

PLAY @ HOME KIT



unicef 
for every child



UP
UNITY &
PEACE

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Created by the sport coaches, Psycho-Social Support Team, Edusport and parenting facilitators in the UP Unity & Peace programme. UP Unity & Peace is a collective impact programme, coordinated by Fight for Peace in six communities in Kingston, Jamaica. It brings together a network of local partners to offer a rich array of programmes to young people and parents in communities affected by violence and supports the organizations that work with them. For more information, contact up@fightforpeace.net.

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GREETINGS

Welcome to your PLAY @ HOME Kit! This kit includes activities for young people and their parents, designed by the coaches and facilitators in the UP Unity & Peace programme. You can find workout routines, word games, fun challenges and so much more.

Since March 2020, the Coronavirus pandemic has caused many of our favourite activities to stop, and we haven't been able to see each other as much. You may be missing your teachers, coaches, and of course, your friends. We want you to feel connected to the UP Unity & Peace programme, so we're giving you a way to keep doing your favourite activities at home. Keep your bodies moving, your minds working and learn and play with your family.

Both our UP Unity & Peace programme members and their parents can use the activities in this kit. Better yet, you can play together. Play helps us learn about each other and deal with negative feelings such as anxiety, stress and anger. Play develops our imagination, our creativity.

We hope that these kits will help you to feel that much closer to UP Unity & Peace programme partners and we can't wait to see you again!

A special thank you to the following organizations for their assistance in preparing the content in this kit.

BREDS Treasure Beach Foundation

Jamaica Boxing Board

Jamaica Taekwondo Association

Mixed Martial Arts Jamaica Sports Federation

Remember, together, we don't stop.



TIPS TO STAY SAFE

SAFETY PROTOCOLS

FOLLOW THESE TIPS WHEN WEARING A MASK

- 1 If you touch a used mask, wash hands or use alcohol-based hand sanitizer immediately.
- 2 Dispose of your mask if it becomes soiled or wet.
- 3 Don't reuse single-use masks.




EVERY ONE COUNTS
TOGETHER WE DO GREAT THINGS




MINISTRY OF LOCAL GOVERNMENT
& COMMUNITY DEVELOPMENT

///CORONAVIRUS (COVID-19)

WASH YOUR HANDS



WET HANDS



APPLY SOAP



RUB HANDS
PALM TO PALM



LATHER THE BACKS
OF YOUR HANDS



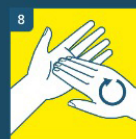
SCRUB
BETWEEN YOUR FINGERS



RUB THE BACKS
OF FINGERS ON
THE OPPOSING PALMS



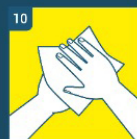
CLEAN THUMBS



WASH FINGERNAILS
AND FINGERTIPS



RINSE HANDS



DRY WITH
A SINGLE USE TOWEL



USE THE TOWEL
TO TURN OFF THE FAUCET

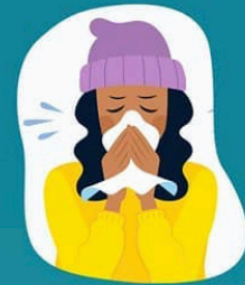


YOUR HANDS ARE CLEAN

REDUCE YOUR RISK OF **CORONAVIRUS** INFECTION



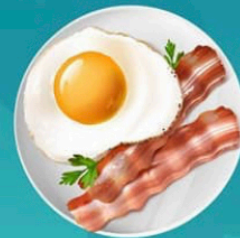
Clean hands with soap and water or alcohol-based hand rub



