

TEAMUP

Save the Children | War Child



At Home ACTIVITY BOOK

**14 movement-based activities
to play and have fun together**

TEAMUP AT HOME!

ARE YOU JOINING IN?

We have to stay at home because of the coronavirus. There are probably things you usually do that you can't do at the moment. You may not be able to go to school or play football outdoors. And you might not be able to visit your family or friends.

Perhaps you like the fact that things are different for the moment. That you can stay at home for now. But maybe you aren't enjoying it. Perhaps you are scared. Or sad. Participating in movement-based activities and playing can help you feel better when you are feeling down. This is why War Child, Save the Children and UNICEF Netherlands developed TeamUp at Home: easy, fun and safe games to play at home. With TeamUp at Home we participate in movement-based activities and play together. We give compliments and share what we like and don't like. We talk about how we are feeling and what we are thinking. We have fun together when we play and move together. It makes us feel good. Welcome to join!

How? You play with the people you live with. Gather everyone together: your brothers, sisters, parents, caregivers and anyone else you live with. Follow the activities described in this book. Do a check-in. Ask everyone how they are doing. Warm up together. Play the games. Cool down together. Do a check-out. Have a drink together. There is no right or wrong way to play the games. The most important thing is that you have fun together, are active and feel relaxed.

When? At a fixed time during the week. Or every day. Or when you just want to play. If you play all the games, TeamUp at Home takes between 30 and 60 minutes.

Who's it for? For children and teenagers (aged 6-18 years) and their parents or caregivers.

Where? In the living room. Or on a open space close to your home. Clear some space in the room. So you can play safely.


Please note: We usually do TeamUp in a large group. This is not possible at the moment. So only play TeamUp at Home in a small group. And only play with the people you live with.

Have fun!

The TeamUp team

10 TIPS

FOR TEAMUP AT HOME

1. At TeamUp we love to move and play. Play and be active together! TeamUp at Home is for everyone. Anyone can participate in his or her own way.
2. Choose a fixed time during the week to play TeamUp at Home. Want to play more often? You can play whenever you want!
3. TeamUp is something to do together. Tell your parents or caregivers you are going to play TeamUp at Home. Ask your parent, caregiver, brother or sister to join in.
4.  Always start TeamUp with a check-in. Then warm up together. After that, you're ready to play the games. When you're done, cool down together. Then do a check-out. Last of all, have something to drink together. Need an example? Watch the videos on www.warchildholland.org/activitybook. You can pause the videos and carry on playing.
5. TeamUp gives you energy and afterwards you feel calm. An active game is followed by a calm game. And a calm game is followed by an active game. Do routines in between the games to calm down. Or to feel energised.
6. We don't talk much during TeamUp. Show how the game is played and start right away. Learn how to do it while you play.
7. If you want: add your own songs, routines or games. It's all about being active together.
8. Agree on the rules before a TeamUp at Home session.
9. Take time to talk to each other during the check-in and check-out. What do you think of the games? How are you feeling? What sensations are you aware of in your body? What are you thinking?
10. Keep it simple! If you want: think of other ways to play the game. Or come up with a solution if the game doesn't go well. For example:
 - Change the movement
 - Change the rules
 - Swap roles: who does what?
 - Make a game longer or shorter
 - Use different materials
 - Make the space larger or smaller
 - Change the groups

Check-in



MATERIAL



GET READY

Gather everyone together for TeamUp at Home!



VARIATIONS

You could ask a different question. For example: 'How much energy do you have?' or 'How do you feel today?'



Tips

You can also use the TeamUp at Home routine to gather everyone together for TeamUp at Home.



Can you...

Can you think of another way of greeting someone without touching each other?

CHECK-IN

1. Do the TeamUp at Home routine:
 - Slap your hands twice on your legs.
 - Clap your hands twice
 - Click your fingers twice
 - Shout: 'TEAMUP!'
 - Repeat together three times
2. Stand in a circle.
3. Say 'Hi' to everyone and give the person next to you an elbow bump.
 - Ask: 'How are you doing?' Answer with a thumbs up, thumbs down or thumbs in the middle.
 - Thumbs up means 'good'.
 - Thumbs in the middle means 'not too bad'.
 - Thumbs down means 'not good'.
4. End with a routine: the popcorn.
 - Everyone rubs their hands together.
 - Count: '1, 2, 3'.
 - On three, everyone claps his or her hands.



