



PARENTS MANUAL

MAY 2020

P4-P7

WEEK 9

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 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 9 – Gratitude

Aim of workshop: To explore the importance of gratitude and of making a positive contribution to the world. Also, to appreciate the importance of their place in their world and the value of their contribution. Through -

- Encouraging group cooperation and for the children to understand the importance of their role in their communities.
- Considering the importance of the gratitude and remembering all of things in our lives that we are thankful for.

Recap, feedback and introduction

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

Explain that last week we looked at how to make good decisions and how to make sure that we stay true to who we are. Today we are going to talk about the things in our lives that we are thankful or grateful for. We are also going to have some fun together.

Thankful Game of Things

Aim – To encourage the children to think about things that they are grateful for in their lives.

Resources – Space for children (or anyone playing) to stand or sit in a circle and ball. This game can be played outside with a football or inside with a soft ball.

Ask your child / children to stand in a circle and explain that you are going to play a game where we think about the things that we are thankful for in our lives. Tell them that you are going to start a sentence about being thankful and they should put their hands up when they hear it if they want to answer it and explain why. Use the ball to allow the children to answer in turn and allow each child who raises their hand to answer to do so. Move on to the next sentence when everyone who wants to answer a sentence has done so. Take part in this game yourself also.

Sentences -

- The thing I was most thankful for when I was three years old was...
- A famous person that I'm thankful who lived is...
- The person in my life that I am most thankful for...

- One thing that I am thankful for that I can taste... (prompt food)
- The talent that I most thankful to have is...
- The first thing I am thankful for each morning...
- One thing I am thankful for that I can smell...
- The time of year that I am most thankful for is...
- One thing that I enjoy doing that I am thankful for is...
- The time of day that I am most thankful for is...
- When I feel most thankful for all that I have I am... (prompt where are you and how do you feel)

When the game is finished, ask the children if they think it is important to stop and be thankful for the things in their lives that they love – the people and the food!! Ask them how remembering things in their lives that they are thankful for makes them feel. Encourage your child / children to always try to remember things that they are thankful for in their lives and where it is a person that you are thankful for, to say thanks to them once in a while.

Thankful Tree

Aim – To consider the things in our lives that we are thankful for in our lives and to consider the importance of gratitude.

Resources – Thankful Tree Printout (Page 8, Below), Leaf Cut Outs (Page 7, Below) – your child should cut these out so that they can stick them to the tree. (No printer alternative – ask your child to draw a tree on a blank page and cut out a number of leaf shapes and use these instead). Glue and writing materials.

Explain to the children that you want us all to make a thankful tree to think more about all of the things in our lives that we are grateful or thankful for. Handout the Thankful Tree Printouts (Page 8, below), Leaf cut outs (Page 7, below) and Glue. Explain that you want the children to think about as many things in their lives that they are thankful for and to write (or draw) one thing that they are thankful for in their lives in each leaf. Ask the children to colour in their tree and to make their creation as colourful and beautiful as possible. Ask your child / children to stick the things that they are most thankful for in the lives at the top of the tree.

Help your child / children with writing and sticking if necessary. Encourage them to discuss the things that they are writing / drawing in each leaf and what and why they have chosen the things that they are most thankful for at the top of their tree.

Ask the children if they think it is important to think about the things that they are thankful for. Ask if this has taught us to be more thankful and remember what we are thankful for a little bit more often. Discuss whether they think it is important to show

the people in our lives that we are thankful for them. How do they think telling and showing the people in our lives that we are thankful for them make them feel? How would they do this? Will anyone do this after our work together today?

Display the tree somewhere that your child can see it and be reminded on a daily basis of all of the things in their life that they should be thankful for.

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 9 – Painted Stones

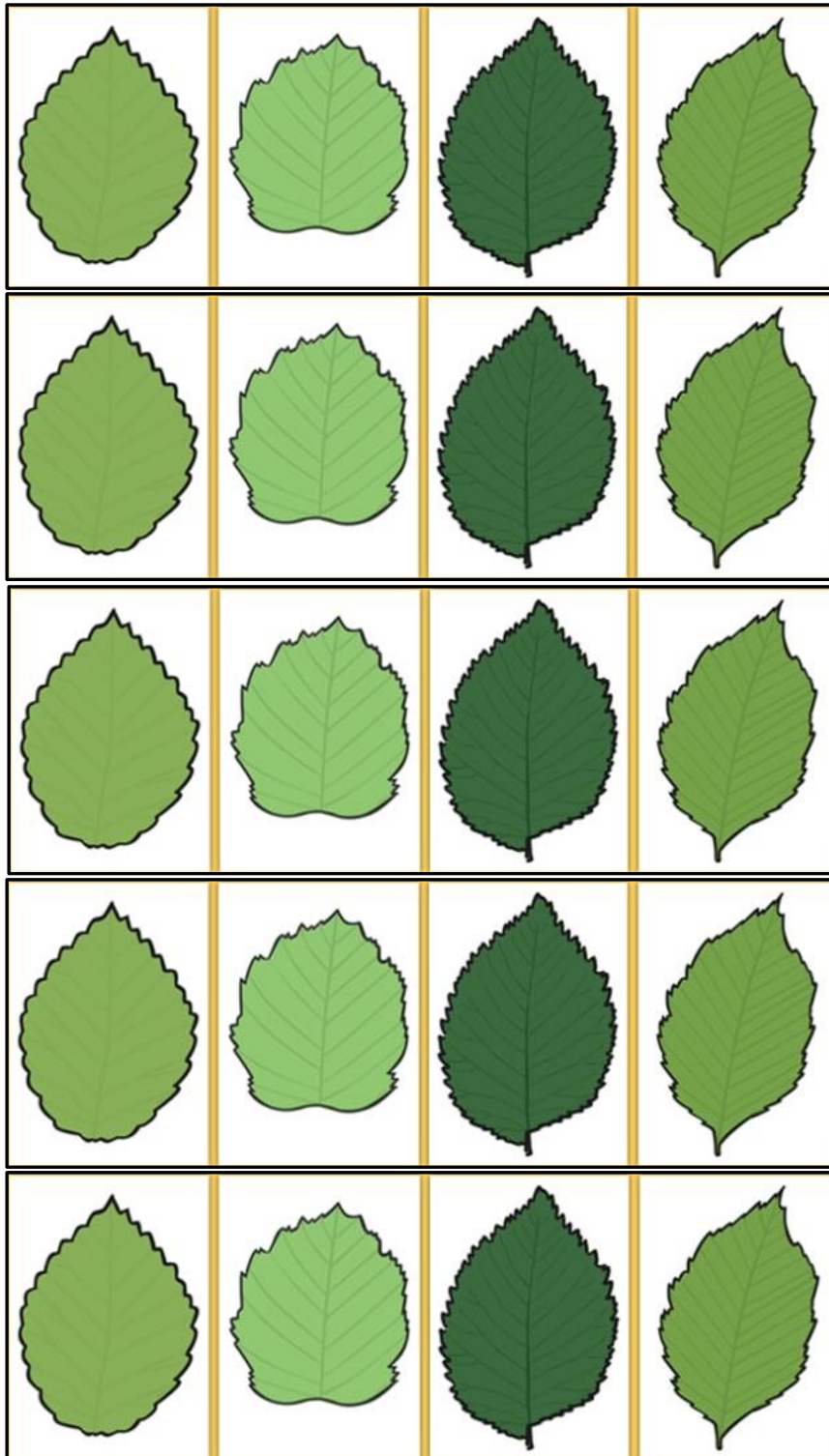
This week we are going to make painted stones. These are lovely to make and can be done using paint, permanent markers or Posca pens (or similar).

Resources – Some smooth stones, paints or permanent markers (e.g. sharpies) or Posca pens.

Ask your child / children to paint or draw some pictures / images on the stones. Explain that they can draw anything they like. Encourage your child / children to do a number of these and keep their favourite in their calm down kit to look at and touch. Encourage your child / children to give the other stones to friends / family members or neighbours that they haven't seen in a while or to leave them in a local park for other children to find. Such a lovely way to spread kindness.

Thankful Leaves

Print these out ask your child / children to cut them out (using child safe scissors).
 Ask your child / children to write or draw one thing in each leaf that they are really thankful to have in their lives – explain it can be anything, a person, a place, a food, a game, an app etc.



Thankful Tree

Print off the tree and ask your child / children to stick their thankful leaves to the tree, putting the things they are most thankful for at the top of the tree. Encourage your child to put as many leaves as they can on their tree and include as many things in their life that they are thankful for. Ask you child / children to decorate their tree and make it as beautiful as possible.