Cover nose and mouth when coughing with tissue or flexed elbow



Avoid close contact with anyone with cold or flu-like symptoms



Thoroughly cook meat and eggs



Avoid contact with wild or live farm animals



MINISTRY OF
**HEALTH &
WELLNESS**



Adapted from the
**World Health
Organization**



PREVENTION OF COVID-19

#CommunityTransmission



Wear a Mask



Wash Hand



Temperature Check



Social Distancing

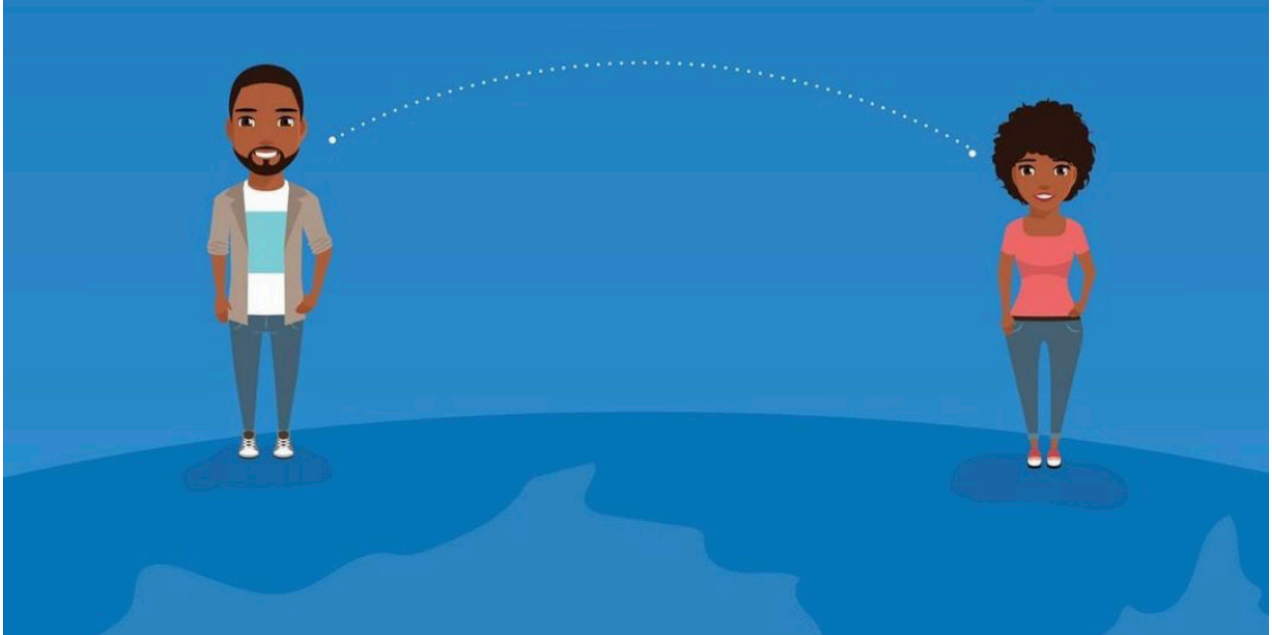


WHAT IS SOCIAL DISTANCING?

Social Distancing keeps people from interacting closely or frequently enough to spread an infectious disease.

In the case of COVID-19, it includes:

- 1) Staying at least 3 feet away from persons who are coughing or sneezing
- 2) Avoiding hugging, kissing and shaking hands
- 3) Staying home when sick



PLAY @ HOME GAMES

What you will need for these games:

- Paper
- Pencils/Pens/Markers
- Phone or radio
- Your imagination!

“Make Sure The Start Is Good, But The Finish Is Better.”
Coach Joseph Harrison - Jamaica Boxing Board

1. LOCATION

For this game, all you will need is your imagination and creativity!

- One person thinks of a location, a place in the home or anywhere in the world.
- They give clues to help the other players guess where they are.
- The person who guesses the right location is next to give the clues.
- Keep going until everyone has had a chance.
- If one person keeps getting the correct answer, they can choose someone else to go.

2. HANGMAN

- Select one person to be the Game Master.
- The Game Master selects a word, creates a hint, then draws a space for each letter in the word.
- Each player takes it a turn to guess a letter or the entire word.
- For every incorrect answer, the Game Master draws another piece of the man.
- The game ends when a player guesses the word or the man is completely drawn.
- Each player takes a turn being the Game Master.