Handwash



MATERIAL

Soap and water



GET READY



VARIATIONS



Tips

Don't have a tap? Use a water jug. Hold it above someone's hands. Use a container to collect the dirty water.



Can you...

Can you shake your hands until they are completely dry?

HANDWASH

Before playing everyone always washes his or her hands. Wash your hands for at least 20 seconds.

Follow the steps:

1. Wet your hands with water.
2. Put some soap on your hands.
3. Rub the palms of your hands together.
4. Place one hand on top of the other and rub. Also in between your fingers. Do this for both hands.
5. Place the palms of your hands together and rub in between your fingers.
6. Clasp your hands together and move them back and forth.
7. Wash your thumbs.
8. Rub the tips of your fingers over the palm of your other hand. Do this for both hands.
9. Rinse the soap off with water.
10. Dry your hands with a paper towel.
11. Use the towel to turn off the tap.



Warming up: Shake your body loose



MATERIAL



GET READY



VARIATIONS

- Someone selects a movement and the group performs the movement.
- Move the other parts of your body, such as your belly, buttocks, wiggle your ears, toes or fingers.
- Shake your body loose in pairs or groups of three people: There is one leader.



Tips

You could put on music to create some atmosphere: upbeat or calm music.

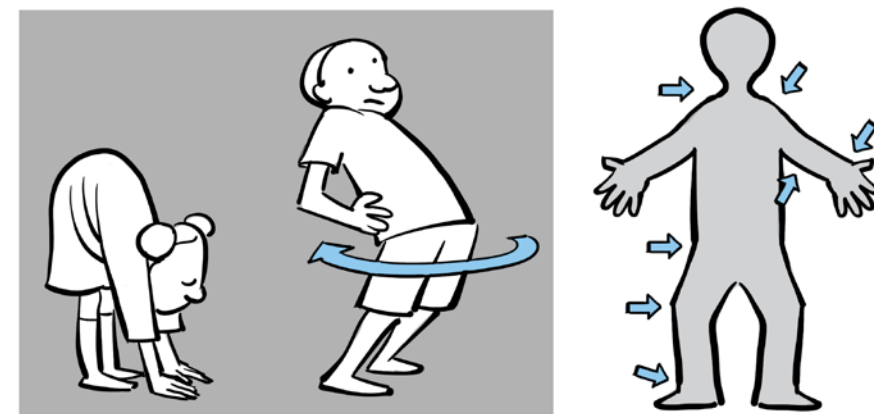
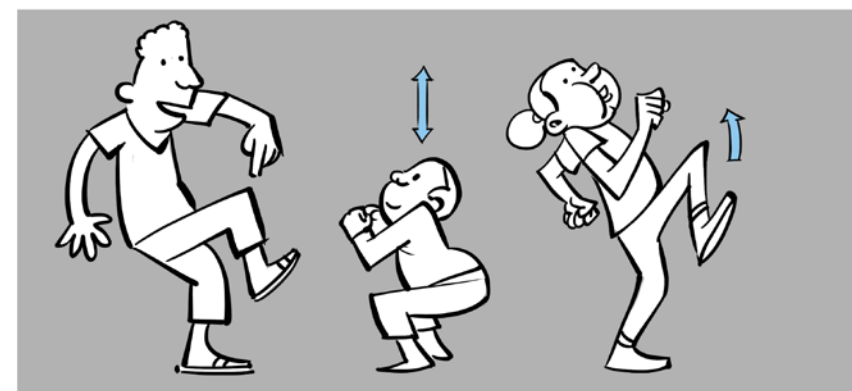
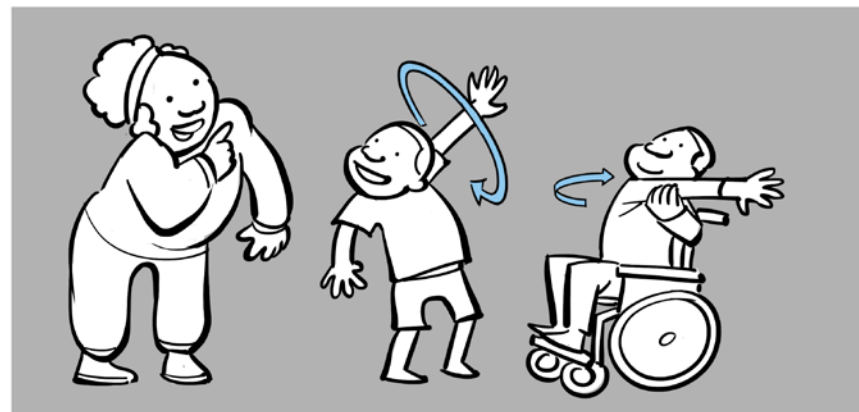


Can you...

