



Newsletter

Keeping the kids entertained during lockdown.....



Full of ideas to help children get creative and fire up their imagination while they're at home. It's been made hand in hand with our early learning experts, who have used their knowledge of what works for children at different ages and stages. We're hoping this means there's something for everyone

[Click here](#)



If you've been running out of things to do when you're at home and not at school, don't worry. The scouts have got you covered! They've put together this massive list of games, activities, and craft ideas, for you to get stuck into. Best of all they're all free.

[Click here](#)



The best live lessons to help homeschool kids during lockdown

Educating at home is undoubtedly challenging, so keep them on track with these resources The Independent have compiled a list of what they think you should be looking at....

[Click here](#)

Mental Health & Wellbeing

Coronavirus (COVID-19) advice and support for parents and carers



Whether you're working from home with your kids for the first time or supporting children with anxiety due to coronavirus, NSPCC have got tips and advice for you.

[Click here](#)



The Young Person's Mental Health Toolkit directs young people, aged 11 to 25, to a variety of online resources which can help them through the lockdown and beyond. In each of the six sections there are websites, apps, helplines, and more which support mental health and wellbeing.

[Click here](#)

And finally.....

INCLUDES GAME MARKERS

COPING SKILLS BINGO

 I CAN COPE!	 Blow bubbles	 Control your breathing	 Play a game	 Spend time in nature
 Go for a walk	 I CAN COPE!	 Squeeze a stress ball	 I CAN COPE!	 Practice mindfulness
 Write a letter	 Exercise	 I CAN COPE!	 Read a book	 I CAN COPE!
 Listen to music	 I CAN COPE!	 Write about your feelings	 Spend time with a friend	 Spend time with a pet
 Find something beautiful	 Draw a picture	 Make a list of 5 positive things	 Push a wall	 I CAN COPE!

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TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



