



## Instructions for using the flower worksheets (an extension exercise after the senior workshop)

In the workshop video, the presenter demonstrated an exercise where she put Alana's challenge at the centre of a flower. She then added different ways to support Alana in each of the petals. Here is a [link](#) to three more flower templates, each featuring a different challenge. There is also a blank one at the end that children could use for a challenge they come up with themselves. Alternatively, they could even draw their own flower. Printed copies of the flowers should be distributed to the children. If using our examples, then print a selection of each.

### ***If using our examples:***

Ask the children to think about how each child could be helped, and by whom. They can write their ideas in the petals just like in the video. This works well in groups, allowing children to share ideas.

### ***If using a blank flower:***

Ask the children to write in the centre a challenge they're experiencing. Then, get them to think about who could help them and how and write these ideas in the petals.

### ***Discussion time***

Allow some time for discussion afterwards and to share ideas. Discuss how important it is to help and support each other whenever we can. Emphasise that there are many ways we can do this. Also make the point that it's important to ask for help when we need it.

### ***Notes about our examples***

For the examples we have provided, here are some suggestions for what could be added to the petals.

## Challenge A

*Sarah has just moved school and feels shy because she doesn't know anyone*

Things that may help

1. The new school can pair Sarah up with a buddy on the first day
2. Classmates can be friendly and make Sarah feel welcome
3. Sarah's buddy can introduce her to other children
4. Sarah can ask the buddy if they have hobbies that Sarah also enjoys
5. Sarah's parents can contact the school in advance to ask about a buddy etc...

### Challenge B

*Sam is 8 and is worried about going to Joe's birthday party because of his many food allergies*

Things that may help

1. Sam can let Joe know that he has allergies
2. Parents can communicate with each other to discuss
3. Sam can bring his own food to the party if worried about it
4. If the allergies are severe, then the other children could be told
5. Sam can bring any medication he might need to the party

### Challenge C

*Daisy has eczema and wants other people to understand more about it*

Things that may help

1. Daisy can bring in the information she received in her welcome pack from EOS
2. Daisy's parents can request a school workshop for her class
3. Daisy's parents can let the school know how they can help Daisy
4. If Daisy wanted to, her parents could ask for information to be shared at the school assembly
5. Friends can show Daisy they understand once they have learnt more about eczema