Can you move all your joints? Does your body feel different after you have relaxed your joints?

WARMING UP

- Stand in a circle.
- Roll or stretch your joints one by one: head, shoulders, elbows, wrists, hips, knees and ankles.
- Everyone performs the movement.

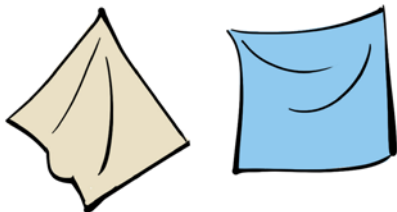


Towel Tail Tag



MATERIAL

- One towel tail per person.
example: a tea towel, hand towel, T-shirt, shoelace, long sock.



GET READY

- Clear some space in the room.
- Give everyone a towel tail.

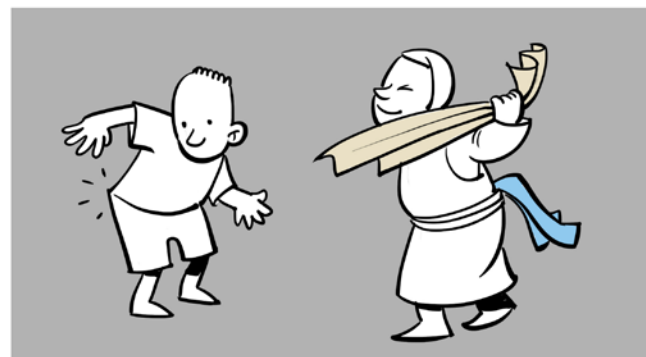
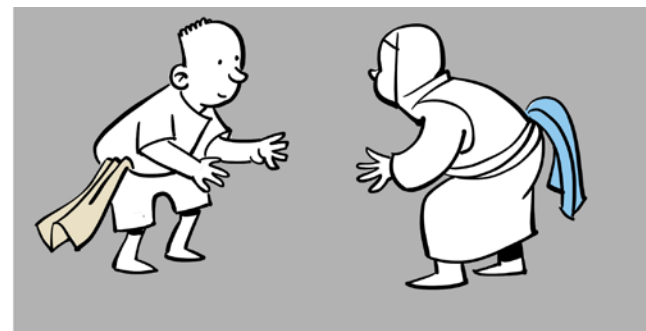


VARIATIONS

- One against one + you're not allowed to move.
- One against one + you are allowed to move.
- Team 1 against Team 2.
- Everyone for themselves.
- Play for one minute: One person tries to grab the towel tails.

GAME

1. Everyone stuffs a towel tail into the side of his or her trousers.
2. Try and steal the other person's towel tail.
3. Managed to grab the towel tail? You win a point!



Tips

Not wearing trousers? Tie a piece of rope around your waist and hang the towel tail from that.



Can you...

Can you move your body in different ways so that nobody is able to steal your towel tail?

Mirror Mirror in the Room



MATERIAL



GET READY

- Divide the group into pairs.



VARIATIONS

- Divide the group into pairs. There is no leader.
- Move your face instead of your hands.
- Don't just move your hands, move your whole body.
- Don't stand in one spot but move around the room.
- Play in groups of four people. There is no leader.



Tips

This is a calm activity for you to concentrate. Create a relaxing atmosphere.



Can you...

Can you match the leader's movements? Can you move at the same time without anyone taking the lead?

GAME

1. Stand opposite each other. Place your feet firmly on the floor.
2. Reach out your hands. Don't touch each other.
3. One person moves his or her hands.
4. The other person copies the movement.
5. Try not to talk.
6. Swap roles.



Mad Chicken



MATERIAL



GET READY



VARIATIONS

- Choose different numbers.
- Add a movement.
- Do the Mad Chicken very slowly and calmly.

