



### 1) How to communicate effectively?

- Communicating well with children  
<https://raisingchildren.net.au/toddlers/connecting-communicating/communicating/communicating-well-with-children>
- Effective ways of communicating with Children  
<https://www.mentalhelp.net/blogs/7-tips-for-effective-communication-with-your-school-aged-child/>
- How to communicate effectively with children  
<https://www.wikihow.com/Communicate-Effectively-With-Children>

### 2) Ideas on what to ask our children

- Questions to ask children  
<https://www.positiveparentingconnection.net/40-questions-that-get-kids-talking/>
- 63 Fun questions ways to get your kids talking  
<https://www.parents.com/parenting/better-parenting/advice/questions-every-parent-should-ask-their-kid/>

### 3) CenterVention - Social Emotional Learning Activities

- <https://www.centervention.com/social-emotional-learning-activities/>

### 4) Fun Stay Home ideas for family bonding

<https://www.sassymamasg.com/parenting-coronavirus-stay-home-kids-activities/>

<https://www.sassymamasg.com/play-weekend-planner-fun-activities-events-kids/>

<https://www.thissimplebalance.com/activities-for-kids-at-home/>

<https://www.littledayout.com/big-list-of-stay-at-home-activities-resources-for-kids-and-families/>

Cosmic Kids Yoga Channel (Youtube)

<https://www.youtube.com/user/CosmicKidsYoga>