

All Different
All Equal



@Kidscape #feelinghappyfeelingsafe #antibullyingweek #friendshipfriday #kidscapeABW

Kidscape, 2 Grosvenor Gardens, London SW1W 0DH

kidscape.org.uk | schools@kidscape.org.uk | 020 7730 3300 | Registered Charity Number: 326864

Information

These resources have been developed by Kidscape to help educate and protect children in your care and promote positive relationships.

We always advise that you look through the resource in full and make any adaptations necessary to suit the age and development needs of the children that you work with.

We welcome feedback and ideas for other subjects you would like us to cover.

Please email [**zoe@kidscape.org.uk**](mailto:zoe@kidscape.org.uk)

Introduction

We know that many schools and providers like to celebrate Anti-Bullying Week with children of all ages.

It's very important that activities meet the age and stage of the children that you work with, and with early years we think it's important to focus on **feeling happy, and feeling safe**.

Our amazing founder Michelle Elliott, wrote a book called Feeling Happy, Feeling Safe many years ago, and we've now turned this into a series of short films for use with young children. We recommend that these are shared within the context of circle time that explores what it means to feel happy and safe.

These films can support the personal, social and emotional development of the children in your care, and you can of course do this at any time of the year!

The films can be found on our website:

www.kidscape.org.uk/resources/feeling-happy-feeling-safe

It's important whenever exploring issues of personal safety with children that you know what to do if a children shares something that gives you cause for concern. Make sure you familiarise yourself with the school/provider safeguarding policy. It is also important to take the opportunity to assure young children you are there to listen if there is ever anything that makes them feel scared or sad, and to look out for children that may seem sad or acting out of character either during or after the session. Some children may also need extra support to explore what the messages in these films mean to them.



Ideas for circle time

You can either deliver the session as a class or in small groups. **It should take between 15 and 30 minutes with time for group discussion.** You can make the session longer by adding in time for children to complete the worksheet, or adding role play.

- * Explain to the children that **together you are going to think about what it means to feel happy and safe.** You could warm the children up by asking them all to give their happiest face/ then a sad face/ then a scared face/ then a happy face again. For children that find social expression hard you can model the different faces.
- * You will now **watch a series of short films together that look at what it means to feel happy and safe.** You may want to focus on one film per session or watch all the films in one sitting. At the end of each film are some questions that you can then answer as a class or in small groups.
- * After watching the films you could **pass round a teddy and ask each children to take it turns to hold the teddy** and say what makes them feel safe.
- * The film **'saying no'** looks at how to say **'No!' in an assertive voice.** You could put the children into pairs and support them in **practising saying no** when someone asks them to do something silly, or something they don't like.
- * **Always finish the session by reminding the children of the class rules, that it is important that everyone feels happy and safe here,** and that you are there to listen if there is ever anything or anyone that makes them feel sad or scared.



Activity sheets

To follow on from the Circle Time session, we have created 'Activity Sheets' for you to use in class:

Activity sheet 1:

We have made some suggestions about what makes children feel happy and safe (teddy bear, parent/carer, a comfort blanket) —ask the children to colour in these pictures then complete the session by asking them to draw something that makes them feel happy and safe.

Activity sheet 2:

Explore 'Feeling Happy, Feeling Safe' further by helping the children to write about what makes them feel happy and safe.

Please do send pictures of the children's work to us if you're happy for us to share on our website and social networks! It's such an encouragement to us!

Email: schools@kidscape.org.uk

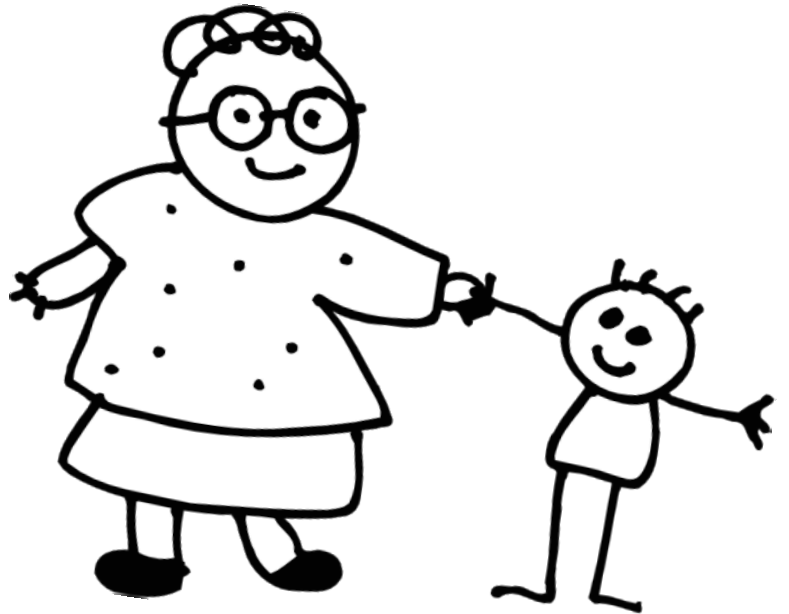


Activity sheet 1

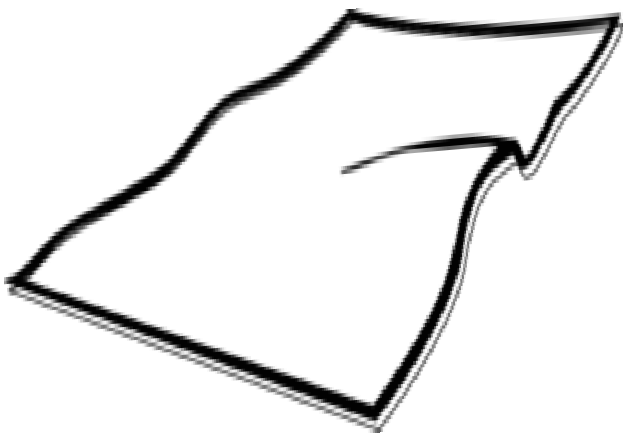
Name:

Class:

Age:



Draw something or someone that makes you feel happy and safe



Activity sheet 2

Name:

Class:

Age:

I feel safe when:

I feel happy when: