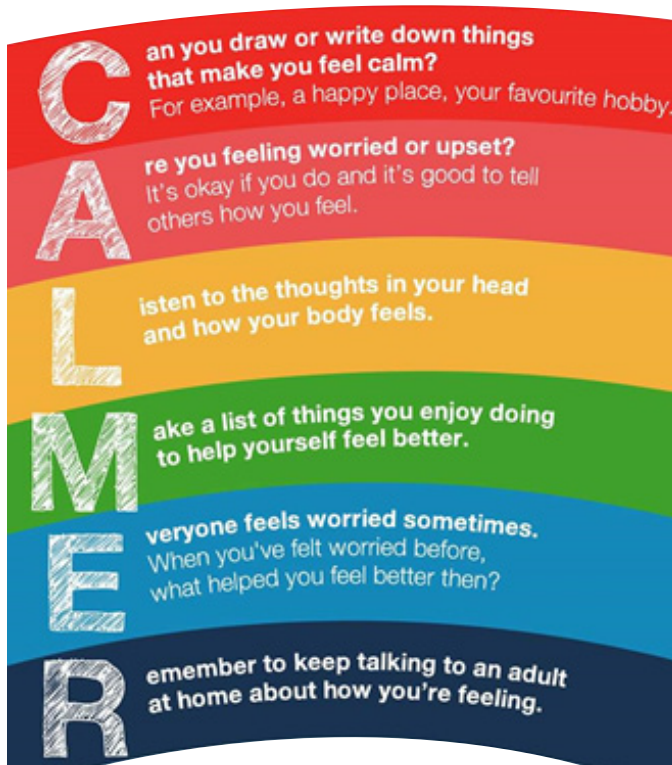


BB4K News, Advice and Support

Week 4 – Anyone else feel they are on a rollercoaster?

Some days on a high some days on a low?

Let's try one day at a time, a C.A.L.M.E.R Approach.



Can you draw or write down things that make you feel calm?
For example, a happy place, your favourite hobby.

Are you feeling worried or upset?
It's okay if you do and it's good to tell others how you feel.

Listen to the thoughts in your head and how your body feels.

Make a list of things you enjoy doing to help yourself feel better.

Everyone feels worried sometimes. When you've felt worried before, what helped you feel better then?

Remember to keep talking to an adult at home about how you're feeling.

BB4K Consultation by Telephone:

If a parent or young person requires a telephone 121 consultation with BB4K Worker:

Email BB4K@pactcharity.org with name and contact details.

BB Worker will email reply with a time slot for this consultation to support 121 and will call at the agreed time.

Referral Forms will need to be completed for 121 consultations.

We also have a Bounce Back 4 Kids private group on Facebook. This is invite only and private so please contact BB4K. We can use this for more direct support and forum/chat discussions.

You are amazing just the way you are.
Believe in yourself
You are not alone in this
Look for something positive in each day

You are AMAZING, you are BRAVE, you are STRONG!
Bounce Back 4 Kids



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

LOOK FOR SOMETHING POSITIVE IN EACH DAY, EVEN IF SOME DAYS YOU HAVE TO LOOK A LITTLE HARDER.

Safe and Loved... ❤️ ❤️ ❤️

So your kids survived on snacks yesterday. They are still safe. They are still loved.

So your kids had too much tablet time. They are still safe. They are still loved. 🙄

So your kids have had more inset days than home-school days. They are still safe. They are still loved.

So your kids have no routine at the minute and are sleeping in or staying up late. They are still safe. They are still loved.

So your house is a muddle. You are tired. You are snappy. You are overwhelmed.

YOU are still safe. YOU are still LOVED ❤️

You aren't failing at anything - you are surviving everything. 🤔❤️



@veckoezooobles

Anxiety Support & Strategies

COPING WITH CORONAVIRUS

For those already living with stress or anxiety, the ongoing outbreak of COVID-19 (or coronavirus) may be particularly difficult.

In normal life, many of us have a bank of coping strategies, such as going to the gym, meeting up with friends or keeping busy with hobbies and work. In such uncertain and worrying times, many of these coping strategies have been taken away and the thought of spending so much time at home can be frightening.

Firstly, remember you are not alone. It's okay to feel anxious and many others will be feeling the same way too. It's still important to talk about how you're feeling and to reach out if you need support.

Practise your usual coping strategies where possible – breathing techniques, grounding, focusing on the present. If you usually go to the gym – go for a walk or run (if you can) or try following a home workout video.

Limiting your exposure to the news is important too. While it is necessary to be aware of what is happening, there is no need to overexpose. This will only feed your fears. Allocate a set time of day where you will check the news, for example, after breakfast or during the government's daily update. Then avoid or limit your exposure throughout the rest of the day.

Keep yourself busy and try not to allow your mind time to overthink and catastrophise. Creating a new routine is a great way to look after your mental health. Stay active and eat as well as you can. For more information about anxiety click on this link.... <https://www.anxietyuk.org.uk>.

