



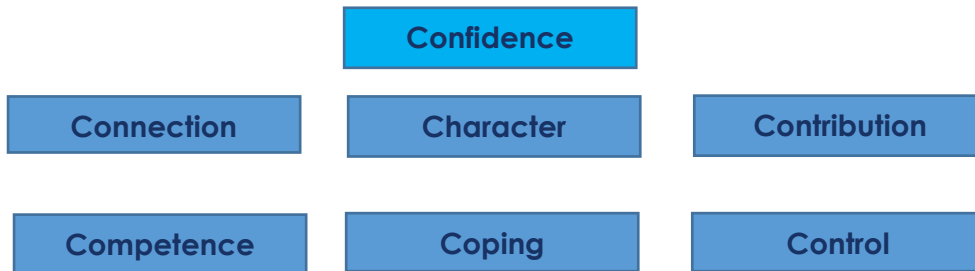
Adfam

FAMILY ACTIVITY PACK 2020

Confidence



This month's topic is **Confidence** which is one of the seven topics that we will be looking at.



Confidence is the solid belief in our own abilities. It is not built by telling our children and young people that they're special. Children gain confidence as they demonstrate their competence in real situations. And when they feel competent after mastering a skill, they are prepared to take on even more challenges.

When parents support children in developing competence, children believe that they can cope with challenges and gain the confidence to try new things. They trust their ability to make good choices.

We can support our children and young people to do this by:

- Encouraging the development of personal qualities like fairness, integrity, persistence and kindness rather than only focussing on their achievements.
- Praising their efforts, not the results. Effort, unlike intelligence, is something they can control.
- Praising children honestly and specifically. Rather than "You're a great artist!" say "I love the colours you used in that painting. Look at the bright red and blue birds!" Specific praise is more believable, and your feedback will have more impact.
- Encouraging children to strive for goals that you think they can achieve but are a bit beyond what they've already accomplished.
- Seeking out opportunities and catch them being good and doing well. It demonstrates that we believe they are capable.

We have included a variety of activities, games and worksheets which you can do together with the aim of boosting their confidence and recognising their achievements.

Thanks to <https://optionb.org> and <https://www.shantigeneration.com>

ACTIVITY PACK CONTENTS

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- Capability Shield
- Superhero Sheet
- The Storytime Family
- Crafts

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- Lunchbox Notes
- Crafts

- **Ages 11-17 Activities**

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- You Are Jar
- Crafts

- **Parent and Carer Activities**

- Bingo!

- **Support Links**

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AGES 0-5 ACTIVITIES

Worksheets

Affirmation Rainbow – Practise creating positive affirmations by completing the sentences on the rainbow. Supporting children to believe in themselves creates resilience, increases self-esteem and confidence and can increase overall happiness.

Capability Shield – Colour in and complete the Capability Shield! Helping children to realise what they are capable of allows them to realise who they are and gain confidence.

Superhero Sheet – Draw yourself as a superhero and your chosen superpowers. Empowering children from a young age to realise what they are good at.

Online Resource

The Storytime Family – *Be Brave, Little Penguin*

Join us as we read about a little penguin who overcomes his greatest fear...swimming! How will he do it? Find out in Be Brave, Little Penguin

