



## IMPLEMENTATION GUIDE

An implementation guide to support practitioners in organizing workshops with families to create Family Well-Being Boxes.



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CHAVORE (which means "children" in Romani language) is an initiative committed to enhancing the mental health and well-being of young children aged 0-6, particularly in vulnerable communities such as Roma.

This initiative addresses the critical developmental needs of young children, especially during their early years, by fostering environments that promote physical and mental health and well-being. CHAVORE's work is rooted in cultural sensitivity and evidence-based practices, making it a unique approach that supports young children and families experiencing exclusion and discrimination, and the practitioners who care for them.

## Introduction

### 1. Getting started



This section will help you, as a workshop facilitator, prepare effectively for conducting workshops aimed at creating **Family Well-being Boxes**. These workshops aim to support families in nurturing mental health and emotional resilience within their family/home environment.

#### WHO IS THIS GUIDE FOR?

This guide is specially designed for practitioners, including early childhood educators, family support workers, community facilitators, social workers, home visitors, and other professionals working closely with families and young children.

**Your role as facilitator** is crucial, as you will guide families through the creation of their own Family Well-being Boxes, a compilation of tools designed to strengthen emotional well-being, encourage positive family interactions, and help manage everyday stresses.

#### HOW TO PREPARE EFFECTIVELY FOR YOUR WORKSHOP?

##### 1. Understand the purpose clearly

Before organising your workshop, it is essential to understand its purpose clearly. Your goal is to:

- Engage families actively in planning the workshop and use this opportunity to strengthen your partnership with families.
- Encourage emotional connections among family members.



- Promote the importance of mental health and well-being starting from the early years of life.
- Equip families with practical, home-based, and everyday tools to nurture emotional and mental well-being at home.

## 2. Know and understand your audience

Take time to think about the specific needs and characteristics of the families you intend to invite/target:

- Age and developmental stage of children.
- Cultural background, family traditions, and specificities.
- Possible experiences of social exclusion, poverty, stress, or trauma.
- Familiarity with workshop settings (e.g., first-time participants or regular attendees).
- Please note that some children and caregivers may face language barriers or may have limited experience with structured group activities. Plan to begin with very simple, concrete activities and gradually build up to more complex ones as families gain confidence and familiarity.

## 3. Plan the logistics and technical aspects

Good preparation makes a workshop smooth and effective. Pay attention to:

- **Venue:** Choose a welcoming, accessible, and comfortable space for families (it can be a well-known setting, or an unknown based on what makes families feel more at ease).
- **Timing:** Plan a convenient time considering family routines (i.e., avoiding nap times or meal hours, considering parents' work commitments).
- **Duration:** Limit workshops to about 1.5–2 hours to maintain family engagement without fatigue.
- **Materials:** Prepare materials in advance (art supplies, paper, natural items, printed instructions, and similar).
- **Digital Resources:** Ensure you have digital materials ready if you offer them in addition to physical resources or if parents require them.
- **Specifications:** Estimate the approximate number of families to be engaged, the minimum number of workshops to be conducted including the initial workshop and follow-up sessions and plan for family engagement over time (e.g. weekly or monthly).

## 4. Prepare clear communication

Make sure invitations and explanations clearly state:

- Purpose and benefits of the workshop.
- What families can expect during the session.
- How participation will positively impact their family life.
- Both parents and additional caregivers (i.e., grandparents, etc.) are invited to and can benefit from the workshop



- Location and timing
- Possible arrangements for children (if provided)

## IMPORTANCE OF CULTURAL SENSITIVITY AND INCLUSIVE PRACTICES

A culturally sensitive and inclusive approach ensures every family feels respected, seen, and heard.

- **VALUE CULTURAL DIFFERENCES:** Encourage families to share practices and traditions from their own backgrounds.
- **LANGUAGE:** Provide materials in languages familiar to participants (including Roma dialects, if applicable) or engage with native speakers to support you in conducting the workshop. You might want to identify parents who could support you in overcoming the language barriers – invite them to co-facilitate the workshop together with you.
- **ACCESSIBILITY IN ACTIVITIES:** Ensure that activities do not rely heavily on verbal instructions. Demonstrate activities visually whenever possible. When language barriers exist, start with simple, hands-on tasks and introduce new steps gradually. Encouraging repetition, modelling, and visual cues helps children and caregivers feel confident to participate.
- **REPRESENTATION:** Propose items/materials and use examples that reflect the diverse cultures of Roma and other participating families. This way, you will ensure familiarity and representation and create a cosy environment.
- **INCLUSIVE COMMUNICATION:** Avoid assumptions about family structures, gender roles, or experiences. Use this opportunity to learn more about each family and their dynamics. Make sure you are not putting any family on the spot without checking if they feel comfortable with it.



## CHECKLIST FOR EFFECTIVE PREPARATION

To support your preparation, here's a simple checklist:

CHECKLIST	
<input type="checkbox"/>	Workshop goals clearly defined.
<input type="checkbox"/>	Invitations sent with clear details about the workshop.
<input type="checkbox"/>	Supplies and materials gathered and ready for use.
<input type="checkbox"/>	Digital materials accessible and tested (if applicable).
<input type="checkbox"/>	Cultural sensitivity considered in all materials and planning.
<input type="checkbox"/>	Clear agenda prepared, including timing for activities and breaks.
<input type="checkbox"/>	Backup plan ready in case of changes or unexpected challenges.

