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Family Friendly **SPORT**

GUIDELINE FOR FACILITATING INTERGENERATIONAL DIALOGUE AT FAMILY FRIENDLY SPORT ACTIVITIES



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INTRODUCTION

A. What is FFS all about?

a. Family Friendly Sports is...

Family Friendly Sports (FFS for short) is everything that the term reveals word-by-word, and a lot more behind the obvious. It is about bringing together families and offering them the opportunity to enjoy together the numerous benefits of sports activities and spending some entertaining time together, while improving their



physical and mental status. Everyone could be benefited from their participation in such activities: the children on one hand and their family members on the other. Speaking of whom, they could be parents, relatives, friends, carers or any other guardian who is in charge of supporting a child in a family sense.

People say that “*a family that plays together, stays together!*” and this should not be mis-considered as an oversimplified conception. Speaking more concretely, participating in some sport activity as a family, does not only offer the self-explanatory health benefits of any physical exercise, but also helps the family develop strong bonds between the members, by:

- **Building common memories** - which sets the basis for emotional stability and inner development.
- **Allowing intimacy and meeting one's emotional needs** - “fighting” for a common cause allows family members to come closer, support each other, share emotionally rich moments and express their feelings to one another.
- **Creating family togetherness** - sharing is caring and this does not only apply to materials and services, but also to shared moments - in FFS case, wins and losses and effort and hard group work.
- **Building a sense of belonging** - feeling a sense of community with one's family members, feeling secure and safe in one's “family team” reflects to real life, exactly as it does in the sports field.
- **Opening up the communication lines** - participating in FFS activities, encourages the family members to open communication and find new ways to express themselves.

- **Facilitating the healing process for any relationship struggle** - releasing stress, overcoming grudges, promoting cooperation towards a common goal is helping members to let go of any dark emotions and helps in conflict resolution.
- **Supporting the children's social and emotional development** - growing with the out-of-the-box involvement of one's family, experiencing different moments and having one's guardian lead by example, supports the child's well-being and multidimensional development.
- **Learning new skills cooperatively** - it is definitely special to learn something new along with your family and share this experience of improving one's skills and capacities together with their most beloved ones.

And the list can keep on growing bigger and bigger - who could doubt this? But is it only the children and their families the beneficiaries of such an initiative? What about sports clubs? Why would they bother including FFS activities in their regular sports programs? Let's share a few ideas...

b. Why enter the FFS world?

To be reading this very Guide, it is almost certain that you belong to a sports club which already recognizes the benefits of involving family friendly sports activities in their strategic plan, but a little reminder would never harm - would it? 😊

The advantages in entering in a FFS mode are numerous for any sports club open-minded enough to explore this world. If we were to list them, though, the most important of those would be:

- Increasing its popularity in their target groups and becoming more attractive and intriguing.
- Overcoming competition with other sports clubs, as it opens up a whole new world to their target groups which would be totally interesting to explore.
- Proving that the FFS club provides high quality services which distance themselves from the conventional interpretation of sports.
- Offering high reputation and acknowledgment in the general public, as these special services can be a matter to be discussed and thrive in the word-to-mouth process.
- Becoming a source for future club members of different age groups and therefore enlarge the activity range of the club, as well as the financial reflection such an openness could offer.

- Catching the attention of relevant stakeholders to cooperate and -why not- invest in a club which undoubtedly brings wide social impact to the community through its FFS initiatives.

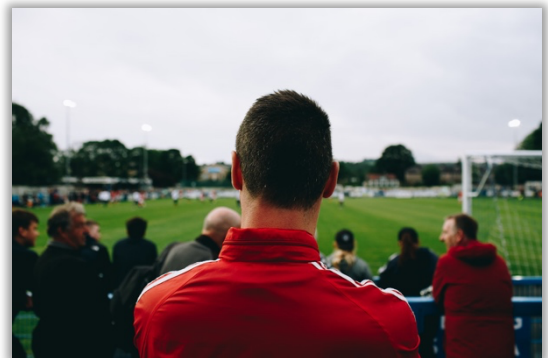
We are pretty sure that this short overview of only a few of the numerous benefits you could get from applying FFS in your sports clubs are more than enough to power up your mood. However, if you are still having some reservations and you do not feel sure about why and how you should enter the FFS world, we would advise you to take a look at our guide “INTRODUCING FAMILY FRIENDLY SPORT ACTIVITIES AT YOUR SPORT CLUB” and find your answers!



