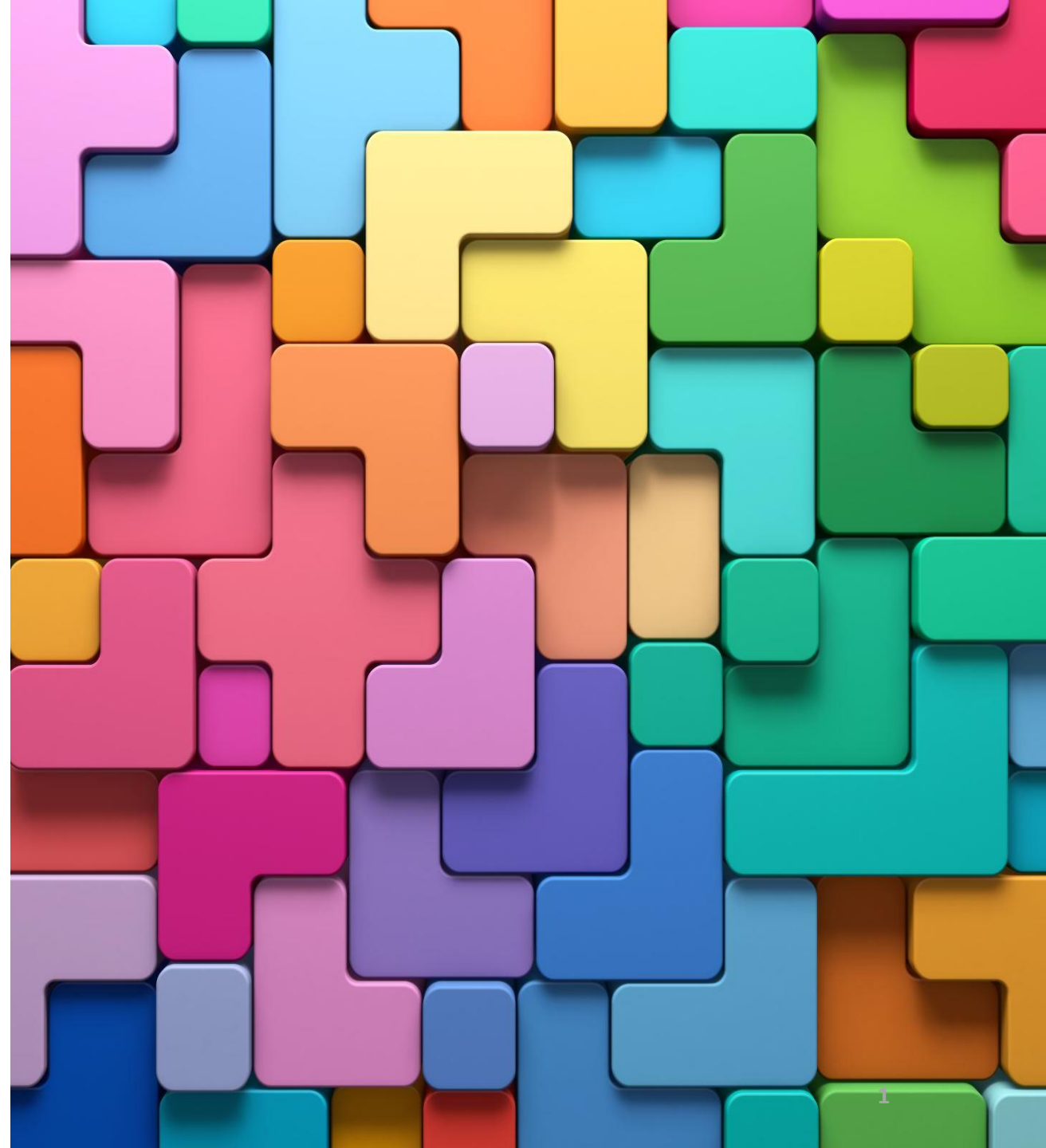


# Resource Pack for Children & Young People

August 2023



# Altruistic August 2023

MONDAY



TUESDAY

WEDNESDAY

THURSDAY



FRIDAY

SATURDAY

SUNDAY

1 Set an intention to be kind to others (and yourself) this month

2 Send an uplifting message to someone you can't be with

3 Be kind and supportive to everyone you interact with

4 Ask someone how they feel and really listen to their reply

5 Spend time wishing for other people to be happy and well

6 Smile and be friendly to the people you see today

7 Give time to help a project or cause you care about

8 Make some tasty food for someone who will appreciate it

9 Thank someone you're grateful to and tell them why

10 Check in with someone who may be lonely or feeling anxious

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**



# HELLO SUMMER!

## POSITIVE EMOTIONAL HEALTH AND WELLBEING



SUMMER IS A TIME WHEN CHILDREN AND YOUNG PEOPLE (AND EDUCATORS) GET AN OPPORTUNITY TO TAKE A WELL-EARNED BREAK FROM THE CLASSROOM. HOWEVER, THIS CHANGE OF ROUTINE AND ACTIVITY MAY CAUSE BOREDOM, ANXIETY AND ISOLATION OR MAY EXACERBATE EXISTING ISSUES.

### Useful contacts available over the summer

#### PUPILS

##### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and continues during the summer months (excluding bank holidays), for children and young people aged 8 to 19. Contact numbers for your area can be found on the PHA website - [Text A Nurse - pupils](#)

##### INDEPENDENT COUNSELLING SERVICE FOR SCHOOLS (ICSS)

The Independent Counselling Service for Schools (ICSS) is available for post-primary aged pupils attending school (including Special Schools and SOTAS) during the first two weeks of July and the last two weeks of August - schools will have provided the contact details for referral for counselling during this time.

#### PARENTS/ CARERS

##### TEXT A NURSE

Text A Nurse is also available to parents/carers with concerns about a young person, there is a short video with further information - [Text A Nurse Video](#). Contact numbers for your area can be found on the PHA website - [Text A Nurse - parents/carers/school staff](#)

If you have any immediate concerns about your child's wellbeing, please talk to someone - for more information see [MIND](#)

#### SCHOOL STAFF

For the latest EA staff health and wellbeing news, events and campaigns check out the [The EA HealthWell Hub](#)

Also check out the [EA HealthWell Newsletter for July 2023](#) which details open access sessions across all EA's Health and Wellbeing Strategy themes.

Text A Nurse is also available to school staff with concerns about a young person, there is a short video with further information - [Text A Nurse Video](#). Contact numbers for your area can be found on the PHA website - [Text A Nurse - parents/carers/school staff](#)

### Useful Resources

#### CYPSP YOUTH WELLNESS WEBSITE

[CYPSP Youth Wellness](#) may provide some useful hints, tips and ideas to support positive mental health.

#### CCEA EMOTIONAL HEALTH AND WELLBEING HUB

[CCEA Emotional Health and Wellbeing Hub](#) provides a range of emotional health and wellbeing resources.

#### KEEP ACTIVE AND CONNECT

The Public Health Agency recommend keeping active and connecting with others - for more information see the [PHA Take 5 Leaflet](#), available in 12 languages.

#### SUMMER EVENTS AND ACTIVITIES

There are often summer events / activities aimed at families and children so keep an eye out for these in your local area.

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021 where you can find out more - [EHW in Education Framework](#)



# SELF-CARE

## WITHOUT SPENDING A DIME!



walk around your neighborhood



read a book from your TBR pile



listen to your favorite songs



sleep and rest well



write in your journal



stay hydrated

# Looking after your health and wellbeing

Keep talking with your family, friends, teachers or someone else you trust.

Getting rest is really important. Try to avoid late nights, and get a good night's sleep.

