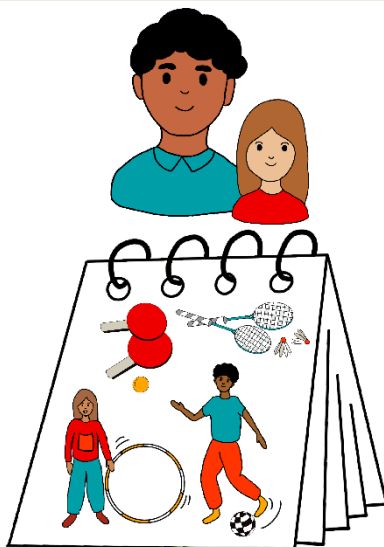
### **A day to explore your surroundings**

Go for a walk and get to know the surrounding area. Look at the houses, streets, parks, playgrounds and shops in your local area. Find as many places as possible that children like.



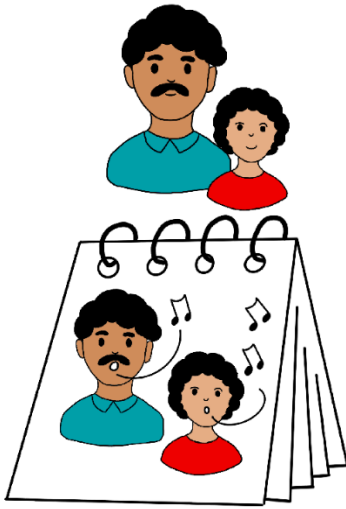
### **A day for stories and fairy tales**

Tell your children stories, fairy tales and legends from your country. Try to make the story as interesting and exciting as possible. Let your children tell their favourite story.



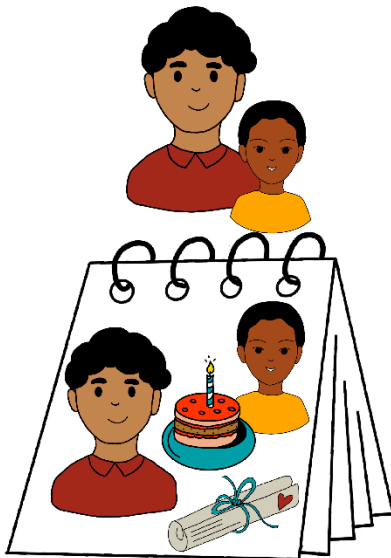
### **A day for sport**

Do any sport with your children for which you have the necessary equipment. For example: Running. Swimming. Football. Volleyball. Table-tennis. Cycling. Dancing.



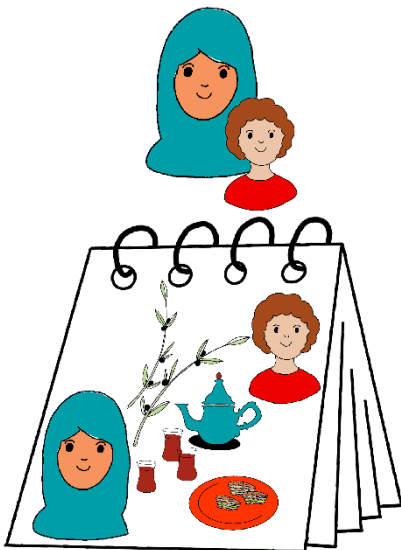
### **A day for music, songs and dancing**

Listen to music. Sing a song. Show your children a traditional dance from your country.



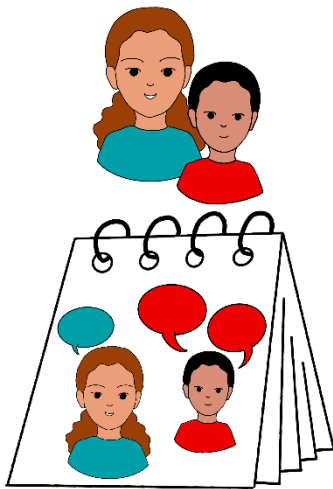
### **A day to make someone else happy**

Make each other happy in your family today. Surprise each other with something nice. Ask your family how you can surprise them next time.



