

# RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



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# DISABILITY

## RESOURCES & ACTIVITIES



**NEW**  
Resources &  
Activities

- Guide Dogs - Nursery Rhyme Classics for Children with Vision Impairments
- Learning Through Play Resources to Support a Child with a Vision Impairment
- iPad Learning Resources for People with a Vision Impairment
- Messy & Muddy Play: A guide to Outdoor Play for Children with Vision Impairment
- 30 Reasons Why Play is Important for Children With Disabilities



**Nursery Rhyme Classics** for children with a vision impairment to move and groove to, with suggested specific movements and actions for each song, helping your child learn more about their bodies and how they move – [View Here](#)

**Learning Through Play Resources** containing information, guidance and activities, to help support a child with a visual impairment's early years development through play.

These resources are broken down into age ranges starting from birth, covering 5 key development areas (concept development, sensory skills, fine & gross motor skills, self help & independence and communication skills) and can easily be done at home, using everyday items – [Access Resources](#)

**iPad Learning Resources** for people with a visual impairment, including how to set up the accessibility features, for sensory impairment and also some for physical disabilities, as well as guidance on using apps etc – [Access Here](#)

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## Messy and Muddy

A guide to outdoor play for children with vision impairment

RNIB

See differently



[Download Here](#)



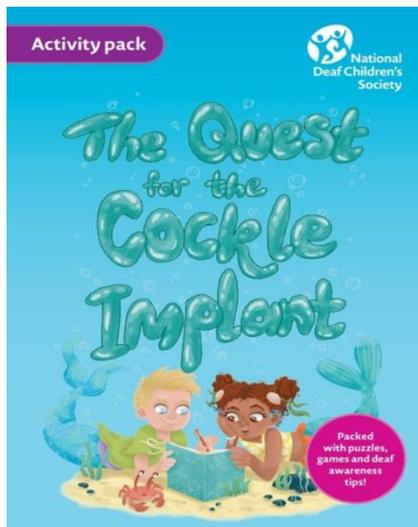
[30 Reasons Why Play is Important for Children With Disabilities](#)



## Supporting Children With Additional Needs Through Play

Play is incredibly valuable for all children, allowing them to use their creativity while developing their imagination, dexterity and physical, cognitive and emotional strength.

Children's needs vary and play activities can be adapted by those who know the child best to meet individual abilities, likes and dislikes. Check out PlayBoard NI's publication, 'Supporting children with additional needs through play' for some play ideas to try at home - <https://bit.ly/3BBu7r1>



### The Quest for the Cockle Implant: Activity Pack

Join Coral and Angel as they go on an adventure to find Angel's missing cockle implant. Download for FREE from National Deaf Children's Society website -

<https://www.ndcs.org.uk/media/6926/the-quest-for-the-cockle-implant-activity-pack-colour.pdf>

### Bored Board



Printable visual boards from Autism NI to help plan and fill your day with activities - <https://www.autismni.org/using-structure>

*With Activity links*



Part two of ParentLine NI's Autism: The Facts and More Podcast. Rebecca from Eden Consultancy shares more amazing insights from her experiences and chats to Kerry McLean about how to navigate neurodiversity and it's joys and challenges.

<https://tinyurl.com/5xdr8uye>

**Tips for Coping With Difficult Behaviour of Disabled Siblings** - Advice from Sibs for young siblings aged 7+ on how to cope with the challenging behaviour of their disabled brother or sister.

<https://sibs.org.uk/youngsibs/info>



## SIBLINGS OF DISABLED CHILDREN:

Common issues (and some suggested responses)

### Limited attention from parents

- Dedicate certain times to spend with siblings (e.g. bedtime, cinema once a month)
- Find activities that the family can enjoy together, but also other activities to enjoy separately so each child has something special
- Every so often, put the needs of siblings first and let them choose what to do

### Worry about bringing friends home

- Talk with your child about how they might explain their sibling's disability to a friend
- Encourage (but don't expect) siblings to include the disabled child in their play or activities
- Let them retreat to their bedroom (and when they're older, consider allowing a door lock)

### Guilt about being angry with disabled sibling

- Acknowledge their negative feelings and make it clear that it's all right to be angry sometimes – strong feelings are part of any close relationship
- Share some of your own mixed feelings at times
- Consider that siblings may want to talk to someone outside the family

### Embarrassment about disabled sibling in public

- Try to find social situations where the disabled child is accepted
- If old enough, let your children split up for a while when you are out together
- Realise that the behaviour of non-disabled family members can cause embarrassment sometimes





## Resource Library

Mae Murray Foundation's Resource Library is a free resource for all members. You may want to borrow equipment for a range of reasons:

- To trial expensive equipment that you are considering purchasing to ensure it is right for you.
- To borrow equipment for a specific need, for example, to help you with travel on a holiday.
- To get active and enjoy outdoor spaces.
- To have more opportunities to play and learn new skills.

### [Further Information](#)

[Become a member of Mae Murray Foundation - it's free!](#)



[Read Report](#)

**FAMILY**

## Family Support Service for Families of Children with a Disability



### SERVICES:

- Navigation & Signposting
- Time limited practical support
- Social Activities

Covid-19 and the ensuing lockdown has been an extraordinarily difficult time for families. We are proud to introduce a new pilot service to better support and connect families with a disabled child to access community and voluntary supports in the Armagh and Dungannon area.

 Call us for more info 028 3083 5764

[bolstercommunity.org](http://bolstercommunity.org)

**BOLSTER**  
COMMUNITY

In partnership with:



Southern Health  
and Social Care Trust

[www.bolstercommunity.org](http://www.bolstercommunity.org)

Practical and emotional support for families in Northern Ireland raising a child or young person with additional needs



**Family Voice Hub**

- Workshops
- Local Outreach
- Signposting/Referrals
- Parents Wellbeing and Support
- Siblings Wellbeing and Support
- Support with practical issues (Benefits, housing, accessibility)
- Educational Advice (Including pre and post school age)
- Support Hub (Both Face to Face and Virtual)
- Advice and Guidance
- Drop In Centre
- Emotional Support
- Legal Advice
- Counselling



**www.autonomie.org.uk**  
Autonomie, Lilac House, 4 Sandhurst St, Belfast BT7 1PW Registered Charity No 100421  
**Find out more!**  
Email: [sharon.autonomie@gmail.com](mailto:sharon.autonomie@gmail.com) Tel: 078 7251 9900

## [Further Info](#)



Helpful guide on how to understand and manage a disabled child's eating difficulties

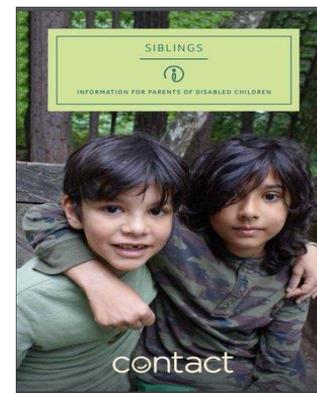
<http://contact.org.uk/feeding-guide>



## **Preparing Your Young Person with a Disability for Adult Life**

The transition to adulthood can be a stressful time for SEND parents. Changes in education, new benefits, adult social care, independent living, employment, relationships... there's suddenly so much to think about! Get ready for adult life with help from Contact -

<https://contact.org.uk/help-for-families/information-advice-services/preparing-for-adult-life/>



**SIBLINGS Guide** – all about supporting the brothers and sisters of children who have a disability or long-term illness.

[\*\*Download Here\*\*](#)



The Special Education Needs Early Years Inclusion Service (SEN EYIS) provides support to parents of children with special educational needs. Further information on the service and resources which you may find useful - [view and download here.](#)

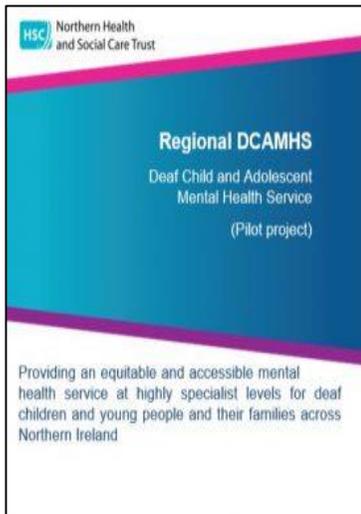


[Special Educational Needs \(SEN\) Resources](#)



**Website for Deaf Young People**  
The Buzz gives deaf children and young people a safe and positive online space of their own.

<https://buzz.org.uk>



The NI Deaf CAMHS service is now open to deaf children and young people anywhere in NI.

The service supports children with all levels of hearing loss/deafness and all communication methods including BSL.

[Further info](#)

## R N I B

See differently

**Need to Talk Project**

Support for people of all ages, as well as family and friends, to access emotional and practical support needed to adapt to life with sight loss.

<https://www.rnib.org.uk/your-area-northern-ireland/services/rnib-northern-ireland/need-to-talk>

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# THINGS THAT CAN BE HARD FOR AUTISTIC / SENSORY PEOPLE AT SCHOOL

@21andsensory x BBC Bitesize



NHSCT Paediatric ASD Service has launched a Range of resources from NHSCT Paediatric ASD Service to support parents & carers of young people with autism. Including Podcasts, videos and online training content, providing advice and strategies <https://crowd.in/rmTLkq>



## Walk in My Shoes

10-minute animation about Erin, an autistic girl who reflects on her intense and often overwhelming experiences as a 14-year-old in school. <https://youtu.be/KSKvazfTLv8>



These resources are aimed at schools, but anyone can use them to learn more about Autism! 😊  
Sign up to download them here: <http://bit.ly/3IoNCCJ>

# MENTAL HEALTH RESOURCES & ACTIVITIES

**NEW**  
Resources &  
Activities

- Autumn Self Care
- Coping Techniques When You Feel Anxious
- October To Do List
- Gentle Ways to Fill Up Your Cup
- Not My Job/My Job
- Take Care of Your Mental Health Tips
- More Gentle Ways to Fill Up Your Cup
- Lessons from Autumn
- 6 Warning Signs of Mental Illness in Children & Teens
- Autism & Mental Health Resource
- Tips for Looking After Your Mental Health While Using Social Media

WHEN YOU FOCUS  
ON THE GOOD,  
THE GOOD GETS BETTER

@graceandcompany

**Autumn self-care**

Go for a mindful walk

See how many animals you can spot

Gather some items for a nature table

Create a calming atmosphere at home

Have a nice cup of tea or hot chocolate

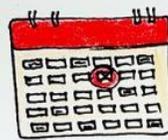
Cosy up with a good book



#GrowingUpBetterTogether

**Peace**  
Northern Ireland - Ireland

**COPING TECHNIQUES FOR WHEN YOU FEEL ANXIOUS**



1. Find something to look forward to



2. Find a way to get the worries out

3. Share your struggles with people you trust



@zoe.guy.doodles

**Remind yourself that you are enough, just as you are**



**ACTION FOR HAPPINESS**



Today



Tomorrow

**Don't lose hope**  
(You never know what tomorrow will bring.)

**GENTLE WAYS TO FILL UP YOUR CUP**

TAKE A NAP

HAVE A MINDFUL SHOWER/BATH

GUIDED MEDITATION

READ A BOOK

GO FOR A WALK

UNCLENCH YOUR JAW

STRETCH

PAUSE & BREATHE

MUSEUM OF HAPPINESS

**October To-Do List**

- INTELLECTUAL** Read for 15-30 minutes a day.
- SPIRITUAL** Be mindful. Stay present.
- EMOTIONAL** Ask for help.
- PHYSICAL** Move your body daily.
- SOCIAL** Compliment a stranger.
- FINANCIAL** Live within your means.
- ENVIRONMENTAL** Add plants to your space.
- OCCUPATIONAL** Volunteer your time.

**GIRL AND HER MAGIC**

**not MY JOB**

- Meet everyone's needs
- Make others happy
- To be liked by everyone
- Apologize for boundaries
- To save/fix other people
- Be hard on myself
- Take care of the reactions of others
- Do everything on my own

**MY JOB**

- Meet my own needs
- Find my own happiness
- To like myself
- Create clear boundaries
- Be of support to others
- Give myself gentleness
- Be responsible for and tend to my own feelings
- Learn how to ask for help

**TAKE CARE OF YOUR MENTAL HEALTH**

TAKE IT SLOW

PLAN AHEAD

SET BOUNDARIES

ENJOY THE SMALL THINGS

TALK ABOUT YOUR FEELINGS

KEEP ACTIVE

BE KIND TO YOURSELF

LIMIT SCREEN TIME

HUG YOUR FRIENDS

SIMON'S CAT

**more GENTLE ways to fill up your CUP**

- go to bed early
- listen to a podcast
- relax your shoulders
- go for a nature walk
- have a night in
- journal
- do something creative
- watch the sunset
- make a cup of tea

**LESSONS from Autumn**

- LET GO OF WHAT'S WEIGHING YOU DOWN.
- APPRECIATE WHAT'S FLEETING.
- YOU'LL ONLY REAP WHAT YOU PLANT.
- CHANGE IS HARD, BUT IT CAN BE BEAUTIFUL.
- NO RAINY DAY LASTS FOREVER.
- MAKE TIME TO SLOW DOWN AND REST.
- STOCK UP ON HOPE FOR DARK DAYS.

**6 WARNING SIGNS OF MENTAL ILLNESS IN CHILDREN AND TEENS**

**MOOD CHANGES**

Look out for feelings of sadness or withdrawal that last at least two weeks. Keep an eye out for severe mood swings that cause problems in relationships at home or school.

**PHYSICAL HARM**

Self-injury, also known as self-harm. This is the act of someone deliberately harming their own body such as cutting or burning themselves.

**INTENSE FEELINGS**

Be aware of feelings of overwhelming fear for no reason - sometimes with a racing heart or fast breathing. Other signs may include worries or fears which interfere with daily activities.



**BEHAVIOR CHANGES**

These include drastic changes in behavior or personality. Acting out of control and causing arguments/fights. Desires to badly hurt someone are huge warning signs.

**PHYSICAL SYMPTOMS**

This can include episodes of frequent vomiting headaches/migraines, stomach aches and hair loss rather than sadness and anxiety.

**SLEEP PROBLEMS**

Having difficulty keeping worry levels under control, resulting in poor sleeping patterns. This can be difficulty falling asleep or staying asleep, or not feeling well-rested

When it comes to reaping the positive benefits rather than the negatives from social media, it's all about balance and staying aware of our feelings. Here are four top tips from Shout for looking after your mental health while using social media – [More Tips Here](#)



**Check your mood**

Before you go on social media, check how you're feeling. Will social media make you feel better or worse?



here for you 24/7



**Update your feed**

How does your feed make you feel? Follow accounts that inspire you and make you feel good. Unfollow accounts that lead you to dwell on upsetting thoughts.



here for you 24/7



**Counteract content that fuels negative thoughts**

Getting absorbed in a spiral of negative content can lead to feelings of sadness, panic or despair. Balance this with content and activities that make you feel happy and inspired. You can stop and put your phone away and connect with friends and family IRL.



here for you 24/7



**Have a positive purpose**

What are you going on social media for? Try to use it to find information, inspiration and connection. Try to avoid doomscrolling or comparing yourself to others.



here for you 24/7



**Autism and mental health**



this is your monthly reminder to approach your goals GENTLY & with INTENTION: one step, one thing & one DAY at a time.

TODAY,  
I AM  
LETTING GO  
OF ANYTHING  
I CANNOT  
CHANGE



@MANSIEGH01

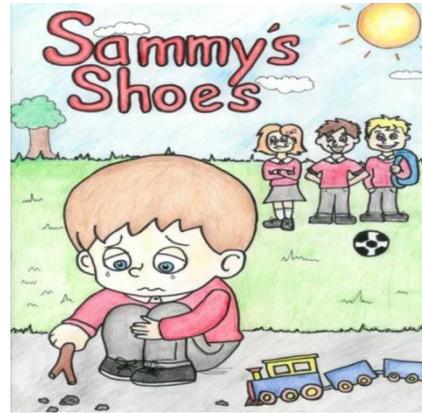
## SELF-LOVE JAR



Add your  
favorite  
attributes

- Sincere
- Cheerful
- Witty
- Generous
- Courageous
- Trustworthy

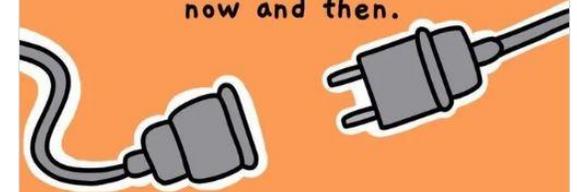
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Sammy's Shoes asks questions about bullying behaviour and puts children in the shoes of someone who is being bullied – [Read Here](#)

## Self-Care Tip

While social media can be completely awesome, it's also important to unplug every now and then.



BlessingManifesting

## Tips if you're feeling overwhelmed

shout  
85258

- What are 5 things you can see?**  
Look for small details such as patterns, objects you've never noticed, or the way light bounces off surfaces.
- What are 4 things you can feel?**  
Notice how your clothes feel on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture and other physical qualities.
- What are 3 things you can hear?**  
Listen to the sounds your mind has tuned out, such as a ticking clock, trees blowing in the wind or distant traffic.
- What are 2 things you can smell?**  
These could be smells in the air around you, or you could look for something that has a scent, such as a flower or a candle.
- What is 1 thing you can taste?**  
Pop some chewing gum or a snack in your mouth and focus your attention closely on the flavours and textures.