By thoughtfully preparing using the steps outlined here, you'll create an engaging, supportive, and responsive workshop environment. Your careful planning will greatly enhance the experience for families and foster a strong partnership with them.

## 2. Family Well-being Boxes



*In this section, you'll find everything you need to clearly understand and communicate the concept of **Family Well-being Boxes** and how they benefit families. This knowledge will support you in confidently introducing the boxes during your workshop sessions.*

### WHAT ARE FAMILY WELL-BEING BOXES?



**Family Well-being Boxes** are practical, customizable item holders containing tools, objects, materials, and gadgets, designed to support emotional health, mental well-being, and strengthen family interactions at home. They contain simple, accessible items and resources families can use together to explore feelings, build resilience, and develop effective coping strategies, through increased quality interactions.



Family Well-being Boxes can be **designed in two formats**:

- **PHYSICAL BOXES:** Tangible containers with everyday, home-based items, crafted or gathered by families themselves during workshops.
- **DIGITAL BOXES:** Electronic resources and activities available online, particularly helpful for families who have internet access or digital devices.

Families are encouraged to personalise their boxes, reflecting their unique needs, preferences, and cultural/family traditions.



#### TIPS:

*The Family Well-being Boxes can also be crafted in the shape of a cloth bag, a jar, or a basket. As long as the well-being box/container/jar/bag provides enough space for different items to be stored in one place, there are no limits to the shape the so-called well-being box can have.*

## WHAT'S INSIDE A FAMILY WELL-BEING BOX?

**There are no limits or restrictions on what the Family Well-being Boxes should include.** As long as the items promote mental health and support family members in strengthening their well-being, and increase interactions among them, there are no restrictions. Family Well-being Boxes can even be digital, but to make sure everyone can join in, we encourage choosing activities and items that don't rely too much on digital devices like smartphones, tablets, or video game consoles. *(These devices can be useful at times, but they should never replace real, face-to-face moments of connection that help families feel supported and happy.)*

The compilation of items in the well-being boxes may differ from family to family, as each box represents each family's uniqueness. For illustration and idea, some well-being boxes might include some common items, such as, but are not limited to:



- **Items for creative expression** (coloured/patterned paper, markers, stickers, crayons)
- **Objects from nature** (stones, leaves, sticks, shells) for sensory or calming activities
- **Tools for emotional regulation** (stress balls, calming jars, sensory materials, wooden emotions puzzles)
- **Activities and conversation starters** about feelings and emotional health
- **Ideas or prompts for mindfulness and relaxation exercises** (cards with breathing techniques, stretching exercises, yoga postures)
- **Musical instruments**
- **Resources for fostering family connections** (family stories, gratitude journals, family games, photos, and similar).

**In addition**, you might decide to inspire families during the workshop to create some items or gadgets that they can use at home. For example, an emotional mood tracker, or a balloon filled with sand to serve as a stress release squishy, or even a calming bottle, and similar. **Check annex A for instructions.**



## HOW DO FAMILY WELL-BEING BOXES HELP FAMILIES?

When introducing these boxes to families, explain clearly the practical benefits they offer:

ENCOURAGING COMMUNICATION	Boxes provide resources that help family members talk openly about feelings, thoughts, and experiences.
SUPPORTING EMOTIONAL RESILIENCE	Activities help families build skills to manage stress and handle challenges constructively.
STRENGTHENING FAMILY BONDS	Engaging in shared activities helps deepen emotional connections and mutual understanding among family members.
EMPOWERING FAMILIES	Families learn practical ways to nurture their mental health, reducing dependence on outside resources or experts.
FOSTERING CULTURAL PRIDE AND CONNECTION	Activities are adaptable to different cultural backgrounds, helping families express pride and explore their heritage.
PROMOTE HEALTHY ROUTINES AND RITUALS	Items and activities promote family engagement in establishing healthy routines and rituals, helping them to exercise self-care, take time for relaxation, and engage the whole family in meaningful interactions (be that just a little talk before bedtime, or a family walk in nature).

## IMPORTANT ASPECTS

### 1. Making boxes accessible to all families

It is essential to ensure every family can fully participate and benefit from the boxes. For this reason, we propose that you keep in mind the following aspects:

- **PHYSICAL ACCESSIBILITY** - Ensure materials chosen are readily available, affordable, and safe for all ages.
- **DIGITAL ACCESSIBILITY** - Offer printed versions of digital content for families without internet access or devices.
- **CULTURAL RELEVANCE** - Include culturally sensitive examples and translations of key resources into languages familiar to participating families.

### 2. Explaining the box concept clearly in workshops

During workshops, explain the Family Well-being Boxes using clear, relatable language. We propose one example of how to describe the concept, but we invite you to be creative in your explanation. You know the families the best, so you know better what language and words to use.