### **A day to keep up a tradition from your own country**

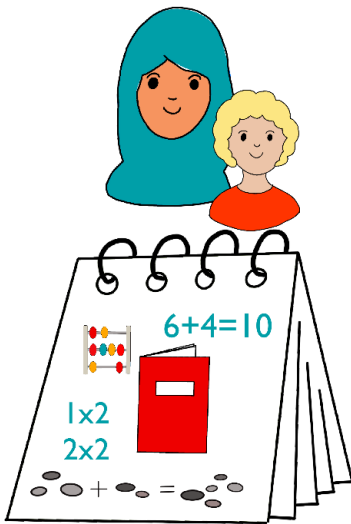
Talk to your children about your culture, the people and the country that you come from. Show the children how much you value your culture. Tell your children about the importance of culture and traditions.



### **A day for practising the local language**

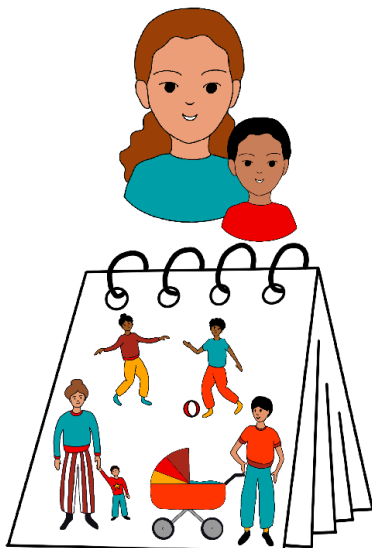
#### **Learn another language**

Learn five sentences in the new local language in the country where you are living. Ask adults or other children to teach you the sentences.



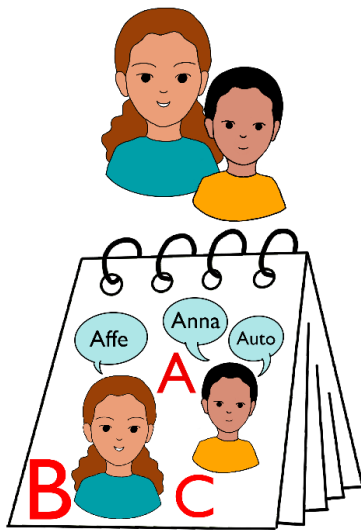
### **A day for maths**

Talk to your child about mathematics. Why it's important, the situations where you need maths. Explain simple maths rules.



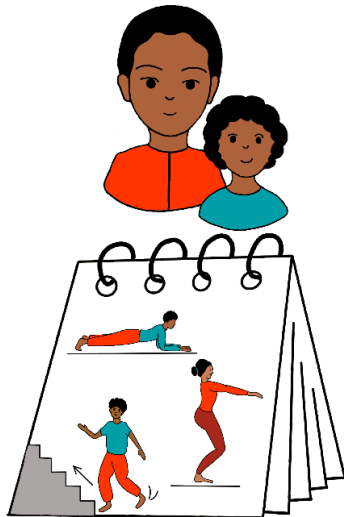
### **A day for doing something with other families**

Meet up with another family and plan what you would like to do together. That can include families who don't speak the same language as you.



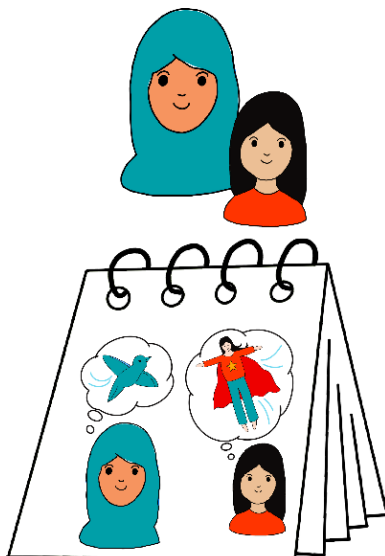
### **A day for physical exercise**

Do fitness exercises for your whole body with your children. Knee bends. Backbends. Push-ups. Stair climbing. Stretches. Show each other new exercises.