## How to use music for Stress Relief



While cooking or eating

Before going to bed

While getting ready for your day

When online shopping

During a commute

## but what if...



nothing bad happens



your hard work pays off



you enjoy yourself



you do well and succeed



you prove your worries wrong



everything works out

@worrywellbeing

ALT

# Breathing Exercises FOR ANXIETY

## BELLY BREATHING

- Put one hand on your upper chest and the other under your ribcage
- Slowly breathe in through the nose (Stomach pushes upward, chest is still)
- Exhale through pursed lips (Stomach falls down, chest is still)

## 4-7-8 BREATHING

- inhale through the nose, counting to 4
- hold your breathe, counting to 7
- exhale through the mouth, counting to 8



## VISUALIZED BREATHING

- each inhale, picture yourself breathing in more relaxation
- each exhale, picture yourself getting rid of more tension

@JUSTGIRLPROJECT



## INCREASE THESE IN THE BRAIN & SEE A HAPPIER CHILD

### DOPAMINE

"REWARD & MOTIVATION"

- Eating good food
- Celebrating successes
- Watching a family movie
- Playing outdoors
- Trying something new



### GABA

"ANTI-ANXIETY"

- Rough and tumble play
- Riding a bike or running
- Jumping, swimming
- Yoga
- Mindfulness/Meditation



### OXYTOCIN

"ATTACHMENT & BONDING"

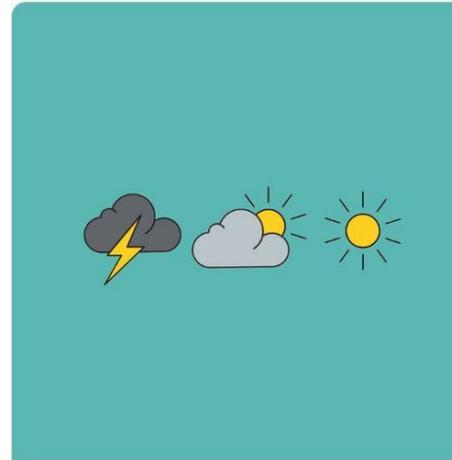
- Hugging
- Kissing
- Eye contact
- Eating a meal together
- Massage



### SEROTONIN

"MOOD & SLEEP STABILIZER"

- Exercise
- Time in the sun
- Nature
- A good sleep schedule
- Meditating



## BBC Children in Need – Mental Health & Wellbeing Resource Hub

Collection of handy resources and further support on mental health and wellbeing from BBC Children in Need, including fun wellbeing activities, top tips, support and more – <https://www.bbcchildreninneed.co.uk/changing-lives/mental-health/mental-health-wellbeing-resource-hub/>

Supporting your child's mental health around social media

tips from Leanne Maskell

**shout**  
85258  
here for you 24/7

Ask about their experiences on social media

Put phones away at night

Have screen free meal times

Signpost to more support

Be mindful of your own social media use

Do an IRL hobby together

# MENTAL HEALTH RESOURCES & ACTIVITIES

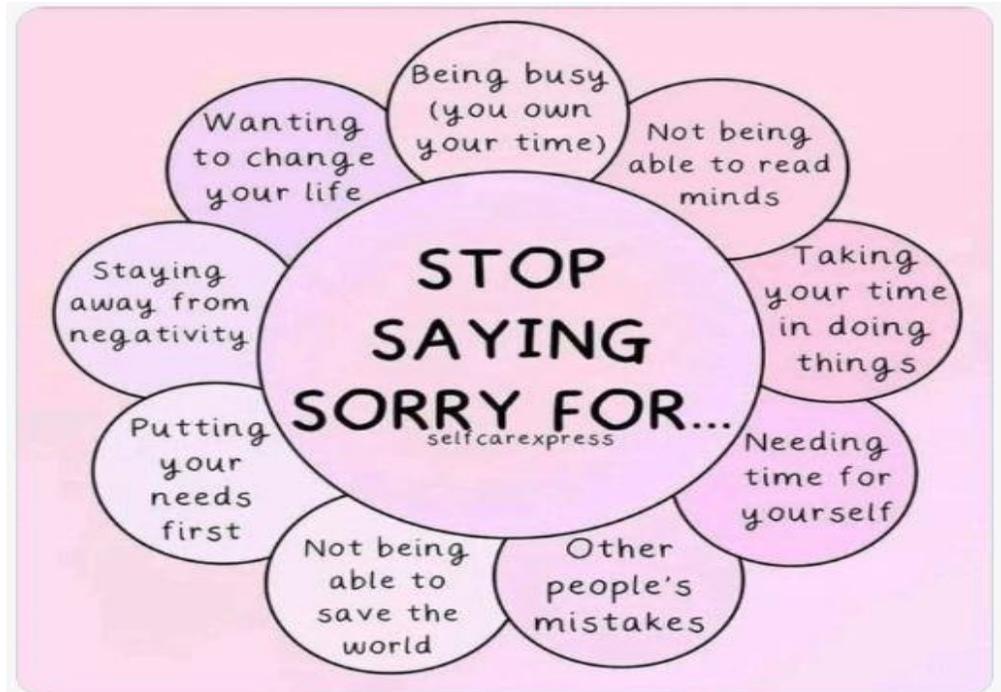
## MINDFUL MONDAY

### Reminders for Summer

You are so much more than a body. Your weight, your size and your shape is not an indicator of who you are as a person.

- Every body is a good body and deserves respect.
- Even if we all ate the same and moved the same, bodies would all be different shapes and sizes.

- Wear clothes that feel good for your body now. Clothes are made to fit us, we are not meant to change our bodies to fit into clothes.
- Your body is an instrument, not an ornament and it is working hard to support you every day.





## [Free Children's Apps to Help Manage Anxiety](#)



## [A selection of mental health and wellbeing resources](#)

### MINDFUL WAYS TO GET OUT OF YOUR HEAD

- Get lost in a fictional world of your favourite book
- Listen to a mood playlist
- Do something creative
- Step outside and notice nature
- Write down some gratitude of little things that you can appreciate right now
- Seek out what makes you laugh

amh everyBODY Taking action on eating disorders

action mental health

"Nothing's working," said Rabbit.  
 "Have you tried unplugging?" asked Bear.  
 "I don't plug in anywhere," said Rabbit.  
 "Yes you do," said Bear. "You're plugged into the world around you."  
 "Oh," said Rabbit, giving this some thought.  
 "How do I unplug then?"  
 "Close your eyes, let your muscles relax and listen only to the sound of yourself breathing in and out," said Bear.  
 "After a while, when you feel ready, plug back in, and try again."



### LATE NIGHT REMINDERS

FOR WHEN YOUR BRAIN IS BEING MEAN TO YOU

- you are deserving of love
- everyone doesn't hate you
- you are capable of so much
- what you're seeking will come to you
- what others did to you isn't your fault
- you aren't a failure

ALT

@GMF.DESIGNS

# THE STRESS RELIEF GIRAFFE



OUT OF CONTROL

SCARED OF LOSING CONTROL

NERVOUS

UNSURE

CALM

**WHAT YOUR CHILD CAN DO:**

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water



## Why you should take deep BREATHS



Helps you to solve problems & find solutions



Decreases stress & anxiety



Improves memory, focus & concentration



Helps you to feel more calm & relaxed



Decreases blood pressure



Improves self-control

MINDFUL THROUGH LIFE



### South West Grid for Learning – Digital Wellbeing Resource

To assist professionals, parents and carers in supporting children’s wellbeing online. It looks at the impact of exposure to abuse or online harm on a child’s digital wellbeing and provides information on the role of digital technologies in relation to welfare.

Access the resources: [Digital wellbeing](#)



# Acts of Kindness

Ideas for Preschoolers by [NaturalBeachLiving.com](http://NaturalBeachLiving.com)

Let a sibling go first 1	say something nice to someone 2	Decorate Kindness Rocks 3	<b>share</b> 4	Play with someone new 5
Pick up trash without being asked 6	Say sorry if you do something wrong 7	smile at someone 8	Put a dollar on a vending machine 9	HOLD THE DOOR FOR SOMEONE 10
Make a care package 11	Say "good job" 12	Give someone a flower 13	Say hi to someone 14	Volunteer 15
Write a nice letter 16	Give a hug 17	Color a picture for someone 18	Say "Thank you" 19	Make a handmade gift 20
Leave a thank you note 21	Clean up without being asked 22	<b>GIVE A COMPLIMENT</b> 23	Let someone else go first 24	Say "I love you" 25



Explore the many resources, tips and advice on [www.mindingyourhead.info](http://www.mindingyourhead.info). Find ways to include 5 Steps to Wellbeing into your daily life.

## Some ways to Take 5 Steps to Wellbeing to help alleviate loneliness.



Whether online with friends or family, or face-to-face for a coffee or a walk - try to make it a regular occurrence to connect with others.



Volunteer for a local group to meet like-minded people and feel good about giving back.



Reading or listening to an audio book can alleviate loneliness. Try a new hobby e.g. crafting, knitting, making jewellery, painting or photography - you might even start to earn some extra money from your hobby!



Take notice of how you are feeling, practice self-care. Many of us experience feelings of loneliness in our lives. Take notice of others too, do they appear lonely? Helping others to connect makes us feel better.



Join a club e.g. fishing, walking, running, gardening. It can be good for our physical health as well as a chance to meet new people.

#LonelinessAwarenessWeek



## REMINDERS FOR HARD DAYS

WHOLEhearted School Education

1. A bad day does not equal a bad life. *You are not this struggle.*
2. Not all thoughts are true. *Phew.*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
5. Your worth is not contingent on circumstances. *You are LOVABLE and ENOUGH always.*
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength. *And be vulnerable.*
9. You're not alone. It's okay to ask for help.
10. Focus on the things you can control. *Let go of the rest.* *This is easier said than done.*



Podcast for those spotting preoccupation with food or exercise or are concerned that a loved one may have an eating disorder.

Spotify: <https://crowd.in/gxo0s8> Apple: <https://crowd.in/jfm2Js>  
 Google: <https://crowd.in/YOGBT9>

**childline**

ONLINE, ON THE PHONE, ANYTIME

**'We All Feel It Campaign'**  
 Supporting young males to reach out for support.

[Further Info](#)  
[Watch Video](#)

## SELF-CARE MENU

- take a few deep breaths ..... 5 MINS
- stretch your body ..... 5 MINS
- listen to your favourite song ..... 5 MINS
- meditate on your purpose ..... 15 MINS
- read a chapter of a book ..... 15 MINS
- journal out your thoughts ..... 15 MINS
- take a walk outside ..... 30 MINS
- get crafty ..... 30 MINS
- cook a new recipe ..... 30 MINS

@thefabstory

## Eating disorders. Know the first signs?



<b>Lips</b>	<b>Flips</b>	<b>Hips</b>	<b>Kips</b>	<b>Nips</b>	<b>Skips</b>
Are they obsessive about food?	Is their behaviour changing?	Do they have distorted beliefs about their body size?	Are they often tired or struggling to concentrate?	Do they disappear to the toilet after meals?	Have they started exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit [beateatingdisorders.org.uk/tips](https://beateatingdisorders.org.uk/tips)

Tips, advice, videos and podcasts all in one place



The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

If you are looking information and help with:



Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



[www.cypsp.hscni.net/youth-wellness-web](http://www.cypsp.hscni.net/youth-wellness-web)



## Services for young people: Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

Northern Trust Text-A-Nurse  
07480 635982

Belfast Trust Text-A-Nurse  
07507 328290

South Eastern Trust Text-A-Nurse  
07507 327263

Western Trust Text-A-Nurse  
07480 635984

Southern Trust Text-A-Nurse  
07507 328057

Or visit [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk) to start a chat





# SIGNS OF BURNOUT

@BLESSTHEMESSY

- HEADACHES
- FEELING NEGATIVE OR OVERLY CRITICAL
- UNEXPLAINED EXHAUSTION
- IRRITABLE
- BECOMING PHYSICALLY ILL
- INSOMNIA, CHANGE IN SLEEP PATTERNS
- ENDLESS ANXIETY
- FEELING INADEQUATE &/OR HOPELESS
- NEGLECT SELF CARE
- FEELING NUMB OR APATHETIC ABOUT LIFE

ALT

## SIGNS YOUR MENTAL HEALTH IS GETTING BETTER

- You accept that bad days won't last forever.
- You find more reasons to be happy and grateful.
- You are proud for surviving bad days.
- You listen to your body needs.
- You trust the world again.
- You start to embrace your past and let go.
- You believe in yourself again.
- Your energy levels improve.

Innsightful @innsightful\_



CYPSP Youth Wellness Web – Mental Health Resources

- [Age 8-10](#)
- [Age 11-15](#)
- [Age 16+](#)
- [Parent/Teacher Zone](#)

## MENTAL HEALTH RESOURCES & ACTIVITIES

### BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

### TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

### ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.



Advice from Safer Schools NI on how to talk to the young people in your care about suicide!

<https://bit.ly/3qnyFvA>



What's Up With Everyone? is a new collection of short animated videos from BBC Teach, developed to encourage young people to become more aware of their mental wellbeing - [Watch Video's Here](#)



Advice and activities to support children and parents with their mental health and emotional wellbeing.  
<https://parents.actionforchildren.org.uk/mental-health-wellbeing>

[Resources for children & young people aged 8-25yrs and those who care for them](#)

[Back to Section Contents](#)

## 8 THINGS TO SAY TO AN ANXIOUS CHILD

@teenhealthdoc x @mamapsychologists



You are safe with me



It's ok to feel nervous, I do too sometimes



Let's go for a walk



Let's draw the worry, how big is it?



Let's talk back to this worry



I am here for you



Let's sit together until the thought passes



Let's take a few deep breaths together

## Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings. "I am angry." "I am sad."

Encourage journaling and diaries.

Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

Thought about how some of the things your child sees on social media make them feel inside?

#kidsonline2021



www.getsafeonline.org/kids-be-true

Don't underestimate the part social media plays in your child's life, or how it can make them feel and behave <http://getsafeonline.org/kids-be-true>



### Advice on Panic Attacks

Panic attacks can feel scary and overwhelming. But if you experience them, you are not alone and you can get through it. Here's some information and advice that can help you.

<https://www.youngminds.org.uk/young-person/my-feelings/panic-attacks/>



CYPSP Youth Wellness Web  
– Bullying Resources

[Age 8-10](#)

[Age 11-15](#)

[Age 16+](#)

[Parent/Teacher Zone](#)

**BBC**

**How to recognise bullying and empower your children to deal with it**

**RECOGNISE: MOOD CHANGES** 😞

*Children's moods change quite a lot and it's normal to have down days. However, you may notice certain changes in your child which could cause you to worry.*

**RECOGNISE: EXCUSES**

*When a child constantly tells you that they want to stay at home. They may start to make excuses like saying they feel sick everyday, or saying that they haven't done their homework or revision for a test.*

**EMPOWER: CREATE A SAFE SPACE** 💖

*Bullying can have detrimental effects on your child's mental health and cause things like anxiety or even depression. Having a supportive environment at home is essential. If they feel that acceptance at home, the bullying may feel less debilitating.*

**EMPOWER: SUPPORT THEM**

*Help your child see value in who they are and what they have to offer. Talk to them about what they love about themselves. Is it that they are kind, that they are helpful, or funny?*



**Worried about bullying?**

Find out what steps you can take to get the bullying to stop ... <http://ht.ly/wAVQ30shgB6>



**10 signs of bullying and key advice**

<https://bit.ly/2H4mrUe>

# BEREAVEMENT RESOURCES



- Feeling Anxious After a Bereavement
- Why to I Keep Seeing the Person Who Has Died?

*Feeling anxious after a bereavement*

Cruse Bereavement Support

- ♥ You might feel very anxious after someone dies.
- ♥ This can include feeling panicky or breathless.
- ♥ A full panic attack can be a very frightening experience.
- ♥ It can make you feel dizzy or confused, faint or even be sick.

Why do I keep seeing the person who has died?

- Remember it's normal to see, hear or sense them
- Your mind may have temporarily 'forgotten' that they've died
- Your brain is trying to understand the finality of their death.
- Flashbacks are common when grieving
- If their death was particularly traumatic, you're more likely to see or hear the person or relive those memories.

Cruse Bereavement Support

# "I'm having trouble sleeping when grieving"

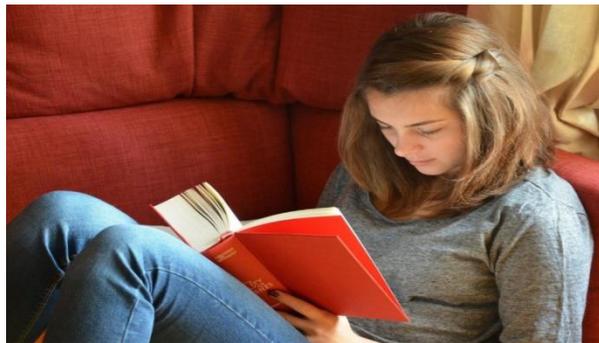
Cruse Bereavement Support

Is this normal?	What can help?
<p>Yes, you might:</p> <ul style="list-style-type: none"> <li> Be frightened to go to sleep because of bad nightmares.</li> <li> Find it difficult to get to sleep because your mind is racing.</li> <li> Dream that the person who died is still alive and find waking up very painful.</li> </ul>	<ul style="list-style-type: none"> <li> Slowly get back into a night-time routine.</li> <li> Exercise can be helpful to tire your body out.</li> <li> Try listening to relaxing music or sleep podcasts.</li> <li> Try not to get into bed until you feel really ready to sleep.</li> </ul>



**'I Will Always Love You'**  
Children's Book About Death & Grieving

[Watch Video Here](#)



[Books to Read When You Are Grieving](#)

## Ways to remember and celebrate someone's life

Cruse Bereavement Support



Sharing thoughts and memories of that special person



Going on their favourite walk



Inviting friends and family around



Cooking their favourite meal



Visiting a special place



Sharing your story online with others.



