

**Resource & Activity Booklet
For Parents of Children 8-12**



Being a parent is the most important and challenging job in today's changing world.

Parentzone promotes the independence and healthy development of families with children aged 0-18 years through the provision of support, information, education, advice and resources to parents/carers.



WHO DO WE SUPPORT?

- Mothers and fathers
- New parents
- Expectant parents
- Single parents
- Teen parents
- Parents in blended and step families
- Grandparents and kinship carers raising children
- Indigenous parents
- Isolated parents
- Parents with multicultural background
- Parents of children with special needs
- Parents who are ordered to undertake parenting education
- Fathers in prison
- Fathers on community corrections orders
- Foster Care givers
- Friends and relatives



For one on one parenting support, resources and information please call

Parentzone Eastern on 03 9721 3646 or email parentzone.errd@anglicarevic.org.au

This service is Monday – Friday 9am - 5pm but is not always manned.

Messages are normally returned within 1 business day.

All parents can benefit from parent education and skills development, which can reinforce and expand on what you already know about parenting.

Useful Contacts

Department of Health and Human Services

Providing information about health services and activities that promote and protect Victoria's health. This includes delivery of mental health and aged care services in Victoria.

1300 253 942 • www.dhhs.vic.gov.au

The Orange Door

A free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.

1800 319 354 •

www.orangedoor.vic.gov.au

CREATE

The national consumer body representing the voices of children and young people with an out-of-home care experience (including kinship care, foster care and residential care).

1800 655 105 • www.create.org.au

DirectLine

Alcohol and other drug support, counselling and referrals.

1800 888 236

Foster Care Association of Victoria (FCAV)

The peak body for Victorian foster carers.

03 9416 4292 • www.fcav.org.au

Emergency

In the case of a life-threatening emergency

000 (triple zero)

Medicines Line

A service providing information on prescription, over-the-counter and complementary medicines

1300 633 424

Nurse On Call

A 24/7 Victorian Government health phone service providing expert health advice from a registered nurse

1300 606 024

Grief Helpline

A dedicated, free service that provides counselling support to people who are experiencing loss and grief

1300 845 745 • www.griefline.org.au

Kids Helpline

A free and confidential, telephone and online counselling service for youth aged between 5 and 25

1800 55 1800 • www.kidshelp.com.au

Lifeline

Crisis Support Service Counselling services

13 11 14 • www.lifeline.org.au

Parentline Victoria

A statewide telephone counselling service to parents and carers of children aged up to 18

13 22 89 • www.parentline.com.au

Suicide line

Free, professional anonymous support, 24 hours a day, seven days a week across Victoria.

1300 651 251

Men's Line

A professional telephone and online support and information service for Australian men

1300 78 99 78 • www.mensline.org.au

1800

RESPECT

National counselling helpline, information and support 24/7 for assist people experiencing sexual assault and domestic and family violence

1800 737 732 • www.1800respect.org.au

Safe Steps

Supporting women and children to live free from family violence.

1800 015 188 • www.safesteps.org.au

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Staying Connected With Our Children

Now is the time to stay close to our children.

They need to feel us beside them so they don't feel as worried as they are. We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy. Our children will believe us, we love them deeply.

Be Honest

"COVID 19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out."

Validate Their Feelings

"I know I might look worried sometimes. Mums or dads get worried too, just like children. I know it can make you feel scared. But I am ok."
"It is ok to be feeling scared, or worried, or whatever you are feeling right now. You can share that with me whenever you need to."

Acknowledge Day to Day Disruptions

"Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of doing versions of these things together at home if we need to?"

Remind Them

"I love you, and that is one thing that will never change."

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

Look to History

"There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now with this one."

Remain Available

"You can talk with me whenever you need to. I will answer any questions you have. If I don't know the answers, I will find out and then I will tell you."

Have fun

Share some time with your children that is just for them, and let them lead the play.

"Let's do some things that you like to do."

Create some quiet time

Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it.



HOW TO EMPOWER CHILDREN WHEN THEY STRUGGLE

Big Life Journal

1 LISTEN AND EMPATHIZE

Practice listening when your child vents to you about a problem.