B. Numbers never lie!

a. How often do sports clubs offer FFS opportunities?

Although the advantages of FFS are uncountable for everyone involved in this process, whether it is children and families or the sports clubs themselves or the bigger community as the final receiver of change and improvement, apparently the number of organized sports clubs that actually involve such activities in their program on a regular basis, allows



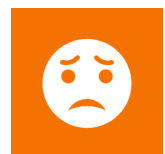
a lot of space for improvement. Within the framework of the project “Family-friendly Sports”, financed by the Erasmus+ programme of the European Union (under which this Guide is also conducted), the statistical research “Capacity of Sports Clubs For Family Friendly Practices” has been conducted, with the involvement of almost 70 sports clubs from four different European countries: Spain, North Macedonia, Serbia and Greece, which showed strong interest in family-friendly activities. The main goal of the research was to learn more about the capacities of sports clubs to implement family-friendly activities and practices. According to the data collected in this research, there is still almost a 45 % of the respondents who either implement some random FFS activity once per year, or they do not implement any FFS activity at all. Despite this somewhat disappointing result though, the research has shown that sports clubs are very willing to incorporate FFS activities in their programs even more

(either by organizing them as coordinators or participating jointly with other clubs), as around 45% of them rated their interest as very high and another 48% moderate to high. This information proves that sports clubs in general appear to have a positive approach to the FFS world which is constantly growing and gaining more followers!

b. Which challenges do guardians face as individuals?

Although we have discussed the benefits and advantages of FFS activities for all target groups, it is rather important to also acknowledge that the most delicate and sensitive target group here is guardians - family members. It is not only about the long distance they may have developed with physical activities while growing up due to the hectic adult life and day-to-day time consuming responsibilities, but also the emotional and practical restraints they might feel when invited to rejoin. To be more precise, some of those weak points could be:





- **lack of time** - being overloaded with many tasks and heavy responsibilities in everyday life (either of professional or household and family nature), adults suffer from time shortage throughout the day and their participation in some entertaining sports initiative appears to be a luxury they cannot afford.
- **lack of interest** - as a second consequence of the hectic lifestyle, when adults are so overburdened with must-do tasks, they appear rather reluctant to add an extra “must” to their daily program. Therefore, they are often reluctant to invest time and effort in some additional direction.
- **cost of activities** - finances are every adult’s nightmare, and who could blame them? Therefore, getting involved in some extra activity that might somehow affect the family budget, is definitely a decision that needs extra thought.
- **social anxiety** - the more we grow up, the merrier we are fearful of what “the world will say”. Definitely, entering the sports arena after many years of absence, brings up a little fear of exposure, as well as stressful thoughts about whether or how one will be criticized.
- **lack of opportunities and initiatives** - either it is lack of promotion by the providers or lack of interest to search for opportunities by adults, the latter may face some hard times finding the right place, the right time and the right chance to be involved in FFS activities.



Yes, these challenges you should always keep in mind and take into consideration when planning and organizing your next FFS initiative, however everything can be resolved! And this Guide will show you how to help guardians - family members get rid of many of those reservations!

c. Which hardships do sports clubs struggle with in FFS?

It appears, though, that guardians are not the only ones facing some difficulties when trying to enter the FFS world. Sports clubs also have to deal with their own challenges, as it normally happens in any new, unknown initiative, let alone one which combines children and adults at the same time! Some of those hardships, are related to:

- **practical difficulties** - such as financial barriers, time limitations in training hours, lack of suitable and available sports facilities and adequate equipment etc. 
- **lack of interest from the target groups** - especially the adults, provided that children and young athletes are their main target group per se, and are anyway involved in their other regular sports activities. 
- **lack of knowledge and skills** - despite how well trained a sports club's staff might be in their regular activities, implementing daily friendly sports activities is indeed a different chapter that requires specific training and a slightly different approach. And this is what they normally lack. 
- **lack of concrete methodologies** - understanding the FFS concept, envisioning an FFS approach, planning an FFS activity and actually implementing one are totally different things. In order to make it happen SUCCESSFULLY, one needs to apply FFS methodologies based on concrete FFS structures planned and defined in detail. And this can sometimes be a demanding task. 

No need to worry though! This Guide is going to help you improve your FFS profile and guide you through a lot of interesting and helpful aspects, offer you solutions and explain a few blurry points, in order to support you in this process. But...wait a minute! What did we say this Guide is all about??