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*"Family Well-being Boxes are special toolkits that your family will create together. Inside these boxes, you will place everyday objects, activities, and ideas that can help your family feel calm, connected, and supported. You can use your box anytime you need to manage strong feelings, relax together, or simply enjoy quality family time."*

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### **3. Summary of key points to share with families:**

- These boxes help strengthen emotional health and family relationships through interactions.
- Each family creates its own unique box, reflecting its needs, preferences, and family traditions/rituals.
- Families can regularly use these boxes at home to build resilience and manage stress. Alternatively, your setting or group of families might choose to embark together on a shared project, such as doing specific activities on a weekly or monthly basis, keeping a journal, or engaging in similar practices to strengthen family connections and emotional well-being.

By fully grasping the Family Well-being Boxes' purpose and communicating their benefits clearly, you will enable families to confidently embrace this resource, making your workshops even more effective and impactful.

### 3. Practical tips for successful workshops



*This section provides you, as a facilitator, with essential tips to make your workshops inclusive, engaging, and effective. Each tip includes practical examples and suggestions, ensuring your workshops meet families' needs and foster a supportive atmosphere.*

#### **TIP 1: CREATE A SAFE AND WELCOMING ENVIRONMENT**

A warm and welcoming environment helps families feel comfortable and encourages active participation. Avoid formal structures and speeches, as these may bring a level of seriousness to the gathering and make families feel uncomfortable.

##### **Practical Steps:**

- Greet families individually as they arrive.
- Arrange seating in a circle or small groups to foster interaction.
- Clearly display a welcoming sign in the families' languages.
- Make sure to provide enough time/space for every family to express its opinion, share ideas and actively participate.

#### **TIP 2: ENSURE CULTURAL RESPONSIVENESS**

Respecting and integrating families' cultural backgrounds into your workshop enhances their sense of belonging. You might use children's artwork or family photos to create a cosy and welcoming atmosphere of belonging.

##### **Practical Steps:**

- Invite families to share cultural stories or traditions related to well-being.
- Incorporate culturally familiar symbols or materials into activities.
- Provide materials and instructions in multiple languages.
- Partner with families or volunteers from the community to support you in overcoming potential language barriers.

#### **TIP 3: PROMOTE EQUAL PARTICIPATION AMONG FAMILY MEMBERS**

Encourage everyone, children, mothers, fathers, and other caregivers, to actively participate in the workshop.

##### **Practical Steps:**

- Directly invite quieter family members to contribute.
- Organise activities where all family members have clear roles.
- Use inclusive language (e.g., "caregivers" instead of always saying "parents" if applicable in your language context).



- Recognise and value the potential, skills and competences that each family member brings to the workshop.

#### **TIP 4: FACILITATE MEANINGFUL INTERACTIONS**

Help families build deeper emotional connections through meaningful interactions.

##### **Practical Steps:**

- Encourage families to work together on activities.
- Include reflective questions that families discuss together.
- Allow sufficient time for families to share experiences with each other.

#### **TIP 5: ENCOURAGE ACTIVE LISTENING AND SHARING**

Active listening and open sharing help build trust among family members.

##### **Practical Steps:**

- Demonstrate active listening yourself (eye contact, nodding, asking follow-up questions).
- Encourage family members to repeat back what they heard from each other.
- Model openness by sharing simple personal examples when appropriate.

#### **TIP 6: ADAPT ACTIVITIES TO FAMILY NEEDS**

Flexibility in adapting activities ensures each family benefits fully from the workshop. Flexibility is essential. When needed, simplify activities, reduce verbal explanation, and use modelling or visual demonstration to ensure that every family can participate meaningfully.

##### **Practical Steps:**

- **Start simple and build gradually.** Begin with very concrete, short, and familiar tasks, especially when families are new to workshops or when language barriers are present. As comfort and confidence grow, gradually introduce more complex activities.
- Modify activities based on family size and type, or the age of the children.
- Offer alternative methods for families with different literacy or comfort levels.
- Provide additional support or adaptations for families facing particular challenges.

#### **TIP 7: USE POSITIVE AND INCLUSIVE LANGUAGE**

Positive and inclusive language builds a respectful and supportive workshop atmosphere.

##### **Practical Steps:**

- Avoid negative or judgmental phrases (replace “wrong” with “different”).
- Use inclusive terms (“everyone,” “family member”) rather than gender-specific ones.



- Praise participation effort rather than focusing on outcomes.

#### **TIP 8: PROVIDE CLEAR INSTRUCTIONS AND EXAMPLES**

Clear instructions reduce confusion and enhance family engagement.

##### **Practical Steps:**

- Explain each activity clearly, step by step. You might also want to model one example on how to do certain tasks/things, as an illustration, not as a desired outcome.
- Check frequently for understanding, asking families if they have questions.
- Use short, simple instructions and demonstrate tasks visually instead of explaining them verbally. Begin with very concrete and familiar actions, and gradually introduce additional steps or more complex tasks as families gain confidence and comfort.
- Allow plenty of time for observation, imitation, and repetition.

#### **TIP 9: ALLOW FLEXIBILITY AND CREATIVITY**

Encourage creativity to let families personalise their Family Well-being Boxes. Make sure they do not feel limited or restricted in their creativity. In case they struggle, support them in offering a variety of solutions on how to create and decorate their box.