- Provide **choices**
- **Validate** your child's feelings
- Ask your child **open-ended questions**
- **Prompting** with questions like,
- You can also **ask**, "What do you need from me?"

"What do you think would happen if you tried ____?"

2 MODEL THE ATTITUDE YOU WANT TO SEE

Practice listening when your child vents to you about a problem.

- Use **phrases** like, "This is hard. I need a break," or, "This is hard. I'm going to keep trying."
- **Ask** your child to help you brainstorm solutions.
- **Avoid** expressing negative opinions of yourself or making comments like, "I can't do this."
- Focus on the **positive**. Was a lesson learned? Did you improve? Did you overcome the struggle--and how great did it feel?

3 BUILD UP CONFIDENCE WITH AGE-APPROPRIATE TASKS

Boost your child's feelings of confidence and capability by allowing him to do age-appropriate tasks on his own.

GETTING DRESSED

MAKING THE BED

PICKING UP TOYS

PREPARING FOODS LIKE CEREAL OR TOAST



4 REMIND THEM OF PAST STRUGGLES AND ACCOMPLISHMENTS

Remind your child of tasks that were once difficult and became easier with time.

WHAT ARE YOUR CHILD'S STRENGTHS?

HOW DID HE GROW THESE STRENGTHS?



5 TEACH PROBLEM-SOLVING SKILLS

Teach a simple process like the following:

- **Step 1:** What am I **feeling**?
- **Step 2:** What's the **problem**?
- **Step 3:** What are the **solutions**?
- **Step 4:** What would **happen if...**?
- **Step 5:** What will I **try**?

6 KNOW WHEN TO LEND A HAND

Step in when:

- There is a **safety concern**.
- When a task that is **not developmentally appropriate**.
- A **skill(s) needs to be learned** before your child can succeed.
- Your child has tried multiple strategies and persevered, but is **still struggling**. In this case, offer guidance and help. Then, discuss what your child learned and praise the effort/progress.

Things your Children can do while stuck at home.....

Make up a dance routine for your favourite song or learn one from YouTube

Learn Origami

<https://www.easypeasyandfun.com/easy-origami-for-kids/>

Try to replicate a famous painting

Make a homemade pizza using wraps and your favourite toppings

Listen to music

Watch a video of your favourite band in concert

Make a collage of your favourite things

Paint some cool rocks

Walk the dog

Go for a jog or a bike ride

Make a vision board from old magazines

Read a book or Listen to an audiobook

Do an experiment with paper planes
<https://www.thebestideasforkids.com/how-to-make-paper-airplanes/>

Play a board game or make one

Design a video game

Plan your family a meal and help to cook– Create a list of ingredients to buy or Challenge yourself to use only what is at home

Start an exercise routine and commit to exercise every single day.

Help your parents around the house to earn some extra pocket money

Call a friend

Watch a movie – your old favourite or find a new one

Start a journal and write in it everyday

Do a word search

Create a comedy skit and perform for your family

Do something to help out an elderly neighbour – mow their lawn, weed a garden bed etc

Make a mural with chalk

Explore the world with Google Maps or Google Earth

Learn a new Card game

<https://playingcarddecks.com/blogs/all-in/40-great-card-games-for-all-occasions>

Learn how to do Sudoku or Multi Sudoku puzzles

Organise your photos into an album

Take a virtual holiday overseas and Visit a virtual museum, art gallery, zoo or theme park

Rearrange your bedroom

Take some silly selfies

Search the house for loose change

Make up new rules for an old board game

Search for four leaf clovers in the lawn

Learn some magic tricks

<https://www.mentalfloss.com/article/64990/15-magic-tricks-you-didnt-know-you-could-do>

Sort through your stuff and fill a bag to donate to local op shop or Charity

Create a comic book

Have a staring contest with members of your family

Make a stop motion video or animation

Things your Children can do while stuck at home.....

