



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.



Acknowledge the differences in other people as an expression of the beautiful and rich diversity that we have been blessed with on this incredible planet.

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 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.**

BB4K Let's talk to each other



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?

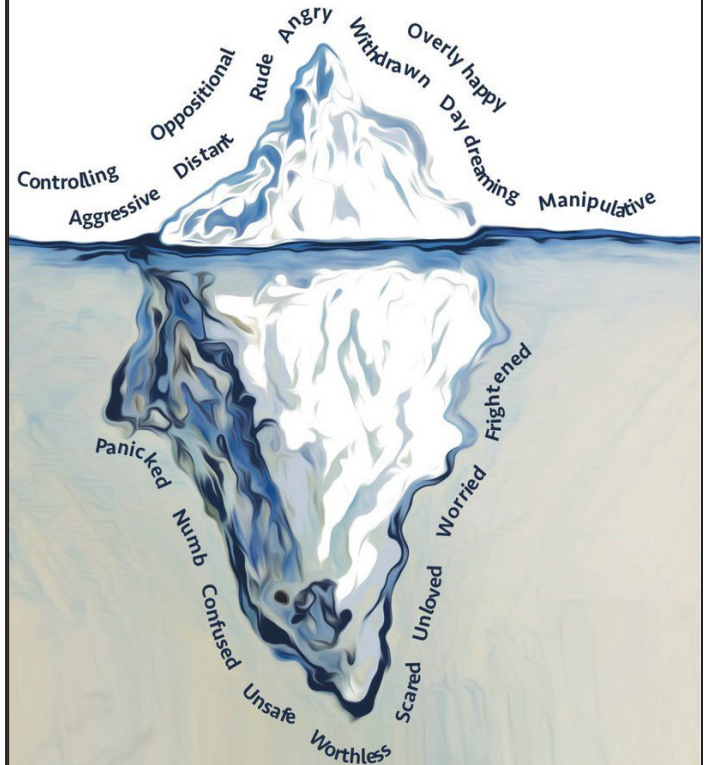
It's time as a family or parent to talk through some of these worries and acknowledge that this is a very difficult time and all these worries and emotions are normal.



Raising little humans isn't about making sure they never make mistakes. It is about letting them know that you will be their **safe place** to land if they do make mistakes.

Bringing Hidden Needs To The Surface

People of all ages, from babies to old age, find ways to **manage their emotions** so that they feel as **protected** and as **safe** as possible. It is human instinct to do this. We guard ourselves against feeling **too vulnerable** by showing the world behaviours which keeps others at a **safe distance**. Our 'real' needs are **buried deep below** the surface where they are hard to see.



To help people feel **calm inside** and get **close to others** – respond to them as if you were responding to their **hidden needs** rather than the behaviours you see. Show them **empathy, acceptance, understanding, kindness**. Be there **with** them and **for** them.

Listen with kindness

- 1 Give** them your time and attention
- 2 Ask** "How are you?" – then ask again
- 3 Don't** try to have all the answers
- 4 Help** them focus on what they can control
- 5 Remind** them this won't last forever

BritishRedCross



WHAT GIVES PEOPLE FEELINGS OF POWER



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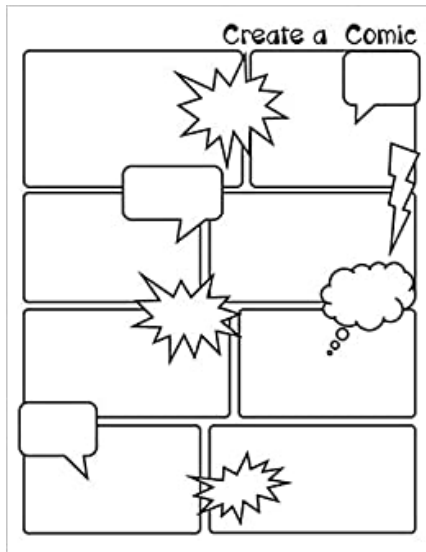
YOUR WORDS MATTER