##### **Practical Steps:**

- Provide a variety of materials and options.
- Encourage families to use personal or culturally meaningful items.
- Clearly communicate that there are no “right” or “wrong” ways to create their boxes.

#### **TIP 10: GATHER AND INTEGRATE FEEDBACK REGULARLY**

Feedback helps you continuously improve workshops and meet family needs more effectively.

##### **Practical Steps:**

- Conduct a brief feedback activity at the end of the workshop (short verbal reflection, anonymous notes, or quick surveys).
- Ask families specifically what they found helpful and what could be improved.
- Use the collected feedback to adjust future workshops.

*Check the annex B for a sample feedback activity.*



## 4. Workshop implementation steps



*This section outlines practical, step-by-step instructions to help you organize and implement your family workshops successfully. Follow this guide to ensure a structured, smooth, and meaningful experience for all participating families.*

### STEP 1: WORKSHOP PREPARATION

Good preparation will enable you to focus more fully on supporting families during the workshop itself. We know that you have ample experience in running workshops with families, still, we would like to support you in your planning so that you feel prepared and in control of conducting the workshop.

Let's start with a **Checklist for preparation**, which should remind you of some of the important elements to keep in mind when preparing for the workshop.

#### VENUE

1. Choose a welcoming, comfortable, and accessible space.
2. Arrange seating to encourage family interaction (circles or small groups).
3. Ensure there is sufficient lighting, ventilation, and a comfortable temperature. If the weather allows, you might use playgrounds or community spaces to run the workshops outdoor.

#### TIMING

4. Schedule workshops at convenient times for families (e.g., weekend mornings or early evenings).
5. Keep duration between **1.5 and 2 hours** to maintain energy and engagement.

#### MATERIALS (examples of what to prepare):

6. Boxes or containers (shoeboxes, decorated cardboard boxes, or simple bags)
7. Craft supplies (markers, stickers, glue, scissors, paper)
8. Natural items (leaves, stones, twigs, shells)
9. Sensory materials (fabric scraps, stress balls, playdough)
10. Activity instructions clearly printed in multiple languages (as applicable)

#### DIGITAL RESOURCES (if applicable):

11. Prepare and test digital links or QR codes for online activities.
12. Ensure that digital activities have clear, simple instructions.
13. Have a backup of printed copies of digital resources.



## STEP 2: STRUCTURING YOUR WORKSHOP (SAMPLE AGENDA)

Below is a practical example of how you can structure your workshop (suggested duration 1 hour 45 minutes) :

Time	Activity	Notes
10 min	Welcome & Introduction	Warm greeting, brief introduction of the session's purpose.
15 min	Ice-breaker & Family introductions	Simple activity to help families feel comfortable (e.g., quick round of sharing something they enjoy doing together).
10 min	Explanation of Well-being Boxes	Clearly explain the concept, benefits, and content of boxes. Use visual examples.
45 min	Main activity: Creating the boxes	Families create their boxes using the provided materials ( <i>or the ones they bring themselves, if agreed</i> ) and personalised items. The facilitator circulates, providing encouragement and support.
15 min	Sharing & Reflection	Families voluntarily share their boxes or experiences. Ask reflective questions (e.g., "How might you use this at home?").
10 min	Feedback and Closing	Brief feedback session, gathering family reflections. Close warmly, highlighting their contributions and next steps.



## 5. Activities to include in workshops

Some of you might decide that, **in addition** to creating family well-being boxes, you also want to provide other creative activities in which families can engage to prepare some of the items they could use within the concept of the Family Well-being Box. We strongly encourage you to ensure that each additional activity is clearly outlined, structured uniformly, and includes:

- Objective
- Time needed
- Materials required (with alternatives if resources are scarce)
- Step-by-step instructions
- Adaptation for different ages/family sizes
- Reflection questions for families
- Optional: visual examples or photo references

Here we propose a set of **suggestions**:

### 1. **TELL ME THE STORY** | Helping children make sense of difficult experiences

**Goal:** To help children process and understand challenging or painful experiences by engaging both the left and right hemispheres of the brain through storytelling. The activity supports emotional regulation, builds connection between parent and child, and encourages children to make sense of what happened using language and emotion.

**Time needed:** 20–40 minutes (can be extended or split into parts depending on the child’s readiness and engagement)

#### **Materials required:**

- Comfortable space to sit or play
- Optional - drawing paper, markers/crayons
- A quiet activity to do together (e.g., building blocks, card game, or car ride)

**Recommended for:** Parents with children aged 3-7

### 2. **MOVE IT TO SOOTHE IT** | Calming frustration through playful movement

**Goal:** To help children release built-up frustration and restore emotional balance through physical movement. The activity supports emotional regulation by using the body to positively influence brain chemistry and reestablish a sense of control and calm.



**Time needed:** 10–15 minutes (can be adjusted based on the child’s needs and energy level)

**Materials required:**

- Open space (living room, backyard, hallway)
- Optional: music speaker for upbeat songs
- Optional props: scarves, soft balls, pillows, or yoga mats

**Recommended for:** Parents with children aged 3-7

**3. SOFT HUG PAUSE** | Connection and calm at home

**Goal:** To help parents support their children in calming down during moments of overwhelm or strong feelings while strengthening connection, using a simple, warm practice that teaches emotional regulation in a safe, loving way.

