Week 10 - We are all under the same clouds but we are all experiencing different weathers, so let’s focus on being kind.

School
To go or not to go!

If you are sending your kids back to school when they open... that’s great. They will be safe and happy with their friends and teachers and yes it will be a different experience but it will be so good for them. Learning in a classroom, socialisation, playing games and interacting, having the care and support of teachers.

It’s wonderful you’re sending your children back to school!!
How exciting!

If you’re not sending your children back to school.... How amazing is that! Keeping your children at home with you so you can protect them and do your very best in teaching them, making more memories and playing games at home.

You’re doing a great job at home! Fantastic!

If you send your children to school as you’re a keyworker....
high five!
You have kept this country going and that should be applauded. Your children have been safe and cared for at school and they have adapted so well.

You’re incredible!!! Well done!

It is not anyone’s concern what anyone else is doing regarding their own children’s schooling. Let’s support each other!

We are all doing the best we can and everyone has completely different situations and circumstances.
Just think about the possible home life, work commitments and situations others may find themselves in.
Try not to judge someone else’s choices when you don’t know what they had to choose from.

10 Things Kids Want from Parents

1. Tuck me in and sing me a song. Also tell me stories about when you were little.
2. Give me hugs and kisses and sit and talk with me privately.
3. Spend quality time just with me, not with my brothers and sisters around.
4. Give me nutritious food so I can grow up healthy.
5. At dinner talk about what we could do together on the weekend.
6. At night talk to me about about anything; love, school, family etc.
7. Let me play outside a lot.
8. Cuddle under a blanket and watch our favorite TV show together.
9. Discipline me. It makes me feel like you care.
10. Leave special messages in my desk or lunch bag.

Positive Viewpoint
Negative Viewpoint

Everything depends on the way YOU see!

Are monsters good at math?
Not unless you Count Dracula.

House Rules 2:
Do you go in the refrigerator at school? Umm no! So use your school stomach.
Living together in these conditions can put a strain on our relationships and lead us to behave in ways we might not usually. This exercise can help us to see that these behaviours are usually driven by underlying feelings like being scared or frustrated.

Ask anyone in the family that wants to join in to draw an iceberg and put their name on the paper.

Start with each person writing on the top/visible section of the iceberg their ways of behaving in the family, e.g. stays in room, shouts, wants lots of cuddles, needs to be close to everyone, cries etc. Pass the sheets to each other and family members add any behaviours they have observed but not written down.

Get each person to complete the hidden/underneath part of the iceberg to identify what emotion/thoughts might be prompting the behaviour. E.g. I’m scared, feel unsafe, is the family safe, I’m lonely, I don’t feel understood, I’m worried about the future, I’m going to fail at school/work, what will happen if I get ill?

It’s time as a family or parent to talk through some of these worries and acknowledge that this is a very difficult time and all these worries and emotions are normal.
Let's Read Together!

BookTrust is the UK's largest children's reading charity. Each year we reach 3.9 million children across the UK with books, resources and support.

https://www.booktrust.org.uk/

FREE children's original stories read to you.

https://www.freechildrenstories.com/

Or make your own stories/comics!

Gratitude Scavenger Hunt for Kids

- Find something that makes you happy
- Find something that is your favourite colour
- Find something that is soft and snuggly
- Find something that tastes good
- Find something that makes you laugh
- Find something useful to you
- Find something that makes a lovely sound
- Find something in the morning that you enjoy
- Find something that smells amazing
- Discover something new

Let's make playdoh & gloop!

Connect At Home!

There's an app for that!

Phonics/Reading Apps
- Starfall (Preschool)
- ABC's
- Alphabet Aquarium
- Sentence Maker
- Futaba
- Phonics Island

Math Apps
- 10 Frame Fill
- Quick Math Jr.
- Number Math
- Geometry (Hero Math)
- Sorting Game (MyFirstApp)
- Number Quiz - Practice Number Format
- First Grade Math

Great Websites to Visit!

