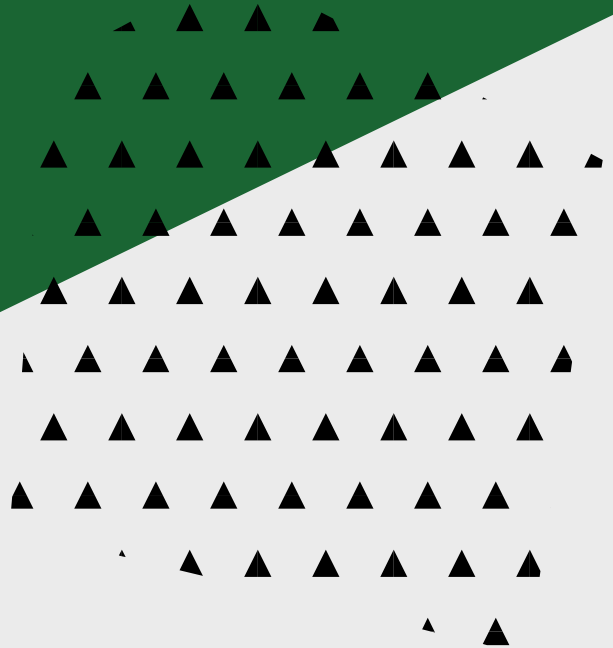




Unlocking Potential

UP's Weekly
Well-being activity

22.06.20





Unlocking Potential

What's Inside...

We hope you are enjoying receiving our Weekly Well-being activities and find them useful!

In addition to these resources please also check Week 4 of our Online Transitions workshops for Y6 students. This week we are looking at what you can do to be ready for all that Secondary school might bring.

Remember that some of these activities will have an accompanying demonstration video which you can find on the Unlocking Potential YouTube Channel so that you do not need to print this pack. You can subscribe to our channel at UP - Unlocking Potential.

Transitions.

Click on the Transitions button on the website to access the week 4 Transitions activities. This week we are looking at survival tips for Secondary school that offer both practical and emotional support.

Wishing Stars.

There is a lot going on for us all at the moment, and while lockdown is changing there are things in our lives that may still feel very far away. This activity creates a simple fun way to put down all our hopes and dreams for the future.

Paper Doll instructions.

Follow these simple instructions to make some lovely paper dolls. Perhaps you can decorate them as the people you miss and create a long chain to fill the room! There is a video showing you how to do it that you can find on our YouTube channel here <https://youtu.be/Tt1MfAc60uw>.

Paper Doll template.

You can print this page out and use it as a template. You can also just copy it on to your own paper. Or just use it as a guide to create your own. Whatever you feel most comfy with.

Pop UP Rainbow card

This week we are teaching you how to combine Rainbows and cards to create a way to let the people you love and are missing know that you care about them.

For parents/carers:

How to talk to your child about serious illnesses.

The coronavirus has brought up a lot of feelings around death with many of us uncertain as to how to navigate discussions or experiences of loss and bereavement. For some, this may create unexpected situations and conversations. Here we help you think about how to talk to your child about someone who is seriously ill.

5 tips on how to support your child with a loss.

All families will go through a significant loss at some point. Here we give you some ideas about how to talk to your child in a way they will understand, and how to support them through their grief.



