



RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE

SUMMER EDITION

JUNE 2024

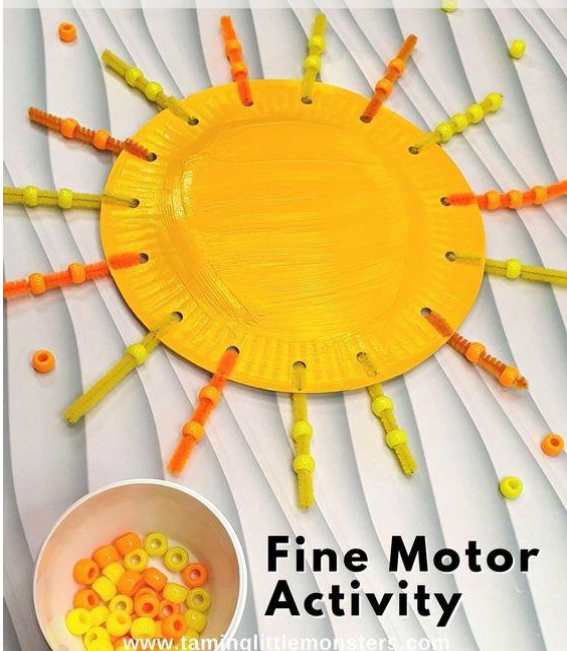




SPONGE PAINTED ICE CREAM Craft



SUN THREADING



Paper Plate Flowers





SUMMER OF PLAY CHALLENGE

PLAYBOARD NORTHERN IRELAND
LEADING THE PLAY AGENDA

CAPTURE THE FLAG

CRICKET OR ROUNDERS

40 40

OBSTACLE COURSE

STREET GAMES: KERBY/CRIBBY, 123 RED LIGHT, MARBLES, TWO BALLS

ELASTICS

RACES: EGG & SPOON, BALLOON RELAY, SACK RACE

THE FLOOR IS LAVA

CARD GAMES

BALLOON VOLLEYBALL OR DODGEBALL

PUDDLE JUMPING

SKIPPING RHYMES

BOAT RACES

MAKE DAISY CHAINS

SHADOW TAG

TREASURE HUNT

BUILD A JUNGLE HUT

MAKE & FLY A KITE

ROLLER-SKATING

HOPSCOTCH OR CHALK ART

INTERNATIONAL DAY OF PLAY

We support the summer of play

PlayBoard NI is registered with the Charity Commission for Northern Ireland NIC104724, company limited by guarantee no. NI30225, charity no. XR86639. www.playboard.org #SummerOfPlay 2024

Let's play with...bubbles

henny
Healthy Start, Brighter Futures

Easy bubble mixture recipe

Ingredients

- 300ml of warm water
- 50ml washing up liquid
- Optional - ½ teaspoon of baking powder/cooking oil (can be added if your bubbles are popping too quickly)

Method

- Pour the water into a measuring jug
- Add the washing-up liquid.
- Gently stir the mixture together to combine
- Let your bubble mixture rest (ideally overnight) as it lets the mixture settle
- When you're ready, dip your bubble wand into the mixture and start blowing bubbles!

Ideas for bubble wands

- Make bubble wands out of straws, pastry cutters or pipe cleaners. Experiment to see if different shapes make different shaped bubbles

Activities with bubbles

- Try popping bubbles with a specific body part (arm, head, foot, leg etc)
- Set a timer and see how many bubbles you can pop
Watch the bubbles float to the ground and talk to your child about what colours you can see in the bubbles
- Catch bubbles rather than popping them (putting a sock over your hand will make it easier!)



Staying safe in the sun



- ☀️ Keep babies less than 6 months old out of direct sunlight
- ☀️ Older babies should also be kept out of the sun as much as possible, particularly in the summer and between 11am and 3pm, when the sun is at its strongest.
- ☀️ If you go out when it's hot, attach a parasol or sunshade to your baby's pushchair to keep them out of direct sunlight
- ☀️ Apply a sunscreen with a sun protection factor (SPF) of at least 30 to your child's skin - check the sunscreen protects against both UVA and UVB rays
- ☀️ Apply the suncream regularly, particularly if your child is in and out of the sea or paddling pool
- ☀️ Make sure your child wears a sunhat with a wide brim or a long flap at the back to protect their head and neck from the sun

Information taken from NHS

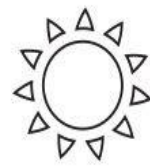
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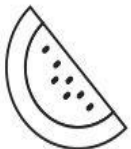
Summer I Spy

Directions: Count each object and write the number in correct box.













