

BB4K News, Advice and Support

Week 3: Stress Awareness Month & Easter

How are you? I expect you're in a routine without realising.
STOP, Reflect, Clap!! Well done you!

Look out for our Facebook Group in the next Issue



Free school meals vouchers; Simplified... 😊

- Schools that are not able to provide pupils who normally receive free schools, that are not attending school with meals or food parcels, will be able to provide families with supermarket vouchers in **term time weeks**.
- Your child's school will receive an email from the government regarding how to access these vouchers and distribute them to you.
- Shops that vouchers will be redeemable at are; Morrison, Tesco, Sainsbury's, Asda, Waitrose and M&S.
- Once you have received your vouchers from your school, you'll be able to redeem them in-store at the selected retailer by:
 - presenting the voucher on a smartphone/tablet
 - presenting a paper copy of the voucher.
- You are encouraged to redeem vouchers for healthy and nutritional items.
- You **must not** redeem vouchers for any age-restricted items, such as alcohol, cigarettes or lottery tickets.

See website for more details...click on this link:

www.gov.uk/government/publications/covid-19-free-school-meals-guidance/covid-19-free-school-meals-guidance-for-schools



Let's reduce stress this week!



complete the activities each day!

- MON** - smile when you wake up
- TUE** - stretch for 10 minutes
- WED** - give out hugs
- THUR** - eat delicious food
- FRI** - go for a walk
- SAT** - sleep in
- SUN** - reflect on the best parts

Important information

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

Ideas to help PASS THE TIME

- | | | |
|---|---|---|
| <input type="checkbox"/> Start keeping a gratitude journal | <input type="checkbox"/> Start an art or craft project | <input type="checkbox"/> Rearrange your furniture |
| <input type="checkbox"/> Write a letter to a friend or relative | <input type="checkbox"/> Get on top of your gardening | <input type="checkbox"/> Join an online community |
| <input type="checkbox"/> Research something that interests you | <input type="checkbox"/> Write a cookbook of your favourite recipes | <input type="checkbox"/> Plant some seeds |
| <input type="checkbox"/> Treat yourself to a long bubble bath - with candles! | <input type="checkbox"/> Create some homemade gifts | <input type="checkbox"/> Rediscover your music collection |
| <input type="checkbox"/> Learn a new skill | <input type="checkbox"/> Arrange a book swap with a neighbour | <input type="checkbox"/> Declutter your cupboards and drawers |
| <input type="checkbox"/> Write a poem or short story | <input type="checkbox"/> Phone an old friend | <input type="checkbox"/> Feed the birds |
| <input type="checkbox"/> Prep and freeze some meals | <input type="checkbox"/> Mend something broken | <input type="checkbox"/> Sing along to your favourite song (or album) |
| <input type="checkbox"/> Start a journal or blog | <input type="checkbox"/> Spring clean your home | <input type="checkbox"/> Reorganise your wardrobe |
| <input type="checkbox"/> Re-read a favourite book | <input type="checkbox"/> Discover a new podcast | <input type="checkbox"/> Write to your MP about an issue that affects you |
| <input type="checkbox"/> Start a chat over the garden fence | <input type="checkbox"/> Upcycle something | <input type="checkbox"/> Reach out to someone who lives alone |

BB4K Consultation by Telephone:

If a **parent OR young person** requires a TC consultation with BB4K Worker:

Email **BB4K@pactcharity.org** with name, time availability, concerns, and contact details.

BB 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 next newsletter!

Bounce Back from Stress!

Stress Awareness Month April 2020



The 30 Day Challenge
www.stress.org.uk

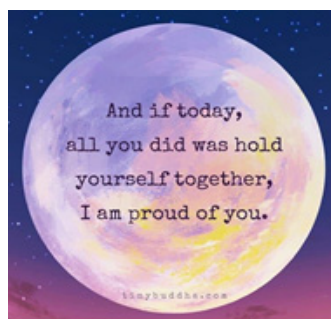
APRIL is STRESS AWARENESS MONTH!

We all experience stress in our lives so here are some tips to manage, overcome and recognise when you are stressed.

The Stress Management society...
<http://www.stress.org.uk>



QUARANTINE WARDROBE
you're doing great, sweetie.



Get Dressed

Even if it's just into comfort clothes, this will help you feel more productive and less in a rut.

Eat New Healthy Recipes

If you can, eat a variety of food and try different recipes. This will give your day variety and keep your body feeling healthy.

Be Creative

Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.

Stay Connected

Even though we can't go visiting, make sure you stay connected. A good way is Video chatting or even just a phone call. This will help you and the people you are talking to feel less isolated.

Do Your Hair/Makeup

Even if you're not going anywhere this can help make you feel "normal" in a very chaotic time. People also often feel relaxed when doing hair or makeup and you deserve that.

Get Some Fresh Air

Fresh air will help you not feel so cooped up or "stuck" in your home. Getting outside would be best but even standing at a window will be beneficial.

Unplug

Everyone everywhere is talking about the virus. Turn off your devices and get some well deserved time away.

Reach Out

Mental health is always important but it is especially important during times like this. Reach out if you need to and remember to check in with your friends and family. We are all in this together!

TYPES OF SELF-CARE





part of



PARENTS AND CHILDREN TOGETHER

BB4K Positive Kids pages!



Create a Bird House!

Used milk containers make excellent bird feeders for gardens or hang out of windows!

Attract garden birds with these foods:

Apples, Bananas, Cooked Pasta
Rice, Hard cheese, Melon or
Squash seeds or peanut Butter!



"Your real strength comes from being your best you." - Po



Plastic bottles and plastic forks can also make these!



