



PARENTS MANUAL

APRIL 2020

Year 8 - 10

WEEK 5

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 5 – Confidence

Workshop Aim – To explore the things that your child(ren) are proud of and build their confidence. Through -

- Learning about their talents and skills.
- Learning how to act confidently and to work on being confident.
- Having fun and imagining what skills they would really like to have.

Recap and introduction

Last week we talked about big feelings such as anger and upset, what makes us feel these feelings and ways to get them under control. This week we want to look at the skills and talents that we all have and confidence (explain that being confident means believing in yourself and always believing 'I can do this!') We want to work on things we might want to think about to make us more confident and the skills that we would really like to have.

I am Brilliant At and People Who Love Me Say

Aim – To boost confidence by reminding ourselves of what our skills and talents are and what people who we love would say about us.

Resources – Ball and space.

Ask your child / children if they know whose opinion about them matter most. Encourage them to suggest themselves. Tell your child / children that it is important that we treat ourselves like we would treat or talk to a friend. Show your child this image and have a discussion about what this means.

It's hard to be happy
when someone is mean
to you all the time.
Be nice to yourself.



Ask your child / children if they remember the work we did in weeks 3 and 4 on feelings. Ask them how they think their thoughts about themselves can make them feel. Give an example – if I think I can do it – how would that make me feel? If I think I can't do it – how would that make me feel? Explain that it is important that the things that we think about ourselves are as positive as possible because what we tell ourselves about us make us feel certain things. If you notice yourself thinking bad thoughts about yourself, you should try to stop that thought and change it to a good thought about yourself. If you find it hard to think of a good thought about yourself try thinking about what people who love you say you are and all of things we are brilliant at.

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 say one thing you are brilliant at and one thing that people who love you would say about you. Demonstrate the game by pretending you have just caught the ball and say, I am brilliant at football / running / art / giving hugs/ helping at home **and** people who love me say I am brave, kind, loving, caring, friendly etc. For each thing mentioned that someone is good at or thing that a loved one would say about them, ask your child/ children if they are also brilliant at it and if they think people would say that about them. Throw to your child and ask them to say one thing they are brilliant at, followed by one thing people who love them would say about them.

Keep this game going until your run out of things to say. This is the most important game of the Programme. Do it exactly as described and don't forget to ask for each thing mentioned by everyone playing that someone is brilliant at or thing that a loved one would say about them, ask your child/ children if they are also brilliant at it and if they think people would say that about them after every turn.

When the game is over. Ask your child/children how many things they are brilliant at – ensure you include the things they agreed they were brilliant at in the number estimated. Ask also what things your child / children like most that people who love them say about them. Ask how many lovely things we came up with and include the ones they agreed that people would say about them in any estimated numbers. (Numbers are irrelevant here – its just an exercise in self affirmation on as big a scale as possible – inflate rather than underestimate the number of things each child is brilliant at and all the things that people who love would say about them).

Ask your child / children to try remind themselves and also try to remind your child everyday of all of their skills and how loved and cherished they are. Also remind yourself of all the things you are also brilliant at and what people who love you would say about you. We all need a lift!

A Message To Myself

Aim – To build self-esteem and confidence.

Resources – A Message To Myself sheet and Quiz sheet (these can be copied onto a blank sheet if you don't have a printer) and writing materials.

Explain that we are going to do write a personalised message to ourselves that is fun and should make us feel confident. Give out the quiz sheet ONLY (Page 9 below). Explain that when you are feeling a bit low on confidence or need a reminder about how special you are this message will help.

Ask your child/ children to answer the questions in the quiz sheet (Page 9 below). When they have done this, put their answers into the appropriate places in the Message to Myself page (Page 8 below). Ask each child to read out their messages to themselves and discuss how their messages to themselves make them feel. Ask if they think the messages will help when they need a reminder of how special they are and will help them to feel more confident.

