Week 4 – Anyone else feel they are on a rollercoaster?
Some days on a high some days on a low?
Let’s try one day at a time, a C.A.L.M.E.R Approach.

BB4K Consultation by Telephone:
If a parent or young person requires a telephone 121 consultation with BB4K Worker:
Email BB4K@pactcharity.org with name and contact details.
BB Worker will email reply with a time slot for this consultation to support 121 and will call at the agreed time.
Referral Forms will need to be completed for 121 consultations.

We also have a Bounce Back 4 Kids private group on Facebook. This is invite only and private so please contact BB4K. We can use this for more direct support and forum/chat discussions.

Safe and Loved...

So your kids survived on snacks yesterday. They are still safe. They are still loved.

So your kids had too much tablet time. They are still safe. They are still loved.

So your kids have had more inset days than home-school days. They are still safe. They are still loved.

So your kids have no routine at the minute and are sleeping in or staying up late. They are still safe. They are still loved.

So your house is a muddle. You are tired. You are snappy. You are overwhelmed.

YOU are still safe. YOU are still LOVED ❤️

You aren’t failing at anything - you are surviving everything 😁
Anxiety Support & Strategies

COPING WITH CORONAVIRUS

For those already living with stress or anxiety, the ongoing outbreak of COVID-19 (or coronavirus) may be particularly difficult.

In normal life, many of us have a bank of coping strategies, such as going to the gym, meeting up with friends or keeping busy with hobbies and work. In such uncertain and worrying times, many of these coping strategies have been taken away and the thought of spending so much time at home can be frightening.

Firstly, remember you are not alone. It’s okay to feel anxious and many others will be feeling the same way too. It’s still important to talk about how you’re feeling and to reach out if you need support.

Practise your usual coping strategies where possible – breathing techniques, grounding, focusing on the present. If you usually go to the gym – go for a walk or run (if you can) or try following a home workout video.

Limiting your exposure to the news is important too. While it is necessary to be aware of what is happening, there is no need to overexpose. This will only feed your fears. Allocate a set time of day where you will check the news, for example, after breakfast or during the government’s daily update. Then avoid or limit your exposure throughout the rest of the day.

Keep yourself busy and try not to allow your mind time to overthink and catastrophise. Creating a new routine is a great way to look after your mental health. Stay active and eat as well as you can. For more information about anxiety click on this link.... https://www.anxietyuk.org.uk.

10 tips to help if you are worried about coronavirus

Stay connected with people
Talk about your worries
Support and help others
Feel prepared
Look after your body
Stick to the facts
Stay on top of difficult feelings
Do things you enjoy
Focus on the present
Look after your sleep

This NHS website explains all of these in more detail...click here... www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips

ANXIETY SIGNS IN CHILDREN

Children express anxiety in ways that are not always clear to adults.

Here are some different ways your child might express anxiety:

- Reassurance-seeking
- Fear of separation from parents
- Headaches or stomach aches
- Irritability
- Trouble sleeping

You cannot be a full time mum, attentive partner, patient teacher, perfect homemaker and full-time employee all at once. Nobody can. You’re doing what you can with an extraordinary situation. That’s enough.

THINGS TO REMEMBER

You are important and you matter.
You are so loved.
Your mistakes don’t define you.

It’s okay to ask for help.
You are allowed to say no.
Your wants and needs are valid.

Productivity doesn’t define your worth.
Your boundaries are important & worth respect.

Things to say to your anxious child.

1. I am here with you. You’re safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Let’s draw it!
4. What would you like to say to your worry? What might your worry say back?
5. What does it feel like? Where is the worry? How big is it?
6. Match your breaths to mine.
7. What’s something we could do to help you feel better?
8. Let’s think up some endings for what could happen (anxious ones, goofy ones and realistic ones).
9. It’s okay to ask for help.
10. You are allowed to say no.
11. Your wants and needs are valid.
12. Productivity doesn’t define your worth.
13. Your boundaries are important & worth respect.
When shaken or overturned, the glitter swirls around—not dissimilar from angry, confused or uncontrollable thoughts. When angry, anxious or upset, a child can be taught to sit and watch the glitter settle.