10 tips to help if you are worried about coronavirus

- Stay connected with people
- Talk about your worries
- Support and help others
- Feel prepared
- Look after your body
- Stick to the facts
- Stay on top of difficult feelings
- Do things you enjoy
- Focus on the present
- Look after your sleep

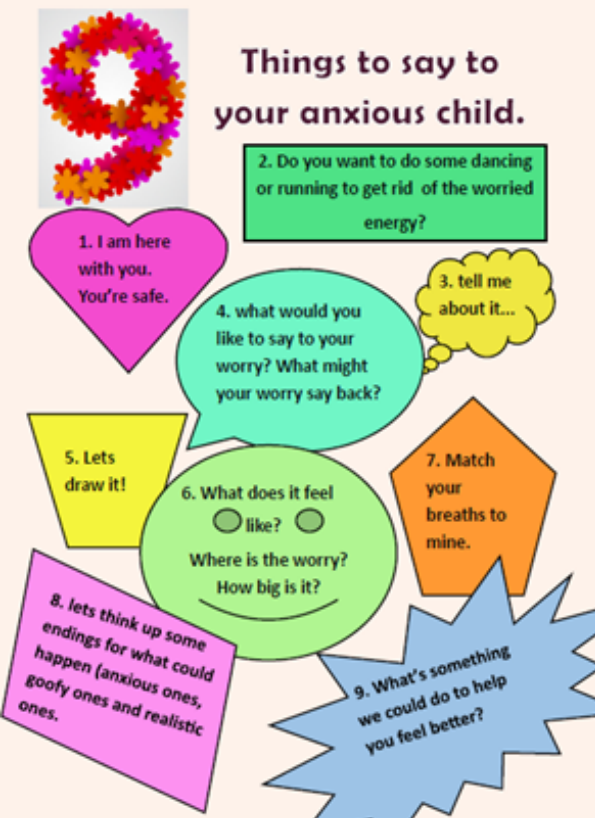
This NHS website explains all of these in more detail...click here...
www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips

ANXIETY SIGNS IN CHILDREN

Children express anxiety in ways that are not always clear to adults. Here are some different ways your child might express anxiety:

- Reassurance-seeking
- Fear of separation from parents
- Headaches or stomach aches
- Irritability
- Trouble sleeping

Things to say to your anxious child.



1. I am here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. tell me about it...
4. what would you like to say to your worry? What might your worry say back?
5. Lets draw it!
6. What does it feel like? Where is the worry? How big is it?
7. Match your breaths to mine.
8. lets think up some endings for what could happen (anxious ones, goofy ones and realistic ones.
9. What's something we could do to help you feel better?

You cannot be a full time mum, attentive partner, patient teacher, perfect homemaker and full-time employee all at once. Nobody can. You're doing what you can with an extraordinary situation. That's enough.



THINGS TO REMEMBER

- You are important and you matter.
- You are so loved.
- Your mistakes don't define you.
- It's okay to ask for help.
- You are allowed to say no.
- Your wants and needs are valid.
- Productivity doesn't define your worth.
- Your boundaries are important & worth respect.

part of



PARENTS AND CHILDREN TOGETHER

SENSORY BOTTLES OR 'CALM DOWN BOTTLES'



When shaken or overturned, the glitter swirls around—not dissimilar from angry, confused or uncontrollable thoughts. When angry, anxious or upset, a child can be taught to sit and watch the glitter settle.

For this activity, you'll need:

- Small jars or plastic water bottles
- Glitter glue or glitter and glue
- Food colouring
- Hot water
- Glitter and/or sequins (optional)

Mix about 1 tablespoon of glitter glue with 1 cup of warm water. If you'd like, add food colouring and extra glitter to make it even more colourful and sparkly. Fill the bottle the rest of the way with warm water. The warmer the water, the better the glitter will dissolve without clumps. Don't forget to hot glue or sellotape the tops on the bottles to prevent spills.



How to Make Super Cool Squishy Stress Balls



PUT ANY WORRIES, CONCERNS, BAD THOUGHTS INTO WORRY MONSTER... THEY MAY BE GONE BY THE MORNING!! ;)
TRY NOT TO ASK CHILD TO EXPLAIN THEIR WORRIES



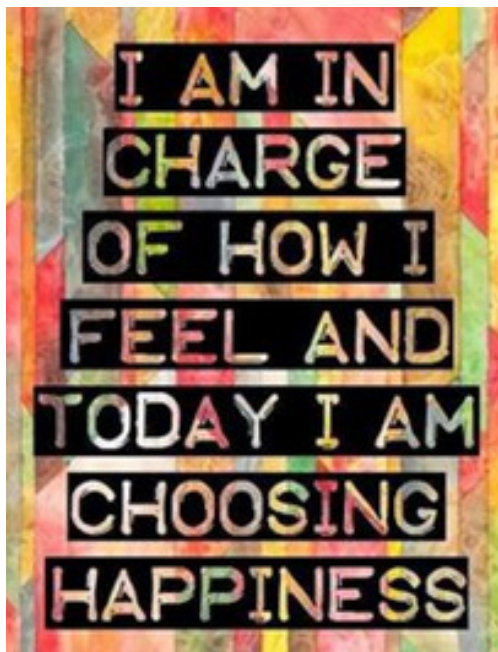
← Sometimes the simplest of ideas are the Best! ❤️



BB4K Parents & Teens together

How is your teen coping? Check in regularly even if they say they are OK. Keep the conversation open. If they tell you something alarming, keep your cool.