Take some interesting photos and have your family members guess what they are

Try your hand at Tangram Puzzles

Plan your dream holiday

Make a miniature Garden

Play balloon volleyball

Bake some biscuits

Work on a jigsaw puzzle

Teach your dog new tricks

<http://www.doggiebuddy.com/topics/Trainingtopics/traintopic3.html>

Try Coin Spinning – hold a coin lightly between two pins and blow

Create a treasure hunt with clues for your parents or siblings

Learn how to plait using lengths of wool

Play Hangman

Write a secret message with lemon juice

Do some colouring in

Play Tic Tac Toe

Draw your family tree

Create a scavenger hunt – try an indoor one and an outdoor one

Complete a search and find puzzle

Have a pillow fight

Challenge someone to a game of Battleships

Sing songs with a sibling - put on a concert or make a music video

Play volleyball with a balloon

Create a memory box

Make as many words as you can using only the letters of a really long word

Lay in the grass and watch the clouds

Make a shopping list with catalogues

Take a long shower or bath

Do some yoga or stretching exercises

Play a video game

Make a list of things you like about yourself

Unplug for a whole day

Use your spelling words to play bingo

Write a letter to your best friend

Make a puppet with boxes

Draw or colour a Mandala

<http://www.supercoloring.com/coloring-pages/arts-culture/mandala>

Write a message using a dictionary code – substitute the words in your message for the next word in the dictionary

Look at family photo albums

Find out what your parents did for fun when they were little and try out some of their ideas

Blow bubbles and be silly

Have a picnic in your yard

Play flashlight tag

Use a box to create a target with holes large enough for a tennis ball to go through add up your score for each time you get the ball in

