



Our household
**activity
book**

TalkingFamilies
help kids grow

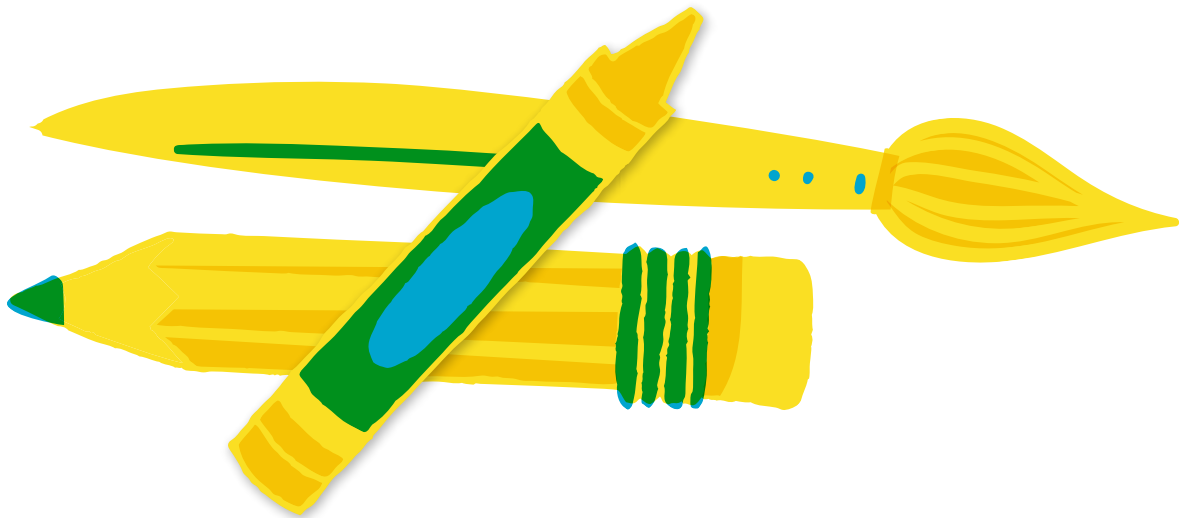


Let's parent together

Talking Families is Queensland's go-to parenting community.

Let's navigate the ins and outs of parenting together.
By supporting each other we can learn, grow and have fun alongside our kids.

If your household ever needs an extra hand beyond your parenting community, visit www.oneplace.org.au and find support services available to help out Queenslanders.



The activities in this book are designed for households, families, parents and kids to do alone or together.

You'll find activities that suit different ages, seasons and moods.

Complete the activities in any order you like. Leave any activities you don't like. Repeat any you love. You might like to print the activities out, or re-draw them on some spare paper.

This book is for you and your household to enjoy and make your own.



oneplace.org.au

Community Services Directory

Support for families





WHAT FAMILY MEANS TO ME

Family looks different to everyone! Some of us have big families, some of us have small families. Some of us have pets, special friends or toys that are also family to us. We might have family overseas. We might have family who aren't alive anymore.

This activity is for you to celebrate your family and its strengths - whatever that looks like to you in this moment in time. Do this activity with your family, kids, parents or alone. It's up to you!

Draw the people (or animals) that make up your family in the space below

A large, empty rectangular box with a black border, intended for drawing family members. A yellow brushstroke is visible at the top of the box, underlining the instruction above.

OUR FAMILY STRENGTHS

What are your family's strengths? Maybe you're all really good at welcoming new people, making each other laugh, or keeping each other motivated. Maybe you all have different strengths? Draw or write down your family's strengths below. Brainstorm and make a mess! You can also circle or scribble out any already listed.

Adventurous

Good at hugs

Loving

Brave

Good at cooking

Kind

Welcoming

Adapts to
change

Sassy

PLACES TO GROW

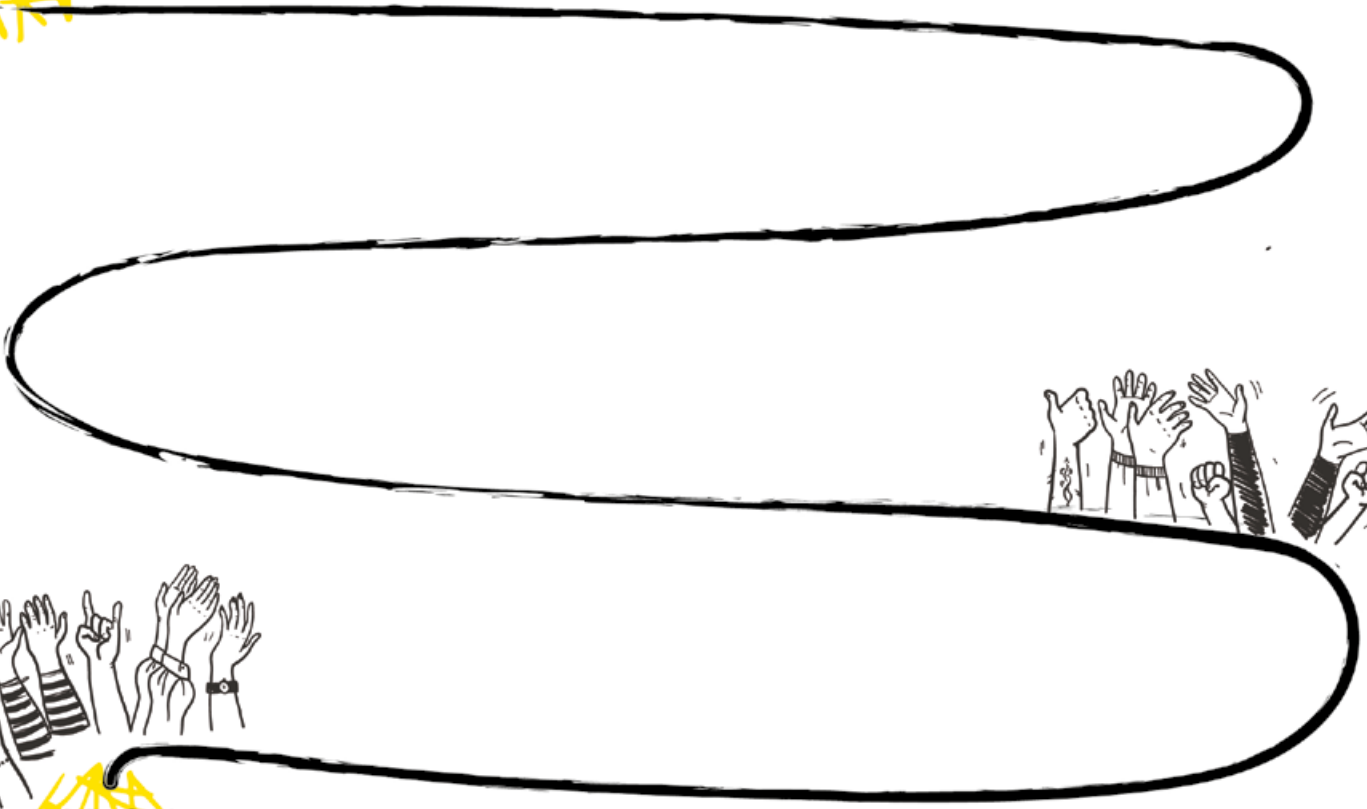
What strengths do you and your family hope to grow in the future? Maybe you'd like to get better at meeting new people, or getting to know different cultures. Maybe you want to make each other laugh more, or make more time to relax. List or draw the strengths you and your family hope to grow in the future.