## Supporting Communities Following Sudden Death

New online platform launched to help support communities following a sudden death.

Comkit is supported by PHA developed with Urban Scale Interventions in partnership with Families' Voices Forum and other stakeholders.

Visit <http://Comkit.info>

## What to put in a memory box

Cruse Bereavement Support



Photographs



Items of clothes and Jewellery



Letters or cards from them



Awards or certificates they received

**Memory Box**  
Creating a memory box can be a lovely way to remember a loved one who has died.  
By having a safe space filled with their items can be a helpful way to feel connected to them and keep their memory alive.

## Supporting children bereaved by suicide

Cruse Bereavement Support



It's common for a child or young person to feel intense anger towards the person who has died. Reassure them that you'll be available if they need to talk about their feelings.

*Emotions*



They may ask "what if?" and "if only?" to try and understand what caused the person close to them to take their own life. Don't dismiss them, instead reassure them.

*Questions*



They could feel excluded from school life. Therefore, it's essential that they are not burdened with the opinions of others. Negative stigmas are unhelpful and damaging.

*Stigma*

# How to Support a Bereaved Person



#GriefAwarenessDay

1

Talk and listen.  
Let them know you are thinking about them

2

Find out if they need more support. Let them know where it's available

3

Remember important dates.  
Anniversaries and birthdays can be particularly painful

4

Offer practical help.  
Try to make specific suggestions

5

Understand that grief doesn't ever go away. There will be times which are difficult years later

6

Be understanding of their needs. These will change from day to day, but do continue to check in



The Cruse Bereavement Care NI 'Somewhere For Us' project has been created to bring young people together in NI after the death of a loved one. The project aims to form connections and lasting communities between those who have been bereaved through our Youth Advisory Group (YAG).

Has someone you love died? Are you between the ages of 12-24 years old living within Northern Ireland (NI)? Do you want to become part of a community of other young people who just 'get it'?

For more info visit:

[www.hopeagain.org.uk/somewhere-for-us-project](http://www.hopeagain.org.uk/somewhere-for-us-project)

## Talking to children about Grief & Loss



### Assess your child's understanding

Your conversation with your child should be age appropriate as your child may not have any understanding of what happens when somebody dies. Try asking questions like "do you know why mummy/daddy is sad today?" or "do you know what it means when someone dies?"

### Try not to use euphemisms

We can commonly use euphemisms to replace words or phrases that we think will be uncomfortable for others, but for children they can sometime confuse their understanding. Younger children will tend to think very literally. For example, "They've gone to a better place" may mean the child think the person has went somewhere great and could come back. (This might also be dependent on families' religious beliefs)

### Validate their emotions

Remember that a wide range of emotions is normal with grief, so don't be surprised if the child seems to show little emotion or if they show an emotion like anger, worry, or fear. Acknowledge their emotions and let them know it is natural to experience lots of different emotions and this will encourage them to express themselves.



### Be honest and straightforward

As parents we want to protect our children, but there is a range of research which shows that it is much better to tell children things than to keep them in the dark.

What you say will depend on your situation, but try to match the child's developmental level. Don't feel as though you have to tell them everything and try not to give more information than they can handle. With very young children stick to the basics - "this person has died and it's very sad". Between the ages of 7-12 you may find the child understands more about death and you could explain a little bit more. Give short, true answers and then see if the child follows up with any questions. Let the child lead the conversation with those questions, that way we don't provide too much information which might be overwhelming.



<https://www.hopeagain.org.uk/>

## What are the signs of complicated grief in children?

Cruse  
Bereavement  
Support

Difficulty accepting the death happened

Uneasiness about moving on with life

Not wanting to spend time with loved ones

Negative views of the future

Feeling hopeless

Difficulty trusting others



*Cruse Bereavement Support*

## Talking to a child about the death of a grandparent



Use clear language and avoid saying things like 'gone to sleep' or 'passed away'



Be honest with children about how you're feeling



Allow them space to talk about how they're feeling and about death in general

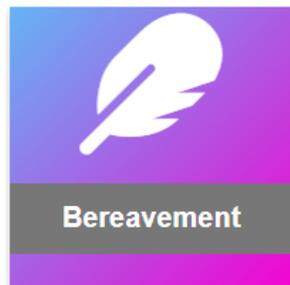


Let them ask questions and talk about the person who has died

For many children and young people, a grandparent dying will be their first experience of death and may come as a shock.

Guidance from Cruse Bereavement Support on how you can talk to them and show support:

<https://cruse.org.uk/understanding-grief/grief-experiences/children-young-people/speaking-to-a-child-about-the-death-of-a-grandparent/...>



**CYPSP Youth Wellness Web – Bereavement Resources**

[Age 8-10](#)

[Age 11-15](#)

[Age 16+](#)

[Parent/Teacher Zone](#)

*Cruse Bereavement Support*

## Cruse Bereavement Support NI

Helpful resources for parents/guardians and professionals supporting bereaved children and young people

Resource pack from Cruse Bereavement NI filled with tools and guidance to help support bereaved children and young people to move forward on their grief journey.

[Download Resource Pack](#)



**Believe in children**  
Barnardo's



Grief can be overwhelming after experiencing the loss of someone you know. But with the right support, recovery can begin. Here's seven things our experts say you need to know about grief and loss.

[7 things you need to know about grief | Barnardo's \(barnardos.org.uk\)](#)

# EDUCATIONAL RESOURCES & ACTIVITIES



**NEW  
Resources &  
Activities**

- Baby Sign Language Tips for Beginners
- BBC Bitesize Learn & Revise Resources – Primary/Secondary/Post-16
- Key Stage 3 Geography Resources
- Anxiety Based School Avoidance Resource Booklet
- Supporting Children’s Transition to Secondary School – Guidance for Parents & Carers
- Top Tips for Reading With Your Child
- Autumn Altram Resource

NEW  
Resources & Activities

# BABY

## SIGN LANGUAGE TIPS

FOR BEGINNERS

start anytime (4-6 months is typical)

start with commonly used words like 'milk'

say the word, show the sign then repeat over and over

remember - repetition is key

don't forget to keep talking to your baby

patience is a virtue

### Learn & revise

<b>Primary</b> Age 3 to 11	<b>Secondary</b> Age 11 to 16	<b>Post-16</b> Age 16+
-------------------------------	----------------------------------	---------------------------

BBC BITESIZE

[Home - BBC Bitesize](https://www.bbc.com/bitesize)

### KS3 Geography Resources

BBC BITESIZE

<https://bbc.in/3fTrfNm>

STRIVE NI

ANXIETY BASED SCHOOL AVOIDANCE RESOURCE BOOKLET

Resource from Strive NI explaining why Anxiety Based School Avoidance occurs and how to support students

[Download Here](#)

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Anna Freud National Centre for Children and Families

### Supporting children's transition to secondary school

Guidance for parents and carers

PRIMARY SECONDARY

Short guide for parents/carers from Anna Freud providing tips about how children going through the transition to secondary school can best be supported by you.

[Read Here](#)

# Top tips for Reading with your child

- ✦ Show your child how to hold a book ✦
- ✦ Have a good look at all the pictures together ✦
- ✦ Show them the words in the book ✦
- ✦ Move your finger across words as you read aloud ✦
- ✦ Point out punctuation like capital letters, full stops or question marks ✦
- ✦ Show them how to turn the page to continue the story ✦
- ✦ Read all types of books with your child ✦
  - ✦ Ask questions ✦
- ✦ Have your child predict the ending of stories and retell stories ✦
- ✦ Have your child draw pictures based on the story you have read ✦
  - ✦ Have books out for your child to read by themselves ✦
- ✦ Have a special reading spot and read throughout the day, not just at bedtime ✦
  - ✦ Have comics and magazines available ✦
- ✦ Don't worry about reading the same book every time ✦
  - ✦ Point out signs around shops or on roads ✦
    - ✦ Look at food packaging ✦
    - ✦ Explore the labels ✦
- ✦ Enjoy and remember READ, READ, READ ✦

✉ eolas@altram.org    🌐 www.altram.org

☎ Béal Feirste: 028 90332517 • Doire: 028 71363703



## Autumn An Fómhar Ann Four



Leaf/ leaves  
Duilleog/duilleoga  
Dill-yog/dill-yoga



Conker  
Cnó Capaill  
Crow cap-al



Tree  
Crann  
Cran



Acorn  
Dearcán  
Jar-can



Scarecrow  
Fear bréige  
Far brega



Pinecones  
Buaircín  
Boor-keen



Yellow  
Buí  
Bwee



Red  
Dearg  
Jar-ig



Brown  
Donn  
Done

The leaves are falling  
from the trees

Tá na duilleoga ag titim de  
na crainn

Taa na dill-yoga ig  
titch-im de na crinn

The leaves are yellow,  
read and brown

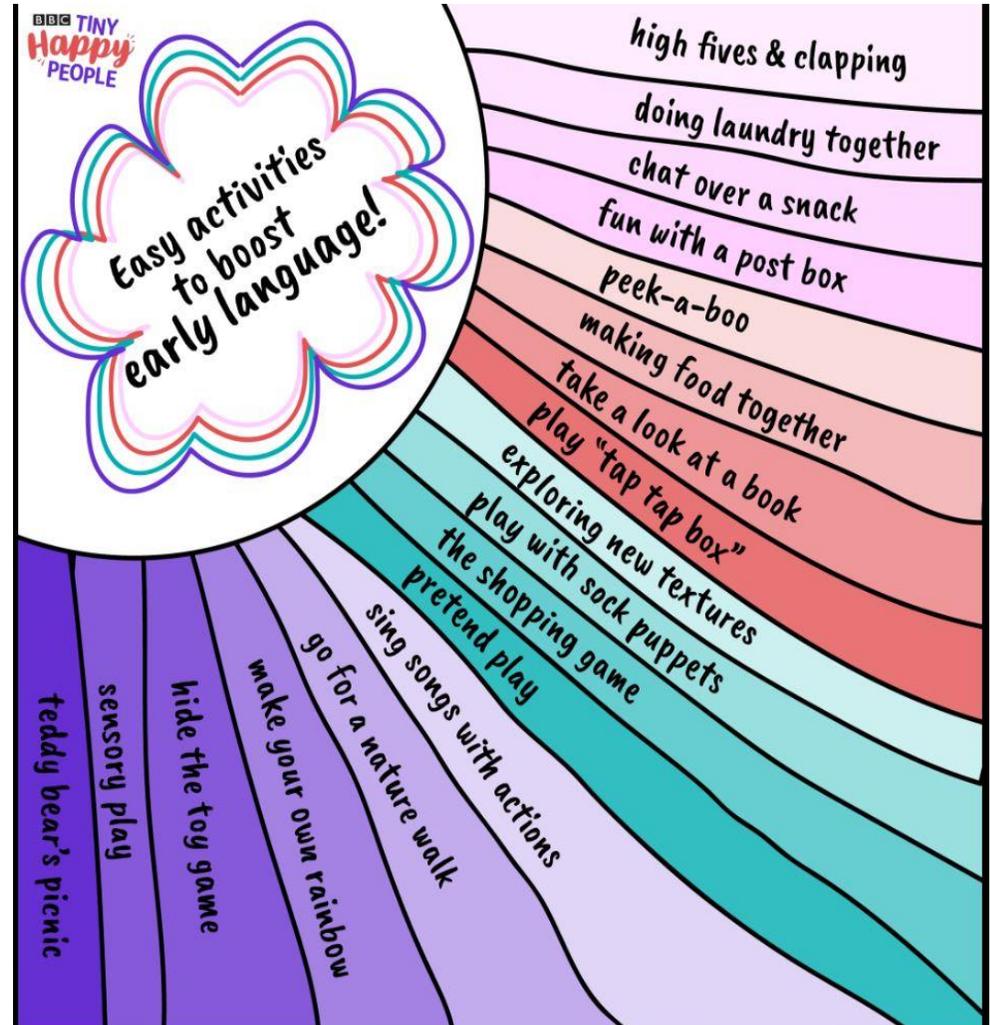
Tá na duilleoga buí, dearg  
agus donn

Taa na dill-yoga bwee,  
jar-ig ug-us done

# Everyday Activities that count as Learning



Taking 5 or 10 minutes out of your busy day to try one of these activities with your little one can really help them learn more new words and boost their language development



## EDUCATIONAL RESOURCES & ACTIVITIES

### Deferral of Pre-School or Primary School Places



[nidirect.gov.uk](http://nidirect.gov.uk)

Parents or guardians of some children can now choose to defer school places by one year. This means that children born between 1st April and 1st July (including both dates), or any premature child who was born before 1st April but was due to be born on or after 1st April, are eligible to defer pre-school or primary school this year if they choose - [Further Information](#)

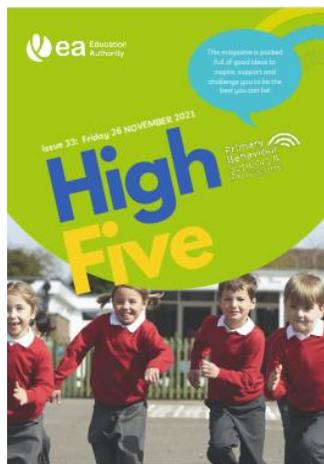


Start your child learning for a lifetime!

[This video](#) from BBC Tiny Happy People highlights the importance of singing songs to babies all day long and how you can sing about anything!



[Home Learning Ideas & Resources](#)



**High Five Newsletter** - resource pack for families and primary aged pupils in relation to staying safe physically but also emotionally and mentally using the Health and Social Care Take 5 framework. Available in English, Irish and accessible versions – [Download Here](#)

**7 benefits of nursery rhymes for babies & toddlers**

1. They introduce kids to **new words**
2. They help children recognise the **sounds in words**
3. They teach where **words begin & end** in sentences
4. They boost **fine and gross motor skills**
5. They're great for developing other life skills, like **maths**
6. They build **emotional awareness**
7. They **strengthen the bond** between you and your child

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## Help Kids Talk



**Our vision: everyone in our community working together to help kids talk.**

We are a community-wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and South Eastern HSC Trust.

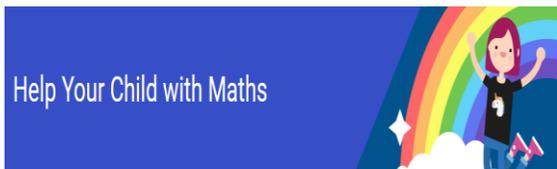
- We deliver key messages around speech, language & communication development every month through our social media pages
- We run free webinars on a fortnightly basis
- In our webinars we discuss infant mental health & top tips for supporting speech, language & communication development in children aged 0-10 years
- Suitable for both parents and practitioners
- Available across all Northern Ireland

Register to join a webinar via the QR code or the following link:

<https://view.pagetiger.com/basic-awareness-webinar-training-dates>



For further information, please contact us.  
email: [helpkidstalk@resurgamtrust.co.uk](mailto:helpkidstalk@resurgamtrust.co.uk)  
phone no: 028 92675172



'Help Your Child With Maths'  
Primary resource from CEA To help support young learners in the classroom & beyond.

<https://bit.ly/2Nuxjhz>

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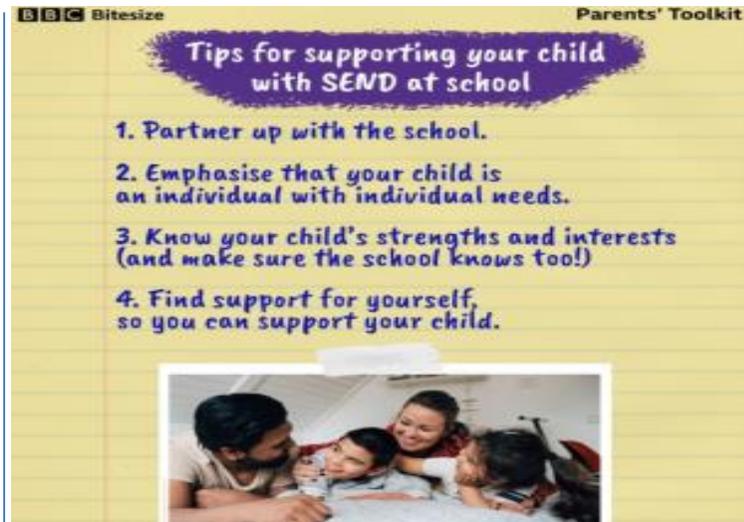
A range of online information, including advice and resources to help parents, carers and children .