C. What is this Guide offering?

Well...this Guide is developed in an effort to reach one important final goal: create a sustainable eco-system for the development and growth of family friendly sport, aiming at the enhancement of children's health and social inclusion. Of course, this mission appears - and literally is - a quite demanding one!



In this context, this Guide will try to support clubs that are already working with children to involve those children's guardians in their activities, on a regular basis - at least once per month, with the intention to raise this frequency as much as possible. In practice, these FFS activities are made according to standards and methodologies that

ensure the educational purposes of the activity, eliminate negative and unhealthy competition, build guardian-coach-child partnerships, and of course promote the positive values of sport.

In order to achieve this, this Guide, as part of a family friendly sport ecosystem, will try to offer to sports clubs guidance on how to deal with this mixed group of people (children and their guardians), by focusing on attracting, engaging and preparing the latter for this new and promising experience!

Our final goal? To ensure smooth cooperation and interaction between the two age groups involved and achieve the maximum possible benefits for everyone!



Let's get started!

CHAPTER 1

CHILDREN & GUARDIANS - IT CAN BE COMPLICATED!

There is no point in hiding behind a finger...Let's face it! Entering into any kind of situation along with your family members, may bring some trouble around which can be hard to avoid - especially due to the loose boundaries following the family bond. And this is normal! Nevertheless, there is always the risk that this close relationship might put the whole effort in jeopardy and in some cases literally sabotage the successful implementation of the FFS activity. So, what are the most common and frequent challenges that this loving relationship may bring along?

1. **Unhealthy competing** - yes, there is mutual respect and deep love among family members. Yes, no one wishes to harm the others, nor do they initially enter the FFS activity with the will to boss around and impose their opinion. But what happens when guardians face the challenge of cooperating with their own children (or the children of others) in an environment when both sides are treated as equal? Are they able to undress their regular authoritative figure, come down to their level, acknowledge the physical and mental maturity gap and give their children some room to flourish and experience the activity without overshadowing them?



DEAL WITH IT! - There is always at least one solution to every problem. And this situation is no exception - you just need to be prepared in advance! A good practice to be able to bring guardians down to earth and help them overcome their extra-competitive attitude against the children is simply...to ask them to switch roles! Use this opportunity within the sports activity to allow children become leaders and guardians become the followers for once!

2. **Extreme pressure** - it is true that family members sometimes tend to push their children too hard to perform well, break their records, win the game, succeed in everything. Of course this comes out of love and a strong will to see their children improve and thrive. But how does this work when the whole family is involved in the very same FFS activity? And to what extent may the guardian exaggerate, provided that by involving adults in this mixed team, the level of difficulty is increasing significantly? Well, it is exactly now that the risk of blowing everything off



is really high: guardians getting disappointed and children losing interest and breaking down their self-esteem. Wait a minute! Where has the positive side of FFS gone?

DEAL WITH IT! - The solution is not that hard to think of in this case either! Make sure that you set certain limits in advance, in a way that it is clear to both target groups that you are the one and only authoritative figure during the FFS activity, the trainer, the coach, the only person that is allowed to set tasks, define the difficulty of those tasks, ask for more or for less from your team members, advise them or guide them while they perform, and give directions to everyone. Setting specific expectations beforehand, discussing them with your team and making clear that winning is not the main goal of FFS activities, is always a helpful act that clears the air and helps avoid uncomfortable situations.

3. **Exclusion: a real threat**- Who can doubt that age brings a long mental maturity, raised capacities and more skills? Logically no one. And this intuitive feeling might be quite risky if left untreated. Let's suppose there is one FFS activity with multiple smaller tasks. It is rather expected that an adult will be faster, more efficient and generally more capable in finishing it successfully compared to a young child, who will probably need to put more effort, use more time and maybe multiple trials to succeed. Well, if we put this in a competitive environment as usually sports are, this might lead adults to take over the majority of the FFS activity's tasks, in an effort to finally win the game. And the result? The children may be excluded from the activity as the weaker members of the mixed team, and the FFS bubble breaks into pieces.



DEAL WITH IT! - One thing is of utmost importance here: always keep in mind that you have two completely different target groups to deal with at the same time. This does not allow you to develop activities of one difficulty level for both groups, but rather activities which are adjusted to the needs, capacities and maturity of each age group separately. In other words, make sure that some tasks are lighter and other more demanding, so both of the target groups have the opportunity to enjoy the activity and experience its benefits equally.