GAME

1. Find a space in the room. Or stand in a circle.
2. Stretch your right hand upwards and shake it eight times. Count to eight while you are doing it.
3. Do the same with your left hand, right foot, left foot and back.
4. Do it again: Count to four.
5. Do it again: Count to two.
6. Do it again: Count to one.



Tips

Need some energy? You can do the Mad Chicken anytime during TeamUp at Home.



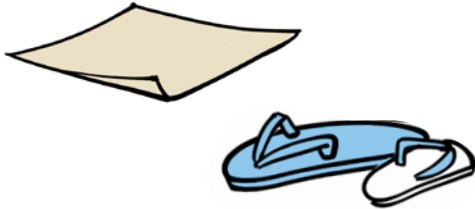
Can you... How did you feel before doing the Mad Chicken? And how does your body feel now? What sensations do you feel in your body, and in which parts? Can you feel your heart-beat? Is your heart beating quickly or slowly?

Ann-Mary Cuckoo



MATERIAL

- Something to mark the starting point. Such as two slippers.
- Something to mark the end point. Such as a piece of paper, a shoe or a box.



GET READY

- Clear some space in the room.
- Mark the starting point.
- Mark the end point.



VARIATIONS

- Choose a word for the leader to say.
- Change the way you move. Such as crawling, hopping or only on your buttocks.



Tips

Are older children and teenagers playing? Add a task. For example: before you reach the end point, you have to sit on a chair, put on a t-shirt or lie on the floor.

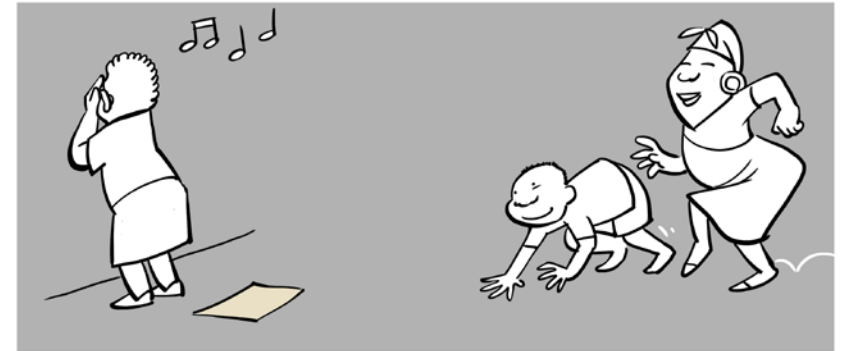
GAME

1. Goal: to reach the end point. The leader must not see you move.
2. Someone plays the leader. The leader stands in front of the end point. The leader stands with his or her back to the others.
3. The others stand at the starting point.
4. The leader says: 'Ann-Mary CUCKOO!'.
5. While the leader says 'Ann-Mary CUCKOO' move towards the end point.
6. After saying the word 'CUCKOO' the leader turns around and has a look.
7. Stop moving when the leader turns to look.
8. Did the leader spot you moving? If so, you have to go back to the starting point. The leader is in charge.
9. Are you the first person to reach the end point? You take over as the new leader.



Can you...

Can you quickly stop moving when the leader turns to look?



Keep your Cool



MATERIAL



GET READY

- Split into pairs.



VARIATIONS

- Groups of four. Three people try and make one person laugh.
- Form a circle. One person stands in the centre of the circle. This person tries to make the others laugh. Did you laugh? If so, you also have to stand in the circle.
- Play with your eyes closed. Try and make the person laugh by making sounds.

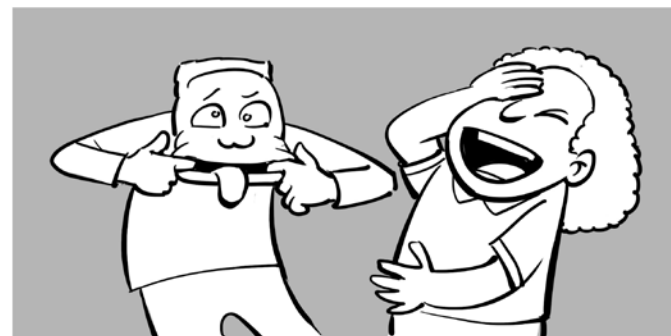


Tips

Agree how close person one is allowed to get to person two. If person one gets too close, person two can say 'Stop!' at any time.