<https://youtu.be/f4TnDma78Oo>

Practise creating positive affirmations by completing the sentences below

I AM GOOD AT

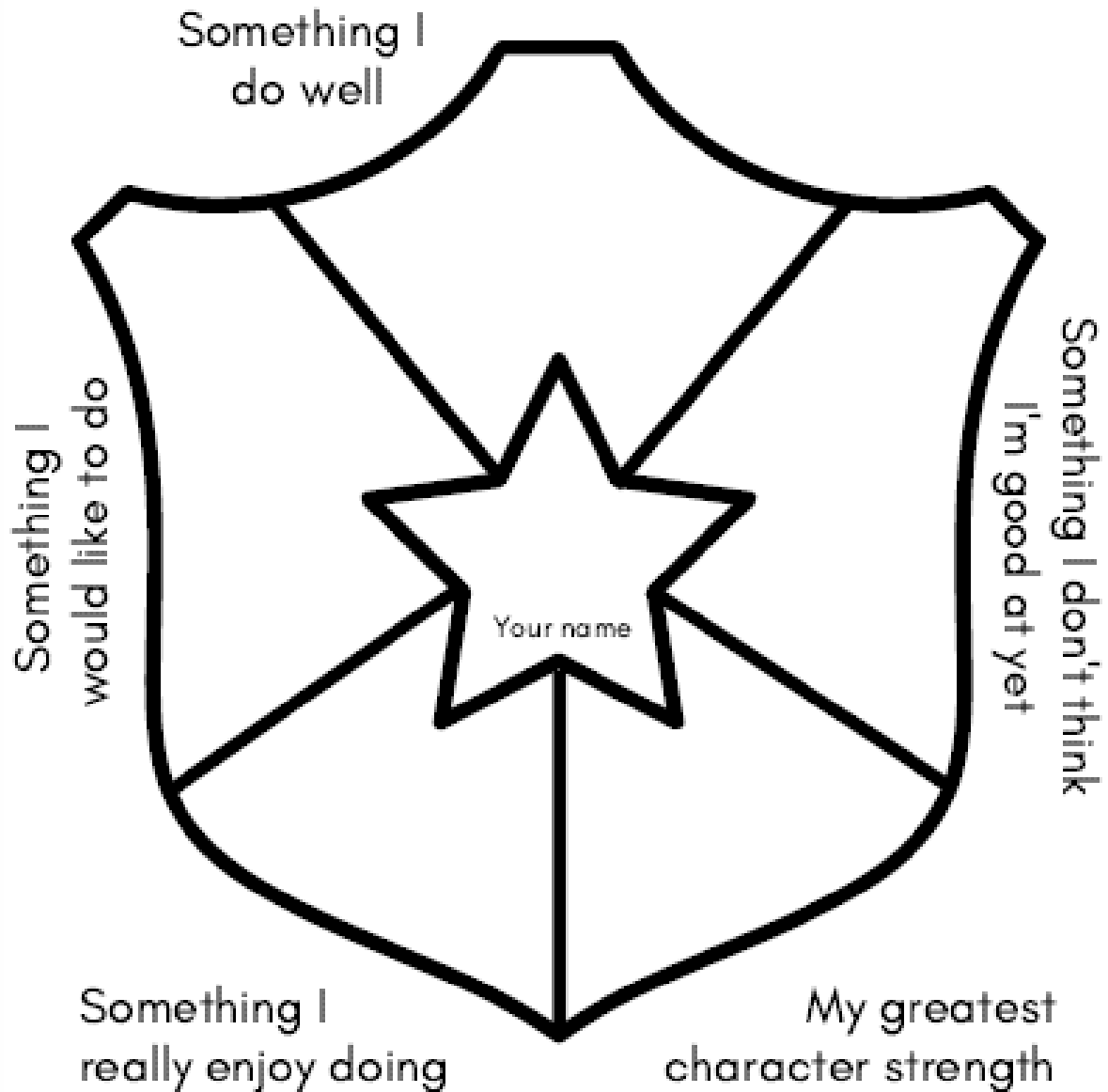
I BELIEVE

I LOVE

I CAN

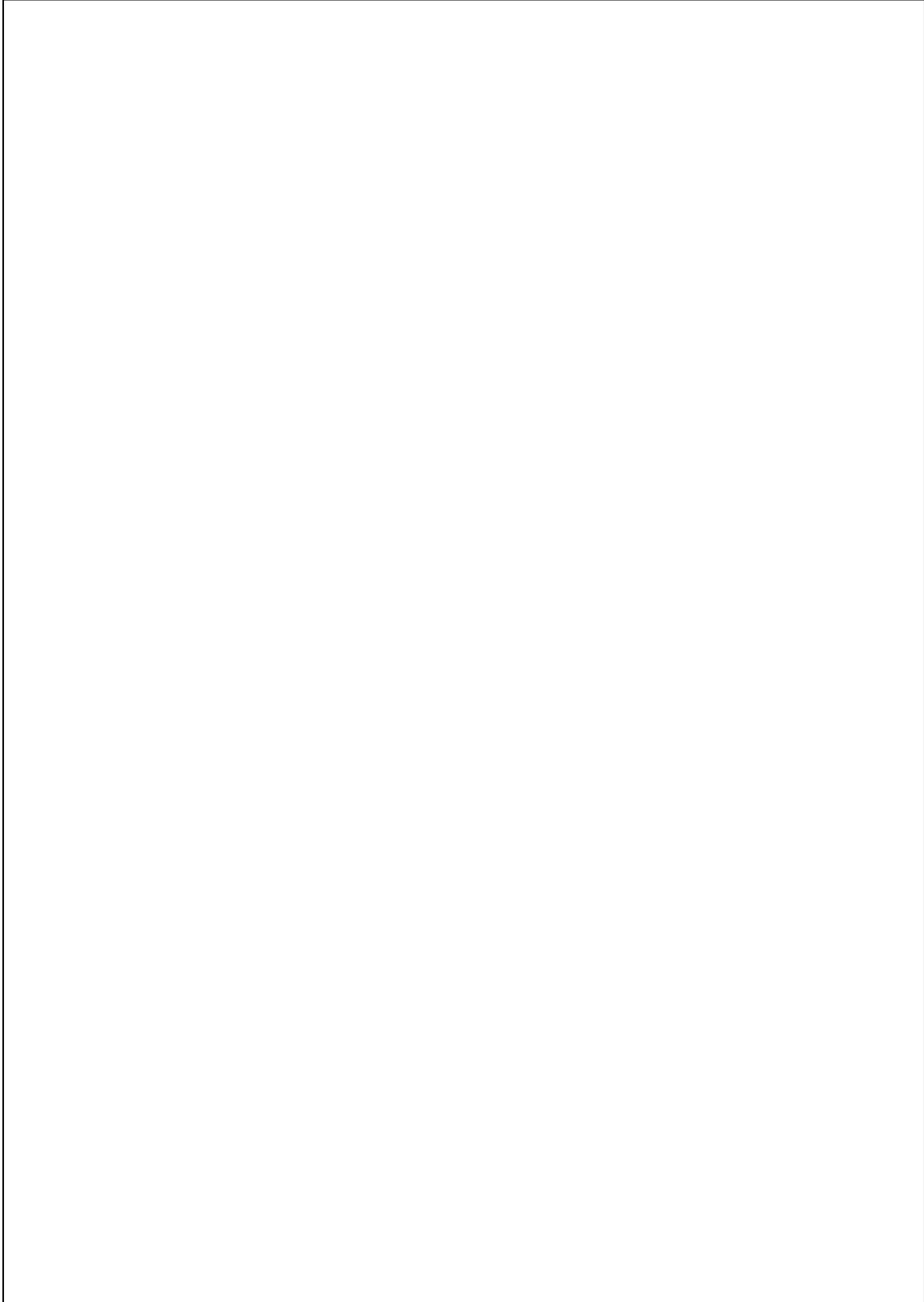
I AM

CAPABILITY SHIELD



Superhero Sheet

Draw yourself as a superhero and your chosen superpowers. Empowering children from a young age to realise what they are good at.



AGES 6-10 ACTIVITIES

Worksheets

Accomplishment Box - Setting goals gives kids something to work toward. But as they move forward, it's important to help them look back at what they've already achieved—including small steps they may not have even realised were accomplishments. Making an "accomplishment box" is a fun way to help kids see their accomplishments—and watch them grow.

Lunchbox Notes - Print these lunchbox notes and use them to make kids smile, let them know you're thinking about them, or give their confidence a boost. You can also create your own notes based on your family's jokes, sayings, and traditions.

Online resource

The Big Life Kids Podcast- The Curious Case of Trying New Things!
<https://podcasts.apple.com/us/podcast/the-curious-case-of-trying-new-things/id1461857952?i=1000488723828>

This week, Zara and Leo head to Gothenburg, Sweden, to solve a mystery! Discover how TRYING NEW THINGS can lead to new ways to have fun and explore the world, and meet Gunhild Carling, the jazz musician who plays more than 20 instruments, and still loves learning new things every day!

In this episode, children will:

Discover that it is fun to try new things Travel to Sweden, meet Gunhild Carling, a jazz musician

The Big Life Kids podcast teaches children to stay resilient, believe in themselves, and face life's challenges with confidence! In each episode, Zara and Leo travel the world to discover the living heroes that are making a difference in the world today. Ideal for kids ages 5-10.

Produced by [Big Life Journal](#).

