BB4K News, Advice and Support

Week 6 - Turn that frown upside down - we all need to laugh

Today is a new day. We are a day nearer to the end of this situation than we were this time yesterday.

Benefits of Laughing

Physical health benefits
- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental health benefits
- Adds joy and zest to life
- Eases anxiety & tension
- Relieves stress
- Improves mood
- Strengthens resilience

Social benefits
- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

Important Information

The National Domestic Abuse Helpline; confidential and available 24 hours a day 0808 2000 247

Emergency Vet 0118 9960983
Launchpad 10am-4pm 0118 9291111
Support U Loneliness Line 0800 048930
W. Berks Community Hub 01635 503579
Crisis Team 0300 365 99 99
Gamblers Anonymous 0330 094 0322
Alcoholics Anonymous 0800 917 7650
Samaritans 0330 094 5717
One Rdg Community Hub 0808 189 4325

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.
Positive wellbeing!

**WELLBEING TIP OF THE WEEK**

**Developed by Dr Kate Vasey, Clinical Psychologist**

If there was ever a time we needed to look after ourselves and each other it is now. Right now there is so much that we are all trying to contend with and it is unsurprising and completely normal if you are experiencing a whole range of feelings in response to this such as anxiety, fear, anger (and a whole other lot too most likely). With so much out of our control, and things changing by the day, even hourly, it is helpful to refocus our attention on what we can do.

**LEARNING TO LIVE ALONGSIDE THREAT**

When threat is about, we focus all our attention on it to try and keep ourselves safe. We need to develop different ways to respond to the COVID-19 threat; worrying about it won’t keep us safe.

SO, try and find ways to acknowledge the threat (it’s OK to feel worried), shift your focus onto the things you can control, like things you are already doing to reduce the threat (e.g. washing your hands, social distancing). Spend time deliberately engaging in tasks that take your mind away from the current crisis. Have a go at some of these strategies to help stay in the present and take one day at a time.

**LIMIT SOCIAL MEDIA**

Avoid, or at least limit, the stream of Covid-19 media. Set yourself a certain amount of time or a set point of the day to check then turn it off. You need time to switch off and recharge.

**IT’S OK TO NOT BE OK**

This is a frightening time. It’s OK and completely normal to be worried, angry, scared (and gazillions of other feelings too). Be kind to yourself.

**CONNECT WITH THE HERE AND NOW AND UNHOOK FROM DIFFICULT THOUGHTS & FEELINGS.**

Difficult thoughts and feelings can really pull us in causing us to feel helpless in the face of them. Acknowledge difficult thoughts and feelings and then focus your attention fully on the here and now.

Take a moment...look around you, name 5 things you can see. Notice 4 things you can touch and touch them...listen carefully. Name 3 things you can hear. Notice 2 things you can smell. Take in 1 calm breathe in through your nose and out through your mouth.

**DO WHAT WORKS FOR YOU**

Respond to big feelings in the way you know how and works for you...e.g get outside for a walk, look up at the sky, dance in your lounge, breathe, get creative, sing a song, use prayer, whatever helps you to take care of you.

**BOX BREATHING: TO HELP CALM ANXIETY**

Keep the lungs full

- Breathe in (nose)
- Breathe out (mouth)

Keep the lungs empty

**WALK, TUNING IN TO YOU.**

Walk, and really think about walking - mindfully. Notice the way your body moves, how your feet move and feel as you walk, notice your leg muscles, and the way your arms feel as they swing. Notice the movement in your hair, and the sensation of moving air on your skin. Notice the sensations of breathing as you walk.

**BREATHE MINDFULLY**

When we get anxious, our brain and body goes into threat mode, flooding the body with adrenaline and causing lots of physical changes including breathing becoming quick and shallow. This can cause dizziness, shakiness and more anxiety. Breathing slower and deeper will help to reduce anxiety.