Exercise! It's a great distraction and it keeps you fit and healthy. Win-win!

Looking after your health and wellbeing

Try to **unwind** with some music or a good book. Distract your mind with positive energy.

Get some **fresh air**. Have a quick walk or a slow stroll, and come back feeling fresh.

Give social media a **break!** It can be a negative distraction and cause you to worry.



For more information on what to expect before, during and after results day visit- [Results Day 2023 | CCEA](#)

SUMMER 2023 AWARDING



## CCEA'S SUMMER 2023 RESULTS DATES



**Thursday 17 August:**  
AS, A level and CoPE results day

**Thursday 24 August:**  
GCSE, Occupational Studies, Vocational and OLA results day

For more information on Summer 23 Awarding visit [www.ccea.org.uk/summer-2023](http://www.ccea.org.uk/summer-2023)

A level Results PIN number Students who are due to receive their CCEA A level results online on Thursday 17 August, will have been issued a unique PIN number by their school/college.

This number enables students to access their results online from 8am on the morning of 17 August.

If students have lost their PIN, they are advised to contact their school/college who will reissue it.

SUMMER 2023 AWARDING

**LOST YOUR A LEVEL ONLINE RESULTS PIN?**

If so, contact your school who can reissue it.

The new school year is fast approaching and many young people are waiting on their exam results.

Don't forget that Text-A-Nurse is here to help if you or your child have any worries.

Our dedicated team of school nurses can provide timely and confidential advice on issues including emotional health and wellbeing, alcohol and drugs, sexual health, bullying and general health issues.

[Text-a-Nurse | HSC Public Health Agency \(hscni.net\)](https://www.hscni.net)

## Services for young people: Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

Northern Trust Text-A-Nurse  
07480 635982

Belfast Trust Text-A-Nurse  
07507 328290

South Eastern Trust Text-A-Nurse  
07507 327263

Western Trust Text-A-Nurse  
07480 635984

Southern Trust Text-A-Nurse  
07507 328057

Or visit [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk) to start a chat

## Social media in the summer

SUMMERTIME  
-PARENTING

➔ Be mindful of the types of pictures you and your children post

➔ Talk to your child about the dangers of posting their location

➔ Inspire your young person to have a healthy body image

➔ Remind them that social media presents a curated version of people's lives



0808 8010 722



parentingni.org

CYPSP  
Children & Young People's Strategic Partnership

HSC Public Health Agency

ChatHealth

Department of Education  
[www.education-ni.gov.uk](http://www.education-ni.gov.uk)

# Exam results and helping young people

[nidirect.gov.uk](https://nidirect.gov.uk)



AS/A Level and GCSE exam results will be announced this month. Help and support is available. Find out more: <https://nidirect.gov.uk/news/help-and-support-students-and-parents-results-time...>



# Navigating exam season

Place 2Be

## Student guide to results day

Exams results day, and the lead up to it, can be a stressful time – especially if you're worried that your exams didn't go as well as you had hoped, or are disappointed with your results.

We've shared some advice on how to look after yourself in the lead up to results day, and on the day.

### Waiting for your results

The period of time from when you break up to when the exam results come out can seem endless and intense. Here are some top tips to cope with the interminable wait:



#### Make plans

Make plans with your friends and interact with people. Avoid sitting home and worrying. Even if exams went badly, focus on what you can change, not what you can't. It will help to regulate your mood and give you a lift if you see other people.



#### Get yourself into a routine

As much as we love the idea of a lie-in for 6 weeks, being out of routine can actually lead to more anxiety. Try to get up at a similar time each day, get some sunshine, eat healthily and get yourself organised.



#### Decide how you want to get your results

In a group? With your parents or friends? What would make things easiest on the day?



#### Be kind to yourself

Accept it's normal to feel worried and strange, and immerse yourself in something you love. Watch your favourite movie, go for a walk, have a relaxing bath and take yourself away from it all for a while.



#### Don't dwell on it

Be strict with how much time you spend discussing and thinking about exam results. It's likely you and your friends, and family, will want to discuss and debate what could, might, or has happened. Set aside time (say half an hour a day) where you think and talk about it – some people call this 'worry time'. The rest of the time, get on with your life!



#### Map out the scenarios

Facing the worst case scenario head on can take away its power. Make a plan of what you could do if you don't get the grades you need. Nothing is unsolvable, things will get better, and there are a tonne of alternatives to every situation.



#### Make a list of all the things you enjoy

Find the time to do them. This can reduce your stress levels, improve your mood, and help you feel refreshed and relaxed.

place2be.org.uk

# Navigating exam season

Place 2Be

## Student guide to results day

### Results day - coping with the stress

It's finally here, the results are in. Whatever happens, the most important thing to remember is nothing is insurmountable.



#### Recognise the emotional rollercoaster everyone is on

The school will be a cauldron of emotions – from frustrated, angry, and upset students, to those celebrating and totally ecstatic. Prepare yourself as best you can for the range of emotion, remember people are likely to react differently to normal.



#### Be there for your friends, but also take care of yourself

It's tempting to put others' first, particularly if they haven't got the grades they wanted, but take time to also look after yourself.



#### Another route?

If things don't go as planned, look at all the options you have available to you and plot a new course. It could be to the same goal (for example doing re-sits so you can go onto further education) or it could be to a completely new goal.



#### Make a list

Make a list of all the things you want to do in life which don't involve exams. You will soon see that exams are only a small part of the picture.



#### Don't compare yourself

We are all different. Not better or worse, but with our own gifts and skills. If the results aren't what you imagined, don't beat yourself up. Academic success is just one of many attributes to be celebrated. Remember who you are and what you're good at.



#### Get inspired!

With a spot of Googling you can find endless stories of inspirational people who have chartered their own course - from Steven Bartlett to Victoria Beckham. Whatever happens, life is far from over!



#### Ask for help and advice

There are so many people around you who can offer insight, such as teachers, career advisers, parents and family members. Try to get a range of opinions.



#### Seek support

Let your family, friends, and teachers know if you are struggling so that they can support you.

**If you're feeling overwhelmed and need to talk:**

Text **CONNECT** to **85258** for free to speak to Shout

Call **0800 1111** to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat

Visit [place2be.org.uk/help](https://place2be.org.uk/help) for more advice

place2be.org.uk



# august SELF-CARE

@POSITIVELYPRESENT



## Top tips for coping with exam results stress

**SUMMERTIME**  
PARENTING

### Get a good night's sleep

Encourage your young person to get a good night's sleep before and after receiving their results. A well-rested mind is better equipped to cope with emotions and engage in constructive discussions about the future.



### Keep calm and don't panic

In the face of disappointing results, emotions may run high. If they don't get the results they would have liked encourage them to take deep breaths & relax. It will be easier to process everything & think through their next steps.



### Take your time

Encourage your child to avoid rushing into decisions after receiving the results. Sit down together & have an open, supportive conversation about their feelings, aspirations, and options. Weighing the pros and cons of different paths can help them make well-informed decisions.



