

Activity Ideas for International Wives' Groups

Art and Craft

- Painting** Mirror and glass, picture frames, eggs (hard boiled or blown), plant pots (terracotta), silk, T-shirts, salt dough (e.g. fridge magnets, Christmas tree decorations, candle holders, plaques for child's bedroom, individual letter A-B-C etc), potato prints
- Sewing** Cross stitch, knitting, patchwork, soft toys, and simple embroidery
- Knitting** Or crochet... which are becoming quite trendy again
- Paper** Origami, cards (Christmas, Easter, Mother's Day, birthday, Valentines Day etc.), pressed flowers on card to make bookmarks, calligraphy, marbled paper, Chinese painting
- Visit** Craft fair or local market
- Jewellery** Make your own earrings, beads etc.

Plants

Patio pots for the summer, hanging baskets, spring bulbs, tips for gardeners (e.g. slug pellets, grow-bags), Christmas wreath (coat hanger with holly and ivy etc), how to take cuttings, fresh and dried flower arrangements

Food

Very popular! Make an international recipe book; teach each other how to make specific dishes. Cakes – including decorating, (e.g. child's birthday cake), cookies, breads, soups, pancakes, "roast", pastries and pies, chocolate recipes, summer fruits, winter vegetables, 10 things to do with an apple, tea tasting, jam making, strange British tastes (e.g. marmite, beetroot, crumpets) the great British sandwich, English puddings, Burns Night, Welsh cakes, haggis. "What do you do with ...?" (e.g. pumpkin, egg, rice ...) "How do you make?" (e.g. bread, sushi rolls, curry). "Men can cook too!" demonstration.

Do check regarding special diets that people may have – avoiding pork for Muslims and beef for Hindus etc.

Music

You could sing – love songs from your country for Valentines Day, karaoke, watching a well-known musical together and handing out lyrics to sing along with the songs... Ask some of the internationals to play traditional instruments. Or try ballroom dancing if anyone is able to teach it!

Seasons and festivals

There are lots to do around various religious and non-religious festivals, including craft, cooking, opportunities for the internationals to explain about festivals in their country, trips out (e.g. to a Bonfire Night celebration). Valentines Day could lead to a session on weddings (bring your wedding photos, show your wedding dress, talk about courtship in your country). Opportunity to show traditional dress is appreciated – e.g. "How to tie a sari". Christmas and Easter have provided opportunities for us to do simple Bible studies, or give a short talk.

Visits

Visits from a local hairdresser, policeman, health visitor, teacher (talk about where to get materials to help your child, listening to reading, help with homework), pre-school mum to talk about toddler groups in the area and ideas for a rainy day, or children's birthday parties, First Aider, pharmacist, food safety expert, make-up specialist (talk about facials, give manicures etc – very popular!).

Talk based activities

Simple parenting course, explaining the local health system or school system, ideas for remedies ("What do you do if you have a headache? Stomachache?"), quizzes – e.g. "Focus on ..." a country. Love and marriage, royalty, festivals, English idioms, New Year's resolutions, pets, make up, How well do you know Britain? Someone whom I admire....

Discussions

See pages 3-9 for some "Talking Point" activity sheets written for international wives.

Other

Fruit picking is always very popular. Also trips out – including craft fairs, garden centres, the beach, cream teas. Try organising whole family outings.

Bible Studies

We sometimes assume people won't be interested, but a chance to study the bible together could be very much appreciated. Offer a bible study on a different day to your regular programme, or perhaps as an option for those wanting to stay longer or come earlier.

A bible study on women in the bible or issues women face could be a good way to start.

Getting To Know You

On the paper below is a list of 15 questions. Please ask these questions to the others. They should answer either "yes" or "no". If the answer is "yes", she should write her initials by the side of the question. The purpose of the game is to get 15 "yes" answers with 15 different initials. You must not collect more than 2 "Yes" answers from the same person.

1. Were you born south of the equator?
2. Are you the eldest of your brothers and sisters?
3. Have you been in the UK for longer than 1 year?
4. Is your birthday in February?
5. Are you a vegetarian?
6. Have you ever seen a famous person?
7. Do you have any children?
8. Can you swim?
9. Do you have any relatives in Britain?
10. Do you like spicy food?
11. Does your home country have a King or Queen?
12. Can you speak French?
13. Is your home country an island?
14. Have you received a letter, email or phone call from home this week?
15. Have you ever crossed the English Channel by boat?

Children, Childhood & Parenting

In your country:

- What customs or ceremonies do you have to celebrate the birth of a child?
- Who is responsible for naming a baby?
- How do you measure the age of a baby – from birth or before?
- Where do babies sleep – in their own room or with their parents? If they sleep with their parents, at what age are they expected to start sleeping in another room?
- Is a mother expected to breast-feed her baby? If yes, for how long will she continue?
- What part do men play in bringing up babies?
 - do they change nappies?
 - do they baby-sit so that the mother can go out?
 - do they push a pram or carry a baby-sling in public?

In your family: (your experience as a child or a parent)

Who does / did the following jobs in bringing up a child?

