

30 DAYS OF US

Family bonding, one question at a time.

Content by @worklifekids

Illustrations by @goodnightfox

Why?

Let's reframe school closures as an opportunity to bond with our children through meaningful conversation.

How?

Pick the same time each day to center around a question, asking follow-up "why's" and journaling answers.

Tips

- Set the stage for a safe space
- No judgement
- Practice reflective listening
- Inspired by 5-7 year olds

About us

This is a collaboration between two friends and coworkers Kylie and Joanna in response to how they can support families during the COVID-19 school closures.

DAY 1

Ice Breaker

What's your favorite flavor of ice cream? Why?

Question

What are our family rules?

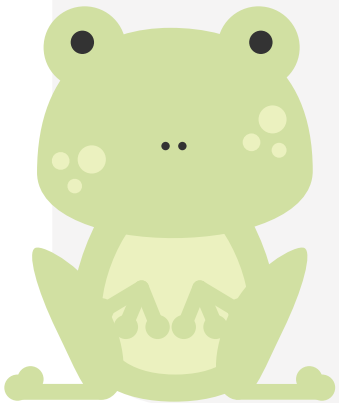
Are there new ones we should have for the next four weeks?

Reflections

Write down everyone's answers. As a family, decide on the what the top family rules are.

Activity

Make a poster with the new family rules. Get the kids involved to decorate and make it their own.



FUN FACT

A frog can lay as many as 4,000 eggs in frogspawn.

DAY 2

Ice Breaker

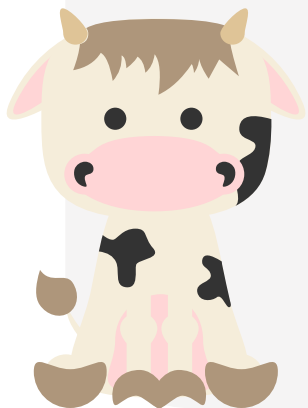
What is your favorite book? Why?

Question

When is Mommy/Daddy fair? When are they not fair?

For older kids

On the scale of 1-5, how fair is the discipline in our family?
(1=not at all fair - 5=very fair)



FUN FACT

All "cows" are female!
Males are called bulls or steer.

Reflections

Write down everyone's answers.
What surprised you? What is something you want to remember?

Tips for parents

Don't try to explain how they perceive our actions. All their feelings are valid.

Activity

What is one thing we can do to be more fair? Totally okay to leave blank as well.

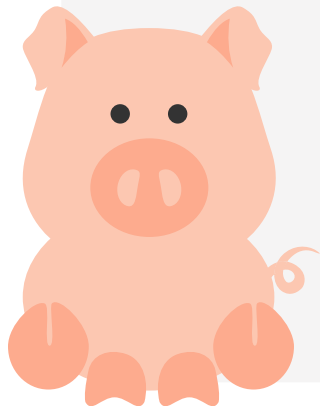
DAY 3

Ice Breaker

What is your favorite toy or belonging? Why?

Question

When was the last time you were mad at someone?



FUN FACT

Pigs like to snuggle close to one another and sleep nose-to-nose!

Reflections

Write down everyone's answers.

What surprised you? What are our triggers?

Tips for parents

You can share examples from work too. Just explain in terms that they can understand.

DAY 4

Ice Breaker

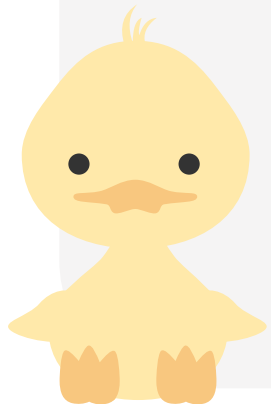
What is your favorite activity to do at school? Why?

Question

At school, who do you play with the most? The least? Why?

For older kids

Why is _____ your best friend?



FUN FACT

Chickens can remember over 100 different faces of people or animals.

Reflections

Write down everyone's answers. What is surprising? Are there any patterns?

