

Success Club Reg. Charity Number: 1180864

SUCCESS CLUB

JOURNAL FOR PARENTS



*“A journey of a thousand miles begins
with a single step”
- Lao Tzu*



*This journal is dedicated to you because
behind every young child who believes in themselves
is a parent/carer who believed in them first.*

SUCCESS CLUB

Being better in the next second than you were in the last...

Dear Parents/Carers,

I would like to introduce Success Club. We are a registered charity that works in partnership with Primary and Secondary schools to support the transition and wellbeing of your children. We engage students within the school setting delivering core value and skills based sessions to encourage your young person to be the best that they can be. We believe the more support we can give carers, the better equipped children will be to learn in school.

This journal has been put together to help you support your children, with some of the exercises they do in Success Club, at home. It is meant to act as a diary or notebook for you to monitor and report on your child's practice at home e.g. are they being more calmer or helpful around the house? To help monitor sleep patterns, gauge how much time they spend doing a particular activity, like homework, watching TV, playing on computers/tablets or using social media.

This journal offers the opportunity for you and your child to play together, to reflect and build up a catalogue of information that can help them to see the areas/things they are good at and the things they need to get better at.

It is also designed to give feedback to Success Club that the things we are doing in school are making an impact on your children's wellbeing, in and out of school.

Kind regards,

*Tony Dallas
CEO and Founder
Success Club CIO*

successclub.org.uk

'Creating a passion for learning.'

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Shrug it Off

If you find yourself in a situation where you can't easily take a break, you can use this very simple and short stretching exercise not only to relieve tension from your shoulders and neck, but also as an opportunity to prioritize your wellbeing. It can be done anytime, anywhere, seated or standing.

'Children learn more from what you are than what you teach.'

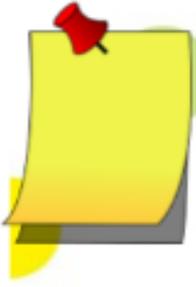
1. Gently lift your shoulders up towards your ears.
2. Hold them up for two seconds.
3. Let them fall slowly, gently rolling them back or forwards as you relax down.
4. You should feel tension being released as your shoulders drop.

Repeat eight to ten times (however many you want), Alternating rolling your shoulders back and forwards on the way down.

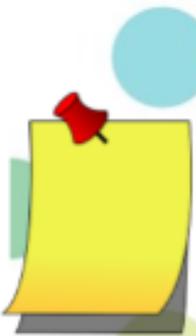
Break it Down

Whether its cleaning out the loft, getting a new job or just leaving the house, sometimes things can feel overwhelming. Many of us have heard of the advice to break down difficult projects into more manageable chunks, but even knowing where to start can be hard.

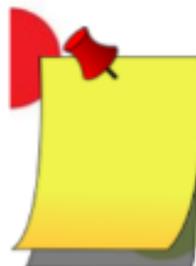
This exercise will help you make a plan when you don't know how or where to begin.



1. Get a pad of sticky notes (or small pieces of paper) and a pen.
2. Think about the project ahead and quickly write it on the sticky notes just one step that needs to be completed in order to accomplish the project. (If when you write it down that step still feels daunting, break it down even further into two or more further steps and write these down instead.)



3. Now think of another step that needs to get done and write that down on another sticky note. Don't worry about the order at this point. Keep going until you've run out of steps.
4. Select two of the sticky notes and look at the steps that you've written down. Place them both on the table or floor in front of you. Which one needs to happen first? Put that one above the other.
5. Pick up another sticky note. Compare it to the two you have already placed in front of you. Does it need to happen before, after or in between these steps? Place the note in its position.



6. Continue to do this until all your notes are in a line.
7. Once you have all the steps in place, transfer them to a big piece of paper or table/floor that wont be disturbed. Start your project and tick each step as you complete them.

This is your plan, And maybe your not ready to start just yet, but when you are, try to focus on only the first step. And when you have completed and ticked it off only them move on to the second step and so on. Respect each task as its own goal, it own achievement. Don't worry if there are big gaps between each one. Take your time.

If at any point during this exercise you begin to feel overwhelmed or uncomfortable, just stop. To help relive any tension, you could try the shrug it off exercise on the previous page.

WEEKLY REFLECTION



Thoughts

Things I'm grateful for...

Things I'm worried about...

Something Good

Something I could do better

Intentions

Rate my Week





My Personal Compass

Here are some values you might recognise...

Which of these motivate and inspire you?