Breathe deeply down to your stomach put your hand there (just above your navel) and breathe so that your hand gets pushed up and down...Imagine you have a balloon in your stomach, inflating it as you breathe in, and deflating as you breathe out. Bring your focus to your breathing, be fully aware of it and of your body starting to calm with each breath.

**FOCUS ON WHAT HAS GONE WELL AND LET GO OF WHAT HASN’T**

At the end of each day, take a moment to think about 2 things that were difficult today and purposefully let them go. Think of 2 things that have gone well, that you are proud of, even (and most especially) if it feels as if nothing went well. Because something will have.
BB4K Positive Kids

We want to know what you’ve been doing during lockdown!

• Tell us, what have you enjoyed while you’ve been at home? What have been your favourite memories so far?
• Send us pictures of all the activities you’ve been doing and the things you’ve been making!
• What have you found helpful on our BB4K newsletters? What would you like to see on the next one that would benefit you?
• Send us all your ideas and feedback to BB4K@pactcharity.org or you can Whatsapp Panda.

The Covid-19 pandemic will go down in the history books, but a time capsule will teach future generations all about what the lockdown was really like. Click on the link to find out how to make one:

www.goodtoknow.co.uk/family/things-to-do/covid-19-time-capsule-538121

PRINGLES CHALLENGE!
Can you make this?!

Space Day is celebrated annually on the first Friday of May. Created in 1997 by Lockheed Martin, Space Day aims to promote the STEM (science, technology, engineering, and mathematics) fields among young people.
BB4K Teens

FREE ONLINE BOOKS FOR TEENS (13 TO 16 YEAR OLDS)

1. **Barnes & Noble Teen Fiction**: The Barnes & Noble free ebooks Teen category includes over 1500 titles that can be easily sorted by genre.

2. **FanFiction.net**: There’s everything from Harry Potter to Wings of Fire and The Hunger Games to Pretty Little Liars in this huge collection of stories created by fans of your favourite fiction. Please note, these are not however proofread or moderated in any way so may not be suitable for younger teens.

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**Best virtual tours of UK attractions:**

- **Stonehenge**
  Virtual tour that offers 360 degree views
  www.english-heritage.org.uk/visit/places/stonehenge

- **Buckingham Palace**
  Virtual tours of iconic rooms
  www.royal.uk/virtual-tours-buckingham-palace

- **Lake District**
  Various webcams overlooking some of the prettiest scenery
  www.lakedistrict.gov.uk/visiting/webcams-videos-and-photos

- **The Roman Baths**
  Virtual ‘walkthrough’ of the iconic baths
  www.romanbaths.co.uk/walkthrough

- **Giant’s Causeway**
  360 degree panoramic virtual tour
  http://panoramas.nationaltrust.org.uk/giants-causeway/

- **The National Gallery**
  Virtual tour of the rooms and wings
  www.nationalgallery.org.uk/visiting/virtual-tours

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**100 Family Fun Night Ideas**

**Outdoor Activities**
- Backyard camping
- Stargazing
- Geocaching
- Pokemon hunting
- Play at the park
- Scavenger hunt
- Square gun fight
- Fly a kite
- Go boating
- Bike ride
- Hike
- Play baseball
- Family Walk
- Glow in the dark bowling
- Run in the sprinklers
- Water balloon fight
- Feed the ducks at a pond
- Play tag
- Ultimate Frisbee
- Play soccer
- Go swimming
- Play croquet
- Go fishing
- Go rollerskating
- Plant a tree
- Play volleyball

**Wacky Play**
- Build a blanket fort
- Make your own slime
- Have a heat war
- Karaoke
- Talent show
- Hide and seek in the dark
- Pillow fight
- Play dress up
- Dance party
- Silly string fight
- Glow-stick party
- Klonoa party
- Make a family video
- Have a wacky photoshoot

**Arts/Crafts**
- Paint your own pottery
- Canvas art
- Create a bird feeder
- Ty-duck T-shirts
- Squirt gun painting
- Sidewalk chalk art
- Make sock puppets and put on a play
- Make origami
- Play play dough
- Make sculptures
- Make your own pinata

