



PARENTS MANUAL

MAY 2020

Year 8 – Year 10

WEEK 6

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 6 – Competence

Workshop Aim – To develop further the lessons learned from the previous session and further explore the things that the children are good at, things they would like to work on and to show the children that they have the power to change things in their lives. Through –

- Thinking about and investing in the future and where we want to get to in our lives.
- Learning that mistakes are important to growth and making mistakes is a vital part of learning.

Recap and introduction

Last week we talked about our skills and talents, what people we love would say about us, we wrote a message to ourselves and we learned how to be confident. We are going to build on that by looking today at what we want to do in our future lives, the importance of making mistakes and what we have control over in our lives. We will also have some fun.

Explain - We are going to begin by thinking about some things that we would like to do in our futures. Tell your child / children that it is really important that we think about our future selves and all of the things that we can be and do in our future lives.

If I Could Be

Aim – To activate the children and get them to think about their future lives and some of the things they may want to do or have and to have fun!

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 to think about what we might want to do or have in our future lives.

Explain to your child/ children that we are going to take turns throwing and catching the ball and when you catch the ball you have to answer a question about your future lives and give a reason or reasons for their answer. Throw the ball and when your child catches it ask one of the questions from the list below. Encourage your child to

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give lots of information in response to each question and use follow up questions if necessary e.g. Q. What pet would you have and why? A. A dog because I love dogs. Ask – what type of dog would it be, what colour will it be, what will you call it? Try also to choose questions which apply to your child or make up your own questions and add to the ones below depending on the types of things you know your child enjoys or is interested in. The point of this game is to get your child thinking in detail about all of the fab things that they could do or be in the future. Their answers can be as wacky as they wish – this is just about instilling the idea that your child / children have a positive future ahead of them. Don't forget to answer the questions yourself too!

Questions –

- In the future what pet will you have and why?
- In the future what countries / places will you travel to and why?
- In the future what car will you have and why?
- In the future what house will you have and why?
- In the future what would you like to learn how to do / study and why?
- In the future what job would you like to do and why?
- In the future what Olympic medal would you like to win and why?
- In the future what invention would you like to invent and why?
- In the future what book would you like to write and why?
- In the future what famous person would you like to meet and why?
- In the future how many (if any) children would you like to have any why?
- In the future what kind of phone will you have and why?
- In the future what musical instrument would you like to learn how to play and why?
- In the future what new skill(s) would you like to learn and why?
- In the future what would you change about the world and why?
- In the future if you could be famous for something what would it be and why?
- In the future if you could go to the moon who / what would you bring with you and why?
- What surprising thing would you like to do in the future and why?

When they have finished the exercise and everyone has answered as many questions as possible, ask your child / children 'What did it feel like to do this activity?' 'Was it easy or difficult to answer the questions?' 'What did we learn about our future selves?'

My Future Self

Aim - To envisage our future selves, things we want to do or be in our futures and consider long and short term goal setting. To also promote greater understanding and solidarity through sharing future dreams and goals.

Resources – Example Sheet (Page 9 below), My Future Self sheet (Page 8 below). If you don't have a printer just use a blank page and tell your child / children about the things they might include from the example sheet and colouring in materials.

Tell your child / children that you want them to think about one thing that they want to do in their future. Be clear that this does not have to be a job (although it can be if they wish). Use examples from their answers in previous game for what they might choose to focus on for this exercise.

Hand out the Future Self Sheet (on page 8 below) and ask them to draw around their hand and draw a picture of themselves in the future in the centre of the hand (or write their future goal if they don't like drawing). Ask your child to think about 5 shorter term goals that they think they might need to do or have to make their future goal a reality.

Ask - What types of things will you need to do to make your vision for your future self real?

Are any areas that you particularly will need to work on to get to where you want to be in the future?

Share some suggestions from the example sheet to help them e.g. Work hard, be determined, stay healthy, get plenty of sleep, exercise, eat well, practise (if football/dance etc.), be confident, stay positive, believe in yourself, keep trying, be yourself, be your best, ask for help, stay loved. They should write one of these things in each of the fingers on their drawing.

The point of this exercise is to consider short and long term goal setting and to reinforce the message that our futures are in our own hands.

Making Mistakes

Aim – Teaching that it is OK to Make Mistakes and the importance of Self-compassion.

Resources – When You Make A Mistake What Do You Say to Yourself Sheet (Page 10 below) and writing / colouring in materials. If you don't have a printer use a blank page or just talk this through with your child / children.

Ask your child/children if they know who makes mistakes? Answer - everyone in the world. Explain that if we didn't make mistakes we would never learn anything. Making mistakes and learning from them are a really important part of growing up and learning skills. Tell your child / children that when they were a baby they couldn't eat, talk or walk on their own and made many mistakes before they learned how to do these very important things. Ask if your child / children ever heard the phrase 'If at first you don't succeed try, try again'? This means that most people fail a number of times at lots of things in their lives and it's important that we learn how to fail at things in a way that doesn't ruin our confidence or stop us from keeping trying.