If they like their messages, encourage them to design them on the computer and print them out or write them out and add some art to create a colourful poster with their message to themselves on it to display in their bedroom where they can be constantly reminded of how brilliant they are!

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 4 – Positive Affirmation Cards.

Resources – Ideally a printer and white card (to print off colour in positive affirmation cards below), scissors, colouring in materials and decorative ribbon. If not, white card (you can stick blank paper to a cereal box) and markers to make your own positive affirmation cards. This age group may prefer to come up with their own – encourage them to use up to date language e.g. You are salty (meaning sassy) if they like particular complimentary phrases.

I have provided a number of blank positive affirmation cards for the children to colour in. Read them out to your child /children so they understand the message and ask them to choose and colour in their favourites. If they want to draw and come up with their own, encourage this as long as the message is positive. When they have finished (try to get them to do at least 6), cut them out and tie with decorative ribbon. Ask everyone to choose a card and to take note of their positive message for today. Store in calm down kit box and encourage your child/ children to choose a card each day and believe in the positive messages they have chosen to tell themselves.

A Message To Myself

Face it, _____(1), you are about the
greatest thing since _____(2) No one else
can _____(3) like you can. Your best friend
says you are the _____ est (4) person in the
world. Sure, you once
_____(5) but you also
_____(6). So,
_____(7), today is the day you're going to
stop beating up on yourself for being
_____(8) and start loving yourself for
being _____(9a), _____(9b)
and _____(9c). And if people give you a
hard time, just tell them they can
_____(10)
because You _____(11)!

Quiz Sheet – Give this to your child to Complete

1. My Name Is? _____

2. My Favourite Food Is? _____

3. The Thing I do Best Is? _____

4. My Best Friend Says I am Really _____

5. An Embarrassing Thing I Once Did Was

6. A Really Nice Thing I Did Once Was

7. My Nickname / Favourite Endearment is

8. Sometimes I can think Negative Thoughts About Me, like I am

9. Three Positive Qualities About Me Are

a. _____ b. _____

c. _____

10. What would you say to a Mean Person

11. What Compliment Would People Who Love You Give You?

You _____

Positive Affirmation Cards

Choose, colour, cut, keep, believe.