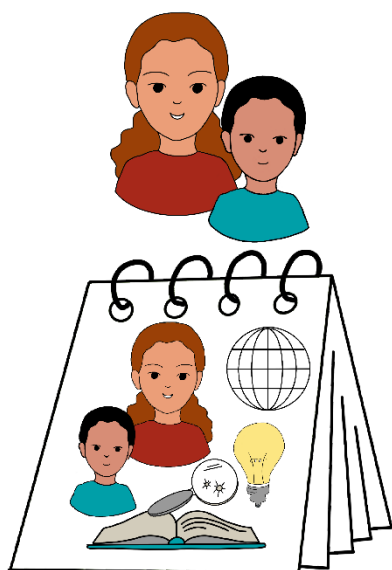
### **A day for physical exercise**

Do fitness exercises for your whole body with your children. Knee bends. Backbends. Push-ups. Stair climbing. Stretches. Show each other new exercises.



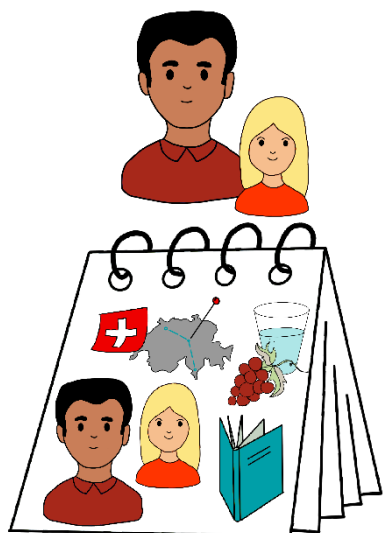
### **A day for imagining**

Share your ideas about what you like imagining. What creature would you like to be? What superpowers would you like to have? What superheroes from books, films, comics or stories do you like?



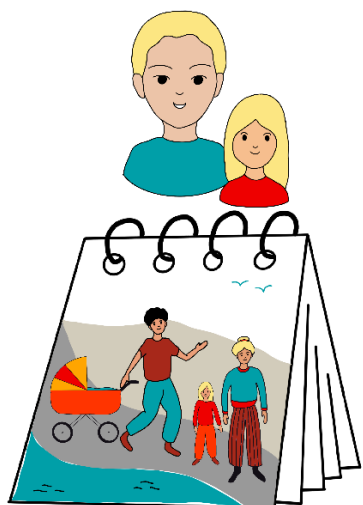
### **A day to learn some science**

Talk about science topics that interest you. What can you learn by studying those science topics? What famous scientists do you know? Why is that science important to mankind? Which science can be used in everyday life?



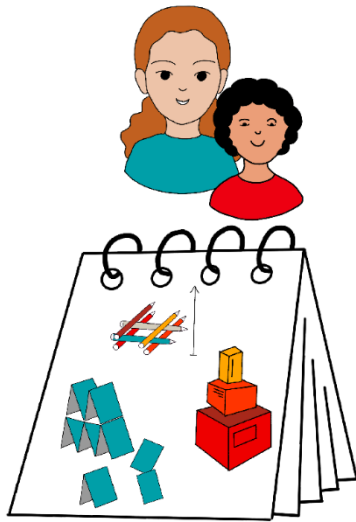
### **A day to learn something about the country in which the family is now living**

Ask your colleagues or neighbours, look things up on the Internet and find out about the nature, people, customs, language, food, sports and art forms in the country where you are living.



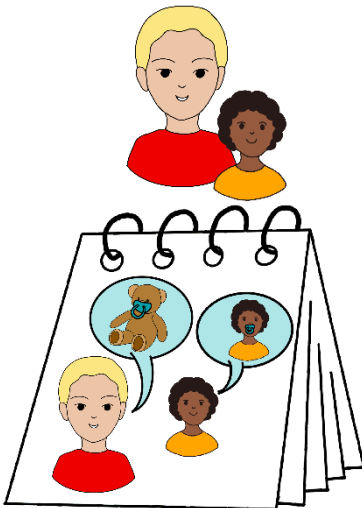
### **A day for a walk**

Go for a walk or a trip to a park, a forest, a river or a lake. Ask adults where there are such places near you and how to get there.



### **A day for building things**

Build towers or other shapes together using cards, boxes, pencils or other objects. Try to make the structure as high and as stable as possible.



### **A day for stories about the family**

Talk about funny and amusing experiences in your life and your family. Remind each other how you felt at the time. Tell your children about how their ancestors lived. Have fun telling each other funny anecdotes.



### **A day to learn something about nature**

Ask your children what they would like to know more about: people, plants, animals, natural phenomena, the universe... Find ideas for how you can teach your children a little about it (books, Internet, stories, excursions, etc.)

