

You do not inspire others by being perfect. You inspire them by how you deal with your imperfections.



FAMOUS FAILURES	
 <p><b>ALBERT EINSTEIN</b> He wasn't able to speak until he was almost 4-years-old and his teachers said he would "never amount to much"</p>	 <p><b>MICHAEL JORDAN</b> After being cut from his high school basketball team, he went home, locked himself in his room, and cried.</p>
 <p><b>WALT DISNEY</b> Fired from a newspaper for "lacking imagination" and "having no original ideas."</p>	 <p><b>STEVE JOBS</b> At 30-years-old he was left devastated and depressed after being unceremoniously removed from the company he started.</p>
 <p><b>OPRAH WINFREY</b> Was demoted from her job as a news anchor because she "wasn't fit for television."</p>	 <p><b>THE BEATLES</b> Rejected by Decca Recording Studios, who said "We don't like their sound—they have no future in show business."</p>

### Art and play teaches children to learn from mistakes:

Every day we make mistakes, not everything works out the way we imagined. Sculptures and blocks fall down. It's OK to feel frustrated, but turn that whoops into a wow and learn that mistakes are sometimes what we need to grow and get better

**Find their voice** - Art and play are languages that help children practice expressing themselves and communicating their ideas to others. Learning to communicate in multiple modes will help the world hear your child.

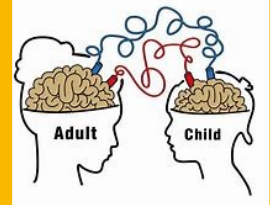
**Embrace diversity** - Respect other ideas, see different points of view, collaborate on ideas, and understand that not everyone thinks or works like you. Our differences are what make life beautiful.

**Slow down + notice** - Our children live in a fast-paced world, the skill of observation is as important as ever. Take the time to stop and observe the interesting insect, imagine a whole world inside a puddle of paint, art and play allow us to connect within and to our world. When we slow down, we notice and make meaning.

**Innovate** - Children are innately curious. When allowed to freely experiment with and combine materials in new ways, they tap into their imaginations and develop new ideas. This skill leads to innovation.

**Problem solve** - Creativity often co-exists with problem-solving. Learning to envision and then find solutions is a skill that will serve us well in our future relationships and work endeavors.

# BB4K Being a Positive Role Model



## Role Modelling

A child's relationship with their parent or caregiver can be one of the most important that they'll have in their life. As a parent, you are your child's first teacher, and your actions often say much more than the words you use.

If you live your life in a way that reflects your values and what is important to you, then what you say and what you do will match up. This provides clear lessons for your child about what you expect from them, as well as what they can expect from you. It's important to think about ways you can be a positive role model for your child as they become more independent in adolescence.

How you behave sends a signal to your child that this is the sort of behaviour you approve of. If what children observe from your behaviour is different from what they are being told, then your child is likely to become confused, and possibly resentful. It may also blur expectations and boundaries, leading to conflict and frustration between you and your child.

Role modelling works in relation to virtually everything – from how you handle emotions such as frustration and anger, to how you respect and relate to other people, to how you respond to stress and cope with difficulties. It also influences patterns such as eating, exercise, how you look after yourself, and problem solving.

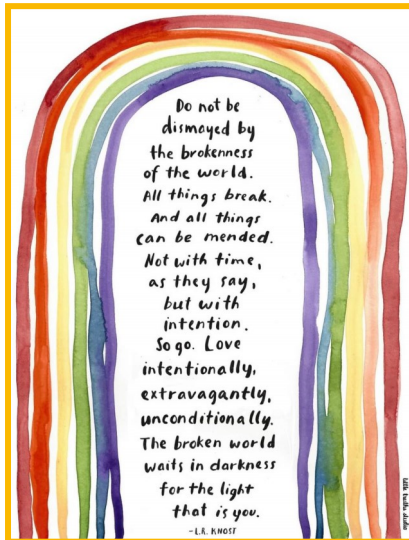
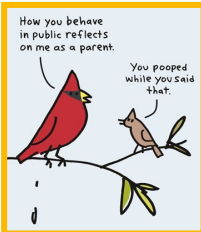
Role models are human; they make mistakes. Parents who admit to their mistakes, learn from them, and strive to better themselves can serve as powerful influences for children's emotional growth. By addressing problems and conflicts in their own lives and sharing the process in an age-appropriate manner, parents can encourage their children to address their own concerns. Parents should also display non-aggressive responses to stress and anger management.

## Talk To Yourself AS You Would...

<b>YOUR BFF</b> NoBODY Deserves THIS MORE THAN YOU! YOU ARE THE MOST FABULOUS!	<b>A CHILD</b> I KNOW ITS A LITTLE SCARY BUT I KNOW YOU'LL Be OKAY	<b>A STRANGER</b> Do You Need SOME HELP WITH THAT?
<b>YOUR PET</b> We Can STOP IN FOR ONE TREAT BUT THEN WE NEED TO KEEP GOING!	<b>YOUR LOVE INTEREST</b> You KNOW WHAT I Like So MUCH ABOUT You?	<b>YOUR FAVORITE INDULGENCE</b> YES. You ARE 100% WORTH IT. EVERY SINGLE PENNY.



**HAPPINESS IS A STATE OF MIND. IT'S JUST ACCORDING TO THE WAY YOU LOOK AT THINGS.**  
@highlyvisual



## Self-Care for Political Stress & Anxiety

- Recognize the difference between well-informed & over-saturated.
- Don't read the comments.
- Celebrate what's good about humanity.
- Vote! Vote! Use your voice to make a difference.
- Allow yourself to unplug and recharge.
- Prioritize your mental health.
- Set boundaries on social media and in your life.
- Have a healthy support system.
- Step away from "doom scrolling".
- Ask yourself if arguing is worth it.

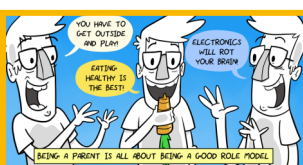
## THINGS I AM GRATEFUL FOR:



Parents are the ultimate role models for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than the parent.



Bob Keeshan



## STATEMENTS AND AFFIRMATIONS

by Big Life Journal

1. Mistakes help me learn and grow
2. I haven't figured it out YET
3. I am on the right track
4. I can do hard things
5. This might take time and effort
6. I stick with things and don't give up easily
7. I strive for progress, not perfection
8. I go after my dreams
9. I cheer myself up when it gets hard
10. I am a problem solver
11. I try new things
12. I embrace new challenges
13. Learning is my superpower
14. I am brave enough to try
15. I improve with lots of practice
16. I grow my brain by learning hard things
17. I try different strategies
18. When I don't succeed right away, I try again
19. I ask for help when I need it
20. I learn from my mistakes
21. I focus on my own results
22. I was born to learn
23. When I fail, I say "I can't do it YET" and try again
24. I strive to do my best
25. I can learn anything!

## 13 WAYS TO BE A GOOD

# ROLE MODEL

### HEY, BIG SHOT.

You don't have to be a celebrity or a superstar to be a role model. Chances are if you're a parent, teacher, coach, religious leader, or manager, you're influencing people every day. Make it positive!

### SET THE BAR HIGH.

Have high expectations for others and yourself. Avoid the tendency to adjust the target downward just to accommodate mediocrity.

### INSPIRE OTHERS.

When you're a role model, every message you send is critical. Don't wait for the stars to align to demonstrate good behavior.

### LOOK IN THE MIRROR.

Look to see if you're sending the wrong message.

### STAND FOR SOMETHING.

Good role models have the strength of their convictions. They believe what they say and say what they believe.

### WALK THE TALK.

Ensure that your words and actions are consistent.

### INTEGRITY MATTERS.

Good role models are open, honest, and trustworthy. Make sure to finish what you start and follow through on commitments.

### BE RESPECTFUL.

Treat others as you want to be treated.

### BELIEVE IN YOURSELF.

Be confident in who you are and what you represent. But balance that confidence with a dose of humility.

### HOLD PEOPLE ACCOUNTABLE.

Don't accept bad behavior. Speak up against abuses. Life isn't a spectator sport.

### NOBODY'S PERFECT.

Accept responsibility for your actions. When you make a mistake, admit fault and show you mean it by taking corrective action.

### YOU'RE JUDGED BY THE COMPANY YOU KEEP.

Surround yourself with people of high character and integrity.

### YOUR SOUL IS NOT FOR SALE.

Listen to your conscience. That's why you have one.



### RAISING FUTURE LEADERS

#### WHEN WE SAY

"Wow, you feel really strongly about that. Thank you for telling me how you feel."



#### KIDS LEARN

It's okay to have **strong feelings**. I don't have to hide how I feel.

"What do you think would be fair?"



**My voice matters.**

"Hmmm, I didn't think about it like that before."



Sharing my beliefs has the power to **create change**.

"How do you think we can make this work for everyone?"



I have the power to create a more **just world**.



### How to make YOUR OWN PAPER POPPY



### Remembrance

## Poppy Crafts



There's a light inside of everyone. No matter what, someone is always going to come around and try to dim that light or shut it off. Whatever you do, you hold on to that light and you fight. You fight to not let that person tear you down, you fight for the right to define yourself, to not let anyone else tell you who you are. You gotta keep your head up, because people will always hang around waiting for you to fall, for the light to shut off. Don't ever let someone fade the light that makes you beautiful. Because in the end, you're the one who controls how brightly you shine.

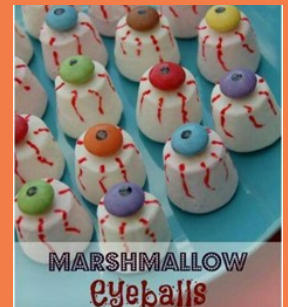


DespicableMEMinions.org

## Halloween



MANDARIN PUMPKINS



MARSHMALLOW Eyeballs

## Halloween Hunt

clues and solutions cheat sheet.



Give them the first clue.

**Clue 1:** Wipe your feet on it when you come inside, underneath the first clue does hide.

**Answer:** door mat. Hide clue 2 under the door mat.

**Clue 2:** Where Mum and Dad lay down to rest, find this clue, just do your best.

**Answer:** parents bedroom. Hide clue 3 in your bedroom.

**Clue 3:** It keeps things cold, no matter what, the next clue is in this chilly spot.

**Answer:** Fridge. Hide clue 4 in the fridge.

**Clue 4:** Close your eyes and snuggle up tight, it's where the oldest child sleeps at night.

**Answer:** Youngest child's bed. Hide clue 5 in their bed.

**Clue 5:** Where you brush your teeth and wash your face, your next clue is hiding in this place.

**Answer:** bathroom. Hide clue 6 in the bathroom.

**Clue 6:** Look down low and look up high, the clue is where your clothes get dry.

**Answer:** clothes dryer or washing line. Hide clue 7 in the dryer or on the line.

**Clue 7:** The postman's been, have you got a letter? Maybe not, but a clue is better.

**Answer:** letterbox. Hide clue 8 in the letter box.

**Clue 8:** Lots of clothes of the smallest size, look in here for a clue surprise.

**Answer:** kid's wardrobe. Hide clue 9 in the wardrobe.

**Clue 9:** Sit and watch till your eyes get square, the next clue is hiding behind there.

**Answer:** TV. Hide clue 10 behind the TV.

**Clue 10:** Come and sit at the dinner table, look under your seats if you are able.

**Answer:** under a dining chair. Hide clue 11 under a dining chair.

**Clue 11:** Don't eat with your fingers you big baboon! The next clue is where you find a spoon.

**Answer:** Cutlery drawer. Hide clue 12 in the cutlery drawer.

**Clue 12:** It's where we cook the food we eat, look inside for a Halloween treat!

**Answer:** The oven. Hide the treats in the oven.



## Halloween Hunt

clues 1-8

<p>Wipe your feet on it when you come inside, underneath the first clue does hide.</p>	<p>Where Mum and Dad lay down to rest, find this clue, just do your best</p>
<p>It keeps things cold, no matter what, the next clue is in this chilly spot</p>	<p>Close your eyes and snuggle up tight, it's where the oldest child sleeps at night.</p>
<p>Where you brush your teeth and wash your face, your next clue is hiding in this place.</p>	<p>Look down low and look up high, the clue is where your clothes get dry.</p>
<p>The postman's been, have you got a letter? Maybe not, but a clue is better</p>	<p>Lots of clothes of the smallest size, look in here for a clue surprise.</p>





## Being a teenager

### The experience of puberty

When children reach puberty, they experience quite rapid sexual, physical and emotional changes over which they have no control. They can't hide their developing breasts or outcrop of spots. They can't stop their voice from cracking at awkward moments. They reach puberty at very different ages, which can intensify their feeling of isolation and their anxieties. They worry about 'Am I normal?' 'How do I look?' 'What do people think about me?'

It's not simply self-consciousness they feel, but often real anxiety and distress at the unpredictability and inevitability of it all. The safety, the security and the certainties of childhood seem to have disappeared.

It is normal to be self-doubting and self-absorbed, and to experience a kind of roller coaster of intense emotions, moving speedily between joy, heartache and despair, and back again. With new-found physical and sexual capabilities, feelings of confidence and independence rapidly change into fears of overwhelming need.

Surrounded by many different and conflicting pressures and role models, the young person has to find their way from the uncertainties and confusion of puberty to fully-fledged adulthood.

### Developing a new identity

During their early and middle teens, young people develop emotionally by making an important change in how they see themselves and their own independent identity. Being allowed to try out and identify with different lifestyles and personalities – just as they try out different clothes and hairstyles – is an important part of the growing process. But the process of sorting out and trying out who they are and who they want to be is often nerve-racking and painful.

### Teenage friendships

Relationships outside the family, particularly with same sex friends, become increasingly important during the teenage years. Teenagers form very intense friendship groups and loyalties, but these may shift and change as they try to sort out who they are and where they belong. Even those long phone calls – sorting out who fancies who and what everyone in class is up to – have a part to play!

## 7 ways to respond to YOUR CHILD'S NEGATIVE SELF-TALK

by Big Life Journal

- 1. ACKNOWLEDGE THE FEELING, NOT THE WORDS**  
If you can search out what your child is feeling, and name it, you can help your child to both identify what's actually bothering him and begin to separate that problem from his own self-worth.
- 2. USE HUMOR TO HELP THEM SEE THINGS DIFFERENTLY**  
Role-playing a situation, using the funniest possible circumstance. For example, if your child is worried about going to a school party, you can get dressed up in fun and silly outfits and then come back and tackle the problem as a cowboy, doctor, or puppy.
- 3. USE SPECIFIC PRAISE TO SHOW YOUR CHILD HOW GREAT THEY'RE DOING**  
Praising a child's efforts is one of the best ways to focus both your and your child's attention on the problem-solving tools they are using to get through a situation. By telling your child what you noticed about his efforts or attitude, you're allowing him to connect his own positivity to the situation.
- 4. TALK OPENLY ABOUT NEGATIVE SELF-TALK**  
Realize that negative self-talk is often a symptom of fear, and share that realization with your child. Think together about what your child might be afraid of when she says things like, 'I'm dumb.' By addressing the fear of being unintelligent, you can help your child to find useful strategies to deal with it.
- 5. TALK ABOUT HAVING A GROWTH MINDSET**  
Practice a growth mindset by being resilient and pressing forward on a long-term goal relentlessly. Let them see you make mistakes in reaching the goal while never losing sight of the end. Answer their questions about your next steps, and celebrate your successes with them.
- 6. DISCUSS YOUR "BEST FAILURES"**  
Ask everyone at the dinner table to share something they failed at that day. Empathize with each other openly and celebrate the combined learning that your family is achieving every day, despite setbacks and failures.
- 7. CREATE AN AFFECTIONATE, WELCOMING HOME**  
When you give your children a strong, warm base to return to, they're able to explore and experiment because they accept that they'll be loved no matter the results of their efforts.

## THINGS I WANT TO STOP DOING

@POSITIVELYPRESENT

## fail chart

Did you just fail at something?

- No: Good job! Just don't get cocky now. It's not always this easy.
- Yes:
  - That's okay. What are you going to do now?
    - Cry and try again.
    - Give up and quit.
  - That's okay! At least you're trying again!
    - "Because I didn't want it that bad to begin with."
    - "Because I don't like to fail."
  - Are people relying on you?
    - Yes: Everybody fails. It is part of life and is essential to success. Try again. Trust me on this.
    - No: Tough. Everybody fails. Get over it.

Then you shouldn't quit. Follow through with your commitment, and don't let them down.

Well, it's your decision, but failing is a part of the path to success. Instead of quitting, see what happens when you try a few more times. You can do it!

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## 11 Things Kids Want From Parents

- 1. Showing is better than telling** - I learn by watching you.
- 2. Love me** - Give me hugs and kisses. You can't spoil me with those.
- 3. Kind and firm discipline** - My brain is still developing and so I'm slow in learning. But I do want to learn, if you patiently and kindly teach me.
- 4. Be my safe haven** - Always be here for me no matter what.
- 5. Talk with me** - Don't just talk to me.
- 6. Hear me** - Sometimes I just want to be heard without judgement or lecture.
- 7. Accept who I am** - Don't constantly compare me to other kids.
- 8. Let me play outside a lot**
- 9. Give me food that is nutritious and yummy**
- 10. Trust me** - Let me make my own decisions on non-safety or health related things. I couldn't learn to walk without falling. I can't learn to make good decisions without making bad ones.
- 11. Encourage me** - Your praise means so much to me.

## How to contact us:

If you would like to find out more about more, please contact the BB4K team today:

Website: [www.bounceback4kids.org](http://www.bounceback4kids.org)

Email: [bb4k@pactcharity.org](mailto:bb4k@pactcharity.org)

Telephone: **0300 456 4800**

Please contact us if you are seeking support for children aged under 5 or over 12 years old.

## Autumn Self-Care

- ★  Rest and allow yourself breaks
- ★  Enjoy your favorite tea
- ★  Wear socks & warm pjs
- ★  Try out a new hobby
- ★  Write down what you want to let go of
- ★  Embrace hygge
- ★  Get creative with pumpkins
- ★  Focus on warmth
- ★  Drink apple cider
- ★  Go to a Farmer's Market
- ★  Take a nature walk
- ★  Curl up with a good book

@BlessingManifesting

DON'T GIVE UP ON THIS YEAR.  
KEEP FIGHTING FOR THE GOOD.  
KEEP SHOWING UP.  
KEEP LOVING.  
KEEP GIVING BACK.  
KEEP BEING KIND.  
KEEP BEING BRAVE.  
KEEP CARING.  
KEEP TRYING NEW THINGS.  
KEEP SHOWING GRACE.  
KEEP ON.  
THIS WORLD NEEDS YOU  
TO BELIEVE IN THE GOOD.

## Teach Your Children To Remember



"Lest We Forget"

History KS1

Remembrance Day Poem

Poppy, Poppy what do you see?  
*Poppies in the battlefields, as red as can be.*

Poppy, Poppy what do you hear?  
*Silence, for the men who died, so full of courage, yet so full of fear.*

Poppy, Poppy what do you feel?  
*Proud and respectful, soldiers fought for their country, the battles were real.*

Poppy, Poppy what do you say?  
*Remember them on the 11<sup>th</sup> November, they fought for peace on earth, let's show respect for Remembrance Day.*