GAME

1. Stand opposite each other.
2. Person one tries to make person two laugh. You are not allowed to touch one another.
3. Person two tries not to laugh. Keep your eyes open.
4. Swap roles.
5. Discuss what works and what doesn't.



Can you...

Can you concentrate on your breathing so you don't have to laugh? Or can you keep your cool using your body another way?

Just Borrowing



MATERIAL

- Five of the same items per team.
For example: Five shoes, five scrunched up balls of paper, five small stones, five twigs.
- One home base per person. Such as a sheet of paper, a mat, a chair.



GET READY

- Clear some space in the room.
- Place each home base in a different corner of the room.
- Place the same five items on each home base.



VARIATIONS

- Only move in one way. Such as hopping, sitting or crawling.
- Large group? Divide the group into pairs.
- Run hand-in-hand with your teammate.

GAME

1. Everyone chooses a home base and goes and stands on it.
2. The leader of the game counts: '1, 2, 3!'
3. Run to a different home base to grab an item from it.
 - You must only take one item at a time!
 - Do not throw it.
 - You are not allowed to guard your own home base.
4. Take the item you grabbed back to your home base.
5. One round lasts 30 seconds. The leader keeps time.
6. Who has the most items on his/her home base after 30 seconds?



Tips

Sometimes players try and hide items. This is not allowed. Stay alert!



Can you...

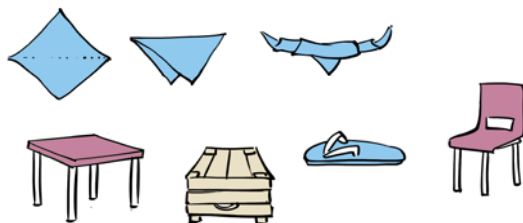
Do you have lots or few items left? Can you give someone a compliment about his or her strategy?

The Blind Man Journey



MATERIAL

- Blindfold: such as a tea towel T-shirt or scarf.
- Material to create a path.



GET READY

- Set out the path. For example: under a table, over a box, around a chair. Make sure it's safe.
- Split into pairs.



VARIATIONS

- Don't hold hands. The helper only tells the person wearing the blindfold what to do.



Tips

Are there children and teenagers of different ages playing? Create one easy path and one difficult path.

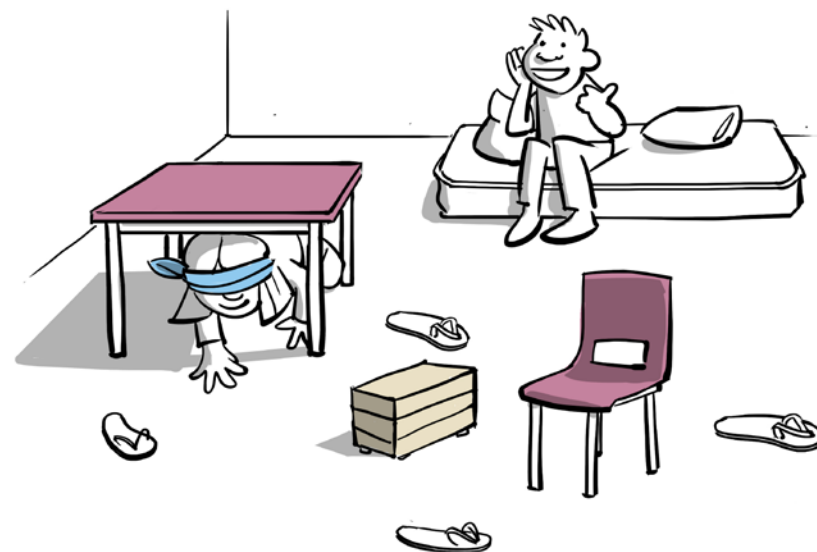
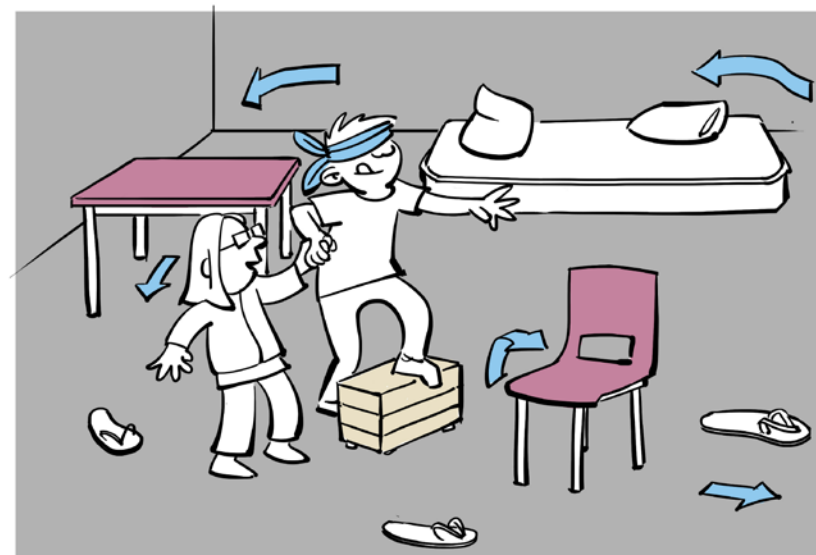
GAME

