

Make it a time to remember

We are living in the most unusual times – it's pretty hard to believe we're in lockdown and it still feels like a bizarre dream. But with most of us at home, please remember the children and help create special memories for them. While they may be unable to express how they are feeling, you can make all the difference with the love and attention you give. Of course, they'll still have time on their screens – you may still have to work – but laugh, love and enjoy this time for them.

Here are some ideas:

1. **Breakfast and dinner together around the table** – don't forget to pray – and take time to talk, ask silly questions, find out what interests them, find out what they're grateful for.
2. **Paint and draw** – whether it's on a piece of paper or repainting an old garden pot. Use your imagination!



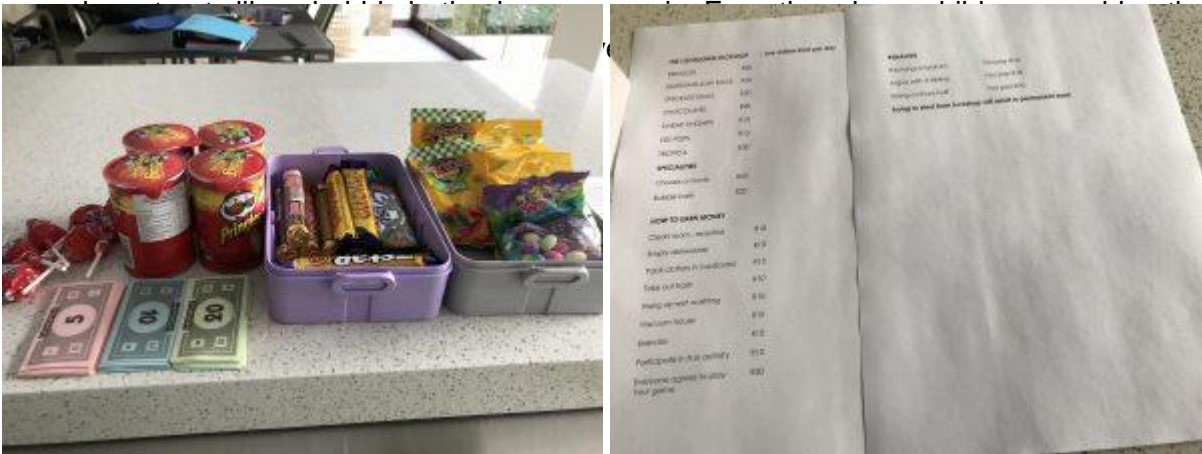
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3. Get wild animals in your house! Type an animal into the **Google search bar** and it will allow you to view it in 3D with movement. To use this feature, you'll need to google an animal such as a Shark. Underneath the image search results, you'll see a box that says, "Meet a life-sized Shark". Click the "view in 3D:" button then click "view in your space" to see the shark in your own surroundings. There are many animals to choose from such a lion, tiger, cheetah, shark, hedgehog, duck, emperor penguin, wolf, angler fish, goat, rottweiler, pug, snake, eagle, bear, alligator, horse, Shetland Pony, Macaw, turtle, cat and octopus.



Meanwhile, in Kempton, Robert Izzett had the rare sighting of an eagle from Middle-earth.. sent by Gandalf.

4. I loved this idea – children get “**money**” for **chores** they do and in return, they get to either buy sweets or



5. **Clean out your cupboards** – there are so many people who are in need. If you can't give it away now, at least you'll be prepared to help others when the lockdown is over. There may also be a charity in your area who can collect. It feels good to know you are helping and it's also great for kids to learn how to care.
6. Do you have old **home videos**? Kids love watching the day they were born and seeing everyone look so much younger!
7. **Video Calls** – Don't forget to make contact with friends and family – let your whole family be part of this.
8. **Garden games** – we had such fun! Each family member gets to make up a game. We had to jump over the pool brush pole – like a makeshift high jump competition! Then it was going under the pool brush pole – how low can you go! Duncan came up with an idea where you balance a tennis ball on your eye and walk across the lawn – we laughed. There was also a frog race.
9. Keep fit, kids and all. Go to Youtube and follow **PE with Joe** every morning at 11am (SA time) for thirty minutes. You'll really enjoy it as the Body Coach, JoeWicks, shares online routines.



10. **Treasure hunt** – I don't think children mind what they have to search for even if you hide Lego pieces.
11. Build a **circus tent** / fort



If you've had any e-mails from Brad in Cape Town... this is his new office space which he shares with his daughter

12. **Hopscotch**

13. Encourage kids to **help** you around the house.

14. Let them help you in the kitchen with **baking and cooking**.

15. DO NOT try cook while doing any extra homework. Keep loving thoughts as you burn the second batch of rice!

16. Remember you are human! On the days when you lose your patience, give a hug, say sorry and try again.

17. At 7pm each night, play your instruments, **bang your pots**, clap hands or shout a big thank you to all the doctors, supermarket staff and essential workers looking after us.

If you are feeling overwhelmed, think of it this way. If you had to see your child facing a tough situation, you would want to take their place and face it instead. This is your chance to be that brave adult, the clown who makes them laugh, the stern voice when they need it, and the arms they want to run to.