4. **Family tension** - Remember how people always say that it is unfair to bring work-related stress into one's personal life? Well, in our case, we might have the exactly opposite phenomenon. Let's suppose there is tension between the family members coming from some argument that happened back home. And by the time they enter your FFS activity, the tension is still there -



frustration, anger, a few tears maybe, and a bad mood. Who can you help your team members overcome this situation and feel capable of enjoying their FFS moment?

DEAL WITH IT! - Relax, this can happen in every relationship, it is ok! In fact, it is your opportunity to offer real resolution to this tension and serve as a catalyst to the release of tension and bad emotions! Exploit your role as the person in charge (trainer, coach, facilitator), provoke their intense and focused concentration on the present moment and “make” them cooperate under some activity bringing them closer towards a common cause: winning is the sweetest thing, and no random misunderstanding is capable of overshadowing it! Even if the family conflict has deeper roots, is long-term and is not a thing of the moment, interacting in a neutral environment and engaging in entertaining tasks can be more than beneficial. It allows family members to distance themselves from the problematic issue, get to know each other at a different level, cooperate and acknowledge each other’s skills and capacities and gradually change their mindset. Something like...therapy! 😊

All of this is normal and expected to some extent. As long as you are paying attention and observing what is happening within your mixed team, nothing can block you from achieving your goal towards a successful FFS activity! But what if something not as usual is complicating your job?



CHAPTER 2

A. PREPARE YOUR FFS...TODAY!

As in everything we are trying to achieve in life, the first step towards success is good preparation. Before deciding to include guardians in your sports activities and allow them to interact with their children in the framework of your FFS initiative, it is important to be well prepared and organized. Although this does not differ much from any other preparation process, when we are talking about FFS, things are somewhat sensitive and delicate. Don't worry though! We are here to support you with a few tips:



- **Define your goal & understand it** - It is important for you -before anyone else- to realize why this FFS activity is really happening. It is not about winning. It is not about scoring. In fact, it has nothing to do with the game itself! It is about sharing, family bonding, entertaining, educating, learning, growing, communicating, cooperating, healing, developing. Define it, realize it, digest it. Believe in it! Support it! And only then are you ready to share it with your FFS team and sweep them away into this amazing FFS experience!
- **Explore the challenges** - It's always better to know what to expect and be prepared in advance! Before jumping into this journey, take a minute to consider the challenges you might face along the way: from finding your participants to dealing with unexpected situations on the spot, make a list of all the challenges you might face and prepare a solid plan to effectively deal with them!
- **Profile your target group** - The target groups of your FFS activity are definitely diverse and can be quite demanding. Make sure you understand the specificities of each group (children and their guardians), as well as the tricky points of their mutual interaction. Build their profile and get to know them before you even meet them in person!
- **Build your structure** - There is nothing more helpful than a concrete and well designed plan. It is therefore crucial that you design a concrete and detailed plan for your activity, a step-by-step structure and that you ensure that everyone involved in it

knows exactly what they are doing. This will help you avoid any mis-steps and tricky parts of the process!

- **Prepare for some conflict management** - Tension is always a possibility, especially in the sports field, let alone when your team members are a mixed group of...relatives and family members! Close relationships may lead to transpassing boundaries and frustration may be hiding around the corner. So...better be prepared for it and have an emergency plan to release the tension and bring back peace and balance!

Now that you have taken into consideration those very important aspects of your preparation phase and you know exactly what you expect, you are almost ready for a successful FFS activity! Manage with the practicalities of your event and let's make it happen!






B. SECRETS FOR SUCCESSFUL IMPLEMENTATION

Your event has kicked off! But is your work over now? Is following your team script the only concern you should carry from now on? Well...we wouldn't say so! Implementing your activity in real life might bring along a few challenges which may test your nerves, your confidence and your cool. Relax! It is totally normal and there are a few ways to limit down the risks and help you succeed. Take a look:

- **Build trust** - As we mentioned previously, dealing with these diverse age groups with this special relationship that is bonding them, may be quite challenging at occasions. Especially since adults are put in the equation. At the end of the day...they are grown ups with their own personalities and habits, maybe with a sense of uncomfort when being new at this and a few authoritative habits against their own children which now happen to be team members! How should you deal with this? Well...trust is the only solution! You need to ensure that team members trust each other, but also trust you as the leader of the process! Create a safe environment



where everyone feels welcome and secure, and comfortable to share their opinion and have their voice heard, regardless of age and roles in real life. Make them trust the process per se and everything will be easier! Trust us! 😊

