

Cards for rainy days (and social distancing) were designed to help families with children cope with the ongoing health crisis and isolation.

Print this document, cut on the dotted lines, glue the envelope together and start playing!



Cards for Rainy Days

(and social distancing)

55 ideas for family
activities that build connection
and psychological resilience

glue down

The cards are available in different languages. Both the cards and the translation form can be found here: [poliklinika-djeca.hr/category/english/publications](https://www.poliklinika-djeca.hr/category/english/publications). Thank you for helping by translating and sharing the game..

The cards are available for personal use only. When sharing, please cite your source: Author: Tea Brezinščak. Design: Niko Crnčević. Publisher: Zagreb Child and Youth Protection Center. Copyright © 2020. Zagreb Child and Youth Protection Center. ISBN: 78-953-7373-19-1. Image source: Freepik, Flaticon.

How to play?

At least 2 players, a child and an older child or adult, are required for the game. The cards contain questions and challenges. At least 2 players answer the questions, and all players take part in the challenges.

Who can play?

Activities will be most fun for kids aged 7 to 11, but anyone who is up for some play and laughter is welcome. Older players can be parents, grandparents, aunts, uncles, older brothers and sisters or any other person the child feels close to.

How to choose an activity?

Mix up the cards and pick one, or select a number between 1 and 55 and see which activity is waiting for you.

Rules

1) There are no right or wrong answers. Every idea is a good one. 2) Drawings, stories and crafts don't have to be perfect. We are making them for fun! 3) A little mess is OK. The important thing is that no one's feelings are hurt, no one is injured and nothing is damaged.

Designed and adapted by: Tea Brezinščak, psychologist, Child and Youth Protection Center of Zagreb

<https://www.poliklinika-djeca.hr/en>



ZAGREB CHILD AND YOUTH
PROTECTION CENTER

#stayhome

Cards for Rainy Days

1.

Imagine you are superheroes

- What do you look like?
- What are your superpowers?
- What is your name?
- What are you fighting for?

Make drawings, paper collages or sculptures of yourselves!

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Cards for Rainy Days

2.

Teleportation

Under some dusty, old things in the attic, you found a teleportation machine!

Where do you want to travel and why?

Draw your journey!

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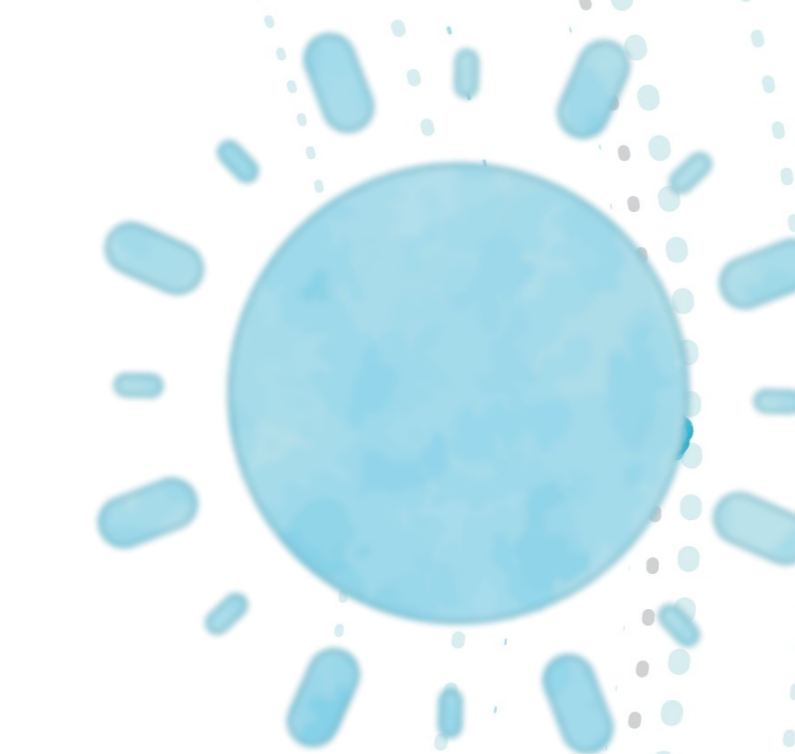
Cards for Rainy Days

3.

Perfect day

Imagine a perfect day you would spend together, if anything was possible.

Share or draw your ideas and compare them!



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Cards for Rainy Days

4.

How well do you know each other?

Try to remember or guess the other person's favorite

- color
- animal
- food
- place

Did you guess? What else can you try to guess?