OUR FAMILY JOURNEY

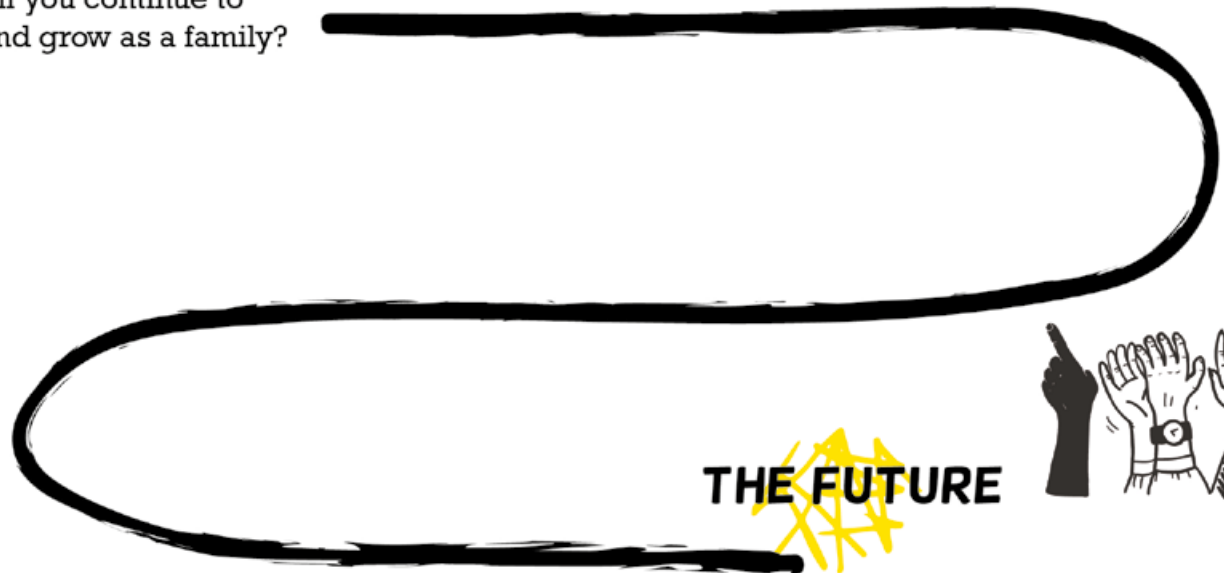
This year has been a big one! What has your family grown and learned from? Maybe you've had special milestones, like birthdays, weddings or the birth of a new baby. Maybe you've lost someone special to you. Maybe you've made new friends, started a new school, or learned new ways to take care of each other. On the timeline below, mark down the key moments that have helped you and your family grow this year. You might like to do this activity with someone special, or someone you trust, so you can talk about this journey together.

SIX MONTHS AGO



TODAY

Think about what's ahead for you, for the rest of this year. How will you continue to learn and grow as a family?



THE FUTURE





creature comforts

Creature comforts are the things that make life more pleasant, enjoyable... and comfortable! What are the things in life that bring your household comfort? Maybe a favourite colour, a family tradition, a pet to cuddle, or a recipe that lifts you up or calms you down during harder times?



Write or draw your comforts on this page as a household. If you live alone, think about the animals, plants or pets around you too, the neighbours that are close by, or people who keep in touch. You might like to write or draw what you think brings them comfort too.



our household creature comforts

COMFORTS WHEN TIRED:



COMFORTS ON A DAY OFF:

COMFORTS DURING STRESS:

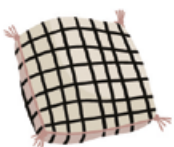
COMFORTS WHEN WE MISS SOMEONE:



COMFORTS WHEN SICK:

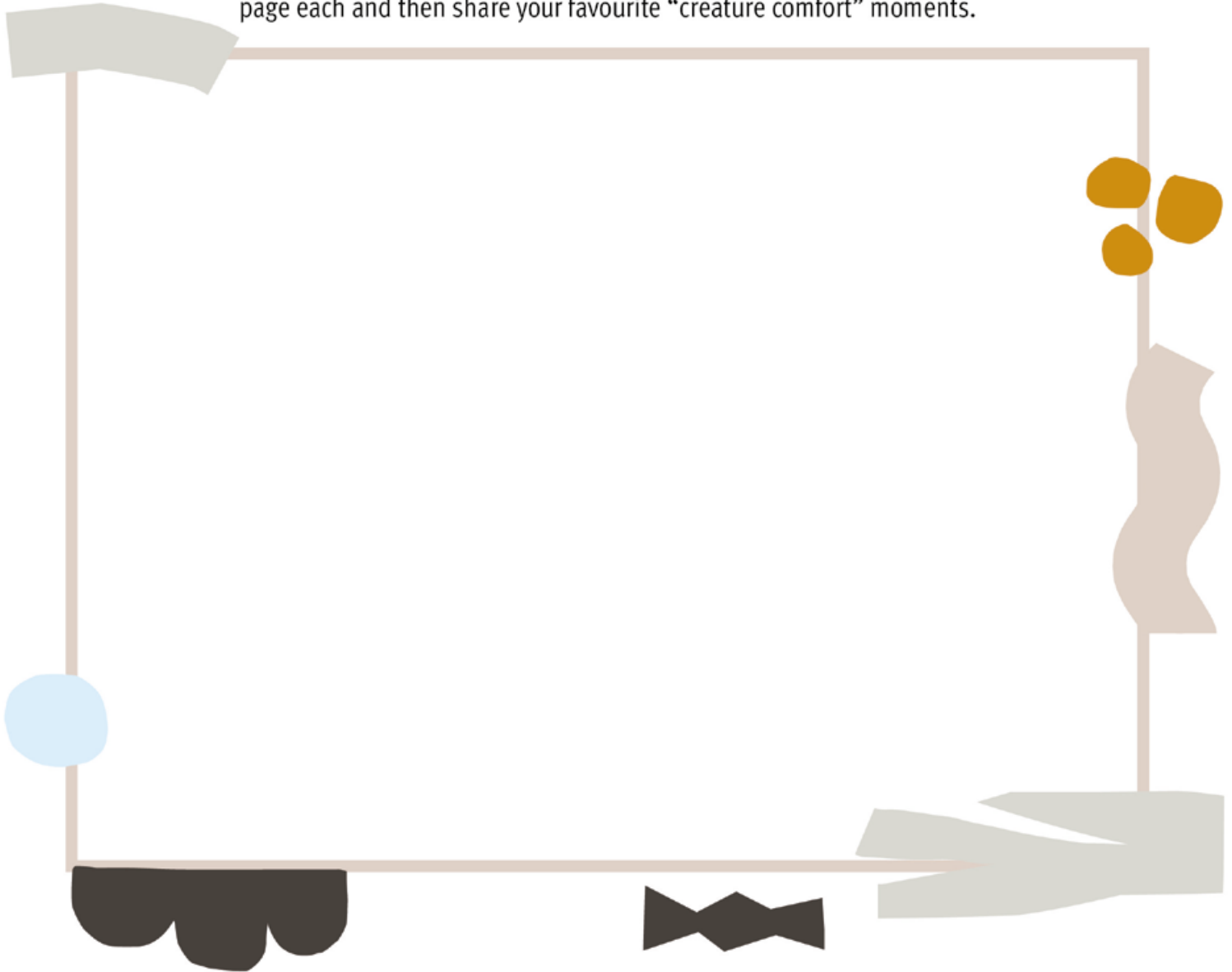
COMFORTS AFTER WORKING HARD:

KEEP THIS ACTIVITY SOMEWHERE SAFE, SO YOU CAN REMEMBER EACH OTHERS' FAVOURITE COMFORTS.



celebrating creature comforts

Below is for you to draw moments that have brought you comfort this year. You can make a collage with photos, magazines, you might like to draw, paint, or write about them. Do this activity together as a household, or take a page each and then share your favourite “creature comfort” moments.



bringing extra comfort to our home

What's something your household can do this week to bring more comfort to each other? Write this down below or on some paper and pop it on the fridge as a reminder. It might be something simple like making everyone a cup of tea, taking half an hour to play a fun game together, talking about your day over dinner, playing your favourite songs each night, or calling someone at the end of each day.

OUR CREATURE COMFORT GOAL:





MAKE YOUR OWN

- 1) Find some paper as your base. You might even like to re-use an old cereal box
- 2) Cut-out fun images you see in old magazines, newspapers, or unwanted books and packaging
- 3) Arrange your images into a collage

Remember - the more images you have, the more challenging your eye-spy will be!

- 4) Glue your images in place

Share your masterpiece with a parent or friend so they can play eye-spy with their kids, and invite them to make one for your family.

You can also email your eye-spy collage to talkingfamilies@qfcc.qld.gov.au and we'll share it with parents for you!

Made to move!

Bust a Mood!

We all know exercise has many health benefits, but did you know it can be a great circuit breaker when things are getting a little heated at home? Sometimes grumpy moods and stress can benefit from burning some energy and getting your heart and those feel-good feelings pumping. Grab the kids, clear a space (or head outside) and give these easy moves a go.

for parents &
young kids

Jump like a frog

Touch the sky and touch your toes

Wiggle your fingers

Shake and jiggle your arms and legs

Dance to your favourite songs

Stretch with a big yawn

Take slow deep breaths in and out



Ask yourself and the kids, what are the movements that you found:

- relaxing:
- tough:
- silly:
- fun:

Which ones would you like to do every day?

Made to move!

Family Scavenger Hunt

When it comes to exercise, getting started can be the hardest part! Sometimes it helps to just take notice of our bodies first, and the enjoyable sensations they can bring us.

Check off these activities as you do them. As you're doing them, take time to notice how your body feels. You might like to talk to the kids about how their body feels too:

for parents &
little kids

Scrunch leaves in your hands

Feel the sun on your cheek

Feel the grass under your feet

Run until you're puffed

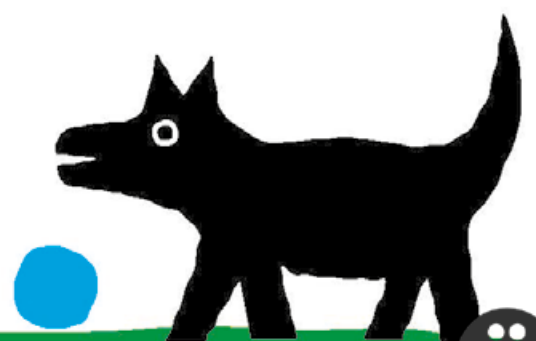
Spin in a circle

Splash your face with water

Let dirt fall between your fingers

Make as many different shadow puppets as you can using your fingers

Make sounds with rocks



Talking about what exercises you want to try can help you find ways to motivate and support each other. Have a go at each talking about what interests you when it comes to your fitness and moving your body. Brainstorm below. Then as a family stick your thoughts somewhere like the fridge to see every day.

Ideas to get you going: Volleyball, running outdoors, skateboarding, rollerblading, outdoor cricket, swimming, surfing, bush-walking, yoga, rock climbing, walking with friends, a family bowling team... or make up your own!

for parents & older kids

Exercises we want to do as a family:

Exercises we want to do solo:

Exercises we want to do with friends:

HOW MUCH DO YOU KNOW ABOUT THE DIGITAL WORLD?

Technology moves fast. Kids today are growing up in a very different world to ours. Do this quiz together to test each others' knowledge of the changing digital world.



Describe these online trends

TIKTOK

TWITCH

COME PLAY WITH ME

FORTNITE



Decode this internet slang

ILY

YOLO

INFLUENCER

MMO

What's your favourite?

EMOJI

WEBSITE

APP

GAME



How well do you know your digital history? Tell us what these are

PACMAN

GAMEBOY

DONKEY KONG

DIAL-UP



ANSWERS



Describe these online trends

AN APP THAT ALLOWS THE CREATION AND SHARING OF 15 SECOND VIDEOS

A SITE FOR RECORDING AND WATCHING PEOPLE PLAY VIDEO GAMES LIVE

A YOUTUBE CHANNEL WHERE KIDS PLAY WITH DOLLS

AN ONLINE SURVIVAL GAME

What's your favourite?



Decode this internet slang

I LOVE YOU

YOU ONLY LIVE ONCE

A PERSON WHO PROMOTES PRODUCTS ON SOCIAL MEDIA

MASSIVELY MULTIPLAYER ONLINE GAME

How well do you know your digital history? Tell us what these are



A MAZE ARCADE GAME FROM THE 1980S.

A HANDHELD VIDEO GAME RELEASED IN 1989

A GORILLA CHARACTER IN POPULAR VIDEO GAMES

INTERNET ACCESS THROUGH A TELEPHONE LINE. PEAKED IN THE 90S.

these are my values

Thinking about what we value helps us make decisions every day that we are proud of.

Cut-out the values below and put them in order of importance to you. You can do this together with your family or household and chat about how you can help each other live true to your values.