Tips for parents

Share your stories or how you reinforce "All are welcome."

Activity

Would you like to send a note to your friends during this break?

DAY 5

Ice Breaker

When was the last time you got into really big trouble? What happened?

Question

What did we do when you got into big trouble?



FUN FACT

A house cat is genetically 95.6% tiger.

Reflections

Write down everyone's answers. What surprised you? How did they feel about our actions?

Tips for parents

Make sure you share your childhood stories too! It helps our kids learn about what it was like when we were their age!

Action

What is one thing we want to stop doing or start doing as a family? Totally okay to leave blank as well.

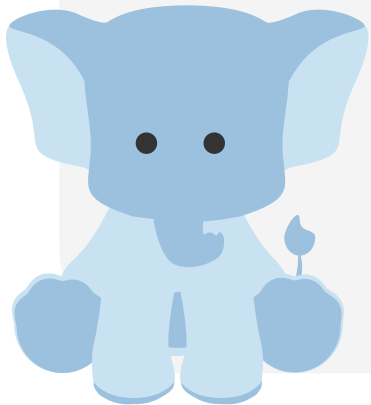
DAY 6

Ice Breaker

Use three words to describe yourself.

Question

What do you like most about yourself?



FUN FACT

Elephants are the world's largest land animal!

Reflections

What do kids see in themselves that you don't see? What do you see that they don't?

Tips for parents

Pay attention - Do they focus on physical attributes? Or internal attributes?

Activity

Not much action here but think about some mindset shifts that the family might need to embrace.

DAY 7

Question

Use three words to describe the person to your right.

If time permits, repeat the question with everyone.



FUN FACT

An adult Hippo needs to resurface every 3 – 5 minutes to breathe.

Reflections

What do others see in you that you don't see?

DAY 8

Ice Breaker

Who is the earliest riser in the family? Who sleeps in?

Question

Who are the people in our community that need to wake up super early to go to work? Why don't they sleep in?



FUN FACT

The dragon's name has Latin origins which mean 'huge serpent'.

Reflections

Draw a map of all the people outside of your family that support our community.

Don't forget

The trash collectors, postman/postwoman and teachers...

Activity

Think of someone you want to thank in the community and make them a Thank You card.

DAY 9

Ice Breaker

Come up with your own today!

Question

Tell the person to the right something you appreciate about them.

If time permits, repeat the question with everyone.



FUN FACT

The Stegosaurus inspired the appearance of Godzilla!

Reflections

Write down all the positive affirmations you're hearing! It should be a LOVE FEST!

Activity

Make little posters or write these affirmations on post-its and stick them on the wall.

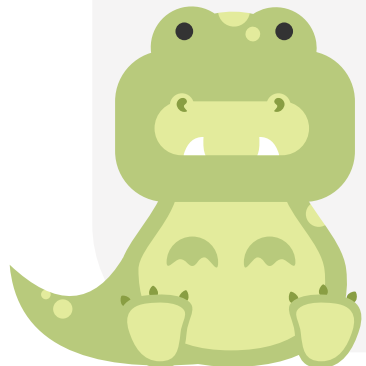
DAY 10

Ice Breaker

What is your favorite food? Least favorite?

Question

What do you like most and least about dinner time?



FUN FACT

An alligator can go through 2,000 teeth in their lifetime!

Reflections

Is it about food?

Is it about how we connect?

Activity

Do we need to establish any new family rules for dinner time?

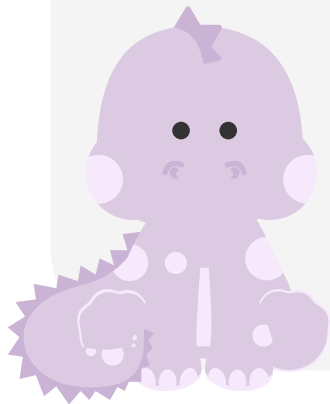
DAY 11

Ice Breaker

When is the last time someone was mean to you?