[View Here](#)



To access our range of resources visit  
[oursaferschools.co.uk/home-learning-hub](https://oursaferschools.co.uk/home-learning-hub)

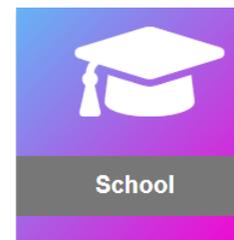
Library of FREE resources!  
Covering topics like password safety, to support children and young people at home – [Go to Hub](#)



1. Partner up with the school.
2. Emphasise that your child is an individual with individual needs.
3. Know your child's strengths and interests (and make sure the school knows too!)
4. Find support for yourself, so you can support your child.



Further Info: <https://bbc.in/2WGhwRa>



**CYPSP Youth Wellness Web – School Resources**  
[Age 8-10](#)  
[Age 11-15](#)  
[Age 16+](#)  
[Parent/Teacher Zone](#)

Regional support organisation for Irish medium early years settings.  
[Parental Support Materials](#)

# PLAY

## RESOURCES & ACTIVITIES



- **Indoor Activities:**

- Make Your Own Autumn Wreath
- Low Cost/No Cost Play Ideas
- Colouring and Activity Sheets

- **Outdoor Activities:**

- Autumn Tree & Leaf Detective
- Make Your Own Bird Feeder
- 50 Things To Do Before You Are 11¾
- Autumn Scavenger Hunt
- Free Family Days Out

# PLAY RESOURCES & ACTIVITIES



Developmental activities from BBC Happy Tiny Lives to keep the little one busy and working on their language and creativity skills at the same time.

[Activities for 4-5 year olds – BBC Tiny Happy People](#)

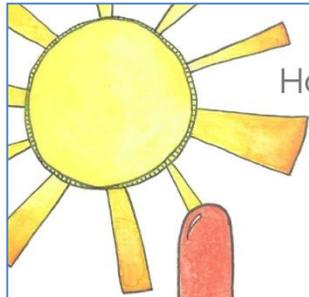
[Activities for babies, toddlers and kids: Fun games to help development and bonding – BBC Tiny Happy People](#)



[Read Guide](#)

Did you know there are many different types of play? Children should enjoy a healthy 'diet' of play types! Read more about Play Types at <http://bit.ly/PlayParentsGuide...> Read about loose parts at <http://bit.ly/35mDSHO>

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## How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!

20°C



10°C



0°C



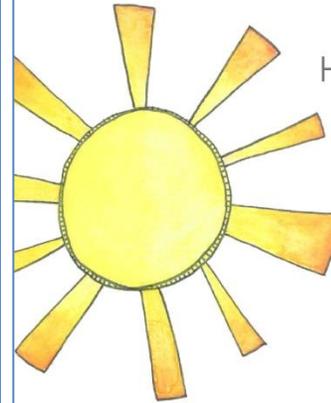
-10°C



-20°C



Supporting Outdoor Play Year Round



## How to Dress for the Weather Tips

### Tips for Hot

- Use sunscreen before going outside
- Wear a hat and sunglasses
- Bring a water bottle to stay hydrated

### Tips for Rain and Wet Conditions

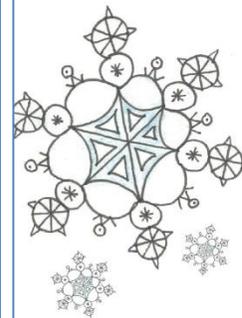


- Cotton absorbs moisture and stays wet and heavy. Avoid cotton clothing and socks on colder days
- Wear rubber boots to keep feet dry
- Elastic cuffs on sleeves of a rain jacket and ankles of splash pants keeps water out
- Pull pant legs OVER rain boots to keep feet dry
- Bring an extra set of clothes including waterproof mittens for cold, wet days

### Tips for Cold

Dress in layers:

- **Base layer:** closest to your skin, fits snugly and helps wick moisture away. Look for wool or polyester fabrics.
- **Mid layer:** the insulating layer that keeps you warm. Stick to wool or fleece.
- **Outer layer:** protects you from the elements like wind, rain and snow. This layer should be waterproof with enough room for layers underneath.



# Autumn wreath

You will need:

- leaves
- tissue or coloured paper
- string or ribbon
- pine cones
- paint, markers, crayons
- glue
- conkers
- paper plate or cereal box
- scissors
- flowers

Cut out the centre of a paper plate or cut a circle shape out of a cereal box.

Next, cover the base of your wreath by painting, colouring, or covering in tissue paper.

When your base is ready, decorate your wreath using the materials you have gathered.

Make a nature wreath by adding different leaves you find in your garden or on a walk, as well as conkers and pine cones. Create a Halloween wreath by cutting out spooky shapes from your coloured paper such as ghosts and spiders and attach. Once you are done, add some string or ribbon to the top and display.



www.playboard.org

## Low cost/no cost play ideas



**Make a den**  
Use blankets and sheets to make a cosy den



**Shopkeeper**  
Set up shop using cupboard items



**Play dress up**  
What can you dress up as with items from around the house?



**Memory game**  
Take it in turns to remove something from a room, can the others remember what is missing?



**Teddy bear's picnic**  
Get all your cuddly friends together for a living room picnic



**Treasure hunt**  
Create a treasure hunt around your home or garden



**Homemade art**  
What can you create using loose parts from around the house (boxes, cartons, leaves etc)?



**Hide and seek**  
An oldie but a goodie, where are some good hiding places in your home?

NEW  
Resources & Activities

PLAY RESOURCES & ACTIVITIES

INDOOR ACTIVITIES

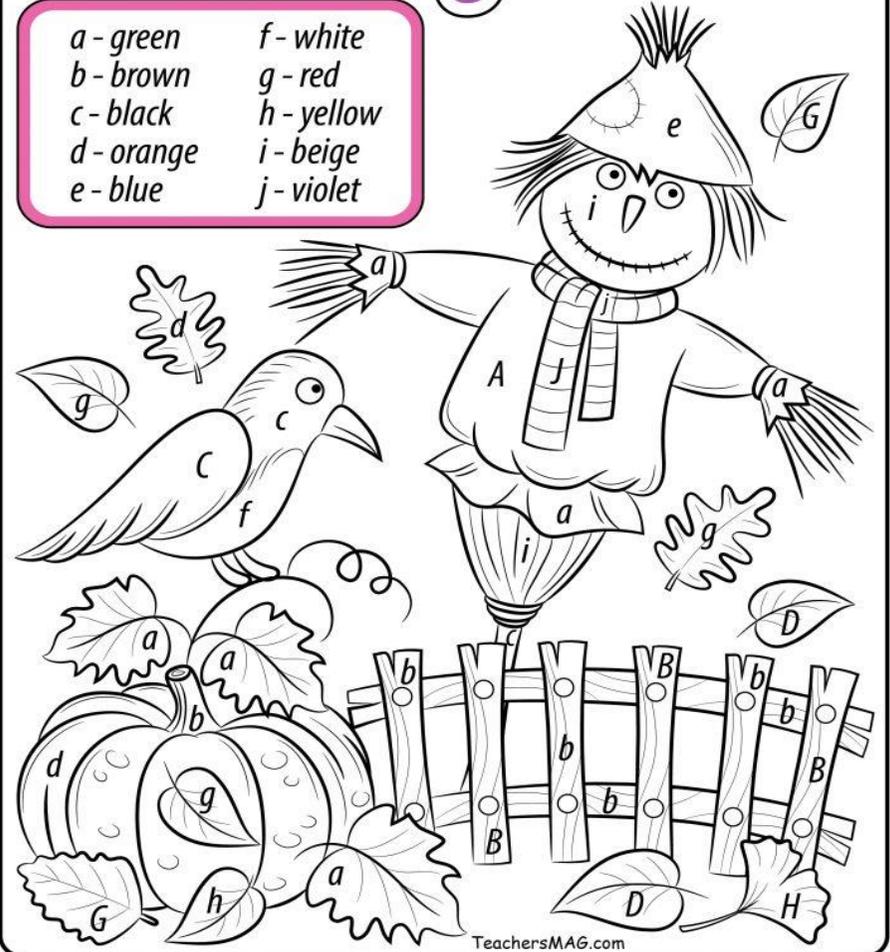


Name \_\_\_\_\_

Directions: Use the code to color the picture.

# Color by Letter

- |            |            |
|------------|------------|
| a - green  | f - white  |
| b - brown  | g - red    |
| c - black  | h - yellow |
| d - orange | i - beige  |
| e - blue   | j - violet |



TeachersMAG.com

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## Autumn Crossword Puzzle

**ACROSS**

5. An orange vegetable used to carve Jack O' Lanterns.
7. A garden tool used to capture fallen leaves from the yard.
9. The ninth month of the year, when autumn begins.
10. A vegetable that grows inside a green husk with yellow kernels inside.

**DOWN**

1. The seed produced by oak trees.
2. A small, usually brown mammal with a long, fuzzy tail that lives in trees.
3. A type of fruit that can be red or green and is baked in pies.
4. The gathering of crops at the end of the growing season.
6. A dummy used to scare away birds and other animals from eating a farm's crops.
8. The flat, usually green parts of a plant that grow from a stem or branch.

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## Autumn Words

M	A	P	L	E	T	R	E	E	Z	B	J
L	W	G	P	A	V	Y	E	L	L	O	W
O	B	J	U	P	E	Y	F	H	G	S	Z
R	X	K	M	P	G	O	D	A	E	J	P
A	E	C	P	L	E	C	L	R	E	B	E
N	C	H	K	E	T	T	E	V	S	R	A
G	O	I	I	S	A	O	A	E	E	O	R
E	L	L	N	E	B	B	V	S	X	W	X
K	O	L	H	R	L	E	E	T	N	N	M
V	R	Y	A	E	E	R	S	R	I	C	E
X	S	X	Y	D	S	S	C	H	O	O	L
C	S	W	E	A	T	E	R	F	A	L	L



- |        |            |         |            |
|--------|------------|---------|------------|
| apple  | geese      | October | rice       |
| brown  | harvest    | orange  | school     |
| chilly | hay        | pear    | sweater    |
| colors | leaves     | pumpkin | vegetables |
| fall   | maple tree | red     | yellow     |

What animal migrates in fall?

How is the weather in fall?



[www.bogglesworldesl.com](http://www.bogglesworldesl.com)

# Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

- 1 How many different words can you make from the letters in this sentence, below?** Grab a pencil and paper and write a list!  
*'Learning from home is fun'*
- 2 Thank a community hero.** Think of someone that helps you in some way and write a short letter to thank them.
- 3 Get building!** You could build a Lego model, a tower of playing cards or something else!
- 4 Can you create your own secret code?** You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?
- 5 Start a nature diary.** Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?
- 6 Hold a photo session.** Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?
- 7 Build a reading den.** Find somewhere cosy, snuggle up and read your favourite book!
- 8 Use an old sock to create a puppet.** Can you put on a puppet show for someone?
- 9 Make a list of all the electrical items in each room of your home.** Can you come up with any ideas to use less electricity?
- 10 Design and make a homemade board game and play it with your family.**
- 11 Do something kind for someone.** Can you pay them a compliment, make them something or help them with a task?
- 12 Can you create a story bag?** Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.
- 13 List making!** Write a list of things that make you happy, things you're grateful for or things you are good at.
- 14 Design and make an obstacle course at home or in the garden.** How fast can you complete it?
- 15 Can you invent something new?** Perhaps a gadget or something to help people? Draw a picture or write a description.
- 16 Keep moving!** Make up a dance routine to your favourite song.
- 17 Write a play script.** Can you act it out to other people?
- 18 Read out loud to someone.** Remember to read with expression.
- 19 Write a song or rap about your favourite subject.**
- 20 Get sketching!** Find a photograph or picture of a person, place or object and sketch it.
- 21 Junk modelling!** Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.
- 22 Draw a map of your local area and highlight interesting landmarks.**
- 23 Write a postcard to your teacher.** Can you tell them what you like most about their class?
- 24 Draw a view.** Look out of your window and draw what you see.
- 25 Get reading!** What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com - More writing. More progress.

## No Cook Orange Play Dough

### STEP 1: MIX



### STEP 2: MIX



### STEP 3: MIX A and B



### STEP 4: TIME FOR FUN AND LEARNING!

Life's Early Learning Apsol © 2014



## homemade finger paints

- 3 tbs sugar
- 1/2 tsp salt
- 1/2 cup corn starch
- 2 cups water

combine ingredients in small saucepan, warm until mixture thickens, cool & pour in containers, add food coloring to create desired colors. enjoy!

easie peasie

Heaps of fun activity sheets for you from BookTrust HomeTime - colouring, crafts, puzzles and more they're completely free!

[Download Here](#)

# Autumn tree and leaf detective



OUTDOOR ACTIVITIES



Beech



Ash



Oak



Sweet chestnut



Horse chestnut



Hazel



Silver birch



Sycamore



Hawthorn



Elder

[www.wildlifewatch.org.uk](http://www.wildlifewatch.org.uk)

Credits: Mark Hamblin/2020VISION, Brian Eversham, Ross Hoddinott/2020VISION, Jon Hawkins SurreyHillsPhotography, Gillian Day, Philip Precey, John Bridges.

!

View more activities at [www.wildlifewatch.org.uk/activities](http://www.wildlifewatch.org.uk/activities)

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# How to make your own bird feeder



OUTDOOR ACTIVITIES

## What you need:

- dry ingredients
  - bird seed
  - dried fruit
  - cooked rice
  - breadcrumbs
  - grated cheese
  - chopped nuts

- hard cooking fat (lard or suet)

- a pine cone, coconut shell or yoghurt pot



Use an old yoghurt pot for this, and always recycle after it's been used

- string



1 Mix all the dry ingredients together in a bowl



2 Add the fat and give it a good mix around

3 Choose your feeder



plaster all over a pine cone



put it round the inside of a coconut shell



press into a yoghurt pot

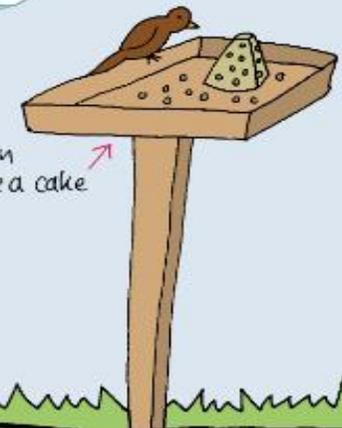
You can hang this upside down like a bell or turn it out like a cake

4 Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)



Hang your feeder where you can watch birds without disturbing them

If you need to melt the fat, ask an adult to help



[www.wildlifewatch.org.uk](http://www.wildlifewatch.org.uk)

More activity ideas at <https://www.wildlifewatch.org.uk/activities>

NEW  
Resources & Activities

## PLAY RESOURCES & ACTIVITIES

Fun outdoor activity ideas from The National Trust - [50 things to do before you're 11¾ activity list | National Trust](#)

50  
things to do  
before you're  
11¾

# How many have you done?

We've been working closely with kids just like you to put together this list of the best things to do before you're 11¾. (Although lots of them are still great fun even when you're 81¾.) You'll find fun things to do for every kind of outside place, from mountains to sea, forests to fields. So what are you waiting for? Get out there and see how many you can do!

- |   |   |   |   |  |   |   |   |   |   |
|---|---|---|---|--|---|---|---|---|---|
|    |    |    |    |    |    |    |    |    |    |
| 1. Get to know a tree   | 2. Roll down a really big hill  | 3. Camp outdoors  | 4. Build a den  | 5. Skim a stone  | 6. Go welly wandering   | 7. Fly a kite   | 8. Spot a fish  | 9. Eat a picnic in the wild   | 10. Play conkers  |
|    |    |    |    |    |    |    |    |    |    |
| 11. Explore on wheels   | 12. Have fun with sticks  | 13. Make a mud creation   | 14. Dam a stream  | 15. Go on a wintry adventure   | 16. Wear a wild crown   | 17. Set up a snail race   | 18. Create some wild art  | 19. Play pooh sticks  | 20. Go paddling   |
|    |    |    |    |    |    |    |    |    |    |
| 21. Forage for wild food  | 22. Find some funky fungi   | 23. Get up for the sunrise  | 24. Go barefoot   | 25. Join nature's band   | 26. Hunt for fossils and bones  | 27. Go stargazing   | 28. Climb a huge hill   | 29. Explore a cave  | 30. Go on a scavenger hunt  |
|   |   |   |   |   |   |   |   |   |   |
| 31. Make friends with a bug   | 32. Float in a boat   | 33. Go cloud watching   | 34. Discover animal clues   | 35. Discover what's in a pond  | 36. Make a home for wildlife  | 37. Explore the wonders of a rock pool  | 38. Bring up a butterfly  | 39. Catch a crab  | 40. Go on a nature walk at night  |
|  |  |  |  |  |  |  |  |  |  |
| 41. Help a plant grow   | 42. Go swimming in the sea  | 43. Help a wild animal  | 44. Watch a bird  | 45. Find your way with a map   | 46. Clamber over rocks  | 47. Cook on a camp fire   | 48. Keep a nature diary   | 49. Watch the sunset  | 50. Take a friend on a nature adventure   |

OUTDOOR ACTIVITIES

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# Autumn Scavenger Hunt

Can You Find Them All?