Adventure

I look to do new things and the ways I can grow.



Bravery

I stand up for my friends, and the things I believe are right.



Joy

I look for the things I can be thankful for every day.



Cleverness

I like to be good at the things I do. I like to know how the world works.



Kindness

I believe everyone deserves kindness, and to know they belong.



Forgiveness

I know that everyone makes mistakes and deserves a chance to do better.



Creativity

I like to use my imagination and see things in new ways.



Patience

I like to give myself and others time. I prefer things are done well than fast.



Uniqueness

I like finding out what makes people special. I enjoy being with people who are different.



Reflection

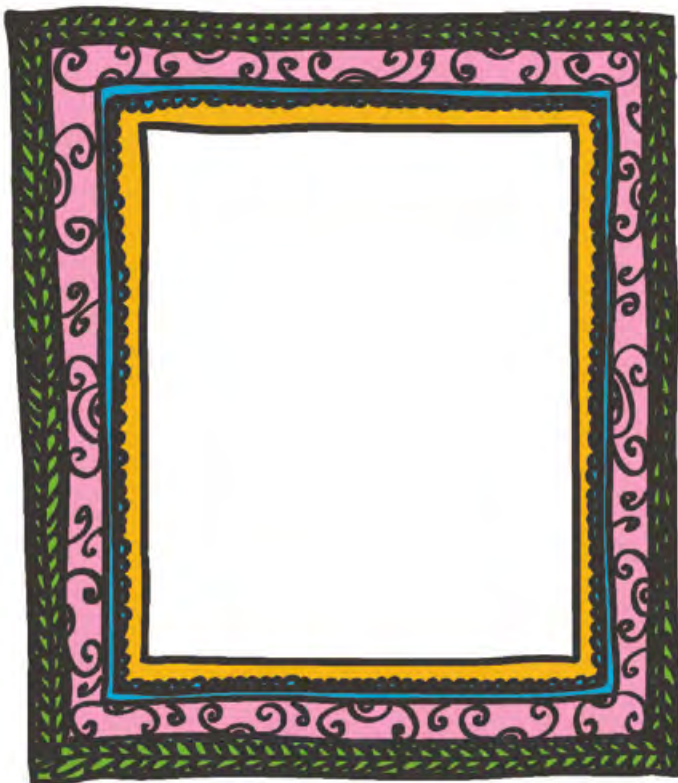
I take time to reflect on my life, what I believe in, and what I want for the future.

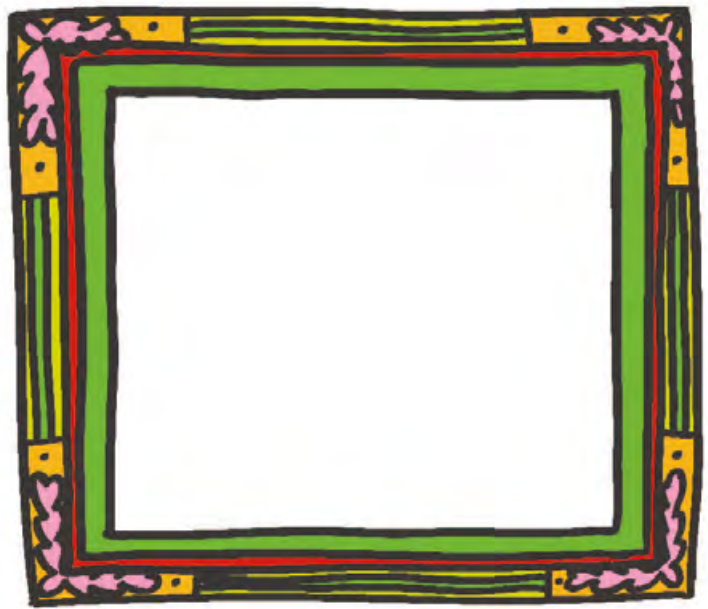
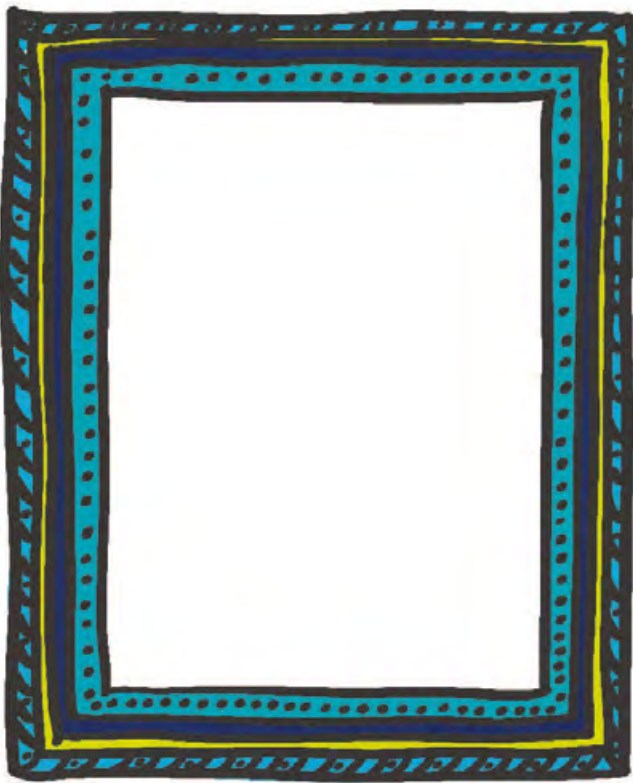


our windows to the future

What will the people in your home be doing in the future? Will they be doing the things they are good at? Maybe they'll be doing the things that are true to their values! In the windows below, draw each person in your household in an imaginary future. This future could be this afternoon, tomorrow, next year or in ten years! Tell them what you imagine they'll be doing, and ask them if they think your predictions will come true.

If you need extra windows, draw some more on spare paper. If you have too many windows, you might like to include your friends, some pets or animals, or your favourite plants.





What are some very small steps you can take to work towards a happy future for yourself and your household? Think about these together, and then list them below:

ADULT COLOURING-IN

Colouring-in has lots of benefits for people of all ages. It's calming and gets your mind into focus. It's also a lot less pressure than drawing your own art.

Take time to note how you felt before and after completing this colour-in.
That way you'll know if it works for you!