3. WORD SCRAMBLE

- Select one person to be the Game Master.
- The Game Master chooses the words that will be used during the game.
- The Game Master writes the word on a piece of paper, but scrambles the letters.
- The other players have to unscramble the word and guess the part of speech it belongs to.
- Each player takes a turn being the Game Master.

4. NAME THAT TUNE

- Select one person to be the “Selecta.”
- The Selecta plays a song on their phone or tunes into a song on a radio station.
- The other players guess the name of the song and the artist.
- Each player takes a turn being the “Selecta.”

5. CATEGORIES

- Select one person to be the Game Master.
- The Game Master chooses a category such as favourite food, book, artist, etc.
- The other players take turns guessing answers for each category.
- When someone cannot answer, they are out and the game starts over.
- Each player takes a turn being the Game Master.

6. COUNTING GAME

- Select one person to be the Game Master.
- The Game Master chooses a range of numbers (e.g. 1 to 20, 1 to 10; as well as the rules for the first number e.g. a prime number, a multiple of 2, etc).
- The players are to call the first number, which must meet the Game Master's rule and then call all of the numbers within the range. For example, the Game Master may say 10 to 20: first number is a multiple of 3. The first player would say 12. The other players would then call out 10, 11, 13, 14, 15, 16, 17, 18, 19, 20, in any order.
- If a player repeats a number or calls a number outside of the range, they are out.
- The game keeps going until all of the numbers are called. Each player takes a turn being the Game Master.

7. CHALLENGE MATH

- Select one person to be the Game Master.
- The Game Master gives the other players a math problem to solve.
- The first player to get the correct answer wins.
- The player who solves the problem correctly, then gives another problem for the players to solve.
- If one person keeps getting the answers correct, they can choose someone else to give a problem.

8. WORDS WITHIN A WORD

- Select one person to be the Game Master.
- The Game Master chooses a fairly long word. He/she may use a dictionary to help.
- The other players have to try and identify as many smaller words using the letters within the long word. Two/three letter words get 2 points, four letter words get 3 points, five letter words get 4 points and six letter words get 5 points.
- The Game Master sets a timer for 10 minutes.
- After 10 minutes, the person with the most points wins.
- At the end of the game, the Game Master can ask which player can give the meaning of the long word. The person who gives the correct meaning gets 8 points.
- Each player takes a turn being the Game Master.

9. SIMON SAYS

- Select one person to be the Game Master who will give the instructions.
- The other players complete the instruction only if the Game Master says “Simon Says.” If the Game Master does not say “Simon Says” then the players are to ignore the instruction.
- If a player completes the instruction without hearing “Simon Says” or does not do the instruction when the Game Master says “Simon Says,” the player is out.
- Keep going until there is only one player left.
- Each player takes a turn being the Game Master.

10. CHALLENGE!

- Select one person to be the Coach or Game Master who gives the challenge.
- The challenges are all physical and are meant to see who can do the most of a particular movement or exercise in a specific amount of time. For example, who can do the most push ups, jumping jacks, hops, kicks, etc in 30 seconds.
- The person who does the most, wins.
- Each player takes a turn being the Coach or the Game Master.



11. WORD SEARCH: I AM

I AM

What adjective describes you best?

Find one that starts with the first letter of your first name.

G D E N I M R E T E D S H H U
 C C Q T H P H U E D S Y T A R
 Y I A R L R E L V E M N U P A
 T T W A U S B A L I E I H P D
 R E E M T O U R C I B I Q Y I
 U G S S N N A O D E D R A F A
 T R O L H E A E L O F X A Y N
 H E M U F A B T B E O U L N T
 F N E F X O K E R R V L L D T
 U E Y R A N I D R O A R T X E
 L E U E Z K A Q K O P V A A T
 I P I D I V A U Z U L M E M A
 Y S C N G U N I Q U E I I U E
 E K D O R Y T C Y U L H U T R
 V H V W Y S Y K J O Y F U L G

