

BB4K News, Advice and Support

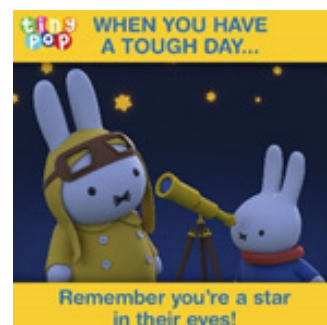
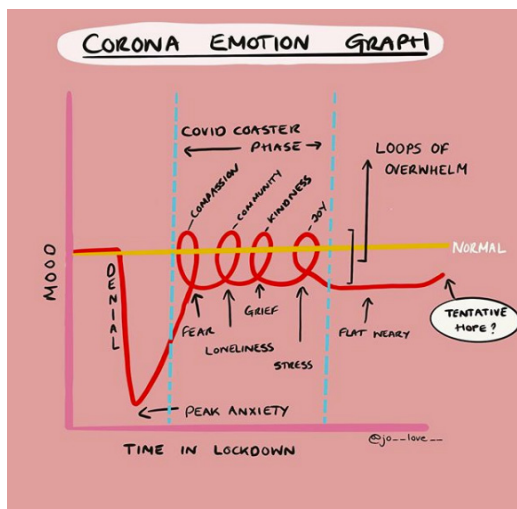
Week 9 - Happy holidays at home during May half term!
You cannot tailor-make situations in life but you can tailor-make attitudes to fit those situations.

WHAT I CAN CONTROL: by mellow doodles

- How much news I read & watch
- How much time I spend on social media
- Where I direct my energy
- How I speak to & treat other people
- How I choose to self soothe
- The decisions I make
- How I handle my own feelings
- How I look after myself

WHAT I CAN'T CONTROL:

- How other people behave
- How other people feel
- Other people's thoughts & ideas
- Other people's decisions



**POSITIVE VIBE PLAYLIST:
HAPPY AND UPLIFTING SONGS**

- Queen - Don't Stop Me Now
- Journey - Don't Stop Believin'
- Elbow - One Day Like This
- Lionel Richie - Dancing On The Ceiling
- ELO - Mr Bluesky
- Katy Perry - Firework
- Destiny's Child - Survivor
- Elton John - I'm Still Standing
- Justin Timberlake - Can't Stop The Feeling!
- Eminem - Lose Yourself



How To Help A Child Having An Anxiety Attack

"5, 4, 3, 2, 1, Blast Off!" Grounding Technique

- Find 5 things you can see
- Find 4 things you can touch
- Find 3 things you can hear
- Find 2 things you can smell
- Find 1 thing you can taste

Blast Off!

5
4
3
2
1

HOW TO STAY POSITIVE IN A NEGATIVE SITUATION
Questions to ask yourself

1. IS THIS WORTH GETTING UPSET OVER?
2. WHAT IS THE LESSON HERE? WHAT CAN I LEARN FROM THIS?
3. AM I OVERREACTING OR OVERTHINKING THE SITUATION?
4. WHAT IS THE POSITIVE I CAN TAKE AWAY FROM THIS?
5. HOW IS THIS MAKING ME A BETTER PERSON?
6. CAN I CONTROL THE SITUATION?
7. WHAT CAN I DO RIGHT NOW TO MAKE MYSELF FEEL BETTER?
8. HOW CAN I SEE THE SITUATION WITH LOVE?

50 Reasons to Be Thankful

HOT CHOCOLATE	SUNSETS	HOME COOKED MEALS
FINDING A NEW HOBBY	CLEAN SHEETS	RAINBOWS
A GOOD LAUGH	WALKING IN THE WOODS	MOVIES
SLEEPING LATE	HAPPY DREAMS	A CLEAN ROOM
A FAVORITE SONG	MILKSHAKES	RAW COOKIE DOUGH
NEW PJS	A GOOD BOOK	ACCIDENTAL FRIENDSHIPS
CAMPFIRES	FOOD TRUCKS	LONG WEEKENDS
FINISHING HOMEWORK	SWIMMING POOLS	BEING LOVED
THE SOUND OF RAIN	SCENTED LOTION	CANDY
ROAD TRIPS	SURPRISES	SOUNDS OF THE OCEAN
PIZZA	HUGS	SPELLCHECK
FUZZY SOCKS	INTERNET	NEW SHOES
PLAYLISTS	PRECIOUS MEMORIES	BEST FRIENDS
	COMFY CLOTHES	SOLVING A RIDDLE
	BUBBLE BATHS	
	THE SNOOZE BUTTON	
	MAKING A NEW FRIEND	
	WARM SHOWERS	
	HANDWRITTEN NOTES	
	WARM COOKIES	
	A NEW BABY	
	STARRY NIGHTS	
	PUPPY BREATH	

Bounce Back 4 Kids

part of **PACT**
PARENTS AND CHILDREN TOGETHER

BB4K - Let's learn something new!



With most of us staying home a lot more, we could look to use this time as an opportunity to develop new skills or broaden our knowledge – so I've rounded-up some free ways to learn something new at home for **FREE**.

Codecademy offers a bunch of free online coding courses to help you understand the basics of this valuable skill.

<https://www.codecademy.com/catalog/subject/all>

Adult Ballet classes - If you're looking to spruce up your at-home workout routine, look no further than the online ballet classes being led by English National Ballet School trained dancer Sarah De-Feu.

<https://www.youtube.com/watch?v=Ix8JIL-Jz4E>

Disney Drawing Classes - Immerse yourself in the wonderful world of Disney with Disney Parks' How to Draw series.

<https://www.youtube.com/watch?v=CTMk-KzOw1c&list=PLflf8xbnbx65Z2oa2F9uqKZxJJn-4Nynr&index=4>

Scrapbook.com's Watercolour 101: The Basics course gives you a free introduction to the art of watercolour painting.

<https://www.scrapbook.com/classes/Watercolor-101-The-Basics-with-Sarah-Richards.html>

there's NO "right"
way to get through
these weird times.
Do what works
FOR YOU ♡

back exercises

HELPS REDUCE LOWER BACK PAIN,
TENSION, STIFFNESS AND SORENESS

neilarey.com



NHS choices more info: goo.gl/CeMSTu

HALF TERM PARENT CHECKLIST:

- ✓ DRINK TEA WHILST HOT
- ✓ SLEEP IN PAST 7AM
- ✓ SURVIVE UNTIL BEDTIME



IT'S NORMAL TO HAVE A SMALLER

WINDOW OF TOLERANCE

DURING STRESSFUL TIMES

BLINDGATSRAMAN



Totally Not Boring FUN from A to Z

Create a work of **ART**
BAKE cookies or a cake
CAMP out in the backyard or living room
DECORATE your bedroom
EARN some money
 Hold a paper plane **FLYING** challenge
 Get outdoors and try **GEOCACHING**
 Head off on a **HIKE**
 Make **ICE CREAM** sundaes or floats
 Get creative with **JEWELRY** making
 Try **KNITTING** ... with fingers or needles
 Build with **LEGO**
 Edit your own hobby **MAGAZINE**
 Make a target for a **VERF GUN**, water balloon or sock battle
OFFER to help someone
 Get creative with **PHOTOGRAPHY**
 Host a family **QUIZ NIGHT**
READ something new or something you love
SCOOTER or **SKATE**
 Play **TAG** or Hide N Seek or Murder in the Dark
 Challenge someone to a **UNO** championship
VISIT a museum, art gallery or library
WASH the car or the dog
 Conduct a science **EXPERIMENT**
 Stretch your body with **YOGA**
ZONE out and relax

Feeling tight/stressed?
Sitting in the same chair everyday?

Try some of these back exercises

"To the world you
are one person, **but**
to your child you are
THE WORLD!"



Make their world beautiful
&
fill it with **Love!**



Kid's Escape Rooms!

You can complete these escape room as a family or individual, you can compete against friends and try it multiple times. Just have fun!

<https://linktr.ee/alvapsnursery>



EARN BLUE PETER BADGES!

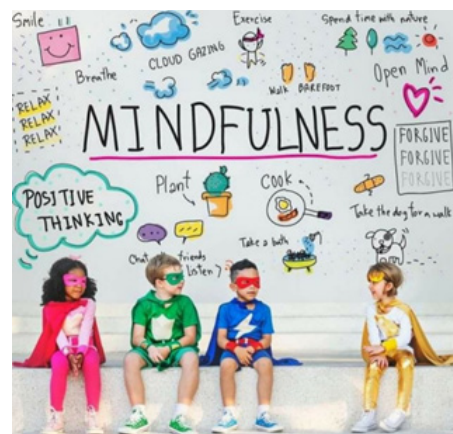
There are 8 badges to collect!

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>



Become a super-hero - Go on a quest to banish boredom from your world and discover your own incredible skills as you become a powerful Super Seeker!

https://superseekers.barnardos.org.uk/?utm_source=paidsocialFB&utm_medium=facebook&utm_campaign=Super+Seekers



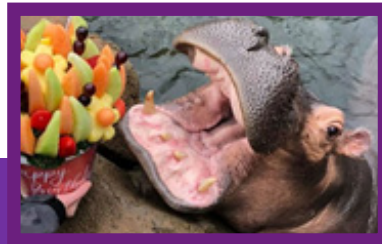


BB4K Positive Teens

VIRTUAL VISIT!!

All the virtual concerts, plays, museums, zoos and other culture you can enjoy from home. Just click on the link below:

<https://edition.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>



We **CAN NOT** Have
The Same **exPeCtAtIoNs** of
ourselves as we would
IN a **NORmAl** week
because These are
NOT NORmAl weeks; Be
PaTieNt WITH yourself.

@LOWRAJANEILLUSTRATIONS



GEOCACHING!!

Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices (your mobile phone!). Participants navigate to a specific set of GPS co-ordinates and then attempt to find the geocache (container) hidden at that location. Click to find out more:

<https://www.geocaching.com/guide/>



Relatable Post #4303

Me: "Should I get in trouble for something I didn't do?"

Teacher: "No."

Me: "Good, because I didn't do my homework."

so-relatable.tumblr.com

HILARIOUS TEEN COMEDY MOVIES ON NETFLIX



How to make an insect hotel



the express way!

- What you need:
- hollow plant stems, like bamboo canes
 - twigs and sticks
 - String

- 1 Collect handfuls of stems, twigs and sticks.
- 2 Tie the bundles quite tightly in two places.
- 3 Post into a hedge/bush or hang in a sheltered place.

the deluxe way!

- What you need:
- Small logs or untreated timber
 - hollow plant stems, like bamboo canes
 - twigs and sticks
 - An adult to help with tools:
 - wood saw
 - nails and hammer or screwdriver and wood screws
 - drill and 5mm wood bit

- 1 Make a wooden frame, fixing the wood with screws or nails.
- 2 Fill the frame with stems, twigs and sticks.
- 3 Fix a wire loop to the back of the frame and hang somewhere sheltered.

www.wildlifewatch.org.uk



**All I know for sure right now,
is that empathy, patience and kindness
have never been so important and are
needed now more than ever.**

**When this is over, we will
remember how we were respected
and treated, and in turn we will
always remember how we
ourselves treated others.**

@katemoxleywellnessforall

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** 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**



Such a powerful image. Be
gentle with the people you
meet. Their outsides may
not match their insides.



#MENTALHEALTHAWARENESS