



BB4K News, Advice and Support

Week 15 - I came, I saw, I forgot what I was doing, retraced my steps, got distracted on my way back, have no idea what's going on and now I need to pee! Welcome to the summer holidays!

The summer holidays are officially here and for most of us it seems to have just merged with lockdown into one long period of time off. After most schools shut down in some capacity back in March I don't know about you but I have found keeping the kids motivated and productive whilst in semi-lockdown a challenge, especially since they have had such a long time off! As the months have gone on and the summer holidays have "officially" started, we need to find new ways to keep the kids motivated, especially since they will be returning to school full time come September, which I think will be a big shock to us all. Hopefully I have found some different ways to keep us feeling positive, motivated and productive over summer.



Happiness Chemicals and how to hack them



DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN THE MOOD STABILISER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



How To DEAL WITH UNCERTAINTY:

- SEEK OUT SUPPORT
- DO SOMETHING THAT ENERGISES YOU
- DISTRACT YOURSELF
- FOCUS ON WHAT'S IN YOUR CONTROL
- MOVE YOUR BODY
- UNPLUG
- REMEMBER YOU ARE NOT ALONE



Finding it hard to motivate your children this summer?

You could try using a **simple/low cost reward system...**

- Pick a movie – anything goes if it's age appropriate
- Cook their favourite dinner
- A later bed time
- Read an extra bed time story
- 30 minutes of extra screen time (but not appropriate if trying to get them off the screen!)
- One to one time with them doing exactly what they want

things to say WHEN OUR KIDS FEEL ANXIOUS & SCARED (and we are uncertain, too)

We don't know what will happen or when this will end. But this won't last forever.

What questions do you have? What are you wondering about?

This is really hard right now. But I also know that we can deal with this and get through this together.

I am here and I've got your back, sweetheart.

It's totally normal to feel worried, sad, disappointed, or even angry in situations like this. Let's see how we can take good, kind care of your feelings.

Even though we don't have all the answers right now, when we know more, I will let you know, too.

We will take it one step at a time and focus on what we do have control over, like doing things that help us to stay safe, taking care of ourselves, and being gentle, forgiving, and kind with each other.



Bounce Back 4 Kids



BB4K - Coping With Boredom

I'm Bored!!!



With camps and many other programs for kids cancelled this summer, a lot of parents are hearing the dreaded complaint: *I'm bored!* Children accustomed to busy, activity-filled summer days may find themselves struggling to fill the time — and end up begging parents to come to the rescue. What are we doing today?

The good news is that dealing with boredom, while it isn't fun, teaches kids valuable skills. Boredom also helps children develop planning strategies, problem-solving skills, flexibility and organisational skills – key abilities that children whose lives are usually highly structured may lack.

Boredom fosters creativity, self-esteem and original thinking. The key is to help kids learn how to manage their boredom so they can develop independence and feel agency over their own happiness and well-being.

When a child says, "I'm bored" it could be code for a number of different things. They might be hungry, seeking attention, curious about what you're doing or looking for something to occupy their time.

While it's important to consider what they're really complaining about (and feed them if they're hungry!), be careful about your immediate reaction. If you drop everything because they need attention, then they won't learn how to entertain themselves. Or, if you spend time thinking of activities every time they ask, they won't have a chance to come up with their own new ideas. **Instead of being reactive, it's better to be proactive with your kids about their options.**

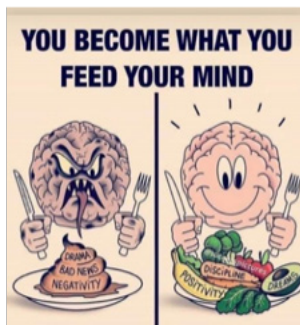
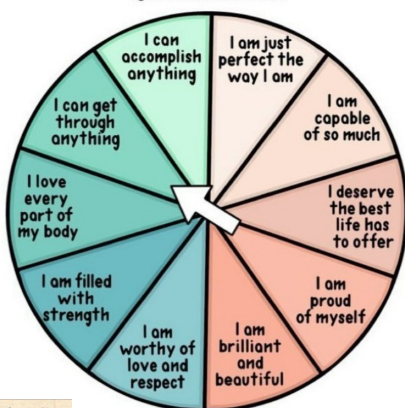
To get ahead of the complaints try setting aside some time with your child to create a list of activities they enjoy and some fun-sounding challenges or longer-term projects. Ideally, this will be a mix of your ideas and your child's. To get the ball rolling, you can discuss what they've enjoyed in the past, new things they're interested in learning and ways to use things you already have around the house. Use the list to create an activity chart (with pictures for younger children) that your child can refer to when they're bored, instead of coming to you. By doing the work in advance, you can break the cycle of spending time problem-solving when your child has free time. When they tell you they're bored, redirect them to the menu; over time you'll be able to remove yourself from the process and begin to reward and praise your kids when they find something to do independently. Set a time for your child to keep busy on their own. Check in before that time is up and reward good behavior so they feel proud of accomplishing something on their own. Rewards could include praise, earning points towards a fun activity together, having a water gun fight or even time on electronics.