Awesome
 Brave
 Caring
 Determined
 Energetic
 Fearless
 Great
 Happy
 Important

Joyful
 Kind
 Loving
 Marvelous
 Noble
 Obedient
 Peaceful
 Quick
 Radiant

Smart
 Truthful
 Unique
 Vibrant
 Wonderful
 eXtraordinary
 Youthful
 Zestful

12. WORD SEARCH: UP UNITY & PEACE

UP UNITY & PEACE

WRBBEORXFAL EEMXOIXFV
 NOJMPWAROIFXYTFVYUP
 QPPMQRJHIQWXPNUBNSNI
 NHYSZOSCEXXVEFCQORIN
 MSCSPGSVNRGX RJVIWQTS
 ZDJPERVVDDTTIYFKLRYP
 SESOAECSR SVBAECCZAMYI
 LVNRCSCCHSOENPAYTUDR
 FEWTESHFILOKCHPOHWMI
 ULOSCSAEPEKWE SOUOOBN
 NOESONMAEACOSFETNLEG
 XPDOMVPRMDLNTA IHKTLS
 LMULPWILBEUDOMRCGCTY
 FESIEMOERRBOGIAOROIB
 INPDTMNSASTYELCUOANO
 TTOAIAJ SCHJMTYGNWCGX
 NHRRTRYCIIINAHTACTHMI
 ETTIIGZMNPASEYMIHRAN
 SIGTOEUDGXLRJELCSSG
 SULYNQWGUTMDXMSANLWB

Youth Council	Development	Experiences	Competition
Leadership	Solidarity	Embracing	Friendship
Bowlathon	Inspiring	Book Club	Progress
Taekwondo	Fearless	Belting	Fitness
Edusport	Champion	Together	Family
Sports	Growth	Unity	Fun
Capoeira	Boxing	Coach	Games
Peace	MMA		

FITNESS ACTIVITIES




TODAY'S WORKOUT

Akino's Circuit Workout II

- 45 Sec jumping jacks
- 20 secs burpees
- 45 secs sprinting (on the spot)
- 20 secs push ups
- 45 secs knee tucks
- 20 secs dips

Repeat three (3) times
(60 secs rest between sets)

"Train Hard, Fight Easy."
Coach Akino Lindsay - Jamaica Taekwondo Association




TODAY'S WORKOUT

Akino's Circuit Workout III

- 40 secs high knees
- 30 secs mountain Climbers
- 20 push ups
- 30 secs jump squats
- 40 secs bicycle crunches

Repeat three (3) times
(30 secs rest between sets)




TODAY'S WORKOUT

Imran's MMA Session 1

- Jumping Jacks (25 reps)
- Side Shuffles (30 secs each side)
- Walking Knee Hugs (30 secs)
- Lunges (3 x 30 secs)
- Bicycle Crunch (3 x 30 secs)
- Pushups (30 reps)

Cool Down- Shake Each Body Part for 15 secs



TODAY'S WORKOUT

Imran's MMA Session 2

- Squats (15 reps)
- Leg Swings (30 secs each side)
- Jumping Jacks (2 x20 secs)
- Lunges (3 x 30 secs)
- Punches with Orthodox Stance (30 reps)
- Punches with Southpaw Stance (30 reps)
- 1 minute rest
- Kicks with Orthodox Stance (30 reps)
- Punches with Southpaw Stance (30 reps)



TODAY'S WORKOUT

Imran's MMA Session 3

- High Knees (20 reps)
- Inch Worm (5 reps)
- Slow Shadow Boxing
(30 secs each side)
- Shadow Boxing (3 mins)
- Punches with Orthodox Stance
(30 reps)
- Punches with Southpaw Stance
(30 reps)
- 1 minute rest
- Kicks with Orthodox Stance
(30 reps)
- Punches with Southpaw Stance
(30 reps)

