



Summer Holidays :) We made it! Sometimes the idea of having to come up with a programme of activities that does not break the bank but keeps the children entertained and makes the most of family time together is no mean feat!!

The sun is out and the school work is finished (or at least down to a minimum!). So...now what? Time to get creative, have fun and focus on the positives.

Whether indoors or out, we've got a bucketload of ideas and activities to keep little minds and bodies busy! But if you are worried about the end of restrictions we have support for this also.

Fun at home

Often, staying at home means the kids lolling around, playing computer games and watching TV; however it is possible to create a fun and imaginative environment in your home but it needs you to be intentional about your time at home with the kids. So act like you would if you were out of the house; don't worry about doing your jobs and create a series of activities that you together. It doesn't have to be a full day, it can just be an hour or a half day. You could try:

- den building
- making
- quiet areas
- reading books
- time out
- making camps
- designing your own festival
- creating a treasure hunt
- cooking

Bigger days out: Tips to save Pennies.

Whether park trips, geo-caching, kite flying, going to the seaside, fruit picking, museums or theme parks, not every big day out has to break the bank. There are lots of ways to get vouchers or special offers for family days out. Try [days out with the kids](#) for deals as well as [Wowcher](#) and [Planet Offers](#).

Merlin usually have offers running on products in the supermarket where you buy one ticket get one free to their attractions, so a quick perusal in the supermarket aisles should help you find these vouchers.

Take packed lunches and ask the children to make them with you - children tend to eat more and waste less! You may have spare ice cream money!



How to Stay on Track During School Holidays

Prioritise Yourself

Put yourself in the picture to be at your best for them.



Stay Organised



Map out what is realistic for you to do health-wise each day.

Remember to breathe!

Reset and regain control by taking a few deep breaths.



MAY YOUR HOME BE CLEAN ENOUGH TO KEEP YOU

Healthy and
MESSY ENOUGH TO KEEP YOU
Happy

Our house is not messy, we just like obstacle courses.



someeCards

it's all about which way you look.



'SERIOUS' SUMMER HOMEWORK

The Summer's here so have some fun, go on...get your homework done!

- Conquer a fear and discover a new one
- Walk on sand, through fields and over hills
- SPLASH!
- Dance like noone's watching
- 'Go fly a kite...'
- Make a new friend and make them smile
- Take a photo of a sunset
- Leave someone puzzled by a magic trick
- Try five foods you supposedly 'don't like'
- Skim a stone
- Build an epic den
- Go wild in the Rain

Tick when completed - have a wonderful Summer break!

toxic positivity	Genuine optimism
being negative won't help you	it's important to let it out. is there anything i can do to make this easier for you?
good vibes only	i love you through all your emotional states
you'll get over it	you are so resilient, and your strength will get you through it
other people have it a lot worse	you are not alone, and there is support to help you
Smile, crying won't help	it's okay to cry, we all do. can i get you a tissue or a hug?
just stay positive	things are tough right now. do you wanna talk about it, or do something lighthearted?



Summer Schedule

- MUSICAL MONDAY**
Sing, Dance, Learn Musical Instrument, Make a Music Shaker
- THINKING TUESDAY**
Learning Printables, Read Books, Science Experiments,
- WET WEDNESDAY**
Go Swimming, Visit the Beach, Water Balloon Games, Sprinklers
- TAKE ME OUTDOOR THURSDAY**
Take a Hike, Go Park, Playground, Backyard Games, Camping
- FAMILY FUN FRIDAY**
Family Picnic, Movie Night, Board Games, Baking Together
- SPORTY SATURDAY**
Obstacle Course, Fun Relay, Bowling, Football, Jumping
- SPONTANEOUS SUNDAY**
Let Your Little Ones Decide What To Do

Make your own Gruffalo Crumble!

We've all heard of Gruffalo Crumble, but how many of us can actually say we've tasted it? Well now you can! Follow this simple, healthy recipe and maybe Gruffalo Crumble will be your favourite food too!