| | INSTEAD OF... | TRY |
|--|---------------------------------------|---|
| | Be quiet. | Can you use a softer voice? |
| | What a mess! | It looks like you had fun! How can we clean up? |
| | Do you need help? | I'm here to help if you need me. |
| | I explained how to do this yesterday. | Maybe I can show you another way. |
| | Do I need to separate you? | Could you use a break? |
| | Stop crying. | It's okay to cry. |
| | Do you have any questions? | What questions do you have? |
| | You're OK. | How are you feeling? |
| | It's not that hard. | You can do hard things. |
| | We don't talk like that. | Please use kind words. |

WE ARE TEACHERS



BB4K Positive Kids pages



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.

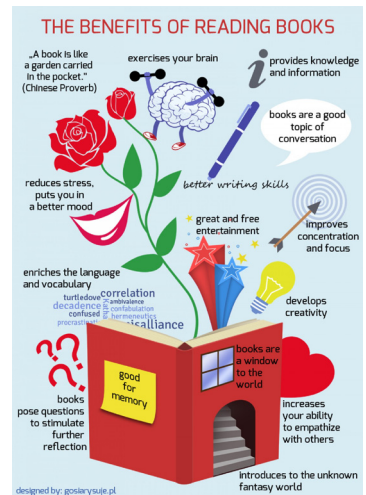
<https://www.freechildrenstories.com/>

Or make your own stories/comics!

Gratitude Scavenger Hunt for Kids



1. Find something that makes you happy
2. Find something that is your favourite colour
3. Find something that is soft and snuggly
4. Find something that tastes good
5. Find something that makes you laugh
6. Find something useful to you
7. Find something that makes a lovely sound
8. Find something in the morning that you enjoy
9. Find something that smells amazing
10. Discover something new



Let's make playdoh & gloop!



Connect At Home!

THERE'S AN APP FOR THAT!

(Check out these free apps!)



Phonics/Reading Apps

- StarFall (Free version)
- ABCyal
- Alphabet Aquarium
- Sentence Maker
- Futaba
- Phonics Island

*Teach Your Monster to Read is also available as a paid app.

Math Apps

- 10 Frame Fill
- Quick Math Jr.
- Number Math
- Geometry (Mathmatrix)
- Sorting Game (MyFirstApp)
- Number Quiz - Practice number format
- First Grade Math



GREAT WEBSITES TO VISIT!

Websites:

- TeachYourMonstertoRead.com - use your child's unique log-in to practice reading skills at home
- StarFall.com - A great place to practice all kinds of kindergarten skills!
- PBSKids.org - great games and activities.

YouTube Channels:

- Jack Hartmann (Counting & Alphabet short videos)
- Heidi Songs (sight word songs)
- Have Fun Teaching (ABC rap)
- Leap Frog (Letter Factory is great!)



| | |
|-----------|--|
| Stretchy | 1 cup conditioner 2 cups cornflour |
| Glittery | 2 Cups Flour 1/2 Cup Glitter 1/2 Cup Water 2 Tbsp Oil Food Colouring |
| Rock Salt | 2 Cups Flour 1 Cup Coarse Salt 1/2 Cup Water 4 Tbsp Oil Food Colouring |
| Original | 2 Cups Flour 1 Cup Water 1/2 Cup Salt 2 Tbsp Oil Food Colouring |
| Scented | 2 Cups Flour 1 Cup Water 1/2 Cup Salt 2 Tbsp Oil 2 Tbsp Essential Oil/ Scented Shower 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/theseif_carekit