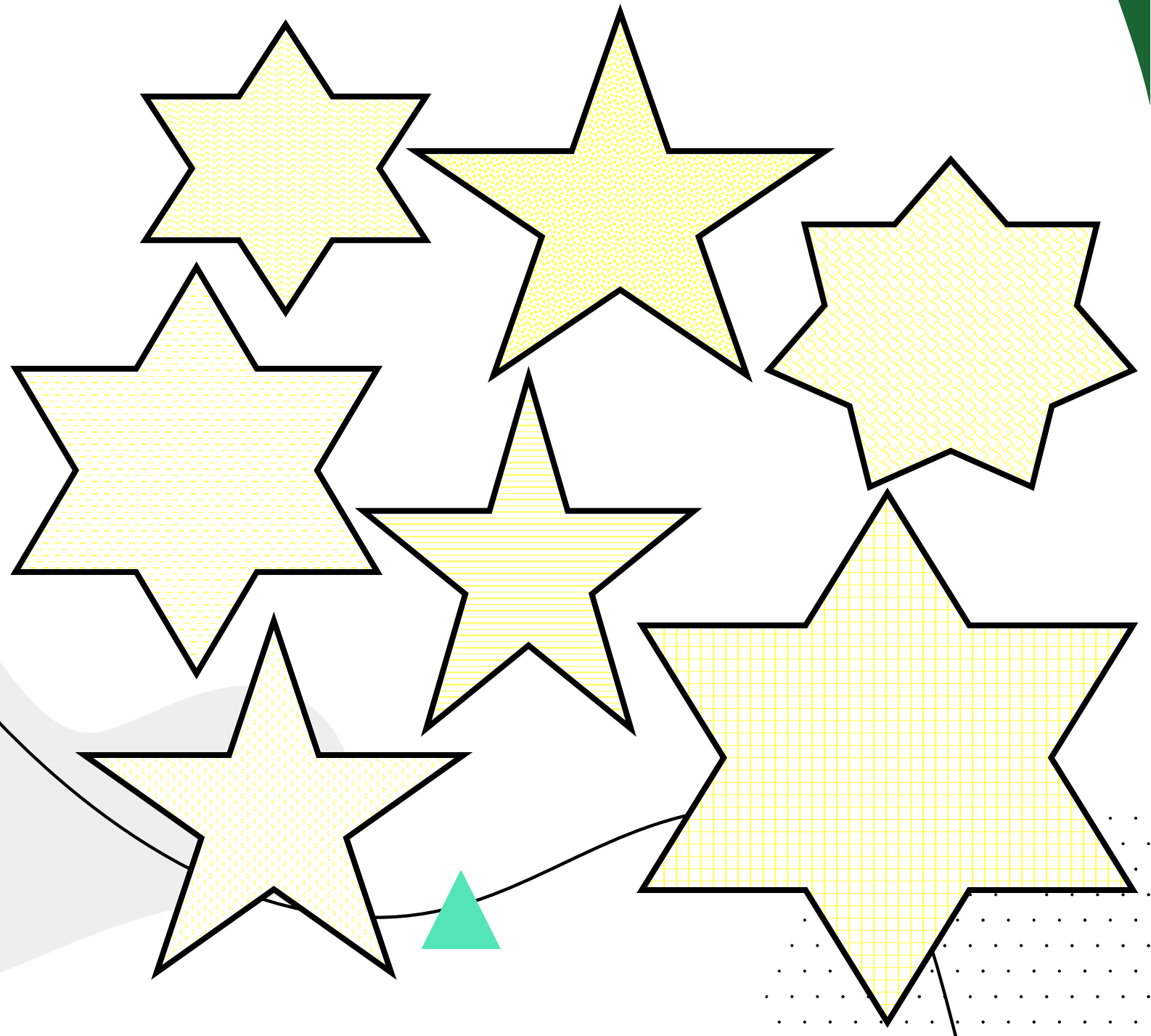
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Wishing Stars

The CORONAVIRUS (covid-19) pandemic has been a time of uncertainties and challenges. The whole world has been living in ways that we have never seen before. We haven't been able to see anyone outside of our homes and all of the playgrounds have been closed! Even as we begin to make changes, returning to school, opening shops and cafes, we will still remember all the challenges that happened.

When there are lots of unknowns, it can be good to help focus our minds on positive thoughts, things we look forward to, our hopes, things we wish for. This could be hugging our best friend again, playing in the school playground!

Use the stars below to fill in some of these positive thoughts. You can then cut them out and keep them together in a safe place.





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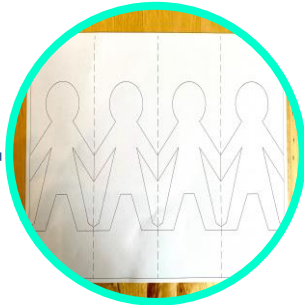
Paper Dolls

This is a really simple fun activity that only needs paper, scissors and something to colour in with. You can use our template, or you can free style. Our pattern makes four dolls, but if you want a longer chain then grab some tape and stick them together! We are thinking a bit this week about things we are missing during lockdown, perhaps you can draw the people you are thinking of on your dolls and create a lovely chain together.

