



PARENTS MANUAL

MAY 2020

P4-P7

**WEEK 10**

## Parents Manual – Ready for Anything Term 3 2020.

Dear Parents,

Given the school closures I thought the best way to make sure that Ready for Anything continues to be delivered to pupils is to provide you with the information and resources you need to run a version of the programme in your homes. Usually classes are one hour a week but I am aiming for about 30-40 minutes of activities per week in order to encourage as much discussion about the topic being covered between you and your children. Additionally, I will be providing resources and links to make a calm down kit with your child/children at home which will take time also. I will do my best to ensure that the activities and calm down kit items can be made from things you have at home to avoid the need for any unnecessary trips to the shops. Just store the calm down kit in a shoebox or basket. If you don't have a printer at home, don't worry, the resources necessary for all activities chosen can be opened online and are simple enough to copy out onto a blank page and complete. Where this isn't possible, I will suggest no printer alternatives. The areas we will be covering over the ten weeks are –

- Week 1. Who I am and What is Important to Me
- Week 2. Important People in My Life and the Roles I Play
- Week 3. Emotional Recognition
- Week 4. Emotional Control including Coping Strategies
- Week 5. Confidence
- Week 6. My Future Self and Making Mistakes
- Week 7. Friendship
- Week 8. Decision Making and Integrity
- Week 9. Gratitude
- Week 10. Kindness**

Resources and the manual for each week will be uploaded every Friday at noon in the hope that you will get a chance to do them over the weekend (when the school work is finished). Links will be provided from Ready for Anything's Facebook and Twitter accounts – **Facebook:** Ready4Anything **Twitter:** @RFA\_Belfast

If you decide to do Ready for Anything with your children at home – please let us know how it is going and if there is anything we can help with. Photos and comments can be put on our Facebook Page and I can be contacted by e-mail – [natalie@ready4anything.org](mailto:natalie@ready4anything.org) We have received excellent feedback at previous family workshops from parents who have taken part in the programme with their children. Where possible we would encourage you to complete the activities as well and discuss your thoughts with your children. Games should be played with children as a group where possible or if you have one child, play them with your child and please take part yourself! I really hope you enjoy the Programme and find it a useful resource to get us through this crazy time and to strengthen your children's resilience skills.

Natalie Whelehan  
Director

This content manual is the property of Ready for Anything Ltd. Please use it to do the programme with your children and get some good out of it at this time. Please do not use the manual for any other purpose other than the reason it was shared. If you want to use anything in it for another purpose, please contact me beforehand. Please enjoy...

## **Workshop 10 - Kindness**

**Aim of workshop:** To explore the importance of being kind and showing kindness in the world. Through -

- Considering the importance of kindness in our lives,
- The importance of showing kindness to those around us, and
- understanding the way that kindness spreads and what we can do to spread it.

### **Recap, feedback and introduction**

Recap on the previous workshop and introduce today's workshop:

Last week we looked at the things in our lives that we are thankful or grateful for. Today we are going to talk about the importance of showing kindness to those around us, understanding the way that kindness spreads and what we can do to spread it.

### **Text Face-off**

**Aim** – To introduce kindness in all aspects of life, including social media.

**Resources** – A4 pages, Markers, Sheet of texting abbreviations and a piece of A4 paper with *S2EWK* written on it

For this game you need 2 teams – it can be just you and your child or teams of multiples. Each team needs 5 pieces of paper and markers. Tell the teams to write abbreviations used when texting, one per page which the other team must guess. Stress that lingo should be appropriate (no bad words). Explain that the teams must come up with 5 abbreviations that the other team must guess that people use when texting or when using social media e.g. LOL, BFF, L8R. Allow use of the texting abbreviations sheet if they are having difficulty coming up with their 5 choices.

These must be real abbreviations that people use and not made up. When both teams have come up with their 5 abbreviations, they take it in turns to show an abbreviation to the other team who must guess what each abbreviation means. If the team guesses correctly, they get one point; if not, the other team gets a point. Alternate back and forth between teams to guess the abbreviations.

For bonus points, hold up the *S2EWK* sign. Your child can get an extra advantage point if they can guess what the sign means and you can't guess! (*Speak to*

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*everyone with kindness.*) After several guesses, reveal the meaning and remind the children of the importance of always speaking with kindness, which includes what they say in texts and on social media.

Remind them of the importance of speaking to you if they see anyone being spoken to unkindly and also if they are being treated unkindly.