Create a shoebox Diorama

Build a fort in the back yard

Play tug of war with your siblings

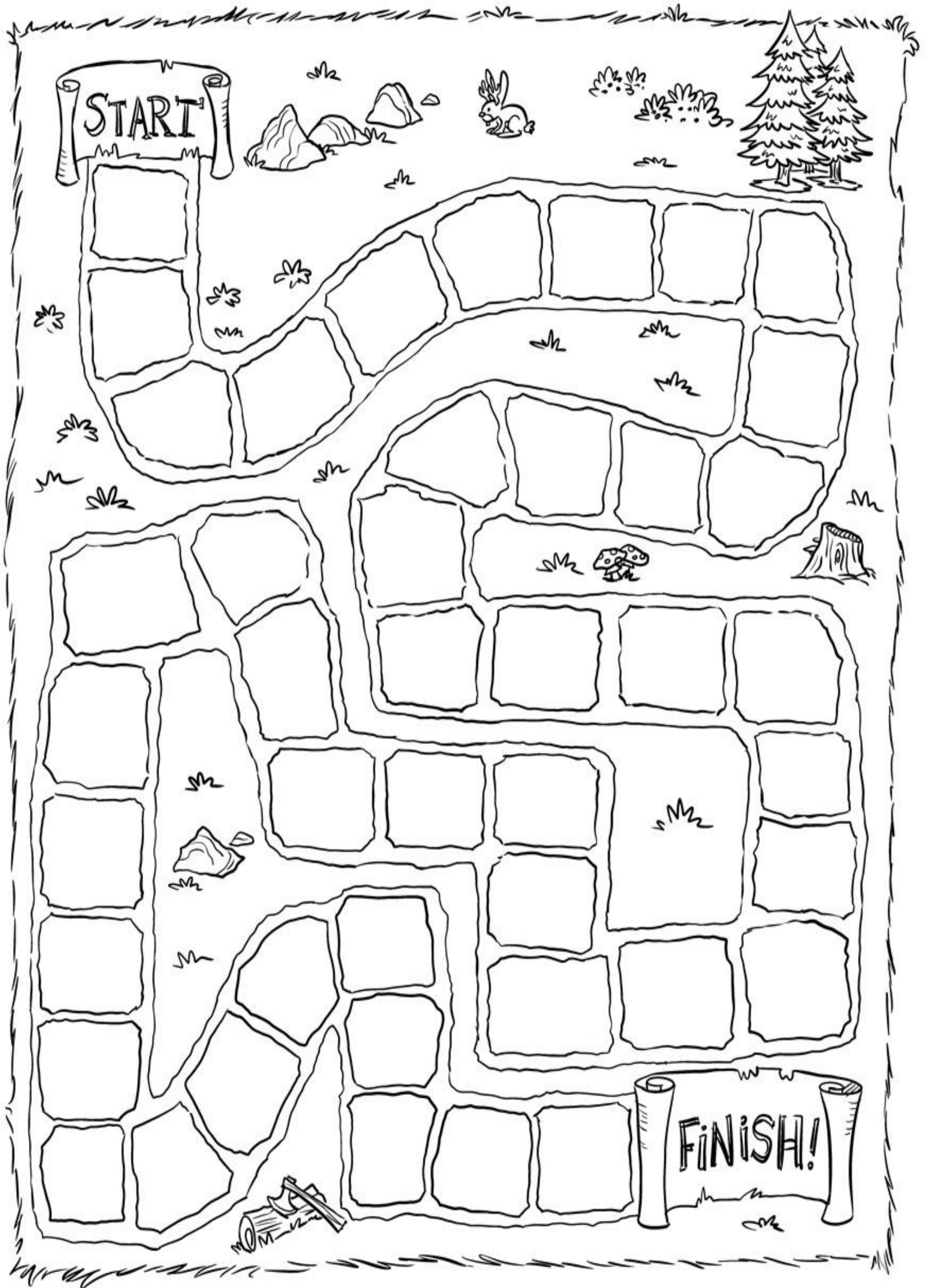
Play Connect the Dots

Make paper boats

Complete a Picross puzzle

Make a list of things you are good at

Play keep the balloon up



START

FINISH!

How to play Sudoku

Learning to play Sudoku is simple. Enter digits from 1 to 9 into the blank spaces on the playing board by typing or clicking. Every row, column, and 3x3 square must contain one of each digit.

one of each digit in this row

one of each digit in this column

one of each digit in this square

		8				1	2	5
7	4	3	1	2	5	8	6	9
		2				7	4	3
		5						
		9						
		6						
		4						
		7						
		1						

Mastering Sudoku is tricky, but that's what makes it fun! You'll have to use logic and deductive reasoning to figure out which number belongs in each cell. Here's an example.

There's a 7 in this row, so no other 7s can exist in the rest of the row

Likewise for this row.

Every 3x3 square must contain one of each digit. So the only place this square's 7 can go is here.

2	8		9	4	3	8		
7	6					1		

SUDOKU

Puzzle 5

			8				5	3
9		2		5			1	
				1	9	4	2	
				7	1			4
	1						9	
2			9	6				
	3	6	7	8				
	4			3		2		7
7	2				4			

Puzzle 6

		5			9		8	
		1	8		7		4	
7	8	4	1					
4			2					
3		7				8		5
					6			9
					8	3	9	4
	7		4		1	5		
	4		6			1		

Puzzle 7

4					1			
		5				7	3	
			4	2			9	
	4		2				5	7
	7	2	5		6	9	4	
5	8				4		2	
	5			1	9			
	6	4				2		
			8					9

Puzzle 8

	6	4			1			2
			9				3	5
8						1		
3	8	6			9			
		5	8	1	2	4		
			6			5	9	8
		2						9
6	9				8			
4			2			3	5	

Take a Virtual Holiday Overseas.....

Museums

The Louvre: You don't have to book a ticket to Paris to check out some of the famous pieces in the world's largest art museum. The Louvre has [free online tours](#) of three famous exhibits, including Egyptian Antiquities.

Solomon R. Guggenheim Museum: The works of Pablo Picasso, Piet Mondrian, Jeff Koons, and Franz Marc are just some of the 625 artists whose work are a part of the Guggenheim's [Collection Online](#).

Smithsonian National Museum of Natural History: Move at your own pace through the 360-degree room-by-room tour of [every exhibit in the museum](#).

Van Gogh Museum: You can get up close and personal with the impressionist painter's most famous work thanks to [Google Arts & Culture](#).

Getty Museum: Los Angeles's premiere gallery has [two virtual tours](#), including "Eat, Drink, and Be Merry," which is a closer look at food in the Middle Ages and Renaissance.

The Vatican Museum: The Sistine Chapel, St. Peter's Basilica, and Raphael's Room, are just some of the sites you can see on the [Vatican's virtual tour](#).

Thyssen-Bornemisza Museum: Madrid's must-see art museum has the works of some of the continent's most celebrated artists like Rembrandt and Dali [available online](#).

Georgia O'Keeffe Museum: [Six virtual exhibits](#) are available online from this museum named for the "Mother of American modernism."