**Game Nights**
- Conversation Jenga
- Yard Yahtzee
- Pudding Pictionary
- Charades
- Minute to win it
- Shaving cream Twister
- Bingo
- Guess Who
- Scarecrows
- Connect 4
- Would you rather
- The Mouth Game
- Candyland
- Chutes and Ladders
- Loaded questions
- Life
- Monopoly
- Spoons

**Movie Nights**
- Backyard movie with a projector
- Create a popcorn bar
- Dress up and stay in character during the movie
- Drive in movie night with cardboard boxers
- Add a concession stand of snacks
- Have a double feature
- Bring your mattresses in the living room and sleep over after the movie

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While India is on lockdown, hundreds of thousands of undisturbed sea turtle eggs hatched for the first time in years off by 60 million eggs.

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**Mental Health**

**IS...**
- Important
- Something everyone has
- Intrinsically linked to physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Flexible
- Changeable
- Complex
- Real

**ISN'T...**
- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about
- Only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news

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**Random Acts of Kindness**

<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Give a compliment</strong></td>
<td>Make someone laugh</td>
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<tr>
<td><strong>Make someone laugh</strong></td>
<td>Clear up a mess you didn't make</td>
</tr>
<tr>
<td><strong>Clear up a mess you didn't make</strong></td>
<td>Hug someone</td>
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<tr>
<td><strong>Hug someone</strong></td>
<td>Tell someone you love them</td>
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<tr>
<td><strong>Tell someone you love them</strong></td>
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<tr>
<td><strong>Smile at everyone you see today</strong></td>
<td>Hold the door open for someone</td>
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<tr>
<td><strong>Hold the door open for someone</strong></td>
<td>Read to someone else</td>
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<tr>
<td><strong>Read to someone else</strong></td>
<td>Include someone new in your games</td>
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<tr>
<td><strong>Include someone new in your games</strong></td>
<td>Let someone in front in the queue</td>
</tr>
<tr>
<td><strong>Leave a friendly note for someone</strong></td>
<td>Introduce yourself to someone new</td>
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<tr>
<td><strong>Introduce yourself to someone new</strong></td>
<td>Give someone a change to charity</td>
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<tr>
<td><strong>Give someone a change to charity</strong></td>
<td>Sort out some old clothes to donate</td>
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<tr>
<td><strong>Sort out some old clothes to donate</strong></td>
<td>Get someone else a drink</td>
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<tr>
<td><strong>Pick up some litter that isn't yours</strong></td>
<td>Tell someone reasons why you like them</td>
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<tr>
<td><strong>Tell someone reasons why you like them</strong></td>
<td>Share something with someone</td>
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<tr>
<td><strong>Share something with someone</strong></td>
<td>Say thank you to someone</td>
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<tr>
<td><strong>Say thank you to someone</strong></td>
<td>Offer help to someone</td>
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<tr>
<td><strong>Tidy up without being asked</strong></td>
<td>Encourage Someone</td>
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<td><strong>Encourage Someone</strong></td>
<td>Thank an adult for something they do for you</td>
</tr>
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<td><strong>Thank an adult for something they do for you</strong></td>
<td>Make someone a card</td>
</tr>
<tr>
<td><strong>Make someone a card</strong></td>
<td>Help cook dinner</td>
</tr>
</tbody>
</table>

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**This Won't Be Forever**

- Look after each other
- Stay home stay safe
- Plan for the future
- Look after your mental health
- Use the time to...
- SING
- DANCE
- YOGA
- Aerobics
- Play music games
- Cook
- Build a raft
- Play games (outside)
- Read
- Look after each other
- Exercise: Yoga, Aerobics
- Dance
- Sing
- Plan for the future

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**Bounce Back 4 Kids**

part of **PACT**

**Parents and Children Together**