



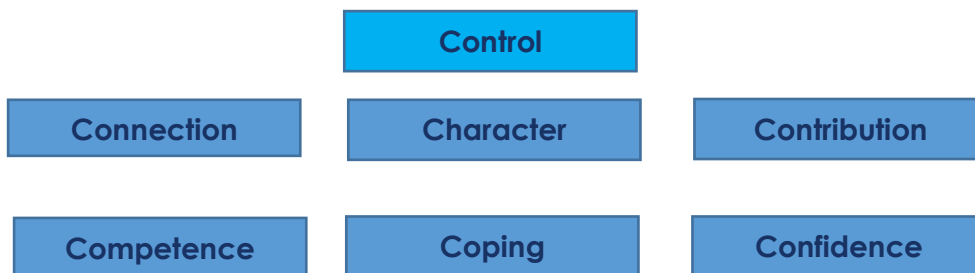
Adfam

FAMILY ACTIVITY PACK 2020

Control



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



The independence that children and young people desire represents an internal need for control, something which we can all relate to. When children's decisions affect their lives they learn that they have control. They see that they can do what it takes to bounce back after challenges. If parents make all the decisions then children may believe things happen to them, rather than because of their choices. We must trust they have the ability to bounce back from the mistakes they will inevitably make.

Children who lack a sense of control can feel like their actions don't matter. Resilient children know they have internal control and that they can make a difference.

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

- Encourage children to recognise even their small successes so they know they can succeed.
- Reward demonstrated responsibility with increased freedom. and making sure these freedoms are safe and secure.
- Once we decide something is okay, we have to have faith in them.
- Remember that the word "discipline" means to teach, not to punish or control.

In this pack you will find some resources and exercises about actions and consequences, problem solving, decision making, responsibility and learning from mistakes which are skills that children and young people can develop which will enable parents to allow them to take more control as they grow older and more responsible.

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

More information specifically on teens can be found at <https://parentandteen.com/helping-teens-gain-control/>

ACTIVITY PACK CONTENTS

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- The Storytime Family
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- Responsibility Bingo
- Craft Activity

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- Accountability
- Craft Activity

- **Parent and Carer Activities**

- One-minute meditation
- Relaxing music
- Big night In

- **Support Links**

- **Feedback forms**

AGES 0-5 ACTIVITIES

Worksheets

What If Tree – Colour in the tree and talk about what might happen if you decide to do something in a certain situation.

Think Ahead Activity – a scenario with Positive and Negative Consequences to explore.

Online Resource

The Storytime Family – [Maybe I just ate my friend...](#)

Maybe you just ate your friend. Maybe he was a good friend. Would you find another friend again? What if she was your only friend? You just have to keep looking and maybe start to practice some self control, a lot of self control.

<https://www.youtube.com/watch?v=Daeb8s0u6ow>

THINK AHEAD

POSITIVE AND NEGATIVE CONSEQUENCES



You are playing a game with a friend and you see your friend cheat. What do you do? Circle one of these options:

- A. Tell your friend to stop cheating.
- B. Pretend you didn't see your friend cheat and keep playing.
- C. You cheat, too.
- D. Get up and leave the game.
- E. Another idea: _____

What would happen if you made that choice? Write some good things that could happen under "positive" and some bad things that could happen under "negative."

POSITIVE

- 1.
- 2.
- 3.
- 4.
- 5.

NEGATIVE

- 1.
- 2.
- 3.
- 4.
- 5.

Based on the consequences, would that be a good choice? Yes No

Why or why not? _____

Before you act, ask yourself

What if I Do this,
What could happen?



AGES 6-10 ACTIVITIES

Worksheets

Key to Mistakes Activity – Think of a situation where you made a mistake then work through the steps to think about what you could do differently next time. Helping children to learn it is okay to do things wrong is a really good life skill.

Responsibility Bingo – Play this over a few days and see if you can cross off every square!

<h1>Responsibility</h1>				
Put my things away	Go to school	Brush my teeth	Make my bed	Think before speaking
Take care of my things	Keep my space clean	Clean the table	Keep Myself Clean	Tell the truth
Be safe	Say "Yes Sir"	FREE SPACE	Be Honest	Say "Thank you"
Say "Please"	Say "I am sorry"	Say "Yes Maam"	Do my homework	Clean the bathroom
Always do my best	Use Respectful Words	Say "excuse me"	Be a good citizen	Be a role model

Online resource

The Big Life Kids Podcast- [Adapt and Amaze yourself in Tropical Haiti](#)