What you need: Paper, scissors, pens and tape if you want to make a chain.

Step 1

Print out our Paper Doll template or use it to draw your own. When you have done this a few times you may not even need a template.



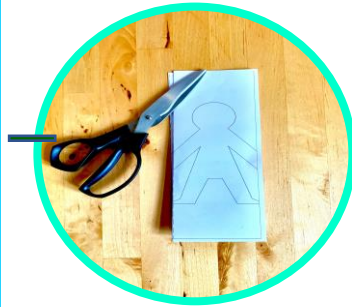
Step 2

Fold the paper along the dotted lines. Make sure to have the outline of the dolls on the outside so you have the pattern to cut.



Step 3

Find the right kind of scissors. Make sure they are strong and not too small. They are going to be cutting through lots of layers of paper!



Step 4

Time to cut! This can be a bit tricky so if you are having any trouble with it ask someone older than you to give you a hand.



Step 5

Once you have cut all around the edges it is time to unfold the paper and meet your Paper Dolls!



Step 6

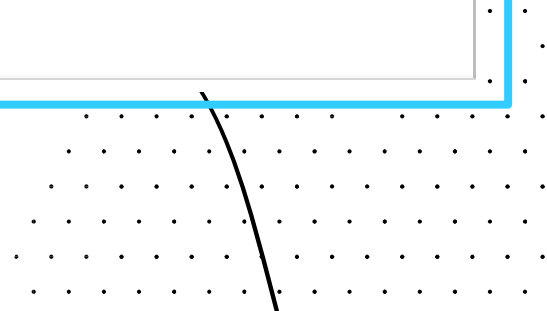
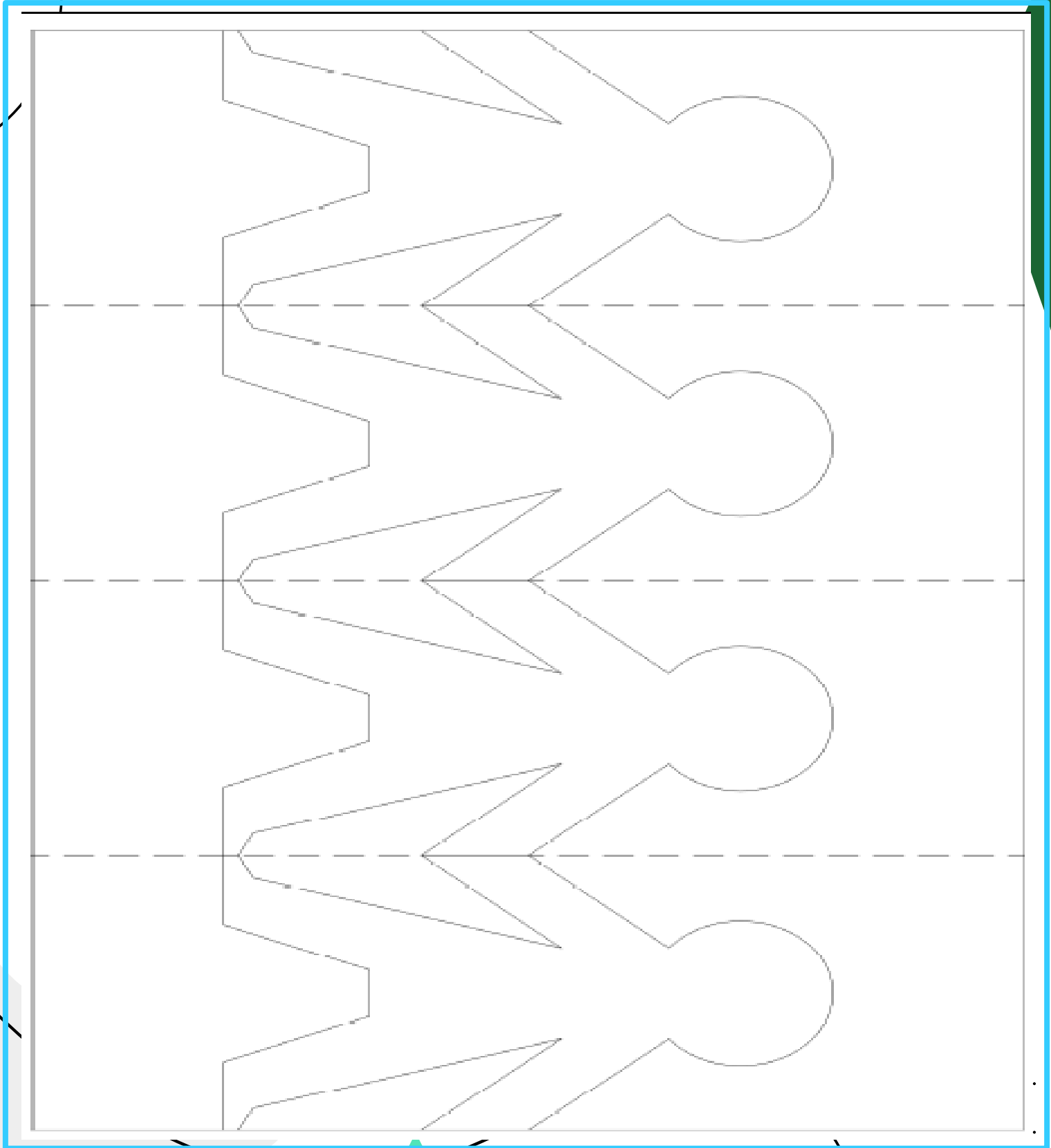
Grab what ever you fancy to decorate. You can colour as much or as little as you fancy.





