



Week 2 - Take a deep breath. 1. 2. 3. 4. Hold 1. 2. 3. 4

Breath Out 4. 3. 2. 1. Feel a little better?

These are trying times, but incorporating mindful practices into your daily routine can help calm anxiety and build healthy coping skills. Taking time to focus on the present, being intentional and thoughtful about where you are and how you are feeling. Trying to centre your thoughts and be in the moment.

For those of you who like a bit of structure in your lives

Free Daily Resources For Children



PE with Joe Wicks On YouTube
Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube
Weekdays 11am. Maddie & Greg chat about science and nature!

Dance with Oti Mabuse On Facebook
Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman
Free access to the her maths website:
www.themathsfactor.com

Music with Myleene Klass on YouTube
Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams
Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

Don't panic with home schooling!
Remember love each other, time with each other,
Read, laugh, bake, teach respect and manners,
Grow things, raise the best generation!

“ Look how much you've already managed to adapt to. Look how resilient you've already been. There's no "right" way to respond to this because it's never, ever happened before. Give yourself some credit. ☆ There's no one in the whole world who has this figured out yet. So it's absolutely okay if you don't either ♡
mellow doodles ”



BB4K consultation by telephone:

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

Email **BB4K@pactcharity.org** with name, time availability, concerns, and contact details.

BB4K Worker will email reply with a time slot for this consultation to support 121.

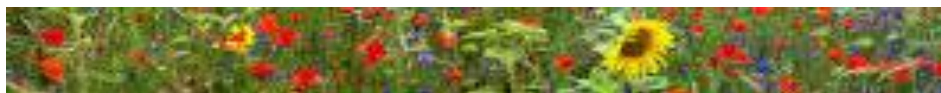
Referral forms will need to be completed for consultations.

Please send in any pictures of what you have been doing and any ideas to help with next newsletter!





Spring & Wellbeing



Spring is here! The sun is coming out and warmer, longer days are ahead! Get out in the garden or bring the garden into you and enjoy the sun while you can, plant some seeds or tidy up the garden, Introduce some colourful Spring art.

Five things that can help improve our mental wellbeing!

Connect: connect with people around you. Although we have to stay at home during these times, you could call, video call or, message family and friends to keep in touch! Spend time developing these relationships.

Be active: Find an activity that you enjoy and make it part of your day. You could do a workout routine or assault course in the home or garden! Keep moving.

Keep learning: learning new skills can give you a sense of achievement and new confidence – why not try find something new online that you can do at home, many of them are free now.

Give to others: a call to friend/family or checking on elderly neighbours who may need something from your weekly shop. Playing shared games on the internet. Support the community - put drawings in the windows to brighten up the day. This can improve yours and their wellbeing.

Be mindful: be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness “mindfulness”. It can positively change the way you feel about life and how you approach challenges!

Breathes is a free app that follows users throughout the day, from the time they wake up to the time they go to sleep. It provides them with supportive tools and guidance to help them stay on track with their meditation practices throughout the day. It offers five-minute meditations, along with tips for overcoming pressure, feeling love, and living with intention and inner peace. It is fully customizable, making it a user-friendly app.



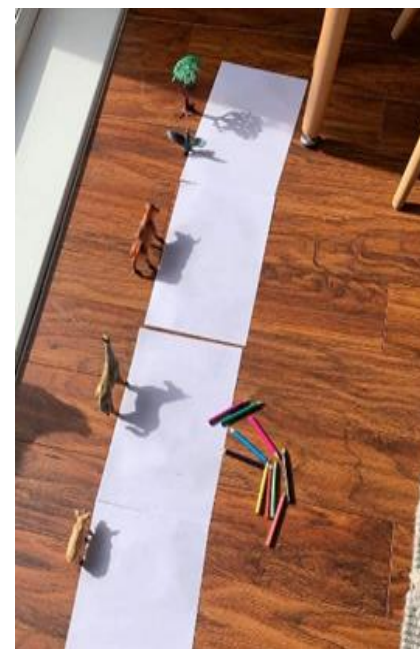
Bring the Garden inside! 😊

Link for NHS Mindfulness:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Fun activities for you and kids to do while at home!

<https://www.realsimple.com/work-life/entertainment/spring-activities>



100 Things to do indoors

www.spreadthehappiness.co.uk



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a scrunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



1. Make non-cook playdough, then have a Dough Disco
2. Paint our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.roberttrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



www.spreadthehappiness.co.uk



BB4K Positive Kids pages!

Creative Discussions and Spring Art!

DO YOU SEE THE WHOLE STORY?



What we see

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What have you enjoyed about today?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

Other educational and fun resources:

YouTube: Crash course kids or Mike Likes Science and SciShow kids

Support for children and young people's mental health:

<https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/how-can-you-help-with-children-and-young-peoples-mental-health/mental-health-resources-and-information/>

Online: Creative bug, <https://www.funbrain.com/>

- ★ Remember - alone time is also important: try allowing every member time alone to read / relax / colour / nap / whatever they want
- ★ Create a scrapbook/diary each of your isolation adventures.



Get Crafty! <https://www.artbarblog.com/13-crafts-for-teens-and-tweens/>