### Be prepared for 'Plan B'

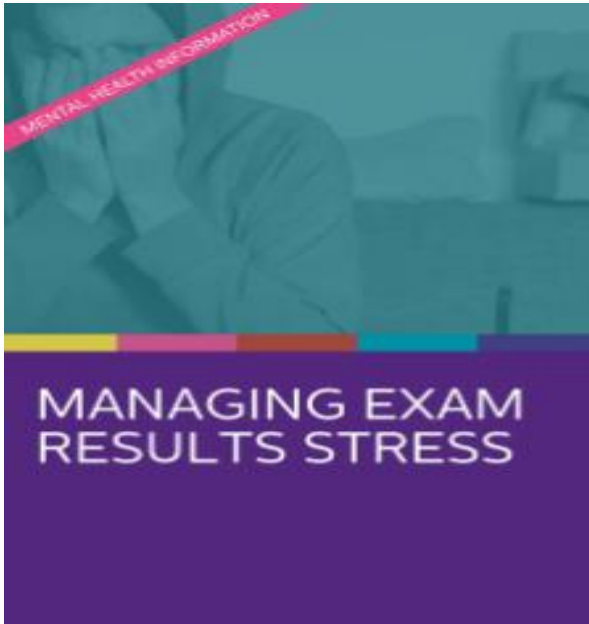
While it's natural to hope for positive results, it's important to acknowledge that things may not always go as expected. Encourage your young person to consider alternative options and paths they can take if the results are not what they were aiming for. This can alleviate the pressure of a singular outcome and foster a sense of resilience and adaptability.



### Remember to reassure

Try to promote the positives regardless of the results. Your young person will probably worry about letting you down so reassure them that they won't be letting anyone down and that you will be there for them to work through the next steps. Let them know that you are proud of their efforts and support them unconditionally.





Exam results day is stressful for everyone, whether you sat the exams yourself or care about someone who did.

It's normal to feel upset, disappointed and anxious if you didn't get the results you hoped for. Know where to get help if you're feeling overwhelmed.

[Managing stress on exam results day - Community Wellbeing NI](#)