### **Colour Your World with Kindness**

**Aim** – To explore how kindness spreads and understand that acts of kindness, no matter how small have a positive impact on the world and people around us.

**Resources** – Video clip – link below

Ask your child / children to think of a time when someone was kind to them. Ask them how this made them feel.

Now ask for an example of a time when they showed kindness to someone else. Ask how this made them feel.

Explain that when someone helps us or is kind to us, not only do we feel good, but the person helping or being kind also feels good. Helping people out and being kind is something we can do that will make the person we are being kind to, and us, feel good. Explain that when someone shows kindness, the kindness spreads to others as well. Give an example, I held the door open for a lady and that made me and the lady feel good. Because we both felt good, the next person that both of us met we smiled at them and that made them feel good. Explain that one small act of kindness can make lots of people feel good as kindness spreads, as the video you are about to show them explains. Show the video below.

**Video** – Colour Your World with Kindness -

<https://www.youtube.com/watch?v=rweIE8yyY0U>

When you have shown the video clip ask your child / children if they can see how doing acts of kindness can have an impact on the people and world around them.

### **Secret Agents**

**Aim** – To encourage the children to carry out random acts of kindness throughout the week by setting a secret agent challenge and having some fun to celebrate the end of this term’s programme.

**Resources** – You need quite a bit of things for this – you should have all of it at home.

Secret agent name generator sheet (Page 9, Below),

Anything that you have at home that can be used to dress up as a spy e.g. sunglasses, raincoat / mac, hats, photo booth props, wigs, etc.

Finger print kit using cocoa powder or drinking chocolate, children's paint brushes, sellotape and paper. (An ink pad also works well for this).

A magnifying glass (not necessary – only if you have one) – its just for fun!

Empty toilet roll holders, string and Sellotape (for secret agent binoculars)

Lemon Juice, water, a bowl, paintbrushes and paper (for invisible ink)

Secret agent print out and random acts of kindness mission list (Pages 10 and 11, Below).

Today we want to think about kindness and doing kind things for other people. I want you to accept a secret mission to do some random acts of kindness for the people around us over the coming week. We don't want the people who we are being kind towards to realise this is a secret mission – so we don't want to get caught! All good secret agents need training.

First let's see what our secret agent name is – handout the secret agent name generator or use one of the many free online. Any name is fine – just a bit of fun really!

Let's see some disguises and what we look like as a secret agent. Use whatever you have at home that would work for this, such as sunglasses, raincoat / mac, hats, photo booth props, wigs, etc – take photographs.

There are a few secret agent activities that I would like you to try –

Introduce secret agent print out and encourage your child / children to fill it in. Help them with the fingerprint task. This can be done using an ink pad and taking fingerprints from the inkpad onto the sheet or by using drinking chocolate or cocoa powder and pressing your finger into the powder and sticking the print onto a strip of sellotape and then onto the page.

Binocular making is done using and decorating toilet roll holders, sticking them together with sellotape and putting holes in the outsides with a pencil and a string with knots around so it can be worn around the neck.

Invisible ink – squeeze the juice of a lemon into a bowl and add 3 or 4 drops of water, using a paintbrush ask your child / children to write a secret message on the sheet. When the message has dried hold it up to a heat source e.g. a lamp to see the secret message.

Ask the children to try as many of these as possible.

When the children are finished doing this activity, tell them that they have passed their training and give your child / children their kindness challenge sheet (Page 11, Below) and explain that this is their secret agent task – if they choose to accept it. Ask your child / children to do as many of these as they can throughout the week. A week of feeling good and making people feel good – that is my gift to you!

Remember to help your child / children to complete as many of the kindness challenges as possible.

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## **Note from Director and Programme Evaluation**

It would be really helpful to me if you and your child / children could fill in the evaluation sheet below and e-mail it to me on [natalie@ready4anything.org](mailto:natalie@ready4anything.org) and if you feel so inclined place a comment / review on my Facebook page - <https://www.facebook.com/Ready4Anything/>. I really hope you have enjoyed the programme and found it helpful in these uncertain times. It helped me to do it and I really hope you all got something good from it. At the end of the programme we usually present the children with a booklet of all of their work to bring home and have some sweets to celebrate. If you have some sweets / treats that your child likes, please give them something to celebrate reaching the end of the programme. If you would like me to e-mail or post a Ready for Anything certificate for completing the programme, please e-mail me with your child / children names and your address (to post) or e-mail address (to e-mail) if you have a printer. Stay safe and well and see you when things return to normal. Much love.