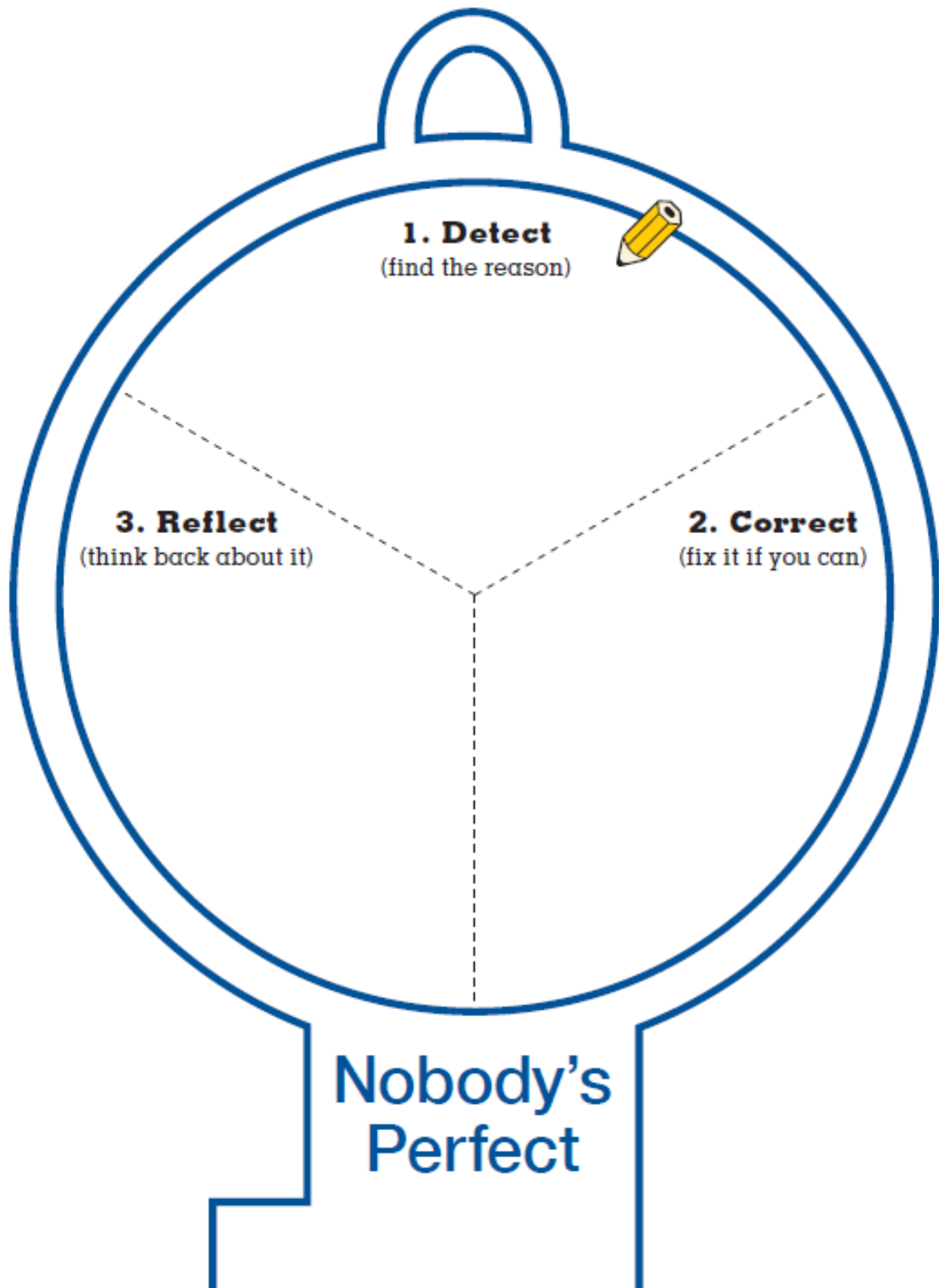
https://biglifejournal.com/blogs/podcast/episode-35?_pos=5&_sid=14c6c7e0f&_ss=r

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.

Zara and Leo are hosting a hop-on, hop-off boat tour around the Caribbean islands, but things are getting a bit out of control. Learn how to let go and have fun, even when things don't always go the way you want to them.

Produced by [Big Life Journal](#).

The Key to Mistakes



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AGES 11-17 ACTIVITIES

Worksheet

Personal Accountability Questions – Some questions to think about in situations before you make decisions which can impact you and those around you. Why not write down a scenario and go through each question to think about the decisions you made.

Personal Accountability Questions

- 1) What is my gut feeling?
- 2) Is this the right thing to do?
- 3) What are the potential outcomes of this decision?
- 4) Who does this decision directly impact?
- 5) Who does this decision indirectly impact?
- 6) Would I do this if my family and friends were watching?
- 7) What are potential positive consequences?
- 8) What are potential negative consequences?