1. One person wears the blindfold. The other is the helper.
2. The person wearing the blindfold follows the path.
3. The helper holds the hand of the person wearing the blindfold.
4. Talking is not allowed.



Can you...

Can you trust your helper to lead you safely along the path? Can you do or say something that would make the person wearing the blindfold trust you more?



Cooling down: Long, small and wide



MATERIAL



GET READY



VARIATIONS

- What other animals can you imitate?



Tips

Are there older children or teenagers playing? Have them make up a stretching movement.

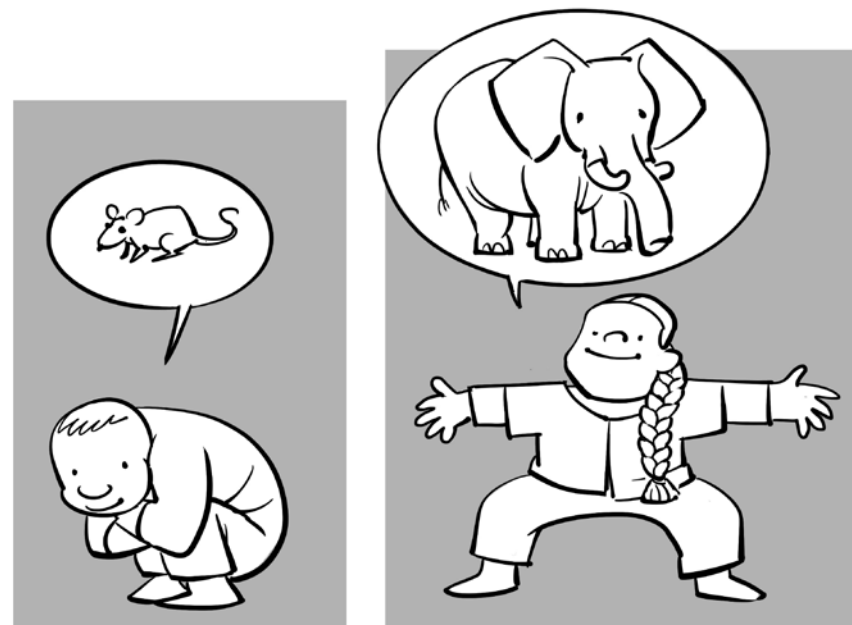
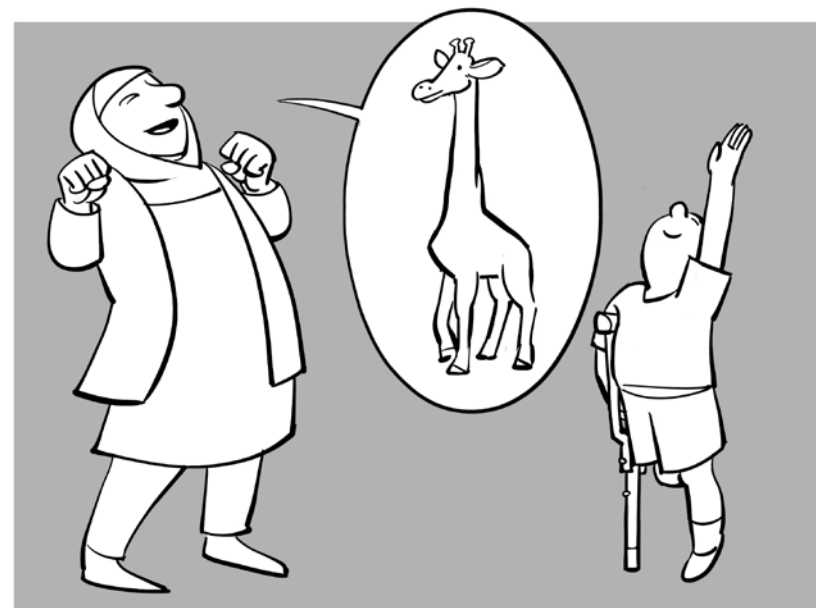


Can you...

