

After School Activities to Inspire Children

Screen free activities for family bonding time:

- **Have a kitchen disco!** Put on some music, and have some fun! Be inspired by your ability to let go, and to BE YOURSELF.
- **Walking:** Put time aside for a family walk. Take in the surroundings and talk about what inspires you.
- **Mindful baking or cooking:** Put on your favourite music and bake or cook as a family. Enjoy!
- **Quick doodles:** Sit together, sketch, doodle, talk and connect through art.
- **Gratitude practice:** When you notice the positive things in life and express your gratitude for them. Share them as a family.

Body scan: This is a practice of bringing awareness to the body. Do this as a family and inspire one another to be mindful of self.

The body scan breathing exercise, helps us to feel calmer and makes us pay attention to each part of our body and how we are feeling.

We first need to get comfortable by either lying down or even sitting on your chair. Close your eyes and relax. Focus on your breathing and on your chest as it rises and falls.



Click here for the 'Body Scanner' clip

Contact's free information, advice and support services can be found listed below...



Contact's website contains up-to-date and trusted guidance on topics including, money and benefits, education, health, and preparing for adulthood.



Contact run family workshops covering topics such as behaviour, toilet training and sleep.



The 'Listening Ear' service offers one-to-one telephone appointments with a family support adviser for parents looking for practical and emotional support.



There is a free helpline for parents and carers who want to talk through their issues with an expert adviser.



The 'Helpful Guide' is a free printed book packed with information and advice for families.



Parent and carers can also meet other families online in their closed Facebook group.



Click here to access all the information above, on the 'Contact' website

Every Child Is Unique



Every child has unique character strengths and abilities that allow them to express their individuality in a social environment. It is what makes them special.

All About the Bag

Everyone is given a bag (or container)...

- Fill this bag with 4 things or objects that tell something about yourself - only 4 things, no more, no less!
- All your objects have to fit in this bag.
- Decorate the bag if you wish!
- Bring the bag back and be ready to share with everyone else.



It's Good to be Me!

Have some fun sharing the things that make us unique, special and original. Asking questions helps us to build connections with others.

- What are you most proud of?
- What makes you smile?
- What are you thankful for?
- What's your favourite movie?
- What's your favourite sport?
- What's your favourite dessert?
- What do you like to do after school?
- What are you looking forward to?



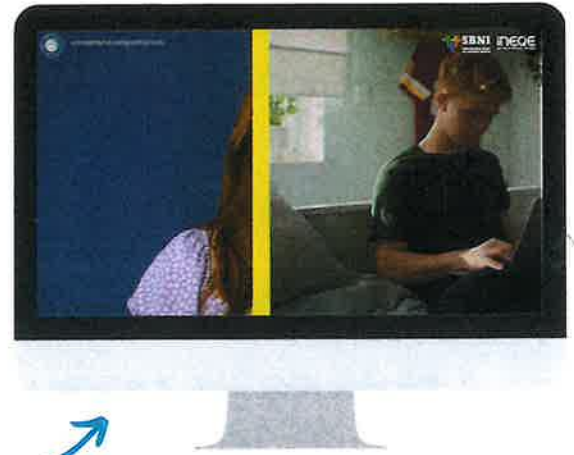


Online Safety Hub

The Online Safety Hub is designed to keep children safe, secure and supported online.

The Hub features online safety advice, resources and support from a range of organisations so that young people, families and professionals can easily access information all in one central place. From screen time, social media or knowing where to turn when something doesn't feel right, the Hub provides practical tips and tools to improve child safety online.

There's a section for parents/carers, professionals and one for young people.



Click here to access the Online Safety Hub for young people



Click here to access the Online Safety Hub for parents/carers & professionals



When We Need Support

If you are having financial difficulties during this time, there is help you can access. Here are some of the local supports that are available if you are in difficulty.



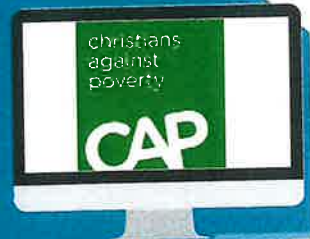
Click here

The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.



Scan the QR Code

The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



Lifeline



Childline



ParentLine NI



Minding your own and your family's mental health is of paramount importance. If you are in difficulty, here are some organisations who provide immediate telephone and online support.