



## Parent to Parent Back from Lockdown Toolkit



A collection of Ideas & Strategies  
to support parents and young people  
to get back to School After Lockdown

Our Thinking



In response to our successful 'Returning to School After Lockdown' survey which was sent out to Young People and their families, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

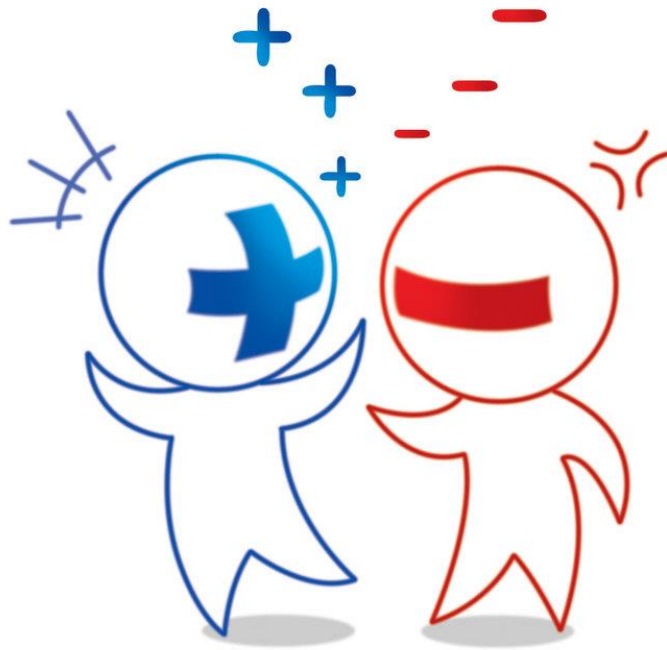
All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



# Our Thinking

Sometimes our worries get in the way, and changes how we think about things, here's some

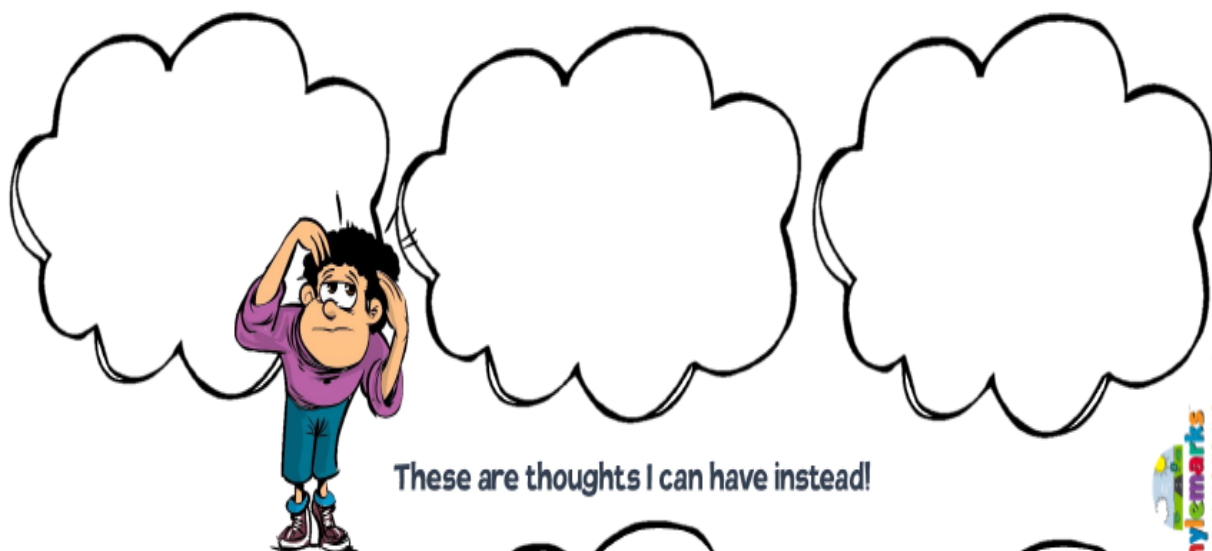
Worksheets to help you look at your thoughts .



# AUTOMATIC NEGATIVE THOUGHTS

Sometimes when we think about a situation, we have negative thoughts that show up right away that make us feel anxious or sad. These thoughts are unhelpful and often make us feel worse about the situation. These are called **automatic negative thoughts**. Use this worksheet to identify the negative thoughts that you're having and then come up with new, positive thoughts to have instead!

The situation: \_\_\_\_\_ . These are the thoughts I'm having...



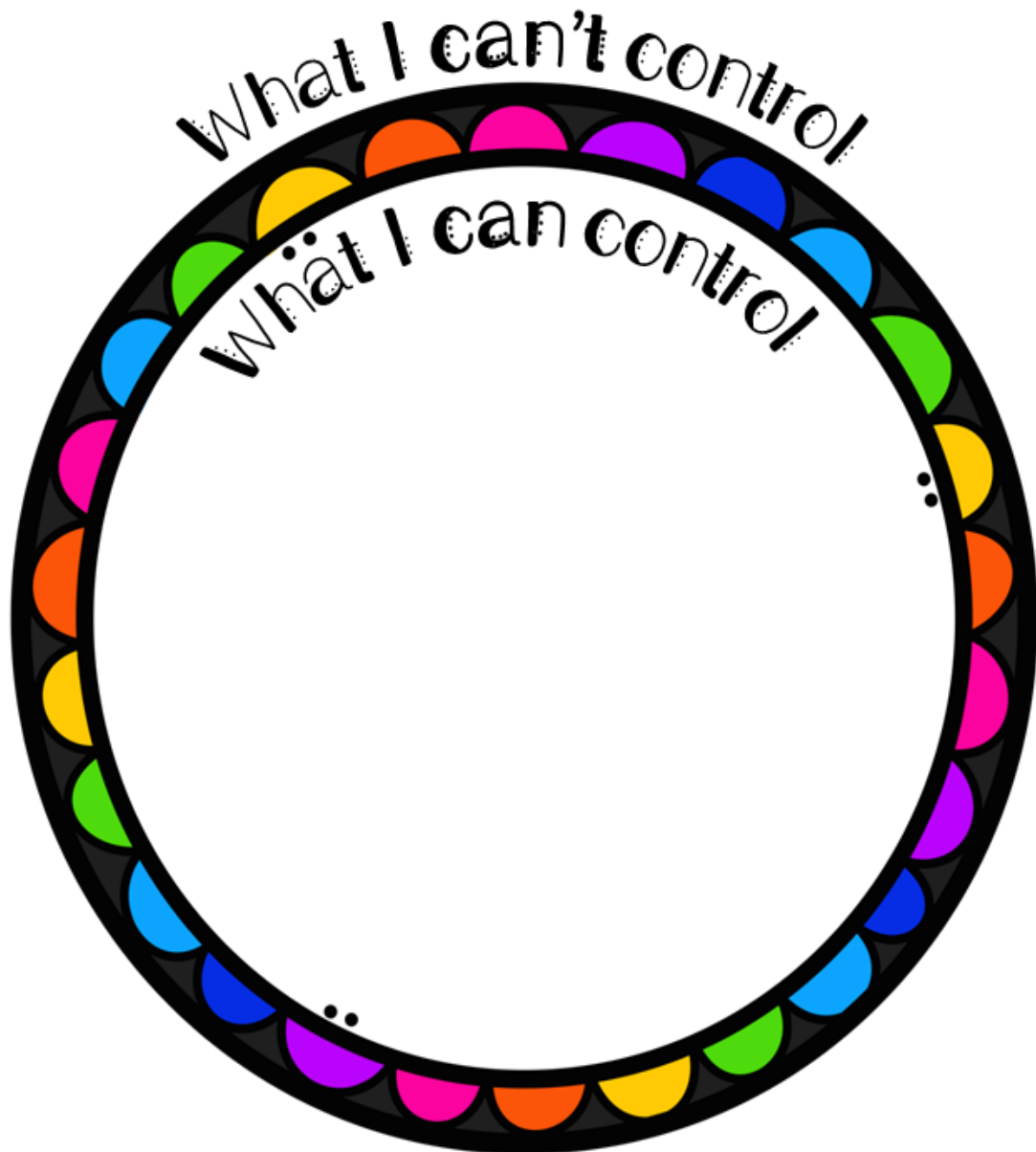
# Changing Thoughts

What are some negative thoughts that you are having about a situation? What are some positive thoughts you can have instead?

The worksheet is designed for a cognitive-behavioral exercise. It features four rows, each representing a thought transformation. Each row consists of two cloud-shaped boxes connected by a large, light-grey arrow pointing from left to right. The left cloud is associated with negative thoughts, indicated by red minus signs scattered around it. The right cloud is associated with positive thoughts, indicated by blue plus signs scattered around it. The clouds and arrows are empty, providing space for the user to write their thoughts.