**Congratulate your child / children on completing the ten week programme and give them some treats / sweets. Finish with your song. (Please evaluate!)**

### **Our Song**

Sing the positive song you have chosen to end the sessions with or play it on your phone and ask the children to do the actions they think go with the song – clapping, dancing, or other movements. Encourage them to dance, sing and march around while the song is playing to show you that no matter what happens in life they keep moving forward – a verse and chorus is usually long enough.

## **Calm Down Kit**

**Aim** – To create a box of calming activities and items which can be stored and referred to by your child/children when needed.

**Resources** – A shoebox or basket to store the calm down kit and somewhere quiet in the home to put it.

### **Activity 10 – Slime**

This week we are going to make slime – sorry parents but it was always going to happen and I want to go out with a bang! My children were fixated with it for ages and we are experts.

Rule 1 – only let your child/children play with or make slime outside or in a certain part of your house that you don't mind if it gets messy. Never do this in good clothes. Cover tables and floors. My kids do it in old shirts of their Dad's outside only, using the circular microwave tubs that come with lids – you can get 8 of these for £1 in the pound shop (you will need somewhere to store the slime but you can also make it in this type of tub as it is nice and deep) with a roll of kitchen roll at their sides.

Rule 2 – do not use food colouring, for colour use poster paints. But be creative about what you add to it. Polystyrene balls, glitter, tiny little beads are all great. Be careful not to add anything that could hurt their hands when using it so nothing pointy or sharp and nothing made of glass.

Rule 3 – always start with less activator than you think you need. Activator is the magic that turns the glue into slime. I use Formil washing liquid detergent – for clothes, from Lidl. Both the purple and green topped ones are fine. The bottle is huge in comparison to what you need but you can wash your clothes with the leftovers so win, win. You can always add to it but you can't take it away. Stir activator in fully after adding a level teaspoon and gauge if it has come together enough after this amount you're done, if not add in very small amounts and stir in fully. You will know when it looks and pulls like slime and when you have difficulty stirring it and peeling it off the spoon you will have to go in with your hands.

Rule 4 – make the basic slime first and add the other ingredients for other types of slime when you feel confident in making the basic. Add shaving foam for fluffy slime, air drying clay for butter slime after you have the basic one done. You can get air drying clay in any shop stationery section. Very reasonable and works fine in shops like B and M and Home Bargains.

### **Slime Recipe**

PVA Glue (You can buy this anywhere but the cheapest option is a pound shop where you can get 750ml for £1)

Formil Clothes Detergent from Lidl – purple or green lid

Plastic bowl or tub with lid (see above for suggestion)

Plastic spoon

Coverings for table

Old clothes

Poster Paints

Glitter, Polystyrene Beads, safe and child friendly additions like tiny beads

Shaving Foam (For Fluffy Slime)

Air Drying Clay (For Butter Slime)

Pour about 250ml of PVA glue into a plastic bowl or tub. Pour in a level teaspoon of Formil and stir. You will see if it comes together while stirring. When you have stirred it in well you will know if you need to add any more to make it come together more. Add in tiny amounts and stir until the slime starts to come together and becomes difficult to stir. You now need to go in with your hands and stretch and pull the slime. When you feel like you have the correct consistency you can add paint for colour. It sucks it all in and is surprisingly the least messy way to do this. Add glitter, beads etc and play. You have made slime!

If you are feeling adventurous and want to try to make fluffy slime add shaving foam after the paint step. Add air drying clay alternatively at the same stage for butter slime.

Top Tips – If it is very sticky use any kind of lotion - baby lotion or body lotion on hands and slime. Use a tub with a lid and you can store it in the same tub it was made in. Microwavable circular tubs from the pound shop are ideal.

## SECRET AGENT NAME GENERATOR

Use the name generator below to come up with suggestions for your child / children's Secret Agent name. Obviously, they can choose any name they like. Use first and last name initials for the generator below. There are loads of these on the internet if your child doesn't like the name suggested.