**Time needed:** 3–10 minutes (can be used whenever your child feels upset, angry, or restless)

**Materials required:**

- A couch, a blanket, or a corner with pillows

**Recommended for:** Parents with children aged 2.5–7

**4. MUSIC CONNECTION PAUSE** | Singing and movement for calm and bonding

**Goal:** To help parents create warm, playful moments of connection with their child while supporting emotional regulation and physical movement, using simple songs and gentle actions as part of everyday routines.

**Time needed:** 5–10 minutes (can be used in the morning before leaving home, after returning from kindergarten, or during evening wind-down)

**Materials required:**

- A song the child likes, such as a lullaby, a playful clapping song, or a finger-play rhyme

**Recommended for:** Parents with children aged 2–7

**5. WE ARE COMMUNITY** | Child involvement in household life



**Goal:** Promote children’s sense of competence, self-regulation, and self-esteem by meaningfully involving them in family life. Encourage emotional expression, decision-making, and cultural connection through everyday participation and playful routines.

**Time needed:** flexible – woven into daily routines

**Materials required:**

- A small journal or paper for drawing and writing
- Materials for decorating a personal space (e.g. posters, safe paint, string, paper)
- A dedicated space in the home or courtyard for free expression and play
- Music (traditional or favourite songs), instruments or DIY instruments
- Family stories, photos, or objects with cultural significance
- Toys and materials of the child's choosing

**Recommended for:** Parents with children aged 3–6

**6. STORY PLAY** | Expressing through self-directed storytelling and role-play

**Goal:** Empower children to express and process experiences through self-directed storytelling and role-play. Support emotional development, creativity, and confidence by allowing children to lead play while adults follow with empathy and respect.

**Time needed:** 30–45 minutes (can be extended or repeated)

**Materials required:**

- Costumes, scarves, hats, or props (optional)
- Natural or everyday items for setting up a scene (e.g. pillows, chairs, cardboard, leaves, boxes)
- A quiet indoor room, courtyard, or park space
- Simple decorations (fabric, drawings, signs, lights—optional)

**Recommended for:** Parents with children aged 3–6

**7. STORYTIME** | A time for bonding

**Goal:** Strengthen emotional literacy, empathy, and parent-child bonding through shared storytime and reflective questions.

**Time needed:** 10 minutes (can be extended or repeated)



**Materials required:**

- A children's book featuring emotions/themes
- Optional: puppets or emotion cards (happy, sad, mad, calm)

**Recommended for:** Parents with children aged 3-6

**8. COLOURS OF MY DAY** | Predictable routines and emotional reflection

**Goal:** Support mental health through predictable routines and emotional reflection, helping children feel secure, heard, and in control of their day.

**Time needed:** 15–30 minutes (can be extended or repeated daily)

**Materials required:**

- Paper (plain or a printable template with a circle divided into 4–6 parts)
- Crayons or markers
- Optional: stickers for faces/emotions (happy, sad, tired, excited)

**Recommended for:** Parents with children aged 3-6

**9. MY PROUD STAR** | A Celebration of Strengths

**Goal:** Support children's self-esteem, emotional awareness, and positive identity development by encouraging daily reflection on their strengths, accomplishments, and kind actions. Build a family or classroom tradition of appreciation and affirmation.

**Time needed:** 15–30 minutes (can be extended or repeated daily)

**Materials required:**

- Star template (drawn or printed)
- Crayons, markers, pencils
- Scissors
- String or tape (optional, for hanging)
- A visible space (wall, fridge, board, etc.) for display
- Optional: stickers for faces/emotions (happy, sad, tired, excited)

**Recommended for:** Parents with children aged 3-6



## 10. WELLBEING BINGO | Everyday Acts of Kindness and Care

**Goal:** Promote children’s social-emotional development, self-awareness, and connection with others through playful daily actions that support wellbeing. Encourage healthy habits, kindness, movement, rest, and positive self-talk in a fun, family-friendly format.

**Time needed:** Flexible – over one day or one week

### Materials required:

- Printable Wellbeing Bingo card (or draw your own grid on paper)
- Crayons, stickers, or stamps for marking boxes
- Optional: small rewards or celebrations for full rows/columns
- A place to display the bingo card

**Recommended for:** Parents with children aged 3-6

## 6. Piloting family well-being boxes

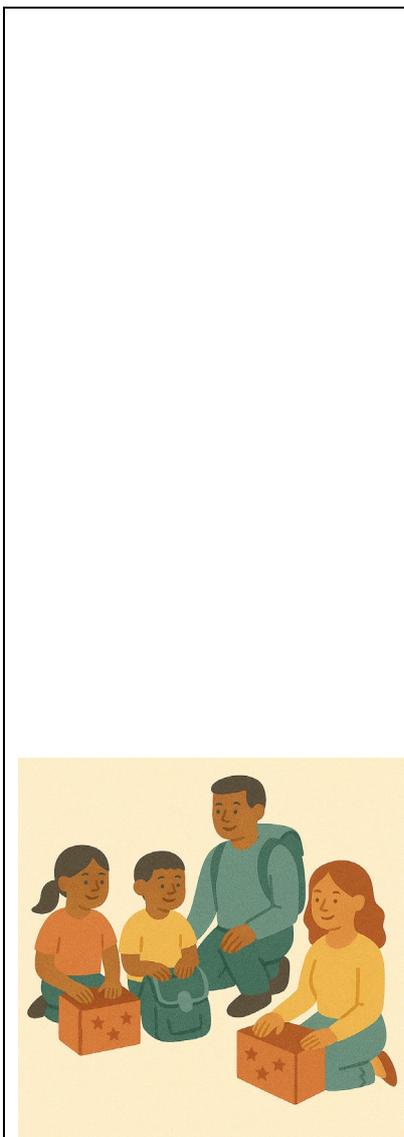
There could be several different scenarios for piloting the Family Well-Being Boxes based on the community context and the families’ needs.