**Plan** talk about the next steps. Just in case things don't turn out as hoped.



**and remember...**

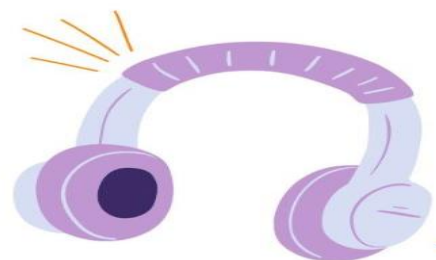
**YOUR GRADES DO NOT AND NEVER WILL DEFINE YOUR WORTH.**



### How to use music for Stress Relief

While cooking or eating

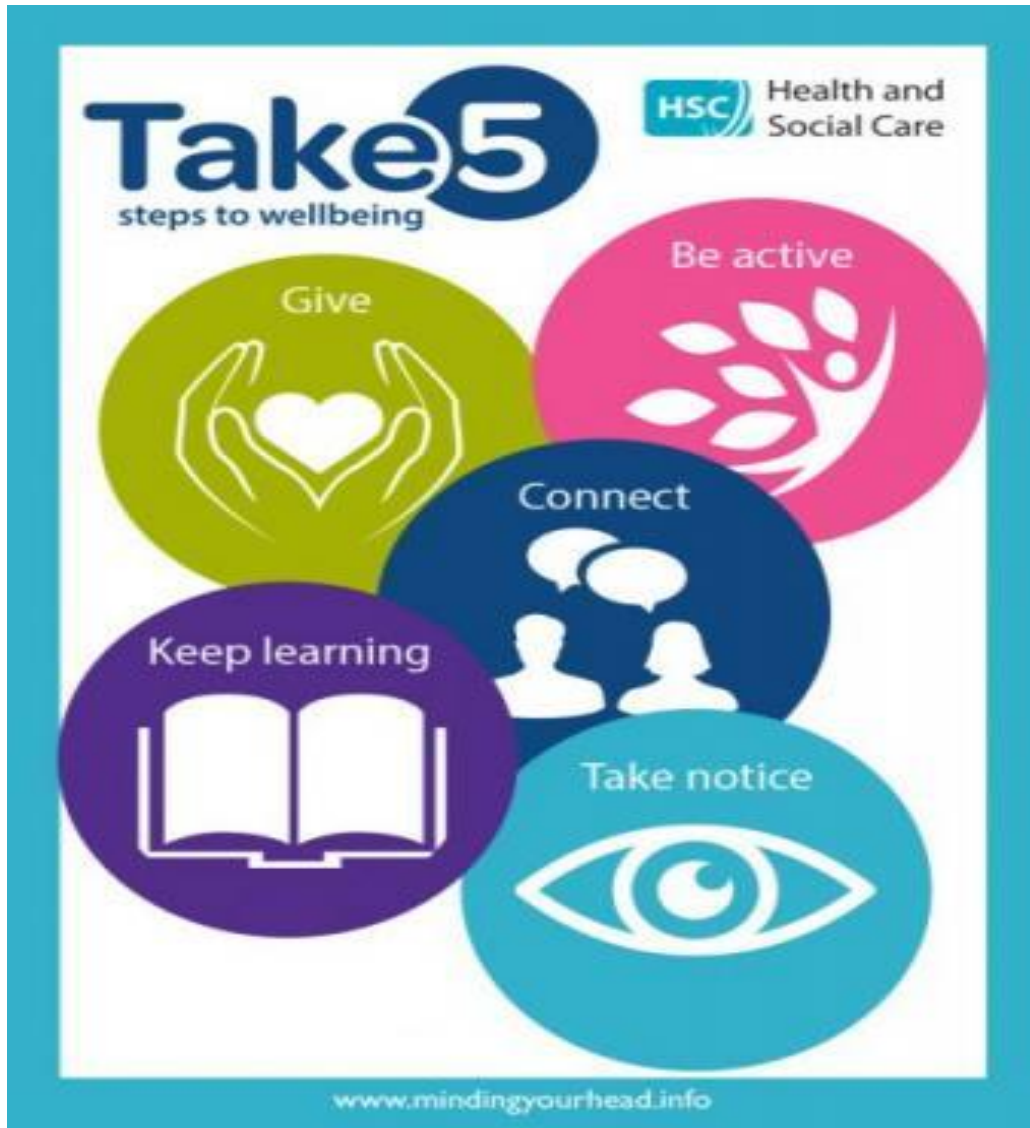
While getting ready for your day



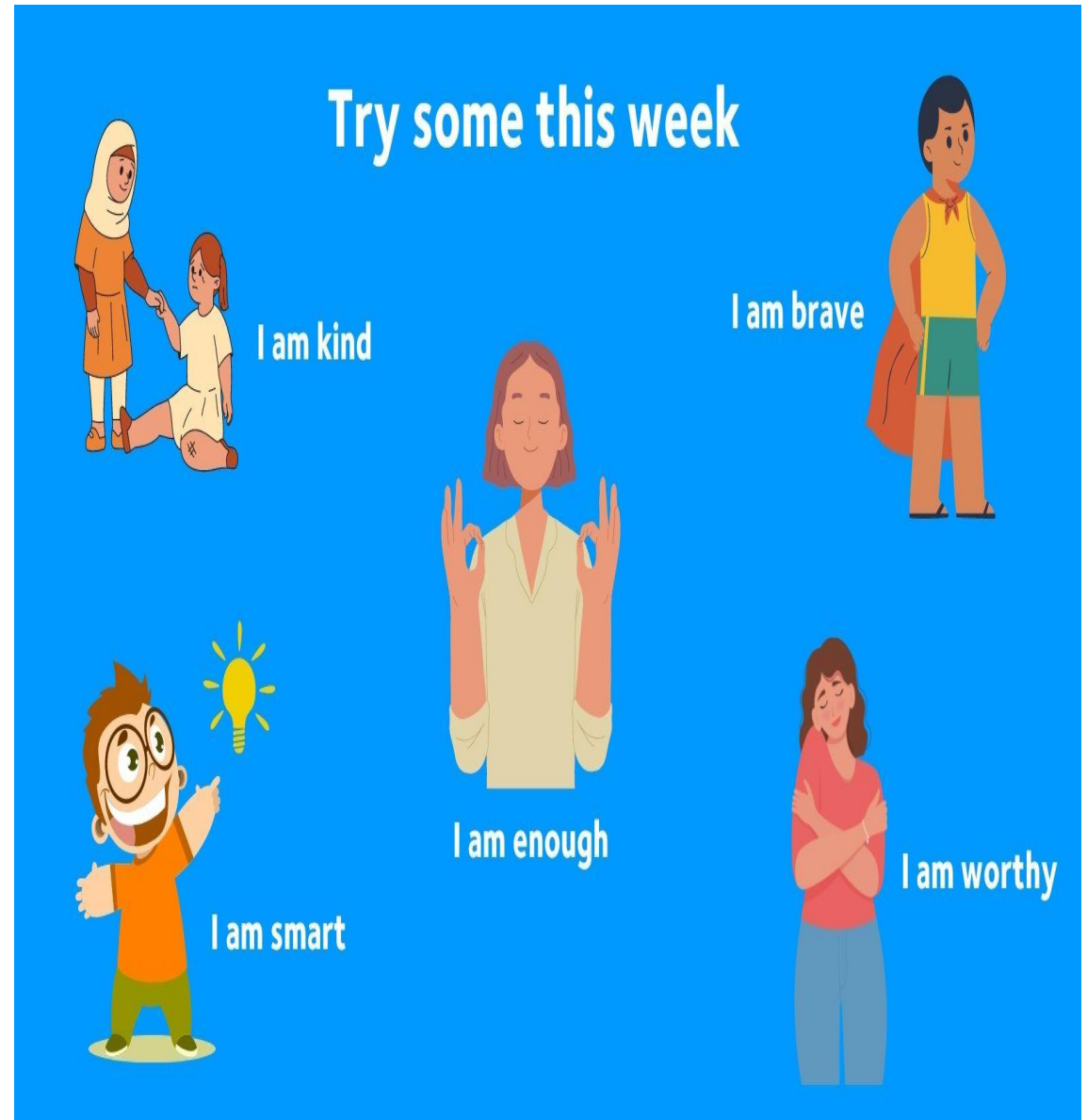
During a commute

Before going to bed

When online shopping



Explore the many resources, tips and advice on [www.mindingyourhead.info](http://www.mindingyourhead.info)



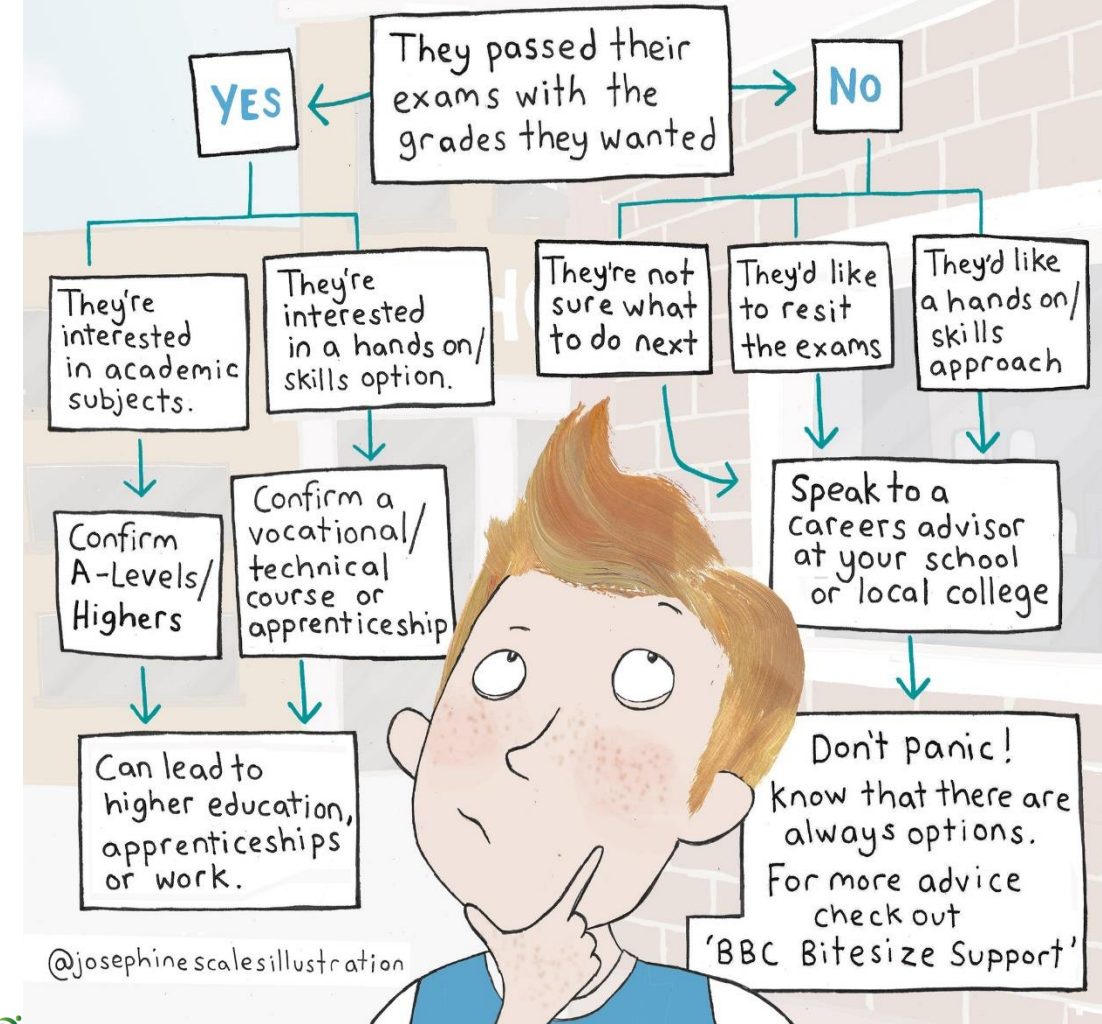
# BBC BITESIZE

I'm so proud of you



# BBC BITESIZE

## What Next?



@josephine scales illustration



Drinks and snacks



Lunchbox



Nappies and wipes



Spare set of clothes and underwear

# NURSERY BAG



# CHECKLIST!



Favourite blanket or toy



Any medication and instructions



Rain coat and wellies



Indoor and outdoor shoes



Sun cream and sun hat



## RISE NI - Getting Ready for Pre-school



We should already be thinking about helping our children get ready for pre-school! Here are some things you can practise at home to help your child get ready for school in September.



Starting school is a very exciting step in a child's life yet may be stressful for some children and their parents. This leaflet aims to reassure and inform you of some simple and fun everyday activities to support your child so that they can start school healthy, happy, active, curious and sociable.

### Help me do things for myself



### Help me develop my talking and listening skills



### Help me develop my play and physical skills



Scan me!



[RISENI - RISENI/parents \(pagetiger.com\)](https://www.pagetiger.com/riseni-parents)

# Friendship skills top tips

## Learn through play

Provide children with opportunities to play with peers, this helps them develop the necessary social skills to maintain good relationships



## Encourage positive social skills

Teach children skills in relating to others, such as listening, sharing, playing by the rules and empathy



## Praise positive behaviour

Praise your child for being friendly and caring to others, this will support their learning and friendship making skills



## Take a back seat

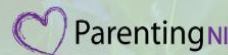
When friendship issues arise, try to help your child resolve conflicts by being supportive and encouraging

## Like attracts like

Children become friends because they share similar interests. It can be helpful to plan activities in advance of a play date

## Be a good role model

Children will learn from you and your relationships with others



# Starting Primary School

Is your child starting school this year?

At Parentline we have put together a guide for parents to support you support your child with this big step!