- TeachYourMonsterToRead.com - use your child's unique learning to practice reading skills at home
- StarfallRoom - A great place to practice all kinds of kindergarten skills
- PBLики - great games and activities

YouTube Channels:
- Jack Hartmann (Counting & Alphabet short videos)
- Heidi Songs (simple song videos)
- Have Fun Teaching (ABC raps)
- LeapFrog (Letter Factory is great)

Stretchy
- 1 cup conditioner
- 2 cups cornflour

Glittery
- 2 cups Flour
- 1/2 cup Glitter
- 1/2 cup Water
- 1 Tbsp Oil
- Food Colouring

Rock Salt
- 2 Cups Flours
- 1 Cup Coarse Salt
- 1/2 cup Water
- 1 Tbsp Oil
- Food Colouring

Original
- 2 Cups Flours
- 1/2 cup Water
- 1 Tbsp Oil
- Food Colouring

Scented
- 2 Cups Flours
- 1/2 cup Salt
- 1 Tbsp Essential Oil
- Scented Shaving Gel
- Food Colouring
**BB4K Positive Teens**

**FREE MINDFULNESS RESOURCES FOR KIDS**

- **THE MIND KIND CLUB**
  themindkindclub.com
- **MONSTER MEDITATIONS**
  youtube.com/sesamestreet
- **THE SELF CARE KIT**
  instagram.com/theself_carekit
- **GONOODLE MINDFULNESS VIDEOS**
  gonoodle.com
- **THE SCHOOL OF SELF**
  youtube.com/theschoolofself
- **BUT WHY: PODCAST FOR KIDS**
  npr.org/podcasts
- **COSMIC KIDS YOGA**
  youtube.com/cosmickidsyoga
- **ONE FOR PARENTS: CLEMENTINE**
  clementineapp.co.uk

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**How to have a Better Day**

1. Make lists 📝
2. Listen to music 🎵
3. Scream really loud 🎤
4. Dance freely 🎉
5. Laugh 😄
6. Watch a movie 📀
7. Accomplish something 🏆
8. Make new friends 🌟
9. Run, job & exercise 🏃‍♂️
10. Plan to bake 🧇
11. Draw something 🎨
12. Brain/heart dump in a journal 📝
13. Take a bath 🛀
14. Look out the window 🌞

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**IT'S OK TO FEEL:**

- Not quite ok
- Concerned about the future
- Overwhelmed
- A desire to be alone
- Uninspired
- Unfiltered
- Angry
- Wearyed out
- Uncomfortable
- Fatigued
- Negative

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**Teen Slang**

<table>
<thead>
<tr>
<th>Slang</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sick</td>
<td>Cool</td>
</tr>
<tr>
<td>Burst</td>
<td>Go away</td>
</tr>
<tr>
<td>Snatched</td>
<td>Looks good</td>
</tr>
<tr>
<td>BFF</td>
<td>Best friends forever</td>
</tr>
<tr>
<td>Creeper</td>
<td>A weird person</td>
</tr>
<tr>
<td>Emo</td>
<td>Emotional, a drama queen</td>
</tr>
<tr>
<td>Ship</td>
<td>Relationship</td>
</tr>
<tr>
<td>Tight</td>
<td>In a close relationship</td>
</tr>
<tr>
<td>DM</td>
<td>Direct message</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Slang</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOAT</td>
<td>Greatest of all time</td>
</tr>
<tr>
<td>Bae</td>
<td>Baby</td>
</tr>
<tr>
<td>BF/GF</td>
<td>Boyfriend/girlfriend</td>
</tr>
<tr>
<td>Crushy</td>
<td>Crazy &amp; trashy</td>
</tr>
<tr>
<td>Hangry</td>
<td>Hungry &amp; angry</td>
</tr>
<tr>
<td>Topie</td>
<td>Tight &amp; dope</td>
</tr>
<tr>
<td>OTP</td>
<td>One true pairing</td>
</tr>
<tr>
<td>Fam</td>
<td>Best friend or family</td>
</tr>
<tr>
<td>Question</td>
<td>Request &amp; a question</td>
</tr>
</tbody>
</table>
BB4K consultation by telephone:

If a parent OR young person requires a telephone consultation with BB4K Worker:
Email BB4K@pactcharity.org with name, time availability, concerns, and contact details.
BB4K Worker will email reply with a time slot for this consultation to support 121.
Referral forms will need to be completed for consultations.

Please send in any pictures of what you have been doing and any ideas to help with the next newsletter!