TODAY'S WORKOUT

Sakima's Straight Punch Workout



- SHADOW SKIPPING 3:00
- do 15 Jumping Jack's at the 1:00 minute interval
- do 15 jumping Jack's at the 2:00 minute interval
- finish with 15 jumping Jack's at the 3:00 minute interval
- 30 sec straight punches at moderate pace
- 30 sec high knees
- 30 sec straight punches at a fast pace
- 30 sec but kicks
- 30 sec straight punches at moderate pace
- 30 sec Jumping Jack's
- 30 sec straight punches at a fast pace

1:00 rest

Repeat workout

A man with a beard and short hair, wearing a white t-shirt with the text 'UP UNITY & PEACE' in blue, is pointing towards the camera. He is standing against a dark blue background with a subtle pattern.

TODAY'S WORKOUT

Mufasa's Upper Body Muscle Endurance Workout

- Jumping Jacks (20 Reps x 3)
- Regular Push Up (10 Reps)
- Wide Arm Push Up (10 Reps)
- Non-Stop Straight Punches (60 secs)
- Hand Planks (45 secs)
- Left Side Plank (45 secs)
- Right Side Plank (45 secs)

Recommended 2-3 cycles

A man with a beard and short hair, wearing a white t-shirt with the text 'UP UNITY & PEACE' in blue, is pointing towards the camera. He is standing against a dark blue background with a subtle pattern.

TODAY'S WORKOUT

Mufasa's Core Focus Boxing Workout

- Jumping Jacks (20 Reps x 3)
- Hands Plank with Shoulder Touches (15 Reps)
- Regular Sit-Up with (2) Punches at the top (15 Reps)
- Mountain Climber (15 Reps)
- Russian Twist Hold with Non-Stop Straight Punches (60 secs)

Recommended 2-3 cycles

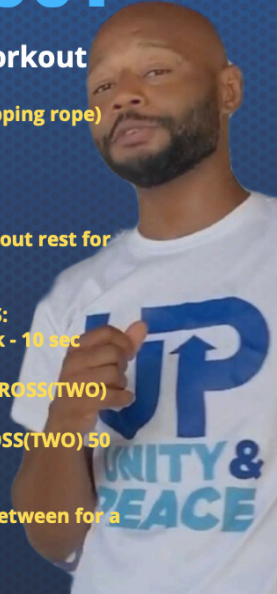


TODAY'S WORKOUT

Mufasa's Lower Body Muscle Endurance Workout

- Jumping Jacks (20 Reps x 3)
- Air Squats (15 Reps)
- Squatting Position Non-Stop Straight Punches (60 secs)
- Alternative Legs Forward Lunges (15 Reps)
- Alternative Legs Side Lunges (15 Reps)
- Squatting Position Non-Straight (60 secs)

Recommended 2-3 cycles



TODAY'S WORKOUT

Sakima's Three Punch Combo Workout

INTERVAL WARM UP

- SKIPPING (shadow skipping if you don't have a skipping rope) 30 sec
- JUMPING JACKS 30 sec
- BUTT KICKS 30 sec


Do each exercise twice for 30 sec each interval without rest for a total of 3 min.

THREE PUNCH COMBINATION PUNCHING INTERVALS:

- JAB(ONE), RIGHT CROSS(TWO), JAB(ONE) 50 sec work - 10 sec rest
- RIGHT UPPER CUT(SIX), LEFT HOOK(THREE), RIGHT CROSS(TWO) 50 sec work - 10 sec rest
- RIGHT CROSS(TWO), LEFT HOOK(THREE), RIGHT CROSS(TWO) 50 sec work - 10 sec rest

Do each combination for 50 sec with 10 sec rest in between for a total of 3 min.