National Museum of Anthropology, Mexico City: Dive into the pre-Hispanic history of Mexico with [23 exhibit rooms](#) full of Mayan artifacts.

British Museum, London: The Rosetta Stone and Egyptian mummies are just a couple of things that you're able to see on a [virtual tour](#) of the museum.

NASA: Both Virginia's [Langley Research Center](#) and Ohio's [Glenn Research Center](#) offer online tours for free. Also, you can try some "augmented reality experiences" via [The Space Center Houston's app](#).

National Women's History Museum: Have a late International Women's Day celebration with [online exhibits](#) and [oral histories](#) from the Virginia museum.

Metropolitan Museum of Art: Though the Met Gala was cancelled this year, you can still have a peak at the The Costume Institute Conversation Lab, which is one of the institution's [26 online exhibits](#).

High Museum of Art, Atlanta: This museum's popular online exhibits include "[Civil Rights Photography](#)" — photos that capture moments of social protest like the Freedom Rides and Rosa Park's arrest.

Detroit Institute of Arts: Mexican art icon Frida Kahlo is the focal point of two of the four available [online exhibits](#).

Rijksmuseum, Amsterdam: The Golden Age of Dutch art is highlighted in this museum which includes the work of [Vermeer and Rembrandt](#).

National Museum of the United States Air Force: You can't take a ride in Franklin D. Roosevelt's presidential airplane, but you can check it out, in addition to other military weapons and aircraft, online in the Air Force's [official museum](#).

MoMA (The Museum of Modern Art): New York's extensive collection is available for [view online](#).

Museum of Fine Arts, Boston: The [16 virtual exhibits](#) include a special section on 21st Century Designer Fashion.

Zoos and Aquariums

The Cincinnati Zoo: Check in around 3 p.m., because that's the time the Zoo holds a daily Home Safari on its [Facebook Live Feed](#).

Atlanta Zoo: The Georgia zoo keeps a "[Panda Cam](#)" livestream on its website.

Georgia Aquarium: Sea-dwellers like African penguins and Beluga Whales are the stars of this aquarium's [live cam](#).

Houston Zoo: There are plenty of different animals you can check in on with this [zoo's live cam](#), but we highly recommend watching the playful elephants.

The Shedd Aquarium: This Chicago aquarium shares some pretty adorable behind-the-scenes footage of their residents on [Facebook](#).

San Diego Zoo: With what may be the most [live cam options](#), this zoo lets you switch between koalas, polar bears, and tigers in one sitting.

Monterey Bay Aquarium: It can be Shark Week every week thanks to live online footage of [Monterey Bay's Habitat exhibit](#).