How to make a mini nature reserve

1 Choose your site

Choose a safe place to put your window box – somewhere like an old bench or wall at an easy height for inspection.

2 Gather your materials

- window box
- a small log
- yoghurt pot
- some compost
- a rock

3 Fill the box with compost

Always use peat-free compost and save our precious peat bogs.

4 Add a few features

Dig in the yoghurt pot and add the small log and rock.

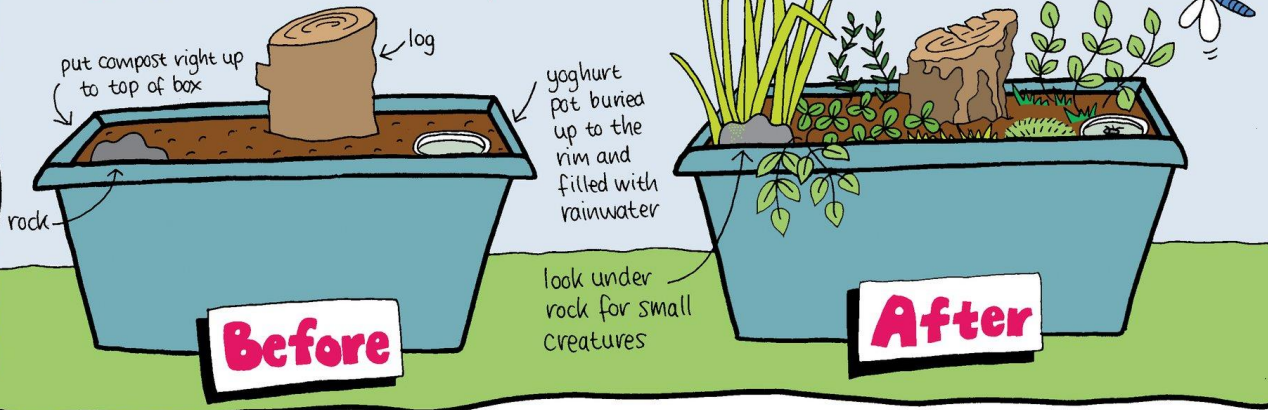
5 Leave!

6 Keep a diary

Record the changes you see. Make notes using guidebooks and take a photo every week.

7 Management

Remove out of control plants or cut them back with scissors.



www.wildlifewatch.org.uk

with thanks to patrick roper for original idea (windowboxwildlife.blogspot.com)

Illustration: Corinne Welch © Copyright Koyal Society of Wildlife Trusts 2015

B B C

**TINY HAPPY
PEOPLE**

What children can learn from looking after plants

Plants teach children patience (and us!).

Plants give children a sense of responsibility.

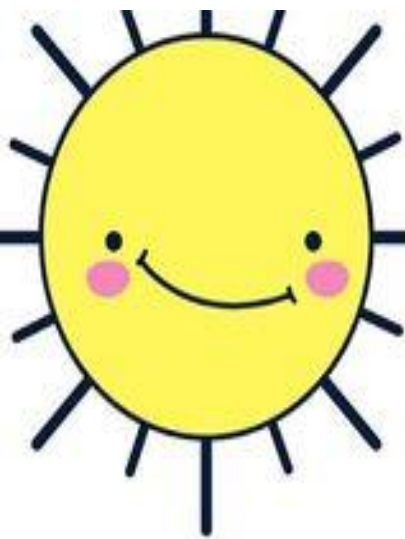
Plants provide sensory development.

Picking up tiny seeds and putting them in the soil is a great way for your child to strengthen the small muscles in their hands.





















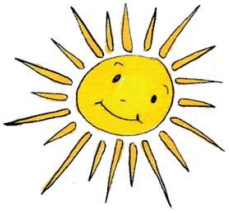
Gardening promotes healthy eating for all the family.

Gardening can help with reducing screen time.



OUTDOOR SCAVENGER HUNT

- | | | | | | |
|--------------------------|---|--------------|--------------------------|---|------------|
| <input type="checkbox"/> |  | 1 GREEN LEAF | <input type="checkbox"/> |  | BIRD |
| <input type="checkbox"/> |  | 1 BROWN LEAF | <input type="checkbox"/> |  | A WEED |
| <input type="checkbox"/> |  | 3 STICKS | <input type="checkbox"/> |  | BUTTERFLY |
| <input type="checkbox"/> |  | SPIDER WEB | <input type="checkbox"/> |  | TREE |
| <input type="checkbox"/> |  | BUG | <input type="checkbox"/> |  | CLOVER |
| <input type="checkbox"/> |  | WATER | <input type="checkbox"/> |  | FEATHER |
| <input type="checkbox"/> |  | SMOOTH ROCK | <input type="checkbox"/> |  | BEE |
| <input type="checkbox"/> |  | ANTS | <input type="checkbox"/> |  | PINECONE |
| <input type="checkbox"/> |  | FLOWER | <input type="checkbox"/> |  | GRASS |
| <input type="checkbox"/> |  | CLOUD | <input type="checkbox"/> |  | TREE STUMP |



