

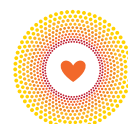
10 Breaths

When something wonderful touches you, savour the experience by offering it 10 full breaths. By paying close attention to special moments, we come to see that opportunities for happiness present themselves many times each day.

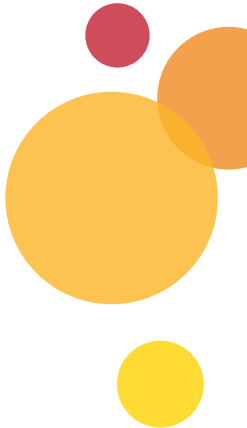
Give your 10 breaths to anything that seems wonderful to you

- Something beautiful from Nature
- A special moment with your child/partner/friend
- A piece of music
- Eating something delicious
- A work of art

- 1 Stop whatever you are doing
- 2 Close your eyes, place a hand on your belly and take 3 deep breaths to calm yourself.
- 3 Open your eyes and focus on your special object/person/experience
- 4 Stay focused on whatever has caught your attention as you 'count with your body', 10 slow breaths, by pressing and releasing in turn, each finger resting on your belly.
- 5 If you are still entranced by your special moment, repeat the 10 breaths practice.



Family Facts

A large orange-outlined box containing a table. At the top of the box, there is a decorative banner with a star in the center and horizontal lines. Below the banner, the title "Family Facts" is written in a large, bold, orange font. To the right of the title, a large orange pencil is drawn diagonally. Below the title, there is a table with a header row. The header row has a dark orange cell on the right containing the word "Names". The table has 11 rows in total, with the first row being the header and the remaining 10 rows being empty for data entry. The table is bounded by orange lines.

Breathing Relaxation Exercises



1 Abdominal Breathing

Place one hand over your heart and the other over your abdomen. Breathe normally, noticing the rise and fall of your chest and abdomen. Continue this practice for about 10 breaths.

2 1,2,3.....Sigh!

Count slowly 1...2...3 (either aloud or silently) as you breathe in. Then give a long sigh as you breathe out. Repeat this several times until you feel yourself calming down.

3 Snake breathing

Breathe in normally. Then with a long breath out, make a SSSSSSSSS sound like a snake.

4 Bee breathing

Breathe in normally. Then make a humming or buzzing sound like a bee as you exhale an extended breath out.

5 Feather breathing

Hold a soft feather in one hand and raise that hand as you breathe in. Let go of the feather and breathe out slowly as you watch the feather float to the ground. Try to make your breath out last until the feather reaches the ground.



The rights of all children & young people



Almost all of the countries in the world came together and agreed that all children and young people have an important set of rights that can never be taken away from them. It does not matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is and whether they have a disability.

They all have the right to be loved, be cared for, be safe, have an education and be special. All adults should try their hardest to make sure that children are supported to grow up free from being hurt.



All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

You have the right to give your opinion, express your view, and for adults to listen and take it seriously.



You have the right to find out things and share what you think with others.

You have the right to live with and be raised by your parents, unless it is harmful for you.



You have the right to practise your own culture, language and religion - or any you choose.



You have the right to your own nationality (to belong to a country).

You have the right to help if you have been hurt, neglected or abused.

You have the right to be protected from being hurt or abused.

You have the right to the best health care possible.



No one is allowed to punish you in a cruel or harmful way.



Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.



You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.



You have the right for your personal information to not be given out to anyone without your agreement.



You have the right to special education and care if you have a disability.

You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country).



If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are ok and right for you.

You have the right to food, clothing, a safe place to live and to have your basic needs met. You should be able to do many of the things other children can do.



You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

You have the right to choose your own friends.



You have the right to live with a family who cares for you.



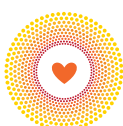
You have the right to play and rest.

You have the right to special care and protection if you cannot live with your parents.

You have the right to legal help and fair treatment by police, judges and magistrates.



All these rights and more are written down in the United Nations Convention on the Rights of the Child.



Family Facts Bingo



BINGO

Names

There are more females than males in our family.

We have twins in our family.

At least one of my parents came here from another country.

There is a baby in our family.

More than two generations of our family live in our house.

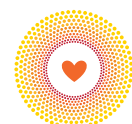
We have more than 3 children.

I am an only child.

Our pet is part of our family.

We have an adopted child in our family.

We have step children in our family.



