

TIPS & IDEAS

For Spending Time Together Online



The Family Justice Young People's Board (FJYPB) are a group of over 70 children and young people aged between seven and 25 years old who live across England and Wales. All our members have either had direct experience of the family justice system or have an interest in children's rights and the family courts. You can find out more about the FJYPB at www.cafcass/fjypb.

The FJYPB members have put together some ideas for **virtual** or **online** activities that children and families can do together.



Why not video call at a mealtime and eat together?

Maybe you could both make the same meal and enjoy it together.



Think about doing some exercise together.

You could:

- Video call each other whilst doing some exercising. You could check out some classes on YouTube.
- Or try to call each other during a short walk near your homes.
- Set each other fun challenges such as dance routines, exercise, or something artistic and then film it and share with each other.



Why not help with homework?

You could help with specific activities, set some quizzes, spelling tests, maths, help with revision or help find useful websites and resources.



Watch the same TV programme or movie before you see each other and then challenge each other with quiz questions about it. Or simply sit back and watch together.



You could read together or to each other.



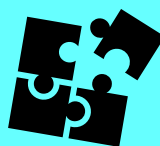
Either a schoolbook, a favourite book or even a bedtime story.

Try baking your favourite treats. You could watch your child bake or even try to bake at the same time and see who's is best.



There are loads of games you could play together. Here are just a few ideas:

- Online games - you could both play the same game together.
- Simple paper and pen games like hangman, I-spy or noughts and crosses.
- Board games
- Lego - you could build something and ask the other person to guess what it is.
- Quizzes either online or one you make yourself.



You could both complete a jigsaw or puzzle.

Work on it separately or together, and then chat about it during your video calls.



Could you draw a picture together? See who does the best picture.

Could you create music together or sing together? If you play an instrument then use it and if not then use pots, pans and anything else you can find.



Play a game to see how fast your child can collect something from around their house. e.g. spoon, soft toy, book. etc



Remember the most important thing is to have fun!

- Try to make it as interactive as possible.
- If your child loses interest, don't be upset. Try to think of something else to do or bring the session to an end.
- Don't feel like you must always talk, sometimes it's better to just enjoy the time together.
- Remember to keep questions focussed on your child and keep them light-hearted.