Repeat round with same combinations




TODAY'S WORKOUT

Mufasa's Cardio Boxing Workout

- Jumping Jacks (20 Reps x 3)
- Non-Stop Straight Punches or 1-2-3-4 Combination (60 secs)
- Burpee with Push Up (12 Reps)
- Jumping Lunges with Punches (15 Reps)
- Squatting Position Non-Stop Straight Punches (60 secs)

Recommended 2-3 cycles

**"If You're Tired, Your Opponent Is Tired, Never Give Up."
Coach Janathan "Mufasa" Hanson - Jamaica Boxing Board**



TODAY'S WORKOUT

Sakima's Alternate Punch Workout

INTERVAL WARM UP:

- SHADOW SKIPPING 30 secs
- HIGH KNEES 30 secs
- RUN IN PLACE AND PUNCH 30 secs
- BUTT KICKS 30 secs
- JUMPING JACKS 30 secs
- SHADOW BOXING 30 secs

10 PUSH UPS

- 30 straight punches: jabs and right cross(one, two)

10 AIR SQUATS

- 30 upper cuts: right upper cut and left upper cut (five, six)

12 LUNGES

- 30 straight punches: jabs and right cross(one, two)

Complete each exercise and punch combination at your own pace x 2

1:00 rest

• REPEAT EXERCISES WITH PUNCH COMBINATIONS

WHAT TO DO WHEN YOU DON'T FEEL GREAT

WHAT ZONE AM I IN?

This simple “thermometer” helps you name your feelings. Once you know how you are feeling, you can ask others or use the techniques included to help you manage the feeling.

4	Angry, Shouting, Out Of Control, Miserable
3	Frustrated, Can't Sit Still, Upset, Nervous
2	Tired, Bored, Sick, Sad
1	Calm, Ready To Learn, Happy, Feeling Good

TIPS TO HELP YOU STAY IN / RETURN TO THE GREEN ZONE

DEEP BREATHING SEQUENCE

This helps with anxiety or feeling stressed. Practice for as long as you feel it is necessary, and can be done anywhere, anytime.

- Try to clear your mind. Close your eyes if this helps.
- Breathe in through your nose deeply, hold your breath for roughly five seconds before exhaling through your mouth.
- Focus on your breathing.
- Repeat as necessary.



BELLY BREATHING

Go through all the steps described above, but this time, place your hands on your belly. Focus on your stomach pushing out when you breathe in. Focus on your stomach coming back in as you breathe out.

GRIEF LETTER

Writing helps with feelings of sadness and loss after a loved one dies or when you lose a friendship or relationship with a family member.

1. You are going to write a letter to the person you have lost or are in conflict with. You don't have to mail it or show it to anyone. This can be your letter and you can write anything you may be feeling or thinking. It can include good memories as well as any bad feelings you may have.
2. Remember that:
 - You can take as long as you want to write the letter. Feel free to return to it and add things as you feel comfortable.
 - You can write more than one letter, if your feelings change.
 - There is no set length to the letter.
 - Don't worry about spelling, punctuation or grammar. Don't worry about how it will sound to other people.
 - Here are some suggestions on what to include in your letter:
 - › My best memory of you is
 - › Now that you are gone, I feel
 - › What I miss about you is
 - › How could you
 - › I hope that

"Always Look Before You Leap."
Coach Joseph Harrison - Jamaica Boxing Board

JOURNALING/KEEPING A DIARY

Journaling helps you to sort out your thoughts and feelings about good and bad situations. This can also help you keep track of your goals. Try keeping a diary every day this month/ for 30 days. You can write down things you enjoyed during the day, things that were hard but you were able to handle, goals or dreams you might have, what you are grateful for or any solutions to problems/challenges you may be having.

These are some ideas of how to get started:

- Today I learnt about...
- Today I am feeling...
- This school year I want to...
- My favourite thing from today is...
- Today, I appreciated...
- During quarantine, I learned...
- I am worried about...
- Today, I accomplished...
- When Covid-19 is over, I want to...
- Today, I am proud of...

GUIDED IMAGERY

This helps with worry, anger, fear and sadness. For this activity, all you need is your imagination!