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Cards for Rainy Days

5.

Bravery awards

Think of something that was difficult or scary for you, but you managed to do it anyway.

What helped you succeed? Draw each other's bravery medals!

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6.

Nobody does it like you!

What is the other person great at? Think of at least 3 things the other person does really well and give them a reward for it! You can reward them with a hug, a drawing or something else you made. If this was (too) easy for you, think of 5 or 7 things!

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7.

When I was a baby

What is the older player's favorite memory from the time when younger player was a baby?



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8.

Totem

Think of at least 3 animals with characteristics similar to yours (the ones you like most about yourselves!). Are you wise like an owl, quick like a leopard, skilled in hiding like a chameleon? Help each other. Draw your shared totem and include all of the animals!

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9.

Camping

Set up a tent in your home using blankets or sheets. Sit inside and imagine: What surrounds your tent? What can you see outside? What sounds of nature can you hear from outside? Is there any scent that spreads nearby?



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10.

Family coat of arms

Draw or create your family's coat of arms. What would you like to include and why?



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11.

How do giraffes hug?

It's time for a hug contest! Try to think of as many animals as possible and imagine how they might hug.

What kind of hugs would be given by pandas, giraffes, elephants, fish, ants, ...?



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12.

Dragon attack

Your house has been attacked by a dragon!

Quickly make a fortress from things you can find and hide!



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13.

My new name

Think of some new names and try using them all day. What would you call yourselves if you were superheros, explorers of far-off unknown lands, dinosaurs, pirates, animals, favorite food ...?



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14.

Treasure hunt

Look around and find:
- 4 things that are blue
- 3 things you can smell
- 2 things that are soft
- 1 thing you can hear

Did it? Great job! Now think of other things you can search for!



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15.

The magic lamp

In an old box at the bottom of the closet, you found a magic lamp. When you wiped the dust off, a genie appeared!

Make three wishes!



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16.

The missing letter

The letter P decided to move to another address. For the next 15 minutes, try talking without using it. Whoever says a word that contains the letter P first, is a Panda and loses the game. Try playing this game with other letters. Which ones are the most difficult?



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17.

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18.

Cards for Rainy Days

19.

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20.

Masquerade

For the next 15 minutes, the oldest player has to dress or put on whatever the younger one(s) tell(s) him/her to.

What do you want to dress him/her up as?

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What I love most about you...

Tell the other person which of their qualities or behaviours you like the most.

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Time machine

You found a time machine in the basement! Where do you want to travel? Think of at least 3 answers and explain. Draw the postcards you would send from these places!

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Our favorite memories

What were your happiest moments together?
Are your favorite shared memories the same or different?

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21.

Cards for Rainy Days

22.

Cards for Rainy Days

23.

Cards for Rainy Days

24.

Knight's shield

Draw or make your own shields. Your shields must include:

- the people who love you the most
- things you like about yourself
- things you enjoy doing

Decorate them!

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Movie night

Prepare snacks, tuck yourselves in under some blankets and watch your favourite movie.

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Lily Pad

One of you says Lily and the other responds Pad in the same way. Try different words and different ways of speaking: quietly, loudly, slowly, fast, like a mouse, pirate or opera singer, use funny voices... Switch roles and keep going until one bursts out laughing.

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My favourite toy

Find out which were the older players' favourite toys when they were little.
What is the favourite toy of the younger player(s)?

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25.

Funny story

Try to piece together the funniest or strangest story you've ever heard.

One person starts the story and the other continues. One by one, add sentence by sentence until the story finds its end.



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26.

Time for exercise!

One person is a personal trainer and the other one follows their instructions. Try making your moves as fun and unusual as possible!

Switch roles after 5 minutes.



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27.

Aliens

One of you is an alien. Everything in your house is completely unknown to him/her. The other person chooses one object (without taking it or looking at it) and tries to explain to the alien what it is. Can the „alien“ guess? Now switch roles!



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28.

The best part of the day

Make a box or choose a notebook. Every night before going to bed write down or draw 3 of the best things that happened to you that day.

What are you grateful for today?



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29.

Be my mirror

One person shows different movements or facial expressions, and the other one acts as if they were their reflection in the mirror. Start with slow and easy ones, and make them more challenging as you go. Switch roles after a few minutes.



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30.

Our own hug

Try to think of as many ways you can hug as possible. Can you name those hugs?

Choose a hug that will be your signature hug.



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31.

How can I help?

Think of a way you can help someone together today and do it.



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32.