Call us on 0808 8020 400 to get your **FREE** copy and chat with us today.

We are here for you;  
Mon-Thurs 9am-9pm  
Fri 9am-5pm  
Sat 9am-1pm



This booklet can help you look at what your new school will be like and some changes that might happen.

[Moving on from Primary School \(hscni.net\)](http://hscni.net)



## All About ME



Our new All About ME booklet co-produced with young people from [Barnardo's NI PosAbility](http://Barnardo's NI PosAbility) group is great for sharing information about your child for summer clubs, playgroup, residentials, childcare and with family. Download your copy now at <https://tinyurl.com/ysjx9fby>

Transition  
Ag bogadh ar aghaidh  
Ig bug-oo air eye



School uniform	Culaith scoile	Kul-ee skulla
School bag	Mála scoile	Mala skulla
Lunch bag/ box	Mála/ bosca lón	Mala/ bos-ka loan
Class room	Seomra ranga	Shomra ranga
Dinner hall	Halla dinnéir	Halla dinyir
Sports hall	Halla spóirt	Halla spore-ch
Yard	Clós	Close



Transition  
Ag bogadh ar aghaidh  
Ig bug-oo air eye

Pencil case	Cás peann luaidhe	Caas pan lou-he
Pencil	Peann luaidhe	Pan lou-he
Rubber	Scríosán/cuimilteoir	Skrisan/kimeltor
Book	Leabhar	Lore
Marker	Marcóir	Markor
White board	Clár bán	Clar bwan







Autism NI have created a Back to School resource kit to prepare your child for going back to school, including a social story, weekly planner and visual boards. To download for free, visit [www.autismni.org/education](http://www.autismni.org/education)



Many young people may struggle to cope with change, for example, changing schools. Autism NI have created a resource to explain change and give tips to manage feelings associated with changes.

[PowerPoint Presentation \(squarespace.com\)](https://www.squarespace.com)





IT'S OK TO HAVE MIXED  
EMOTIONS ABOUT THINGS.

TALKING HELPS TO MAKE  
SENSE OF IT ALL  
WHETHER IT'S A PARENT,  
SIBLING OR TEACHER.

YOU ARE WORTH MORE  
THAN GRADES ON  
PAPER.

IT'S OK NOT TO BE THE  
BEST AT IT ALL. ALL  
YOU HAVE TO DO IS  
TRY YOUR BEST.

BE YOURSELF. WE ARE  
NOT ALL MEANT TO BE  
THE SAME.

DIFFERENCES MAKE US  
UNIQUE AND SHOULD BE  
CELEBRATED.

## Staying safe on the school run



The new school year is the perfect opportunity to focus on road safety and make sure your children know how to cross the road safely.

At school drop-off and pick-up times, roads can be especially busy. Not only does this make crossing more difficult it can also be really distracting and children may not remember their road safety rules, especially if they're excited or spot a friend across the road.

Fortunately, there are plenty of things you can do to help keep them safe. Visit our road safety hub for tips and free activity sheets for children:

<https://capt.org.uk/csw-road-safety/>

# Will your child be walking to school alone?



It's that time of year when many of us are thinking about the return to school. Perhaps this year will be the first your child is walking alone. Or your child is changing school and they have a new route to learn. It can be a nerve-wracking time for us parents and carers. But, here are some tips to help your child with the transition and keep them safe on their walk to and from school.

- Encourage them to sit down and plan their route, highlighting safe places to cross and any friends they might travel with
- To build confidence you can practice the route together
- Talk about the dangers your child might come across and ask questions to encourage them to think for themselves
- Devices can be a major distraction, so encourage your child to put them away and take any headphones out while crossing the road

Some primary and post-primary school pupils are eligible for

- Grants to help buy their school uniform.

Find out more: <https://www.nidirect.gov.uk/.../school-uniform-and...>

- Help with home to school transport. Find out more: <https://www.nidirect.gov.uk/articles/home-school-transport>

- Free lunches or milk at school. Find out more: <https://www.nidirect.gov.uk/.../nutrition-and-school-lunches>

School uniform



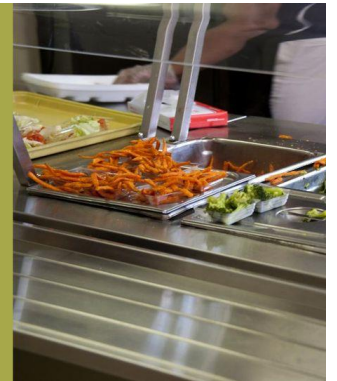
[nidirect.gov.uk](https://www.nidirect.gov.uk)

Home to  
school transport



[nidirect.gov.uk](https://www.nidirect.gov.uk)

School lunches



[nidirect.gov.uk](https://www.nidirect.gov.uk)



Back to school to-do list



If you are anxious, remember,  
everyone else is feeling the same



Be kind to yourself  
& others!

eee



Try your best!



Get to know others - join a  
sports or hobby group



Don't follow peer pressure -  
do what makes you happy



# Back to school tips for newly separated parents



## Create a consistent routine

Try to reach an agreement before the new school term about your child's school routine. Who will be responsible for school drop offs and pick ups? How will you navigate parents' evenings and after school activities? Your children and both of you will benefit from consistency.



## Share information

It is important to communicate about important school activities, but also any specific needs your child has. If you can, co-ordinate calendars so everyone is up to date. Always put your child's interests and feelings first.



## Support your child's emotions

Going back to school after a separation can be emotionally challenging for your child. Be attentive to their feelings, reassure them of your love and support, and encourage them to express their emotions. It can be a good idea to make the school aware of the separation and they can look out for any changes to your child's behaviour.



## Plan for changes

Discuss plans for unexpected events, for example if your child is sick and cannot attend school or if they need to go home sick from school how will you handle this? Consider school closures and other changes to your routine.

## Are you struggling to communicate with your child's other parent?

Consider Family Mediation – a process which empowers separated parents to communicate and agree a co-parenting plan that places their children's needs at the centre.

Find out more at [www.familymediationni.org.uk](http://www.familymediationni.org.uk)



# Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!



SCHOOL  
BULLYING  
WELLBEING  
BEREAVEMENT  
MENTAL HEALTH

If you're struggling, it's okay to reach out:

Call Childline on:  
0800 1111

[cypsp.hscni.net/youth-wellness-web/](http://cypsp.hscni.net/youth-wellness-web/)

Call LIFELINE on:  
0808 808 8000

Scan QR code



Text Shout:  
852558

Deaf & hard of hearing  
textphone users:  
18001 0808 808 8000



## Solihull Approach presents

Two online courses exclusively for teenagers!

**Understanding your brain  
(for teenagers only!)**

**NEW**  
**and**  
**Understanding your feelings\*  
(for teenagers only!)**

*\*Includes the emotional effects of the COVID-19 pandemic*

[inourplace.co.uk](http://inourplace.co.uk)

FIND OUT MORE...

Do you live in Northern Ireland?



1. Scan QR or visit [www.inourplace.co.uk](http://www.inourplace.co.uk)
2. Enter the Access Code
3. Begin learning

Access Code:  
**NIFAMILIES**





# Helping your child with homework- Top tips



## Nutritional Snack

Before you start homework, provide a nutritious snack and chat with your child about their day, ensuring they feel relaxed before they start their homework.



## How to start

Establish a clear routine. Plan a homework timetable for the week so they are aware of what is required of them on a daily basis but also include some time for fun.



## Environment

Provide a space which encourages your child to want to complete their homework. Turn off distractions.



## Helping

If your child looks to you to give them the answer don't rush in to tell them, encourage them to work through the task to find the solution and answer themselves.



