

Play mobile

3 steps to the activity realisation



Step 1 – preparation phase

The pandemic, with curfews, the closure of schools and day-care centres, shops and leisure facilities, and the call for physical distance, has dramatically changed our lives and our daily routine.

The focus of the exercise is on young mothers and fathers and the emotional well-being of families and giving them space to work through their time in family isolation. For young people, the loss of familiar daily structures and routines is particularly stressful.

Briefing:

Setting in public space, e.g. public playgrounds, parks, ...

- For the implementation of the exercise, a vehicle (car, cargo bike, handcart, etc.) is needed to transport the material.
- Content: Outdoor games such as balls, skipping ropes, Frisbee, Swedish chess, swing towels, slackline and similar games that can be used in teams or pairs.

Step 2 – activity phase

Implementation of core activity:

- At least two educational specialists are needed who regularly (e.g. once a week) offer playful activities for children and adolescents at a specific location. The aim is to talk and listen to them and their parents through play, to recognize the need for support and, if necessary, to offer further help (psychologists, etc.).
- The aim of the play mobile is to make itself superfluous, as young people and young parents are empowered to implement the help offered themselves.
- Children are empowered to discover new play spaces (urban space)

Step 3 – wrap up phase

Follow-up questions for the educational team in order to be more needs-oriented:

- ✓ What were the main problems?
- ✓ Which target groups were reached?
- ✓ Can thematic trends be identified?
- ✓ Is there a need for cooperation with other experts?
- ✓ What are the best ways to make contact?



Type of activity:
Role play (with brainstorming activity)

Value of the activity:
This exercise will provide opportunities to young families to have access to professional support



Timing:

preparation: 1 day
implementation: 120 min.
checking learning progress: n/a min.

Carrying out the exercise at regular and manageable intervals (e.g. once/week) at the same time is required



Activity follow-up:
e.g. further reading – links on methods/tools (for the professional)

<https://www.jmd-respekt-coaches.de/>



Other value case box components:

Exercise to be implemented in a trustful atmosphere



Value quoted:

- V Are my materials suitable?
- V Are offers of help accepted?



Your notes:

- V ...
- V ...