Question

What did you do? How did you help yourself feel better?



FUN FACT

The Spinosaurus was larger than the Tyrannosaurus Rex!

Reflections

Write down everyone's answers.

Activity

Write down five ways we can help others feel better and make it into a poster.

Tips for parents

Do they have the tools to help them through these times? Look at kidpower.org if you need ideas.

DAY 12

Ice Breaker

What is your favorite place?

Question

If you could go anywhere for vacation, where would you go?
Why?



FUN FACT

The triceratops' head is one of the largest of any land animal discovered.

Reflections

Write down everyone's answers.
What surprised you? What is something you want to remember?

Action

What is one thing we want to stop doing or start doing as a family?
Totally okay to leave blank as well.

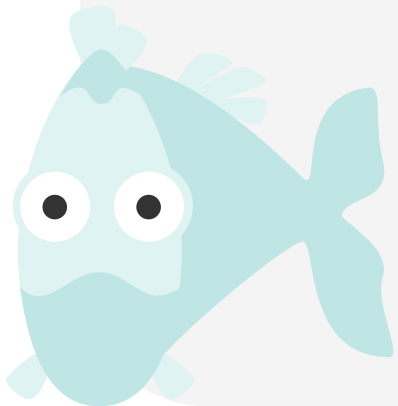
DAY 13

Ice Breaker

What is one thing you want to do tomorrow?

Question

Why have the schools closed? (In your own words)



FUN FACT

There are over 30000 known species of fish

Reflections

Write down everyone's answers.
What is the root cause of the virus?

Reflection for parents

How are the kids describing it? Is it coming from a place of understanding or fear?

Action (parents only)

What do we need to start/stop saying and doing?

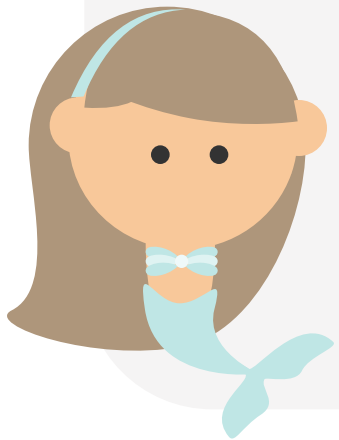
DAY 14

Ice Breaker

Who are you closest to?

Question

What makes a family close?



FUN FACT

Aquamarine is made of mermaid tears!

Reflections

Write down everyone's answers.

Activity

What is one thing we can do to make our family stronger/closer?
Brainstorm ideas and narrow on one!

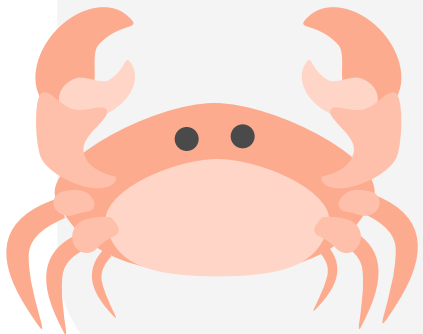
DAY 15

Ice Breaker

What has been your favorite thing about staying at home?

Question

What happens when schools and businesses close for long periods of time?



FUN FACT
A group of crabs is called a cast.

Reflections

This is an exercise in empathy.

Action

What is one thing we want to stop doing or start doing to help our community?

DAY 16

Ice Breaker

List all the chores that we have to do at home.

Question for parents

What are some chores we have to do that others don't see?



FUN FACT

All "foxes" are male. Female foxes are known as "vixen".

Reflections

Write down everyone's answers.
What do they see? What do they not see under the hood?

Action

What is one thing we can do today to help out at home?

DAY 17

Ice Breaker

What do you want to be when you grow up?

Question

What do your parents do? (Describe in your own words or draw a picture)



FUN FACT

Raccoons have some of the most dexterous paws in nature.

Reflections

Write down (or draw!) everyone's answers and share a few laughs!
I love how kids describe grown-ups' jobs!

