MY HOME IS MY CASTLE
Daily Routines for Children during Lockdown

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I don’t wish you all sort of gifts,
I just wish you what most people don’t have:
I wish you time.

Elli Michler (1987)
BRIEF INSTRUCTIONS FOR FAMILIES

Keeping children entertained at home for an indefinite period of time could lead to high levels of stress.

As responsible adults, we need to find a way to transmit calm and tranquility.

We have to deal with our own as well as others’ rational fear and anger and the problem arises at a time when those feelings take over.

Recognising our feelings is the first step, the second step is expressing them and asking for space and time if needed. It is a challenge for many adults to do this, and we can hardly expect our children to manage this level of emotional regulation without guidance.

We need to remember at all times that we are the mirror in which our kids see themselves. The way our children deal with a situation will depend on how we ourselves react to that situation.

As role models, we don’t have to suddenly become activity organisers or craft masters for ten hours a day. Many of us will have to combine teleworking and family life, but we should avoid keeping our children entertained with TV or video games to stop them from claiming our attention. We’ll have to work on finding a balance!

We could give you a whole set of resources, but the internet is a wonderful window that brings us closer to a world of other people’s creative ideas that have already been published. We want to focus on trying to help you by giving some balance and structure to every day.

We invite you to create a playful environment for your children to complete their “tasks”, which as you’ll see can be adapted to each family according to your own personal interests, resources, and time.

This tale is an open invitation for you to dive into the internet... You will find children’s meditation and relaxation sites, dance tutorials, exercise routines, recipes adapted to young ages, simple crafts with paper, cardboard, milk bottles...

Fortunately, we have everything online! We’ll just need to dedicate some time to research, and time is exactly what we have now been given.
INSTRUCTIONS

1.- Stories are alive, they travel, flying around into every nook and cranny. This is exactly how this story has reached you as well.

2.- Stories are meant to be told. They are an exceptional tool to foster bonding with children, so your first step is to get into the role of a storyteller. The key is enthusiasm!

3.- Show the pictures as you read the story to help your children understand the language of images. Remember that stories are told with more than just words. The first thing children learn to read are faces, then drawings.

4.- If your children are older, you may choose to turn the story into an interactive game by asking them what skill they think will be developed with each type of activity. This way they will understand that a healthy development isn’t just about school tasks.

5.- Remember that these are merely suggestions to promote balanced daily routines. Feel free to mould and adapt them to your interests, ages, available space, material resources... Every home is a castle and each child is unique!
Once upon a time...
A long, long time ago, in a land far away, people realised that jobs and responsibilities robbed them of too much of their time.

People passed each other quickly in the street, some hardly even saying hello.

The streets were full of smoke and you could barely get around.

The houses were empty all day, and when people arrived home at night, all they had time to do was go to bed and sleep.

Legend has it that perhaps this is why a strange virus began to emerge.

The wisest minds of the town got together and they decided that they would play a game of hide and seek to defeat the virus.
Everyone stayed in their houses, believing that if they weren’t seen on the street, in the end the virus would go away and everything would go back to normal.

Elderly people were very careful when they went out to buy food. They disguised themselves with gloves and masks to avoid being recognised and ran home so that the virus wouldn’t see them.

Children had to work very hard.

This was the first time they all had to fight together, each and every one of them from their own castle. They were told that to complete their training they would have to pass 10 tests every day.

Would you like to know what they are?
1. Wit training.

With exercises that stimulate your brain, where you have to think and reflect to find the solution: doing puzzles or playing memory or guessing games.

Some chose to play Maths games, adding and subtracting everything they saw at home. Others preferred to solve mystery problems using logic.

That’s how they became more and more clever every day.
2. Teamwork training

Helping with household jobs: sweeping, dusting, and tidying. But they also played board games, card games, and construction games with adults.

That’s how they became more and more independent every day.
3. Care training

Calling a special person on the phone every day to tell them how your day has gone and asking how their own training is going.

Everyone has different people who are special: grandparents, aunts, uncles, cousins, friends, neighbours...

That’s how they became more and more caring every day.
4. Creativity training

Writing stories or poetry, drawing or doing crafts with recycled materials.

For this, each boy and girl had to search their castle and make the most out of everything they found.

That’s how they became more and more creative every day.
5. Zen training

Closing your eyes and listening to relaxing music or stories of the elderly. This is how you imagine the infinite places they have traveled to where the sea is calm.

Nap time is the best time for this test.

That’s how they became more and more calm every day.
6. Body training

With physical exercises, dances, and choreography that you could do at home by watching videos or playing games like skipping rope in the garden or doing cartwheels in bed (always with adult supervision).

That’s how they became stronger every day.

Washing your hands with soap before and after eating, like usual, but now before and after playing and training too.

And at the end of the day, a good shower! (tell them that the virus doesn’t like children who smell good)

That’s how they became cleaner every day.
8. Healthy eating care.

Learning how to cook new recipes, preparing food for the adults to cook, trying new flavours.

That’s how they became healthier every day.
9. Emotional care

Writing, drawing, or talking about your favourite moment of the day, then about when you felt the most angry, sad, or afraid.

Every day they wrote and talked to the adults about these four important emotions, and that’s how they made their emotional diary.

How many emotions do you know?

That’s how they became more and more sensitive every day.
10. Rest care

Going to bed at their usual time, maybe a little later. Some read their favourite book or story until they were tired and they fell asleep. Others listened to the stories that mum or dad read to them.

That’s how they became prepared to get back to their training every day.
Legend has it that the virus left and that nothing was ever the same again.

Because even though they had to go back to their jobs and responsibilities, inside they had become better people...

And that’s how the children made the world a better place.
Give it a try and complete the puzzle every day!

Thanks for staying home.
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Curiosity and concern have lead this artist to many art forms, such as illustration, portraiture, graphic design, tattooing, and even music. Her work involves visually strong and clear designs, as well as metaphorical images loaded with social criticism and personal concerns.
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Other books by the authors

La Casa del Mar en Calma

caminares