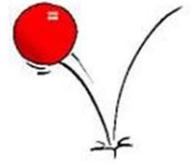


“Bounce Back to School Programme” Family Activities

Week 3, Monday - Planning and Dealing with Change

This week is about helping your child to be able to make plans, which help to lower anxiety, and to also be able to manage when some things don't go to plan! It is about also seeing the positive when some things don't go to plan and the surprises that this can bring.

	Activity Focus
Monday	<ul style="list-style-type: none">• Circle of Control - Make your own circle of control by drawing around your hand. Inside the hand, write “things I can control”. Outside the hand, write “things I can't control”.• Now inside the hand, write things that you can control such as: what I say to other people, how I behave, helping other people. Outside the hand, write things you cannot control such as: if we go on holiday or not, what other people think, the weather.• You can use this activity as a talking point to ease frustration. For example, you cannot control that it is raining today. But you can control being calm and thinking of other fun activities to do inside!• For older children, you might like to ask them what they think is inside and outside your circle of control, and discuss how sometimes you might feel frustrated, too. This is a good way to build up some understanding and empathy.

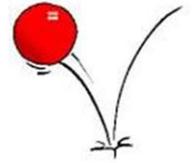


“Bounce Back to School Programme” Family Activities

Week 3, Tuesday - Planning and Dealing with Change

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	Activity Focus
Tuesday	<ul style="list-style-type: none">• Playing games together helps to build teamwork and cooperation skills, as well as bringing us closer together. <p>Animal Charades</p> <ul style="list-style-type: none">• This game is more suitable for younger children. Use the print-out provided or make up your own list of animals. Take turns to choose an animal to act out while your audience guesses what it is, get everyone to work as a team to guess the animals. <p>What Am I?</p> <ul style="list-style-type: none">• Each player is given a card with an animal/object/person written on it that they must not look at. They hold the card to their forehead, facing out so everyone else can read it. You must then go round taking turns to ask yes or no questions about what you are. For example: 'Am I an animal?' 'Do I have four legs?' 'Do I have wings?'. Work together until everyone guesses what or who they are! You can use the printout provided or make up your own and write them on paper. <p>See Resource: <i>Animal Charades Cards</i> <i>What Am I?</i></p>

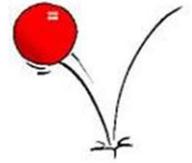


“Bounce Back to School Programme” Family Activities

Week 3, Wednesday - Planning and Dealing with Change

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	Activity Focus
Wednesday	<ul style="list-style-type: none">• Today your child has been carrying out an experiment in school and looking at the outcome with a partner.• Choose one or two activities from the Parent and Child Activities Leaflet and play!• Did it turn out like you had expected? How did you cope if something went wrong? What did you enjoy the most? <p>See Resource: Parent and Child Activities Leaflet</p>

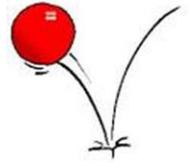


“Bounce Back to School Programme” Family Activities

Week 3, Thursday - Planning and Dealing with Change

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	Activity Focus
Thursday	<ul style="list-style-type: none">• Your child has been looking at when things don't quite go as planned today. Ask your child how they did the superhero or monster paper folding activity and have a go! Draw your superhero or monster first then fold it up and put it to one side. Then do the folding activity with your child and see how different or similar the two ended up being. Talk about what you liked about it being different to the one you had in your head.• Pick a couple of relaxation activities out of Relax Kids to do together at bedtime or have a go at drawing your absolute favourite place to be and describe these to each other using every sense! <p>See Resource: <i>Relax Kids Parents eBook</i></p>



“Bounce Back to School Programme” Family Activities

Week 3, Friday - Planning and Dealing with Change

This week is about helping your child to be able to make plans, which help to lower anxiety, and to also be able to manage when some things don't go to plan! It is about also seeing the positive when some things don't go to plan and the surprises that this can bring.

	Activity Focus
Friday	<ul style="list-style-type: none">• Think about what each member of the family would like to happen e.g. give a hug, get a cup of tea, help to wash up and offer to do something for each other you wouldn't normally do! Tell each other how this made you feel.• Have a look in each other's' My Favourites Jars to see what is in there – anything surprising?