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Paper doll template



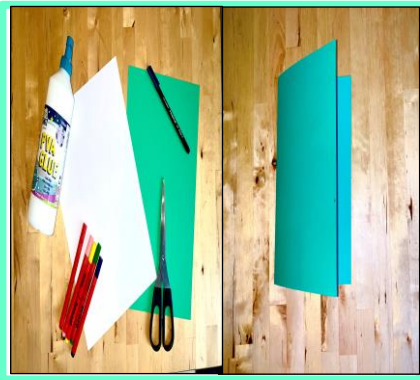


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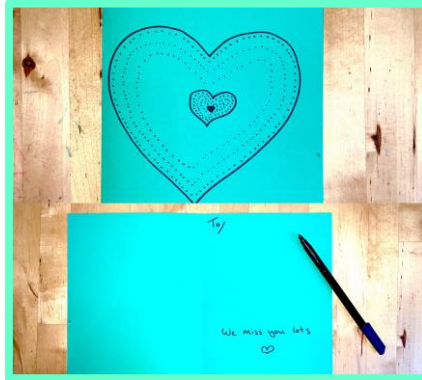
Pop UP Rainbow card

This week we have been thinking about people we might be missing because of lockdown. It can be hard not getting to see people you care about, but a nice way to keep in touch is sending cards. Here's a really cool card that you can make for the special people in your life that you can't see right now. You can pop it in an envelope and send it to them or you can keep hold of it till you see them again.

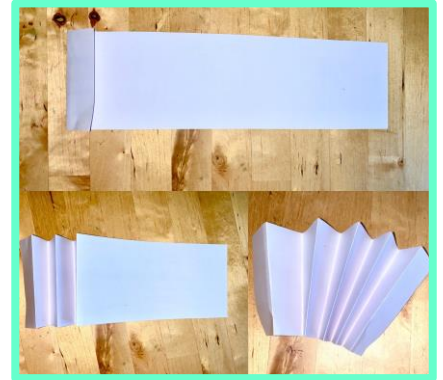
What you need: Card (if you don't have any paper is ok), Paper, Scissors, Glue, colouring pens/pencils/paint



Collect up what you need, then start by folding your card in half



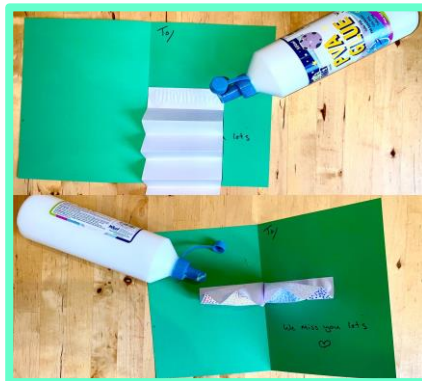
Decorate your card. We kept ours simple so the inside really POPS. Write your message in the card now because it will be tricky once your rainbow is in.