- **Keep an eye & sense the non-obvious** - Sometimes risks are not as obvious, but are lurking under -supposedly- innocent behaviors, words, actions. And when we talk about adults, then this can be an easy task for them against your weaker target group - children. What you need to do as a team leader and a person in charge is to constantly keep your attention in high levels and notice the details, small things that might reveal discomfort, pressure, provocation, depreciation, fear - anything that could set your FFS effort on fire and ruin its amazing scope. 
- **Be ready to adjust – plan B is your friend!** - Who can guarantee that everything will go according to plan? That your target groups cooperate smoothly and equally enjoy the process without any leaks? That your structure is not only super efficient but also totally matches the personalities, needs and expectations of your team members? Well...no one! Don't panic! Remember what we were saying about good preparation? This is where you will be harvesting what you have planted! Be ready to adjust to any unexpected circumstances, use your plan Bs, be flexible and listen! Listen to what your group needs to say and adapt to the new set! 
- **Reflect – Evaluate - Improve** - They say that the enemy of good is better! And they are right! How would you know what went wrong or right, though? By reflecting, of course! Take some time to think back about everything that happened and stress out the positive and negative things that took place. Involve your FFS team members in the process. Give them time to express themselves and describe their experience - both children and adults! Collect all the feedback and reflect on that again. Can you change anything in your next FFS effort? What can you improve? How can you avoid the tricky parts? Become better by acknowledging your “wins” and embracing your “losses”! 

If you follow these golden rules...then there is not much left to think! Oh! Wait a minute...What about bringing guardians in the game? Oh, those adults...

CHAPTER 3

A. ATTRACTING & ENGAGING GUARDIANS - THE WAY TO SUCCESS!





Sports are usually a great attraction to young people and children. And it's not only them who fancy sports and are willing to be involved for the fun aspect of it. It's also guardians who are more than supportive in their children's participation in any sports activities, as they not only recognize the undeniable physical and mental benefits of them, but also acknowledge

the educational aspect of sports and the social skills that their beloved children would gain. Since they appear to have a positive approach towards involvement in the sports world for their kids, why are they so hesitant to be involved in it themselves? What keeps them away and how could we overcome this distant attitude? Let's take a look:

- **Build an effective communication strategy** - Let's not fake it: catching one's attention is the beginning of any effort to attract and persuade them to join your idea. So, how could you do this towards guardians of your young athletes? Well, since you have built their profile in the previous steps, then you probably know their habits, their do's and don'ts, the way they like to communicate, interact and socialize. That's it then! You have everything you need to build an effective communication strategy. Make sure the message reaches your recipients by using any available means. Yes, social media, websites, emails, texting and any other communication tool is a must-have. But, look around you! The most valuable tool is...alive! Your young athletes, your guardians' own children, are the best messengers you could ever wish for! Let them be part of your communication strategy as the living transmitters of your idea! But don't limit yourself there! Use every available opportunity to grab your new target group's attention by sharing information in any formal and informal occasion, by organizing entertainment events to celebrate this new initiative, by holding info days, by taking the chance to talk to them individually before or after the regular training sessions of their children. Use their language, make them familiar with the idea, convince them!



- **Promote the benefits** - Yes, it is likely that they will be hesitant in the beginning. It is your task to blow away these clouds! Take a moment to get in their shoes and feel how they feel. What are they afraid of? It is probably an unknown concept and they might need some time to feel comfortable with it. Take a look at the challenges we mentioned previously in this guide and try to balance them with the benefits they will gain instead (both them and their children). Explain the advantages, present the positive influence that an FFS activity will definitely have in their family and talk them through it. And remember: you can always ask them to think back to their past, when they themselves were children, and remind them of how they felt when they spent some quality time with their own families or when they jointly delivered a task. Oh, those sweet memories will definitely be an asset in your effort!
- 



- **Offer a “test drive”** - Your effort might bring them to the point to think about it, but they might need some final push to dive into this journey! What could be best for them to overcome their restraints, than a “test drive” from a safe...distance? In case you have already implemented some similar activities with other FFS groups, then ask your new candidates to visit one of the sessions and observe as spectators. If you don't, then ask them to follow some similar event of other sports clubs, where they would also feel more free to react while being in an unknown environment. If neither of those are realistic, then it's all up to you! Collect your colleagues and take the role of the adults in a shared game with your young athletes. Show your guardians how it's done and let them be swept away by the enthusiasm of their children in their interaction with adults (who they sometimes look up to as family!). Lead by example and make them want to replace you the next time!
- 

Follow these tips and feel confident that they won't last long! Their reservations will stay in the past, and they will be your brand new team members!