Sun Cream

Sun Glasses

Sunhat

Burnt

Sun

Warm

Get a drink

Care in the sun
Cúram faoin ghrian

Uachtar gréine

Spéaclaí gréine

Hata gréine

Dóite

Grian

Te

Faigh deoch

Ouk-tar greyn-ya

Speckly greyn-ya

Hata greyn-ya

Doy-cha

Grain

Chey

F(eye) juh



altram
gúna luathbhlianta
www.altram.org

BBC TINY
Happy
PEOPLE

SUMMER BOREDOM BUSTER



THE ACTIVITY JAR

PULL OUT **ONE**
ACTIVITY A DAY

ADDS ELEMENT OF
SURPRISE !

ACTIVITIES ARE
FREE AND FUN



FOLD UP **PAPER**

PICK ACTIVITIES
THAT **WORK**
FOR YOU

PERFECT FOR
SUMMER HOLIDAYS

Free Printable



SUMMER Bucket List



Kids Indoor Activities

- Make Time Capsule
- Drink Root beer Floats
- Family Game Night
- Make Popsicles
- Homemade Ice Cream
- Play Minute to Win It
- Cook a Meal Together
- Play Board Games
- Build Blanket Fort
- Play Card Games
- Look at Old Photos
- Escape Room Game
- Make TikTok Video
- Play Charades
- Play Hide & Seek
- Eat Hot Dogs
- Family Game Night
- Bake Cookies
- Lego Challenge
- Play Freeze Dance
- Create Mad Libs
- Play Hot Lava
- Balloon Tennis
- Would You Rather
- Play Bingo
- Do a Puzzle

Kids Outdoor Activities

- Scavenger Hunt
- Outdoor Concert
- Make Smores
- Water Balloon Fight
- Play in Sprinkler
- Backyard Camping
- Skate Boarding
- Enjoy a BBQ
- Read in a Hammock
- Red Light Green Light
- Water Gun Battle
- Collect Bugs
- Take a Bike Ride
- Sidewalk Chalk
- Catch Fireflies
- Tell Ghost Stories
- Stargazing
- Start a Garden
- Have a Picnic
- Obstacle Course
- Blow Bubbles
- Chalk Games
- Hula Hoop
- Fly a Kite

Crafts, Arts & STEM

- Make a Bird Feeder
- Coffee Filter Butterflies
- DIY Laser Maze
- DIY Racetrack
- Make Playdough
- Draw a Picture
- Shadow Art
- Paint Rocks
- Make Slime
- Make Jewellery
- Sun-Catchers
- Paint With Bubbles
- Leaf Rubbing

Local Places to Visit

- Farmer's Market
- Baseball Game
- Meet New Friends
- Ride Roller Coasters
- Ride a Ferris Wheel
- Visit Local Park
- Take a Boat Ride
- Visit Movie Theater
- Local Swimming Pool
- Visit a Beach
- Go Fishing
- Whitewater Rafting
- Be a Tourist at Home
- Visit a Local Museum
- Visit a Zoo
- Go Fruit Picking
- Feed Ducks
- Local Animal Rescue
- Watch a Parade
- Ice Cream Parlor
- Visit Local Library
- Go on a Road Trip
- Horseback Riding
- Hot Air Balloon Ride
- Home Depot Project
- Local Nature Center
- Take a Train Ride
- Go Bowling
- Volunteer as a Family
- Visit New Restaurant
- Geocaching
- Eat a Snow Cone
- Pickleball Court
- Trip to the Mall
- Act of Kindness
- Skip Rocks
- Drive in Movie
- Storytime
- Miniature Golf
- See Fireworks



Bí ar do shuaimhneas



Bí láidir

Be strong Be lie-jir

Use your strength to catch tricky waves



Bí cineálta

Be kind Be kinyelta

Stretch high and spread kindness all around



Bí cróga

Be brave Be crowga

Be brave and fearless as you fly down the ski run



Bí cairdiúil

Be friendly Be carjewel

Stretch like a dog wagging its tail



Bí suaimhneach

Be calm Be suavnya

Be a wise owl perched on a tree branch



@StudentMindsOrg

YOU are so much more than your grades!