Friendship

Fun

Independence

Reliability

Spirituality

Acceptance

Humility

Adaptability

Respect

Honesty

Open-mindedness

Love

Patience

Gratitude

Assertiveness

Trust

Equality

Self-compassion

Kindness

Community

Justice

Hard work

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Make a To Do List

Whether at work, home or school, if you have a list of tasks going round in your head this can cause stress and worry. The simple act of writing a to do list and crossing each item off as it is done is very rewarding and helps structure your day-to-day life, helping you to feel organised and calm. You don't have to cross off everything; just making the list is progress.



Indian Head Massage

'Don't raise your kids to have more than you had. Raise them to be more than you were.'

Take 10 minutes today to give yourself a simple three-step Ayurvedic Indian head massage.

First rub your temples with your fingertips in a gentle, circular pattern.

For the second step 'shampoo' the scalp. Massage the entire scalp in small circles with gentle fingertips. Begin at the temples and move towards the back of the head.

Finish by combing the scalp; place your fingertips at the hairline, and comb over the top of the head down towards the neck and shoulders.

'I deserve the best and I accept the best now'
- Louise Hay

Get your child to do this for you!

‘The past is the past
and has nothing to do
with you. It has
nothing to do with
right now.

Do not let anything
from your past inhibit
you in this present
moment.

Start over.

Start fresh. Each day.
Each Hour, if it serves
you.

Heck each minute!
Just get going!’

-Neale Donald Walsch

DOING THE PRACTICE

Your child will be encouraged to do 5 minutes of mindfulness a 3 times a week

On week 2 they'll be asked to do 6 mins, week 3, 7 mins and week 4 8 mins.

Use the calendar to tick off the days they do and any thoughts or observations you may have.



Word of the month

Attitude

Notes:

Fun Stuff:

'To be in your children's memories tomorrow, you have to be in their lives today.'

Building my Self-Belief

The beliefs we hold about ourselves and others play out daily in the choices we take, the decisions we make and the highs and lows we experience. It's easy to lose sight of what we really want amidst the pressure of other peoples expectations.

Which beliefs you hold about yourself are propelling you forwards or holding you back? Tune in to your self-talk and ask yourself- is it time to change old beliefs?



'OUR GREATEST GLORY IS NOT IN NEVER FALLING,
BUT RISING EVERY TIME WE FALL.'
-CONFUCIUS

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worked up

There can be times in our day when we feel worked up and angry. If this is something that you struggle with, why not try some of the techniques below to help you manage your feelings.

Breathe Slowly-

Try to breathe out for longer than you breathe in, and focus on each breath as you take it.

Relax your Body-

If you can feel your body getting tense, try focusing on each part of your body in turn, tensing and then relaxing your muscles.

Leave the Situation-

Just taking a short walk can help you think about the situation, decide how you want to react and feel more in control.

Channel your Energy Safely-

Relieve some of your feelings in a way that doesn't hurt yourself or others. You could try tearing up newspaper, or hitting a pillow.

Distract Yourself-

Anything that completely changes your situation, thoughts or patterns can help stop your anger from escalating. You could try putting on upbeat music (and dancing along if you like), doing some colouring or taking a shower.

Get Mindful-

Mindfulness techniques can help you become aware of when you're getting angry and help you calm down. This book is full of these techniques so find your favourite.

Three Minute Breathing Space



The three-minute breathing space is a mini meditation that can be done anywhere. It's the kind of exercise you can do quickly in between the other things that make up a busy or hectic day and it can act as a kind of weather report, focusing on how things are for you right now. It is sometimes described as the 'Hour glass', due to the practice resembling its shape. The wide part at the top of the glass is bringing awareness to what's happening for us in the first minute of the three, e.g. thoughts, feelings and body sensations. In the second minute as you go down to the slender part of the glass, we narrow our focus to our breathing e.g. where can we feel our breathing most clearly? Then the third minute, at the bottom of the hour glass, we expand our awareness to the whole body and all of the sensations around it.....

Key Benefits Include:

1. Stepping out of automatic pilot and getting grounded
2. Bridge the gap between longer formal practices and is a less intrusive way to introduce mindfulness to beginners.
3. It's transferable in that you can take and do it anywhere you are if you need/want to bring immediate focus. You can do this in the bath, on the bus, in the post office or even standing in the queue at



'People will forget what you said, people will forget what you did but people will never forget how you made them feel.'

If you would like to listen to a 3 minute meditation go to our website www.successclub.org.uk

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WHEN SOMETHING IS HEAVY,

BREAK
IT
DOWN

UNTIL ONE PIECE OF IT IS
LIGHT ENOUGH TO HANDLE.

BEGIN THERE.

– BERNIE S. SIEGEL

“To be successful, all you have to do is copy what successful people do. Every idea in this journal has been taken, in some way, from other places; the information is out there, all you have to do is find it.”



*‘Really hope that you and your child have fun with this journal’-
Tony Dallas -CEO and Founder- Success Club CIO*