



Concrete ideas for activity adaptation

The activity feedback we received after the piloting of the Our Time programme included a lot of concrete ideas for the adaptation of certain exercises. Due to the Pandemic situation the finalising process of the Our Time Programme was already delayed and the project team was not able to take all recommendations for changes into consideration.

It should also be noted that all these ideas might be fitting for some groups, but not applicable to other groups, cultures or regions. It is the responsibility of the professional staff to decide which activities to use with the families they work with in the Our Time programme. This document provides some ideas for adaptation and might serve as a source of inspiration.

Ground Rules - Activity 1.1. Session 1: “Our Family”

The group agrees on the operating rules. Afterwards, images and pictures are used to symbolise the rules. The group will decide which rules to follow a poster of the ground rules will be created by using these images.

Ice Breaker - Activity 1.2. Session 1: “Our Family”

Placed in a circle, each person has to say his/her name and something positive about him/herself, passing a ball of yarn. In this way, a network will be woven between all the participants and professionals and it will be discussed what the meaning of the network that has been built has.

Getting to Know Me - Activity 1.5. Session 1: “Our Family”

The activity is carried out between mothers and sons/daughters. In this way, the mother introduces the child and the child introduces the mother. It is useful to provide a list of features/characteristics! Such a list is not included in the manual.

Picture It – Activity 2.3 Session 2: “Our Listening and Communication skills”

The activity consists of two parts. In the first part, the mother will stand behind the son/daughter and place a blank sheet on the child’s back. Also the child has a blank sheet in front (maybe sitting on the floor). The mother starts to draw on the sheet placed on the child's back and the child should draw on his/her sheet according to what he /she feels the mother is drawing. Participants aren’t allowed to speak.





In the second part, it is the child, who stands behind the mother and has to describe an image, without saying what it is, and his or her mother has to draw it by means of the instructions that are being given.

Follow My Rhythm – Activity 2.5 Session 2: “Our Listening and Communication skills”

When one person makes a mistake, the next one will start from scratch, preventing people from being eliminated. Notable difficulty in retaining the previous movements. If the group is large, it is recommended to do a single round so that it is not too difficult.

What is Respect? Activity 3.3. Session 3 “Our Respect and Appreciation”

The families will line up in the middle of the room and they will tell each other situations collected on a card. If they believed that it was a respectful situation, they had to run to the right and if they believed that it was not respectful, they turn to the left. A list of scenarios similar to the *I think, I feel, I want* list was created, with own experiences of the resources in which we work.

I Am Feeling - Activity 6.6 Session 6: “Our Emotions and how we deal with them”

One person from each group will be asked to come to the front and they will draw a card of the emotions of ‘The monster of colors’, which they will have to represent so that the group can guess what it is, but only using imitation”. It worked very well because we used the Bingo chips for emotions. It is essential to provide the participants with examples.

When I’m Angry it’s Ok to – Activity 7.2 Session 7:”Our Feelings and how we express them”

We used the worksheet "My angry volcano" to do this activity. It is a more dynamic way of talking about anger and what causes it.

Family Picture Frame (30 minutes)

As a souvenir of having participated in this program, the family creates a family portrait. For this, a picture of the family and various materials such as cardboard, stickers, glitter, pens ... is needed. Families liked this activity a lot, since they did not expect to do something like that. They have been very excited when they received the photos at the end of the programme. For this activity, all material is put in the middle of the table and each family creates a colourful frame for their photograph.

More movement exercises

The line (15 minutes)





A long line will be painted on the ground dividing the space into two areas. One person is placed on top of the line while all the other people will be placed in one of the created spaces (all the people in it). When counting to three, all the people have to move to the other side, passing the line, while the person who is on the line must catch them, without leaving the line. When someone is caught, you should say his/her name and something you like about that person; if the catcher manages to do this, the caught person stays in line with the catcher to catch the other people. Otherwise the trapped person is free. The game ends when all the people have been caught.

Water Ballons (20 minutes)

Make a water balloon battle – precondition is warm and sunny weather!

Cooperative Hoops (15 minutes)

Hoops/rings are placed in a circle, the number of rings always being less than the number of people. The group gathers outside the circle, music is turned on and the group starts to move. When the music stops, participants have to find a ring and since there are fewer rings than people, they are forced to share a ring and help each other, not to stumble out of the ring. In each round one ring is removed, leaving in the final round only one ring where all the people have to enter. If people help each other and cooperate, no one loses, all are winners in the end.

This activity can also be done with chairs – similar to the game “musical chairs”. But the difference is, participants are not eliminated, but the fewer chairs there are, the more people have to sit on one chair. They can sit on top of each other.

Cooperative handkerchief (10-20 minutes)

The space is divided into two parts and the group is divided into two teams, each person on the team is assigned a number. Each team stands at one end of the space and a person with a handkerchief takes position in the centre of the two spaces. The person in the middle with the handkerchief says a number, so the people who have been assigned this number have to run to get the handkerchief and return to their team without being caught by the person of the other team. You will start by saying a single number, but then the game can be varied by saying more than one number. As soon as two or more numbers are called out at the same time, the people who represent these numbers must hold hands, go for the handkerchief and return to their team without being caught by the people of the other team and without letting go of hands.

It is important that the handkerchief used is made of cloth so that it does not tear.





Activities to use for “Managing Emotions”

Emotions Posters (20 minutes)

The group is divided into five subgroups and each is assigned an emotion. Each group has to find the images symbolising their emotion, which will be hidden within the room, to form a poster of each emotion. The emotions will be discussed later. *The relationship between emotions and colours are: joy-yellow, sadness-blue, anger-red, fear-black and calm-green.





Emotions Bingo: (20-30 minutes)

Make a bingo with different emotions and feelings. For this, there will be jars with coloured candies according to the emotions previously worked on and each time someone manages to say BINGO, they will be indicated the amount of candies that they can take, to place them in a common jar, choosing the winner or the colours of the candies. Thus, the common collection will represent the variety of colours, that is, the variety of feelings and emotions that we feel during one day.