Looking after your health and wellbeing



Keep talking with your family, friends, teachers or someone else you trust.

Getting rest is really important. Try to avoid late nights, and get a good night's sleep.

Exercise! It's a great distraction and it keeps you fit and healthy. Win-win!

Looking after your health and wellbeing

Try to unwind with some music or a good book. Distract your mind with positive energy.

Get some fresh air. Have a quick walk or a slow stroll, and come back feeling fresh.

Give social media a break! It can be a negative distraction and cause you to worry.



HOW ARE YOU FEELING TODAY?

@POSITIVELYPRESENT



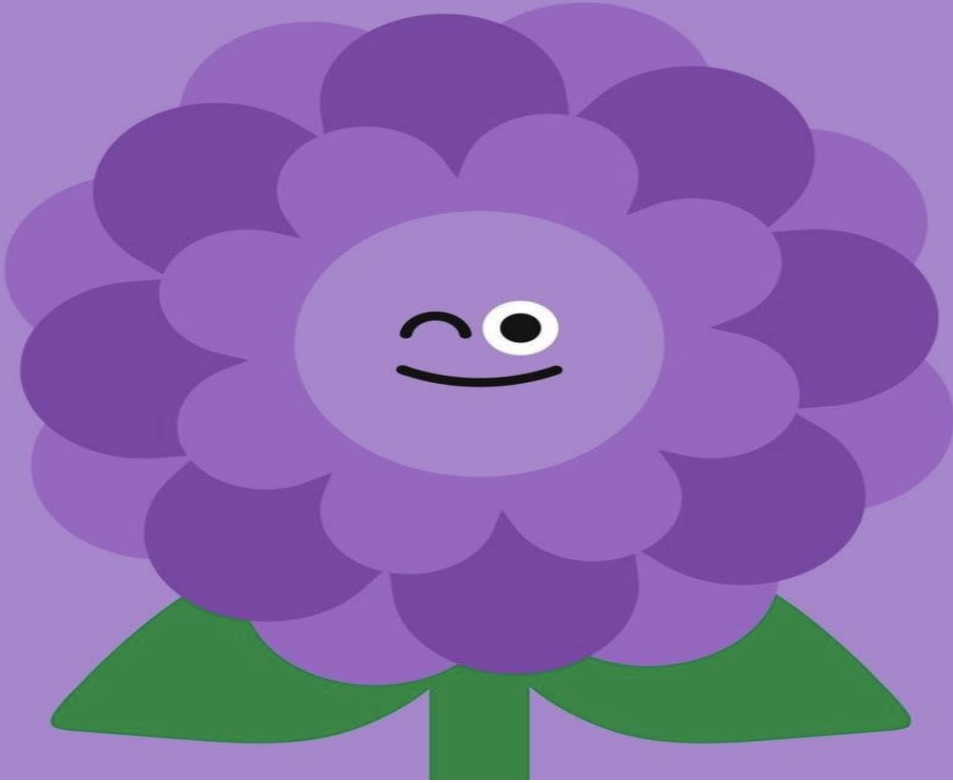
FRIENDLY REMINDER:

YOU DON'T
HAVE TO DO

WHAT
EVERYONE
ELSE IS
DOING.

@ADOSEOFREMINDERS

**Your kindness
never goes unnoticed.**



littlesunnydoodles

QUICK TIPS FOR LOOKING AFTER YOUR MENTAL HEALTH

1 Rest, rest and more rest!

Plan regular days when the children are at school, where you have no to-do list & no demands. Housework can wait! Rest is not lazy.

2 Get active, if you can

In whatever way works best for you, try to move your body. The endorphins will speak for themselves and you'll feel energised.

3 Listen to your fave music

In headphones or out loud. Listening to your favourite music is a great mood booster, even better if you can sing along!

