



Bounce back out of lockdown

As we ease out of lockdown we know there are a few things we are looking forward to such as warmer weather, meeting friends and family and perhaps a holiday, but for some of us there are feelings of anxiety about the gradual easing of restrictions.

Recent surveys about the pandemic and the effect it has had on peoples' lives show that even though anxiety levels have dropped slightly, loneliness and a desire to have and achieve goals have risen amongst people.

So why not join with Family Learning and look forward to a summer of learning and having fun.

Family Learning are offering **FREE short courses** all year round and you can join us online or hopefully from summer onwards, back in schools, libraries and other community venues.

Some of the courses we have coming up are on our website or you can phone, email, or complete an enquiry form to find out more or ask at your child's school as they will hear about us too.

Call Mini on **07548713463** or go to <https://www.learnbaes.ac.uk/subjects/family-learning> to enquire



Keep talking - Tell children that you will continue to keep them updated as you learn more. You can say, "Even though I don't have all the answers to everything right now, once I know more, I will let you know, too."

It's OK to not be OK - Just like adults, children are likely to have mixed feelings about going back to normal. Having these feelings is normal for everyone. If your child has lots of worries, try writing them down together.

How to TALK to your children ABOUT coming out of lockdown

Focus on helping your child feel safe but be truthful too. Don't offer more detail than your child is interested in. Answer the questions truthfully but if the topic doesn't come up, there's no need to raise it.

It's OK to say "I don't know". If your child asks about something and you don't know the answer, say so.

Practice ways of keeping calm - It is normal for worries and changes to make us feel a bit 'funny' or unsettled. It can help to stay calm and it's always helpful to learn different ways to help your body feel relaxed.

If you want to learn more, join us for our course: **Bounce Back—Life after Lockdown**. We focus on ways you can improve your mental wellbeing and develop positive ways to move forward. Use contact details at the top of the page to find out more



Simple and cheap ice lollies for summer ☺

- ♥ Pour your favourite yoghurt into an ice lolly mould and freeze it. If you're using natural yoghurt, you'll need to sweeten it with honey or a swirl of jam.
- ♥ To make your lollies really striking to look at, pour the yoghurt in the lolly mould first. Then, add fruit or swirl the jam into it, so you can see it along the sides of the lolly moulds. This is a bit messy but they look great afterwards.
- ♥ Freeze until solid (usually a couple of hours).

Don't have a lolly mould—use an empty yoghurt pot or an ice cube tray or even a paper cup. If you get a coffee from a shop save the wooden stirrer and use as the lolly stick!

Healthy Eating online for everyone

Want an idea of what you can do if you join one of our courses. Recently one of our tutors and her learners completed a Healthy Eating course. They shared ideas with one another and did an online cook along. Banu, our tutor, shares with us how this went ...

"As it is the final week of the course, I asked the learners if they can contribute ideas for today's session. My students emailed me the list of ingredients I needed. I bought them and the learners guided me on zoom live on how to prepare the dish. My student, Mahmoona gave lots of tips as usual when preparing the dish and Rukhsana shared her recipe for the green pepper sauce. Thanks to all the learners for sharing your recipes and culture from around the world and the handy tips which I think everyone including me will take on board. The end product is what you can see in the photo with my added extras".



Win>Win>Win

Parents - this is your chance to win a craft filled goodie bag - if you join a course with Family Learning in June 2021 you will be put into a prize draw : the winner will be chosen at random and will be contacted via email.

www.learnbaes.ac.uk/subjects/family-learning

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