- Close your eyes and take a few deep breaths (see deep breathing above).
- Once you are ready, think about your favourite place. Imagine you are there right Think about what you are seeing; what you are hearing; what you are smelling.
- Spend some time taking it all in.
- Continue taking deep breaths.
- Imagine how comfortable you are at your favourite place. Think about all of the good feelings and thoughts that come to mind when you are there. Enjoy this space. Enjoy all the sights and sounds.
- When you are completely relaxed, take your time and come back, taking deep breaths, slowly.

COUNTDOWN!

Distracting your mind can help you when you feel yourself getting too angry or worrying too much.

- When your feelings become too strong, think of any number (10, 25, 75, etc.)
- Start counting backwards from that number until you reach the number 1.
- Repeat until you feel you have better control over your feelings.

ASK FOR HELP

Talk to an adult and let them know you are having trouble with your feelings. You could also ask an older brother or sister or cousin to help you complete some of these exercises.

"Mastering Others Is A Strength, Mastering Yourself Is Power." Coach Sakima Mullings - Jamaica Boxing Board

ADDITIONAL WAYS TO HANDLE DIFFICULT FEELINGS

- Drink a glass of water
- Take a short walk
- Do some exercise
- Listen to music
- Draw/colour/paint

TIPS FOR PARENTS

These tips have been created by JoyTown Community Development Foundation, UP Unity & Peace's lead partner on parenting.



BEING A POSITIVE PARENT

COMMUNICATION OVER PUNISHMENT

Positive parenting focuses on teaching children not just what to do, but also why.

The main principles of Positive Parenting are embodied in the 4Ms:

- Monitoring
- Mentoring
- Modeling
- Motivating

The four M principles of positive parenting help to prevent risky or problem behaviours before they arise.

POSITIVE PARENTING

A GOOD MONITOR:

- asks questions
- monitors your child's coming and goings
- keeps the lines of communication open
- knows what their child is watching on TV, reading, and listening to
- knows their child's friends
- knows:
 - › where their child is
 - › how their child will be getting there or coming home

A GOOD MENTOR:

- does activities with your child
- communicates
- respects your child's thoughts and opinions without judging
- is honest about his/her own strengths and weaknesses
- provides support, guidance, friendship, and respect to your child

Being a mentor is like being the coach of a sports team. A caring coach sees the strengths and weaknesses of the players and tries to build upon the strengths and minimize the weakness.

A GOOD ROLE MODEL:

- practices what he/she preaches
- shows respect for others
- is honest with their child about how they feel
- let's their child know that being angry or disciplining him/her does not mean they do not love him or her
- admits to mistakes
- works hard
- avoids violence

A GOOD MOTIVATOR:

- encourages and supports their children
- recognises children's skills
- is positive and gives positive feedback
- recognises and celebrates their child's achievements
- helps your children bounce back from temporary setbacks and failure

POSITIVE DISCIPLINE

Positive Discipline is the use of nonviolent means to discipline children. When we say to our children, "violence is not the answer" and then use violence on them, the only thing they learn is "violence is how adults solve their problems". As parents, we need to do as we say and lead by example.

POSITIVE DISCIPLINE BY AGE

Preschool Age (Ages 3 – 5)

- Explain rules and repeat them
- Use time outs
- Take away privileges
- Use a reward system (eg give stars, smiley faces stickers)

Younger School Aged Children (Ages 6 – 9)

- Set and explain rules
- Reward good behaviour
- Use time outs
- Take away privileges
- Use a reward system (eg give stars, tokens)

Older School Aged Children (Ages 10 – 12)

- Reward good behaviour
- Take away privileges
- Model the right behaviours
- Use a behaviour contract
- Problem solve with your child (discuss solutions)

Teens (Ages 13 and over)

- Take away privileges
- Grounding
- Assign extra responsibilities
- Replace, return or fix lost, stolen or broken items (If your teenager hurts someone, create a plan to make amends)
- Problem solve with your child (discuss solutions)