Be realistic - no matter how proactive you are, your activity menu won't fill your child's time for the entire day. To figure out how long you can expect them to play independently, think about how long your child can sit still in a classroom — circle time in preschool is about 15 minutes, while a primary school class is 50 minutes. Also think about their usual activity level. Very active children may need a break every 20 minutes to run around outside, while others have no trouble sitting still for two hours.

It's harder for children with ADHD to occupy themselves for long periods of time because their attention and focus are compromised, plus activities quickly lose their novelty, so their enthusiasm for an activity menu won't last too long.

Positive self-talk wheel

@what.is.mental.illness



Gratitude Scavenger Hunt

1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favourite colour.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.

Don't tell me you are bored unless you have...

- Been Creative?
- Outside Play?
- Read a Book?
- Exercised 20mins?
- Done Something Helpful?

If you have done all that, then we'll talk!

Giving your child a social (distanced) summer!

Mini Olympics

- Discus** - use frisbees or paper plates.
- Shot Put** - use bean bags or tennis balls.
- Hurdles** - use cardboard boxes.
- Simple Gymnastic Displays** - handstands/cartwheels.
- Running Races** - of all lengths!
- Long Jump** - use tape measure and award points.
- Ball Archery** - throwing a ball at a target or containers.
- Shooting** - with nerf guns on a target.

Picnic Party

- What's the time Mr Wolf?**
- Simon says....**
- Bingo** - download cards or make your own.
- Charades.**
- Dance festival** - mix up the music to test the best movers.
- Treasure hunt.**
- Limbo** - using a rope who can get the lowest.
- Fun Races** - sack/egg & spoon/ball between knees/bean bag on head.

Sports Gala

- Football Penalty Shoot Outs** - 10 attempts, 10 points per goal.
- Mini Golf** - use cups for holes.
- Darts** - use magnetic/Nerf darts.
- Swingball Tournament.**
- Quoits** - with hula hoops and garden stakes.
- Skittles** - half fill drink bottles for pins.
- Bowls** - get closest to the small ball.
- Balloon Tennis** using rope for a net.

Park & Pavement Play

- Hopscotch.**
- Chalk Art Contest.**
- Noughts & Crosses.**
- Pavement Obstacle Course.**
- Jumping Game** - mark out lines.
- Tree Rubbings** - who can make the most rubbings?
- Painting with Water** - old paint rollers/brushes with soapy water.
- Skipping.**

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PARENTS AND CHILDREN TOGETHER

BB4K Positive Kids Pages

Water Station

Children of all ages love to play with water. Provide a station in the garden or park where they can have lots of buckets and empty bottles, and a big container full of water, or even a paddling pool which helps to keep cool on hot days. Use plastic fish, marbles, and other items your child wants to play with.

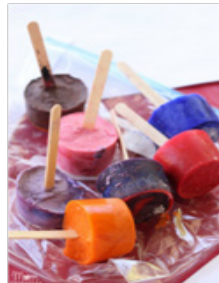
Interesting ideas!

Use painters tape to make a "parking lot" for kids toys. teach them to put away and "park" their toys where they go... Saving this!..



- Create a summer sensory bin for outside in a big container and treasures you can hide.
- Water pumps/cannons (pound shop) are great activities for coordinating both hands smoothly (bilateral coordination).
- Have some paint brushes and paint rollers in the garden or in the park and big containers with water. You can encourage your child to 'paint' on some walls or fences and make water patterns.

We had SO much fun experimenting with **ice paints** for a fun playdate recently! Ice painting is such a great activity for kids, especially perfect for these warm summer months! And, the kids loved it!! The extra great thing about it is that it is super easy to make! Add water and a lolly stick to any washable paint and freeze!



Sensory summer activity – Making ice lollies.

Puree fruit or use whole fruit pieces fill in ice lolly moulds and push in sticks. Or gummy bears and Sprite! Freeze overnight and enjoy! Let your child create their own favourite recipe.



for a Healthier Generation



Nature art attack!



Never have I ever (Parent Edition)

Give yourself 1 point for each thing you haven't done

- Eaten your child's treats
- Eaten their leftover food
- Joined in on a tantrum
- Done the 'sniff test'
- Done something you've just told them off for
- Skipped pages in a book to finish it quicker
- Carried on watching a child's TV show even when your child has left the room
- Licked your finger & cleaned their face with it
- Fallen asleep whilst putting them to bed
- Said 'That's it we're going home'
- Said no to something for an hour but eventually gave in
- Enjoyed a child orientated event / outing more than your child