Can you feel your muscles or parts of your body when you make yourself long, small and wide? In which parts of your body do you feel it?

COOLING DOWN

1. Find a space in the room or stand in a circle. Make sure you have enough room.
2. Count to eight: make yourself very long. Like a giraffe.
3. Count to eight: make yourself very small. Like a mouse.
4. Count to eight: make yourself very wide. Like an elephant.



12 Check-out



MATERIAL



GET READY



VARIATIONS

- Do a movement to show what you liked most or liked least. Or make a sound.
- Think of a way to thank everyone.
- Ask a different question. For example: 'How do you feel now?' or 'What did you find easy?' or 'What did you find difficult?'.



Tips

It is important for you to be able to talk about all your feelings. Even unpleasant feelings. Make time to do so. And to listen to others without judging.



Can you...

Can you give someone a compliment or thank them? What went well?

CHECK-OUT

1. Stand in a circle.
2. Act out:
 1. What did you like most? Act it out. The others have to guess.
 2. What did you like least? Act it out. The others have to guess.
3. Well Done routine:
 1. Slap your thighs twice with your hands.
 2. Clap your hands twice.
 3. Shout 'Well done' and give a thumbs up.
4. Thank each other. Place your hands on your heart and nod to the other person.
5. Don't forget the handwash.



Enjoy a drink together



MATERIAL

- Drinks for everyone.
- Paper.
- Pens, pencils or chalk.



GET READY

- Find somewhere comfortable to sit.
- Pour everyone a drink.
- Give everyone a sheet of paper and pens, pencils or chalk.



VARIATIONS

- Think of something else you could draw in the spaces.



Tips

Enjoying a drink together and chatting is relaxing and creates a feeling of togetherness. So don't skip this step.



Can you...

Can you think of a wish for your day tomorrow? What would you enjoy doing tomorrow and why?

ENJOY AN APPEALING DRINK TOGETHER.

1. Divide the sheet of paper into four sections.
2. In one section draw: what did you enjoy most during the TeamUp at Home session?
3. In one section draw: what did you enjoy least during the TeamUp at Home session?
4. In one section draw: an idea for a game for the next TeamUp at Home session.
5. In one section draw: a wish for your day tomorrow.
6. Show each other what you have drawn.



'Well done' routine!



MATERIAL



GET READY



VARIATIONS

- Think of a word you could say out loud.
- Think of a movement you could do.



Tips

You can do a Well Done anytime during a TeamUp at Home session. It creates a positive atmosphere. You could do it for the group as a whole. Or when one person has done something well.

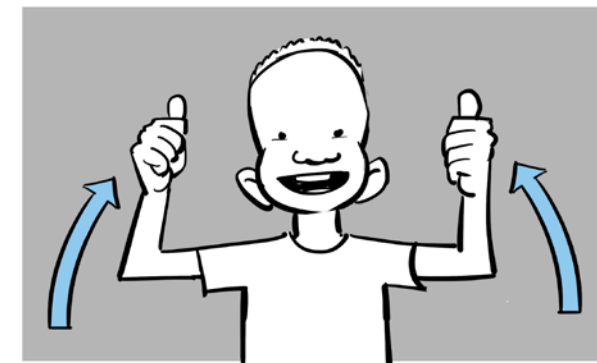
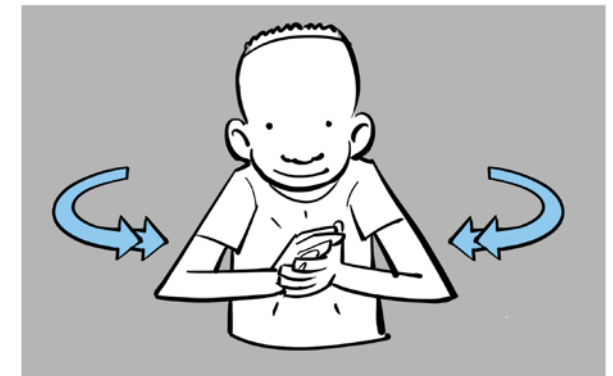


Can you...