“We Never Lose, We Either Win Or Learn.”
coach Sakima Mullings - Jamaica Boxing Board

PARENTING ACTIVITIES

UP PARENT CHALLENGES

This chart has some more fun activities that you and your child can do together. To make it even more fun, every time you do an activity, let us know when you did it and how fun it was. Take a picture and share on Instagram. Don't forget to tag @up_fightforpeace

Activity	Date Completed	Fun Rating
Parenting Bingo		
Dance Party!		
Let's Get Cooking!		
House Olympics		
Games Night		
Riddle Me Dis, Riddle Me Dat.		
I Spy!		
Read All About It.		
Charades/ "Rising Stars"		
Art Show/Art Walk		
Book Club		

PARENTING BINGO

Included in kit as printout

DANCE PARTY

Get moving! Turn on the radio and dance or exercise with your child. Give them the opportunity to lead as well as to follow you. Let them show you the latest dances and you can show them some of the popular dances when you were growing up. Physical movement is also important for improving brain function.

LET'S GET COOKING!

Encourage children and young people in your family to cook with you. Not only is this an opportunity for them to learn a valuable skill but it is an easy way to have conversations and spend quality time. Get creative with them in the kitchen. Take their suggestions. Praise their efforts and not just their successes. Use shows like Chopped and Iron Chef and make it into a fun competition.

HOUSE OLYMPICS

Assign each child a chore, but make it into a game. For example, you could provide commentary on how they are completing a task (similar to a sportscaster). Use this commentary to encourage and highlight areas that may need improvement or where they excel. You could also adapt the game to Follow the Leader to show them how to complete household tasks.

GAMES NIGHT

Plan a night where the family plays games together like Chess, Chinese Checkers, Checkers and Dominoes. Use fun games that you already have to play while also teaching important skills such as abstract reasoning. You can use games in the UP PLAY @ HOME Kit.

“RIDDLE ME DIS, RIDDLE ME DAT”

Riddles are another fun way to develop abstract reasoning. Take turns telling riddles.

“I SPY”

Particularly good for younger children. Look around your home and choose items and share the first letter. Allows children to practice phonics in a fun way.

“READ ALL ABOUT IT”

Create your own family newspaper. Each family member can take turns writing the article of the day. It is a fun way of developing writing and reading skills while making day-to-day activities more exciting and sharing family events with each other. This can help parents to monitor and motivate.

CHARADES/ “RISING STARS”

Encourage each member of your family to develop skits or write songs they can perform for each other. You can go as far as having a judging panel with small prizes. This helps to get the creative juices flowing and build confidence.

“Hard Times Bring Strong People.”
Coach Akino Lindsay - Jamaica Taekwondo Association

ART SHOW/ART WALK

Have painting sessions and hang the results around the house. Have an Art Walk and have each member of your family describe what they like about each picture and what it means to them.

BOOK CLUB

Have each member of the family choose a book and everyone read it. Then everyone can share what they liked about it and what they may have learnt. For the younger ones, read the book with them where appropriate and get them involved; ask them to say what they imagine characters look like, or how they think the characters are feeling.

SHOW US HOW YOU ARE A POSITIVE PARENT!

Using the 4Ms and the positive discipline strategies above, use your creativity to show us how you are a positive parent. You could take a picture of you being a positive parent or you could also make up a song, story or poem about your experiences. Don't forget to post on Instagram and tag @up_fightforpeace.

UP UNITY & PEACE DELIVERY PARTNERS

Book Industry of Jamaica
BREDS Treasure Beach Foundation
Child and Adolescent Mental Health Clinic
Jamaica Boxing Board
Jamaica Taekwondo Association
JoyTown Community Development Foundation
Mixed Martial Arts Jamaica Sports Federation
The MultiCare Youth Foundation
Peace Management Initiative
RISE Life Management Services

WHERE TO GET HELP

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SOCIAL MEDIA

Instagram: [@up_fightforpeace](#); [@fightforpeace](#)