



# BB4K News, Advice and Support

**Week 5** - You may not be where you want to be, but you might be a little further along than you have been giving yourself credit for!

## Panda Thoughts



It's okay if today is *difficult*  
**KEEP TRYING**  
Just because THINGS are HARD, doesn't mean you're WEAK  
**OR YOU FAILED**  
You're STRONG  
**AND I BELIEVE IN U**



## WE ARE IMPORTANT TOO...

During this time it is so important to take care of our mental wellbeing. How many of us are trying to "hold it all together" for our families? We are trying to be mum, teacher, partner, colleague, friend and possibly still child.

So many titles that during our everyday lives are hard enough to fulfil without the extra stress of the uncertain time that we are living in right now.

### So what about us? Who is looking after us?

We can and must look after ourselves. I'm sure many of us are putting everyone else first – making sure that all "our people" are feeling reassured, have all that they need, are fed, clothed, and loved.

We need to remember to look after our own needs. It is so important to make time for ourselves. Take that walk. Take that time to sit down and have a cuppa. Catch up with friends via the internet. Have a long soak in a warm bath. Read our book. Watch our favourite soap. Paint our nails.

### Whatever makes us feel good about ourselves?

By doing these things we are recharging our batteries, filling our cup, boosting our self-esteem – however we phrase it – know one thing ..... we are important too. How can we give when we're running on empty? How can we be the best version of ourselves if we don't feel valued? It is not selfish..... It is important.

## My HOMESCHOOLING Schedule

- 9am: Home Economics- Learn how to make me a decent coffee.
- 10am: Engineering- How to operate the vacuum cleaner and washing machine.
- 11am: PE- Carrying rubbish/recycling out to bins.
- 1pm: Chemistry- How to bleach and disinfect the bathroom.
- 2pm: Geography- Lesson in where the items you have strewn across the floor ACTUALLY live.
- 3pm: Orienteering- How to find wash basket.
- 3.30pm: Horticulture- Chopping veg.
- 4:30pm: Science- Learn how hot water and fairy liquid remove grease from pans.
- 5pm: After school club- Go to your room with your iPad and be quiet!

### Important information

The National Domestic Abuse Helpline; confidential and available 24 hours a day 0800 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

## 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

You are AMAZING, you are BRAVE, you are STRONG  
Look for something positive in each day

**Bounce Back 4 Kids**



# BB4K Does Positivity!

There are plenty more of these parenting posters, visit their website at: [www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting)



## 2 COVID-19 PARENTING Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

### Say the behaviour you want to see

- Use positive words when telling your child what to do, like 'Please put your clothes away' (instead of 'Don't make a mess')

### It's all in the delivery

- Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

### Praise your child when they are behaving well

- Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.

### Get real

- Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

### Help your teen stay connected

- Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!

For more information click below links:

[Parenting tips from WHO](#)
[Parenting tips from UNICEF](#)
[In worldwide languages](#)
[EVIDENCE-BASE](#)

## DEALING WITH DIFFICULT FEELINGS

©POSITIVELYPRESENT



1. NOTICE THE FEELING



2. NAME THE FEELING



3. SIT WITH THE FEELING



4. LET THE FEELING GO

## 17 Positive Mindset

1. I am good
2. I can make a difference
3. I try new things
4. I like challenges
5. I can do this
6. I can get through anything
7. I am born different
8. I am ready to be a leader
9. I control my own happiness
10. I am grateful
11. I like to learn new things
12. I am ready to fail
13. I ask for help
14. I can do anything
15. Practice makes me perfect
16. I don't give up
17. I am a fighter

KidnClicks.com

It is the end of Easter; however we aren't going back to school yet, so let's try to fit in some time for educational activities as well as FUN FUN FUN!

part of



Online **MATHS** games:

<https://www.coolmath4kids.com>

Online **LITERACY**:

<http://www.literactive.com/Home/index.asp>

Online **SCIENCE**:

<http://www.sciencekids.co.nz>

## CALM DOWN YOGA FOR KIDS



**I am strong.**  
Use your strength to catch tricky waves.

**I am kind.**  
Stretch high and spread kindness all around.

**I am brave.**  
Be brave and fearless as you fly down the ski run.

**I am friendly.**  
Stretch like a dog wagging its tail.

**I am wise.**  
Be a wise owl perched on a tree branch.

Childhood 101 & Kids Yoga Stories

## MAIL A HUG

An easy way for kids to brighten the day of a friend or loved one that they don't see often!



I miss you when you're far away. I'd love to see you every day. But since I can't come over to play, I'm mailing you a hug today!



## MOVIE QUIZ AND ACTIVITIES !



Week	1. Aladdin	2. Lion King
Geography	<p>What country is the movie set in?                      What is the climate like?                      What language is spoken?                      Where did the tale originally come from?                      What is the terrain like?                      How does this terrain differ from yours?</p>	<p>What continent is the movie set in?                      What oceans/seas surround this continent?                      Draw the continent outline and research the countries within.</p>
Science	<p><b>Space</b>                      Aladdin spends most of his time staring into the night sky or towards the palace. Although he doesn't always see the same stars, as they seem to move. Do the stars move?                      Research planets and how they move within.</p>	<p><b>Life Cycles and food chains</b>                      Choose an animal from the movie and draw a life-cycle poster.                      Design and draw a comic strip showing the food chain for the same animal.</p>
English	<p><b>Setting description</b>                      Choose from the following settings: Market, Cave of Wonders, Sultan's Palace.</p>	<p><b>Narrative with dialogue</b>                      Write a side story linked to Timone and Pumba.</p>
Languages/Food Tech/D&T/Art	<p>Draw the palace during sunset.</p>	<p>Design and make puppets to re-tell the story.</p>



# BB4K Parents & Teens together

BEHIND THIS



MIGHT BE



**YOU ARE BRAVER THAN YOU BELIEVE STRONGER THAN YOU SEEM SMARTER THAN YOU THINK & LOVED MORE THAN YOU KNOW**

~ WINNIE THE POOH

We want our children to feel **loved** and **safe**, but when our stress levels rise (and it's only natural that they would be high right now), we can suddenly find ourselves snapping or yelling at them.