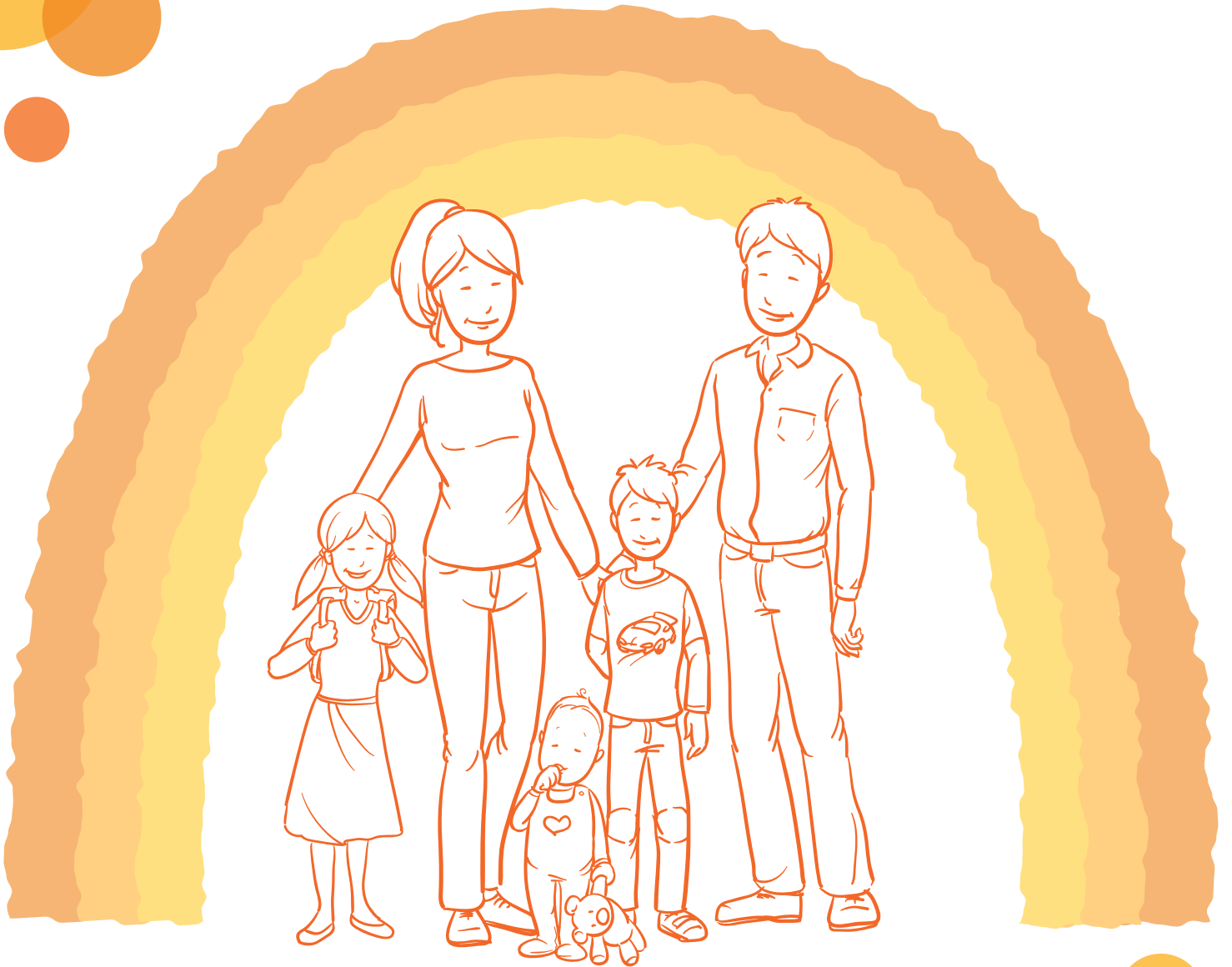
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Parenting Rainbow



Stop...Pause...Play



When we can relate to our children with mindful awareness we activate a part of the brain (the medial pre-frontal cortex) which allows our defensive systems to switch off, putting us in a more relaxed state and allowing us to think and act more rationally and to step outside our own experience so that we can **BE MORE PRESENT TO OUR CHILDREN'S NEEDS.**

This is an exercise that we will practice every week or use any time you need to take time out to calm down before you respond to whatever is going on.



Stop

- Stop what you are doing.
- Make sure your feet are placed firmly on the ground.



Pause

- Focus on your breath.
- Breathe in slowly, right down into your belly, then exhale completely.
- Take 5 more slow breaths, being aware of each breath in and each breath out.
- Smile and enjoy standing like this for a moment. Feel your body relax.
- Reflect. Ask yourself "What do I need?" and "What does my child need?"



Play

Respond to your child with new understanding.



Values and goals



What are your goals for yourself as a parent?

What are your values in parenting?

If you were to choose, which one would be your choice to focus on? Values or goals?

Where did these goals come from?

From where your values come from?