Ask your child / children if they ever give themselves a really hard time when they mess up or make a mistake? Remind them about the exercise last week with the image of the elephant and the phrase which said, "It is hard to be happy when someone is mean to you all the time. Be nice to yourself." Explain that it is really important that we try not to be hard on ourselves and that we are kind to ourselves and treat ourselves with the love and kindness that we would treat our family or friends. Give your child / children the When You Make A Mistake What Do You Say to Yourself Sheet (Page 10 below) (If you don't have a printer use a blank page or just talk this through with your child / children). Ask your child / children to think about a time when they made a mistake and write a few things on the page about what they said to themselves when they made the mistake and what they would have said to a friend who made a mistake. When they have done this ask them if there is any difference between the two. If they would be kinder to a friend than they are to themselves, ask them if they think they could work on being kinder and a better friend to themselves? Explain how important it is to be your own best friend and to not be hard on ourselves when we make a mistake as making mistakes is how we learn.

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 6 – Glitter Bottles

Apologies for this one as you won't have everything you need for this one but it really is a lovely thing to make, lasts for ages and is so calming to look at.

Resources – An empty plastic bottle (ideally a 380ml Lucozade bottle as you can peel off the outer plastic and it is a clear bottle with no markings or glue underneath), vegetable glycerine (you can buy 200ml bottles of glycerine from Boots or other chemists for less than £2.00 and you can also buy it online), water, washing up liquid, glitter, sequins and beads of different colours and sizes (you probably have lots of stuff like this lurking around in a craft drawer somewhere).

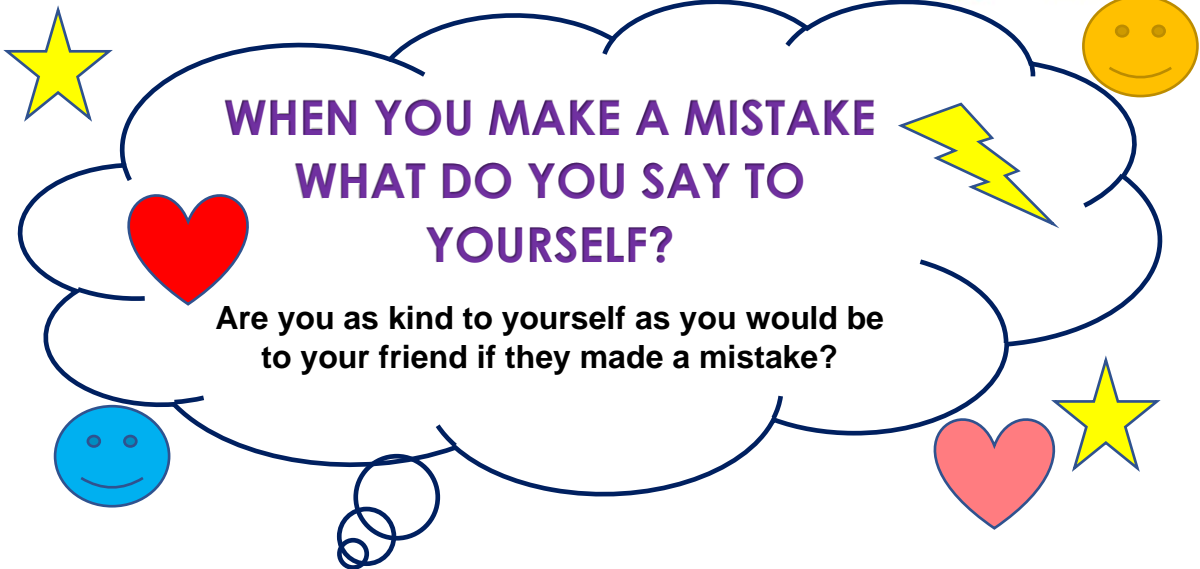
Put approximately 260ml of water in your empty bottle. Add some glitter, a drop or two of washing up liquid to prevent the glitter sticking, some sequins and beads of different sizes (I love the little clear plastic beads you get in the wedding aisle of shops like Poundland and Home Bargains, but whatever you have is fine). Top up the bottle with 100ml of the glycerine. Put the lid on the bottle tightly and shake. There will be a wee bit of suds at the start but this will go away after a few hours. I like to put my glitter bottles on a window sill where it will catch the light and you can shake it, place it on the window sill and watch the glitter, sequins and beads swirl and sink slowly to the bottom. Just gorgeous and so calming. You can hot glue the lid onto the bottle if you wish (I have not had huge success with this in the past – I have tended to be clear that the lid stays firmly on the bottle at **ALL** times). Enjoy.

My Future Self

1. Draw around your hand – use pencils or pens for this.
2. Draw yourself in the future in the middle of your hand and/or write your future goal.
3. Write one thing in each finger that you have to do or have to make your future goal real.
4. Remember – your future is in YOUR hands 😊

My Future Self...





A Mistake I Made Is...

What did I say to myself when I made a mistake?

What would I say to a friend who made a mistake?

How is what you said to yourself different to what you would say to a friend?

Mistakes are how we learn.

BE KIND TO YOURSELF