In communities where children face language barriers or where families have limited experience with structured activities, the piloting phase should begin with very simple, concrete actions. Over time, additional activities, reflection prompts, or new items can be introduced gradually. This step-by-step approach supports confidence, inclusion, and sustained engagement.

Below are detailed practical examples and ideas of different ways you can choose from, or combine. Still, you are also very much encouraged to design your way of piloting the Family Well-Being Boxes. For inspiration, here are a few ideas and options:

	<p><b>1. INDIVIDUAL PACE FOR EACH FAMILY</b></p> <ul style="list-style-type: none"><li>• Families receive their boxes and use them independently at their own pace.</li><li>• Useful when families have different schedules or varying comfort levels in group settings.</li></ul> <p><b>Recommended duration:</b> 4–6 months.</p> <p><b>Role of facilitator/teacher:</b></p>
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	<ul style="list-style-type: none"> <li>● Providing a clear explanation and demonstration of the box contents and possible activities.</li> <li>● Regular check-ins with brief conversations or messages, offering encouragement and discussing their experiences. Use these instances to collect feedback about how families are experiencing the boxes.</li> <li>● Encouraging families to reflect and document their use of the box at their comfort level. If needed, provide simple journals.</li> </ul>
	<p><b>2. GROUP INITIATIVE (SHARED ACTIVITIES)</b></p> <ul style="list-style-type: none"> <li>● Families receive boxes and complete a selected set of activities (two activities are selected to focus on) together over the same timeframe.</li> <li>● Encourages peer support, group reflections, and shared learning.</li> </ul> <p><b>Recommended duration:</b> 3–4 weeks.</p> <p><b>Role of Facilitator/Teacher:</b></p> <ul style="list-style-type: none"> <li>● Communicating the schedule and selected activities, ensuring everyone knows expectations and timelines.</li> <li>● Facilitating regular group meetings or online check-ins to encourage sharing experiences, successes, and challenges among families.</li> <li>● Encouraging group interactions, peer reflections, and mutual encouragement to enhance the feeling of belonging and collective learning.</li> <li>● Leading structured reflective discussions to capture insights from group experiences and collect collective feedback.</li> </ul>



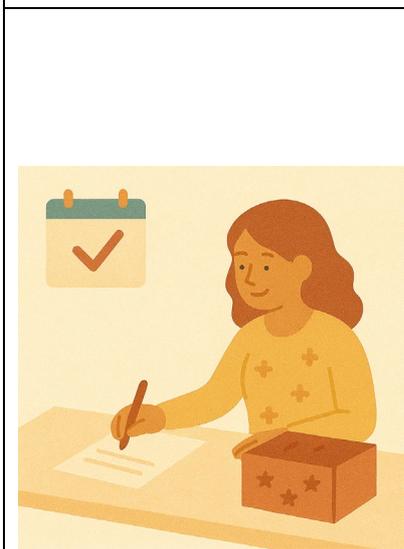
### 3. WEEKEND AWAY BACKPACKS

- Families receive specially prepared backpacks or boxes with specific items and tasks to complete during a weekend.
- Effective for providing intensive, focused engagement in family well-being activities.

**Recommended duration:** 1–2 weekends.

**Role of Facilitator/Teacher:**

- Clearly explaining the tasks included in backpacks, highlighting the benefits of intensive, dedicated family time.
- Providing written or visual instructions for each activity to ensure families feel confident engaging independently.
- Ensuring families know you’re available (by phone or messaging) for quick support or clarifications over the weekend if needed.
- Facilitating a reflective session afterward, allowing families to share their weekend experiences and discuss how these could influence their regular routines.



### 4. TASKS OF THE WEEK

- Families receive weekly tasks or prompts, guiding the use of their Family Well-being Boxes.
- Maintains consistent family engagement and helps establish routines.

**Recommended duration:** 6-8 weeks, with simple weekly check-ins and reflections.

**Role of Facilitator/Teacher:**

- Clearly communicate the weekly tasks through simple messages, visual prompts, or reminders.

