Week 12 - Transitioning: this week I focus on the anxiety and challenges reopening brings.

After months in lockdown, venturing out to see friends and family again is sweet indeed — even from six feet away. But being released from quarantine also brings a new set of anxieties and uncertainties. With no widely accepted playbook for reopening, it’s on parents to decide what’s safe for the family.

Are adventure parks and zoos a go?
Can my teens be trusted to practice social distancing at the beach or in town?
Will it be too risky to visit the grandparents this summer?

I can’t tell you what your family’s decisions should be, I can offer advice for managing the anxiety that comes with these tough choices, as we transition to something that’s more relaxed than lockdown, but nowhere near normal, either.

Figuring out how to manage anxiety and tolerate uncertainty are important skills for everyone, but for parents, they’re even more essential. Among other things, anxiety typically causes us to lose our cool more frequently. And with our kids close by 24/7, they’re watching, and often copying our every move.

There’s no one-size-fits-all solution for anxiety, but there are some general strategies you can customize to manage your specific challenges.
BB4K - Comfort and encourage each other...

**POSITIVE vs NEGATIVE SELF TALK**

<table>
<thead>
<tr>
<th>Positive Statement</th>
<th>Negative Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am not good enough.</td>
<td>I am stupid.</td>
</tr>
<tr>
<td>I make the world a better place.</td>
<td>I am ugly.</td>
</tr>
<tr>
<td>I am proud of what I have done.</td>
<td>I am beautiful.</td>
</tr>
<tr>
<td>I am smart.</td>
<td>I am unique and special.</td>
</tr>
<tr>
<td>I wish I wasn’t so weird.</td>
<td>I am valuable.</td>
</tr>
<tr>
<td>No one likes me.</td>
<td>I am not as smart as him.</td>
</tr>
</tbody>
</table>

**Remember...**

1. It’s ok to have a bad day
2. It’s ok to make mistakes
3. Set back is not failure
4. It’s ok to take a break
5. Nothing is perfect
6. You are stronger than you think you are
7. Asking for help is strength
8. Small steps are also progress

How are you feeling today? 😊😊😊😊

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**Five ways you can improve your wellbeing now:**

**Take Notice**
Being mindful - be more aware of the present moment, including your thoughts, feelings, your body and the world around you.

**Give**
Give to others - even the smallest act can count, whether it’s a smile, a thank you or a kind word. Larger acts, such as volunteering, can improve your wellbeing and help you build social networks.

**Connect**
Connect with the people around you: your family, friends and colleagues. Spend time developing these relationships.

**Be Active**
Take a walk, go cycling or play a game of football. You don’t have to go to the gym. Find an activity that you enjoy and make it apart of your life.

**Be Active**

**Keep Learning**
Learning new skills can give you a sense of achievement and a new confidence.

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**Helping your child back to school**

- Plan ahead together - try using pictures...
- Focus on what you both can do...
- Not everything will be different - the staff, building and some routines will still be familiar.
- Give praise when they talk about a worry...
- It’s OK to feel worried about change - let them know that!

**Comforting at a distance**

- Use comforting language and tone of voice - reassure them that school is a safe and happy place.
- Use positive and open gestures with lots of smiles.
- Use play to stimulate and re-establish friendships.
- Share a virtual hug so families know what’s different and what stays the same.
- Validate their feelings - reassure and let them know it’s ok to have worries.

**Remember:**
Small things make a big difference.
Playing by the rules. Social distance games & ideas.

The benefits of physically active play and fresh air are well known. Child development and health experts agree that it develops coordination and motor skills, boosts energy and immunity, reduces stress, and promotes well-being. Another key part of play is social interaction and the lessons it offers in sharing, turn-taking and co-operation. But when physical closeness is so much a part of play, how can children reap the benefits and still maintain social – or, more accurately, physical distancing?

- Charades/Musical Statues
- Scavenger Hunt
- Sports Day
- Bean Bag Toss
- Hide and Seek
- Pavement Chalk

**Dapple Apple Cake**

1. Mix 1 Tablespoon cooking oil with 1 Tablespoon egg and 2 Tablespoons sugar.
2. Add 1/4 teaspoon vanilla. Mix well.
3. Chop 1 apple slice into small piece and 1/4 teaspoon cinnamon.
4. Add the apple pieces to cake batter. Mix well.
5. Scoop the batter into a greased muffin tin. Bake at 325° for 15-20 minutes.

Give myself a butterfly hug using alternate hand taps. Imagine or actually place worries and difficult thoughts into a worry box. If, I feel angry or scared, I feel irritated or frustrated. I feel good or happy.

- Low or kid
- Locker
- Drama
- Worry box
- Worry monsters mouth
- Worry diary

Dance or act out how I am feeling.
BB4K Positive Teens

FEELINGS CHECK-IN

<table>
<thead>
<tr>
<th>I feel...</th>
<th>I need to...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overwhelmed</td>
<td>Take a step back</td>
</tr>
<tr>
<td>Stressed</td>
<td>Focus on relaxing</td>
</tr>
<tr>
<td>Anxious</td>
<td>Practice coping skills</td>
</tr>
<tr>
<td>Sad</td>
<td>Be loving to myself</td>
</tr>
<tr>
<td>Angry</td>
<td>Find a positive outlet</td>
</tr>
<tr>
<td>Drained</td>
<td>Rest and recharge</td>
</tr>
<tr>
<td>Broken</td>
<td>Self-compassion</td>
</tr>
<tr>
<td>Upset</td>
<td>Take time for myself</td>
</tr>
<tr>
<td>Alone</td>
<td>Reach out for support</td>
</tr>
</tbody>
</table>

Make a lockdown memory book, diary, or time capsule.

What's your best coping strategy at the moment?

- Putting a fluffly jacket on and cuddling with a pet or watching baking videos
- Chocolate
- Staying active
- Keeping my mind on schoolwork
- Yoga
- Breathing slowly
- Going on Youtube and Instagram
- Setting goals and also using mindfulness colouring books
- Listening to music and writing about the experience of lockdown
- Hanging out with the fam
- Meditation helps me
- Probably art and drawing because creative is my style
- @kidshelplineau

Take a trip to Kenya - Tsavo East National Park LIVE cam


Watch LIVE elephants, giraffes, buffaloes, zebras, leopards and other animals live from Savannah

AWESOME!!!
BB4K consultation by telephone:

If a parent OR young person requires a telephone consultation with BB4K Worker:
Email [BB4K@pactcharity.org](mailto: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!