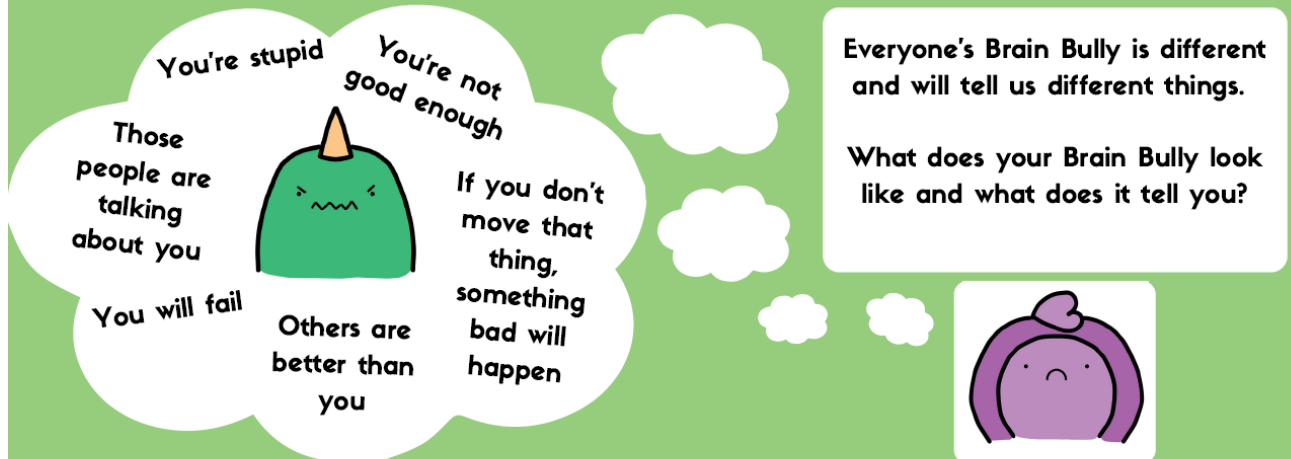
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# Circle of Control



# Do you have a Brain Bully?

A Brain Bully is a bully that lives in our minds and tells us negative and nasty things which can make us feel sad, worried and distressed. This can stop us doing certain things or getting the most from life. Just like any bully, you shouldn't have to put up with a Brain Bully!



## Stand up to your Brain Bully

The things Brain Bullies say to us are usually negative **OPINIONS** and are not based on facts or evidence. We can therefore stand up to our Brain Bully by thinking about the **FACTS**.

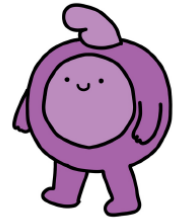


### Opinions

You will fail  
Others are better than you  
They looked at you funny

### Facts

I have revised and will do my best  
Everyone is good at different things  
They were just looking in my direction and if they did look at me, why does it matter?



## Challenge your Brain Bully

We can also challenge our Brain Bully by testing out whether the things it says to us are true or not. We can do this using **EXPERIMENTS**.



- Brain Bully: If you don't put that pencil straight, something bad will happen.
- Experiment: I left the pencil where it was and didn't do what my Bully told me to.
- Results: Nothing bad happened.
- Use the results to challenge the Bully in the future: I don't need to move the pencil because nothing bad happened last time. Brain Bully, you're wrong!

Plan your own experiments to challenge your Brain Bully.

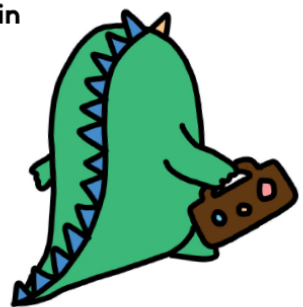
## It's all linked

### Thoughts

Stand up to and challenge the Brain Bully and think more positive thoughts

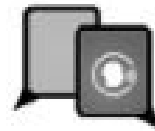


Stand up to your Brain Bully's opinions by thinking about the **facts** and use **experiments** to challenge your Brain Bully. By doing this, you can send your Brain Bully packing!