- a) discipline
- b) putting to bed
- c) choosing school
- d) helping with schoolwork
- e) giving pocket money
- f) buying treats
- g) giving religious or cultural instruction

Mum	Dad	Either parent	Grandparents
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In the 21st Century in your country:

How is childhood now different from when you were a child?

In Britain:

How is the way children are brought up in Britain different from your country?

Think about:

- school
- daily routine
- freedom
- relationships with other family members
- behaviour
- meals

In your group:

1. Talk about your childhood and compare it with the other people in your group.

2. See if you can all agree on how to bring up a 7-year-old child. What do you think about the following subjects?
- pocket money – Yes / No? How much?
 - bedtime – When?
 - T.V./iPad/Wii – Who what they can watch or play? How much?
 - jobs in the house – Yes / No? What jobs?
 - clothes – Who chooses what to buy? - what to wear?
 - sleepovers – Yes / No?
 - rules – What rules would you have?
 - discipline – What methods of discipline?
 - treats – What would you do for treats and rewards?
- Did you all agree?

In English:

- Here are some words we use as ‘euphemisms’, slang or alternative words for ‘children’:
Slang: kids, sprogs, rugrats, brats, little’uns, little darlings, little horrors, little monsters.
Alternative words: offspring, minors, issue.
- Here are some sayings about children and childhood. Do you understand them? Do you agree with them?
 1. The child is the father of the man.
 2. Spare the rod and spoil the child.
 3. Children should be seen and not heard.
 4. Schooldays are the happiest days of your life.What sayings do you have in your language?
- Here are some other colloquialisms.
‘A chip off the old block’ = a child whose character is just like his / her parent’s.
If you have ‘a bun in the oven’ or ‘a stork under the tree’ you are pregnant.
‘Child’s play’ or ‘kid’s stuff’ is something that is very easy.

Health Matters

Favourite Remedies

What remedies do people in your country traditionally use for the problems listed below? Remedies can be special types of food, drink, exercise or relaxation.

Generally feeling tired or unwell

Headaches / migraines

Toothache

Coughs, colds & flu

Pre-menstrual syndrome & period pains

Gut problems – stomach aches / diarrhoea / constipation

Skin problems

Sleeplessness

Nose bleeds

Mouth ulcers

Other

Healthcare in Britain

Quiz

For each of the situations below, choose one of the following healthcare services in the UK:

- GP ('General Practitioner')
- A & E ('Accident and Emergency' at the hospital) or calling 999
- Hospital
- Dentist
- Pharmacy (Chemist)
- Optician
- NHS 111 (A 24hour phone line that you can call for health advice)

1. It's Saturday and your child has a fever.
2. Your husband cuts his hand badly and it won't stop bleeding.
3. You have had a cough and cold for a few days.
4. Your child complains that he can't see the white board in school clearly.
5. Your husband has a toothache.
6. You have hay fever.
7. Your child needs a vaccination.
8. You've been given a prescription.

Discussion

1. What is good about healthcare in your country? What do you miss?
2. Is there anything you like about healthcare in the UK?
3. What will you do to stay healthy in the UK? Do you have any plans for exercise and/or a healthy diet?

Food

Quiz: British Food

1. What does "meat and two veg" refer to?
 - a. The traditional (standard) cooked meal in Britain
 - b. The recommended diet for teenagers
 - c. A special meal in restaurants
2. Stilton, Brie and Cheddar are all kinds of:
 - a. Apples
 - b. Potatoes
 - c. Cheeses
3. What do most British people have for breakfast every day?
 - a. Bacon and eggs and baked beans
 - b. Toast and cereal
 - c. Cappuccino and croissants
4. Which of the following ingredients would not be a possible ingredient of a British pudding?
 - a. Chocolate
 - b. Pig's blood
 - c. Lettuce
5. When are toffee apples eaten in the UK?
 - a. Christmas
 - b. New Year
 - c. Halloween
6. Who would have lunch or dinner in a "pub"?
 - a. Friends meeting after work
 - b. Retirees
 - c. Families
 - d. All of the above
7. Which of the following isn't another name for a bacon sandwich?
 - a. Bacon butty
 - b. Bacon sarnie
 - c. Bacon bap
8. What is a "kebab"?
 - a. A type of pub
 - b. Turkish fast food
 - c. A type of sandwich

Answers: 1a, 2c, 3b, 4c, 5c, 6d, 7c, 8b

Discussion

National Dishes

Think of as many national dishes (dishes typical of particular countries) as you can for each country represented by your group. For example:

<u>The UK</u> - bangers & mash	<u>Ethiopia</u> - injera	<u>Korea</u> - kimchi
<u>Brazil</u> - feijoada		

1. Have you tried any of these dishes? Did you like them?
2. What is your favourite food? What is your least favourite?
3. What is the strangest food you have eaten?
4. Do you like trying new food? Are there any foods you wouldn't eat when you were younger that you eat now?
5. What are the key ingredients of dishes from your country?
6. Do you prefer your own country's food or other kinds of food? Has your country "adopted" many foods from other countries?
7. Is there any food that you'll miss eating when you leave the UK?
8. Do you like cooking? What do you like to cook?