OUTDOOR ACTIVITIES

- A red leaf
- Something beginning with S
- A feather
- Something fluffy
- A nut
- An acorn
- 3 different shaped leaves
- Something orange
- Something brown
- Something red
- Something green
- A conker



- A twig with a bend in it
- A flat rock or stone
- A seed
- Something hard
- Something soft
- A squirrel
- Animal tracks
- A bird's nest
- Red berries
- A puddle to jump in
- A spider's web
- Pine needles

KidsTime



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# Free family days out



White Rocks Beach

The city walls

The Playtrail

Glenariff Forest Park waterfall walk

Kilcreggan Urban Farm Carrickfergus

Davagh Forest mountain bike trails

Ecos Centre

Gortin Glen Forest park & Destination play park

Drum Manor Forest Park

Ulster Museum

Crawfordsburn Country Park and eco-garden

Botanic Gardens

An Cragán nature garden

Lady Dixon gardens and play park

Scrabo Tower

Castle Archdale lakes and bike trails

The MAC

Billy Neill's bike tracks

Castlewellan Peace Maze

Slieve Gullion Forest park, adventure playground and Fionn's giant adventure

Kilbroney Park Narnia Trail

ParentingNI

# WORLD CONFLICT RESOURCES

With access kids have to social media, their phones news & hearing family talk they are being exposed to lots of very worrying and scary things with questions about WW3 and if we are going to end up in the war. Here are some resources for parents on how to talk to your child to alleviate anxiety.



[Talking to your children about scary world news](#)



[How to Talk with Children About the Conflict in Ukraine](#)



[Talking to Your Child About the War in Ukraine](#)

### Talking to Children About War

With news of the war in Ukraine dominating headlines, social media platforms and conversations across the country, many children in early learning and care and school age childcare settings will have been exposed to information about the conflict.

Children do not always talk about what is worrying them but they may be trying to make sense of this information by themselves and, in the absence of factual information, imagining situations to be far worse than they are. Every child is different, however, and while some might be feeling scared, others may not be worried at all.

Below are some strategies for talking to children about the current situation that will help to ease their concerns.

**Keep calm.** Check in with yourself and how are you currently feeling. When you are feeling anxious, children can notice this and begin to feel stressed too. If needed, take some time to calm.

**Talk to children.** We instinctively want to protect children from things that might frighten them; however not talking about something can make children more scared. If children are already talking about the war, encourage them to tell you what they have heard and ask them how they are feeling. If children are showing no interest, leave them be.

**Answer questions.** Answer children's questions in language they will understand with a level of information appropriate to their age. Avoid sharing too much information as this can be overwhelming. If you do not have all the answers, that is ok. Tell the child you will let them know when you know.

**Create a safe environment.** Children need to feel safe and secure. Limit children's exposure to news reports and discuss your own worries outside of children's earshot.

**Reassure them.** Young children often personalise situations and may perceive the danger to be closer to home. Let them know that although war is very serious, they do not need to worry about it happening in their neighbourhood. Tell them you understand how they are feeling and reassure them that they are safe and that you are there to take care of them. It is important, however, to be realistic and not to promise that no one will get hurt.

**Help children find ways to express themselves.** Some children may not be able to talk about their thoughts or feelings but can be supported to make sense of the world through play.

**Do something positive.** Encourage children to engage in activities where they can feel helpful such as drawing pictures to send to children who are living in affected areas.

**Avoid stereotyping** groups of people by nationality and challenge hateful talk.

**Partner with parents.** Share information on the discussions children are having at home and in the setting or any fears or concerns the child may have.

Children who have experienced trauma or loss may be particularly vulnerable to news of war and conflict and may need extra support. Children with relatives in the regions impacted by conflict will also need special attention.

 An Bliain Leanaí, Comhábairneach, Múscaraí, Langhábairneach agus Oighe  
Department of Children, Equality, Disability, Integration and Youth

 pobal  
parent support organisation

 Barnardos  
Barnardos Children's Services

# OTHER RESOURCES & ACTIVITIES



NEW  
Resources &  
Activities

- Pack Lunch Ideas
- Food Based Activities
- Cyber Safety – Be Safe Online Campaign
- Safer School NI's Safety Centre
- Telegram – Your Online Safety Guide
- Deleting Messages – Online Safety Guide



## Pack lunch ideas

Main	Side	Snack
Wrap	Carrot sticks	Rice cakes/oat cakes
Sandwich	Pepper slices	Berries
Roll	Sliced cucumber	Raisins
Pasta	Pepperoni	Yoghurt
Crackers	Cheese	Banana bread
tacos/pitta	portion	Apple slices
Cracker breads	Hummus and veg sticks	Popcorn
Bagel	Cheese and fruit sticks	Pancakes
Boiled egg	Sausages	Smoothie
Egg muffins	Tomatoes	Jelly
	Bread sticks	Fruit
<b>Filling ideas...</b>		
Ham,		
Tuna(sweetcorn)		
Cheese, egg, cream cheese, chicken, turkey		



### Monday

Chicken salad wrap  
Cheese and fruit sticks  
Yoghurt

### Tuesday

Pitta bread and hummus or cream cheese  
Cut up sausages  
Strawberries and grapes

### Wednesday

Tuna pasta  
Bread sticks  
Cucumber slices  
Raisins and popcorn

### Thursday

Ham wrap  
Cheese  
pepperoni  
Smoothie/Jelly

### Friday

Crackers, ham and cheese  
apple and grapes  
Banana bread

Let us know your suggestions!!!!



Looking for weekend fun with the kids?

Try these food-based activities

<https://bbc.in/3AgJMLs>

## OTHER RESOURCES & ACTIVITIES



Being online can be exciting and fun – but some things online can leave you feeling upset, bullied, or even worried. Just remember that good and bad news travels fast online and you can sometimes find yourself in tricky situations with lasting consequences.

Southern Health & Social Care Trust, South Eastern Health & Social Care Trust and Armagh City, Banbridge & Craigavon Borough Council have all teamed up to support children and young people with the 'Cyber Safety' #BeSafeOnline campaign.

Staying safe online does start with you – and there are lots of people here to help you. If you or someone you know needs support, call one of the numbers below and there will be someone to listen to you and provide you with help.

Southern Trust 028 3756 7100

South Eastern Trust 0300 100 0300

To find out more visit: [www.newrymournedown.org/safeguarding](http://www.newrymournedown.org/safeguarding)  
[Watch Video](#)



Safer School NI's Safety Centre, the FREE resource designed to be your go to for online safety information and advice. From reporting on social media, to getting to grips with privacy settings, the Safety Centre is there when you need it <https://bit.ly/3S8CEHy>

June 2022

## Telegram: Your Online Safety Guide

Online Safety Shareable by

SAFER SCHOOLS NI @saferchoolsni.co.uk

**What is Telegram?**  
Telegram is a cross-platform messaging app that combines familiar elements from platforms like WhatsApp and Twitter into one app. Through use of AI bots, instant messaging, chat customisation, and time-bound messages, Telegram allows users to communicate with individuals, small groups, or large groups (up to 200,000 people).

It is free to download on iOS, Android, Windows, Linux, and other popular platforms. It is rated '17+' on the Apple App Store while Google Play advises 'Parental Guidance'.

According to Ofcom's 'Online Nation 2022 Report', about 3% of 8-11 year olds and 4% of 12-15 year olds in the UK are using Telegram.

**Special Features**

- Secret Chats** – Also known as 'disappearing messages', users can set 'self-destruct' times on messages, ranging from 2 seconds to a week.
- Chat Bots** – Accounts operated by Artificial Intelligence (AI) systems are used to play various games and engage in conversation with users.
- People/Groups Nearby** – These features allow users to connect with individuals or groups nearby, without making their physical location known.
- Channels** – A tool that lets a group of administrators or an individual administrator broadcast messages to an unlimited subscriber base.

**Safety and Privacy Settings**

- Blocking** – Users can block other users from sending unwanted messages and making contact.
- Reporting** – Users can report a group chat or channel using the tools on the app.
- Location Settings** – The sharing of your location is automatically switched off. You can enable this setting by making yourself 'visible' on the 'People Nearby' feature.
- Privacy Settings** – There are multiple privacy settings, these include options such as hiding your 'Phone Number', 'Last Seen' status, and your 'Profile Photo'.

In our digital world, there are so many apps and platforms created to help us stay connected to those we love and find new connections with people from all over the world. This means children and young people are growing up in a time where instant messaging and video calls are equal to in-person chats – something the COVID-19 pandemic enhanced significantly. It's never been more important for parents, carers and safeguarding professionals to ensure they know the safety concerns and risks around every app available to those in their care.

**WARNING**  
This messaging app has **NO EFFECTIVE AGE VERIFICATION** and features unmodified chats with lots of **INAPPROPRIATE CONTENT!**

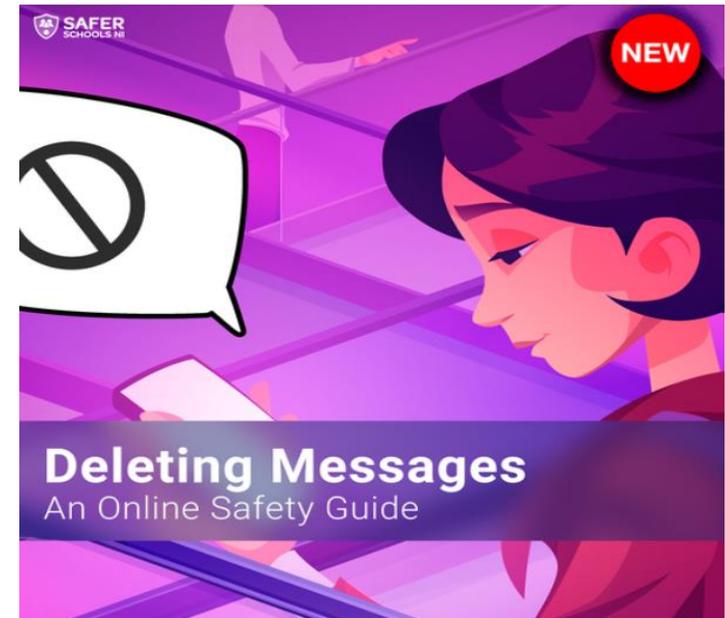
**Risks to Children and Young People**

- Limited moderation
- No effective age verification
- Accessible harmful content
- Live location sharing
- Encouraged stranger interaction
- Secret Chat (Disappearing Messages)

**Top Tips for Parents and Carers**

- Discuss responsible sharing.** "It's important to know who you're talking to online and understanding what you are sharing isn't as private as you think."
- Walkthrough image ownership.** "Your photos and videos only belong to you."
- Talk about authenticity.** "Being 'real' and oversharing are not the same thing."
- Practice screentime boundaries.** "No one should be looking at a screen 24/7."
- Discern deepfakes & misinformation.** "Don't believe all content at first glance."
- Identify Trusted Adults.** "Who are the people you can always rely on to help you?"
- Protect personal information.** "The details that identify us should be kept private."
- Set Safety Settings.** "Let's explore how to keep you safer on this app together."
- Report inappropriate content.** "Let's figure out how to report and block together."

As with any social messaging app, it's important to note the potential of risk to young people - but it does not necessarily mean they are using the app in this way. If someone in your care is using Telegram, remain calm and use the opportunity to engage in a discussion.



### Have you ever sent a message and immediately wanted to delete it?

More and more digital platforms are implementing a 'deleting messages' option in an attempt to standardise this feature. The Safer School NI team have reviewed this feature on multiple social and messaging platforms, and explained what you can and cannot do on each: <https://bit.ly/3UPetiU>

# PARENTS

## STOP Saying Sorry for...

@INSTITUTEOFCHILDPSYCH

**YOUR CHILD BEING A CHILD**

- Your child's messy car seat
- Your child being shy
- Your child not wanting to go on a play-date
- Your child being tired
- Your child not cooperating at the doctors office
- Your child's allergies
- Your child coming home early from a sleepover
- Your child's wild hair and muddy feet

## Things I want to pause and notice about my kids this week...

@mombraintherapist

- how they are using their imagination
- the cute way they say certain words
- their pride showing me something they've made
- how it feels to hold them
- their favorite things and toys
- how they look when they sleep
- how they show their love
- their curiosity about the world
- their bravery trying new things
- the excitement they see in each day
- the unique person they are growing into

## Friendship skills top tips

### Learn through play

Provide children with opportunities to play with peers, this helps them develop the necessary social skills to maintain good relationships



### Encourage positive social skills

Teach children skills in relating to others, such as listening, sharing, playing by the rules and empathy



### Praise positive behaviour

Praise your child for being friendly and caring to others, this will support their learning and friendship making skills



### Take a back seat

When friendship issues arise, try to help your child resolve conflicts by being supportive and encouraging

### Like attracts like

Children become friends because they share similar interests. It can be helpful to plan activities in advance of a play date

### Be a good role model

Children will learn from you and your relationships with others

ParentingNI

## 11 THINGS TO SAY WHEN KIDS CRY...

- We're on the same team. I will help you.
- That was really sad/frustrating/disappointing.
- Let's take a break.
- I understand you're overwhelmed and that's OK.
- Would you like help/ a break/ to try again?
- I can hear you are crying, but I don't know what you need. Can you help me understand?
- I love you. You are safe.
- Let's come up with a solution together.
- I remember when you...
- I can see this is hard for you.
- Maintain silence and hold loving space for your crying child.

Follow @gozenlove

OUR TINY HAPPY PEOPLE

## A thought on parenting...

You don't have to have it figured out every day. In fact, it's okay if you feel like most days you don't know what you're doing, because I'll tell you what, we're all winging this parenting thing. But I'm here to remind you that you're doing a great job. So put your phone down, take a deep breath, smile and remind yourself that you're stronger than that negative voice inside your head.

# THINGS TEENAGERS LOVE

(EVEN THOUGH THEY'D NEVER ADMIT IT)

When we say "I love you"

When we welcome their friends

Snacks, so many snacks

When life isn't so serious

Small surprises

Being their biggest cheerleader



Acceptance of who they are

Our undivided attention

When we don't freak out

Respecting their need for space

## 6 Phrases to Help Kids Practice Patience

gozen.com

I'd love to take you to one activity this week, so we can have some downtime, too.



I'm happy to help you after I'm finished cooking this meal.



I'm doing one thing at a time like you. I'll be right there.



I know it's hard to wait. I get it.



I'm going to rest before we go out to play. I'll be there in 20 minutes.



I try to give you what you and your sister need. Sometimes those are different things.



FROM TINY HAPPY PEOPLE

## 15-MINUTE CALMING BEDTIME ACTIVITIES

TAKE 15 MINUTES BEFORE BED TO FOCUS THEIR MIND AND WIND DOWN TOGETHER

3 MINUTES  
JIGSAW PUZZLE

2 MINUTES  
WHO'S HOLDING TEDDY

2 MINUTES  
BRUSHING TEETH  
MADE UP RHYME

2 MINUTES  
REFLECT ON YOUR DAY

5 MINUTES  
CALMING COLOURING

1 MINUTE  
CHOOSING A BOOK TO READ

WHY NOT TRY?

BUILDING BLOCKS

BABY MASSAGE

LOOKING AT FAMILY PHOTOS

Vaping Awareness Posters Designed by Young People

## Harmful effects of vaping

- Risk of Chronic Nicotine addiction
- Lung Disease and damage
- Breathing difficulties
- Nausea and Vomiting
- Headaches
- Mouth and Throat irritation
- Shortness of breath
- Includes heavy metals such as nickel, tin and lead.
- Long term side effects controlling your mood.
- Permanent lowering of impulse control
- Breathing in the harmful chemicals are irreversible after causing lung disease.
- When you vape the Cilia become paralysed which is why you can't breath while vaping.



## Commit to your Quit

The first step to giving up vaping is to choose a date to quit. Here are some tips to help you pick a quit date:

- Give yourself time to get ready. Getting ready can help you feel confident and give you the skills you'll need to stay quit.
- Don't put it off for too long. Picking a date too far away gives you time to change your mind or become less interested in quitting. Choose a date that is no more than a week or two away.
- Set yourself up for success. Try not to pick a quit date that will be stressful, like the day before a big test.



If you would like help on giving up vaping, please contact your Youth Worker for further information and support!!



# SUGAR

## How much is too much for your teeth?



Eating too much sugar may cause tooth decay. Tooth decay is the no.1 reason for hospital admissions among young people in the UK.



"Free sugars" are sugars added to food and drinks and those found naturally in honey, syrups, smoothies and purees. It is these sugars which we should try to reduce for good dental health.

### "Maximum recommended daily amount of free sugars:

Adults: 30g 

7-10 yrs: 24g 

4-6 yrs: 19g  = 1 tsp

### Tips to reduce sugar:

1. Try to reduce the amount & number of times per day that you have sugary foods/drinks.
2. Instead of fizzy drinks try water, milk or sugar free drinks
3. Swap sugary snacks e.g. chocolate, biscuits & cakes for fruit, rice cakes & chopped raw vegetables.
4. Try adding fruit e.g. chopped banana or apple to plain unsweetened cereals and plain yoghurt.