4 Touch grass!

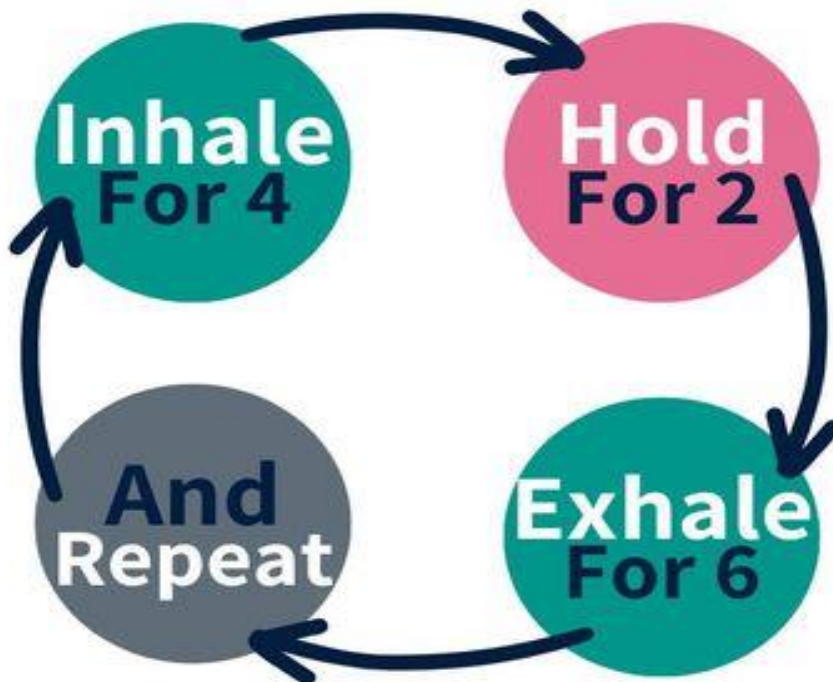
In all seriousness, getting outside into the fresh air is sometimes a great way to break out of feeling low.

5 Do something you enjoy

Chat with your besties, or just scroll TikTok sat on the toilet, fitting tiny hits of 'you-time' in throughout the day can help lift you

contact

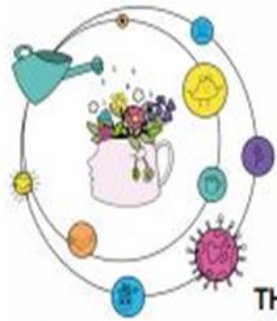
4-step Mindful Breathing



Here for **you.**

Belfast | Coleraine | Magee

ulster.ac.uk/wellbeing



EMOTIONAL HEALTH AND WELLBEING IN EDUCATION



THERE ARE A RANGE OF SERVICES AND RESOURCES AVAILABLE TO HELP SUPPORT THE EMOTIONAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN EDUCATION. CLICK ON THE LINKS FOR MORE INFORMATION.

CHILDREN AND YOUNG PEOPLE

TEXT A NURSE

The confidential Text A Nurse service for post-primary pupils is available Monday to Friday 9am-5pm. Contact numbers for your area can be found on the PHA website - [Text a Nurse - pupils](#)

INDEPENDENT COUNSELLING SERVICE FOR SCHOOLS (ICSS)

Available to post-primary age young people - ask your school / setting for more details.

YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources - [Youth Wellness Web](#)

OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download from [Google Play](#) or [Apple Store](#)

PARENTS / CARERS

TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#)

SOLIHULL ONLINE COURSES

Free online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. Help understand your child's feelings as well as your own - find out more at [Northern Ireland - inourplace](#)

RISE NI

The RISE NI website provides information for parents from health professionals to help develop the foundational skills for learning. Visit [RISE NI](#) for more information.

SCHOOLS

TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#).

RISE NI

Contact your local Health Trust Coordinator for more information.

REACH

Education Authority Youth Service led programme available in schools for children and young people aged 6-19. Visit [REACH](#) to submit a request for support.

BEING WELL DOING WELL

Programme which supports schools to develop a Whole School Approach to Emotional Health and Wellbeing. Find out more on the EA website - [Being Well Doing Well](#).

EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health practitioner support for post-primary schools. Find out more at [Schools - FWTS](#).

THE ATTACH PROGRAMME

Focuses on trauma-informed practice and the importance of relationships. Delivered as part of the EA Primary Children Looked After Advisory Service - [Primary CLAAS](#).

CCEA WELLBEING HUB

The hub provides a range of helpful and relevant learning activities that can support promoting mental health and wellbeing. Find out more on the [CCEA Hub - Schools](#).

EA HEALTH WELL HUB

Health and Wellbeing support for staff. Find out more on the [EA Health Well Hub](#).

FURTHER INFORMATION

YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.

DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#).

TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#).

SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#).