Let's find some fun ways to talk and enjoy being together.



THE M&M GAME

| THE m&m's FEELINGS GAME | | |
|------------------------------------|---|---|
| FOR EVERY | | SHARE |
| Red |  | One thing that makes you HAPPY . |
| Brown |  | One thing that makes you SAD . |
| Green |  | One thing that makes you ANGRY . |
| Yellow |  | One thing that makes you EXCITED . |
| Blue |  | One POOR CHOICE you made today and what you could have done differently. |
| Orange |  | One GOOD CHOICE you made today. |

HOW TO CREATE A

Vision Board

- ★ Cut out pictures of hopes and dreams
- ★ Paste onto poster board, decorate
- ★ Put your vision board somewhere you can see it



IDEAS TO TRY AT HOME

- **MEDITATION - LIVE GUIDED MEDITATION, EVERY WEEKDAY AT 7PM.** Click here to go straight to the website... www.wemeditate.co/live
- **MINDFULNESS COLOURING & DOODLING.** Get your creative juices flowing at... www.themecreative.co.uk
- **15 IDEAS FOR CHEAP, EASY CRAFTS.** Using few supplies and mostly recycled materials, have a go here... <https://www.artbarblog.com/13-crafts-for-teens-and-tweens/>



Coping Skills for Kids

part of **PACT**
PARENTS AND CHILDREN TOGETHER

50 COPING SKILLS for kids



- Ride a Bike OR SKATEBOARD** (Illustration: bicycle and skateboard)
- ASK FOR HELP** (Illustration: sad blue character)
- Color Paint Draw** (Illustration: paint palette)
- Listen to MUSIC** (Illustration: music notes and MP3 player)
- PLAY a BOARD GAME** (Illustration: board game pieces)
- Blow Bubbles** (Illustration: bubbles)
- WEAVE, KNIT OR CROCHET** (Illustration: colorful yarn)
- Use Kind & Compassionate Self-Talk** (Illustration: pink heart)
- MAKE & PLAY WITH SLIME** (Illustration: green slime)
- Practice Gratitude** (Illustration: gratitude list on a clipboard)
- JOURNAL OR WRITE A LETTER** (Illustration: journal and pencil)
- Take Slow, Mindful Breaths** (Illustration: yellow smiley face)
- Make a SCRAPBOOK OR Collage** (Illustration: scrapbook)
- PRACTICE YOGA** (Illustration: pink smiley face in a yoga pose)
- Hug or Climb a Tree** (Illustration: tree)
- KICK BOUNCE OR THROW a BALL** (Illustration: basketball hoop)
- Cuddle or Play with Your Pet** (Illustration: dog and cat)
- Drink Water** (Illustration: water bottle)
- Smile & Laugh** (Illustration: green smiley face)
- EAT Healthy** (Illustration: basket of fruit)
- Forgive Let Go Move On** (Illustration: globe)
- Cook or Bake** (Illustration: cupcake)
- Get Plenty of Sleep** (Illustration: moon and stars)
- TAKE A SHOWER OR BATH** (Illustration: bathtub)
- STRETCH** (Illustration: pink smiley face stretching)
- Go on a Hike, Walk or Run** (Illustration: mountains)
- Use Aromatherapy (Smell something good)** (Illustration: purple flowers)
- SAY positive Affirmations** (Illustration: speech bubbles with affirmations)
- Take GOOD CARE of the Earth** (Illustration: globe)
- Garden or Do Yardwork** (Illustration: garden with shovel)
- Try or Learn Something New** (Illustration: lightbulb)
- READ a Book or Magazine** (Illustration: books)
- Look At or Take PHOTOGRAPHS** (Illustration: camera)
- Visualize a Peaceful Place** (Illustration: landscape with flowers)
- EXPLORE & DISCOVER Nature's Treasures** (Illustration: rock)
- DRINK A WARM CUP OF TEA** (Illustration: teacup)
- use a STRESS BALL (or other fidget tool)** (Illustration: green stress ball)
- DO a PUZZLE** (Illustration: puzzle pieces)
- Cry** (Illustration: blue sad character)
- Clean, Declutter or Organize** (Illustration: cleaning supplies)
- Create ORIGAMI** (Illustration: blue origami crane)
- Get a HUG** (Illustration: woman hugging a child)
- EXERCISE** (Illustration: jump rope and dumbbell)
- Play Outside** (Illustration: trampoline)
- JUMP on a Trampoline** (Illustration: trampoline)
- Rest, Take a Break, OR Nap** (Illustration: trees and hammock)
- Do Something Kind** (Illustration: two smiley faces holding hands)
- BUILD Something** (Illustration: colorful blocks)
- TALK to Someone You Trust** (Illustration: two chairs)