



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

part of **PACT**
PARENTS AND CHILDREN TOGETHER



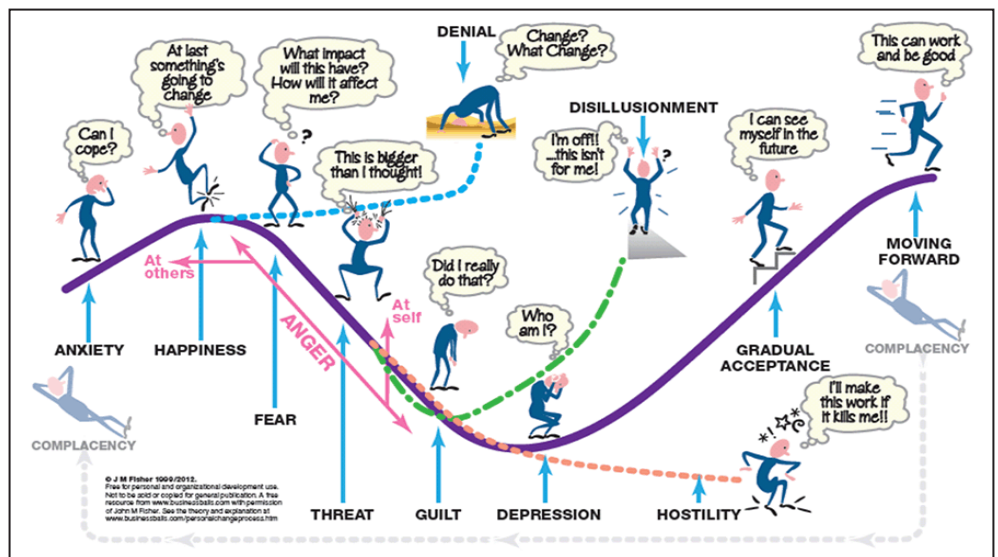
After months in lockdown, venturing out to see friends and family again is sweet indeed — even from six feet away. But being released from quarantine also brings a new set of anxieties and uncertainties. With no widely accepted playbook for reopening, it's on parents to decide what's safe for the family.

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.

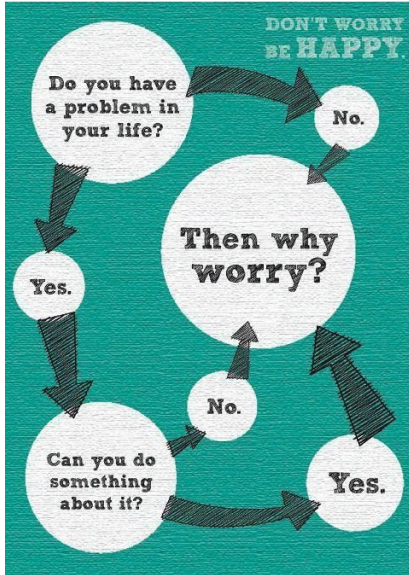
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| <p>Morning anxiety is caused by the hormone cortisol. When we wake up we naturally have a sharp increase. Stress and anxiety can cause it to overload our system.</p> | <p>Create a good sleep schedule. Make sure that you're getting a solid amount and try to choose a pleasant alarm tone for waking up.</p> | <p>Work to lessen your overall anxiety. See if anything in your life is causing anxiety spikes and then create boundaries around that thing.</p> |
| <p>Get super relaxed before you fall asleep. Focus on calming your nervous so that you fall asleep in the most relaxed state possible.</p> | <p>Self-Care for Morning Anxiety</p> <p>Talk yourself through the feelings and the anxiety both as you're falling asleep and when you wake up.</p> | <p>Talk to your doctor and your therapist. Discuss med options or coping skills that might help you wake up with out a stress response.</p> |

MINDFUL HABITS

- eat slowly
- accept emotions
- notice thoughts
- be curious
- pay full attention
- breathe deeply
- focus on the present
- practice gratitude
- be open-minded
- listen carefully
- do one thing at a time
- notice all 5 senses
- practice creativity
- less judgement



BB4K - Comfort and encourage each other...