GONOODLE MINDFULNESS VIDEOS
gonoodle.com

THE SCHOOL OF SELF
youtube.com/theshoolofself

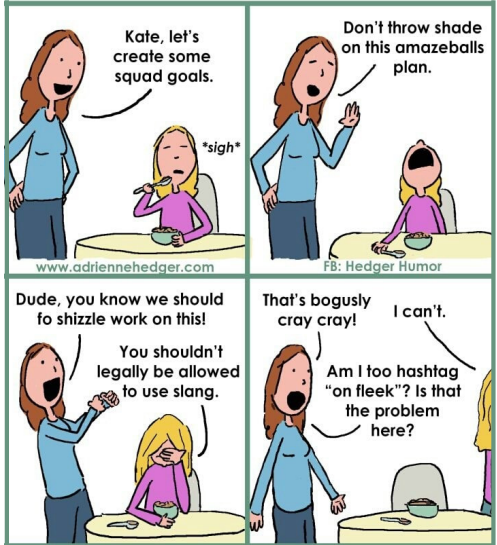
BUT WHY: PODCAST FOR KIDS
npr.org/podcasts

COSMIC KIDS YOGA
youtube.com/cosmickidsyoga

ONE FOR PARENTS: CLEMENTINE
clementineapp.co.uk

How to Have Fun With Teens:

Load your sentences with slang.



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 cupcakes tomorrow
11. Draw something
12. Brain/heart dump in a journal
13. Take a bath
14. Look out the window

IT'S OK TO FEEL :

- NOT QUITE OK
- CONCERNED ABOUT THE FUTURE
- OVERWHELMED
- A DESIRE TO BE ALONE
- UNINSPIRED
- UNFILTERED
- ANGRY
- WEIRDED OUT
- UNCOMFORTABLE
- FATIGUED
- NEGATIVE

No5 Young People's Mental Health Helpline

Text TALK followed by your first name & postcode to 07786 202430.

A No5 trained counsellor will call you back. Open 5-8pm Monday - Friday

Teen Slang

| Slang | Meaning | Slang | Meaning |
|----------|--------------------------|------------|-----------------------|
| Sick | Cool | GOAT | Greatest of all time |
| Skurt | Go away | Bae | Baby |
| Snatched | Looks good | BF/ GF | Boyfriend/ girlfriend |
| BFF | Best friends forever | Crashy | Crazy & trashy |
| Creep | A weird person | Hangry | Hungry & angry |
| Emo | Emotional, a drama queen | Tope | Tight & dope |
| Ship | Relationship | OTP | One true pairing |
| Tight | In a close relationship | Fam | Best friend or family |
| DM | Direct message | Requestion | Request & a question |



- 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

NEVER ALONE

- www.nspcc.org.uk (child abuse)
- www.refuge.org.uk (women's shelter)
- www.mind.org.uk (mental health)
- www.victimsupport.org (rape help)
- www.ncdv.org.uk (domestic violence)
- www.childline.org.uk (children's wellbeing)
- www.womensaid.org.uk (domestic abuse)
- www.mensadvice.org.uk (men's domestic abuse)
- www.samaritans.org.uk (crisis aid & suicide)
- www.wearehourglass.org (elder abuse)
- www.childline.org.uk (children's wellbeing)
- www.ncdv.org.uk (domestic violence)
- www.victimsupport.org (rape help)
- www.refuge.org.uk (women's shelter)
- www.nspcc.org.uk (child abuse)
- www.mind.org.uk (mental health)
- www.bereavement.org.uk (bereavement support)

NEVER ALONE

- NSPCC: 0808 800 5000 (24hrs)
- National Domestic Abuse Helpline: 0808 2000 247 (24hrs free)
- Mind: 0300 123 3393 (Mon-Fri 9-6)
- Victim Support: 0808 168 9111 (24hrs)
- Cruse Bereavement: 0800 808 1677 (Mon-Fri 9-5)
- ChildLine: 0800 1111 (24hrs)
- Action on Elder Abuse: 0808 808 8141 (Mon-Fri 9-5)
- Respect - Men's Advice Line: 0808 801 0327 (Mon-Fri 9-5or8pm)
- Samaritans: 116 123 (24hrs free)
- National Centre for Domestic Violence: 0207 186 8270

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!