Nothing good comes from us losing our cool. Instead of helping to solve the problem, we add fuel to the fire by escalating an already challenging situation.

## FAMILY RITUAL IDEAS



that **TEACH** important **LESSONS**

### Rituals That Teach Responsibility

- Assign each family member a specific task when setting the table.
- Create a rotating chore chart on a whiteboard that changes each Sunday.
- Choose a particular time each week when the entire family comes together to clean the house.
- Find projects that the entire family can collaborate on (shelling peas, painting a wall, etc.)



### Rituals That Promote Kindness & Compassion

- Practice Loving Kindness Meditation: think of your loved ones and send them positive thoughts. Say, "May you feel safe. May you feel happy. May you feel healthy."
- Find a place to volunteer as a family (a nursing home, an animal shelter, etc.)
- Have each family member share one kind thing they did that day.



### Rituals That Boost Positivity

- "Family cuddle time" - when everyone arrives home, pile into bed together and cuddle for five minutes.
- Play "High, Low, Buffalo" - each family member shares the high and the low points of their day, then anything else they would like to share ("Buffalo").



### Rituals That Build Strong Family Connection

- End each evening with a calming massage before bed.
- Choose a few favorite songs to use as "goodnight songs."
- Choose a few favorite stories that you read each night.
- Say, "Goodnight, nose!" while tweaking your child's nose, then, "Goodnight, toes!", and so on.
- Before saying good-night, say, "Mommy loves you. Daddy loves you. Grandma loves you," and so on.
- Have each family member contribute something to dinner preparation.
- Take turns cooking everyone's favorite meals.
- Sample dinners from different cultures each month.
- Have weekly "theme" dinners, like Taco Tuesdays, Pizza Fridays, etc.

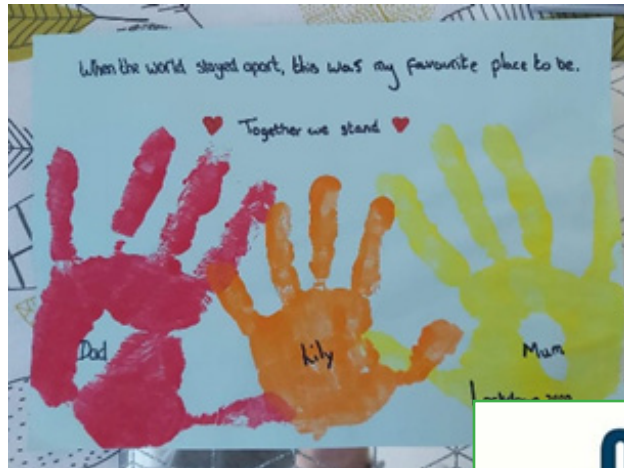


### Rituals That Develop a Sense of Belonging

- Create special greetings and farewells like "See you later, alligator!"
- Have a personalized handshake with each of your children.
- Go on a hayride each year around the holidays.
- During the holidays sing songs that hold significance to your family.
- On New Year's Eve, watch family videos to reflect on the year.
- Keep a "Gratitude Jar" throughout the year.
- Make a special cake for each family member's birthday.
- On birthdays, allow kids to eat anything they want for breakfast!
- Invent and celebrate family holidays like Kid's Day.
- Go on monthly (or weekly) nature walks.
- Create a theme night like a board game night or a movie night.
- Have pancakes each Sunday morning.
- Camp out in the living room monthly or every so often.



# Coping Skills for Kids



**GET YOUR FREE INFORMATION BOOK** explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler, written by Nosy Crow Blog.  
Click here to find out more:  
[www.nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler](http://www.nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler)



**TRY THIS WITH CHOCOLATE!** ↑

## 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

@BELIEVEPHQ

- WORRY TIME**
  - Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them
- ACTIVITY PLANNING**
  - Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities
- WELLBEING**
  - Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep
- TALKING ABOUT FEELINGS**
  - Why not create a time each week where your child can speak to you about their thoughts and feelings
- THOUGHT CHALLENGING**
  - Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones
- 3 GOOD THINGS**
  - Before bed spend some time with your child to identify and write down three good things they achieved from the day
- IMAGERY**
  - Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way
- BEING PRESENT**
  - Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses
- THOUGHT TESTING**
  - Try setting out some simple activities to help your child test out the validity of a thought.



**"IT HELPS TO REMEMBER THE OBJECTIVE:**

- WE'RE STAYING IN SO WE CAN GO BACK OUT.
- WE'RE STAYING APART SO WE CAN GET BACK TOGETHER.
- WE'RE LOVING ONE ANOTHER WELL SO WE DON'T MAKE ONE ANOTHER SICK.
- ALL OUR HARD TODAYS ARE FOR A LOTTA HAPPIER TOMORROWS." - BETH MOORE