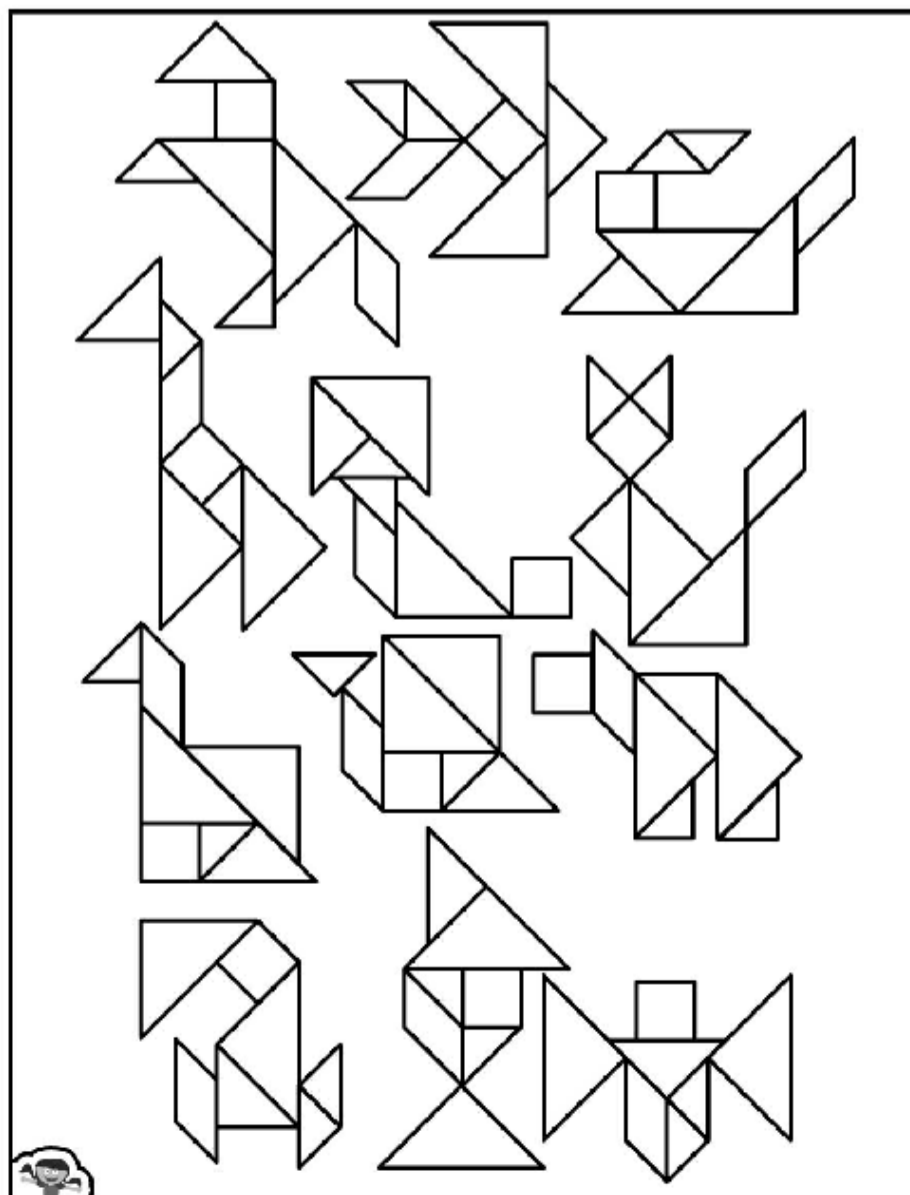
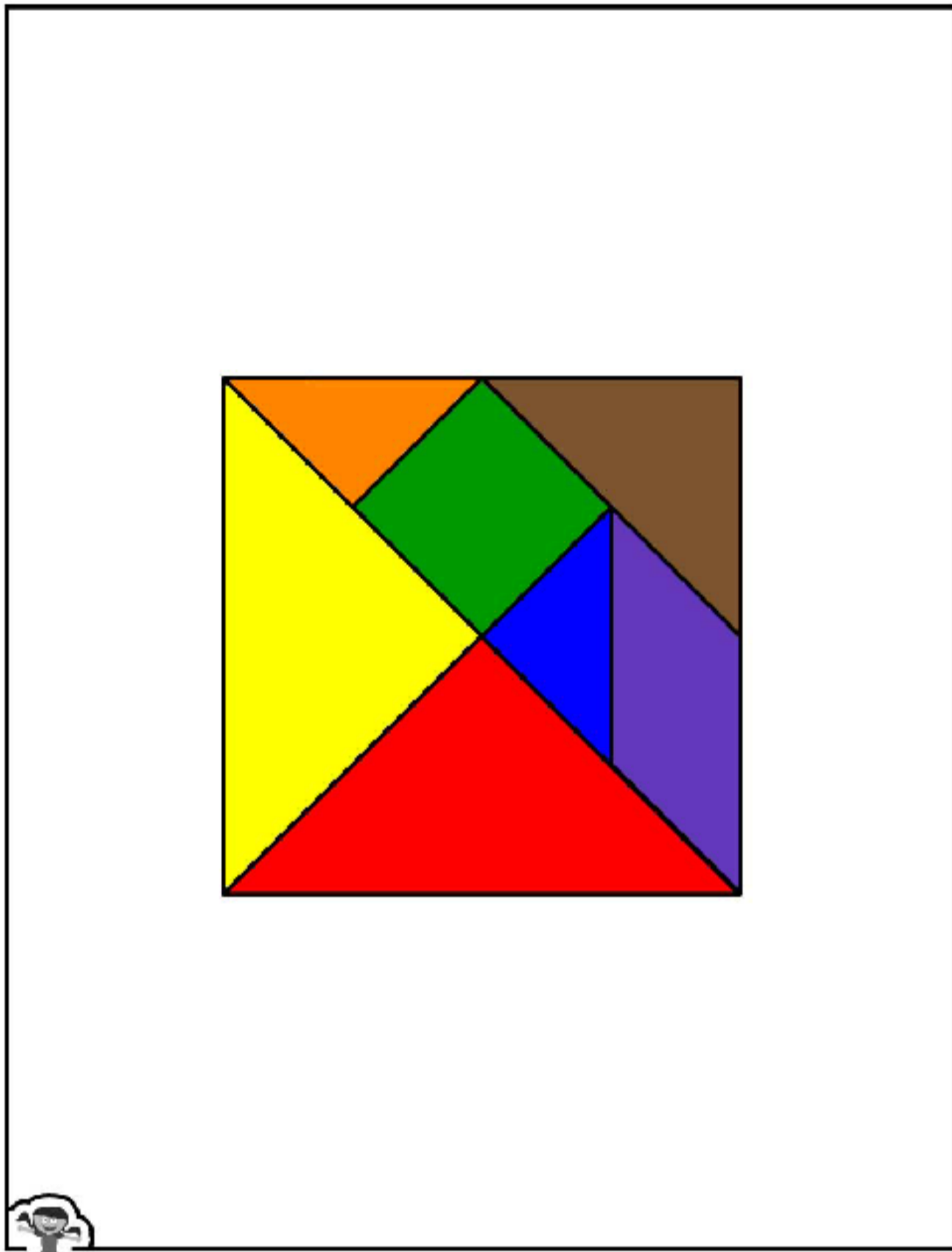
National Aquarium: Walk through tropical waters to the icy tundra in this [floor-by-floor tour](#) of the famous, Baltimore-based aquarium.