Can you do the Well Done Routine when you want to encourage someone?

ROUTINE

1. Slap your thighs twice with your hands.
2. Clap your hands twice.
3. Shout 'Well done' and give a thumbs up.



It's great you have played TeamUp at Home!

It's great you have played TeamUp at Home! Many children feel good after moving and playing together. How about you?

Did you enjoy TeamUp at Home? If so, do it again. Tomorrow, for example. Or next week. You might discover something new each time. Don't forget to tell your friends about TeamUp at Home. Then they can also play with the people they live with.

How are you feeling now?

How are you feeling after the TeamUp at Home session? What sensations are you aware of in your body? What are you thinking? Maybe you feel happy. More energised. How was it to play with others?

Maybe you don't feel happy. Not right now, and maybe not at other times either. Perhaps you are scared. Or sad. Or angry. That's ok. If you don't feel good, find someone you can talk to. To share how you feel. It can help.

There are always ways of getting help. In some countries there is a telephone number you can call if you are having a hard time.

More games?



Do you want to play more games? TeamUp at Home has even more sessions.

Watch the videos of other games on:

www.warchildholland.org/activitybook

Structured play and movement-based activities during the coronavirus pandemic

TeamUp at Home provides structured play and movement-based activities for all children, teenagers and adults worldwide who are forced to stay at home during the coronavirus pandemic. TeamUp at Home teaches children and teenagers (aged 6 to 18 years) how to cope with emotions caused by the coronavirus pandemic and which are sometimes difficult to deal with, such as fear, stress, boredom and anger.

TeamUp at Home is based on the TeamUp programme, a collaboration between War Child, Save the Children and UNICEF Netherlands. The programme was developed in 2015, to provide socio-emotional support to refugee children and teenagers. They are exposed to oppression, loss and fear. They may still feel their situation is unsafe even in a new and relatively safe country. This has a negative impact on the development and wellbeing of these children and teenagers.

Skills

Movement and play gives the body the chance to get rid of any tension. What's more, the wellbeing of children and teenagers increases as does the social connection between them. The TeamUp activities are linked to socio-emotional themes. Children and teenagers learn how to cope with anger, stress and conflict. They become aware of how their body feels. They learn to work together with their peers, to express their feelings and compliment one another. These skills are useful in their daily life.

Trained facilitators

The TeamUp activities are usually led each week by a permanent team of facilitators at a fixed time and location. This contributes to establish stability and structure for children and teenagers. Before the facilitators get started they participate in a training session. The training session focuses on the background of the refugee children and teenagers, on any problems they have to deal with, the underlying idea of TeamUp and how a session should be carried out according to the TeamUp methodology. Facilitators are trained to identify and report children in need of more support.

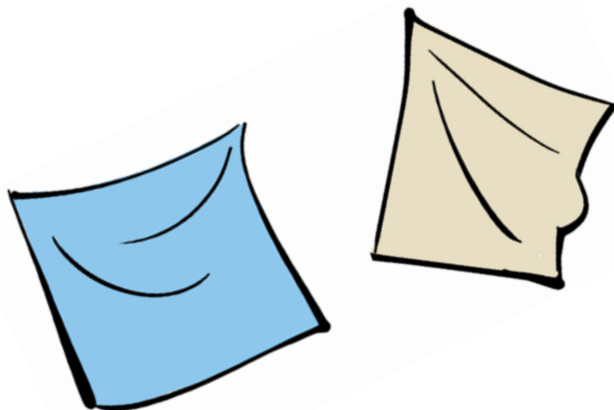
Worldwide

TeamUp is carried out in the Netherlands, Uganda, Colombia, Occupied Palestinian Territories and Sri Lanka. TeamUp is currently being expanded to Italy, Greece and Sweden in association with SOS Children's Villages.

NOTES

TEAMUP

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SUPPORTED

BY

Migratie in beweging



Europese Unie
het fonds voor asiel, migratie en
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WAR
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**FAST AID-COVID 19 PANDEMIC
RESPONSE START UP FUND**

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Want to know more about TeamUp?
Visit www.warchildholland.org/teamup
Or contact teamup@warchild.nl.