

Places to try kitbag.

- ✚ 1-1 with child.
- ✚ Nurture Groups.
- ✚ Whole class
- ✚ Some aspects with whole school.
- ✚ In conjunction with Seasons for Growth.
- ✚ Groups with trained leaders (PSAs).

Flexibility

- Groups can be established in a variety of ways – targeted, stage groupings, support emotional or social difficulties or as a universal support in 1-1, groups or whole class where appropriate.
- Being flexible in the use of Kitbag is important – adapt to situations and remember that you cannot “do it wrong”.
- Training children to use independently can be achieved over the long term.
- Sharing the resource with parents is powerful.

Impact

✚ Children's response to Kitbag:

- “Really liked feelings cards they helped me talk.”
- “It is good to use if you are feeling hyper.”
- “Because I can let out my emotion.”
- “It lets me shut down and not worry.”
- “Because they help me clear my head.”
- “I liked the animal cards because you got to talk about things like confidence.”

[Support for Learning – Fife.]

Kitbag for Families – School Ideas

“Kitbag for families helps children grow up calm and confident and build relationships in families both natural and reconstituted. Designed by health professionals, it can be used from the age of three to adulthood.”

www.iffkitbag.com



Kitbag for Families is proving to be an excellent resource for schools in adding to the armoury of tools available to support children and young people with emotional need. The leaflet included in the pack gives good advice in the delivery of Kitbag and here are some additional ideas created by Support for Learning teachers in Fife to compliment that.

Calming Oil.

Some children are unsure about using the calming oil. It's fine to use or leave alone. The important thing is to make the child feel comfortable. Lavender oil in a dish on the radiator may support creating a calm atmosphere but be aware that lavender can be a trigger for those with asthma.

Feelings Card/Colours.

- ✚ The colours are a “way in” to getting children to share how they feel.
- ✚ Have A4 cards in the same colours displayed on the wall and children can use a name tag/fuzzy person etc to show how they are feeling throughout the day. It is a visual snapshot of the class and can give the teacher a chance to gauge and speak 1-1 to a child to find out how they are feeling.
- ✚ NB, Remember that the emotions connected to the colours are a personal choice – don't assume that black is chosen as a bad colour or that pink might be a girl's choice only.

Presence Cards

- ✚ After breaks and before the start of new activity it can be useful to “take a minute” and use the cards as a calming time for the whole class.
- ✚ Use the cards as a stand-alone resource for individuals and small groups when there is a need to calm down and become less agitated.

Animal Cards

- ✚ When a child has made a choice of cards it can be helpful to photocopy that choice and the child can carry them around in their pocket. They are able to refer to them throughout the school day when needed to reinforce the support they got from the group. (Transitional support).
- ✚ After sharing and discussing, children in a group can give cards to each other to offer their support and encouragement.
- ✚ Questions can include:
 - What card is standing out for you today?
 - Can you find a card to help you with your problem?
 - Would you like to give a card to someone in the group and say why you are giving it?
 - What card can you pick to help you today or this week?

Talking Stick

- ✚ Take the talking stick into the playground to support discussion of playground squabbles.
- ✚ Use the talking stick with scripted conversations in class or playground.

Puppets

- ✚ Some children prefer to talk to or use the puppets to do the talking for them if they are uncomfortable.
- ✚ Children can share troubles with the puppets without saying “out loud” or sharing with everyone in the group.

Wonder Journey and Music.

- ✚ These can be used together or separately.
- ✚ After a time the music on its own may have a calming influence on the class.
- ✚ Small pieces of purple stone for children to hold during the story can be a good visual for feeling precious like the amethyst in the story. (V&A Museum Dundee shop have them!)