### Some common high sugar foods/drinks...

	Tsps
 330ml cola	9
 45g chocolate bar	6
 30g bowl of frosted cereal	3
 2 chocolate digestive biscuits	2.5

### Some surprises...

 14g box of raisins	2.5
 Low fat fruit yogurt	4-7
 1 tablespoon of ketchup	1



# CHILDHOOD IMMUNISATION

## 1 year

- MMR
- Hib / MenC
- Pneumococcal
- MenB

## 2 months old

- 6 in 1
- Rotavirus
- MenB

## 3 months old

- 6 in 1
- Rotavirus
- Pneumococcal

## 4 months old

- 6 in 1
- MenB

## 3 years, 4 months

- 4 in 1 pre-school booster
- MMR

## 12 to 13 years

- HPV boys and girls

## 14 to 18 years

- 3 in 1 teenage booster
- MenACWY

MAKE SURE IMMUNISATIONS ARE UP-TO-DATE





Not sure how to talk to young people about alcohol?

Visit <http://pha.site/YourChildAndAlcohol> for their leaflet with some tips and advice on starting the conversation. It's best not to wait until your child starts drinking before bringing it up, have the chat now.

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### Talking about drugs and alcohol to young people

#### Do

- Make the first move to start the conversation.
- Take time to listen and respect their views.
- Talk about the risks and consequences.
- Think about your own actions and influences.

#### Don't

- Wait until there's a problem before talking.
- Assume young people don't want to talk.
- Assume they already know everything.
- Interrupt or be judgemental.

HSC Public Health Agency

### HOW TO TELL IF YOUR DRINK HAS BEEN SPIKED OR TAMPERED WITH

- CHANGE IN COLOUR
- EXCESSIVE BUBBLES
- CLOUDY APPEARANCE
- SINKING ICE

### CHILD SEXUAL EXPLOITATION - KNOW THE SIGNS!

Going missing from home	Not engaging with usual friends	Sharp changes in mood or character	Being frightened of some people
Unexplained access to money	Always on their phones	Displaying inappropriate sexualised behaviour	Drug or alcohol misuse

psni.police.uk 00000000  
Report online. Call 101. In an emergency call 999

we care we listen we act Police Service of Northern Ireland



Child-friendly video and brochure, available in various languages, to encourage children to tell someone they trust if they face sexual violence.

<https://coe.int/en/web/children/tell-someone-you-trust...>



This parent pack from the Child Action and Prevention Trust is full of bite-sized facts and safety tips on the main accident risks to children to help you keep your children safe, plus some activity sheets for children. [Download your free pack](#)



### Children & Choking Video

Kids, particularly those under 5, often put objects in their mouth. This is a normal part of how they explore the world. However some small objects or food items can be just the right size to get stuck in a child's airway and cause choking - [Watch Video](#)



### Advice on keeping children safe from burns and scalds

It can take just seconds for an accident to happen. <http://nidirect.gov.uk/.../keeping-children-safe-burns...>

## OTHER RESOURCES & ACTIVITIES



The Smile Baby Programme is for parents/carers of young children born in the year before or during the covid health crisis. It provides parents/carers with information and support to help them promote their child's social and emotional development during covid conditions and the opportunity to discuss any anxieties or concerns.

If you would like to take part in a Smile Baby Programme or if your organisation would like to run a Smile Baby Programme contact:  
 Dr Pauline McClenaghan  
 T: 07912517109  
 E: pauline@lifestartfoundation.org

**Lifestart** Age Appropriate

**Lifestart Foundation**  
 Head Office, Office 2, Springrowth House,  
 Balliniska Road, Derry-Londonderry, BT48 0GG  
 t: 028 7138 5363  
 w: www.lifestartfoundation.org

**Smile Baby Programme**  
 The Smile Baby Programme is funded by the RTÉ Toy Show managed in NI by the Community Foundation

**THE ToyShow Appeal** **The Community Foundation**

[Further Info on the Smile Baby Programme](#)



### 3 ways to grow with your child

**Be flexible and adapt**  
 For example, your child might be looking for more independence as they get older – you could help them do this by adapting your relationship, and gradually giving them more responsibility when they are ready for it.

**Be open to all convos**  
 If our children know that they can talk to us about anything and that we are always there to listen, they are more likely to come to us when they need support or advice.

**Take time to reflect**  
 When things don't go well, reflect and consider other ways you could approach the situation if it happened again. If you can, have a conversation with your child about this too, so they know it's okay to make and discuss wrong decisions.

@pipscharity

### Let's talk... 'The Talk'

**Struggling to talk to your child about all things relationships and sex?**  
**Check out these tips:**

- **Make sure it's a conversation** – ensure that you take time to listen to what they are saying and their point of view.
- **Take advantage of opportunities** – everyday things such as their favourite show, celebrity or music can provide openings for discussion – make yourself aware of what's going on in their life.
- **Show respect for their opinions** – you might not agree but it important to help them think things through rather than tell them what to do.
- **Don't make judgements** – conversations starting with 'that was stupid' are unlikely to go well.
- **Be there to help** – ask them what you can do to help.

 **#LetsTalkSEX** 

[Back to Section Contents](#)



### The internet, relationships & you

Advice from CEOP Education at the National Crime Agency

**New CEOP Website**  
 New 11-18s website, giving information on sex, relationships and the internet.

Check it out now:

[https://www.thinkuknow.co.uk/11\\_18/](https://www.thinkuknow.co.uk/11_18/)

## STREAKS, MEETS, AND SNAPS

YOUR HOW-TO GUIDE TO SNAPCHAT FEATURES

**SNAP MAP**

- Shows real time location on an interactive map.
- Includes street, town/city, and building names.
- Options for 'meet up' and 'live location sharing' with friends.

**BITMOJI**

**CAUTION:** This feature is 'on' by default. You will need to activate 'Ghost Mode' to stop your location from appearing on the map.

**SNAPSTREAKS**

- Achieved when two users send messages daily for 3 or more days.
- Once reached, a flame emoji appears next to the friend's username.
- The number of days will appear as well to show how long the streak is.

**SPOTLIGHT**

- Short form videos used for viral video content.
- Users can like, reply, and share with friends on Snapchat.
- Videos cannot be downloaded or shared to other platforms.

**THE PUBLIC EYE**

Snapchat accounts must be 'public' to create Spotlight videos. This feature can be viewed and accessed by all users.

**NEVER FORGET**

If you want to stop a snap or story from disappearing, it can be archived in 'Memories' to be timestamped and reshared.

**DISCOVER**

- A live news feed featuring Snapchat's chosen publishers.
- Wall Street Journal, ESPN, and others are included.
- Influencers and brands are also featured.

**SAFER SCHOOLS NI**

safer@schools.ni.gov.uk

## ALL ABOUT SNAPCHAT+

Snapchat launched a premium option for its platform called 'Snapchat+' in June 2022 across the world. Described as having 'exclusive, experimental and pre-release features', this paid version costs £3.99 per month and includes:

- 'Ghost Trails' - see up to 24 hours of a friend's shared location history.
- 'Story Rewatch Indicators' - view which users have rewatched a story.
- 'Friend Solar System' - use planetary order to highlight friendships.

## RISKS, RISKS, AND MORE RISKS

- AGE VERIFICATION** - there is currently no effective process to verify user age.
- STRANGER DANGER** - 'friending' users is easy and opens up direct contact.
- SCREENTIME OVERLOAD** - trends like 'Snapstreaks' could encourage bad habits.
- CYBERBULLYING** - disappearing messages may give bullies extra ammo online.
- EXPLICIT INTERACTIONS** - users may feel more comfortable 'sexting' others.
- PRESSURE** - users might experience pressure to send nude imagery to others.

## 'DISAPPEARING' DANGER

Just because images and videos 'disappear' within 24 hours doesn't mean that other users can't save them. Even though Snapchat tells you when another user screenshots your message, it does not consider secondary devices or video capturing software being used to record photos or videos.

## TOP TIPS

- TALK ABOUT ONLINE FRIENDSHIP CULTURE.** Remind young people that they should only ever share personal details with trusted friends who they know in-person.
- TURN ON PRIVACY SETTINGS.** Explain the importance of protecting their privacy on apps where others may have access to their profile and their real-time location.
- DISCUSS WHAT NOT TO SHARE WITH OTHERS.** By talking through the false security of 'disappearing' messages, you can help them feel more confident saying "no."
- REMINDE THEM WHO THEY CAN TALK TO.** Check that your young person knows who their trusted adults are and that they can turn to them if something happens.

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## KEEPING KIDS SAFE ON TIKTOK

- ENABLE RESTRICTED MODE
- MANAGE SCREEN TIME
- LIMIT INTERACTIONS
- PRIVATE THE ACCOUNT
- TURN ON FAMILY PAIRING MODE
- CREATE A SAFE ENVIRONMENT FOR KIDS TO SHARE THEIR CONCERNS

**ASCERT**



**5 things young people can do to help protect themselves online**

## ALL ABOUT TikTok

TikTok is a video sharing social media platform used to create and share short form videos that allows users to express themselves through singing, dancing, comedy, and lip-synching. It exploded in popularity during the COVID-19 pandemic and has only continued its rise since.

**64%** of young people in the UK visited TikTok in September 2021.

**Over 2.5 billion** installs on global devices.

**58%** of children aged 3-15 use TikTok (alongside other social media).

1 billion global daily users by early 2022.

### THE FYP

TikTok wants users to see the content they want to see - which is where the 'For You Page' comes in. The platform uses algorithms to figure out a completely unique feed for every individual user.

### RISKS

- PUBLIC VIEWS** - For users registered as 16 and over, their profile is 'public' by default and their videos can be viewed and downloaded by anyone.
- INAPPROPRIATE CONTENT** - Some videos include suggestive language, mature situations, and sexualised content without warning.
- SCREENTIME OVERLOAD** - The continuous scrolling design of the app makes it harder for users to look away from their screens, and is likely to increase screentime.
- PAID ADS** - Many brands and companies have taken to TikTok to try and boost product exposure with paid adverts that mix into normal content.
- INFLUENCERS** - Young people may be 'influenced' by popular creators on TikTok, and could spend time or money following someone or trying to become an influencer.
- IN-APP PURCHASES** - Users can make in-app purchases to get 'coins', which can buy virtual gifts to send to influencers on the platform.

### WATCH OUT FOR... #TikTokChallenges

Hardly a day passes without a new TikTok Challenge popping up. A 'challenge' is a type of video that is widely shared and copied by others. Many of these can be fun and engaging, incorporating things like dances, songs, and filters.

There are some, however, that can be riskier and potentially harmful - which can make them even more tempting to try! These can include dangerous stunts, mean pranks, or reacting to upsetting content.

### HOW IT WORKS

- SHARE** Upload short videos for other users to view, comment, and like.
- EDIT** Change or alter videos to include popular filters or themes.
- STITCH** Use snippets of existing videos to create a new video or trend.
- Use this sound**
- COLLAB** Add popular music or audio (including from other users) to videos.
- DUET** Create a video that is posted directly alongside another user's video.
- MESSAGE** Users aged 16+ can send private messages to one another.

### TOP TIPS

- KEEP PRIVATE.** Ensure your young person's privacy settings are appropriate for their age. Remember - a private profile gives the most control!
- TALK IT OUT.** 'Digital life' should be as much a part of everyday conversation as every other aspect of a young person's life.
- DISCUSS TOGETHER.** Find out what videos and influencers they view, what they like, what they dislike - and why!
- BE HONEST.** Talk about how social media content is often a far from accurate depiction of real life, especially for influencers.
- STAY SAFE.** Some TikTok challenges could be potentially harmful to young people. Remind them that their safety is #1 always!
- GIVE SPACE.** Give them room to voice any concerns they might have around harmful or inappropriate content they come across.

Online Safety Shareable by: © Ineqe Group Ltd 2022 August 2022

**SAFER SCHOOLS NI**

Twitter Instagram Facebook

## VIRTUAL FRIENDSHIPS

Why Do Young People Make Friends Online?

In today's digital culture, becoming friends with people online is as natural as becoming friends with people in the same class at school. Although this might seem strange to certain generations, the concept of making friends with someone you've never met isn't anything new; organised pen pal services have been around for nearly 100 years!

**57%** of teens have met a new friend online. Social media and games are the most common places to meet friends.

### RISKS

#### CYBERBULLYING AND TROLLING

It is not unusual to hear young people talking about how their school friendship group has fallen out or the mean words said behind their back by their best friend. However, these types of disagreements and fights can take on a different form when they play out online, especially if there is a core group or community (such as a fandom) that all become involved, and one person becomes a target. Unlike in a school, a victim who is targeted online can be harassed 24/7 by their bullies, who are often without the limitations of worrying that a parent, carer or teacher might be a witness to their actions.

#### FAKE PROFILES AND CATFISHING

Unless apps and platforms implement the use of age verification and facial recognition tools and software, there will always be a risk that users aren't who they portray themselves to be. There's an almost endless list of why someone might create a fake profile - from seeking financial gain through fraud or with the intention of grooming, through to boredom or being unhappy with their appearance and/or real-life circumstances.

#### GROOMING

Building a friendship with someone online can be a tactic used as a part of grooming. A young person may feel they can trust this person and therefore might tell them personal information that will put them at risk, such as what school they go to. If a young person believes they are talking to a real friend or an online romantic partner, there is the potential to be convinced, tricked or bribed into sending self-generated child sexual abuse materials.

#### SCREEN TIME AND ISOLATION

If a young person is feeling lonely and isolated in 'real life', they may turn to the digital world to find friendships and a community. Although this may bring a lot of positives, for some young people there could be risks associated with this such as:

- Too much screen time.** There is no definitive answer to 'how much screen time is too much?' although studies have shown effects include shrinkage in parts of the brain needed for executive function, and some psychologists have expressed concern.
- Exposure to extremism and radicalisation.** People who are isolated, unhappy, feeling angry and 'different' are some of the factors that might make a young person vulnerable to being targeted by extremist groups.

#### TALK ABOUT WHAT FRIENDSHIP MEANS.

Ask the young person in your life about what friendship looks like to them - how does a friend act? How does a friend make you feel? Discuss together what a 'warning sign' might be that someone may not be a real friend, such as pressuring you for your time, money or photos.

#### TALK ABOUT CATFISHING AND FAKE PROFILES.

Learn together some of the tell-tale signs that a profile might not be real, such as lack of photos or other people interacting with their profile.

#### HAVE CONVERSATIONS ABOUT PERSONAL INFORMATION.

Encourage the young person in your care to stop and think before putting photos and posts online or discussing with an online friend anything that may give away personal information.

#### CHECK SAFETY SETTINGS AND LEARN HOW TO BLOCK AND REPORT.

Double check your safety settings together to help keep them safer online.

#### KEEP CALM!

Don't jump to conclusions that all online friends are potential 'predators' or have nefarious purposes - even if the concept of online friendships is unusual to you. Remember that it is quite normal in today's culture for young people to have friends online that they've never met.

### HOW DO YOUNG PEOPLE MEET ONLINE FRIENDS?

- SPECIFIC INTEREST WEBSITES
- FRIEND FINDING APPS
- SOCIAL MEDIA SITES
- ONLINE GAMING
- FANDOMS

### WHY MAKE FRIENDS ONLINE?

There are many reasons why young people make friends online, including feeling socially isolated in 'real life' or living far away from others in their peer group.

Making friends online is not always born out of responding to a negative situation, of course! In fact, most young people will make friends online as a positive addition to their lives, alongside friends they make through school and hobbies.

Boys are substantially more likely to meet new friends while playing games online.

**57% Boys** VS **13% Girls**

### TOP TIPS!

**SAFER SCHOOLS NI** | saferschoolsni.co.uk

Ineqe Group Ltd 2022



A handy one stop shop guide from Parenting NI, for parent's who want to learn a bit more about Facebook & how to get your children safe on the app! <https://buff.ly/37CKOWo>



CEOP's new 4-7s website features characters from Jessie & Friends to provide age appropriate online safety information in a fun and engaging way. [http://thinkuknow.co.uk/4\\_7](http://thinkuknow.co.uk/4_7)



@mindfulofdreamss + @healingtheanxiousmind



### 6 Apps & Services That Every Parent Should Know

From WhatsApp to Snapchat, the online world is overrun with apps and services, and it can be difficult for parents to keep up with everything their child uses.

To help, Parent Zone have put together a handy guide to the popular ones we think they should know about:

<https://www.parents.parentzone.org.uk/morearticles/the-6-apps-and-services-that-every-parent-should-know-about>



Useful websites and resources focusing on keeping children & young people safe online.

<https://tinyurl.com/4tv6vdr>

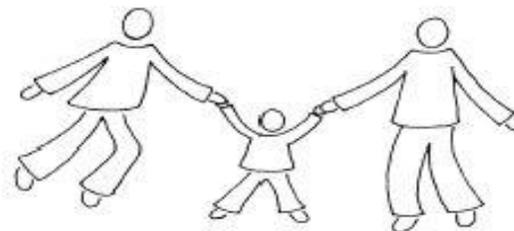
## Parent Support

The Parent Support webpage is designed for Parents and Organisations working to support families using group work approaches.