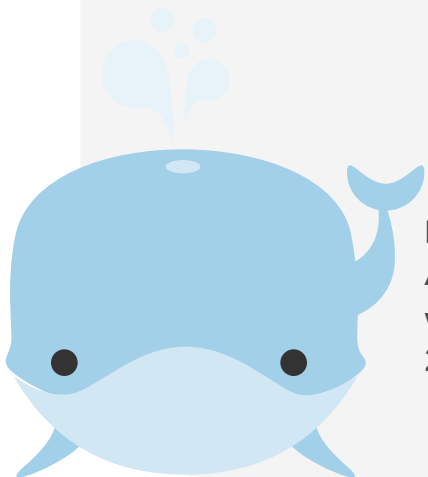
DAY 18

Ice Breaker

What is something you feel lucky to have or own?

Question

What is something that others have that you don't?



FUN FACT

A blue whale can weigh as much as 24 elephants!

Reflections

This could be a light-hearted question but could go deeper as well.

Action

What is one thing we can do to focus on what is important for our family?

DAY 19

Ice Breaker

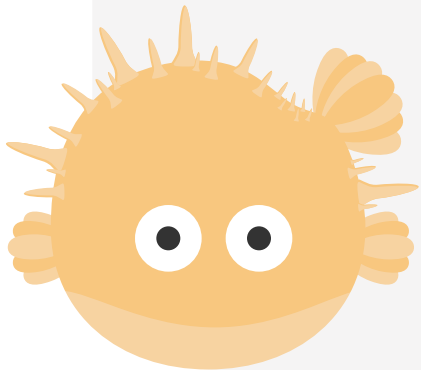
What is your favorite thing to do outdoors?

Question

What is the one thing you worry about most?

For older kids

What stresses you out?



FUN FACT

Unlike other fish, puffer fish do not have scales!

Reflections

Write down everyone's answers.
What is top of mind for everyone?
Is it something you didn't expect?

Tips for parents

If they're afraid about catching the virus, reinforce what the family is doing to "flatten the curve."

Activity

What is something we can do to help us worry less?

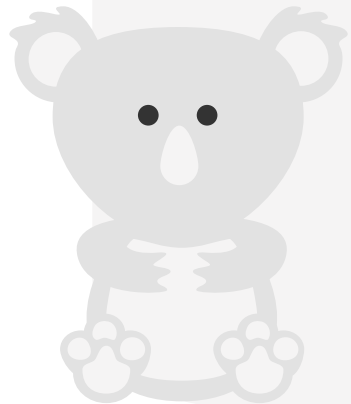
DAY 20

Ice Breaker

It's early, but does anyone have any halloween costume ideas yet?

Question

If you could be a super hero, what power would you want to have?



FUN FACT

Koalas can only live in one place — Australia!

Reflections

Write down everyone's answers and share a chuckle.

Activity

Do we need to start any early halloween costume planning or research? Start sketching ideas!

DAY 21

Ice Breaker

On a piece of paper, write down what you like least and most about your appearance.

Question

On a piece of paper, write down what you like most about the appearance of the person on your right.



FUN FACT

A giraffe's neck is too short to reach the ground! They have to kneel to get to the ground.

Reflections

Share what you wrote about yourself and each other.
What surprised you?

DAY 22

Ice Breaker

Which animal do you most look forward to seeing at the zoo?

Question

If you could have a pet, would you rather have a dog, cat or tiger?
Why?

FUN FACT

There are more tigers held privately as pets than there are in the wild. :(



Reflections

Write down everyone's answers.
What surprised you?

Activity

Ask Alexa "What sound does a Tiger make?" Try it with a few different animals.

DAY 23

Ice Breaker

What is something you are most proud of?

Question

What is the hardest thing you have ever had to do?



FUN FACT

Hippos are regarded as one of the most dangerous animals in Africa.

Reflections

Discuss why we try hard things and why we don't always take the easy way out.