POSITIVE + or NEGATIVE - SELF TALK

Directions: Cut and paste the sayings in the correct category if it's positive or negative self talk on the next page.

| | |
|---------------------------------|----------------------------------|
| I am not good enough. | I am stupid. |
| I am ugly. | I make the world a better place. |
| I am proud of what I have done. | I am beautiful. |
| I am smart. | I am unique and special. |
| I wish I wasn't so weird. | I am valuable. |
| No one likes me. | I am not as smart as him. |

- REMEMBER...**
- It's ok to have a bad day
 - It's ok to make mistakes
 - set back is not failure
 - It's ok to take a break
 - Nothing is perfect
 - You are stronger than you think you are
 - Asking for help is strength
 - Small steps are also progress
- How are you feeling today? 😞 😊 😄 😁

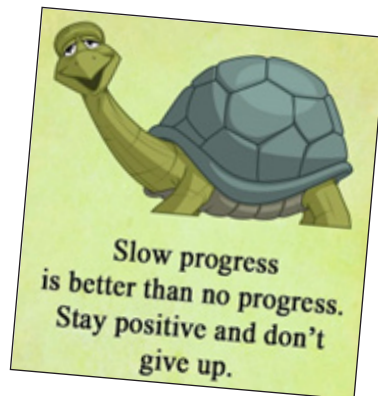
Five ways you can improve your wellbeing now:

- Take notice**
Being mindful - be more aware of the present moment, including your thoughts, feelings, your body and the world around you.
- Connect**
Connect with the people around you: your family, friends and colleagues. Spend time developing these relationships.
- Keep Learning**
Learning new skills can give you a sense of achievement and a new confidence.
- 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.
- 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.



Helping your child back to school

- Plan ahead together - try using pictures...
- ...the morning routine, their uniform, the journey to school
- 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

When we can't give physical comfort, we can still do a lot:

- Use comforting language and tone of voice - reinforce school is a safe and happy place
- Use positive and open gestures with lots of smiles
- Validate their feelings - reassure and let them know it's ok to have worries
- Use play to stimulate and re-establish friendships
- Share a virtual tour so families know what is different... and what stays the same!
- Remember: small things = big difference



Check in regularly with your child's feelings. Cut out and use from here or make your own!

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 Statures
- Scavenger Hunt
- Sports Day
- Bean Bag Toss
- Hide and Seek
- Pavement Chalk



SCAVENGER HUNT

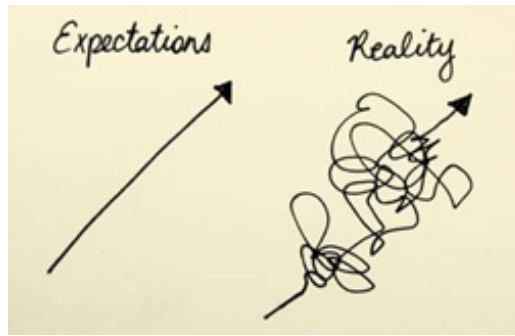
| | | | |
|-------------------------------|------------|----------------------|---|
| Pine Needle | Green Leaf | Brown Leaf | Leaf Eaten by Insect |
| Sharp/Rough Rock | Tree Bark | Smooth Rock | Pine Cone |
| Acorn | Wildflower | Wild Berry | ?? Treasure not found on list ??? |
| Piece of Rope | Tree Twig | Empty Pop Can | Pencil |
| Plastic Wear (Bonus if all 3) | Pop Tab | Plastic Water Bottle | Coin |

Dapple Apple Cake

| | | |
|---|--|---|
| Mix with 1 Tablespoon cooking oil 1 Tablespoon egg | 1 Add 1/4 teaspoon vanilla and 2 Tablespoons sugar Mix well | 2 Add 1/4 cup flour (don't mix yet!) |
| 4 Add 1/4 teaspoon baking soda and 1/4 teaspoon cinnamon Mix well (Batter will be thick) | 5 Chop 1 apple slice into small piece Add the apple pieces to cake batter. | 6 Scoop the batter into a greased muffin tin Bake at 325° for 15-20 minutes |

| | | |
|--|---|---|
| <p>Give myself a butterfly hug using alternate hand taps. (Left, right, left, right.)</p> <p>Imagine that your hands are a butterfly, flapping one wing, then the other.</p> | <p>Imagine or actually place worries and difficult thoughts into a...</p> <ul style="list-style-type: none"> • box or bag • locker • drawer • worry box • worry monster's mouth • worry diary | <p>Dance or act out how I am feeling.</p> |
|--|---|---|

| FEELINGS CHECK-IN | |
|-------------------|------------------------|
| I feel... | I need to... |
| Overwhelmed | Take a step back |
| Stressed | Focus on relaxing |
| Anxious | Practice coping skills |
| Sad | Be loving to myself |
| Angry | Find a positive outlet |
| Drained | Rest and recharge |
| Broken | Self-compassion |
| Upset | Take time for myself |
| Alone | Reach out for support |



Silence is golden...unless you have kids, then silence is just suspicious.