Cut a strip of paper, about a third of the A4s width. Now fold it like a fan. Try and really make the folds tight so it will fold down small in the card.



Now it's time to colour your sections. You can do a simple rainbow but if you have more colours then go wild! Do whatever looks good to you.



You will need some glue for this bit. Glue along one edge of the rainbow and stick it down in the middle of the card (we are putting it in the middle but you could put it anywhere as long as it goes straight across).



Let that dry. Once it's dry, do the other edge, then stick it on the card. Let it dry and you are good to go!



Unlocking Potential

Advice/Support for talking to a child about serious illness

It is natural for us to want to protect children from things that are upsetting. However, children often are more often aware than we think. They may overhear conversations adults are having, hear/see things on the TV/newspaper. One of the things that can have the greatest impact is our own mood and state of mind, which children are very good at picking up on.

Children are being directly impacted by the coronavirus pandemic, even if not by the loss of a loved one.

Understandably, dealing with illness is difficult, and it also gives us an opportunity to teach our children courage and emotional resilience; by honestly facing life on life's terms and role modelling to them how to move through difficult feelings we are in fact giving our children an important gift that will help them later in life.

Children are often more able to deal with the facts than we think. To have partial or inaccurate information, can be more confusing and frightening than to have the truth explained. For this reason, it is recommended that you find the right time and place to talk to your child about their loved one's serious illness. It can be balanced with hope and wishes for recovery, and that they are being well cared for.

- **Start by asking the child what they already know.** This also gives them an opportunity to clear up any things they have been wondering about.
- **Tell them that their loved one is unwell.** It is best to keep this as simple as possible. It may be hard but try and keep your voice calm as well as they will be looking for signs of worry in you.
- **Tell them the name of the illness.** This will provide them with something tangible to refer back to when they are thinking or talking about what's going on.
- **Explain the nature of the illness.** To do this you will need to use language that matches your child's understanding. Don't go into too much detail but make sure to name any things that the children might spot ie. loss of hair or weight.

The above will all differ based on the child's age and level of understanding. Gather their understanding and responses as you go along - you can always add information over time. Explain that you might not have all the answers but will let them know if and when you do, and encourage them to express their feelings, if and when they come.



Unlocking Potential

5 tips for supporting children with loss

During the CORONAVIRUS (Covid-19) pandemic, all children have experienced loss of some sort. Their teachers, friends, playgrounds, contact with relatives. Some will also be grieving the death of a loved one.

It is important as a parent/carer that we do our best to support the children's emotions that come with these losses. Here are 5 tips to help you:

1) Talking about loss.

Talk to your child about their loss. Check what the child already knows and their understanding. Inaccurate or partial information can be more confusing. Find out how they are feeling, different children will experience loss differently, and different losses might be experienced differently. Follow the child's lead. Let them know it is OK to feel scared or unsure. Let them know it is OK to ask questions, and you will try to answer them as best as possible, but that you might not always have the answers – but will come back if you do.

2) Naming someone has died.

If someone has died use the terms 'died', 'death' and 'dead'. Even though many feel more comfortable using 'passed' or 'gone to sleep', these terms may lead to confusion/misunderstanding. Children like things to be clear and using these words helps the grieving process.

3) Avoiding Promises.

Don't make promises (e.g. you will see your best friend) if there is a chance it might not happen. Reassure them of what you can keep to.

4) Expressing feelings.

Encourage children to express their feelings. Do not try and 'protect' children by hiding them from your feelings. Let children know it is OK to cry. Let them see you cry. 'Sheltering' children from your true feelings can make children feel that they too need to hold back their feelings or think that their feelings are bad. Of course, try to not expose children to moments which they might find distressing, where they might then worry about you - it's a difficult balance.

5) Having routines.

The CORONAVIRUS pandemic has changed the lives of everybody – we've lost the work/school, home and social lives that we have always known. Whilst so much feels unknown and out of our control, it is important to keep as many regular routines as possible. Routines create normality, stability and structure, but also aspects of knowing, which in turn creates a feeling of safety.