

part of **PACT**
PARENTS AND CHILDREN TOGETHER



Today is a new day.
We are a day
nearer to the end of
this situation than
we were this time
yesterday.



MY REWARD STICKERS FOR ADULTING DURING LOCKDOWN



Benefits of Laughing



- Physical health benefits**
- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease



- Mental health benefits**
- Adds joy and zest to life
- Eases anxiety & tension
- Relieves stress
- Improves mood
- Strengthens resilience



- Social benefits**
- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

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
Look for something positive in each day



Positive wellbeing!



WELLBEING TIP OF THE WEEK

Developed by Dr Kate Vasey, Clinical Psychologist

If there was ever a time we needed to look after ourselves and each other it is now. Right now there is so much that we are all trying to contend with and it is unsurprising and completely normal if you are experiencing a whole range of feelings in response to this such as anxiety, fear, anger (and a whole other lot too most likely). With so much out of our control, and things changing by the day, even hourly, it is helpful to refocus our attention on what we can do.



LEARNING TO LIVE ALONGSIDE THREAT

When threat is about, we focus all our attention on it to try and keep ourselves safe. We need to develop different ways to respond to the COVID-19 threat; worrying about it won't keep us safe.

SO, try and find ways to acknowledge the threat (it's OK to feel worried), shift your focus onto the things you can control, like things you are already doing to reduce the threat (e.g. washing your hands, social distancing). Spend time deliberately engaging in tasks that take your mind away from the current crisis. Have a go at some of these strategies to help stay in the present and take one day at a time.



LIMIT SOCIAL MEDIA

Avoid, or at least limit, the stream of Covid-19 media. Set yourself a certain amount of time or a set point of the day to check then turn it off. You need time to switch off and re-charge.

CONNECT WITH THE HERE AND NOW AND UNHOOK FROM DIFFICULT THOUGHTS & FEELINGS.

Difficult thoughts and feelings can really pull us in causing us to feel helpless in the face of them. Acknowledge difficult thoughts and feelings and then focus your attention fully on the here and now.



Take a moment...look around you, name 5 things you can see



notice 4 things you can touch and touch them...listen carefully,



name 3 things you can hear.



notice 2 things you can smell



take in 1 calm breathe in through your nose and out through your mouth



IT'S OK TO NOT BE OK

This is a frightening time. It's OK and completely normal to be worried, angry, scared (and gazillions of other feelings too). Be kind to yourself.



LOOK AFTER YOU

Look after your mind and body: sleep well, eat healthy food and stay connected with people who care for you by whatever means (phone, email, chat, video, in person for household members)



DO WHAT WORKS FOR YOU

Respond to big feelings in the way you know how and works for you...e.g get outside for a walk, look up at the sky, dance in your lounge, breathe, get creative, sing a song, use prayer, whatever helps you to take care of you.



WALK...TUNING IN TO YOU.

Walk, and really think about walking - mindfully. Notice the way your body moves, how your feet move and feel as you walk, notice your leg muscles, and the way your arms feel as they swing. Notice the movement in your hair, and the sensation of moving air on your skin. Notice the sensations of breathing as you walk.

BREATHE MINDFULLY

When we get anxious, our brain and body goes into threat mode, flooding the body with adrenaline and causing lots of physical changes including breathing becoming quick and shallow. This can cause dizziness, shakiness and more anxiety. Breathing slower and deeper will help to reduce anxiety.

Breathe deeply down to your stomach; put your hand there (just above your navel) and breathe so that your hand gets pushed up and down...Imagine you have a balloon in your stomach, inflating it as you breathe in, and deflating as you breathe out. Bring your focus to your breathing, be fully aware of it and of your body starting to calm with each breath.

BOX BREATHING: TO HELP CALM ANXIETY

Keep the lungs full

Breathe in (nose)



Breathe out (mouth)



START

Keep the lungs empty



FOCUS ON WHAT HAS GONE WELL AND LET GO OF WHAT HASN'T

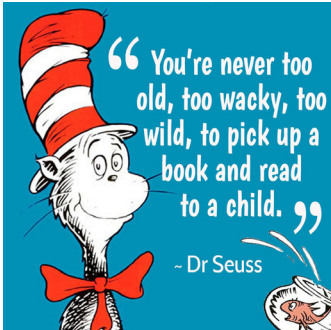
At the end of each day, take a moment to think about 2 things that were difficult today and purposefully let them go. Think of 2 things that have gone well, that you are proud of, even (and most especially) if it feels as if nothing went well. Because something will have.



BB4K Positive Kids

We want to know what you've been doing during lockdown!

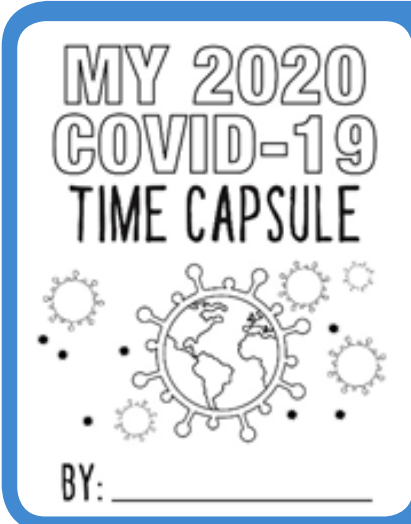
- Tell us, what have you enjoyed while you've been at home? What have been your favourite memories so far?
- Send us pictures of all the activities you've been doing and the things you've been making!
- What have you found helpful on our BB4K newsletters? What would you like to see on the next one that would benefit you?
- Send us all your ideas and feedback to BB4K@pactcharity.org or you can Whatsapp Panda.



Make a book review on your favourite book – send this in to recommend for other kids!

Make a time capsule and bury it in your garden or hide at the back of a cupboard.