HOW I FELT BEFORE:



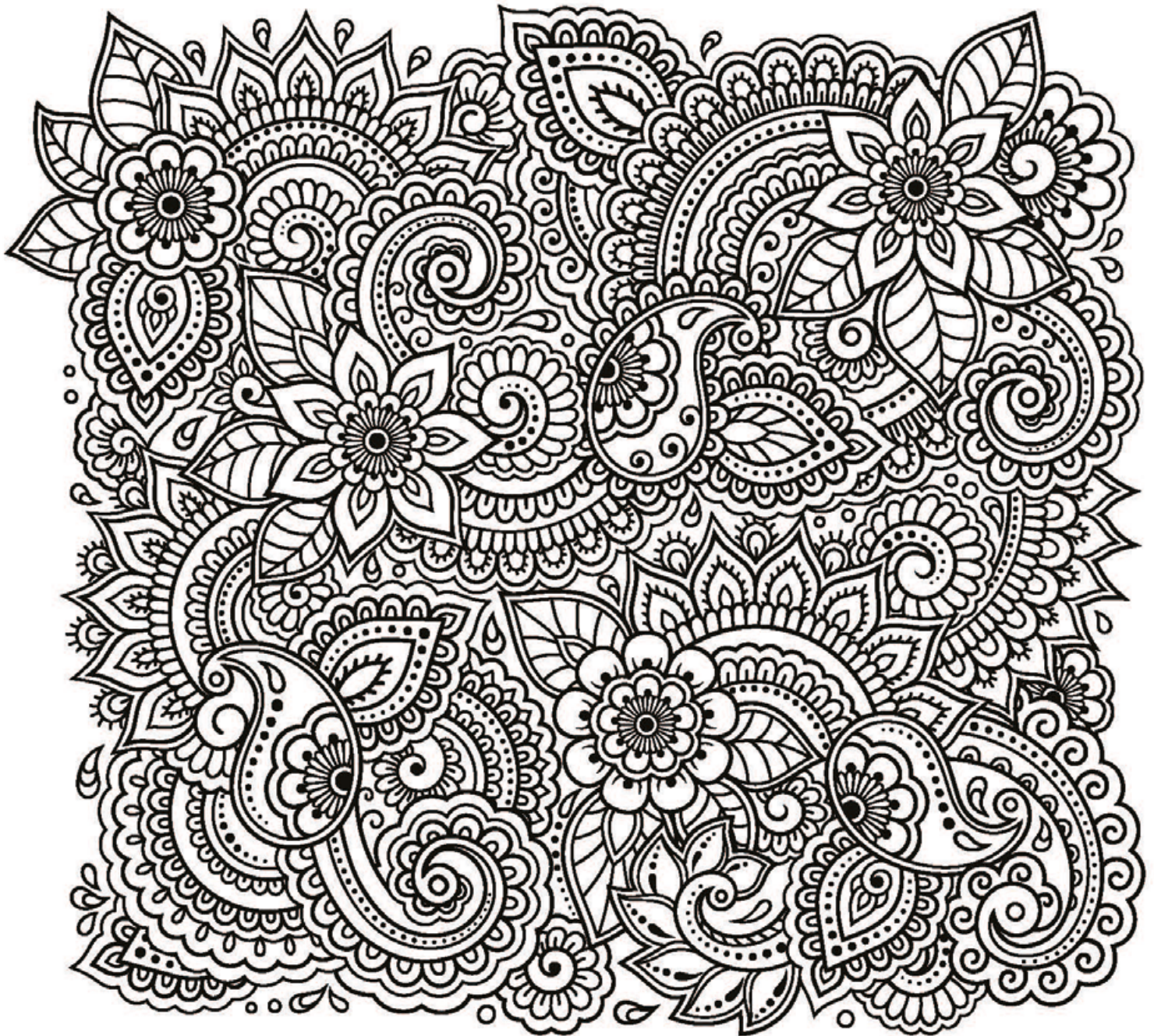
HOW I FELT AFTER:

ADULT COLOURING-IN

Colouring-in has lots of benefits for people of all ages. It's calming and gets your mind into focus. It's also a lot less pressure than drawing your own art.

Take time to note how you felt before and after completing this colour-in.
That way you'll know if it works for you!

HOW I FELT BEFORE:



HOW I FELT AFTER:

31-DAY MOOD CALENDAR



YES



MOODS COME AND GO. LET THEM FLOW LIKE WATER. NO FEELING IS FINAL



EXAMPLE

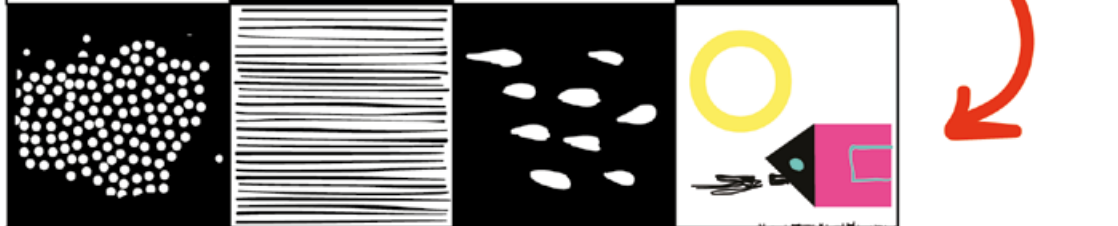
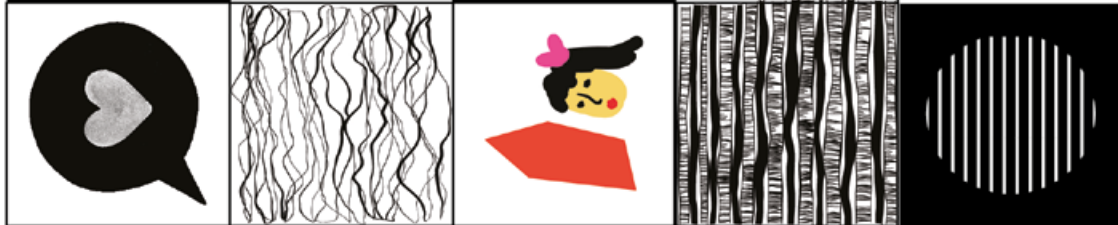
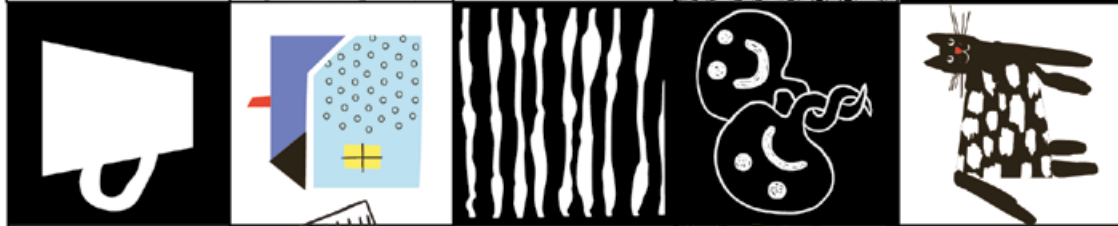
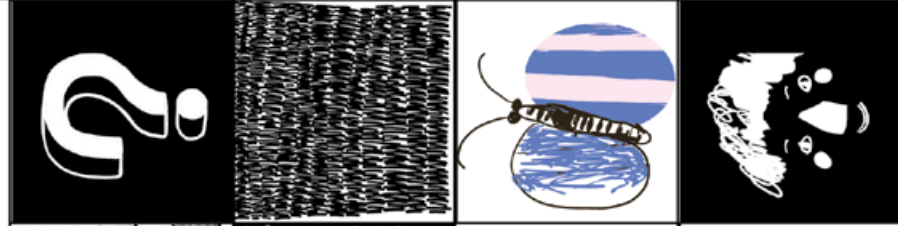
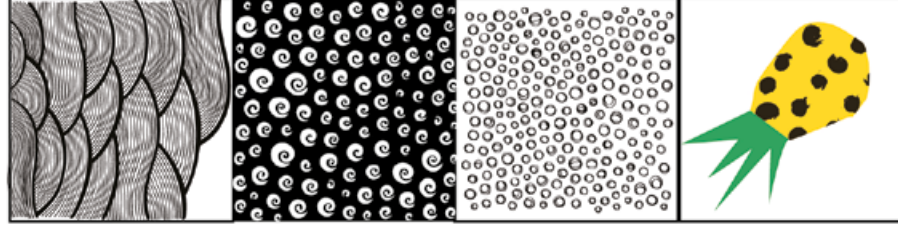
31-DAY MOOD CALENDAR