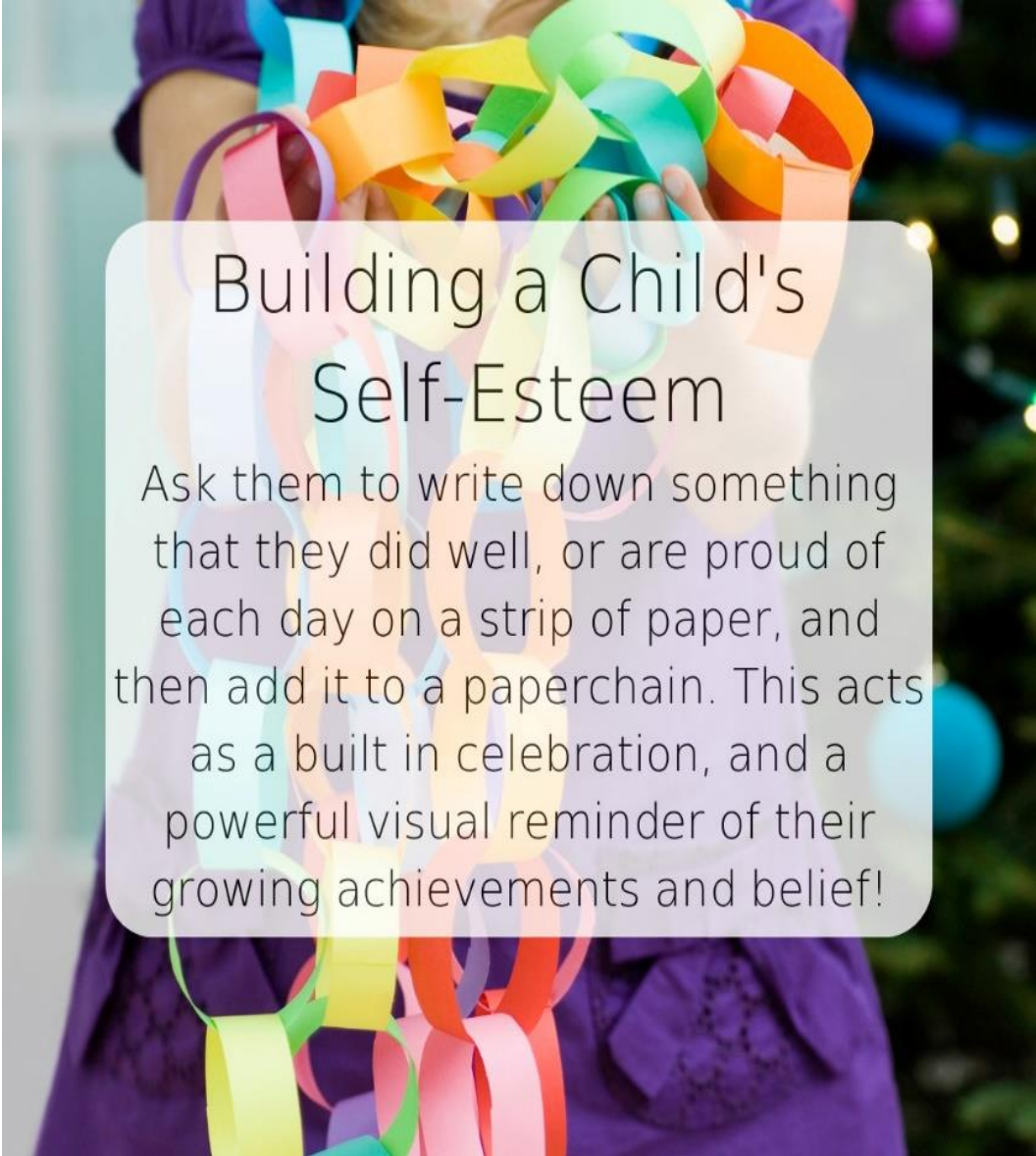
## How I Was Taught

Don't try to teach your child your method, as this leads to confusion. If you are unsure of a new technique set a time to speak to your child's teacher.



## Your Time

As a parent you may be busy during homework time juggling many things. Reduce your distractions to ensure you provide the space to help support your child with homework.



# Building a Child's Self-Esteem

Ask them to write down something that they did well, or are proud of each day on a strip of paper, and then add it to a paperchain. This acts as a built in celebration, and a powerful visual reminder of their growing achievements and belief!

# Hey you!

you'll get THROUGH  
today, just like you  
got THROUGH yesterday,  
and the day before  
that and all the other  
days before that...  
because you are  
TOUGH.

@LauraJNellIllustrations

DROP YOUR SHOULDERS  
UNCLENCH YOUR JAW  
TAKE A DEEP BREATH  
CLOSE YOUR EYES  
RELAX YOUR HANDS  
BREATHE OUT SLOW  
TAKE A MOMENT

@AnxietyPositive







## Summer activity ideas

- Use water to "paint" a fence or the pavement
- Make smoothies with frozen fruit
- Play hide and seek
- Build a den indoors, in a garden or in the park
- Go looking for interesting bugs
- Make "potions" using water and food colouring
- Make a ramp from cardboard and race toy cars
- Make a sprinkler from an old water bottle
- Play hide and seek
- Visit a new park or playground
- Make puppets out of socks and put on a play
- Make an obstacle course
- Visit your local library
- Have a picnic in a garden, park or in your home
- Make play dough
- Use a bed sheet to play a parachute game
- Make musical instruments from household items
- Play with a ball (see HENRY website for ideas)
- Make mud pies with earth and water
- Play shops or restaurants

For more great ideas visit  
[www.henry.org.uk/activities](http://www.henry.org.uk/activities)

## Beating summer boredom!



Create an activity jar, fill it with fun activities for your children to do when they are bored. Have fun creating your jar together, here are some activities to include...

### Dry day



Make a den/fort



Go on a bike ride



Go for a walk



Visit a play park



Pavement chalk art



Garden obstacle course

### Rainy day



Play a board game



Bake together



Play hide and seek



Create a scavenger hunt



Indoor Picnic/Tea Party



Arts and Crafts

What other activities can you add?



# Let's play...spell your name



**A**

Bend down and touch your toes 20 times

**B**

Hop like a frog 8 times

**C**

Jump up and down 5 times

**D**

Pretend to ride a horse for a count of 15

**E**

Do 10 star jumps

**F**

Balance on your left foot for a count of 10

**G**

Balance on your right foot for a count of 10

**H**

March on the spot for a count of 20

**I**

Walk sideways for 20 steps

**J**

Try to touch the clouds for a count of 10

**K**

Crawl like a crab for a count of 20

**L**

Curl up like a hedgehog for a count of 10

**M**

Walk like a bear for a count of 15

**N**

Waddle like a penguin for a count of 20

**O**

Spin around in a circle 5 times

**P**

Walk backwards for 20 steps

**Q**

Flap your arms like a bird 25 times

**R**

Run to the nearest door and run back

**S**

Stomp like an elephant for a count of 25

**T**

Slither like a fish for a count of 15

**U**

Dance for a count of 20

**V**

Wave your hands above your head like a tree

**W**

Run on the spot for a count of 20

**X**

Hop like a frog 8 times

**Y**


Wobble like a jellyfish for a count of 10

**Z**

Stretch like a scarecrow for a count of 15

# Tea time is talking time!

The one pretend toy every child needs is a tea set and play food – not only do children LOVE making endless cups of tea but there are lots of opportunities for modelling early language!



**Pretend noises**

- Yum yum!
- mmmmm...
- Yuk!
- More juice please..
- Short phrases
- Want biscuit daddy?
- Mummy's tea all gone!

**Two word phrases**

- Biscuit please..
- More tea...