If you are looking for:

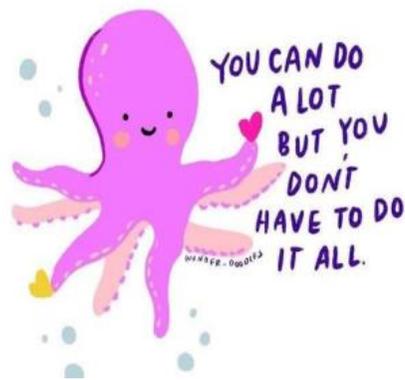
- The latest evidence based parenting programmes & workshops by Trust area
- Information / leaflets
- Training / development opportunities for professionals / staff

Visit the Parent Support webpage at <http://www.cypsp.hscni.net/ebpp> or scan the QR code for instant access





[Parents' Toolkit](#)



The Dads Project supports dads in Northern Ireland who are separating, separated or currently involved within the courts service – [Further info](#)



[A range of resources help parents](#)

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## COVID 19 Central Support & Resources

The COVID 19 Support & Resources webpage is a central repository for information and guidance across services, which is updated daily.

To find information on:



Visit the COVID 19 Support & Resources webpage at <http://www.cypsp.hscni.net/covid-19-daily-updates> or scan the QR code for instant access and filter by theme for the latest up to date information.





English



The CYPSP Translation Hub provides you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.....



[www.cypsp.hscni.net/translation-hub](http://www.cypsp.hscni.net/translation-hub)



Find out more about the Translation Hub by [watching this short video](#)

**Boloh**  
**The Black, Asian and Minority Ethnic family Covid-19 Helpline**

We are here to ensure support and advice is provided to Black and Asian children, young people and families affected by Covid-19.

[helpline.barnardos.org.uk](http://helpline.barnardos.org.uk)  
 Contact the helpline on **0800 1512605**

NEW  
Resources &  
Activities



## HALLOWEEN ACTIVITY IDEAS & RESOURCES

- Sparklers Safety Tip
- Halloween Safety Advice
- Halloween Altram Resources
- Safety & Fireworks
- Smart Trick or Treater
- Halloween SEND Hack
- Halloween Self Care
- Halloween Colouring & Activity Sheets
- Halloween Activity Ideas
- Halloween Craft Ideas
- Create Your Own Halloween Paper Chains
- Pumpkin Mask
- Halloween Recipe Ideas
- Halloween Events

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Stick sparklers into a carrot so  
the kids can hold them safely



It's great for little hands that  
need something chunky to hold  
& easier for them to grip.

Family Days Tried & Tested

Halloween  
safety advice

[nirect.gov.uk](http://nirect.gov.uk)



Have a safe Halloween.

[Info and advice about fireworks, sparklers, fancy  
dress costumes and fire safety](#)

NEW

# HALLOWEEN ACTIVITY IDEAS & RESOURCES



Trick or treat  
Dressed as  
Costume  
Witch  
Wizard  
Witches hat  
Witches broom  
Skeleton  
Vampire  
Werewolf  
Ghost

Halloween  
Oíche Shamhna  
Ee-Ha How-na

Bob nó bia  
Gléasta mar  
Culaith  
Cailleach  
Draíodóir  
Hata caillí  
Scuab caillí  
Cnámharlach  
Vaimpír  
Conriocht  
Taibhse/ púca

Bob no bee-a  
Gless-ta mar  
Cul-ee  
Kyle-yah  
Dree-a-door  
Hata kyle-yee  
Scoo-ab kyle-yee  
Cra-were-lah  
Vam-peer  
Con-rickt  
Tive-sha/ pooka



I am dressed as a witch

Tá mé gléasta mar chailleach

Taa may gless-ta mar kyle-ya



Pumpkin  
Party  
Decorations  
Sweets  
Nuts  
Fireworks  
Spider  
Bat  
Black cat  
Haunted house

Halloween  
Oíche Shamhna  
Ee-Ha How-na

Puimcín  
Cóisir  
Maisiúcháin  
Milseáin  
Cnónna  
Tinte ealaíne  
Damhán alla  
Sciathán leathair  
Cat dubh  
Teach siúil



Pum-keen  
Co-shure  
Mash-oo-hine  
Mil-shine  
Crow-anna  
Chin-cha al-een-ya  
Dough-an al-a  
Ski-a-han la-her  
Cat doo  
Chah shoo-il



Carving a pumpkin

Ag gearradh puimcín

Ig gar-oo pum-keen

Look at the fireworks

Amharc ar na tintine ealaíne

Ark air na tin-cha al-een-ya

## Safety and Fireworks

- Never allow children to play with or ignite fireworks.
- Keep a bucket of water or garden hose hand in case of fire or another mishap.
- Light fireworks clear of houses, dry leaves, or flammable material. Never light fireworks indoors.
- Never try to relight or pick up fireworks that have not ignited fully.
- Follow all the instructions carefully and wear safety glasses when lighting.
- Light fireworks one at a time then move back quickly. Keep a safe distance
- Children should only use fireworks under adult supervision.
- Make sure your pets are not around and don't leave children unsupervised
- Dispose of all spent fireworks by wetting them. Keep them away from combustible materials until fully safe.
- Don't drink alcohol while setting off fireworks.



Colin Community Safety Forum

NEW

# HALLOWEEN ACTIVITY IDEAS & RESOURCES

## ARE YOU A SMART TRICK OR TREATER?

Stay in areas that are lit with streetlights - take a torch with you just in case



Although Halloween is supposed to be spooky, be careful not to frighten elderly people

Don't enter any house, stay on the doorstep



Only go to houses where you or your friends know the residents



Always go trick or treating with an adult



Throwing eggs and flour is anti-social behaviour and will get you into trouble



Be visible



Stay with your friends. Don't split into smaller groups unless an adult goes with you



Don't knock on doors where there is a sign saying no trick or treat here



Don't talk to strangers on the street



RCP Policing & Community Safety Partnership

## Halloween SEND hack:

### trick-or-treating trial run

Doing a trick-or-treating 'daylight trial run' with your child will help them to get familiar with the route, understand what to expect, and make sure their costume is comfortable enough!



contact



## HALLOWEEN SELF-CARE



Let go of the past and move forward.

Don't judge yourself too harshly.



Dust off a creative skill or hobby.



Don't be afraid to follow your dreams.



Shine from the inside out.



Be sweet to yourself.

Take off your many hats & take a break.



Steer clear of things that are toxic to you.

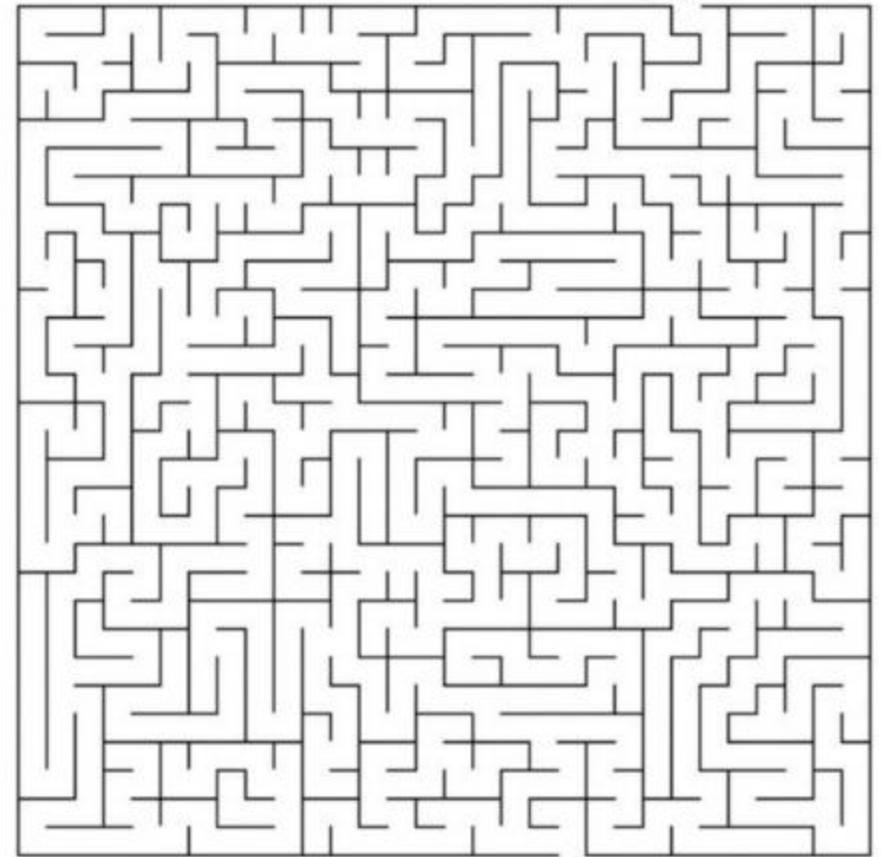


Take care of your body.

BlessingManifesting

NEW

# HALLOWEEN ACTIVITY IDEAS & RESOURCES



**HELP THE BLACK  
CAT GET HOME**

[www.FRUGALMOMEH.com](http://www.FRUGALMOMEH.com)



NEW

# HALLOWEEN ACTIVITY IDEAS & RESOURCES

## AUTUMN & HALLOWEEN ACTIVITIES

As the months turn colder it is important to still enjoy time playing outside - dress for the weather and embrace the play opportunities and health benefits of spending time outdoors.

### HALLOWEEN GAMES

- **Mystery box** - cover and cut a small hole in the lid. Fill with creepy things such as brains (cooked spaghetti or sponge), witch fingers (carrots with almond nails), eyeballs (peeled grapes or olives), a hand (rubber glove filled with flour), an animal (fake fur), a monster's tongue (sliced banana), witch hair (wool), maggots (rice) and try and guess what's in the box.
- **Tasting competition** - wear a blindfold and guess the different and unusual foods.
- **Pumpkin bowling** - see who can collect the most seeds in a cup afterwards.
- **Play pumpkin bean bag toss** or crazy golf after carving your pumpkin.

### ARTS & CRAFTS

- Paint and decorate pumpkins.
- Make 3D pumpkins, dream catcher spiderwebs or a witch's hat.
- **Spooky lava lamp** - fill a bottle 1/4 full of water, then almost to the top with vegetable oil. Once separated add 6 drops of food colouring and effervescent vitamin tablets bit by bit to watch the bubbles form.

### OUTDOOR FUN

- Chalk fireworks on your driveway.
- Have a winter BBQ, make s'mores over a fire pit and enjoy a spooky mocktail - blend a cupful of skimmed milk with 5 strawberries and 5 blackberries.
- Go for a walk in the woods and collect conkers and leaves. Try leaf printing or making a conker worm or necklace. Roll your conker in paint to make a picture.
- Go on a pumpkin hunt in your garden - use mini pumpkins, mark one, and see who finds it.
- Have fun on a spooky sweet hunt or Halloween scavenger hunt around your house or garden.
- **Glow in the dark bowling** - fill empty bottles with cold water, pop in a glow stick and close. Start bowling once it's dark.
- **Slime splat** - add some water to cornflower along with a little green food colouring and stir until it forms a slime that you can make into a ball, but returns to liquid when you let go. Set up a large card outside and try to hit your target with the slime.
- Go stargazing in your garden on a clear night.



[playboard.org/what-we-do/play-matters-project/play-matters-resources/](http://playboard.org/what-we-do/play-matters-project/play-matters-resources/)  
twinkl.com

PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. XR86639.

[Play Matters – Halloween Fun – PlayBoard NI](#)

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## Pumpkin ideas

There's much more to pumpkins than just carving scary faces. Here are some ideas for this Halloween favourite!

- bowling
- cover with paint or stickers
- decorate with leaves and display
- flower planter
- bake treats
- wrap it up to make a mummy
- cover in paint and roll on a large piece of paper
- mini pumpkin hunt



[www.playboard.org](http://www.playboard.org)



## Halloween Party

HALLOWEEN AT HOME - 31 OCTOBER

- DRESS** up your house and family. Pick a theme or get creative making your own costumes.
- PLAY** Halloween games such as a spooky scavenger hunt or glow-in-the-dark bowling.
- EAT** yummy snacks like chocolate covered apples and marshmallow ghosts.
- DANCE** along to your party playlist with Halloween favourites including Monster Mash, Ghostbusters and The Adams Family.
- WATCH** your favourite family movies such as Hocus Pocus, Casper or Coco, all snuggled up in a cozy blanket.



[www.playboard.org](http://www.playboard.org)



## Glow stick lanterns

- You will need:
- empty milk cartons
  - glow sticks
  - water
  - black marker

These spooky lanterns are really easy to make and will look great on your doorstep on Halloween night.

Firstly clean out your old milk cartons and remove any labels. Next, draw scary faces on the largest sides with marker and fill with water.

Pop your glow sticks, drop one or two into each milk carton and they are ready to display by your front door.

You can also try glow-in-the-dark bowling - just use plastic drink bottles instead of milk cartons and have a go once it's dark.



[www.playboard.org](http://www.playboard.org)

Visit [www.playboard.org/play-ideas/](http://www.playboard.org/play-ideas/) for lots more play ideas and activities

NEW

## HALLOWEEN ACTIVITY IDEAS & RESOURCES



2:00 HALLOWEEN HANDPRINTS

THEBESTIDEASFORKIDS.COM

[Instructions](#)

This image shows four handprint cutouts designed as Halloween characters: a green Frankenstein-like creature, an orange jack-o'-lantern, a white ghost, and a vampire. The text '2:00 HALLOWEEN HANDPRINTS' is at the top, and 'THEBESTIDEASFORKIDS.COM' is at the bottom.



Super Simple Mummy Jar Lanterns

FlissfulDomestication.com

[Instructions](#)

This image shows several glass jars wrapped in white paper strips to look like mummies. Some have black dots for eyes. The text 'Super Simple Mummy Jar Lanterns' is in the center, and 'FlissfulDomestication.com' is at the bottom.



Halloween Paper Lanterns

WWW.THECRAFTINGCHICKS.COM

[Instructions](#)

This image shows three paper lanterns: a black one with a vampire face, a white one with a ghost face, and a yellow one with a jack-o'-lantern face. The text 'Halloween Paper Lanterns' is at the top, and 'WWW.THECRAFTINGCHICKS.COM' is at the bottom.



SPoon BATS

[Instructions](#)

This image shows two black paper bats hanging from sticks. The text 'SPoon BATS' is in the center, with 'SPoon' in pink and 'BATS' in black.



### What you need:

- Toilet roll / kitchen roll tubes
- Black pipe cleaners
- Black paint
- Googly eyes

### Steps:

1. Cut toilet roll tube in half, or quarters if using kitchen roll tube.
2. On opposite sides, poke four holes per side.
3. Paint outside of each tube, making sure to paint over the holes .
4. Once paint is dry, thread 4 pipe cleaners through one hole, through the middle and out through the hole directly across from the first hole – 4 pipe cleaners will make 8 legs.
5. Bend and pipe cleaners to look like spider legs and add googly eyes.

NEW



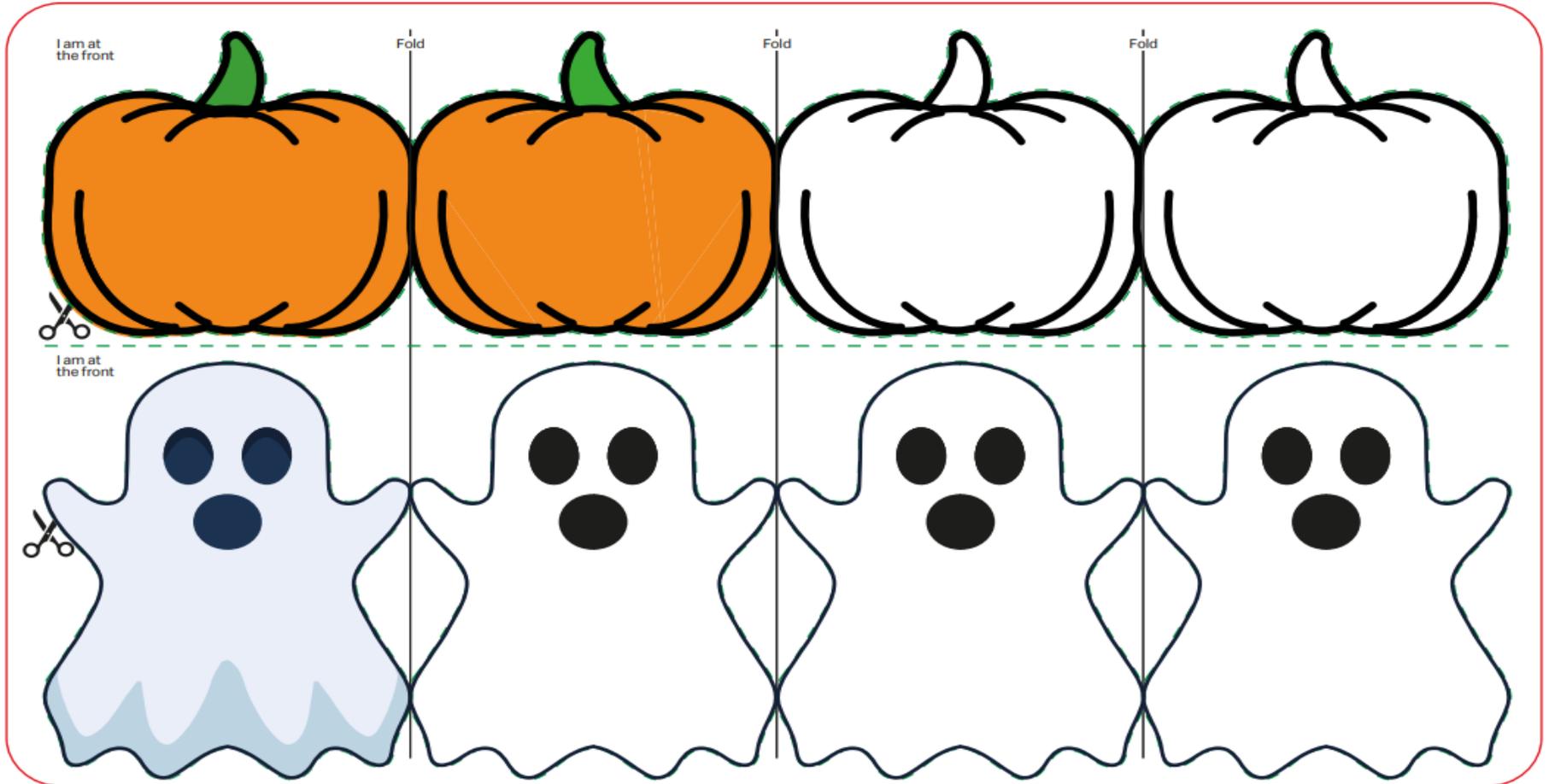
Happy Meal

# Create your own Halloween paper chains!

- 1 Ask an adult to use scissors to cut out the outer red box.
- 2 Colour in the pumpkins and ghosts.
- 3 Now fold the paper on the solid lines, then ask an adult to cut around the pumpkin and then the ghost.
- 4 Make sure you don't cut around the side which connects to the others.
- 5 Unfold the two pieces of paper to see your two paper chains.
- 6 Put up your scary Halloween chains and spook your family!