BE INSPIRED!

YOU MIGHT LIKE TO CUT OUT AND PASTE THESE SQUARES FOR YOUR OWN CALENDAR.

WHAT ARE SOME OTHER THINGS YOU COULD DO WITH THEM?

WILL YOUR OWN MOOD CALENDAR BE IN COLOUR OR BLACK AND WHITE?



YOUR PICTURES DON'T HAVE TO BE PERFECT. SOMETIMES THEY'RE PRETTIER WHEN THEY'RE NOT!

TRY TRACING THE PICTURES FOR SOME DRAWING PRACTICE!

BE INSPIRED!

When we're stuck at home the days can start to blur into one. Keeping a log of each day, and watching how our moods change overtime is a great way to regain a sense moving forward. At the end of each day, fill in a square to show how you feel. Encourage others you know to keep their own mood calendar too and see if you can guess what each others' square means.

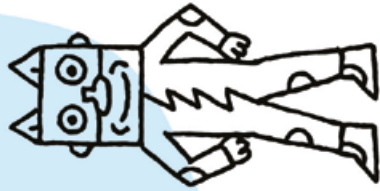
Below is an example. The next page is for you to complete.

EMAIL YOUR FINISHED MOOD CALENDAR TO: talkingfamilies@qfcc.qld.gov.au OR MESSAGE IT TO US ON FACEBOOK www.facebook.com/talkingfamiliesqld

WE'D LOVE TO SEE YOUR CREATION!



WRITE A KIND LETTER TO SOMEONE IN YOUR COMMUNITY



ASK SOMEONE ABOUT THEIR FAVOURITE MEMORY



KINDNESS CHECKLIST

THE WORLD NEEDS KINDNESS MORE THAN EVER. BEING KIND TO OTHERS CAN ALSO LIFT OUR OWN SPIRITS IF WE'RE FEELING DOWN IN THE DUMPS. CHALLENGE YOURSELF AND YOUR LOVED ONES TO CHECK-OFF THIS KINDNESS LIST. YOU MAY LIKE TO SHARE THIS

LIST AND ENCOURAGE OTHERS TO DO THE SAME.



GIVE A COMPLIMENT



TELL SOMEONE YOUR FAVOURITE THING ABOUT THEM



OFFER SOMEONE IN YOUR HOUSE A DRINK OR EVEN THE BIRDS



LISTEN TO HOW SOMEONE FEELS



LET SOMEONE ELSE PICK THE MOVIE YOU WATCH



CLEAN A MESS THAT WASN'T YOURS



LEAVE A CHEERFUL MESSAGE IN YOUR WINDOW



HAVE A LAUGH

SWEEP THE FLOOR



CHEER SOMEONE UP

DO SOMETHING SPECIAL FOR YOURSELF

FLUFF THE PILLOWS



GIVE SOMEONE A CALL



SHARE SOMETHING



ASK SOMEONE ABOUT THEIR HOPES AND DREAMS

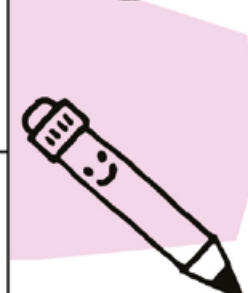
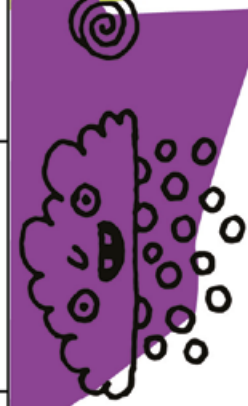


CONNECTION BINGO

KEEP CONNECTED WITH YOURSELF, NATURE AND TO OTHERS.
CHECK-OFF THE BOXES BELOW AS YOU COMPLETE EACH TASK



GREET THE MORNING BIRDS	WATER THE PLANTS	PLAY SHADOW PUPPETS	HAVE A MOVIE NIGHT	PRETEND YOU'RE A MONSTER	WAVE TO THE POSTY	WRITE A LETTER TO YOUR FAVOURITE CHARACTER	WRITE YOUR OWN SONG
LOOK AT THE STARS	RING SOMEONE YOU'VE NOT SPOKEN TO FOR A WHILE	WRITE A LETTER TO SOMEONE WHO TAUGHT YOU SOMETHING VALUABLE	WRITE A LETTER TO YOUR FUTURE SELF	GIVE A COMPLIMENT	THANK AN OLD FRIEND	SHARE A FUNNY STORY	WRITE A WASHING YOUR HANDS SONG
MEDITATE	ADD ANOTHER PAGE TO YOUR FAVOURITE BOOK	PLAY A BOARD GAME	PLAY DRESSUPS	CHECK-IN ON A MATE	BUILD A FORT	SHARE YOUR FAVOURITE MEMORY	SPOT A FULL MOON
DRAW YOUR IMAGINARY FRIEND	PERFORM A PUPPET SHOW	TAKE TIME FOR YOURSELF	CRACK A JOKE	COMPLETE THE GROWING UP IN QLD SURVEY <small>QFCC.QLD.GOV.AU/GROWINGUP</small>	MAKE A GREETINGS CARD	HAVE A PAMPERING SESSION	MAKE A GRATITUDE LIST



Thinking through changes

Changes of all shapes and sizes can shake us up a bit.

So it's important to take time to reflect and think about what strengths and supports we have to cope with change. This resource has been made to help you and your kids do just that! Fill it out on your own or together. Keep a second copy and fill it out again in a few months time to see how things have changed.



What's a change you and the kids are going through? Write it down below together.

A large, white, irregularly shaped rectangular area intended for writing, set against an orange background. It is flanked by a red leaf illustration on the left and a blue leaf illustration on the right.

