

BB4K News, Advice and Support

WEEK 1 – Let's get started!

We are all dealing with unusual times, with schools closing and children at home, anxiety may be running high. We know parents are struggling to balance work, child care and self-care while keeping worries both your children's and your own under control.

You don't have to do it alone.

We've put together resources to help you stay safe and supported during this unsettled time.

Most children will have already heard about the virus or seen people wearing face masks, so try not to avoid talking about it. Not talking about something can actually make kids worry more. Your goal is to help your children feel informed (age appropriate) and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.

Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy – We will help with this! 😊



Keep Fit Class & Eating Healthy!

It is important to eat well with lots of fruit and vegetables and get regular exercise 😊 LIVE PE Keep Fit Mornings with Joe Wicks every Monday to Friday 9am

Joe Wicks has announced he will be running live online PE lessons for the UK's school kids next week

A book to talk to your children about not attending school can be found here: <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/School-is-closing.pdf>

Show your children this fun science video of the importance of washing their hands – follow the link: <https://youtu.be/djxmuDz8c3s>

Some information about COVID-19 for yourself and kids: https://childmind.org/?utm_source=newsletter&utm_medium=email&utm_content=Child%20Mind%20

We will add new advice, ideas and support weekly 😊



Activities and support for Parents!

Relaxing, calming and self-love activities for parents to do

Have a pamper hour! Take a bath/shower, put on a facemask, paint your nails, or do your makeup

Bake/cook something you have never cooked before: <https://www.bbcgoodfood.com/recipes>

Think of new ways to get creative - painting/drawing/sewing, writing

Reading opportunities ALL Amazon all audio books FREE: <https://stories.audible.com/start-listen>

Have a time in the day where you can sit down and read a book, listen to music, down-time.

LOOK FOR SOMETHING POSITIVE IN EACH DAY, EVEN IF SOME DAYS YOU HAVE TO LOOK A LITTLE HARDER.

Improving mental health and overcoming anxiety.

The links below are useful in understanding mental wellbeing and anxiety and how to improve and overcome these:

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

https://www.nhs.uk/oneyou/every-mind-matters/anxiety/?WT.tsrc=Search&WT.mc_id=Anxiety&gclid=EAlaIqObChMIh7-5y4ik6AIVwbTtCh2RjQNqEAAYASAAEgITrvD_BwE

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids!!!

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

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 and will call at the agreed time slot.

Referral forms will need to be completed for consultations.

You are not alone in this

BB4K Positive Kids pages!

☺ For primary aged children (5-11).

<p>1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!</p> <p>'Learning from home is fun'</p>	<p>2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.</p> <p>Thanks!</p>	<p>3 Get building! You could build a Lego model, a tower of playing cards or something else!</p> 	<p>4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?</p>	<p>5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?</p>
<p>6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?</p>	<p>7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!</p> 	<p>8 Use an old sock to create a puppet. Can you put on a puppet show for someone?</p> 	<p>9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?</p>	<p>10 Design and make a homemade board game and play it with your family.</p> 
<p>11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?</p> 	<p>12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.</p>	<p>13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.</p> 	<p>14 Design and make an obstacle course at home or in the garden. How fast can you complete it?</p> 	<p>15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.</p> 
<p>16 Keep moving! Make up a dance routine to your favourite song.</p> 	<p>17 Write a play script. Can you act it out to other people?</p> 	<p>18 Read out loud to someone. Remember to read with expression.</p> 	<p>19 Write a song or rap about your favourite subject.</p> 	<p>20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.</p> 
<p>21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.</p>	<p>22 Draw a map of your local area and highlight interesting landmarks.</p> 	<p>23 Write a postcard to your teacher. Can you tell them what you like most about their class?</p>	<p>24 Draw a view. Look out of your window and draw what you see.</p> 	<p>25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?</p>

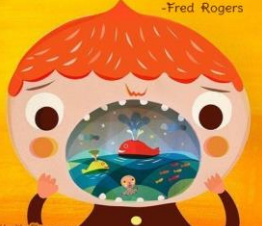
You are
AMAZING
You are
BRAVE
You are
STRONG



Parent tip! Have a daily snack box for the whole day once it's gone –
– its gone!



When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.

-Fred Rogers



BB4K Positive Kids pages!

☺ For secondary aged young people

What activity can we do today?	
Option 1 (morning)	Option 2 (afternoon)
Educational activity - online resources: - Brain Pop - Curiosity Stream	Find something to do that makes you happy! Make place in your home comfy, safe and spend some time with happy thoughts ☺
Educational activity - Beast Academy (Math) - Khan Academy	Do an activity with parent A film, a board game or even a chore!
YouTube channels: - Crash Course Kids	Do something creative for Easter! https://www.alittlecraftinyourday.com/2015/03/02/14-easter-teen-diys/
YouTube channels: - Geography - TheBrainScoop	Reading, book, magazine, something online (factual or fiction)
Creative Easter Art Activity!  <p>ORIGAMI EASTER BUNNY BASKETS</p> https://www.youtube.com/watch?v=EmVv58-e6rA	Talk to Parent – what are you worried about? How are you feeling? Missing Friends? Watch a film. 

Always remember that is important to have fun, while also being healthy and completing educational activities to keep your brain learning!

It is also very important to talk about your worries and feelings both with a parent, family member or a support worker and always with some that you trust!

let's reduce stress this week!



complete the activities each day!

- MON- smile when you wake up
- TUE- stretch for 10 minutes
- WED- give out hugs
- THUR- eat delicious food
- FRI- go for a walk
- SAT- sleep in
- SUN- reflect on the best parts

you're
AMAZING
just the way
YOU ARE

What would you like to see in your Newsletter?

Any ideas please send to BB4K@pactcharity.org.

Panda would love to hear your suggestions and remember you can arrange a Telephone consultation with the same email!

Look after you!