

Dear Parents/Carers,

Hello there. I do hope you are all safe and well. I was trying to think of what may help us all at the moment when we are, as families, together all the time. At times, things can become stressful as we spend so much time together and are unable to go far or do what we usually do.

I have chosen a family activity which I do believe can lift the atmosphere and help us to enjoy working together. Some of you will have heard of the Family Links Parent Programme which some of you will have attended over previous years. Some of you will have been in my group in JEA.

This is one of my favourite parts of the course: The Family Kindness Chart. This is something that the children can make themselves for the whole family. The aim is to notice kind things that anyone in the family does, however small, and add to the chart. You are allowed to add to it for yourself as a parent if you think others aren't noticing kind acts that you are doing. Say to the family why you are adding to the chart and who did it. Anyone in the family can nominate someone. This is a form of praise and will lift the atmosphere. The chart is not for individuals with their names on it, the chart is for the family as a whole. Even if older children laugh, still have a chart! When I was running the groups, my grown up children always knew as the starry sky chart would appear on the fridge. I still filled it in and told the group that I was doing it too at home. Do read the letter that I sent the children last week about 'warm fuzzies'. Warm fuzzies are kind things that we say or do for other people. We all need lots of them and to give them too.

You need:

A4 paper or card

Colouring crayons, felt tips

Glue or Blutak (Stickers if available)



Kindness is shown by adding stars, colouring in parts or adding more spots on the dog.

When you see quite a lot of kindness on the chart, as a family, decide what you want to do together as a treat. Examples are:

A film to watch together

A family game

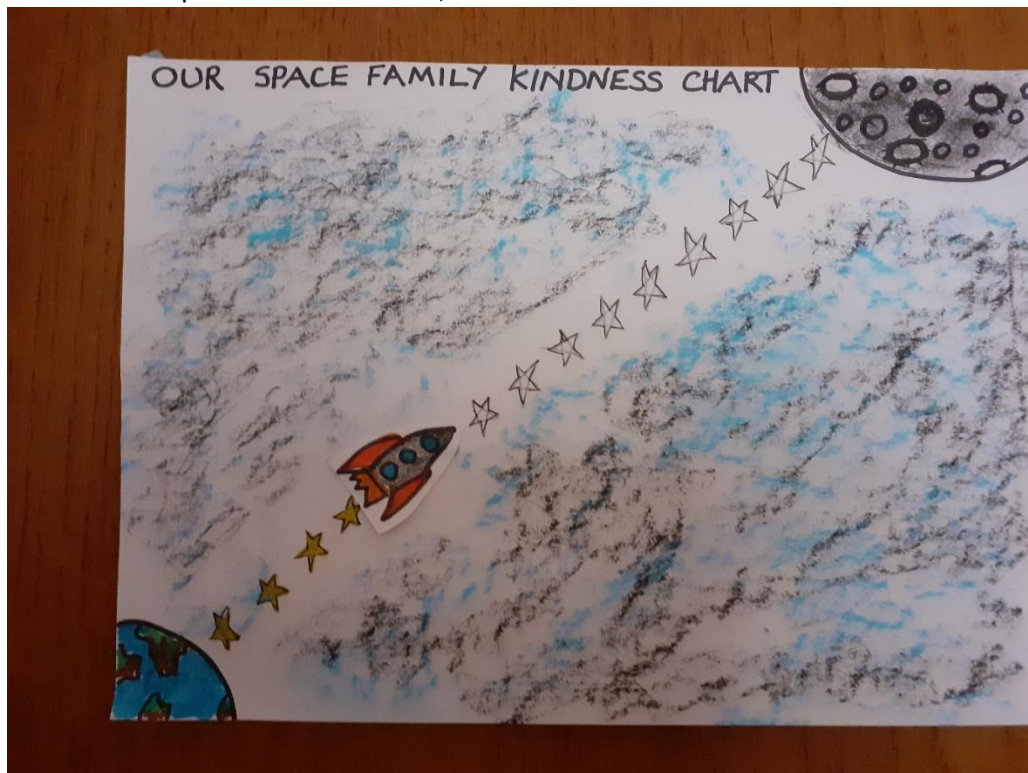
A special meal

Baking a cake together

Sometimes we may have to try very hard to notice kindness but the slightest things matter. Here are some ideas:

Helping a younger brother or sister
Keeping things tidy
Helping or tidying without being asked
Cooking a nice meal
Listening
Being thankful
Hugging, showing affection
Trying hard at some task, could be school work
Trying at all
Saying please and thank you
Being quiet when needed
Showing respect
Doing what have been asked to do
ANYTHING !

Here are a couple of ideas for charts;



On the rocket chart, the stars are coloured in and on the tree, more leaves are added.



Lastly, just

something good and encouraging for all of us. I have some thoughts called 'Misery-making beliefs'. These are thoughts that can help us put our thoughts and feelings into perspective and help us to carry on.

Misery-making belief

I must always please my family, my friends and neighbours, no matter how busy or tired I am.

Better Choice

I will do my best with my children and myself; if others sometimes don't like it, that is their business, not mine.

Misery-making belief

My children must always behave perfectly all the time. If they don't, it proves that I am a very bad parent, and deserve to be blamed for it.

Better Choice

I don't depend on my children or their perfection for my own sense of worth. I will do my best to teach them how to behave well, but no child is perfect and it's OK for us to make mistakes.

I wish you a very good weekend and keep safe

Kindest Regards,

Mrs New

13/05/20