Changes are rarely black and white – only good or bad. Try to acknowledge the tricky stuff, the good stuff and everything in between that change has brought to your life.

Things that will be tough

Things that stay the same

Things that are exciting

A white rectangular area for writing, framed by a pink border. A yellow leaf illustration is located in the bottom left corner of this section.A white rectangular area for writing, framed by a pink border.A white rectangular area for writing, framed by a pink border. A red leaf illustration is located in the top right corner of this section.

Thinking through changes

Reflecting on all the changes you've been through in life can help you face the new ones! Write or draw some of the changes you and your kids have been through in the squares below. Underneath each one, list the things that helped you all feel safe during that change.

Ideas to get you going: First trip to the dentist. Starting day care or school. Moving towns. Making new friends. Saying hello or goodbye to a favourite pet. A new brother or sister.

A change we've been through before:

Things that helped me feel safe back then:

A change we've been through before:

Things that helped me feel safe back then:

What are the things that will help you and the kids during the change you're going through? It could be a favourite wise person. A walk in the park. Making extra time for a bubble bath. Or even a pet. Draw them in the circles below and keep them somewhere safe to look back on.

During this change we're going through, the things that will help us feel safe are:



Thinking through changes

During times of change it can be helpful to think about the skills you and the kids have to cope with change. Maybe you're organised? Or patient? Or really good at winging it? Write them down together below.

When things change, these are our skills and strengths that come in handy:

We keep a sense of humour

Add some of your own:

We have patience

We face our fears

We're good at asking for help

We learn from mistakes



If you're having trouble juggling life changes there are heaps of people who can help. Chatting to friends or other parents is a good place to start. Or try oneplace.org.au to find support services across QLD.

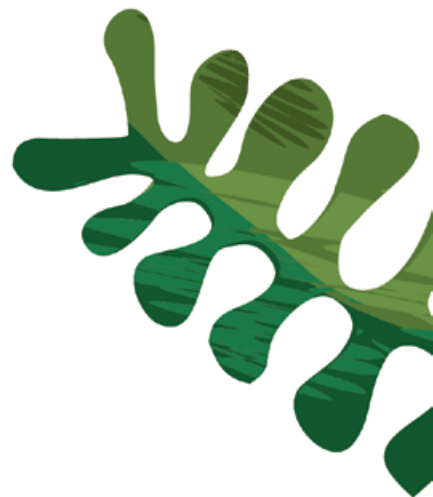
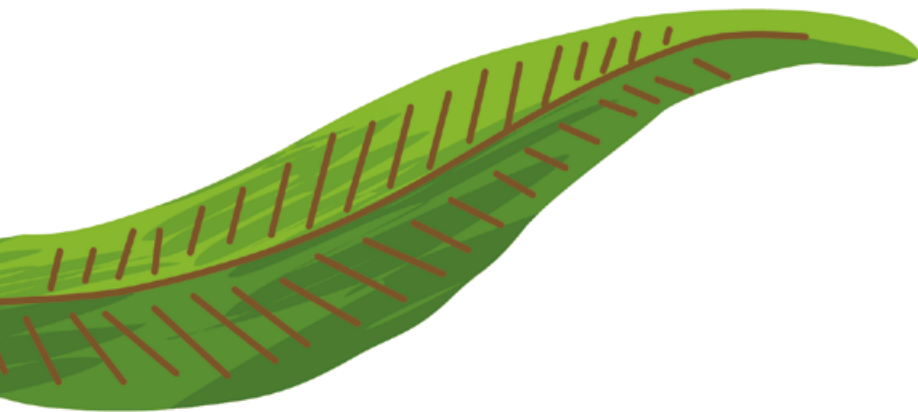
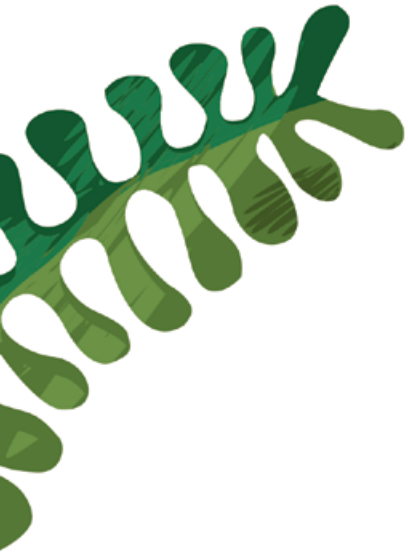


Do these activities as a household, or on your own!

Let's get our hands **dirty**

Mark this page with as much nature as you can find.

Dusty fingerprints, salty water, squished flowers, scratchy rocks, and smelly herbs are some ideas to get you started.



What made the most interesting marks?

What colours could you make using only nature?











Do this activity as a household

Nature game

print and play

Print and play! All players must pick a rock as their game token. Use a dice to move through the game to the end. Add your own ideas to the blank squares for an extra challenge.

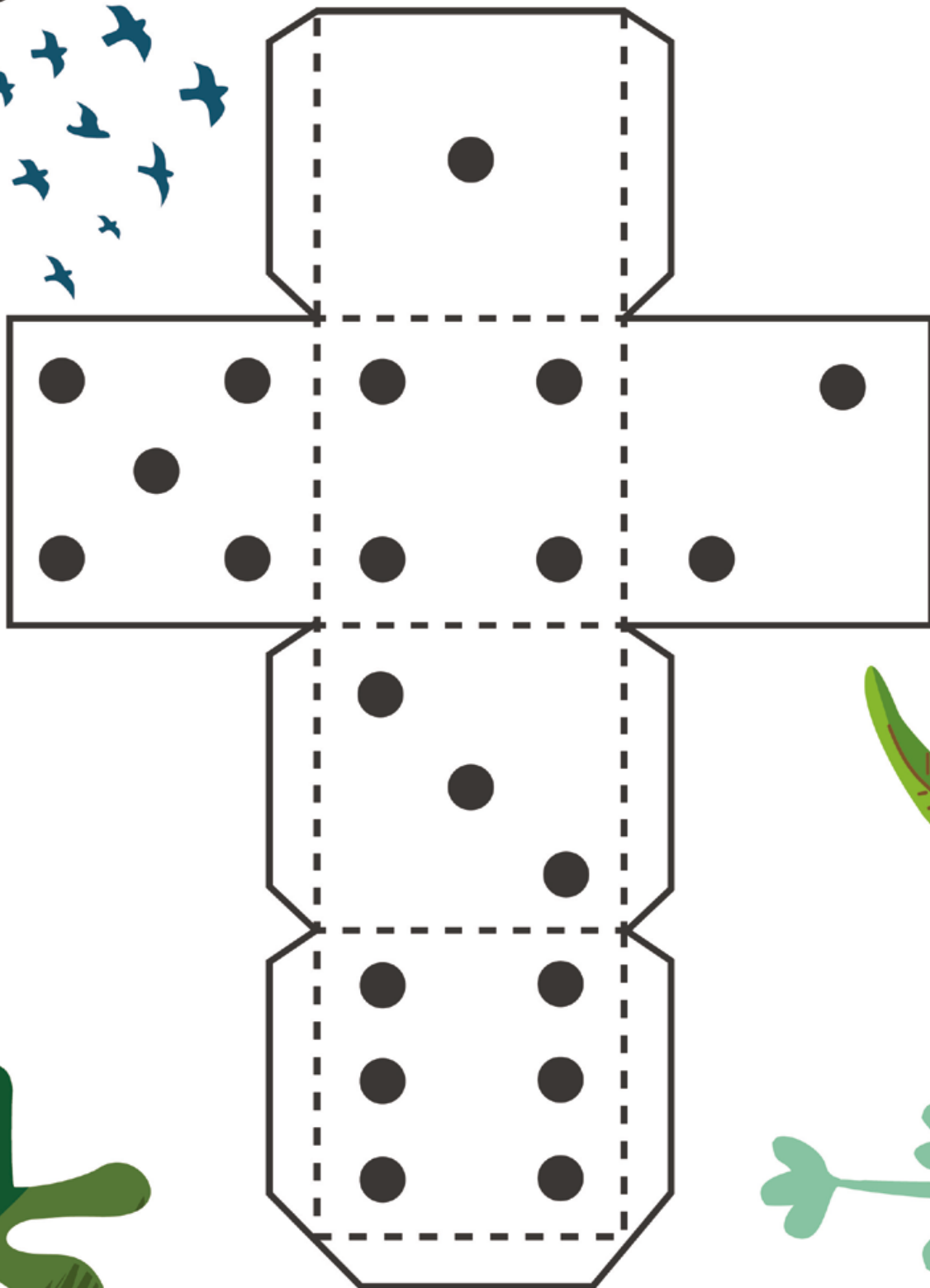
If you don't have a printer, you might like to draw this game on some scrap paper, and download a dice app, or use a computer at your nearest community centre.