First name		Last name	
<b>A</b>	= PHOENIX	<b>A</b>	= POWERS
<b>B</b>	= FLASH	<b>B</b>	= REACHER
<b>C</b>	= NEO	<b>C</b>	= YELLOWFINGER
<b>D</b>	= SPARTAN	<b>D</b>	= NITRO
<b>E</b>	= WINCHESTER	<b>E</b>	= LIBERTY
<b>F</b>	= ORLANDO	<b>F</b>	= SKYFALL
<b>G</b>	= CHIP	<b>G</b>	= QUICKSILVER
<b>H</b>	= LIGHTNING	<b>H</b>	= ORANGE
<b>I</b>	= ANNICK	<b>I</b>	= ULTRA
<b>J</b>	= ZED	<b>J</b>	= 'X'
<b>K</b>	= DIRK	<b>K</b>	= WONDER
<b>L</b>	= QUENTON	<b>L</b>	= GOLDENEYE
<b>M</b>	= VIC	<b>M</b>	= THUNDERBALL
<b>N</b>	= ACE	<b>N</b>	= ESPIONAGE
<b>O</b>	= ROGUE	<b>O</b>	= BOND
<b>P</b>	= GUNNER	<b>P</b>	= FIRESTAR
<b>Q</b>	= HOLT	<b>Q</b>	= ZAPMAN
<b>R</b>	= TRIGGER	<b>R</b>	= DANGER
<b>S</b>	= KRAVEN	<b>S</b>	= KNIGHT
<b>T</b>	= INDIGO	<b>T</b>	= ARCHER
<b>U</b>	= XAVIER	<b>U</b>	= HUNTER
<b>V</b>	= BUSTER	<b>V</b>	= CARTER
<b>W</b>	= JACK	<b>W</b>	= MOONRAKER
<b>X</b>	= MACK	<b>X</b>	= VIPER
<b>Y</b>	= EVERTON	<b>Y</b>	= JONES
<b>Z</b>	= ULYSSES	<b>Z</b>	= INSTINCT



# SECRET AGENT FINGERPRINT RECORD



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RIGHT THUMB      RIGHT INDEX      RIGHT MIDDLE      RIGHT RING      RIGHT LITTLE

SECRET AGENT NAME:.....

Your Mission? Tell us about it or draw a picture from it.

YOUR LOCATION:.....

Best Secret Agent Gadget: Tell us about it or draw a plan of it.

Date:

Codenumber/Nickname:

## SECRET AGENT MISSION



### Random Acts of Kindness Challenge

Tell your best friend what you like best about them	Take care of a pet (when it's not your job)	Tell someone a joke to make them laugh	Let someone in front of you in a line
Show your best smile all day	Tell your family why you love them	Tidy your bedroom and make your bed	Phone a relative or friend to say hello
Tidy up the living room	Help a sibling or cousin	Donate clothes & toys to those in need	Draw a picture or write a poem to cheer someone up
Give the people you live with a hug	Help neighbour with a project	Give someone a compliment	Pick up rubbish in your neighbourhood
Offer to help wash dishes	Collect pennies for a good cause	Do an extra chore	Write a thank you note to your teacher

## Evaluations

Please e-mail to [natalie@ready4anything.org](mailto:natalie@ready4anything.org) and / or review or comment on my Facebook page - <https://www.facebook.com/Ready4Anything/>.

### Parents Evaluation

1. Do you feel that your child benefitted from taking part in Ready for Anything?

Yes / No / Don't Know (Please circle)

2. If so, what benefits did you notice in your child as a result of them taking part in Ready for Anything?

3. When speaking to your child about their experience of taking part in Ready for Anything what sort of things did they say about the Programme?

4. Do you have any further comments about Ready for Anything?

## Children's Evaluation

Thank you so much for doing Ready for Anything. I really hope you liked it. I want to know how you think you feel now about some things and how you think you felt before you came to Ready for Anything. (1 is very bad and 10 is brill and 5-6 is in the middle).

### MY CONFIDENCE

#### BEFORE Ready for Anything



1 2 3 4 5 6 7 8 9 10 (Tick or circle)

#### NOW



1 2 3 4 5 6 7 8 9 10 (Tick or circle)

### MY CONTROL OF MY FEELINGS

#### BEFORE Ready for Anything



1 2 3 4 5 6 7 8 9 10 (Tick or circle)

#### NOW



1 2 3 4 5 6 7 8 9 10 (Tick or circle)

**MY THOUGHTS ABOUT ME**

**BEFORE Ready for Anything**



1 2 3 4 5 6 7 8 9 10 (Tick or circle)

**AFTER Ready for Anything**



1 2 3 4 5 6 7 8 9 10 (Tick or circle)

**DID YOU ENJOY READY FOR ANYTHING?**



1 2 3 4 5 6 7 8 9 10 (Tick or circle)

**ANYTHING ELSE YOU WOULD LIKE TO SAY ABOUT READY FOR ANYTHING?**