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BB4K Positive Teens



Totally Not Boring FUN from A to Z

- Create a work of **ART**
- BAKE** cookies or a cake
- CAMP** out in the garden or living room
- DECORATE** your bedroom
- EARN** some money
- Hold a paper plane **FLYING** challenge
- Get outdoors and try **GEOCACHING**
- Head off on a **HIKE**
- Make **ICE CREAM** sundaes or floats
- Get creative with **JEWELLERY** making
- Try **KNITTING** ... with fingers or needles
- Build with **LEGO**
- Edit your own hobby **MAGAZINE**
- Make a target for a **NERF GUN**, water balloon or sock battle
- OFFER** to help someone
- Get creative with **PHOTOGRAPHY**
- Host a family **QUIZ NIGHT**
- READ** something new or something you love
- SCOOTER** or **SKATE**
- Play **TAG** or Hide N Seek or Murder in the Dark
- Challenge someone to a **UNO** championship
- VISIT** a museum, art gallery or library
- WASH** the car or the dog
- Conduct a science **EXPERIMENT**
- Stretch your body with **YOGA**
- ZONE** out and relax

forgive yourself when you

 can't move from bed	 have bad days	 don't feel sociable
 do nothing all day	 are overly emotional	 say the wrong thing

Screen vs non-screen activities

10 FREE LEARNING WEBSITES {FOR KIDS}

Here's a list of some fun, educational, and safe websites for your child to visit and explore on those hot summer days!

Switcheroo Zoo www.switcheroozoo.com Watch, listen and play games to learn all about amazing animals!	Fun Brain www.funbrain.com Play games while practicing maths and reading skills.
Nat Geo for Kids www.kids.nationalgeographic.com Learn all about geography and fascinating animals.	PBS Kids www.switcheroozoo.com Hang out with your favourite characters all while learning!
Into the Book www.reading.ecb.org Go "into the book" to play games that practice reading strategies.	Star Fall www.starfall.com Practice your phonics skills with these read-along stories.
Seussville www.seussville.com Read, play games, and hang out with Dr. Seuss and his friends.	Storyline Online www.storylineonline.net Have some of your favourite stories read to you by movie stars!
ABC YA www.abcy.com Practice maths and reading skills all while playing fun games!	Highlights Kids www.highlightskids.com Read, play games, and conduct cool science experiments!

Morning – 1 hour
Make brunch for all the family.
Rediscover paper. Make amazing origami.
Puzzle it out. Try crosswords/ Sudoku together.

Morning – 2 hours
Mess about on the water. Try SUP paddling or canoeing.
Reconnect with nature. Do the RSPB Wild Challenge.

All morning
Construct a fort in the garden or house.
Create a family scrapbook with memorabilia of all kinds!

Afternoon – 1 hour
Board no more. Play a board game or bingo. **Print off cards here.**

Afternoon – 2 hours
Create a herb garden. In pots, the garden or on a windowsill!
Be treasure hunters. Set up a trail with treasure at the end.

All afternoon
Get arty. Pack a picnic, art supplies and enjoy nature.
Strike a pose. Family photo shoot with an SLR/Polaroid camera.

Evening – 1 hour
Make books. Just gather art and craft supplies.
Try a night walk. Pack torches, snacks, raincoats and go on an adventure.

Evening – 2 hours
Go stargazing. Spot planets and constellations!
Play charades. Young and old love this classic game.

All evening
Have a movie-athon. Check out ideas [here](#).
Camp out. Set up the tent, cook sausages and **yummy S'mores.**

All Day
Build a go-kart. Then test it out!
Develop circus skills. Learn juggling, tightrope walking and magic!

Visit the seaside. Head to one of [Britain's best seaside towns](#).

French Day. Begin with croissants, learn the lingo and **cook some French cuisine.**

Build a garden labyrinth. Gather materials to make a cool labyrinth that you can walk round.

Be Kind. Post some fun letters/ cards to friends/relatives. **Create care packages for vulnerable people.**

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BB4K INFO

For any BB4K Referrals and/or enquiries please contact BB4K@pactcharity.org
Or call: 0118 402 1682

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

Happy summer!

SEND = Special Educational Needs and Disabilities

Welcome to West Berkshire's Family Section

Phone: 01635 503100

Email: fis@westberks.gov.uk

West Berkshire SEND Summer Activities -

<https://msm.w-berks.sch.uk/wp-content/uploads/2020/06/FINAL-SEN-LO-Newsletter-Summer-2020.pdf>

Reading Family Services

Information for SEND and Family Information Services

SEND local offer summer newsletter 2020 -

https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=lcc_7CWKv_8

Family Information Services - things to do -

<https://servicesguide.reading.gov.uk/kb5/reading/directory/family.page?familychannel=8>

News & Information

- Holiday clubs/childcare
- Short breaks/respite
- Clubs, groups & community activities
 - What's on/events/workshops
 - Clubs & services for adults
 - Family support

Bracknell Family Services

https://bracknellforest.fsd.org.uk/kb5/bracknell/directory/family.page?familychannel=6_10_6

Telephone: 01344 354039

Bracknell SEND Summer Activities -

<https://bracknellforest.fsd.org.uk/kb5/bracknell/directory/service.page?id=cG3Tejl5e2Q>

Oxford Family Services

<https://www.facebook.com/OxfordshireFamilyInformationService/>

Telephone: 01865 323332

Email: fis.enquiries@oxfordshire.gov.uk

Oxfordshire SEND Summer Activities -

<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/disabilities.page?disabilitieschannel=200>