

Growing Together Activity Pack Guidance Notes



Activity 1

Open discussion about belonging and how positive memories help shape the person they are now. Discuss how they feel about their earliest memory focusing on good times and places. Valuing and cherishing their growth. Making sense of where they have come from.

Activity 2

Encourage positive relationships tapping into good influences they currently have and how they make them feel. The importance of connections, support and being safe.

How their growth has been supported by positive interactions and experiences.

Activity 3

Allow opportunity to be creative using arts and crafts to demonstrate their interpretation on growth and how their own experiences have impacted them. Use different items to symbolise or demonstrate growth and change.

Activity 4

A fun challenge to encourage problem solving.

Add time limits to solve the riddle. Once each riddle is solved talk about each answer and open discussion if they can relate a story. i.e losing a tooth and memories of the tooth fairy.

The symbolisms of a tree, strength, age, eco system, housing natural habitat, provide oxygen, storing carbon and stabilising soil. Discuss the annual growth rings showing how much wood is produced in a one growing season.

The Brain and it's amazing complexities and how it develops as we grow cognitive development.

How our minds interpret and rationalise our emotions. Endorphins are linked to our brain and how important it is to keep our brains active through different modes. i.e reading, music, art, problem solving.

Discuss age and what it means to them comparing siblings, parents carers, grandparents and how different age categories have different lived experiences.

Prompt how they might of reacted to similar situations at different ages.

Activity 5

Word search could incorporate time trial elements. Quickest to find all 9 words wins a prize. Or once a word is highlighted ask them to tell an anecdote linked to the word.

Activity 6

Looking ahead can be an exciting time or can bring some uncertainty and possibly some anxieties.

Explore their emotions and feelings about future events that may be very significant such as school transition, a new sibling to the family, a holiday or new place they may be visiting. Discuss various coping strategies

that can alleviate their worries or encourage their curiosity and excitement to be open to new things and experiences.

Activity 7

Allowing new experiences to happen can boost wellbeing and growth. Using the weekly planner can help encourage and motivate and plan these things to happen. However big or small they are it's about trying them. Link in healthy routines to the activity and how it can provide healthy habits and provide organisational skills. Also opportunity to reflect on their own feelings and thoughts about change and new experiences.

Activity 8

Growth mind set is a fantastic way to explore alternative strategies to become resilient.

Having a positive mindset and allowing mistakes to happen and learning from them.

Looking at the outcome in a different way.

This is too hard! to then changing your growth mind from fixed to saying...

'This may take some time to solve'

'My friend can do it, well I can learn from them'

'I just can't do this'.....

'Well I'll train my brain to do it or practice more to achieve my goal'.

Activity 9

The maze can represent adversity and challenges we face. Different routes or avenue's we take through out our lives in many settings. Home. school, community, and friends.

Finding oneself through many experiences and trying new paths to reach a goal or to understand an emotion or how we grow through a maze of challenges.

Activity 10

Highlighting positive moments and reiterating times of enjoyment helps encourage healthy mind sets. Celebrating positive experiences, achievements and knowing self care helps growth. Fostering their interests and encouraging optimistic behaviours will maximise healthy growth and changes.

Notes