**Single words**

- Please....
- More!
- Gone!
- Juice gone!



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**OUTDOOR Summer ACTIVITIES FOR TODDLERS**

- COLLECT ROCKS
- TREASURE HUNT
- FLOWER SPOTTING
- NATURE WALK
- LISTENING WALK
- WEATHER BINGO
- CLOUD WATCHING
- PAPER PLANE RACE
- SPLASHING IN PUDDLES
- I SPY...

# How to do wildlife yoga



## You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

## What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.

Butterfly

Fox

Pine marten

Frog

Snail

Starfish

Heron

Adder

Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2020

[www.wildlifewatch.org.uk](http://www.wildlifewatch.org.uk)

## Sea animals

Ainmhithe na mara  
(Ann-vee-ha na mar-a)



Fish  
Iasc  
Ace-k



Jelly fish  
Smugairle róin  
Smug-



Crab  
Portán  
Port-ann



Star fish  
Crosóg mhara  
Cross-oog war-a



Seal  
Rón  
Rown



Whale  
Míol  
mwale



Dolphin  
Déilf  
Delf



Sea turtle  
Turtar  
Tur-tar



## Tooth-friendly snacks and drinks



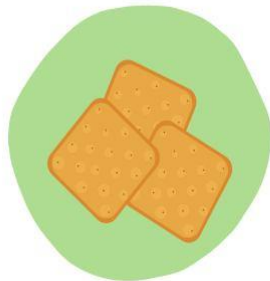
breadsticks, bread,  
pitta, toast, crumpets



raw/cooked  
vegetables



fresh fruit



crackers/oatcakes



unsweetened  
yoghurt



milk/water

## Let's make...mini pizzas



- For a **tomato sauce base**, try using chopped tinned tomatoes, passata, leftover pasta sauce or tomato puree
- For the **pizza base**, try using English muffins, pitta bread, crumpets or mini tortilla wraps
- For the **toppings**:
  - Slices of pepper
  - Mushrooms
  - Tuna
  - Slices of ham or turkey
  - Leftover cooked chicken
  - Red onion
  - Pineapple
  - Sweetcorn
  - Spinach
  - Courgette
  - Cherry tomatoes



## Pack lunch ideas

### Main

Wrap  
Sandwich  
Roll  
Pasta  
Crackers  
tacos/pitta  
Cracker breads  
Bagel  
Boiled egg  
Egg muffins

Filling ideas...  
Ham,  
Tuna(sweetcorn)  
Cheese, egg,  
cream cheese,  
chicken, turkey

### Side

Carrot sticks  
Pepper slices  
Sliced  
cucumber  
Pepperoni  
Cheese  
portion  
Hummus and  
veg sticks  
Cheese and  
fruit sticks  
Sausages  
Tomatoes  
Bread sticks

### Snack

Rice cakes/oat  
cakes  
Berries  
Raisins  
Yoghurt  
Banana bread  
Apple slices  
Popcorn  
Pancakes  
Smoothie  
Jelly  
Fruit



This easy chicken wrap recipe was inspired by the TikTok sensation. Simply fill each quarter with a different filling and fold up for instant layers.

[Chicken TikTok wraps recipe - BBC Food](#)

Nutty apple and celery rice cakes

[Nutty apple and celery rice cakes - Recipes - Healthier Families - NHS \(www.nhs.uk\)](#)





A wrap is a great alternative to the standard packed lunch sandwich. [Lunchbox roll-ups recipe - BBC Food](#)

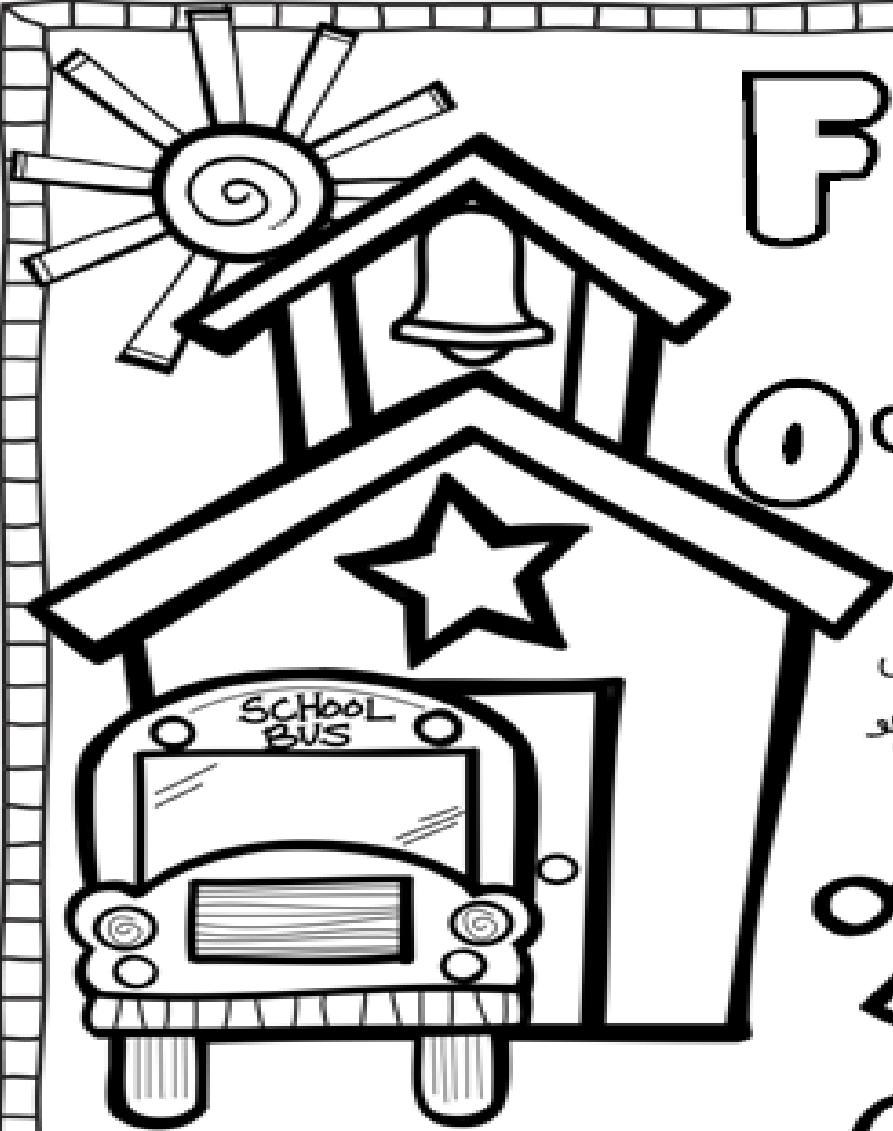


Traffic light omelettes  
[Traffic light vegetable omelettes - Recipes - Healthier Families - NHS \(www.nhs.uk\)](#)