	<ul style="list-style-type: none"> <li>● Scheduling brief weekly conversations or digital check-ins to encourage families, track their progress, and provide guidance.</li> <li>● Continuously motivating families through praise and recognition of their ongoing engagement and efforts.</li> <li>● Providing simple, structured reflection questions each week to collect consistent feedback and maintain engagement.</li> </ul>
	<p><b>5. COMBINING APPROACHES</b></p> <p>You can also combine these scenarios, such as starting with a weekend away backpack to launch the process, followed by tasks of the week, allowing families to establish sustainable routines and habits. Feel free to use the pick-and-mix approach to meet the needs and realities of the contexts you operate in.</p> <p><b>Role of Facilitator/Teacher:</b></p> <ul style="list-style-type: none"> <li>● Clearly explaining how different approaches will complement each other, supporting families' understanding of how each element builds on previous experiences.</li> <li>● Adapting your support style to match each component (e.g., intensive weekend support followed by more consistent weekly guidance).</li> <li>● Paying special attention to how families transition between scenarios (e.g., from intensive weekends to weekly tasks), and offer extra encouragement during these shifts.</li> <li>● Collecting feedback at each stage to understand clearly how each approach contributes to family well-being, making necessary adaptations throughout the pilot.</li> </ul>

**DOCUMENTING THE PILOTING PROCESS**



Documenting the piloting helps families reflect on their experiences and gives you valuable insights. When documenting the pilot process, it's important to adapt the approach to each context. Choose methods that match families' needs, literacy levels, and available resources so that everyone can participate meaningfully. The goal is to make documentation easy, inclusive, and relevant for all families.

Provide families with practical and easy-to-use templates to document their journey:

- **Family photo or drawing diary:** Families can take photos or make drawings representing their experiences and use these visuals during reflective sessions.
  
- **Family reflection journal:** A simple booklet where families note experiences after each activity or weekly use. *Example prompts:*
  - *What activities did we try?*
  - *How did the activities make us feel as a family?*
  - *What did we enjoy most? Why?*
  
- **Weekly reflection worksheets:** Short worksheets completed at the end of each week. *Example questions:*
  - *This week we felt better when...*
  - *We faced challenges with...*
  - *We want to continue using...*

## FEEDBACK AND EVALUATION TOOLS

Collecting feedback helps you understand the impact of the boxes and identify necessary adjustments. Consider these simple yet effective feedback tools:

- **Family feedback forms:** Short questionnaires to collect clear, concise responses. *Example questions:*
  - *Which items or activities helped your family most? Why?*
  - *Were there any activities or items you did not use? Why not?*
  - *What improvements would you suggest for future families?*
  
- **Reflection circle or group discussions:** Facilitated conversations where families openly share experiences, discuss strengths and challenges, and provide verbal feedback.



- **Quick Feedback Activities:** Short and engaging activities such as:
  - "Two stars and a wish" (two things families liked, one thing they wish to improve)
  - *Simple visual rating scale* (families place stickers or marks to show satisfaction or engagement levels)
- **While collecting feedback make sure to collect information on who the participating family members are (mothers, fathers, aunts etc...) and how many members participate.**

*Example chart for data collection of family demographics*

List of family members	Number of family members
Mother	1
Father	0
Grandmother	2
Siblings	5

*Check the Annex C for samples.*

#### **Incorporating feedback:**

After collecting feedback, take practical steps to enhance your Family Well-being Boxes:

- Identify common themes in the feedback.
- Clearly summarise areas that worked well and areas needing improvement.
- Make practical adjustments (e.g., clearer instructions, changing or adding items, improving accessibility).
- Share how family feedback influenced improvements, reinforcing their valuable contributions.



## Annexes

### ANNEX A

#### Home-made gadgets

##### *1. Emotional Mood Tracker*

**Goal:** Track your emotions and recognise patterns in how you feel.

**Materials:**

- Paper or printable mood chart
- Markers, crayons, or coloured pencils
- Stickers (optional)
- Ruler (optional)

**Steps:**

1. Fold a sheet of paper in half.
2. On the front, title it “My Mood Tracker.”
3. Inside, create a grid: one row for each day of the week and one column for different moods (e.g., Happy, Sad, Angry, Excited, Tired, Anxious).
4. Pick a colour for each emotion.
5. Each day, colour in the square that matches how you felt most that day.

**Tip:**

Add a little emoji face next to each mood to make it more fun!



## 2. Sand Stress Ball

**Goal:** Create a squishy stress ball to squeeze when you feel overwhelmed.

**Materials:**

- Balloon (11" or 12" size works best)
- Dry sand or flour
- Funnel (or make one from paper)
- Spoon
- Marker (optional for decorating)

**Steps:**

1. Stretch your balloon to loosen it up.
2. Place the funnel into the balloon's neck.
3. Use the spoon to slowly pour sand or flour into the balloon.
4. Fill until it's about the size of a tennis ball.
5. Tie the balloon tightly to seal it.
6. Decorate with a face or calming words if you like!

**Tip:**

Use two balloons for extra strength — cut the neck off one and stretch it over the filled balloon.

## 3. Calming Glitter Bottle

**Goal:** Watch the glitter swirl to calm your mind and body.

**Materials:**

- Clear plastic bottle with lid
- Warm water
- Clear glue or glitter glue
- Glitter (any colour)
- Food colouring (optional)
- Super glue (to seal)

**Steps:**

1. Fill the bottle halfway with warm water.
2. Add 2–3 tablespoons of clear glue.
3. Sprinkle in glitter — go wild with colours!
4. Add a drop or two of food colouring if you like.
5. Fill the rest with water, leaving a small gap at the top.
6. Close the lid tightly — glue it shut if needed.
7. Shake it up and watch the glitter fall.