Theme Parks

Walt Disney World: Set aside some time, because there's plenty to see here. [Virtual tours](#) you can take include Magic Kingdom, Animal Kingdom, and Epcot, just to name a few. There are also unofficial YouTube videos that feel just like you're on famous rides like the [Frozen Ever After ride](#), [It's a Small World](#), [Monsters, Inc. Mike & Sulley to the Rescue!](#), and [Pirates of the Caribbean](#).

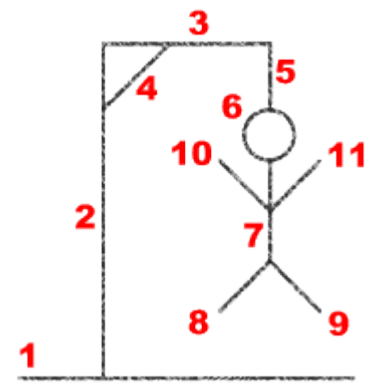
LEGOLAND Florida Resort: The Great Lego Race and Miniland USA are just two of the attractions you can check out in a [virtual tour of the park](#).

SeaWorld Orlando: [The virtual tour](#) of Seaworld includes a tour of Discovery Cove and the option to "ride" the steel roller coaster Mako.

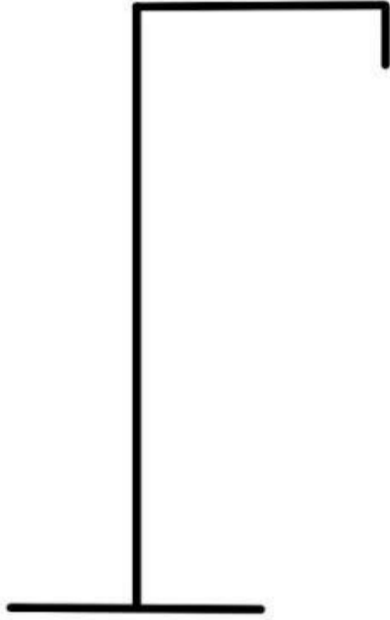


Hangman

Hangman is a game where you guess a word letter by letter, each letter you guess that is not in the word causes a body part of a stick figure to appear. Once the stick figure is complete you lose the game. To win all you have to do is complete the word before your wrong answers form the stick figure.