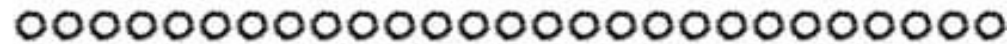
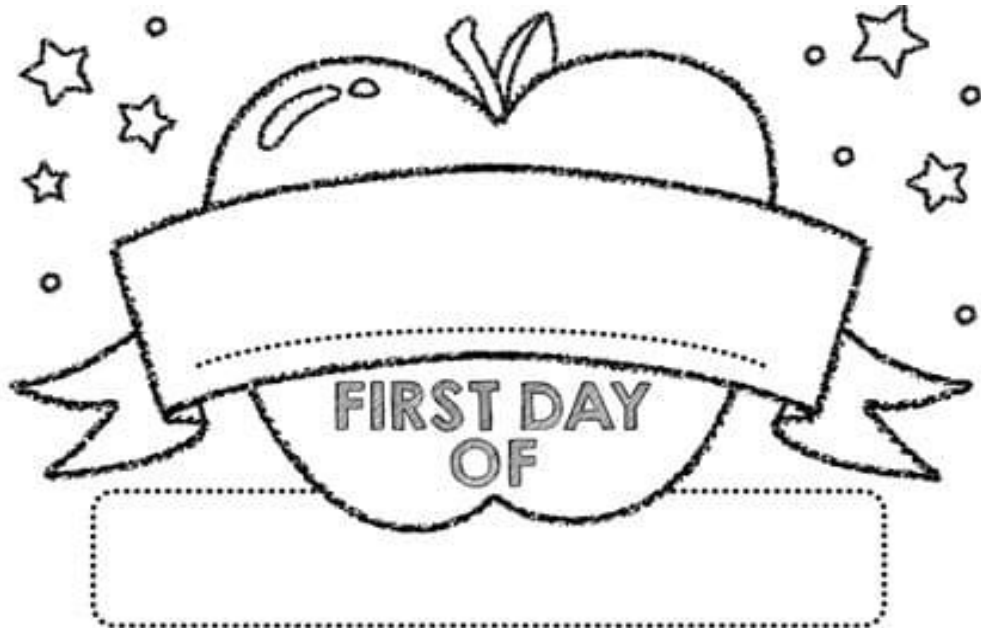


Brainy beans on toast  
[Healthy beans on toast - Recipes - Healthier Families - NHS \(www.nhs.uk\)](#)

# First Day of School!



© Kidzone



★ I WANT TO BE A



WHEN I GROW UP



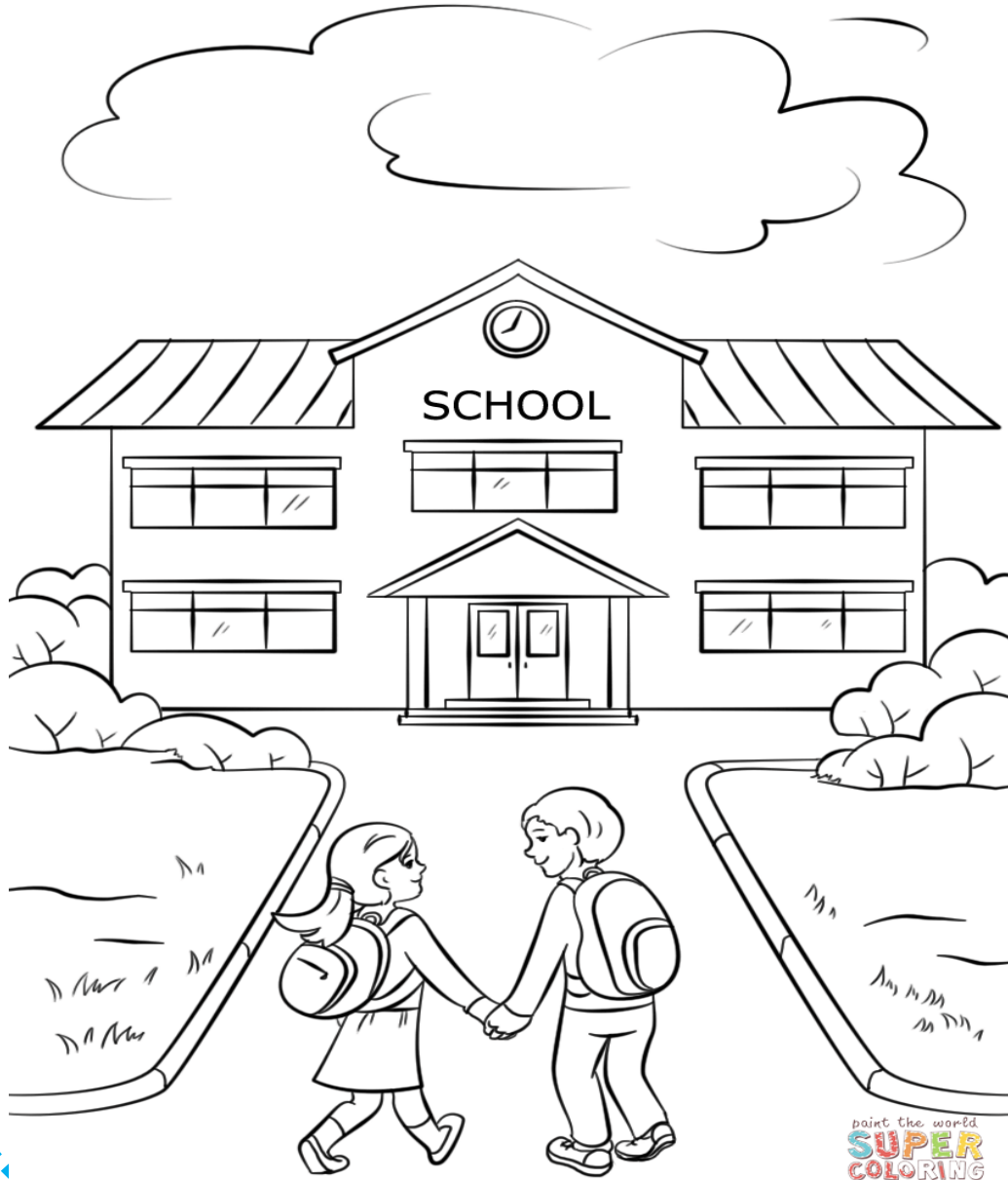
YEARS OLD

TODAY'S DATE

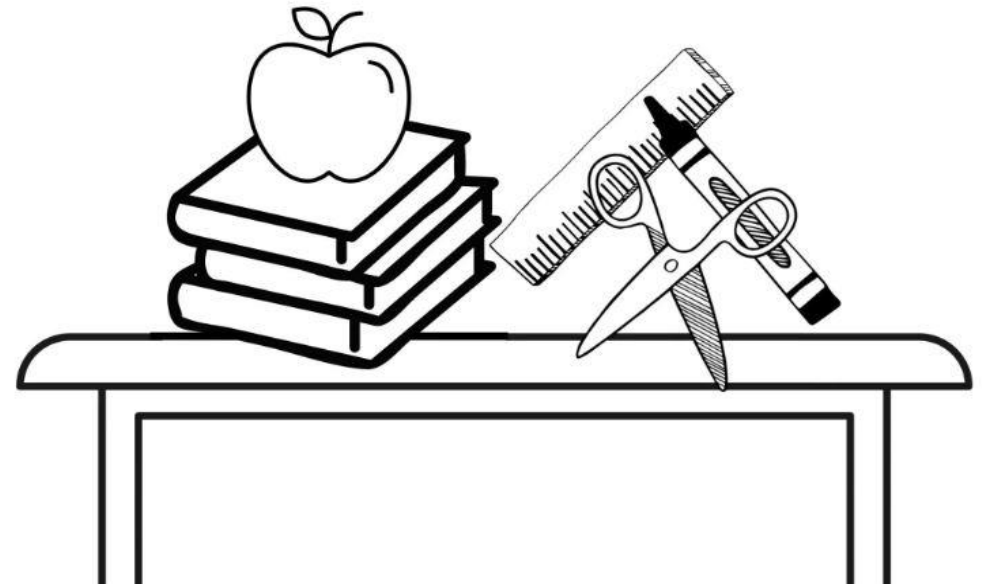
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<http://coloringoo.com>



paint the world  
**SUPER**  
**COLORING**



For more resources and activities on disability, mental health, bereavement, education plus more, check out the previous edition of the Children and Young People's Resource Pack



[Download Here](#)