**Tip:**

Try using different-sized glitter for a slower, mesmerising effect.



## ANNEX B

### SAMPLE FEEDBACK ACTIVITY FOR WORKSHOPS

#### Goal:

Gather meaningful feedback while ending on a reflective note.

#### Materials:

- Strips of paper or index cards (2–3 per participant)
- Pens or markers
- Stickers or stamps (optional)
- A large decorated envelope, jar, or box labelled: “Workshop reflections” or “Our family voices”

#### Instructions:

1. **Welcome the moment (1–2 min):**

Say something like:

*“Before we say goodbye, let’s share a few thoughts about today. What you write will help us grow and celebrate what we’ve done together!”*

2. **Distribute materials (1–2 min):**

Give each participant 2–3 paper strips or index cards.

3. **Prompt writing (5 min):**

Ask them to respond to any of the following prompts:

- *“One thing I learned today is...”*
- *“My favorite moment was...”*
- *“I want to try this at home...”*
- *“I’d suggest next time...”*

4. **Drop it in (2 min):**

Ask everyone to **place their notes in the shared ‘Workshop Reflections’ box or jar** on the way out.

5. **Optional share-out (3–5 min):**

Invite 2–3 family members to read one of their cards aloud if they feel comfortable.

#### Additional tip:

Next to the “Workshop Reflections” box, place a simple smiley face chart with three columns:

- 😊 Loved it!
- 😊 Liked it
- 😊 It was okay

Let each family place a sticker to vote anonymously before leaving.



## ANNEX C

### FEEDBACK AND EVALUATION TOOLS SAMPLES

#### 1. FAMILY FEEDBACK FORMS

**Goal:** Understand how families used the boxes, what worked well, and what could be improved.

**Format:** Short, 3–5 questions max. Include open-ended and optional checkboxes.

**Sample questions:**

**1. What item or activity helped your family most? Why?**

- Mood Tracker
- Calming Bottle
- Yoga activities
- Reflection Prompts
- Other: \_\_\_\_\_

*Why did this work well for your family?*

**2. Were there any items or activities you didn't use? Why not?**

- Didn't interest us
- Too difficult/confusing
- Not enough time
- Other: \_\_\_\_\_

*Comments:*

**3. Have you used the box together as a family?**

- Yes, often
- Sometimes
- Rarely
- Not yet

**4. What changes or additions would make the well-being box more useful at home?**

(Open-ended)

**5. If you could tell another family one thing about using the box, what would it be?**

(Open-ended)

**6. How much did the box help your family feel more connected or calm?**

- Not at all    A little    Quite a bit    A lot

**Optional:** Would you continue using the Family Well-Being Box in the future?

- Yes    Maybe    No

#### 2. REFLECTION CIRCLE OR GROUP DISCUSSION

**Goal:** Facilitate deeper sharing of how families used their boxes and what impact they noticed.

**Facilitation tips:**

- Use a talking object (e.g., soft ball or wooden token) to ensure one speaker at a time.
- Keep the tone light, respectful, and non-judgmental.
- Aim for each person to share at least one thing.



**Sample reflection prompts:**

- “Can you share a moment when your family used something from the box?”
- “What surprised you about how your child/another family member used it?”
- “Was there anything in the box that really made a difference on a hard day?”
- “What would you add or change if we made a new version of the box?”

**3. QUICK FEEDBACK ACTIVITIES**

**Goal:** Easy and accessible evaluation for each family member on the use of the box.

**"Two stars and a wish"**

**Instructions:**

- Give each participant 3 sticky notes (or paper stars).
- On two stars, write or draw:  
 “One thing we used that really helped...”  
 “Something we loved doing together...”
- On one wish:  
 “One thing we wish was different or better...”
- Stick them to a shared “Family feedback wall.”

**4. MAPPING IMPROVEMENTS BASED ON FEEDBACK**

**Goal:** Analyse collected feedback and visually map concrete enhancements.

**Instructions:**

- 1. Gather and sort responses:**  
 Collect feedback from forms, activities, and discussions. Group into themes (e.g., enjoyed items, barriers, improvement ideas).
- 2. Use a visual map or table:**  
 Create a board or document like in the example below.
- 3. Review regularly:**  
 Revisit the map together with families to inform changes and showcase progress.

What Families Said	Our Takeaway	Next Steps / Actions	By When?
<i>“The calming bottle glitter gets stuck at the bottom.”</i>	Glitter may be clumping — needs consistency	Try new recipe: less glue, use warm water	Next workshop
<i>“We didn’t use the emotion cards much.”</i>	Families need support to use them confidently	Add printed cards with visuals and simple explanations	Next gathering
<i>“We used the box more when it was left in the kitchen.”</i>	Visibility affects use	Suggest placement tips to families	Next workshop
<i>“The stress ball broke quickly.”</i>	Balloons were too fragile	Use thicker balloons or a double-layered approach	Immediate
<i>“We want to decorate our own box!”</i>	Families enjoy personalisation	Include a mini decoration kit in future boxes	Next workshop





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