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**PARENTS AND CHILDREN:  
GROWING TOGETHER IN A  
TIME OF CRISIS**

**MODULE ONE  
ACTIVITIES SHEET**

# WELCOME

G'day everybody and welcome to the first module of our Parents and Children Growing Together online program. We hope that you will really enjoy this journey that you as a family are going to do.

Given that you are all going to be together for quite some time we figure it is worth thinking about how we can really do that well and hopefully learn, grow and get closer to each other whilst we are doing it. We have written this program as a way of helping you to do that.

This course will provide videos which will explain the activities and exercises for you to complete. I really encourage you to do everything included, if you do this well we know that you will get the most out of it. I have definitely learned in my life that the more I put into something the more I get out of it, and we will commit to putting as much as we can into this program so that it can be helpful as possible.

You can work through this course at your own pace, though I recommend that you try to do 1 module per day for 7 days.

In this module we are going to:

- Work out how we can set up the best space for doing this program
- Learn to do a check-in
- Hear some stories from everybody
- Decide something that we could do before our Module 2 arrives tomorrow



# SETTING UP A SPACE



Create a comfortable place where you can come together each time that you do a module from this program. It may be around the kitchen table, in the lounge room, in someone's bedroom, or in an outdoor area if you have one. It's up to you, but make it comfortable and special and then use the same space each day as a family to start the module we have sent you. Don't forget to get input from the children in the family.

You will also need a way to watch the online module together that we have sent you. We also highly recommend that you ask everyone to please turn off their mobile phones, unless it is for emergency reasons.

This place is where you will start each day, but not necessarily where you will finish, depending upon the exercises and activities that we give you.



# TALKING OBJECT

You will need to find and agree on an object that you can use when you are together that is your talking object.

It can be anything from a stick, to a piece of fruit, a Teddy Bear, a crystal or pretty much anything that you can think of.

Once again input from the children is definitely a great idea.

We ask that you follow the 3 rules of the talking object as much as possible please:

1. Only the person holding or with the object in front of them talks. Everyone else listens and doesn't make jokes, interrupt or ask questions. This is very important as we are trying to create a safe place for people to be comfortable to share.
2. The person talking doesn't talk about theories and what is going on in society, they just talk about themselves, their own feelings and their own stories
3. It is a confidential discussion, whatever gets shared in the circle stays in the circle and we don't go and tell other people without the permission of the person who shared.

If we can use a talking object and really follow the rules above, it will make a big difference to this whole program.

# DOING A CHECK-IN

Part of living together well is knowing how everybody is going and how we can help each other. Hopefully we can get real and genuine answers out of people, but please know also that it can take a while for people to get used to the idea of doing check-ins.

So one at a time each person get's to talk and answer the check-in questions while holding the talking object. You may go around in a circle, from oldest to youngest, youngest to oldest, or popcorn where after the first person you see who wants to go next, it is really up to you. To help you I have created a way to remember the questions to be answered during a check-in. All that you need to do is remember is the word **GOLDEN**.

**G.** How are you going **overall**?

**O.** What you been doing/**occupied with**?

**L.** What have you **liked** or enjoyed recently, or since the last check in?

**D.** Has anything been **difficult**?

**E.** What are you **excited** about that is coming up or you could do?

**N.** What do you **need**, what support can we give you?

I thoroughly recommend that you do a check in each day during the program and hopefully you keep doing this after the program has finished. It is a great way of monitoring everybody's wellbeing.



# STORIES

After you have finished the check-in the next task is for each of the adults to share a story about when they were the age of your children. For today's story we would like the topic to be about something that they really liked or loved doing at your age. Even better if it can be something you liked or loved doing with one of your parents or if not a member of your family that would be great.

Please remember to use the talking object when you share and remind everybody about the rules of the talking object if necessary.

Then we want each of the children to holding the Talking Object and share or talk about something they love doing with one of their parents or another member of the family.

After everyone has spoken then see if there are more stories and you can go around the circle a few times or more, You may even continue these conversations later on when you think of more things.





## CHECK-OUT

To finish today pass the talking object around the circle one final time. This time as each person holds the object they have two tasks.

The first is to share how this first module was for them, if they enjoyed it or not and anything that was interesting or surprised them.

The second task is to share one good thing they are going to do between now and when you do the next module. It may be something like video calling a grandparent or organising and tidying your room or work space, doing some exercise, writing in your diary, playing some music or anything else that you can think of.



# THANK YOU!

Thank you for completing Module 1, we really hope you enjoyed it and tomorrow we will send you the next Module. So until next time.

Let's do this well & Let's do this together,

Dr Arne Rubinstein  
and the team at The Rites of Passage Institute