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

What's your best coping strategy at the moment?

- Putting a fluffy jacket on and cuddling with a pet or watching baking videos
- Chocolate
- Staying active
- Keeping my mind on schoolwork
- Yoga
- Keep in touch with friends online
- Breathing slowly
- Going on YouTube and Instagram
- Turn off the news
- Setting goals and also using mindfulness colouring books
- Time with my dog and cooking
- Listening to music and writing about the experience of lockdown
- Hanging out with the fam
- Try not to worry and enjoy the free time
- Meditation helps me
- Probably art and drawing because creative is my style
- Staying in touch with friends and family and keeping each other motivated

@kidshelplineau



LOCKDOWN TIME CAPSULE

- WRITE A LETTER TO YOURSELF
AGE, FAVOURITE THINGS AT THE MOMENT, YOUR BEST FRIENDS, HOW YOU'RE FEELING RIGHT NOW
- INCLUDE A FAMILY PHOTO
RECENT FAMILY PHOTOS, YOUR FAMILY IN LOCKDOWN, A DRAWING OF THE FAMILY NOW!
- NEWSPAPER CUTTINGS
CUT OUT TODAY'S HEADING, PLUS STORIES OF HOW COMMUNITIES ARE HELPING EACH OTHER RIGHT NOW
- AN OBJECT TO REMEMBER
ONE OF YOUR TOY SOLDIERS, A DOLL'S DRESS, A PEBBLE FROM THE GARDEN, A PUZZLE YOU COMPLETED
- BURY YOUR CAPSULE!
WRAP EVERYTHING UP IN A SHOE BOX OR SCRAPBOOK, HIDE AWAY IN THE ATTIC OR BURY IN THE GARDEN

WWW.KIDADL.COM

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

<https://www.skylinewebcams.com/en/webcam/kenya/taita-taveta-county/voi/tsavo-east-national-park.html>

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



AWESOME!!!

- Remember all of the obstacles and difficult times I have found my way through.
 - What skills, qualities and strengths did I use?
 - Warrior
 - Surfer
- Do my mindfulness exercises.
 - belly breathing with a toy
 - heartbeat exercise
 - mindful noticing walk
 - treasure basket
- See things from a different perspective.
 - E.g. from a magic carpet ride, from a floating cloud, an optical illusion or through a kaleidoscope.
- Use and explore my sensory, grounding, soothing and regulating box.
 - clay
 - comic strips
 - mosaic
 - collage
 - sand
 - paint
- Spend time in nature.
 - Show how I am feeling using...

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!

ACTION FOR HAPPINESS 10 KEYS TO HAPPIER LIVING (IN A CRISIS AND BEYOND)

1. GIVING
Do THINGS FOR OTHERS

2. RELATING
CONNECT WITH PEOPLE

3. EXERCISING
TAKE CARE OF YOUR BODY

4. AWARENESS
LIVE LIFE MINDFULLY

5. TRYING OUT
KEEP LEARNING NEW THINGS

6. DIRECTION
HAVE GOALS TO LOOK FORWARD TO

7. RESILIENCE
FIND WAYS TO BOUNCE BACK

8. EMOTIONS
LOOK FOR WHAT'S GOOD

9. ACCEPTANCE
BE COMFORTABLE WITH WHO YOU ARE

10. MEANING
BE PART OF SOMETHING BIGGER

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.cruse.org.uk (bereavement support)
- www.ncdv.org.uk (domestic violence)
- www.wearehourglass.org (elder abuse)
- www.childline.org.uk (children's wellbeing)
- www.samaritans.org.uk (crisis aid & suicide)
- www.womensaid.org.uk (domestic abuse)
- www.mensadvice.org.uk (men's domestic abuse)

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