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Everyday Speech



**Flexible Thinking / Rigid Thinking**

## **FLEXIBLE THINKING**

## **RIGID THINKING**

**CUT OUT EACH ITEM AND PLACE THEM IN A CATEGORY, OR WRITE THEM IN.**

I want to learn a new game.	I only want to play video games.	I will only play if I go first.	I will ask for help.	I can't do this math.	I went first last time so you can go.
I will read the book my teacher says.	I only want to read about robots.	Math is hard, I will try my best.	I'll never finish my writing.	I am going to do this my way.	Writing takes time.

Browse our database of free worksheets at [myeverydayspeech.com/worksheets](http://myeverydayspeech.com/worksheets)

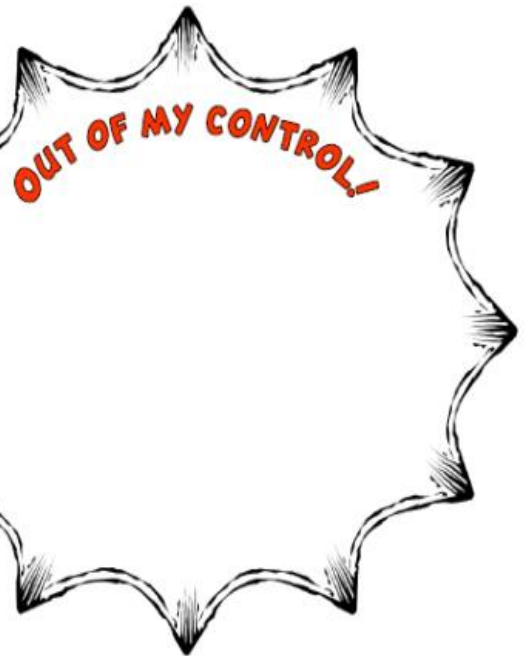


# IN-AND-OUT

What are some things that are stressing you out? Determine which ones are in or out of your control.



**WHAT CAN YOU DO ABOUT THESE THINGS TO HELP YOU FEEL LESS STRESSED?**



**WHAT SHOULD YOU DO ABOUT THE THINGS YOU CAN'T CONTROL?**



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# Unhelpful Thinking

Unhelpful and negative thinking habits can lead to negative feelings without us even noticing. The first step in changing negative thoughts to more positive ones is to become more aware of what we think. Everyone has unhelpful thoughts sometimes but it's when they happen all of the time that they can have a negative impact on our mental health.

Which unhelpful thoughts do you recognise?



## predictions



I make negative predictions about what might happen in the future even though I have no way of knowing this.



## judgements



I make judgements about things even though there is no evidence or facts to back this up.



## catastrophising



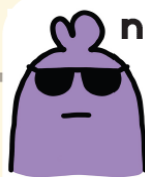
I always think that the worst thing or that something really bad is going to happen.



## perfectionist



I put a lot of pressure on myself to do well and set unrealistically high expectations for myself.



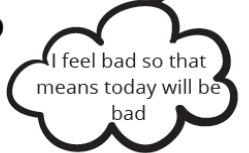
## negative glasses



When I have my negative glasses on, I only see the bad things and don't notice any of the good things.



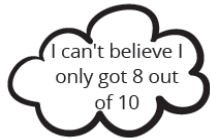
## feelings



If I notice negative feelings in myself or by body, I automatically think that it means something bad is happening.



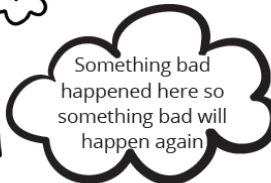
## mountains & molehills



I tend to take more notice of the negative things in a situation and down play the positive things.



## memories



Some things trigger my negative memories which makes me think something bad will happen again now.



## black&white thoughts



I usually think things are either really good or really bad with nothing in between.



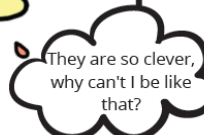
## mind reading



I assume I know what other people are thinking and this is usually negative things about me.



## compare & despair



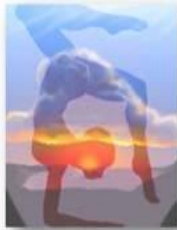
I notice positive things about other people but then compare myself negatively to them.



## self critical



I am very critical of my own abilities and about myself.



## Ways to be *Flexible*



Trying hard to deal with changes



Trying to stay calm when things are not just what you expect



Letting other people have their way too



## Ways to be **RIGID**



Getting really upset over any kind of change



Getting really stubborn when things are not just what you expect



Bossing other people to make them do what you want

## My Action Plan



**What I've learnt or found useful?**

**What I'm going to do next?**

**Who I can ask to help me!**