Hangman

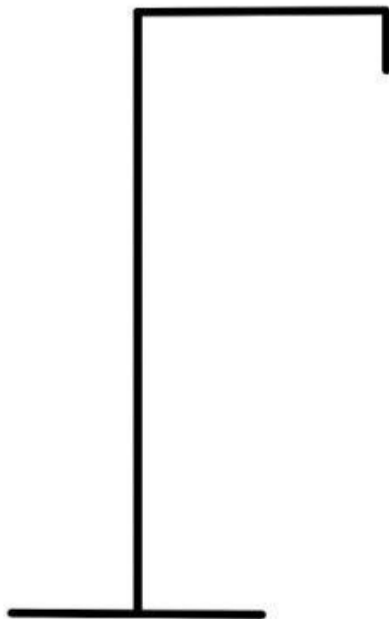


Cross off incorrect guesses:

a b c d e f
g h i j k l
m n o p q r
s t u v w x
y z

Make the blanks for your word here:

Hangman



Cross off incorrect guesses:

a b c d e f
g h i j k l
m n o p q r
s t u v w x
y z

Make the blanks for your word here:

Battleship

Rules and game play:

Plot all of your ships by drawing an outline of each ship on the grid according to its size. For example, a battleship is four blocks, but an aircraft carrier is five blocks. Ships may not overlap. Take turns firing upon the enemy by calling out plot points - for example: A-5. Mark your shot as a hit (X) or a miss (O) on your enemy ship grid according to your opponents reply. When your enemy fires upon you, answer hit or miss, according to their shot. Mark your hit ships with an X on the "my ships" grid. When the ships are sunk, you must inform your opponent that it is sunk and which ship it is, for example, "My aircraft carrier is sunk!".

The first person to sink all of the enemy ships wins the game.

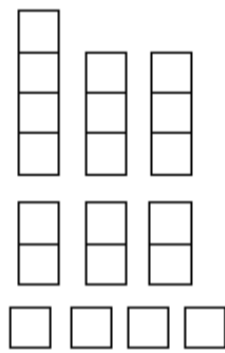
Battleship

My ships

	1	2	3	4	5	6	7	8	9	10
A										
B										
C										
D										
E										
F										
G										
H										
I										
L										

Opponent ships

	1	2	3	4	5	6	7	8	9	10
A										
B										
C										
D										
E										
F										
G										
H										
I										
L										



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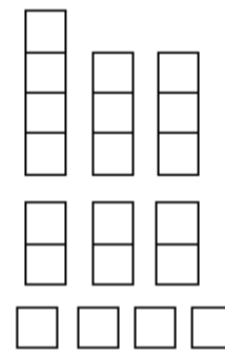
Battleship

My ships

	1	2	3	4	5	6	7	8	9	10
A										
B										
C										
D										
E										
F										
G										
H										
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Opponent ships

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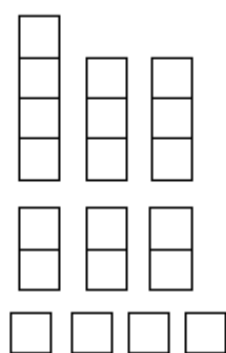
Battleship

My ships

	1	2	3	4	5	6	7	8	9	10
A										
B										
C										
D										
E										
F										
G										
H										
I										
L										

Opponent ships

	1	2	3	4	5	6	7	8	9	10
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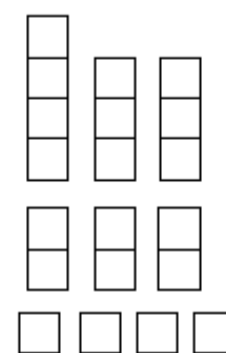
Battleship

My ships

	1	2	3	4	5	6	7	8	9	10
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Opponent ships

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Connect the Dots

Dots and boxes is a simple game with a simple goal: whoever "owns" the most boxes at the end of the game wins. You and your opponent take turns drawing horizontal or vertical lines to connect the boxes. When someone draws a line that completes a box, you write your initial inside to win the box. Once all the dots have been connected, you can count up the boxes and find the winner.

Dots!

A large rectangular grid consisting of 15 columns and 15 rows of small black dots. The dots are arranged in a regular pattern, creating a 14x14 grid of potential boxes. The word "Dots!" is written in a large, bold, black font at the top center of the grid.