For this activity, you’ll need:

- Small jars or plastic water bottles
- Glitter glue or glitter and glue
- Food colouring
- Hot water
- Glitter and/or sequins (optional)

Mix about 1 tablespoon of glitter glue with 1 cup of warm water. If you’d like, add food colouring and extra glitter to make it even more colourful and sparkly. Fill the bottle the rest of the way with warm water. The warmer the water, the better the glitter will dissolve without clumps. Don’t forget to hot glue or sellotape the tops on the bottles to prevent spills.

PUT ANY WORRIES, CONCERNS, BAD THOUGHTS INTO WORRY MONSTER… THEY MAY BE GONE BY THE MORNING!! ;)

TRY NOT TO ASK CHILD TO EXPLAIN THEIR WORRIES
BB4K Parents & Teens together

How is your teen coping? Check in regularly even if they say they are OK. Keep the conversation open. If they tell you something alarming, keep your cool.
Let’s find some fun ways to talk and enjoy being together.

THE M&M FEELINGS GAME

<table>
<thead>
<tr>
<th>FOR EVERY</th>
<th>SHARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>One thing that makes you HAPPY.</td>
</tr>
<tr>
<td>Brown</td>
<td>One thing that makes you SAD.</td>
</tr>
<tr>
<td>Green</td>
<td>One thing that makes you ANGRY.</td>
</tr>
<tr>
<td>Yellow</td>
<td>One thing that makes you EXCITED.</td>
</tr>
<tr>
<td>Blue</td>
<td>One POOR CHOICE you made today and what you could have done differently.</td>
</tr>
<tr>
<td>Orange</td>
<td>One GOOD CHOICE you made today.</td>
</tr>
</tbody>
</table>

IDEAS TO TRY AT HOME

- MEDITATION - LIVE GUIDED MEDITATION, EVERY WEEKDAY AT 7PM. Click here to go straight to the website... www.wemeditate.co/live
- MINDFULNESS COLOURING & DOODLING. Get your creative juices flowing at... www.themecreative.co.uk
- 15 IDEAS FOR CHEAP, EASY CRAFTS. Using few supplies and mostly recycled materials, have a go here... https://www.artbarblog.com/13-crafts-for-teens-and-tweens/
Coping Skills for Kids

50 Coping Skills for Kids

- Blow Bubbles
- Paint
- Draw
- Create Art!
- Play a Board Game
- Make & Play with Slime
- Practice Gratitude
- Journal or Write a Letter
- Take Slow Mindful Breaths
- Make a Scrapbook or Collage
- Practice Yoga
- Hug or Climb a Tree
- Eat Healthy
- Smile & Laugh
- Kick Bounce or Throw a Ball
- Stretch
- Take a Shower or Bath
- Go on a Hike, Walk or Run
- Sing Dance
- Aromatherapy
- Use a Stress Ball (or other fidget toy)
- Create Origami
- Get a Hug
- Do a Puzzle
- Exercise
- Play Outside
- Jump on a Trampoline
- Best Take a Break or Nap
- Clean, Declutter or Organize
- Build Something Kind
- Read a Book or Magazine
- Look At or Take Photographs
- Use a Peaceful Place
- Explore & Discover Treasures
- Learn Something New
- Cry
- Help a Friend
- Cook or Bake
- I am strong
- Grow a Garden or Do Yardwork
- Explore Nature
- Discover
- Explore & Discover Nature
- Take Care of the Earth
- Take Good Care of the Earth
- Use a Stress Ball (or other fidget toy)
- Drink a Warm Cup of Tea
- Cry
- Try a New Food
- Read a Book
- Build Something
- Talk to Someone You Trust
- Get a Hug
- Do a Puzzle
- Exercise
- Play Outside
- Jump on a Trampoline
- Best Take a Break or Nap
- Clean, Declutter or Organize
- Build Something Kind
- Read a Book or Magazine
- Look At or Take Photographs
- Use a Peaceful Place
- Explore & Discover Treasures
- Learn Something New
- Cry
- Help a Friend
- Cook or Bake
- I am strong
- Grow a Garden or Do Yardwork
- Explore Nature
- Discover
- Explore & Discover Nature
- Take Care of the Earth
- Take Good Care of the Earth
- Use a Stress Ball (or other fidget toy)
- Drink a Warm Cup of Tea
- Cry
- Try a New Food
- Read a Book
- Build Something
- Talk to Someone You Trust