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021, you can find out more on the [DE website](#) or use QR code:



Mental Health Resources



Autism NI have created a range of useful resources to help manage mental health and anxiety, including coping tools, positive statements, grounding techniques and a confidence ladder. You can access this for free;

www.autismni.org/managing-anxiety

Online wellbeing tips for children with SEND

NSPCC

- Tip One**
Talk to your child about what they are doing online
- Tip Two**
Be ready to answer any questions about things they have seen on social media or fake news
- Tip Three**
Social pressures can feel confusing and isolating, even more so with children with SEND
- Tip Four**
Talk to your children about how different communication styles can be interpreted
- Tip Five**
Create a family agreement about what is and isn't okay to do online, such as accepting unknown friend requests
- Tip Six**
Have conversations with your child about healthy online relationships

The NSPCC have partnered with Ambitious about Autism to bring online safety tips, advice and activities specifically for parents and carers of children with SEND (Special Educational Needs and Disability) For more information visit: [Online safety for children with SEND | NSPCC](#)



Going on holiday with my family



© Designed and Produced by Middletown Centre for Autism

Middletown Centre of Autism- Going on Holiday with my Family Resource

Be UV Aware

The UV index shows us how strong the sun's UV rays are

When the UV index is 3 or more, protect your skin

Check the daily UV index
metoffice.gov.uk
careinthesun.org/uv

Cancer Focus
NORTHERN IRELAND

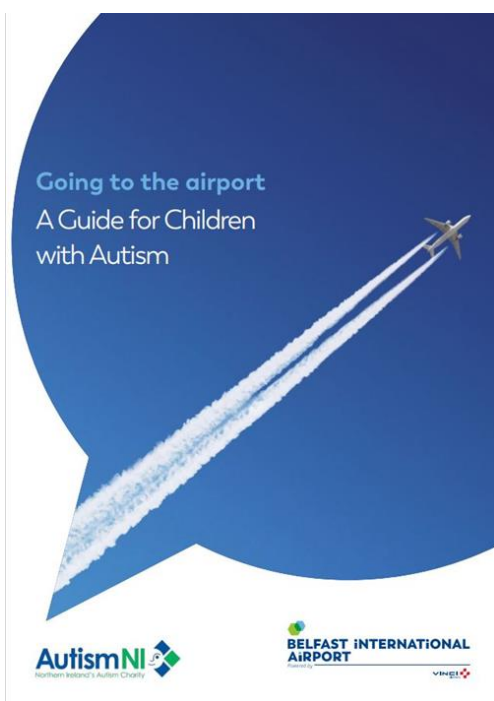
HSC Public Health Agency

BE CANCER AWARE



Information and support if you are experiencing grief and bereavement or helping other people who are bereaved

[Bereaved | Bereaved \(hscni.net\)](https://www.hscni.net)



[241533 bia autism guide children-23.pdf \(belfastairport.com\)](https://www.belfastairport.com/241533_bia_autism_guide_children-23.pdf)

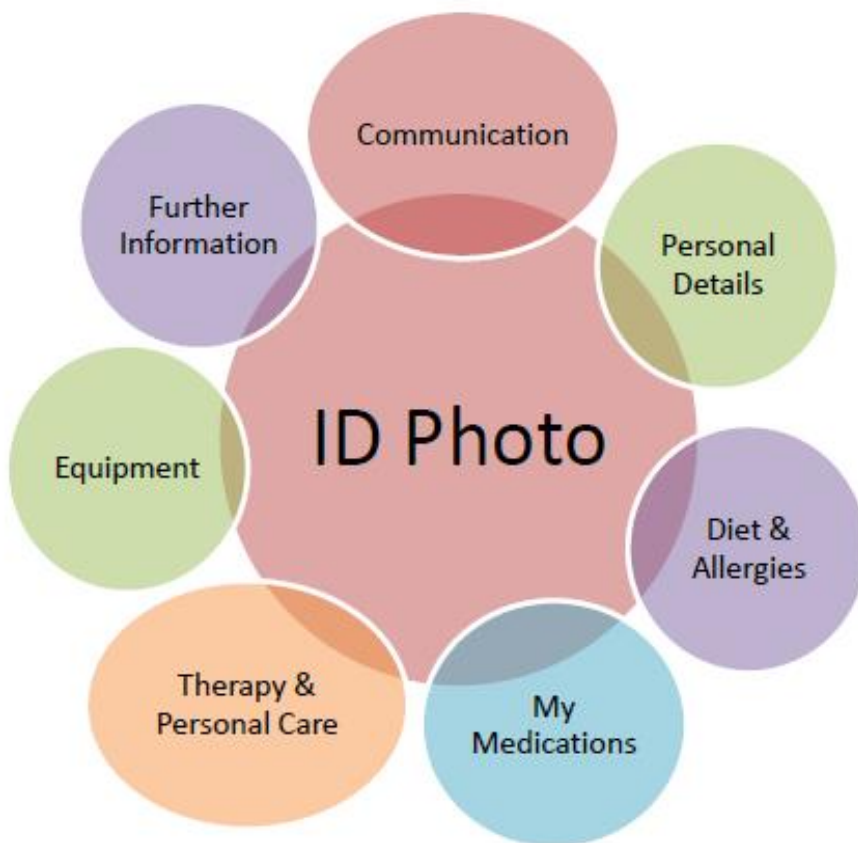


Middletown Centre for Autism has launched a new resource focusing on better understanding and supporting the mental health and wellbeing of young people. Visit- <https://mental-health-wellbeing.middletownautism.com/>