Online Resources

BBC Bitesize:

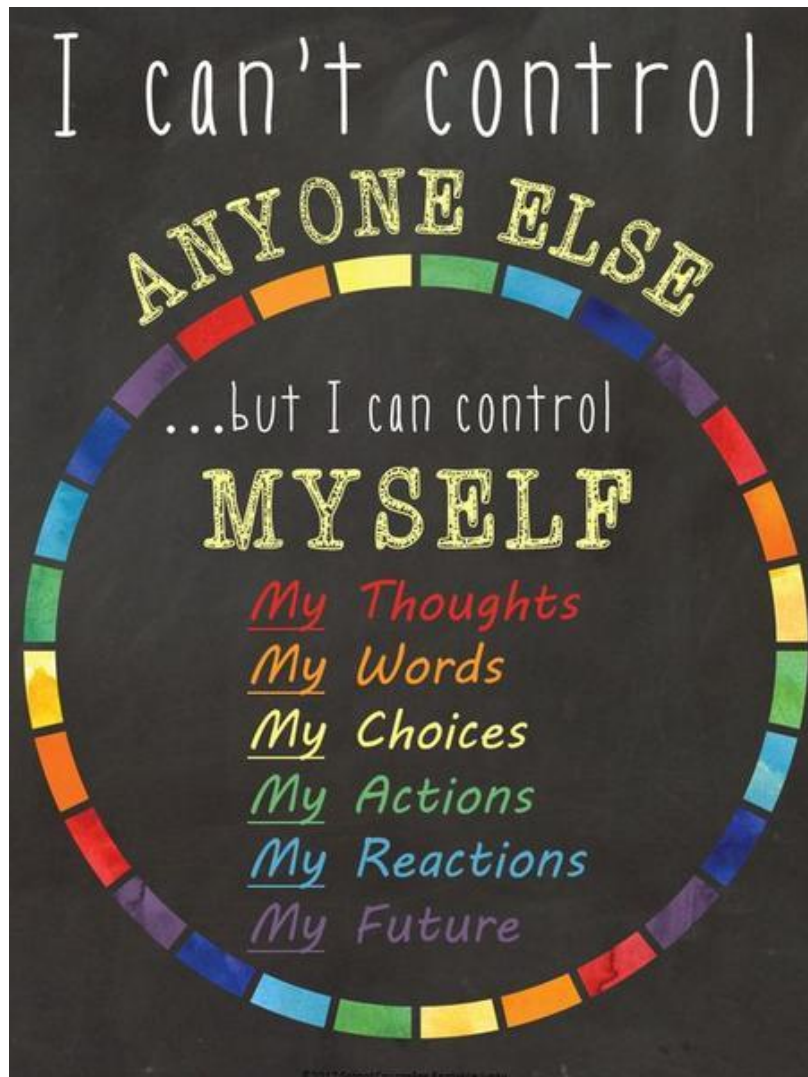
Managing Your Emotions

- Release the pressure
- We all get stressed from time to time.
- The important thing is to find ways to deal with it.

Read about self-care, take the wellbeing test, watch videos and more

<https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zj79t39>

PARENTS/CARERS ACTIVITIES



Below are some things that you might enjoy, if you can make some time for yourself.

ACTIVITIES

Beautiful Relaxing Music for Stress Relief • Meditation Music, Sleep Music, Ambient.

<https://www.youtube.com/watch?v=2OEL4P1Rz04>

Put this on while you cook, do your to-do list, or on your walk or exercise.

Or take some time when you need a five-minute break to listen and watch the imagery, take some deep breaths, in and out to the count of ten.

Try and find some time for yourself this week- take back control of your time. You deserve it.

ONLINE RESOURCES

This month's link to explore:

A one-minute meditation to focus the mind.

<https://www.mindful.org/focus-attention/>

...follow this link to find the clip, listen and follow the below steps.

Settle into your seat. Begin by taking a seat, or if necessary, standing. The important thing is to feel where your body is touching the seat and touching the ground.

Scan the body. Sense where your bottom is touching the seat. Sit up straight or stand straight but not stiff. Make sure your feet are completely touching the ground, connecting you to the earth. Your eyes are open, so take in the surroundings of where you are. Lower your gaze slightly.

Connect with the breath. Pay light attention to your breath as it goes out.

Follow the out-breath. At the end of the out-breath, let there be a gap while the in-breath is happening. And in that gap you have natural awareness: it's there already, you don't have to create it. So, follow the breath out, and out, and out. As thoughts arise, treat them as you would anything else you encounter: Notice it, and use that noticing to bring you back to the out-breath and ride it out. Out, and out, and out.

FAMILY ACTIVITY

Family Disco

Tune in to <https://www.funkidslive.com/radio> and enjoy a disco at home!

You could have a dancing competition or a karaoke contest. Maybe you want to have a themed disco and give prizes for the best costumes!



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
- **Haringey MIND:** Local support and information on Haringey Mind, The Mental Health Charity <http://www.mindinharingey.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>
- **24hr National Domestic Violence Helpline:** 0808 2000 247

- **Solace Women's Aid- Haringey:** support for women in abusive or harmful relationships
<https://www.solacewomensaid.org/contact-us>
0808 802 5565
advice@solacewomensaid.org
- **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
- **NIA Useful links:** Nia is run for women and children by women, providing services developed in consultation with women who have experienced men's violence. Useful links for support advice and information
<https://niaendingviolence.org.uk/get-help/useful-links/>
- **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>