

FAMILY TIME



Target group	Adult learners
Setting	<ul style="list-style-type: none">• Frontal lecture• Group work• Plenary
Time	90 minutes

MATERIALS NEEDED

MATERIAL	Y/N
PROJECTOR	N
Flipchart	Y
Printed handout	N
Other (please specify): Games: "Family time" as a card game or Y downloaded, "Vertellis" or "Sympathie"	Y

ACTIVITY DESCRIPTION

Sometimes it can help to spend time with the family that is not crammed with homeschooling or household chores. For example, you can play a game together that gets you talking and getting to know each other better. In this lesson, parents will learn about games that can help the whole family to share and relax together. In the Erasmus+ project "Europarents", a game was developed that can help with this and is fun at the same time. It is called "Familytime" and can be ordered or downloaded free of charge at www.systemeinbewegung.de. Other possibilities would be the game "Vertellis" (available in several languages), "Sympathie" or similar games.



FAMILY TIME



ACTIVITY DESCRIPTION

1. Frontal lecture: The trainers tell parents about the importance of relaxed and free time for the whole family as a balance to the often stressful everyday life full of tasks and (home-)schooling.
2. Work in groups: The class is divided in groups and tries out different games
3. Plenum: All participants tell about their experience with the games and discuss their use in everyday family life. Ideas and valuable tips can be captured on the flipchart

LEARNING GOALS

Talking in a relaxed atmosphere about issues that sometimes get short shrift in everyday life and understanding why individual family members behave the way they do can help the whole family relax and grow together. Parents learn in this session how to use simple card games to create family time beyond stress and homeschooling.



FAMILY TIME



METHODOLOGY(S) USED

Frontal teaching
Trainer lecture -> preparatory phase

Work in groups
Execution: Playing the games

Plenum
Evaluation
Feedback

Links to digital learning resources:

The game "Familytime" is available free on <https://www.systemeinbewegung.de/downloads> (in German and English) and on <https://www.pb-akademie.at/> (in German and English) and <https://www.educommart.org/el/> (in Greek, English, German). The game "Vertellis" is available in book shops and online stores in different languages.

