

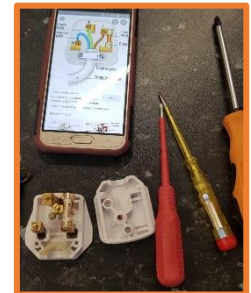


MAKING RESILIENT MOVES AS A FAMILY

Focus on home schooling.....

Some of our parent co-leaders of the Resilience Revolution are back with the second issue of a co-produced Guide on making Resilient Moves as a family during these tough times. We have all been doing our best to stay resilient in the first week of isolation and we know that this may be a struggle at times. Our parents and carers have been sharing their experiences of home schooling. Although school is extremely important, this is not just about Maths and English, there are many ways and many things that we can teach our children.

At the Resilience Revolution, we talk about '**Ordinary Magic**' (a phrase often used by an academic called Ann Masten who is interested in resilience). 'Ordinary Magic' refers to those things that we do every day that help us build resilience. Doing everyday things as a family; making a meal together, painting the garden wall, changing a plug.



We can teach life skills as well as learning things from our children too. There are no set rules, **DO WHAT WORKS FOR YOU AS A FAMILY.**

PARENT & CARER INSPIRATION.....



Having a healthy diet is important. Use this time to cook together as a family. Teaching young people about making meals is not just about learning how to cook but they are measuring, counting, preparing and learning about hygiene. Doing this together helps to build on our relationships and teaches us to take guidance from each other.

There are some really useful tips and recipes from Blackpool, Fylde and Wyre hospital: <https://www.bfwh.nhs.uk/onehr/healthier-workforce/eat-well>

Exercise and get fresh air helps us to feel better and take responsibility for ourselves. Exercise helps release endorphins that can help us feel better during stressful times. Not only is exercise and fresh air good for our emotional wellbeing but it has many health benefits too and can reduce our chances of getting major illness.



Check out what Blackpool Football Club Community Trust have been doing for ideas on getting active: <https://www.facebook.com/BFCCT/>



“Share life skills with your family, learn how to change a plug, share a recipe, and change a lightbulb. Sharing skills will help each other be more resilient in the future”

(Kath, Parent of the Revolution)

Learn from your children too.....

- Learn a new game
- Become a whizz on social media!
- Make up a new dance routine

“Go daft – if you’re cooped up inside declare ‘Happy Hour’. Dance around the house, dress silly, whatever it takes to release some energy” Kath, Parent of the Revolution.

Our parents and Carers gave us some ideas of what they have been doing, enjoying their time together.....

- Play hide and seek
- Crank up the music and dance
- Play scrabble
- Create an obstacle course
- Build a den



A message from Young Persons Executive Group (YPEG)

This week, Danielle, Co-Leader of the Resilience Revolution shared how she is managing to make college work as well as possible whilst staying safe at home.

“[I have been] doing my assignment in chunks and not trying to do it all at once. This helps me process what I need to do properly. When doing my assignment I like to take a 20 minute break ever hour just so my brain doesn't get to overworked. I also put my phone on silent to avoid distractions” Well done Danielle another great example of how we can stay Resilient during these tough times and making Ordinary Magic.

Joke of the week from our young people.....

Humour is one of our resilient moves and each week we’d like to honour that by giving a joke. This week one of young people came up with a cracker;

‘Why did the cookie cry?it's Mum was a wafer too long!’

**** Most of all be present in the moment****

Children may have mixed feelings about being at home and learning. Learn with each other. Take each day as it comes and always remember that tomorrow is a new day.

There is lots of other advice and information for parents and carers to dip in and out of that may help support your family. Just follow the link below.....

<https://sites.google.com/headstart.blackpool.org.uk/pshe-parentcarer-site/home>