INDOOR SCAVENGER HUNT

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



SPRING SCAVENGER HUNT

- Find a yellow flower.
- Find 3 different shaped leaves.
- Find something that is red.
- Find a spider web.
- Find something that flies.
- Name 2 things you see in the sky.
- Find something that is long.
- Find something that grows that is green.
- Find 2 birds.
- Find some water.
- Find something purple.
- Find something that crawls.



BOOK SCAVENGER HUNT

- Find an animal in a book.
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character eating in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.



BB4K Parents & Teens together

Spending quality time with your teen and giving them positive attention doesn't have to be complicated or expensive. Here are some ways you can give your teen positive attention:

Fun, Positive activities to do with your Teenager...

- 1 Sit down and talk about; their day, worries and stresses.
- 2 Make dinner together <https://www.stayathomemum.com.au/recipes/10-recipes-you-must-teach-your-teenager-to-cook/>
- 3 Identify your teen's future goals and discuss what the world might be like 20, 30+ years down the road.
- 4 Develop a new healthy habit together, like exercising or writing in a gratitude journal.
- 5 Pretend to travel the world. Go on a virtual tour of these 12 famous museums: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- 6 Research your family tree.
- 7 Make a Covid - time capsule. <https://drive.google.com/file/d/1MaM2RBrqyDeyKFCG8impDgfuZ8a2t1Z-/view>
- 8 Take a yoga online class together.
- 9 Do a puzzle and frame it.



8 things to remember when going through tough times.

1. Everything can - and will - change.
2. You've overcome challenges before.
3. It's a learning experience.
4. Not getting what you want can be a blessing.
5. Allow yourself to have some fun.
6. Being kind to yourself is the best medicine.
7. Other people's negativity isn't worth worrying about.
8. And there is always, always, always, something to be thankful for.

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Research your family tree

WEDFEST.CO.UK IN ASSOCIATION WITH EVERYONE IN THE WORLD PRESENTS

PANDEMIC 2020

THE STAY IN YOUR HOUSE FESTIVAL

THE ONCE IN A LIFETIME (HOPEFULLY) EVENT

FEATURING

NETFLIX **prime video** **Freeview**

PLUS INTRODUCING FOR 2020

YouTube **Disney+** **BBC iPlayer**

PLUS PERFORMANCES ACROSS THE GLOBE FROM
BBC 1, BBC 2, ITV, CHANNEL 4, CHANNEL 5, SKY TV, NOW TV, BT, LOADS OF OTHER CHANNELS
AND TONS AND TONS AND TONS OF OTHER SERVICES

ALSO FEATURING

BEING SAFE IN YOUR OWN HOME	WATCHING LOADS OF MOVIES	PRETENDING TO WORK FROM HOME	NOT PUTTING OTHERS AT RISK	TALKING TO YOUR FAMILY
POOPING IN YOUR OWN TOILET	BOOZE BOOZE BOOZE	SLEEPING IN YOUR OWN BED	BOOKS BOOKS BOOKS	PLAYING YOUR X-BOX / PS4 / VIDEO GAMES
				NO QUEUES NO QUEUES NO QUEUES

AND IF YOU'RE REALLY STUCK FOR IDEAS

SHOUTING AT ALEXA • SPOTIFY • AMAZON MUSIC • FACETIME • WHATS APP GROUP CALLING
GET TO KNOW YOUR HUSBAND OR WIFE • GET TO KNOW YOUR KIDS • BREAKFAST IN BED
ONLINE SHOPPING • YOGA • HAVING A LONG BATH • RESTING • HANG OUT WITH YOUR PET
PAINTING • READING • PLAYING GAMES • PEACE & QUIET • GARDENING • SLEEPING

WEDFEST

LEARN SOMETHING • YOU TUBE CLASSES • GET A HOBBY • STUDY SOMETHING • LEARN A LANGUAGE • LEARN TO COOK





66 POSITIVE THINGS TO SAY TO YOUR CHILD

1. I'm grateful for you.
2. You make me proud.
3. Your words are meaningful.
4. You have great ideas.
5. I love being your parent.
6. You don't have to be perfect to be great.
7. Your opinions matter.
8. You are important.
9. You are loved.
10. I believe you.
11. I believe in you.
12. This family wouldn't be the same without you.
13. You are valuable.
14. You can say no.
15. You can say yes.
16. I know you did your best.
17. You were right.
18. I accept who you are.
19. We can try your way.
20. You are helpful.
21. You are worth it.
22. You make me happy.
23. I love your creativity.
24. Being around you is fun.
25. I can't wait to hear about it.
26. Don't be afraid to be you.
27. You're making a difference.
28. I'm excited to spend time with you.
29. You are interesting.
30. I love seeing the world your way.
31. It's good to be curious.
32. I love the way you tell stories.
33. What you did was awesome.
34. I admire you.
35. That's a great question.
36. Your friends are lucky to have you.
37. I trust you.
38. That was a really good choice.
39. Seeing you happy makes me happy.
40. Being your parent is my favorite job.
41. I learn new things from you every day.
42. You make me better.
43. You are a good boy/girl.
44. Thank you for being you.
45. I'm so glad you're here.
46. You look great.
47. I understand you.
48. Watching you grow up is the best.
49. That was really brave.
50. I forgive you.
51. I appreciate you.
52. We all make mistakes.
53. Yes, me too.
54. You are very good at that!
55. You can try again tomorrow.
56. Nobody is perfect.
57. I love how you said that.
58. Not everyone will like you, and that's OK.
59. You did that so well.
60. I'm listening.
61. That's a very fair point.
62. You are beautiful inside and out.
63. I love you.
64. I could never stop loving you.
65. You are enough.
66. You make my heart full.