



BOUNCE BACK

W/C Monday 11th May – No. 4

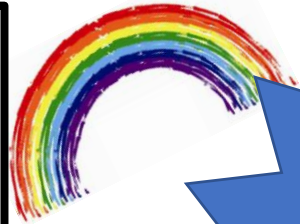


We're offering **free counselling support** to help you in these difficult times. Available to everyone – parents, children, carers, educational staff. Contact us via text on 07807085791 or email bounce.ccp@gmail.com and we will put you in touch with someone you can talk to either on the phone or online (subject to capacity – up to six sessions).

THINGS YOU CAN DO TODAY

THINGS YOU CAN DO TODAY

- Find the following
 - An old sock - make a puppet and give it a name.
 - 4 things beginning with the letter T.
 - Something orange.
- Do the following things and write down what you notice happening in your body – is your heart beating faster or slower, are you breathing faster or slower, do you feel happy, excited, calm, relaxed?
 - Walk up and down the stairs 3 times or jump up and down on the spot 10 times.
 - Take 4 slow, deep breaths.
 - Stand up and sway from side to side.
 - Stretch up really tall.
- Exercises for calm
 - Clench your fists really tight, take a deep breath, then breathe out while you relax your fists. Notice how it feels. Repeat.
 - Breathe in for a count of 3, hold for 4, then breathe out for a count of 7. What happens to your body when you breathe out?
 - Look around the room you're in, turning your neck. Pick and name 5 things out loud. How do you feel?



CHILDREN & ADULTS SEND US YOUR ARTWORK & POEMS.

We'll put it on our website for all to share. Just add your name and age. Our theme this week is "The view from your window."

**THERAPIST SUPPORTED
PROGRAMME TO HELP YOU
MANAGE YOUR CHILD'S ANXIETY**
Sessions over 4-6 weeks will guide you through various activities to help you understand and manage your child's anxiety. Contact us for more details.

FREE ONLINE COURSE-TUNING into KIDS

Do you want your child to:

- Have greater understanding and control of their emotions?
- Behave in ways that help them to build friendships?
- Have stronger and more positive relationships with their family members, peers and others?
- Have more enthusiasm and be more receptive to learning?

Our Tuning into Kids workshops can help. It focuses on emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. This approach helps your child to understand and manage their emotions. Contact us for more details.



TELL US HOW YOU'RE DOING.

Click on the link – it's just one question.

<https://www.surveymonkey.co.uk/r/75RFKTR>

- ♥ I'm doing really great!
- ♥ I'm doing pretty good.
- ♥ I'm doing okay, I guess.
- ♥ I'm starting to struggle.
- ♥ I'm having a really hard time.
- ♥ I need to reach out for support.