



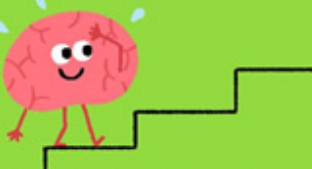
# BB4K News, Advice and Support

Week 8 - All change! For some small changes can be difficult. We are in this together. We are here for you!

Isn't it strange how something that seemed impossible and scary a few weeks ago now feels strangely normal? Even if we are scared, we're still finding it within us to face the world. Whether that's in big or small ways, it still takes courage. And isn't it reassuring that even though life as we know it has been turned completely upside down, we're still able to find even the tiniest of silver linings? Next time the world decides to throw a challenge your way, I hope you remember how resilient, brave and capable you are. I hope you look back and see all the strengths you never give yourself enough credit for. ♥



## Small changes have big impacts



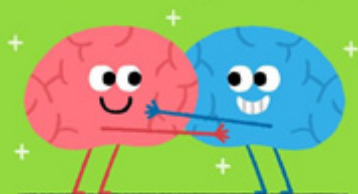
Instead of giving yourself a mountain to climb, start with something manageable. Small steps can have a big impact on your quality of life. Go easy on yourself - if you're unable to stick to a diet or exercise regime, just keep trying!

## Get help if you need it



Opening up about your mental health will allow you to express how you feel, and it gives others a chance to help you. If you are struggling, you can talk with a trusted family member, friend, mentor, or therapist.

## Positive people



It's vital to have people around you who uplift and encourage you to get better. Positive people have a huge impact on your life. Detoxing negative influencers from your life will allow you to become the person you're meant to be.

## Writing helps



Writing is a creative way to improve mental health. Have up to 20 quiet minutes every day for writing about an experience or expressing emotions. This will help ease your anxiety and calm your thoughts.

## Hang in there!



The lamps are different, but the light is the same  
~Rumi

## Take a walk



A good walk can do wonders for your mental wellbeing. Walking is a way to clear your head and relieve or lessen stress. Start with 10-minute walks. You can walk anywhere, at almost any time, indoors or out, by yourself or with others.

## It's OKAY not to be OKAY



You think you're not allowed to cry, to admit that you're not okay. It's ok to cry. It's ok to be worried, to be scared of uncertainty. Expressing your emotions is never a bad thing, and if you're not okay, it's okay to say so.

## SUPPORTING FAMILIES DURING COVID-19

### Embrace the Unknown

No one knows what is going to happen. Uncertainty is scary, but worrying will not fix anything. Embrace the unknown by:

- Taking a deep breath when you feel scared
- Saying out loud "I don't know what's going to happen but that's okay"
- Focusing on what you can do in the present moment

### what is acceptance?



**IT'S RAINING**

i don't like rain.  
i wish it wasn't raining.  
my day would be better  
if it wasn't raining. my day is  
ruined. every day is like this.  
it's always like this. why does  
it always rain when all i want is  
for it to be sunny?



**IT'S RAINING**

yup.

#### NOTICE ME



"It's so hard for me when I think that I'm being ignored. I want to be remembered. I need you to chat to me, show an interest in my interests and tell me that you've been thinking about me".

#### ACCEPT ME



"I need you to let me know that my feelings are ok and make sense. You have no idea how powerful it is to hear the words 'I know this is tough for you'".

"I don't always know how I'm feeling. I might seem angry when I'm really scared. When you wonder out loud about what I'm going through, I learn why I feel the way I do".



#### BE ANIMATED



"When I can't tell what your face and body are showing, I panic. I can think I've done something to annoy or disappoint you. When you're happy or proud of me, I need to see it in your eyes, your smile, your voice and the way you stand".



#### HELP ME FEEL SAFE

"Part of my brain is always on the look-out for danger. It's hard for me to focus or take in information. I need you to stay calm, check in with me, show me what I have to do and come with me to a quiet place when I need to relax".

#### BE FLEXIBLE

"I might need you to make choices for me. On other days, I need you to give me choices so I have some control. You may have to ask if I need help or tell others what to do so I can hear it".

#### GIVE ME HOPE



"It's easy for me to focus on the negatives. I need you to tell me when I've tried my best. Show me examples of my achievements and strengths. Let me know that I'm getting better at something".

#### BE RESPONSIVE



"Today the corridor feels really scary. I can't bear the thought of going to assembly or the playground. On these days, I need you to slow things down, stay close, let me have more breaks and reassure me that things are ok".



#### MAKE ME LAUGH

"I can find it really hard to relax. Tell me a joke. Put on a funny voice. Be silly. Make a mistake. Play games with me, even if they're games you would play with someone younger".



#### HANG IN THERE

"There will be days when I don't seem to like you, days I don't want to talk and days I call you some bad words. The reason I do this is because I know I'm safe with you".



#### MAKE THINGS PREDICTABLE

"It's hard for me to keep track of time. One minute we're doing this, then suddenly we're doing that. I need you tell me what's happening throughout the day and prepare me for any change in our routine".



Helping our children who have experienced trauma, loss and change.



## KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



### FROG JUMPS

Hop, hop, back and forth like a frog



### BEAR WALK

Hands & feet on the floor, hips high - walk left and right



### CORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



### STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



### CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



### CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



### ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

## WOODLAND ART (MAKE SURE YOU HAVE GLUE HANDY IF IT'S A WINDY DAY!)



## Make Friends in Lockdown with #MyDearNewFriend

The National Literacy Trust is pleased to support My Dear New Friend. The project encourages children to write letters to people living in care homes. You can download our introductory letter to find out more, or check out My Dear New Friend on Instagram.



Our research shows that writing letters makes children feel happy and helps them express their feelings. Children who write letters regularly are more likely to be more confident writers and have more positive attitudes to writing.

To take part, use the instructions below to help your child write a letter to a person currently living in a care home. They could write about their everyday life, or draw a picture of something important to them, like a pet or a favourite toy.

You can post the letter to your local care home using our easy cover letter template. Your child's letter will brighten someone's day, and might even get a reply! It's a great opportunity for them to make new friends despite social distancing, whilst practising their writing skills.

<https://literacytrust.org.uk/family-zone/mydearnewfriend/>



## SEEDS OF HAPPINESS AROUND THE WORLD!



**Chirp Chirp Hoot Hoot:** Check out these high quality web cams of birds around the world just **doin' their thing**.

**Digital Dinos:** Museums in Alberta, Canada are joining the **#MuseumFromHome** movement to offer virtual tours, educational content and activities while they're closed.

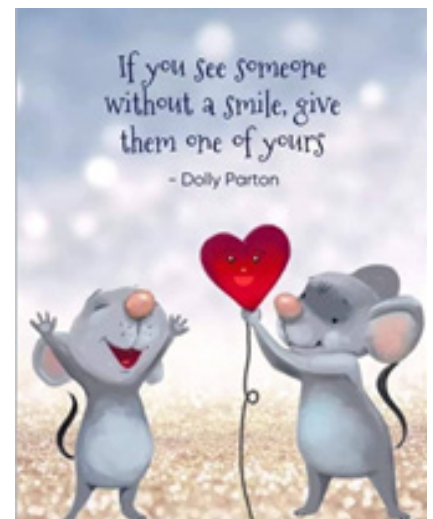
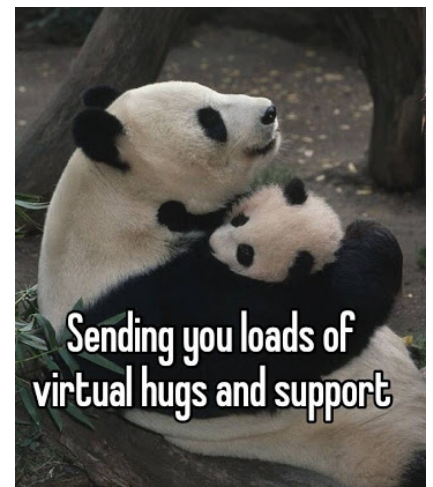
**Phish & Chips:** On Tuesdays, watch a free live stream of a past concert with celebrated jam band **Phish's Dinner and a Movie**. The band even provides a recipe to cook while you enjoy the show!

**Park Pics:** See the most beautiful photo of every US National Park according to **Condé Nast Traveller**.

# Gratitude

## Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy





part of **PACT**  
PARENTS AND CHILDREN TOGETHER

# Looking after everyone's mental health

## Looking after everyone's mental health

Adapting to a new lifestyle where we're confined to our homes has, understandably, taken a mental toll on some. But if you or any member of your family is having a hard time coping right now, bear in mind that there are lots of charities and organisations out there which offer free advice and counselling.

**Mind:** The charity **Mind** offers free support for anyone suffering from mental health-related issues. If you need advice or signposting to an appropriate support service you can get in touch with Mind by phone (0300 123 3393) or email (info@mind.org.uk).

**YoungMinds:** **YoungMinds** is the UK's leading mental health charity for children and young people. Through its [website](#), young people and their parents can access a wealth of resources to help them respond to mental health challenges and get help. If you're concerned about your child's mental wellbeing, they also have a parent hotline you can call on 0808 802 5544, where you'll get advice on how to tackle the issue.

**The Mix:** **The Mix** is for young people between the ages of 13 and 25 who can get free mental health support by calling The Mix's hotline on 0808 808 4994 or [sending an email](#). No topic is off the table and whatever issue your child is facing, The Mix will connect them to an expert who can give advice and signpost to other helpful tools and services.

**Beat:** The UK's go-to charity for expert information and advice on eating disorders has [online resources for people who have an eating disorder](#) and those who are worried about someone close to them. You can also get direct support by calling one of their helplines every day between 12pm and 8pm or via [live chat](#).

**Parent Zone Crisis Messenger:** If you or any member of your family are experiencing a mental health crisis and need immediate help, the [Parent Zone Crisis Messenger](#) – powered by our trusted partners Shout and Crisis Text Line – is available 24/7 and will connect you to a trained volunteer. **Text PARENTZONE to 85258 to get help.**



- 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

**BB4K Consultation by Telephone:**

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

Email [BB4K@pactcharity.org](mailto: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*

**Bounce Back 4 Kids**

