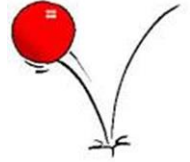


“Bounce Back to School Programme” Family Activities

Week 4, Monday - Coping Skills

This week focuses on helping your child to read their body and to be able to link this to feelings. It looks at what it feels like to be brave and step out of your comfort zone and how to plan steps to be able to do this with support.

	Activity Focus
Monday	<ul style="list-style-type: none">• Think about your happiest memory together. Get a piece of paper and write/draw/paint together about what you remember.• What were you doing?• What happened?• How were you feeling?• What could you hear/smell/see? <ul style="list-style-type: none">• Talk about how remembering happy times makes you feel. Find a special place for your happy memory picture to remind you of your happy time.

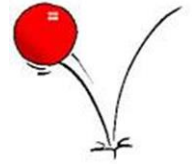


“Bounce Back to School Programme” Family Activities

Week 4, Tuesday - Coping Skills

This week focuses on helping your child to read their body and to be able to link this to feelings. It looks at what it feels like to be brave and step out of your comfort zone and how to plan steps to be able to do this with support.

	Activity Focus
Tuesday	<ul style="list-style-type: none">• Share a song with each other that makes you happy. Dance together to each other's songs and then share the happy memories it reminds you of.

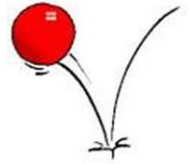


“Bounce Back to School Programme” Family Activities

Week 4, Wednesday - Coping Skills

This week focuses on helping your child to read their body and to be able to link this to feelings. It looks at what it feels like to be brave and step out of your comfort zone and how to plan steps to be able to do this with support.

	Activity Focus
Wednesday	<ul style="list-style-type: none">• Today your child has been thinking about the different people in their lives who help them. We have looked at ‘Circle of Support’ which focuses on people who help us from the intimate circle (close family); the friendship circle (wider family and friends); the participation circle (clubs and activities) and the exchange circle (the wider community).• Have a go at playing ‘Helpful People in our Lives’ Bingo. Who can be the first person to find someone from each box? You could colour the boxes in different colours depending on which circle the person is in. <p>See Resource: <i>‘Helpful People in Our Lives – Bingo Sheet’</i></p>

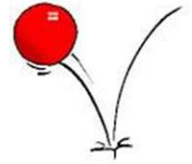


“Bounce Back to School Programme” Family Activities

Week 4, Thursday - Coping Skills

This week focuses on helping your child to read their body and to be able to link this to feelings. It looks at what it feels like to be brave and step out of your comfort zone and how to plan steps to be able to do this with support.

	Activity Focus
Thursday	<ul style="list-style-type: none">• Today your child has been looking at what brave means and that it's OK to be scared about something. Give each family member a 'super-hero' name and super-power. Talk about how this super-power helps them to be brave even when they feel a bit scared.



“Bounce Back to School Programme” Family Activities

Week 4, Friday - Coping Skills

This week focuses on helping your child to read their body and to be able to link this to feelings. It looks at what it feels like to be brave and step out of your comfort zone and how to plan steps to be able to do this with support.

	Activity Focus
Friday	<ul style="list-style-type: none">• Your child has been looking at different types of relaxation activities this week and today they have created their own activity. Ask them to show you their favourite activity so far and also the activity that they created.• Can you do the activity with them? Could you create a family relaxation activity?