Action

What is one challenging thing that we are going to try and do as a family?

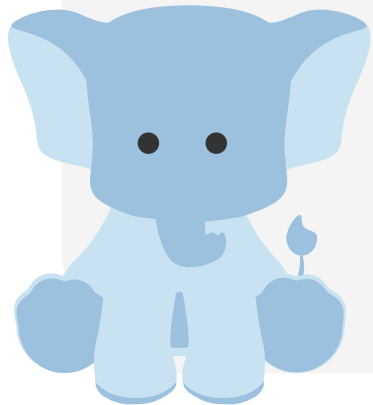
DAY 24

Ice Breaker

What do you miss most about being at school?

Question

What are three things you like most about your teacher?



FUN FACT

Elephants make about one tonne of poo every week.

Reflections

Write down everyone's answers.
What surprised you?

Activity

Send a note to your teacher and tell them what you shared today.

DAY 25

Ice Breaker

What is one thing you want to do this summer?

Question

What is one thing we should do as a family this summer?



FUN FACT

The ears of a zebra shows their mood.

Reflections

This is a collaborative exercise. Write down everyone's ideas and try to narrow on an activity.

Action

What's the first thing we need to do to plan for this family activity?

DAY 26

Ice Breaker

What is your favorite family rule?
Why?

Question

What is your least favorite family rule? Why?



FUN FACT

Alligators are carnivorous opportunists but they also eat fruit!

Reflections

Write down everyone's answers.

Action

What is one thing we want to stop doing or start doing as a family?

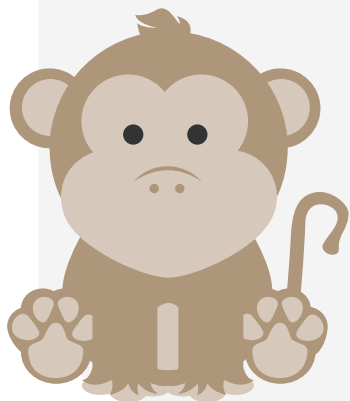
DAY 27

Ice Breaker

What is the favorite part of visiting the doctor?

Question

Why are doctors and nurses super important right now?



FUN FACT

A group of monkeys is called a troop, barrel or mission.

Reflections

Write down everyone's answers in this exercise for empathy.

Activity

Write and mail in a Thank You note to your doctor for all the hard work they do!

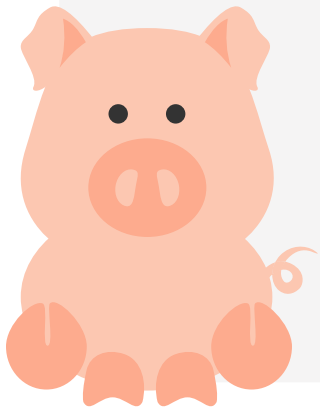
DAY 28

Ice Breaker

What is something new you learned in the last 30 days?

Question

Tell the person on the left something new you learned about them recently.



FUN FACT

Pigs have four toes on each foot but they only walk on two.

Reflections

Capture some of the family's biggest learnings.

DAY 29

Ice Breaker

What has been the hardest part of staying home?

Question

What has been the best part about staying home? What makes the hard parts easier?



FUN FACT

Despite their huge size and strength, rhinos are herbivores!

Reflections

Write down and recognize all the blessings the family have received as well as the challenges.

Activity

Make a gratitude list and pin it up on the wall.

DAY 30

Ice Breaker

In the past few weeks, what has been your favorite time of day?

Question

Do you feel like you can tell me anything you want? Why?



FUN FACT

Lionesses are better hunters than males and do most of the hunting for a pride.

Reflections

How has this experience brought the family closer?

Activity

Craft your family mantras or revisit them if you already have them.
What should our daily reminders be?



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How did it go?

We would love to hear how "30 days of Us" went for you. E-mail us at jo.worklifestkids@gmail.com

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