B. PREPARING FOR THE UNKNOWN

Here they are! They expressed their interest to participate in your FFS activity, though little do they know about how exactly it works. So, how would they enter the process in the dark? No worries! There are a few steps to go here as well:

- ***Involvement is the key!*** - Noone likes to be taught boring rules, explained complicated procedures and having to follow through without having a say. This process normally makes people lose their interest and motivation - and we definitely do not want this! It's time for you to do the exact opposite! Involve them in the process and make them part of it! Hold an open discussion, ask them to share their opinion about your plans, jointly make adjustments to fit their needs along the way. Having them by your side will not only intrigue them and create a sense of a team, but will also help you understand what they need and how you can make it happen. Ask them to share their expectations and fears, use the time to clearly explain to them the aims and objectives of the activity. At the end of the day, don't forget that they are your young athletes' guardians and they can also share with you important information about them that might bring you several steps closer to a successful FFS journey! 
- ***Teach your guardians how to NFE*** - Undoubtedly this kind of sports activities are far beyond formal approaches - on the contrary, they embrace and promote experiential learning through non-formal education methods. You need to keep in mind though, that most probably your guardians will have no idea about the NFE concept - they have their jobs, they are parents who set rules and expect their children to obey, they are somewhat dry and typical in the learning process. Teach them how to do it! NFE is a whole new world and the more you make them familiar, the merrier you prepare them to join your FFS activity full force, enjoy it and get the most out of it. If you would like some extra support on how to use non-formal education methods in and through sports, take a look at the platform developed within the project „[IN/ThROugh – power of cross-sectoral synergy between education and sport](#)“! 

➤ **Step-by-step** - You need to take into consideration that all of this is a brand new world for your guardians and there might be too much information for them to process. And that CAN be intimidating. Instead of pushing them to dive deep right from the start, it is preferable to gradually involve them in the process. Prefer to start with smaller and less complicated tasks in order to have some primary taste of it. Step by step involve them in more demanding tasks, assign them certain responsibilities, ask them to participate more actively and follow this process as long as they feel more comfortable and relaxed to do it. We all need time to adjust to anything new and guiding your new adult members step-by-step and at their own pace will allow them to enjoy the process more and accept it more easily.



That's it! You have all you need to deal with the challenges of FFS activities with regards to adults and their introduction to the FFS. Now that you received some theoretical background, let's explore a few concrete ideas you can use in real life!



CHAPTER 4

METHODOLOGIES OF SUCCESSFUL FFS ACTIVITIES

A. YOU CAN BE ANYTHING YOU WANT!	
AIM	The main aim of this activity is to build strong relationships between family members and foster mutual support
SIDE BENEFITS	<p>For children: they are offered the space to freely express themselves, open up and share their desires and dreams, developing a sense of trust towards their guardians</p> <p>For guardians: they are offered the opportunity to understand their children's inner thoughts, desires and wishes, and get to know them better as individuals</p>
MATERIALS/ EQUIPMENT	<ul style="list-style-type: none"> ➤ Projector or other presentation tools ➤ Sports equipment from different sports (different sports balls, gymnastics equipment, rackets etc.)
HOW TO DO IT	<ul style="list-style-type: none"> ➤ Bring your FFS target groups together ➤ Show them some examples of amazing athlete's records and achievements in sports ➤ Ask them to choose one piece of equipment to indicate to which example they relate with ➤ Ask them to explain why they made that choice ➤ Divide them in family pairs ➤ Give them some amount of time to jointly prepare some "amazing" trick related to this piece of equipment that would make them famous as a pair ➤ Ask them to present it to the group
DEBRIEFING	<ul style="list-style-type: none"> ➤ How did they feel working with their family member? ➤ What was the most positive thing about this experience? ➤ What was the most challenging one? ➤ What would they change and why? ➤ Share one word that you heard from your family member and it made you feel motivated