Pirate treasure

Wrap some items in aluminum foil and make them your treasure. 1) Ask other family members to hide the treasure and search for it together, or 2) Hide the treasure yourself and guide the other person by saying warm/cold.



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33.

The magic key

You found a very unusual key. When you studied it a little, you realised that it was magical. Write a story together to figure out who the key belongs to, what does it open and how it ended up in your hands. Draw the key or the whole story.

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34.

What makes me calm?

Think of 5 things that make you feel relaxed or calm when you are upset. Help each other out if you have a hard time remembering.

Which of them you can try right now?

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35.

My special place

Imagine a place where you feel completely calm and relaxed. It can be a place that exists in reality or just in your imagination. Travel to that place in your mind. What do you see? What do you hear? Can you smell or taste anything? Draw your special place.



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36.

Travel

Plan a trip to: a magical mountain, a deserted island, an unknown planet, or a place of your choice. Draw a map or your destination, decide who you are bringing along, which things you will need and what transport you will use. Have a nice trip!



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37.

A recipe for success

What are the ingredients you need for a happy family? How many hugs, fun, play, love, trust, respect...?

Draw a pot and write your recipe in it.

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38.

Breathe

Lie on the floor and imagine that your belly is a balloon. Take a deep, deep breath and notice how the balloon in your belly fills up. Wait for a moment. Exhale slowly and feel your balloon deflating. Try breathing like this for 1 or 2 minutes.

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39.

Challenge

Stand opposite to one another and hold hands. Try sitting down on the floor and then standing up again without letting go.

Can you do it?
Practice makes perfect!

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Cards for Rainy Days

40.

Funny races

Move from one end of the room to another by walking like an elephant, monkey, snake, eagle, crab, ant, rabbit, deer or in a funny and unusual way.

Try to think of as many different ways as possible. Can you make it a race?

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41.

I feel loved when ...

Think of the moments when you feel most loved by the person you are playing with.

What does this person do or say that makes you feel like that? Write them down or make a drawing.

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42.

Wings

Imagine waking up with wings this morning.

How do they look? How strong are they? Where would you like to fly with them?

Make a drawing!

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43.

I'm all ears

Close your eyes and ask the other person to make a sound somewhere in the room with the help of an object.

Can you guess what it is? Switch roles. Which one of you is more skilled?

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44.

Box of worries

Make a box to store your worries at the end of the day to sleep more peacefully. Decorate it!

Write down or draw your worries on a piece of paper and put them in the box. You don't have to show them to anyone.

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45.

Mount Calm

Draw a mountain. Place your finger in the valley. Slowly move your finger towards the top, inhaling through your nose. Once you reach the top, wait for a moment. Slowly exhale through your mouth, moving your finger down the other slope. Repeat until you feel calmer.

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46.

Inventors

Imagine being an inventor. You have endless knowledge and everything you need for brilliant inventions.

What would you like to invent and why?

Draw your invention if you want.

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47.

Smell it and guess it

Find 5 to 10 things in your home that you can smell or ask another family member to do it. One player closes his/her eyes, smells it and tries to guess what it is.

Switch roles. Who is more skilled?

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48.

We are all afraid sometimes

Ask the older players to share what they feared as children and how they overcame that fear.

What are you afraid of? What helps you to be brave?

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Cards for Rainy Days

49.

Push the wall

Stand in front of the wall together (remove rugs if there are any). Push as hard as possible and try to move the wall. Did you make it? No? Try 3 more times, vigorously, as strong as you can. In between each attempt, relax and rest to regain your strength.



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50.

Don't blink

Stand or sit opposite to each other in a way that is comfortable for you.

Try gazing into each others eyes for as long as possible without blinking.

Who can last longer?



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51.

Photo album

Find photos from the time you were a baby or a toddler (all players). Flip through them and share family stories and memories from that period.



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52.

Time for a picnic

Prepare everything you need: blanket, snacks, drinks, board games, ball ...

Pick a spot in your home and make (almost) a real picnic.



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53.

Surprise

Imagine finding a gift in your living room. The box, decorated with a huuge bow, contains exactly what you wanted the most.

What's in the box?
Draw your gift if you like!



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54.

The secret ingredient

Bake a simple cake together. Include a secret ingredient and try to see if other family members can guess what it is.



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Cards for Rainy Days

55.

My kingdom

Imagine that you are a king or a queen. What do your kingdoms look like? Do they have any rules? What do children and adults do all day? What do they eat? Are there any special customs or holidays? Draw your kingdoms or write stories about them.



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Think up your own activity for a rainy day

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