Serves 4
Preparation time: 20 minutes
Cooking time: 30 minutes

Ingredients
20g butter
4 leeks, trimmed and cut into 2.5cm slices
2 carrots, peeled and cut into 1cm slices
1 cupful of garden peas
500g baby new potatoes, diced
2 x 400g cans butter beans, drained and rinsed
400g can chopped tomatoes

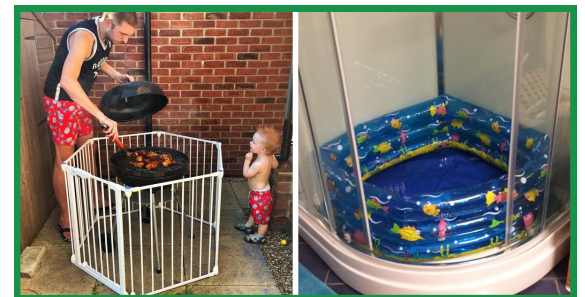
For the crumble
75g sliced wholemeal bread
25g walnuts, roughly chopped
20g fresh curly parsley, chopped
100g Cheshire cheese, crumbled

Instructions
Preheat the oven to 190°C, gas mark 4. In a medium pan, melt the butter and add the leeks, carrots and potatoes. Cover and cook for 10 minutes, stirring occasionally. Add the butter beans, peas and tomatoes and simmer for a further 5 minutes.
Meanwhile, make the crumble topping by placing the bread, walnuts, half the parsley and 75g of the cheese in a food processor. Pulse the mixture until it looks like breadcrumbs.
Stir the remaining parsley into the vegetable mixture, then transfer to a shallow 2-litre ovenproof dish. Cover with the crumble mixture and level with the back of a spoon. Scatter the remaining cheese over the top.
Bake for 30 minutes or until the topping is crisp. Serve immediately with a fresh salad.

Visit www.gruffalo.com for Gruffalo games, activities and FUN!



Cake Cases: Catch the drips and stop the wasps!



100 Coping Strategies for Anger, Anxiety, and More - The Pathway 2 Success

Coping strategies are techniques that help reduce negative feelings when someone is feeling under stress. Those feelings might be the result of anxiety, anger, depression, or just general day-to-day stress. Practicing coping strategies can help kids and young adults learn how to manage their emotions in a positive way.

Remember, being **HAPPY** doesn't mean you have it all. It simply means you're thankful for all you have.

tinybuddha.com

SELF-CARE TIPS FROM PIXAR CHARACTERS

- LIVE EVERY MOMENT (Woody)
- COOK SOMETHING YUMMY! (Remy)
- SING A SONG! (Axl Rose)
- TALK TO A FRIEND (Mike Wazowski)
- FIND JOY IN THE SMALL THINGS! (Joy)
- DANCE! (Miles)
- GO FOR A RUN! (Lightning McQueen)
- TAKE A DRIVE (Lightning McQueen)
- WRITE IN YOUR DREAM JOURNAL (Monsters)
- READ A BOOK (Mr. Potato Head)
- MEDITATE (Wendell)



★ Things children need from their parents ★

- Talk with me - I love to chat with you, having conversations is very important.
- Love me - You can never show me too much love.
- Show Me - I learn by watching what you do.
- Accept who I am - Don't compare me to other children, support and nurture who I am.
- Lets eat together - Spending time together is important, being alone at meal times is lonely.
- Encourage me - I can not be encouraged too much, it motivates me that someone believes in me.
- Let me hear positive conversations - Talk positively about others and show empathy. This is how I will learn to do this myself.



This group is for likeminded parents/carers that want the best for their teens. At the end of the day we all have good intentions but that doesn't mean we get it right all of the time.

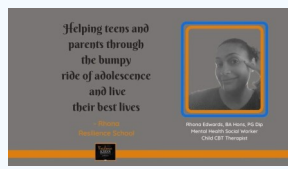
Facebook Group: [Happy Teen = Happy Parent](#)

Do you find that your happiness comes from your children's happiness? Basically if they're happy; you're happy? Their wellbeing comes first right?!

Let's face it, parenting teenagers and pre teens can be challenging, and as we know there is no rule book!

But with the right support you can be the parent you always wanted to be and be confident in your approach, particularly when it comes to their mental wellbeing.... and happiness.

I am a passionate believer that if we do things the same, things will continue to be the same. If we want things to be different we have to do things differently for a different outcome. After all, it's my opinion that the best parents are the ones who have a sense of awareness and reflection and don't just 'Be'.



LAWNMOWER PARENTING with TEENS!

You have probably heard of **helicopter parenting** – the need to hover around your teen all the time and swoop in to resolve conflict. **Lawnmower parents** can be more extreme than helicopter parents! Lawnmower parents are those who plow ahead of their teen, anticipating problems and attempting to smooth the path for them before they reach whatever obstacles may be in the way.



"Helicopter parenting," a term that's been used since 1990, is also an over-involved parenting style. But, "lawnmower parents" are different because their focus is in anticipating a problem their teen might have, rather than jumping in when there is a problem. There is an anticipation of failure rather than success. Lawnmower parenting can leave teens unprepared to face struggles or know how to overcome challenges by themselves.

As parents we naturally want our teen to be happy and are prepared to take steps to ensure that they are. However, when we cross the line into lawnmower territory we may end up doing them more harm than good.

Problems of lawnmower parenting: If we step in to resolve every conflict or pick up every dirty plate or drop off all the forgotten lunches, we may be sending out messages that our teens are either

1. Incapable of sorting out these issues for themselves or
2. Expecting to be mothered for the rest of their lives.

Either way we hinder their independence. We breed teens who are filled with a sense of entitlement, they are unable to delay gratification and want their needs to be met immediately. We create a generation who are unable to handle confrontation or to cope with crises.

Signs you may be a lawnmower parent

Sometimes we step in where we shouldn't – where it would be best to allow our teens to do tasks themselves. *It's like no one in my family appreciates that I stayed up all night overthinking for them!*

If you are guilty of any of the following, you may be falling into the lawnmower parenting trap.

- Do you:
- make your teen feel as though they are the most important person in the family
 - let your teen dictate the entire family schedule eg meal times, bed times, and excursions?
 - referee disagreements between your children?
 - feel as though your teens are constantly telling tales on one another to you?
 - struggle to recognise our teens own culpability in conflict?
 - never ask them to apologise to or forgive others?
 - check their homework/schedules to check all is in order?
 - complete their assignments/make work calls for them (phoning in sick)?
 - ask for special treatment for your non-special needs teen beyond the norm?



Impact on parents who are guilty of 'lawnmowing'

Parents who practice an overly involved parenting style can end up with a range of mental and physical health issues. Because it's impossible micromanage our teens's lives, we may end up frustrated and feeling like all our efforts at doing our best are back firing.

Do you often feel:

- overwhelmed?
- that you have lost your own identity? - without time to do anything apart from meeting the needs of your teens's schedules
- exhausted?
- depressed or anxious?
- overly worried about small issues in your teens's lives?

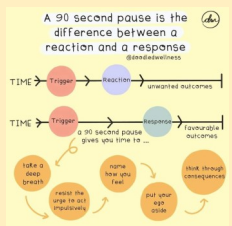
90% of parenting is just thinking about when you can lie down again

Benefits of stepping out of your lawnmowing shoes: We can't be with our teens all the time and even less so as they grow up and leave home. Allowing them to figure out their own problems improves our teens's following skills:

- a sense of accomplishment
- self confidence
- independence
- resilience
- knowledge of their own abilities and limitations
- patience

How do we step back from lawnmowing?

It's all very well recognising where we are going wrong and acknowledging we need to change the way we parent. The question is, how do we do this?



Some struggles are age appropriate and by allowing our teens to deal with and overcome these themselves teaches them independence and self-sufficiency.

We can give them more independence, allow them to arrange their own social events, to buy their own gifts for their friends, to organise their own breakfast and school lunches, to go without a precious item (like a phone), or replace it at their own expense, because they lost it, not nag them to put their clothes in the laundry so that they have to anticipate having a dirty school/work uniform.

Here are a few suggestions you can start with your teens today:

- allow them to make mistakes
- and then don't criticise or condemn them for genuine mistakes
- demonstrate where and how to apologise
- teach them to forgive others for their mistakes
- give them time to resolve conflict
- give them freedom to become age appropriately independent
- don't offer to call the school or other parent, allow them the opportunity to address issues first

Now granted, there may be some situations where parental intervention is appropriate and necessary. Likewise we need to step in when our teens are being repeatedly bullied and we feel the issue won't be resolved.

Important: *don't criticise or condemn them for their mistakes, or remove the consequences!*

Making mistakes and falling down is an inevitable part of growing up, it's the standing back up again which is the difficult part. Facing adversity makes us stronger, we need to allow our teens to make their own mistakes and to handle the consequences, without criticism.

It's time to hand that lawnmower over to your teen and not to try and take it back from them in order to fix the bits they missed!



General information relevant to children and young people's wellbeing and mental health

These resources are dedicated to children and young people's general mental health and wellbeing, with a particular focus on mindfulness with developing coping skills in young people.

Student Space is here for students through coronavirus. However you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the challenges of student life.

NHS Apps library helps people find apps and online tools to help manage their health and wellbeing.

Calm Harm is designed to help people resist or manage the urge to self-harm.

Catch it helps people manage feelings like anxiety and depression and improve mental wellbeing.

Sleepio is an online sleep improvement programme which is free for people living in Oxfordshire, Berkshire and Buckinghamshire.

The Student health app is designed to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.

Thrive helps you prevent and manage stress, anxiety and related conditions.

Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

Togetherall is available for students at eligible universities and colleges who are feeling stressed, anxious, low or not coping. It provides an anonymous online community who share troubles and support each other. It is a safe space as it is moderated by trained professionals who are available 24/7.

The Wellbeing Thesis is an online resource for **postgraduate research students** to support your wellbeing, learning and research.

Place2Be has a host of mental health resources available. They organise Children's Mental Health Week every year.

SafeSpot is an iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.

MindEd's advice and resources for families on supporting children's mental health. This includes the **Education Hub** (which hosts a short **Wellbeing for Education Return training webinar** for education staff as well as more in-depth **content** covering wellbeing and resilience, bereavement and loss, stress, trauma, anxiety and low mood) and the **Coronavirus Staff Resilience Hub**.

BBC's wellbeing resources for families.

Young Minds: a letter about how I'm feeling: worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home.

Mentally Healthy Schools: tools to support an emotional check-in with pupils.

Mentally Healthy Schools: an anxiety thermometer as a wellbeing measurement tool.

Mental Health at Work: Supporting educators' mental health including during the pandemic. Round-the-clock one-to-one support by call or text from trained volunteers, plus resources, tips and ideas to look after your mental health.

NHS: Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional.

NHS IAPT: free online NHS adult psychological therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression. IAPT services can be accessed either through a self-referral by contacting your **Local IAPT** or via your GP.

Cruse Bereavement Care: Coronavirus, bereavement and grief online information, advice and support. Helpline: 0808 808 1677.

Headspace: Headspace for Educators offers educators access to free mindfulness and meditation exercises and resources for every age group, and a free Headspace Meditation App.

Centre for Mental Health: Supporting Mental Health during Covid-19: a brief guide

Public Health England Every Mind Matters: Looking After Your Mental Health Resources aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions.

Public Health England: Every Mind Matters Self-Care Tool when you complete the 5 'Survey' questions, a 'Mind Plan' is generated, with signposting options to many useful resources.

Young Minds: 10 Wellbeing Tips for School Staff

Anna Freud: **self-care strategies for young people** feeling low or anxious and **self-care tips for parents and carers.**