Adult supervision required



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NEW

# HALLOWEEN ACTIVITY IDEAS & RESOURCES

## Transform into a Pumpkin!



Happy Meal



Adult supervision required

Ask an adult to cut out this pumpkin mask using scissors along the dotted lines. Then thread a pen or pencil through the two straight dotted lines on the mask to create a handle for your mask.



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## HALLOWEEN ACTIVITY IDEAS & RESOURCES



### Caramel Apples

#### Ingredients

- 7 small granny smith apples (about 2 1/4 lbs)
- 15 oz. caramels, such as Werther's Chewy\*
- 3 Tbsp heavy cream
- Various toppings, optional (see notes(\*\*))

#### Instructions

1. Rinse and thoroughly dry apples with a paper towel. Insert a caramel apple stick\*\*\*. Having toppings ready if you'll be adding some to apples.
2. Line a 13 by 9-inch baking sheet or baking dish with a sheet of parchment paper, spray parchment paper with non-stick cooking spray, set in the fridge.
3. Place caramels and heavy cream in a microwave safe bowl (about 5 cup size bowl)\*\*\*\*.
4. Heat in microwave in 30 second increments, stirring well between intervals, until melted and smooth. This will take about 2 - 3 minutes. If caramel is extra runny let it cool just briefly so it doesn't run right off the apples.
5. Dip apples one at a time into caramel on an angle so it covers nearly to the top center. Rotate and turn to coat apple. Lift apple and let excess run off, then run bottom of apple along inside edge of bowl to remove excess caramel. Lift apple and turn apple upside down to let caramel run up the apple a little then immediately roll in toppings (or sprinkle with toppings) before caramel sets.
6. Turn apples upright and place on prepared baking sheet in fridge, repeat process with remaining apples. As needed reheat caramel in microwave in 15 second increments for a runny, dip-able consistency.
7. Allow caramel to set completely, about 30 minutes in the fridge (you can eat them before this but if you want caramel to firm back up the wait the 30 minutes). Cut apples into slices just when ready to enjoy so they don't brown.

### Orange filled Jack O'Lanterns Recipe

#### Ingredients

- 4 large oranges
- 2 cups of mixed fresh berries
- about 4 kiwis, peeled and diced
- 2 Tbsp raw honey

#### Instructions

1. In a medium bowl mix the berries, kiwi and honey.
2. Cut a hole around the orange stem.
3. Using a spoon, scoop out the insides and place it in a bowl.
4. Keep in the fridge and use it for smoothies later on.
5. Sketch the desired face of your Jack-o-lantern.
6. Using a small knife, cut along chosen design.
7. Remove loose pieces of orange skin and discard them.
8. Fill them up with fruit and put the stem back on.



### Mummy Toast

With few clever placements of sliced cheese and olives, turn a plain piece of toast or pizza into a creepy little mummy snack!



### Apple Smiles

Use peanut butter as your glue to hold the mini marshmallows in place. You can make quite a few of these from just one apple.

**"BOO" NANA POPS****Boo-Nana Pops****Ingredients/Method:**

- Bananas – cut in half length wise and the half again to make four quarters
- Insert lollypop sticks into bananas, place on greaseproof paper and freeze
- White chocolate – melt chocolate in mug and dip bananas one at a time into the chocolate, scraping off any excess chocolate from the back of the banana and place on greaseproof.
- Chocolate chips – add quickly for eyes before chocolate hardens
- Return to freezer until frozen and ready to eat. Eat frozen

**Hot Dog Mummies****Ingredients/Method:**

- Hot dogs
- Ready rolled puff pastry cut into strips - wrap around hot dogs, don't be too orderly
- One egg yolk, lightly beaten – brushed over pastry
- 108C/Gas Mark 4. Bake in lower third of oven for about 25mins or until golden brown
- Add tomato sauce for eyes





Ballymena Town Centre's Haunted Halloween  
A Freaky and Fun FREE Family Trick or Treat Experience.

Family's can enjoy themed games, Special Guest  
Characters, Ticks, Treats and more.

Come along and join in on the fun, why not dress up and  
make the most of the Halloween Experience.

Time 12 noon – 3pm

Alexander Street, Car Park (access via Ballymoney Street,  
beside Bob & Berts).

Parking, Alexander Street, Car park



Join the Wacky Witches and their creepy friends as they  
parade across Newry City followed by a spooktacular  
family event with traditional Halloween games, arts & crafts  
and spooky stories in Marcus Square.

This event is FREE  
Suitable for children & families of all ages.

Parade will ensemble at McClelland Park at 3pm

No Booking Required

Free event supported by Newry,  
Mourne and Down District  
Council.





Join us in Broadway in Larne for Halloween Family fun on Friday 28 October from 1-3pm!

There will be: Walkabout Characters; Town Centre Treasure Hunt starting in Broadway - Trick or treat bags for all who take part!; Music by Sounds Good Music  
Download the ShopMEA App for further details.  
\*All children must be accompanied by an adult



The Derry Halloween programme is now online .....  
Download it now to view the packed four day programme from Friday 28th to Monday 31st Oct [derryhalloween.com](https://www.derryhalloween.com)



If you are looking something to do as a family or with friends this Halloween then please check out our dedicated webpage to see what is on offer. 

<https://www.lisburncastlereagh.gov.uk/twilight-night>



Plenty of terror-ific events across Belfast as half-term approaches!

Check out these spook-tacular suggestions for keeping boys and ghouls entertained.

All are free!

 Halloween craft workshops at the MAC Belfast, organised by Young at Art, on Saturday 29 and Sunday 30 October, 11am-4pm - drop in anytime to make a witch or wizard hat!

 Family art sessions at GoldenThread Gallery on Saturday 29 October, 11am-12pm, making creepy creatures from waste materials! There's also a print workshop for teens and adults from 1.30pm-3pm.

 Circus skills try-it session, storytelling and street entertainment from Festival of Fools in the Cathedral Quarter on Saturday 29 October (2pm-4.30pm). Glow performers will also illuminate the streets on Sunday 30 October, from 5pm.

 Annual Féile an Phobail lantern parade and concert on Friday 28 October from 6pm, followed by fireworks in Falls Park from 7pm.

 Family fun trail through Belfast city centre (21-31 October), organised by Belfast One - solve the clues for the chance to win a family prize worth £300 and watch out for colourful monsters popping up at key locations (27-31 October)!

 Fairytale fun day with music and more at the North Belfast Lantern Parade in Alexandra Park on Saturday 29 October from 5pm, with fireworks at 8pm, organised by New Lodge Arts

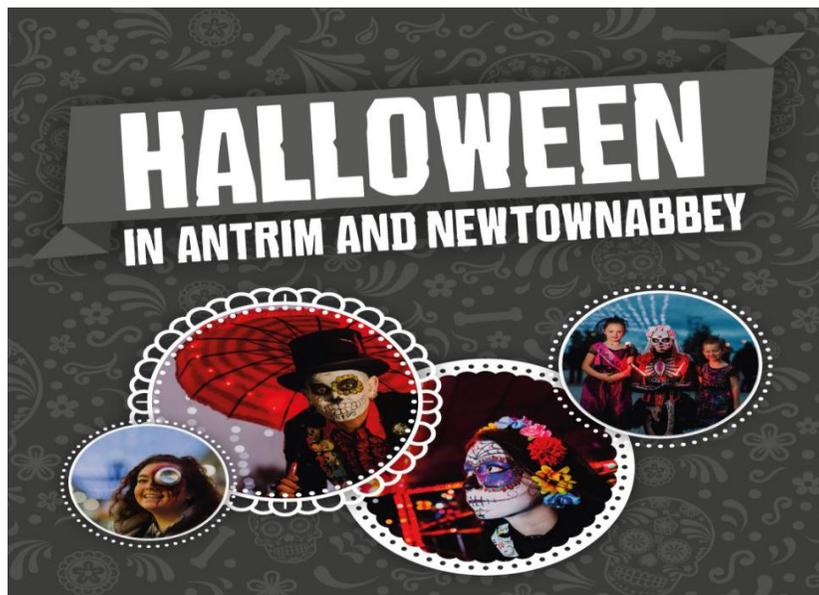
Loads of other fang-tastic options too (prices apply), including:

 Pumpkin decorating and face painting at Boo at the Zoo at Belfast Zoo on Saturday 29 and Sunday 30 October. Children, students and seniors also go half-price, Monday 31 October to Friday 4 November.

 The Ghost House at CitySide Belfast - an immersive theatre experience for kids 8+ from Cahoots NI, until Monday 31 October.

 Cinemagic Film Festival screenings - titles include Frankenweenie, Hocus Pocus and Bedknobs and Broomsticks (various dates until Monday 31 October).

For more Halloween events, head to <http://ow.ly/1LZT50Lf4J1>



Calling all Ghosts, Goblins, and Ghouls to join us in Antrim and Newtownabbey for a Spooktacular Halloween! 🧛

- 🎃 Screams and Tricks Funfair: Friday 28 Oct – Sunday 5 Nov
- 👻 Spooked Out at V36: Saturday 29 Oct, 6pm – 8pm
- 👻 Fright Fest: Saturday 29 Oct – Monday 31 Oct
- 🦇 Halloween at The Junction: Friday 28 Oct – Tuesday 2 Nov
- 🍂 Pumpkin Decorating: Friday 28 Oct, 12noon – 4pm
- 👻 Family Fun Day in Glengormley, Saturday 29 Oct, 1pm – 4pm
- 👻 Half Term at Castle Mall, Thursday 3 Nov – Saturday 5 Nov

For more information on events, please visit:  
[antrimandnewtownabbey.gov.uk/Halloween](https://antrimandnewtownabbey.gov.uk/Halloween)

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Make something out of bits and pieces – boxes, tubing, cartons etc. | Create patterns  
 Build something | Make up your own game | Dress up | Try some games  
 Use chalk/paints/markers | Skipping/hoop games

MON 31 OCT	THE MALL, ARMAGH EDENVILLA PARK, PORTADOWN	10.00am - 12.00pm 2.00pm - 4.00pm
TUES 1 NOV	THE MALL, ARMAGH EDENVILLA PARK, PORTADOWN	10.00am-12.00pm 2.00pm - 4.00pm
WED 2 NOV	SOLITUDE PARK, BANBRIDGE	10.00am - 12.00pm
THURS 3 NOV	SOLITUDE PARK, BANBRIDGE	10.00am - 12.00pm

We are providing play for P1 - P7 children (4-11 years) regardless of ability. You are invited to come and take part in the FREE play sessions and events facilitated by Playboard NI. Parents should stay with children please for the session.







Further info at <https://getactiveabc.com/Halloween/>

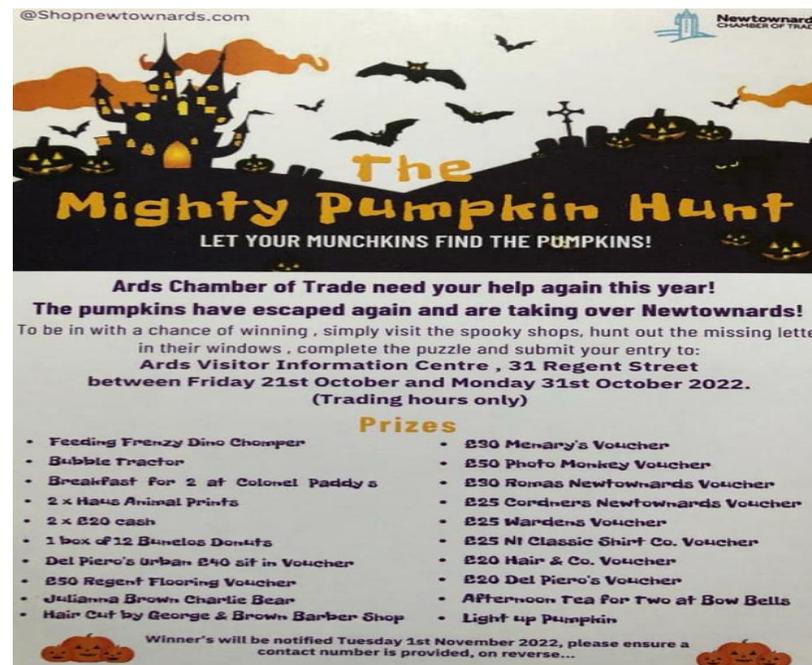


Causeway Coast & Glens Events team is excited to announce its programme of Halloween Happenings.

We'll be celebrating the spooky season with free events and firework displays in Ballymoney, Ballycastle, Coleraine, and Limavady.

Come along and enjoy the family fun.

Read more visit our website: <https://bit.ly/3VHmQh7>



The Mighty Pumpkin Hunt is now on in Newtownards, until Monday 31 October 🎃

Find all the pumpkins and be in for the chance of winning a lovely prize or two!

It's fun and it's free!

Find out more 📍 Shop Newtownards 🎃 ✨

🎃 🧑 For even more Halloween and half term fun in the borough visit <https://bit.ly/3BpWkRh> 🎃 ✨



👻 Halloween returns to Dungannon town centre Friday, 28 October! 🎉

The spooky fun, including face painting, balloon modelling, character walkabouts, fire/LED performers and Halloween themed workshops, returns to Market Square from 6pm with the new environmentally friendly low debris, low noise fireworks display at 7.50pm. 🎆

Car Parking will be available at Castle Hill, Perry Street, Scotch Street North, Scotch Street South, and Ann Street car parks.

Full Road Closure – Thomas Street & Market Square from 5pm – 8.30pm, traffic diversions will be in place

A Safe Space area, for families who wish to seek solace should their child / children become overwhelmed during the event, will be located in Dungannon Library from 7pm-8.30pm (organised by Librarians NI).

Come along if you dare! 👁 👁

For other events happening across the district this Halloween:

👉 <https://www.midulstercouncil.org/Halloween>



👻 Halloween returns to Cookstown Saturday, 29 October! 🎉

The spooky fun, including kiddie's amusements, face painting, inflatables, fire jugglers, spooky train, merchandise stalls, confectionery and hot food stalls, and much more, returns to Mid Ulster Sports Arena from 6pm - 8.15pm with the fireworks display 8pm. 🎆

Car parking will be available at Loughry College Campus (limited spaces available onsite), and access is solely via the main entrance to the college of the Cookstown/Dungannon A29 road.

Come along if you dare! 👁 👁

For other events happening across the district this Halloween:

👉 <https://www.midulstercouncil.org/Halloween>

NEW

# HALLOWEEN ACTIVITY IDEAS & RESOURCES



**FROM 1.30 - 3.30 HALLOWEEN FREE**

**INTERGENERATIONAL COMMUNITY HALLOWEEN PARTY**

**MONDAY, OCTOBER 31**  
1st Coleraine Scout Hall  
The Crescent Coleraine, BT52 2BS

Children, Parents, Grandparents  
everyone welcome so  
please come along

Children **MUST** be accompanied by  
an adult

Further information contact  
Ciara on 07593130700

Logos: Northern Area Community Network, crun, HSC Public Health Agency, BCRC, Community Navigator



Come picking in the  
**RATH MOR GARDEN**

**PUMPKIN patch**

**FREE FAMILY FUN**

Friday 28 October 11am til 3pm  
Adult supervision required  
One pumpkin per child  
Refreshments Available

Logos: Northern Ireland Executive, T:buc, RATH MOR

libraries **ni** Free

Lisburn City Library presents

## Halloween Craft Session

Create a Halloween Wreath

Friday 28 October

3:30pm - 4:15pm

For children aged 4 - 11 years



Booking essential

Ask staff for details

t: 028 9266 9345

e: lisburncity.library@librariesni.org.uk



Connect with us  
www.librariesni.org.uk

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