



Celebrating me

Information for parents and carers

Hamish & Milo is a programme which gives children the opportunity to be involved in a range of activities about a particular theme of emotional wellbeing as part of a small group. We are delighted to be able to welcome your child to the group.

In this theme, we are focusing on how we value and celebrate our individual qualities, strengths and differences. We look at diversity within our communities and the value of belonging so that we feel safe, accepted and believed in for who we are.

We want children to feel confident to be open, honest and able to say what they feel, stand up for what they believe in and to have respect for themselves and others.

Helping your child

We understand that children can struggle if they feel they don't belong or feel different from their friends for any reason, such as finding learning or friendships difficult, looking different in their appearance, having values, beliefs or feelings which they perceive are different to how others experience things.

It can be hard as a parent or carer to see our children struggling with confused and hurt feelings. But we also know that we can all feel different at times and how important it is to celebrate both difference and similarities, to value the uniqueness of the qualities and characteristics we have.

We recognise that sometimes in society there are judgements and prejudice and how it is important to recognise this, to develop awareness about how to challenge it and to celebrate ourselves and the diversity of life.

As part of the 'Celebrating me' group, your child will be involved in 10 weekly sessions.

These sessions will help them to celebrate their special, unique qualities, their aspirations and dreams and will explore some of the feelings they might have experienced within a diverse world.

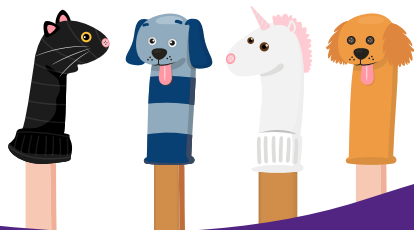
When children experience difficult situations, they can sometimes block out their feelings and seem okay.

We know that as parents we do this continually and encourage you to continue to build their confidence and to value themselves.



Children sometimes need us to reassure them and to give them permission to feel frustrated, angry, disappointed or upset as it is good to release and talk about these feelings rather than keep them inside us.

Listening to and empathising with our children is so important, along with teaching them about value, difference and to believe in their own dreams and hopes.



Sock puppets

An expressive, interactive and hands-on way to engage

For each of the sessions, we use sock puppets to help the children talk about and share their feelings. Your child will make their own sock puppet to use in each session as part of this group.

You may like to make one at home too as a way of helping your child to talk about their feelings or just for fun! Sometimes it's easier for them to tell you what they're thinking about through describing the puppet's feelings or situations.

The children will also receive their own journal to reflect on the sessions as they move through the programme, 'reward' stickers and a certificate!

We aim to work alongside you. We recognise that you know your children best and can often tell if they're unhappy or have difficult feelings beneath the surface, even if they look like they are managing situations. We're keen to work with you and hear your thoughts so that together we can best support your child.

We encourage you to talk with your child about their experiences of being in the group. Ask them about the activities and what they have been involved in and encourage them to share their thoughts!

Some suggestions

- ☑ Listen, hear and empathise with their experiences.
- ☑ Recognise we can't always fix all of our feelings and that's okay because feelings do pass and change.
- ☑ Talk to them about their own unique qualities and celebrate their interests.
- ☑ Help them to find something that they feel excited about and want to pursue.
- ☑ Find clubs and activities that they can feel a sense of belonging to be part of.



Here we outline all the programme activities, along with suggestions of what you might like to do or say to support your child at home.

Session and overview	Ways to help
Session 1: Celebrating me Creating an acrostic poem about themselves and their special qualities.	Ask your child to share their poem with you as a celebration of themselves.
Session 2: Same and different A look at diversity in our communities and the wealth of difference and yet similarities that people have.	Think together about diversity in your community. You may like to share the lovely book <i>All About Diversity</i> by Felicity Brooks together.
Session 3: Belonging An exploration into how it feels to belong. We use clay to create an image of this.	Talk about whether your child feels they belong in different situations and how they manage their feelings.
Session 4: Assumptions and stereotypes A look at how we make assumptions and how we might challenge these.	Talk together about assumptions we make and how these can change when we know more.
Session 5: Feeling different How to believe in yourselves and our own uniqueness.	What are the aspirations and dreams your child has? Draw or write them down and display them somewhere special at home.
Session 6: Feeling bullied A look at what bullying is, how it feels and what we can do to stand up to it.	Talk with your child about who they go to, who listens to them at school and make sure they know how important it is to tell someone if they see bullying or experience it.
Session 7: Words that harm What we can say to challenge bullying and stand up for what is right?	Practise scenarios of what to say and how to reject phrases which are painful: Stop! I'm not taking that! That is cruel and I won't hear it! That is bullying! Stop!
Session 8: What happened to you How to be when they meet someone who looks different or has a disability.	Think together about how you respond to seeing someone whose appearance is different. Would you change anything?
Session 9: Stand up and celebrate! A look at events and celebrations of people gaining their rights and awareness.	Talk to your child about an event that interests them, e.g. Paralympics, a march or celebration event for a culture and find out as much information as you can in celebration of diversity.
Session 10: Celebrating diversity, celebrating me! Our own celebration event and party!	Talk to your child about what they most enjoyed about the group.

If you feel concerned about your child's wellbeing, talk to someone at school so that you can share ideas.



Sensation & Emotion Cards

These cards are a great way to help children put language to sensations and emotions, to help regulate their feelings and increase self-confidence. Our unique cards consist of 60 different emotions, guidance and 20 activities.



Hamish & Milo Pals

Our Hamish and Milo Pals are precious cuddly friends that help children to feel comforted, cared about and listened to. Perfect to snuggle and they are great fun too.

Find out more at hamishandmilo.org

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