Download All about Me Passport Template [Here](#)

<https://cypsp.hscni.net/download/428/your-journey-guide/40679/all-about-me.pdf>

All About ME





Healthy snacks and drinks for hot days

- Pour unsweetened and diluted fruit juice into lolly moulds and freeze
- Put a banana in the freezer in its skin. Once frozen, peel off the skin and eat like an ice lolly
- Blend frozen, fresh or tinned fruit with milk, yoghurt or unsweetened fruit juice to make a smoothie
- Freeze low-sugar yoghurt
- Add a slice of lemon or orange to a glass of water



[Summer ice lollies recipe - BBC Food](#)



[Eat the rainbow pizza recipe - BBC Food](#)

LUNCH

Baby's First Fishcakes

BBC TINY
Happy
PEOPLE

1. Boil the potatoes for 12–15 minutes until tender. Leave to steam dry.
2. Add the sweetcorn and butter to a small saucepan, then Blend into a coarse paste.
3. Add sweetcorn and tuna to the potatoes and mash together.
4. Tip the flour onto a plate and season with pepper. Divide the potato mixture into 8 equal portions and shape, coat in flour.
5. Pour oil into a large frying pan and heat over a medium heat. Place the fishcakes in the pan and cook for 3 minutes on each side until crisp.
6. Serve the fishcakes as finger food with green beans and carrots!

Ingredients

- 3 peeled and halved potatoes
- 75g no-sugar or salt sweetcorn
- 15g butter or spread
- 100g canned tuna in water
- 2 heaped tbsp plain flour



Available
in Public
Libraries

Free Period Products

For more information including locations please visit
nidirect.gov.uk or myperiod.org.uk

Scan to download the
PickupMyPeriod App



iOS



Android

Period Dignity for all!

Available in Public Libraries

Reducing the Stigma

48% of girls feel embarrassed by their period, with the figure rising to 56% of 14 year olds.

Plan International UK

Period products are essential items for personal care which address a normal biological need. From May 2024 period products will be made freely available to everyone who needs to use them!

WHO are they for?

- Free products are available for anyone and everyone who needs to use them.
- You can pick them up for yourself or for someone else who needs them.

WHEN can I get them?

- Period products will be available from libraries from 13 May 2024.
- Opening hours for libraries and mobile library stops can be found on the PickupMyPeriod app.

WHERE can I get them?

- Every library will make period products available (including mobile libraries).
- You can also locate your nearest free period products via the PickupMyPeriod App.

HOW do I get them?

- Just follow the signposting in libraries and take what you need when you need it.

For more information, please visit [nidirect.gov.uk](https://www.nidirect.gov.uk)

"Can I get a phone?"

"What age can I get a phone?"

"My friend has a phone, please can I get one?"

Sound familiar??

Maybe you are thinking of getting your child a phone or have recently got one? At Parentline NI we have put together a useful bumper pack full of helpful information and activities to do together with your child to prepare them for using a phone.

Packed full of useful links, support and guidance as well as helpful Q&A's to use with your child!



For your **FREE** pack
Call us now on **0808 8020 400**

Top tips to protect your skin in the sun



Stay in the shade



Cover up



Wear sunglasses with 100% UV protection



Wear a broad brim hat



Use sun protection with at least SPF 30 and UVA 4 stars

BBC

TINY HAPPY PEOPLE

5 tips to help your little one get started riding a bike



BBC

TINY HAPPY PEOPLE

1. Choose the right kit

Many people prefer 'balance bikes' - without pedals - to stabilisers for developing bike skills.

Don't forget a well-fitted helmet!



BBC

TINY HAPPY PEOPLE

2. Pick a safe space

A quiet spot with a smooth surface or grass is best.

Try to pick a dry day with plenty of time, so your child doesn't feel rushed.



BBC

TINY HAPPY PEOPLE

3. Step and glide

Your child might start off by sitting on their bike and using tiny steps to move forward.

Then they can move onto gliding, using bigger steps.