start	1 scrunch up a leaf	2 	3  jump ahead three spaces	4 splash your face with water
9 search for a caterpillar	8 	7 sprinkle dirt in your hands	6 	5
10 	11 You've slipped on a snake back to square 7.	12 sing to a bird	13 	14 eat some fruit or vegetables
19	18 count the clouds or stars in the sky	17 	16  You're a sleepy wombat. Miss one turn.	15
20  laugh like a kookaburra	21	22 follow an ant on its walk	23 	
				finish

Nature game

make your own dice

Cut out the shape below and fold along the dotted lines. Use glue along the tabs to hold the shape together and make your own dice.



Do these activities as a household, or on your own!

Nature and our home



What nature is in and around your home? Maybe you have animals inside, fruit in the fridge, trees out the window, or maybe even an indoor pot plant. List or draw everything you can think of.



How does your household care for the nature in and around your home? Maybe you water the plants, or try to save water when showering? Maybe you reuse and recycle. Or maybe you even sing to the birds, or help bugs that are lost indoors? List all the ways, big and small, that you care for nature below.



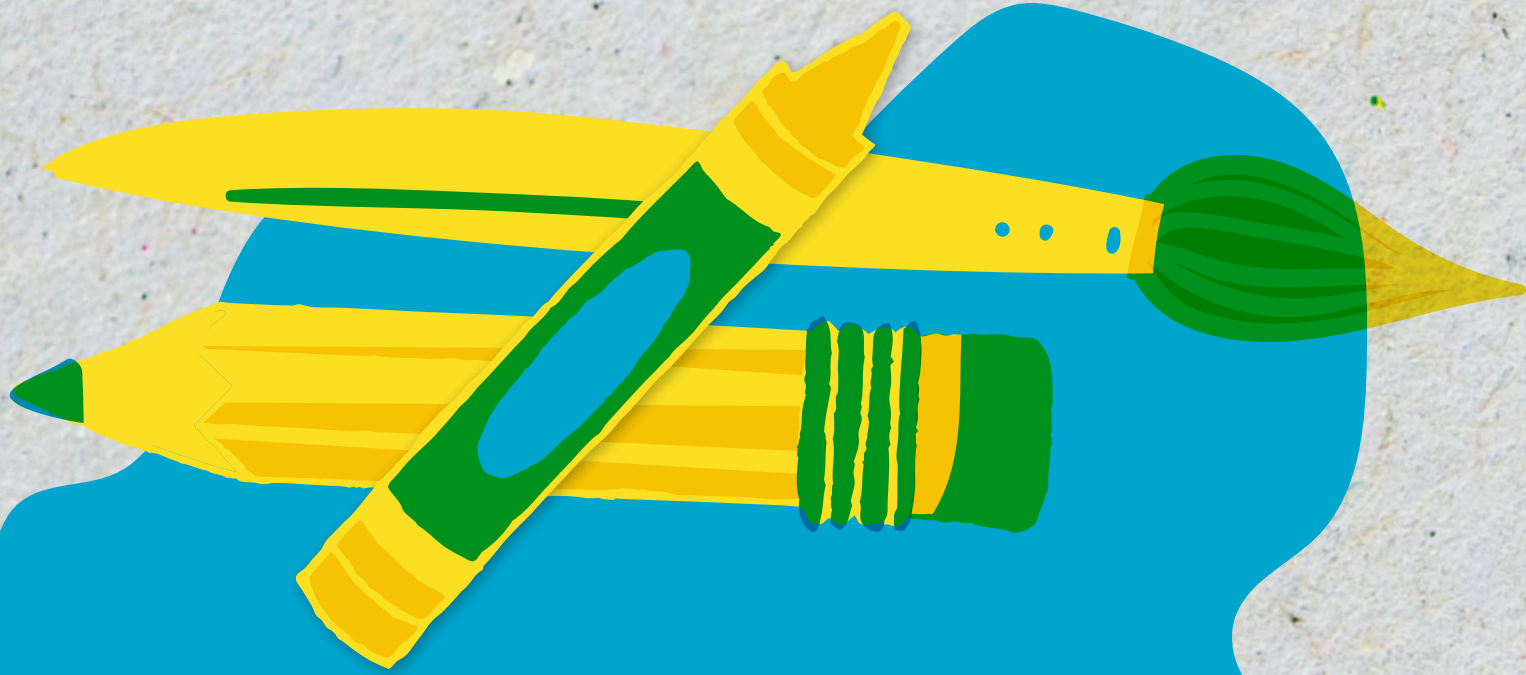
Do this activity as a household, or on your own!

Nature room

Imagine nature has taken over your room! Where would animals hide? What plants would be growing through the windows? Would dinosaurs live there? Or kangaroos?

Draw your imaginary jungle room below.





www.talkingfamilies.qld.gov.au

www.oneplace.org.au

facebook.com/talkingfamiliesqld



Queensland
Family & Child
Commission



Queensland
Government