How to make an accomplishment box

Step 1



Get a square tissue box and cover it in construction paper using scissors and tape or glue.

Step 2



Decorate the box using the kit's inspirational cutouts and any other art supplies your child likes.

Step 3



Help your child fill out the "My Accomplishments" sheet, which focuses on four areas: school, activities, social skills, and home. Ask questions to help your child brainstorm:

- What are you proud of?
- What have you improved at the most?
- What shows how hard you've worked?

Step 4



Cut out each accomplishment and put the paper strips in the box. Take time regularly to fill out new strips and reflect on all that your child has accomplished.

My accomplishments

School



Example:

I asked the teacher for help in math.

Handwriting practice area for the 'School' column, consisting of seven rows of dashed lines for text entry.

Activities



Example:

I kept score at the game.

Handwriting practice area for the 'Activities' column, consisting of seven rows of dashed lines for text entry.

Lunchbox notes

to make your child smile

How much
does a pirate
pay for corn?

Answer: A buck-an-ear!

Which school
supply is
the king?

Answer: A ruler!

What did the
marker say
to the pencil?

Answer: I see your point. Boy, you're sharp!

What do you
call a sleeping
dinosaur?

Answer: A dino-snore!

Where do
astronauts
keep their
food?

Answer: In their lunch-boxes!

How did the
bee get to
school?

Answer: On the school buzz!

AGES 11-17 ACTIVITIES

Worksheets

Positivity Journal – *Take some time to write down your thoughts, here are prompts you could use:*

- What is the best compliment you have ever received?
- What is your happiest memory?
- What is something that you did that you are proud of?
- What is something that went right today/this week?
- If you could add, change, or cancel one rule in your school/work, what would it be?
- If you could add, change, or cancel one rule at home, what would it be?
- What do you like the most about yourself?
- Tell about a time when you felt sad. What helped you get through it?
- What is the first symptom you notice when you feel mad? Stressed?
- Who is someone you consider a real-life hero and why?
- List 10 things that make you smile.
- When things seem tough, I want to remember ____.
- What is something that you have overcome?
- Write the words that you need to hear.
- What does your best day look like?
- What would you like to be remembered for?
- Write about three of your best talents.
- List three things that you would do if you weren't afraid.
- What are five things that help you feel better when things are difficult?
- Write about 10 things you are grateful for.
- What is going right in my life?
- One goal I want to set for myself this month...
- What does success look like to you?
- What do you want your life to look like in five years? 10 years?

You Are Jar

Write down some positive thoughts about yourself and your achievements on small pieces of card, pop them in the jar, shake and take one out each day or when you are finding things tough to remind yourself.



Online Resources

Music

- All Day Energy- BBC motivational playlist
<https://www.bbc.co.uk/programmes/p08f906h>
-

Podcasts/Videos

BBC Bitesize and CBBC has a range of health and wellbeing videos and stories:

- How to recognise and own your success
<https://www.bbc.co.uk/bitesize/articles/zm3gnrd>
- CBBC-Help Me Out- Resilience
<https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-resilience?collection=lifebabble-help-me-out>
- Learning to love yourself with Grace Victory
<https://www.bbc.co.uk/bitesize/articles/z4m6mfr>

PARENTS/CARERS ACTIVITIES

**BELIEVE YOU
CAN & YOU'RE
HALFWAY
THERE.**

Below are some things that you might enjoy if you are able to make some time for yourself.

ACTIVITIES

Relaxation - Enjoy 3 hours of amazing nature scenery. This video features relaxing music that is ideal for sleep, study, meditation and yoga.

<https://www.youtube.com/watch?v=BHACKCNDMW8>

ONLINE RESOURCES

This month's podcast to explore is:

Brene Brown-Gratitude, Vulnerability and Courage- The Good Life Project

<https://www.goodlifeproject.com/podcast/brene-brown-radio/>

FAMILY ACTIVITY



Bingo!

The Tickets

Everyone gets a ticket with random numbers on it. We have included some in the pack for you.

The Balls

You can either buy packs of ping pong balls and label them from 1 to 90 or you can type "Number generator" into Google and that will generate each number randomly for you.

The Caller

Choose a player to be the caller. In Bingo, the caller is the person that reads out the numbers that determine which squares get covered on everyone's scorecards. The caller still gets to play the game with everyone else. We have included a sheet with the special rhymes for each number if you want to use it.