International Space Day is coming; create something to do with planets and space out of recycling from the kitchen. Or make something sparkly like the stars!



The Covid-19 pandemic will go down in the history books, but a time capsule will teach future generations all about what the lockdown was really like. Click on the link to find out how to make one:

www.goodtoknow.co.uk/family/things-to-do/covid-19-time-capsule-538121

INTERNATIONAL SPACE DAY

1st May 2020

Space Day is celebrated annually on the first Friday of May. Created in 1997 by Lockheed Martin, Space Day aims to promote the STEM (science, technology, engineering, and mathematics) fields among young people.

PRINGLES CHALLENGE!
Can you make this?!



BB4K Teens

FREE ONLINE BOOKS FOR TEENS (13 TO 16 YEAR OLDS)

1 Barnes & Noble Teen Fiction: The Barnes & Noble free ebooks Teen category includes over 1500 titles that can be easily sorted by genre.

2 FanFiction.net: There's everything from Harry Potter to Wings of Fire and The Hunger Games to Pretty Little Liars in this huge collection of stories created by fans of your favourite fiction. Please note, these are not however proofread or moderated in any way so may not be suitable for younger teens.

Best virtual tours of UK attractions:

Stonehenge

Virtual tour that offers 360 degree views
www.english-heritage.org.uk/visit/places/stonehenge

Buckingham Palace

Virtual tours of iconic rooms
www.royal.uk/virtual-tours-buckingham-palace

Lake District

Various webcams overlooking some of the prettiest scenery
www.lakedistrict.gov.uk/visiting/webcams-videos-and-photos

The Roman Baths

Virtual 'walkthrough' of the iconic baths
www.romanbaths.co.uk/walkthrough

Giant's Causeway

360 degree panoramic virtual tour
<http://panoramas.nationaltrust.org.uk/giants-causeway/1/>

The National Gallery

Virtual tour of the rooms and wings
www.nationalgallery.org.uk/visiting/virtual-tours

100 Family Fun Night Ideas

Outdoor Activities

- Backyard camping
- Stargazing
- Geocaching
- Pokemon hunting
- Play at the park
- Scavenger hunt
- Squirt gun fight
- Fly a kite
- Go boating
- Bike ride
- Hike
- Play baseball
- Family Walk
- Glow in the dark bowling
- Run in the sprinklers
- Water balloon fight
- Feed the ducks at a pond
- Play tag
- Ultimate Frisbee
- Play soccer
- Go swimming
- Play croquet
- Go fishing
- Go rollerskating
- Plant a tree
- Play volleyball

Wacky Play

- Build a blanket fort
- Make your own slime
- Have a Nerf war
- Karaoke
- Talent show
- Hide and seek in the dark
- Pillow fight
- Play dress up
- Dance party
- Silly string fight
- Glow-stick party
- Hula hoop contest
- Make a family video
- Have a wacky photoshoot

Arts/Crafts

- Paint your own pottery
- Canvas art
- Make a bird feeder
- Ty-dye T shirts
- Squirt gun painting
- Sidewalk chalk art
- Make sock puppets and put on a play
- Make origami
- Play play dough
- Make sculptures
- Make your own pinata

Game Nights

- Conversation Jenga
- Yard Yahtzee
- Pudding Pictionary
- Charades
- Minute to win it
- Shaving cream Twister
- Bingo
- Guess Who
- Scategories
- Connect 4
- Would you rather
- The Mouth Game
- Candyland
- Chutes and Ladders
- Loaded questions
- Life
- Monopoly
- Spoons

Movie Nights

- Backyard movie with a projector
- Create a popcorn bar
- Dress up and stay in character during the movie
- Drive in movie night with cardboard boxcars
- Add a concession stand of snacks
- Have a double feature
- Bring your mattresses in the living room and sleep over after the movie



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)



RANDOM acts of kindness



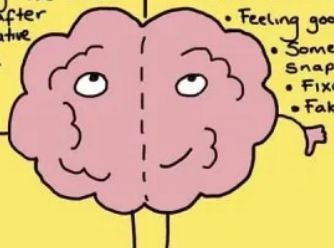
MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsicly linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



Give a compliment	Make someone laugh	Clear up a mess you didn't make	Hug someone	Tell someone you love them
Smile at everyone you see today	Hold the door open for someone	Read to someone else	Include someone new in your games	Let someone in front in the queue
Leave a friendly note for someone	Introduce yourself to someone new	Give some loose change to charity	Sort out some old clothes to donate	Get someone else a drink
Pick up some litter that isn't yours	Tell someone reasons why you like them	Share something with someone	Say thank you to someone	Offer help to someone
Tidy up without being asked	Encourage Someone	Thank an adult for something they do for you	Make someone a card	Help cook dinner




THIS WON'T BE FOREVER

LOOK AFTER EACH OTHER

STAY HOME STAY SAFE

THANKS TO OUR NHS HEROES & KEY WORKERS

be kind

EXERCISE

- Run
- Walk
- Yoga
- Aerobics

LOOK AFTER YOUR MENTAL HEALTH

- think - what do I have energy for today???
- Cut down on Social Media & News channels
- Keep in touch with family & friends
- Play Games (all sorts)
- Learn
- Listen to podcasts
- Read
- Listen to & Make Music
- USE THE TIME TO...
- Journal
- COOK
- Make art
- think!

HAVE A ROUTINE

- set little goals
- get up & get dressed!
- LAUGH!
- wear colour
- SING AND DANCE

PLAN FOR THE FUTURE

- Camp out
- Dress Up
- THINGS TO DO
- PLAN TO BE
- BUSINESS PLAN
- WAYS TO BE

DRAWN WITH LOVE BY EMMA @INKBISTIC.CO.UK