

COVID-19 PARENTING Learning through play

Millions of children face school closure and isolation in their own home. This tip is about learning through play – something that can be fun for all ages!

Types of play

- There are so many different types of play that can (>) be both fun AND educational
- Language, numbers, objects, drama, and music games give children opportunities to explore and express themselves in a safe and fun way



Telling stories

- Tell your children a story from your own childhood
- > Ask your children to tell you a story
- Make up a new story together starting with "Once upon a time..." Each person adds a new sentence to the story
- Act out a favorite story or movie - older children can even direct younger ones while learning responsibility

Change the object!

- Every day household items like brooms, mops, or scarfs can become fun props for games
- Place an object in the center of the room and whenever someone has an idea, they jump in and show the rest what the object can be
- For example, a broom might become a horse or a microphone or even a guitar!

Movement games

- Create a dance choreography to your children's favorite songs. First person does a dance move and everyone else copies. Everyone takes turns being the leader
- "Challenge" who can do the most toe touches jumping jacks, windmill toe touches in a minute
- "Mirror" each other facial expressions, movements, sounds. One person can start as the leader and then switch. Try it with no leaders!
- Freeze dance: Play music or someone sings a song, and everyone dances. When the music stops, everyone must freeze. Last person still dancing becomes the judge for the next round
- Animal dance: Same as above but when the music stops, call out a name of an animal, and everyone has to become that animal

Memory game

- First person says, "When COVID-19 lockdown ends, I am going to ... (e.g., go to the park)'
- Second person adds to first person, "When COVID-19 lockdown ends, I am going to the park and... (e.g., visit my best friend)"
- > Each person adds to the previous trying to think of all of the fun things to do when COVID-19 lockdown ends

Singing

- Singing songs to your baby help develop language
- Play or sing a song, and the first one to guess it right becomes the next leader
- Make up a song about handwashing or physical distancing. Add dance movements!



For more information click below links

TIPS FROM WHO

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE































The COVID-19 Playful Parenting Emergency Response is supported by the LEGO Foundation, the philanthropic donors to the University of Oxford's COVID-19 Research Response Fund, and the UKRI GCRF Accelerating Achievement for Africa's Adolescents (Accelerate) Hub. Research on Parenting for Lifelong Health is supported by the UKRI GCRF Accelerate Hub, the Oak Foundation, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, the Global Alliance for Chronic Diseases under the European Union's Horizon 2020 Research and Innovation Programme, JNICEF, WHO, Oxford University Innovation GCRF Sustainable Impact Fund, the Leverhulme the Economic and Social Research Council, CIDA, the National Research Foundation of South Africa, Ilifa Labantwana, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors