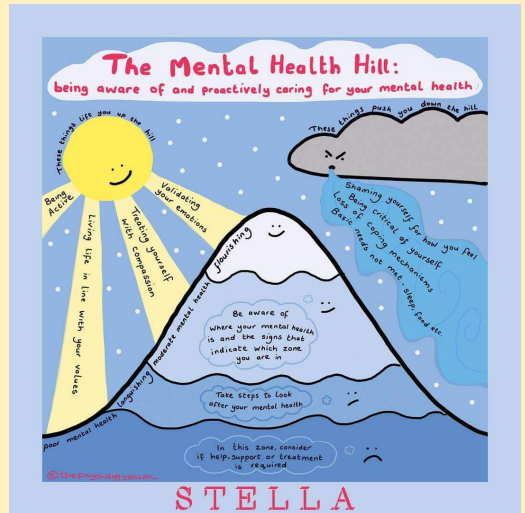


Once again we attempt to flatten the curve of the pandemic. Consequently, life has changed for us all once more. Fear, isolation, and the continuous influx of gloom on social media and the news can have a deeply negative impact on our mental health. So let's look through the 'lens of optimism' the lockdown has revealed.

Despite all the obvious hardships, we have shown some incredible resilience. We have adapted so well to all these challenging circumstances and learnt to deal with all the ordeals so effectively. Our disciplines of hygiene have improved and being unable to leave the home except for essentials has helped us to differentiate between essentials and non-essentials in our lifestyle. We are realising that our true needs are quite simple and we can function perfectly well even with the bare minimum. We are learning that the discipline of a structured routine is not just necessary for our jobs, our education and our social commitments, but also for giving our day-to-day lives a sense of purpose, increasing our productivity and keeping us in good spirits. Suddenly, we're learning that it is possible to work from home and accomplish quite a lot, thanks to technology. In fact, the absence of chaotic rush-hour traffic, the incessant commotion of people and crowds, and the inescapable demands of varied commitments is proving to be a boon in numerous ways.



*Sending a BIG old cuddle and letting you know that it's okay if you don't feel so SPARKLY right now. It's okay to cry. It's okay to be mad & confused and feel all kinds of weird. It's okay to feel lucky and sad in equal measure... It's okay to not really know how you feel right now but I'm Sending some love x
-onily coxhead*

Many of us are accomplishing more in less time. Some are working from home not only to keep our jobs going, but also in an attempt to bring a 'sense of normalcy' to our lives and those of others.

We're also becoming the healthier versions of ourselves. We may be desperately missing the fun of dining out, but the fact is that we're all eating simple, healthy food right now. Those of us who are continuing to exercise within the confines of our homes or have started a new workout regime are not only contributing to our physical health but to our mental health as well. In fact, this lockdown has given all of us, as individuals, an opportunity to think with calm minds and take a long, hard look at our lives. Like the clutter in our closets, we're doing away with the disorder in our minds as well. Right now, we're practicing mindfulness and learning to concentrate on the positives of the present.



We're also getting quality time to bond with our family. So many families have transformed this lockdown situation into a family vacation of sorts. In many households, the domestic chores have become a fun family project, so that the burden doesn't fall on any one person or two.

Even the kids are making their own beds, tidying up their things and helping with the bigger chores. Families are cooking meals and eating together, exercising together, watching movies together, playing games, having great conversations, reliving good times from the past and creating fabulous new memories.

All in all, this lockdown has definitely offered its own set of positives. We've become more aware of our emotional needs, we're understanding people better and we're bonding with each other like never before. Let's keep these positives going even after this pandemic has passed.

Home schooling again! Many people are concerned about students falling behind because of this. Yes, they may fall behind when it comes to classroom education... but fall behind who?

WHAT IF

What if instead of falling "behind", this group of kids are **ADVANCED** because of this?

What if they have more empathy, they enjoy family connection, they can be more creative and entertain themselves, they love to read, they love to express themselves in writing?

What if they enjoy the simple things, like their own garden and sitting near a window in the quiet?

What if they notice the birds and the dates the different flowers emerge, and the calming renewal of a gentle rain shower?

What if this generation are the ones to learn to cook, organize their space, do their laundry, and keep a well run home?

What if they learn to ride a bike, play a board game, do simple crafts, learn to bake, climb a tree, play without a screen?

What if they learn to understand the value of money, what's important and how to live with less?

What if they learn to plan shopping trips and meals at home?

What if they learn the value of eating together as a family and finding the good to share in the small delights of the everyday?

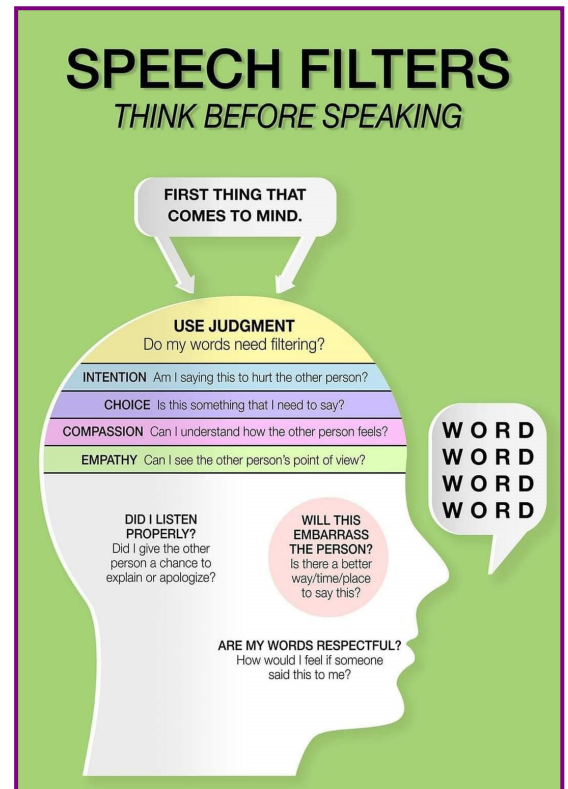
What if they learn to just be, to be more resilient, to be content?

What if they are the ones to place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential support workers like truck drivers, grocers, logistics, and health care workers and their supporting staff, just to name a few of the millions taking care of us right now while we are sheltered in place?

What if among these children, a great leader emerges who had the benefit of a slower pace and a simpler life to truly learn what really matters in this life?

What if they are **AHEAD**?

Thriving "I got this."	Surviving "Something isn't right."	Struggling "I can't keep this up."	In Crisis "I can't survive this."
<p>Calm and steady with minor mood fluctuations</p> <p>Able to take things in stride</p> <p>Consistent performance</p> <p>Able to take feedback and to adjust to changes of plans</p> <p>Able to focus</p> <p>Able to communicate effectively</p> <p>Normal sleep patterns and appetite</p>	<p>Nervousness, sadness, increased mood fluctuations</p> <p>Inconsistent performance</p> <p>More easily overwhelmed or irritated</p> <p>Increased need for control and difficulty adjusting to changes</p> <p>Trouble sleeping or eating</p> <p>Activities and relationships you used to enjoy seem less interesting or even stressful</p> <p>Muscle tension, low energy, headaches</p>	<p>Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness</p> <p>Exhaustion</p> <p>Poor performance and difficulty making decisions or concentrating</p> <p>Avoiding interaction with coworkers, family, and friends</p> <p>Fatigue, aches and pains</p> <p>Restless, disturbed sleep</p> <p>Self-medicating with substances, food, or other numbing activities</p>	<p>Disabling distress and loss of function</p> <p>Panic attacks</p> <p>Nightmares or flashbacks</p> <p>Unable to fall or stay asleep</p> <p>Intrusive thoughts</p> <p>Thoughts of self-harm or suicide</p> <p>Easily enraged or aggressive</p> <p>Careless mistakes an inability to focus</p> <p>Feeling numb, lost, or out of control</p> <p>Withdrawal from relationships</p> <p>Dependence on substances, food, or other numbing activities to cope</p>



Unhelpful Thinking

Unhelpful and negative thinking habits can lead to negative feelings without us even noticing. The first step in changing negative thoughts to more positive ones is to become more aware of what we think. Everyone has unhelpful thoughts sometimes but it's when they happen all of the time that they can have a negative impact on our mental health. Which unhelpful thoughts do you recognise?

predictions



I make negative predictions about what might happen in the future even though I have no way of knowing this.

judgements



I make judgements about things even though there is no evidence or facts to back this up.

catastrophising



I always think that the worst thing or that something really bad is going to happen.

perfectionist



I put a lot of pressure on myself to do well and set unrealistically high expectations for myself.

negative glasses



When I have my negative glasses on, I only see the bad things and don't notice any of the good things.

feelings



If I notice negative feelings in myself or my body, I automatically think that it means something bad is happening.

mountains & molehills



I tend to take more notice of the negative things in a situation and down play the positive things.

memories



Some things trigger my negative memories which makes me think something bad will happen again now.

black&white thoughts



I usually think things are either really good or really bad with nothing in between.

mind reading



I assume I know what other people are thinking and this is usually negative things about me.

compare & despair



I notice positive things about other people but then compare myself negatively to them.

self critical




I am very critical of my own abilities and about myself.

@WeHeartCBT created with www.canva.com www.weheartcbt.com

THIS IS NOT CLUTTER
THIS IS OUR FAMILY MEMORIES
MAKING MEMORIES

Tonight, before you go to sleep, think of something that makes you smile. There is always something, no matter how bad your day may have been. you will sleep better, you will feel better once you wake and you will face your new day with a positive mind. Take charge of your happiness.



YEAR 2020 WAS BETTER THAN YOU THINK

- The ozone hole over Antarctica closed
- Germany is changing 62 military bases into nature reserves
- Whales came back to the Atlantic ocean after more than 100 years
- Great Britain reported the smallest number of people that became infected with HIV in history
- China, as the biggest air polluter in the world, committed to achieving zero emissions by 2060
- The number of victims of terrorism decreased for the 5th year in a row
- In 2020 people saved 48 animal species from extinction
- Scientists discovered 20 new animal and plant species. They also rediscovered some they thought were extinct
- Kazakhstan became the 88th nation that committed to abolish the death penalty
- Elephant population in Kenya doubled
- Saudi Arabia and Palestine banned child marriages
- Demand for oil decreased for the first time in history and Denmark even promised to end its mining
- Scotland will provide menstrual aids to all women for free
- In Africa, polio has been completely eradicated. They owe it to the vaccine
- Vaccine against Covid-19 became the fastest developed vaccine in history

“IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE LIKE SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY.” ROALD DAHL

LOCKDOWN POSITIVITY CHECKLIST

A daily checklist for negative thinkers in C-19 lockdown

- Acknowledge your Fears and Frustrations**
- Take Positive Actions**
- Choose Kindness:** in thought and action - for yourself and others
- Practise Gratitude**
 - For those keeping our world afloat
 - For the good things, small and large
- Build a CAN DO Mindset**
- Get Things Done!**
 - Look for opportunities for daily achievement, learning and growth
- Be Imaginative**
 - Try new things and new ways of doing old things
- Stay Fit/get Fitter - any way you can**
- Ask for HELP if you need it**
 - People will be pleased to help if they can
- And finally: Talk, Sing and SMILE**

I Don't Have to be Perfect, I Can...

- ...Be good enough
- ...Be kind to myself
- ...Try my hardest
- ...Worry about the things that I can control
- ...Accept the things that I can't control
- ...Try new things even if there's a chance I might fail
- ...Be satisfied with my effort
- ...Love myself if I fail
- ...Love myself if I succeed
- ...Know others will still love me if I fail
- ...Know that my mistakes and failures don't define me
- ...Know that my success isn't the reason people love me
- ...Still be proud of myself
- ...Accept the mistakes of others
- ...Know that I may just not be good enough...YET!
- ...Know that other people are better than me at some things
- ...Know that I'm better at other people at some things
- ...Make mistakes (just like everyone else does!)
- ...Lose and still have fun
- ...Not be afraid to fail
- ...Realize that NOBODY's perfect!

myemarks For more resources visit www.pactcharity.org.uk or www.pactcharity.com

Negative Energy	Positive Energy
dishonest	giving
sadness	selfish
lazy	jealousy
confused	hate
hopeless	procrastinate
stress	fake
worried	regret
arrogant	superficial
ignorant	self-center
anger	ego
impatience	greed
indecisive	violent
indifferent	fear
uncertainty	inferiority
	loneliness
	selfish
	loyal
	kindness
	creative
	supportive
	peaceful
	gratitude
	passionate
	happy
	bravery
	inspired
	selfless
	proactive
	diligent
	kindness
	creative
	loyal
	inspired
	bravery
	happy
	gratitude
	passionate
	love
	calm
	motivated
	honesty
	forgiving

Open-Ended "Toys" that You Already Have at Home


- 1. COUCH CUSHIONS**
Stepping stones, forts, obstacle courses, giant sandwich
- 2. PARENT'S OLD CLOTHES**
Dress up, capes, tails, playcapes
- 3. CARDBOARD BOX**
Boat, car, tunnel, house, jail, rocket, giant building blocks, oven, toy kitchen, junk art.
- 4. STICK**
Stirring spoon, magic wand, sword, fairy house, drum stick, pool stick, stick man
- 5. BED SHEET**
River, fort, painting canvas, sled, swing, tug of war, shadow play

The Psychologist's Child

Winter activities from Brighter Futures For Children



Free Julia Donaldson and Axel Scheffler Home Learning Packs from Scholastic



5-7 Years Home Learning Pack
No Ordinary Stick!

Objectives

- To create a short narrative inspired by the text.

Resources

- Stick Man by Julia Donaldson and Axel Scheffler
- Resource Sheet 1 - A Cartoon Strip
- A range of everyday objects such as a hairbrush, a skipping rope, a shoe, an umbrella, a tray, a tea towel, etc.

Resource Bank Primary

Isolating and keeping active

It is still important to keep active even if you can't go outside to take exercise (other than in your private garden). It can feel a bit of a challenge to get active inside but there are still plenty of ways you can build movement and exercise into your day when you are at home.

- [Reading Sport and Leisure team have lots of videos online](#), including classes with their own coaches. There are activities for everyone, including people with long-term conditions, and it's all free to access.
- Get Berkshire Active has created an [Active at Home website](#) with a range of activities to suit all ages and abilities.
- Sport England's [Stay In Work Out portal](#) has a great selection of online fitness options.
- Check out the [NHS Fitness Studio](#) and take your pick from 24 instructor-led videos across their aerobics exercise, strength and resistance, and pilates and yoga categories.
- THIS GIRL CAN has a range of [home exercise ideas](#)
- Joe Wicks live-streams workouts for kids on his YouTube channel: [The Body Coach TV](#)
- Change4Life have some [indoor activity ideas](#)
- Change4Life also have some great [accessible activities for children and young people with disabilities](#)
- Try some fun yoga sessions aimed at a young audience with [Cosmic Kids Yoga](#)

Storage problems after the festivities?
Zip folders - brilliant storage for those large boxed games and puzzles...

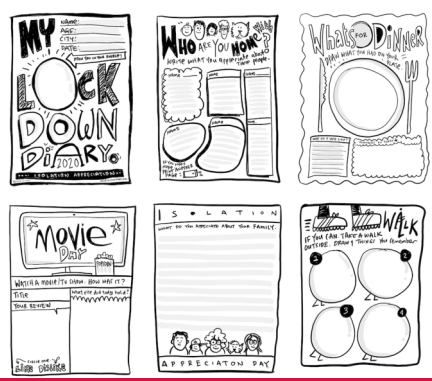


Ice Art

A great activity to do with kids while it is so cold! Just put some things in a small pot or tub with part of some string/cord/ribbon in it for hanging. Add a bit of water and leave outside overnight if it is due to go below zero degrees. Don't use too much water as it might not all freeze - it depends how cold it is where you are. Once frozen remove from the container.



My Lockdown Diary - free to download and print



★ If a student requires a coloured overlay for remote learning and a screen, they can run or install the following for free. It changes the colour of the whole screen. aurelitec.com/colorveil/wind... #onlinelearning #Dyslexia #edutwitter @sencochat



Link is here: www.aurelitec.com/colorveil/windows/

HOW PARENTS CAN SUPPORT TEENAGERS DURING LOCKDOWN

@BELIEVEPHQ

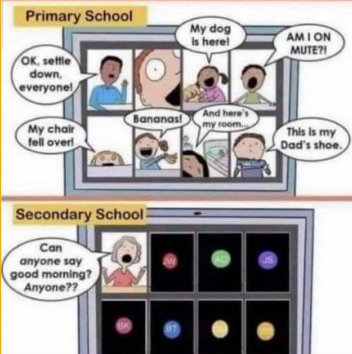
- 01** Encourage them to be involved in activities or tasks around the house (E.g. cleaning, cooking, gardening)
- 02** Be clear with them some of the things that you'd appreciate their help with and why their help is important
- 03** Don't get stressed if they have the odd sleep in. Try not to tell your child what to do. Instead suggest things that might help
- 04** Agree on some ground rules that you can all work towards together as a family. Respect each other's choices
- 05** Identify a physical or creative challenge that they can master over the coming days and weeks. Encourage them to keep practising it
- 06** Work together as a team who are looking to support each other
- 07** Support your child to find things to do which will help to reduce boredom
- 08** Encourage your child to stay connected to friends and family and to engage in activities that engage a sense of achievement
- 09** Encourage your child to schedule things into their week. This will bring back a sense of control over what they are doing
- 10** Identify some coping skills that you can test out and practise together. This is a great way to promote self care



Shout out to the KIDS.

Everyone is applauding everyone but our children. These little heroes have stayed indoors more than they've ever known in their lives. Their whole worlds have literally been turned upside down. All these rules they've never known. A life they couldn't have imagined. All the things they love like sports, being with friends, going to school, or just being kids have all been taken away from them. Adults talking about others becoming unwell, news reporting death after death. Our poor children's minds must be racing. Every day they get up and carry on despite all that's going on. So here's to our little heroes: today, tomorrow, forever.

Online School Classes



TEACHERS with kids on Chromebooks: here is a life changing announcement. If they click Alt and the [button at the same time, it will allow them to split their screens into 2 tabs with no extension needed!!! So they can be on the meet and look at their work at the same time!



WHAT NOT TO SAY TO SOMEONE WITH ANXIETY:



TRY ONE OF THESE INSTEAD:

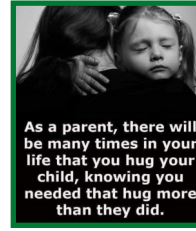




YOUR IMPACT ON OTHER PEOPLE

is bigger than you think. Someone still giggles when they think of that funny thing you said. Someone still smiles when they think of the compliment you gave them. Someone silently admires you. The advice you give has made a difference for people. The support and love you've offered others has made someone's day. Your input and opinions have made someone think twice. You're not insignificant and forgotten. Your existence makes a positive difference, whether you see it or not.

Compassionate Reminders

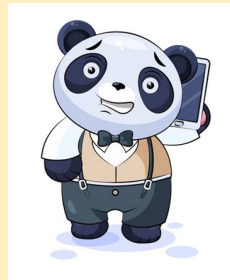


BB4K – (Bounce Back 4 Kids)

To contact a member of the Bounce Back 4 Kids team please email us at BB4K@pactcharity.org or telephone 0118 402 1682 / 0118 402 1755.

Helplines:

- CRUSE – Bereavement Helpline 0808 808 1677
- Samaritans – 0800 116 123
- NSPCC – 0808 800 5000
- Childline – 0800 1111
- Rape Crisis – 0808 802 9999
- Age UK – 0800 055 6112
- Alcoholics Anonymous – 0800 9177 650
- Papyrus UK – Prevent of young suicide 0800 068 4141 or text 07860039967
- The MIX – Essential support for under 25s – 0800 808 4994
- Silverline – Helpline for older people – 0800 470 8090
- MIND – call 0300 123 3393 or text 86463
- Rethink Mental Illness – 0300 5000 927 (Mon-Fri 9:30-4pm)
- YoungMinds - 0808 802 5544
- Parents Helpline – 0808 802 5544 (9:30-4pm except bank holidays)
- CALM – 0800 58 58 58 or webchat
- SANE – 0300 304 7000
- NHS Volunteer Responders – 0808 196 3646
- Shout – text 85258
- No Panic – 0300 7729844
- Drinkline – 0300 123 1110
- Talk to Frank – 0300 123 6600
- National Debtline – 0808 808 4000
- Refuge - National Domestic Abuse Helpline – 0808 2000 247
- Macmillan Cancer Support – 0808 808 00 00
- Stonewall – 0800 050 20 20
- Victim Support – 0808 1689 111
- Women's Aid Federation – 0808 200



Feeling Anxious about Coronavirus?

In these uncertain times, we are all feeling a certain amount of anxiety and worry around the coronavirus. This is a totally normal reaction to a difficult situation however, this anxiety can become a problem when it's stopping you from doing and enjoying certain things. Here are some helpful things you can do to help reduce your anxiety.

challenge unhelpful thoughts

Having lots of negative or unhelpful thoughts about the coronavirus can make us feel even more anxious, worried or distressed.

Are you making predictions?

I'm making predictions about the future even though I have no way of knowing what will actually happen.

Are you making judgements?

I'm making judgements about the coronavirus which aren't based on facts or evidence.

Are you catastrophising?

I keep thinking about the worst possible outcomes.

If you notice these unhelpful thoughts, try to challenge them and change them to something more positive. Ask yourself, are my thoughts actually based on any real facts? If not, then your thoughts are probably untrue!

do more to feel better

It might be difficult to do a lot of things that would usually help you feel happy and calm but there are still things you should try and do which can help you feel better. Don't just do nothing.

Go for a walk/jog.

Read a book.

Watch your favourite movie/TV show.

Do some yoga.

Draw or create something.

Make a healthy meal.

Play a game.

Listen to music.

Take a relaxing bath.

Video call friends /family.

Or create your own list...

reduce your anxiety

Reduce the time you spend on social media/listening to the news.

Talk about how you feel with friends/family.

Only listen to the facts - don't listen to those spreading fear.

Keep to a routine as much as possible.



Managing Coronavirus Worries

Young people can find it difficult to manage their worries and, during this uncertain time, they might be struggling with worries even more than usual. This guide can help young people to manage their worries in a structured way to help them to feel better.

There are two different types of worry and it's important to know the difference because we can deal with them in different ways. The first are **Hypothetical Worries**, which are worries we don't currently have control over and can't do anything about. The second are **Practical Worries**, which are worries we can do something about.

Hypothetical Worries

- What if we all get ill?
- What if we never go back to school?
- What if my holiday is cancelled?
- What if I infect my family?

Practical Worries

- I haven't seen my Gran in ages.
- I have nothing to do.
- I've been eating lots of junk food.
- I'm stuck on the work that school sent home.

As you notice worries during the day, write them down so that you can come back to them later at **Worry Time**. You could also make a **worry jar** to put your worries in.

Once you've written the worry down, it's important to **challenge your worries**. Pay attention to whatever it is you're doing at that moment OR do something totally different. You can also refocus by noticing 5 things you see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste (the 5,4,3,2,1 method).

Use **Worry Time** to go back and address all of the worries you have written down that day. Worry time should be at the same time everyday and should last for a maximum of 30 minutes. Make sure it's not too close to bed time and that you're not distracted when doing it.

For each worry, decide whether it is a **Practical Worry** or **Hypothetical Worry**.

For **hypothetical worries**, let the worries go. You can do this by ripping up, scribbling out or scrumpling up and throwing away the worry. Once you've done this, use the 5,4,3,2,1 method to refocus your attention from the worries which you have let go.

For **practical worries**, use **problem solving** to find a solution:

- 1) write the problem in 1 or 2 sentences.
- 2) think of all of the solutions you can.
- 3) for each idea you came up with, write down all the good things and bad things for each solution.
- 4) choose the solution that looks the most likely to help.
- 5) make a plan to put your solution in place and DO IT.
- 6) review how it went - did it solve the problem or do you need to change and/or try a different solution?