BBC

TINY HAPPY PEOPLE

4. Get comfortable

Talk your child through the different parts of the bike - the handlebar, the wheels, the spokes...

Help them practise getting on and off their bike too.



BBC

TINY HAPPY PEOPLE

5. Stay positive

Keep things fun. Take a break if either of you get bored, tired or tetchy. And if they feel nervous, try some simple exercises that prove they have control.



Six activities to help school-readiness

1. Hopscotch

Helps listening and turn-taking

2. Draw a feelings tree

Stick drawings of emotions to the tree to help them learn about feelings!

3. Make a trip to the toilet

Talk through the trip and give them lots of praise to build confidence



Six activities to help school-readiness

4. Learn to share with toys

Help them share objects with you or their teddies using pretend play!

5. Sounds treasure hunt

Find household objects that start with a certain sound to learn phonics

6. Put things in order

Sorting toys from biggest to smallest, or lightest to heaviest develops reasoning



Managing change -Top Tips for leaving primary school

Talk about what's happening

Talk to your child about the upcoming change and explain why it is happening. This is an opportunity to discuss what the change may bring and address any concerns they may have.

Try... The "What If" game – take turns imagining different scenarios related to the change. This allows your child to express their thoughts, concerns, and expectations while sparking meaningful conversations.



Encourage expression of feelings



Change can draw out a range of emotions in children. Let your child know it's natural to feel a mix of excitement, nervousness, or sadness. Create a safe space for them to talk about their concerns, and provide comfort and understanding.

Try... Read books together about characters who are going through a similar transition and talk about their emotions. There are plenty of examples online or try your local library.



Involve Your Child in Decision Making



Where appropriate, involve your child in the decision making process related to the transition. This involvement gives them a sense of ownership and control over their new experience.

Try... Plan an outing to shop for school supplies or items needed for the transition. Let your child take the lead in choosing their own supplies, such as backpacks, notebooks, or lunchboxes.



Embrace change and remain positive

Emphasise the positive aspects of the change. Talk about new opportunities, friends they might make, & exciting activities they can look forward to. Maintain an optimistic attitude and convey your own enthusiasm.

Try... Decorate a jar together. Fill it with notes about the positive aspects or exciting things about the upcoming change on colourful slips of paper. If your child feels apprehensive they can pick out a note and read it aloud.



Moving Schools?

How to help your child

- 1  Make sure you visit the school before Year 8 - ask to visit at a quiet time in August if needed.
- 2  Over the summer practise the journey to school - first accompanied then unaccompanied.
- 3  Make a pupil passport for your young person - This can highlight strengths, interests & weaknesses.
- 4  Practise putting on the uniform especially ties - This will reduce stress on PE days & in the mornings.
- 5  Teach how and who to ask for help - Use a social story.
- 6  Discuss possible problems and how to react - Teach how to match reaction to size of problems.
- 7  Practise questions to ask new friends
Eg - what's your name, favourite hobby, favourite computer game.
- 8  Buy materials to colour code class books - coloured plastic covers last the longest time.
- 9  Make a daily checklist for bedrooms and kitchen.
- 10  Be patient.

Transition
Ag bogadh ar aghaidh
Ig bug-oo air eye



Primary School	Bunscoil	Bunskull
Primary 1	Rang a haon	Rang a hane
Teacher	Múinteoir	Moon-chore
Classroom assistant	Cúntóir ranga	Coon-tore ranga
Principal	Príomhoide	Pre-oo-idge-ya
Caretaker	Fear faire	Far fyra

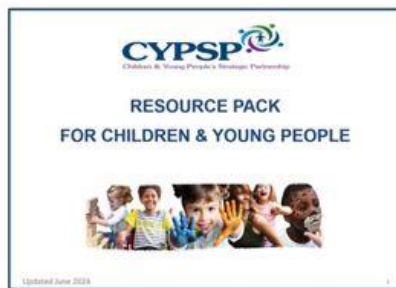


Transition
Ag bogadh ar aghaidh
Ig bug-oo air eye



School uniform	Culaith scoile	Kul-ee skulla
School bag	Mála scoile	Mala skulla
Lunch bag/ box	Mála/ bosca lón	Mala/ bos-ka loan
Class room	Seomra ranga	Shomra ranga
Dinner hall	Halla dinnéir	Halla dinyir
Sports hall	Halla spóirt	Halla spore-ch
Yard	Clós	Close





For more resources and activities on disability, mental health, bereavement, education plus more, check out the previous edition of the Children and Young People's Resource Pack

[Download here](#)