The Game

The aim of the game is to cross off the numbers on your ticket as they are called out and when someone gets 5 numbers in a row either horizontally, vertically or diagonally - they call out BINGO! If someone crosses off all the numbers on their card - they call out HOUSE!

The Prizes

For added fun you might want to give out prizes for getting a line or house. Totally up to you.

B I N G O

7	21	37	58	73
2	24	36	57	70
13	18	FREE SPACE	47	66
8	30	41	59	67
6	29	40	53	75

myfreebingocards.com

B I N G O

12	21	37	47	63
10	19	32	49	75
4	23	FREE SPACE	53	73
1	18	42	51	61
7	20	44	52	68

myfreebingocards.com

B I N G O

14	23	39	59	63
8	17	35	55	61
15	26	FREE SPACE	53	71
10	25	31	57	64
6	20	44	52	68

myfreebingocards.com

B I N G O

9	22	43	47	67
11	30	33	55	62
14	23	FREE SPACE	51	73
12	21	36	49	68
7	29	45	46	66

myfreebingocards.com

B I N G O

13	24	42	51	67
12	23	40	49	62
11	18	FREE SPACE	53	64
3	21	31	48	72
2	17	37	50	74

myfreebingocards.com

B I N G O

8	29	38	54	74
12	23	32	50	70
1	30	FREE SPACE	48	68
3	25	40	46	72
11	21	35	59	67

myfreebingocards.com

SUPPORT LINKS-PARENTS AND CARERS

- **Family Lives:** Parenting and family support.
<https://www.familylives.org.uk/>
- **Place To Be:** Guide to helping parents answer questions from their children and to support family wellbeing
<https://www.place2be.org.uk>
- **Young Mind Parents Helpline:** Call our free helpline for confidential, expert advice for anyone worried about a child or young person
<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>
- **Samaritans:** 24-hour emotional support for anyone who needs to talk.
<https://www.samaritans.org/>
jo@samaritans.org
116 123
- **Swindon MIND:** Local support and information on Mind, The Mental Health Charity <http://www.sgmind.org.uk>
- **MIND coronavirus and your wellbeing:** various information for you and your family on ways to cope and talk about the virus with children
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- **Talking about corona virus-** <https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/>
- **Mental Health Organisation:** Isolation and abusive relationships
<https://www.mentalhealth.org.uk/coronavirus/abusive-relationships>
- **Swindon Womens Aid-**
support for women in abusive or harmful relationships
<https://www.womensaid.org.uk/what-we-do/swindon-womens-aid>
01793 610610
helpline@womensaid.org.uk
- **NIA ending violence:** Nia has been delivering services for women, girls and children who have experienced sexual and domestic violence since 1975
Helpline: 020 7683 1270 info@niaendingviolence.org.uk

- **Women's Aid:** Chat to other women on the Survivors Forum <https://survivorsforum.womensaid.org.uk/>
- **Drinkline:** Advice to those worried about their own, or a loved one's, alcohol use. Contact their free helpline on 0300 123 1110 (weekdays 9am – 8pm, weekends 11am – 4pm).
- **Online safety awareness information:** <https://www.thinkuknow.co.uk/>
- **Reachout.com:** <https://parents.au.reachout.com/skills-to-build/wellbeing/coping-skills-resilience-and-teenagers>

SUPPORT LINKS- CHILDREN AND YOUNG PEOPLE

1. **The Mix:** If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
<https://www.themix.org.uk/>
2. **CAMHS Taking Care of Myself:** Information from CAMHS around self-care and looking after your mental health.
<https://camhs.cnwl.nhs.uk/young-people-adolescents/mental-health-tips-coping-strategies/>
3. **Young Minds:** Information and support around mental health
<https://youngminds.org.uk/>
4. **Childline:** Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send *Childline* an email or post on the message boards.
www.childline.org.uk
5. **NACOA:** Support, advice and information for children of parents who drink/drank.
<https://www.nacoa.org.uk/>
The Nacoa helpline will be open throughout the closure period:
2-7pm via phone 0800 358 3456 and
12-9pm via email helpline@nacoa.org.uk

See Adfam's top tips for more information here: <https://adfam.org.uk/our-work/news-and-events/news/959>