B. IT'S SPORTS SCHOOL TIME!	
AIM	The main aim of this activity is to offer sports related knowledge to both target groups as equals
SIDE BENEFITS	<p>For children: they are offered the chance to build their self-esteem and share an educational and entertaining opportunity with their family</p> <p>For guardians: they are offered the opportunity to come down to the level of their children and understand their mindset and their role as educational targets</p>
MATERIALS/ EQUIPMENT	<ul style="list-style-type: none"> ➤ Educational materials ➤ Pre-prepared quizzes/knowledge games ➤ Writing materials
HOW TO DO IT	<ul style="list-style-type: none"> ➤ This activity can be held in any space - not only in a sports field, as no sports activity per se is involved ➤ Focus on your club's sport (optional) ➤ Present the history of this sport (who, when, how, evolution of sport) ➤ Explain the sport's current rules and guidelines ➤ Involve the children in the process by asking them to share what they already know (you can use quizzes or fun guessing games to make it more entertaining) ➤ Present some interesting and funny facts about this sport ➤ Put a test on everything presented in the session where family members compete together
DEBRIEFING	<ul style="list-style-type: none"> ➤ How did they feel with everything they have learned? ➤ Did everyone learn at least something new? ➤ What did they find particularly interesting? ➤ How was it to be in a team with their family member? ➤ How did it feel to win/not win the final challenge? ➤ Was it comforting to share the win/loss with their family member? ➤ What was the most positive thing about this experience?

C. EXCHANGE IT!	
AIM	The main aim of this activity is to offer family members the opportunity to experience and exchange diverse roles
SIDE BENEFITS	<p>For children: they are offered the chance to experience some authority and build up their self-esteem</p> <p>For guardians: they are offered the opportunity to experience the role of the child by losing their authority</p>
MATERIALS/ EQUIPMENT	<ul style="list-style-type: none"> ➤ Sports equipment ➤ Space suitable for sports activities
HOW TO DO IT	<p>1. COACH FOR A DAY</p> <p>Use your session to offer both target groups the opportunity to coach one another in certain sports activities. Ask them to play the role, provide them with the suitable coaching equipment (whistles, charts and pens etc.) and give them some time to live it. “Coaches” should deliver a short training session (warm-up, practicing, stretching, post-game analysis) and “athletes” should follow instructions. Fire it up by asking “athletes” to mimic all regular reactions of athletes and allow some fun and joking. Make sure they switch roles after a while.</p> <p>2. BLOW THE WHISTLE</p> <p>In the same framework, ask both target groups to play the role of the referee in turns. Provide them with equipment (referee’s t-shirt, whistle) and start a mini game that will last a few minutes. Ask a few members to play the role of the spectators and mimic real life situations. Make sure they switch roles after a while.</p>
DEBRIEFING	<ul style="list-style-type: none"> ➤ How did they feel while changing roles? ➤ Which role did they enjoy the most? Why? ➤ Was there any uncomfortable situation? ➤ Did it feel realistic? ➤ How was it to be the coach/referee/fan of their family member?

D. BREAK THE RULES!	
AIM	The main aim of this activity is to allow family members to become jointly creative through sports
SIDE BENEFITS	<p>For children: they are offered the chance to experience some power and enjoy themselves</p> <p>For guardians: they are offered the opportunity to let go of their restraints and enjoy some non-formal experience</p>
MATERIALS/ EQUIPMENT	<ul style="list-style-type: none"> ➤ Sports equipment ➤ Space suitable for sports activities ➤ Flipchart/Pen
HOW TO DO IT	<ul style="list-style-type: none"> ➤ Divide your mixed team in 2 groups ➤ Make sure that family members are in the same group ➤ Ask them to brainstorm for a while within their groups and come up with new rules for the sport you are doing ➤ Each family pair of each group needs to come up with one rule ➤ Allow them to present these rules to the other group (both groups do the same) ➤ Play the game following the rules of each group in turns ➤ To make it more challenging you can add all rules of both groups in the same game
DEBRIEFING	<ul style="list-style-type: none"> ➤ Did they feel creative in the process? ➤ Was it fun and entertaining? ➤ Were they supported by their family members in the process? ➤ Did they feel more confident to share their ideas because they had their family member there? ➤ Was it an easy task to create a rule in cooperation with their family member?

CONCLUSION

Well...that's it! You have everything you need to organize and implement your Family Friendly Sports activity and we are more than certain that both you and your target groups will enjoy it to the maximum!

GOOD LUCK!



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