I Am A Star



Just the Way I Am

I Am Strong



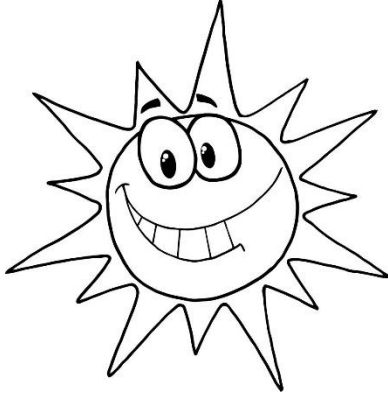
I Am Strong



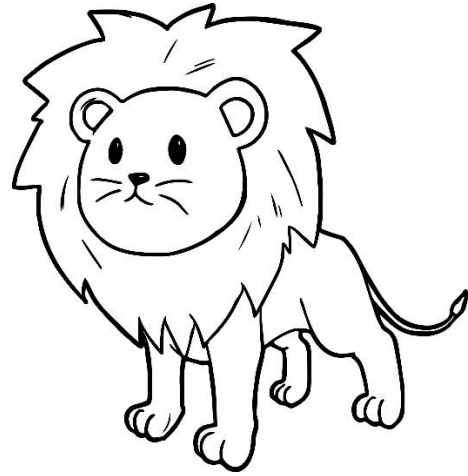
I Am



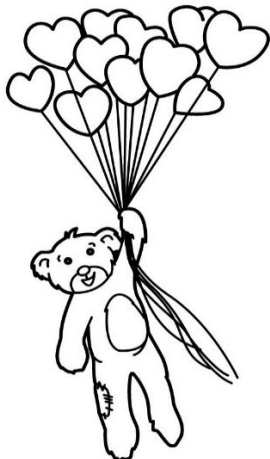
I am a Ray of
Bright Sunshine



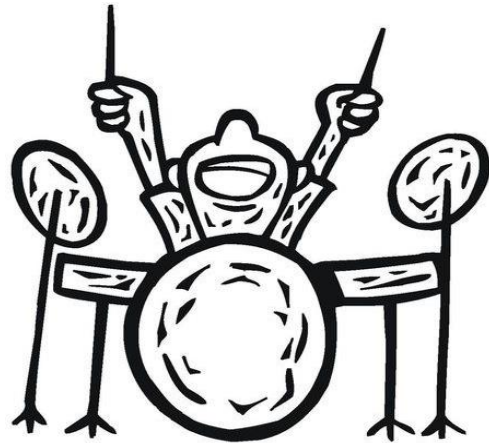
I Am Brave



I Am Loved



I Am a Rockstar



I am enough



I Am Unique



I Am Awesome

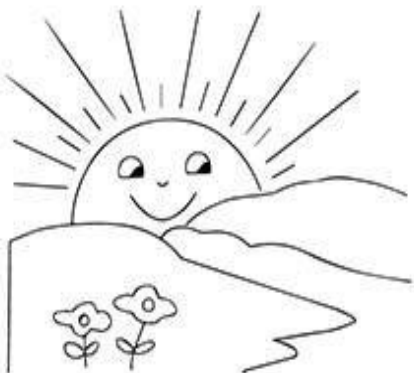


I Am



Wonderfully Weird

Today is Going to



Be
A
Good
Day

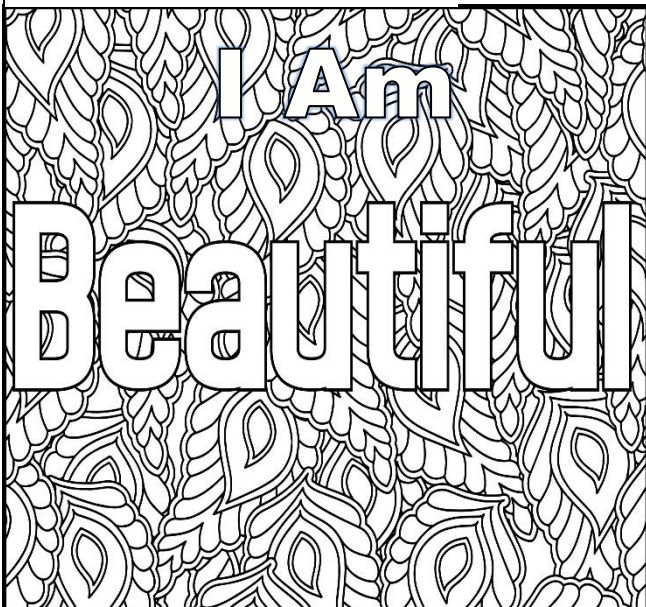
If you can



YOU CAN



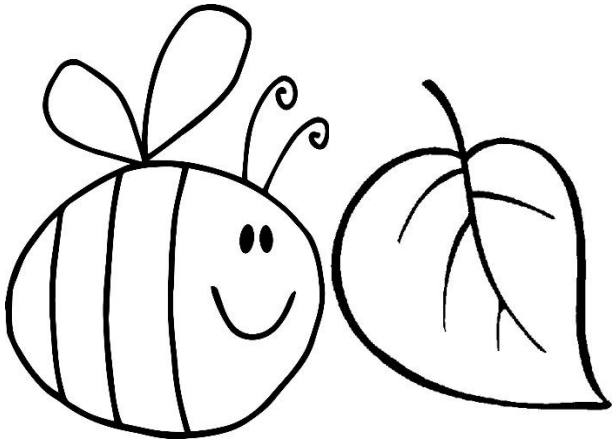
It 



I Love
Me



I Believe



in ME!

