



...a brilliant place for C&YP to live and grow up

Supporting a Whole School, trauma informed, relational Approach to Wellbeing that is “Everybody’s Business”

“Stories, puppets and play...”

 CORNWALL COUNCIL  
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 Together for Families

 START NOW

1

3 Things to Try

USING STORIES TO EXPLORE FEELINGS

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2



3



4

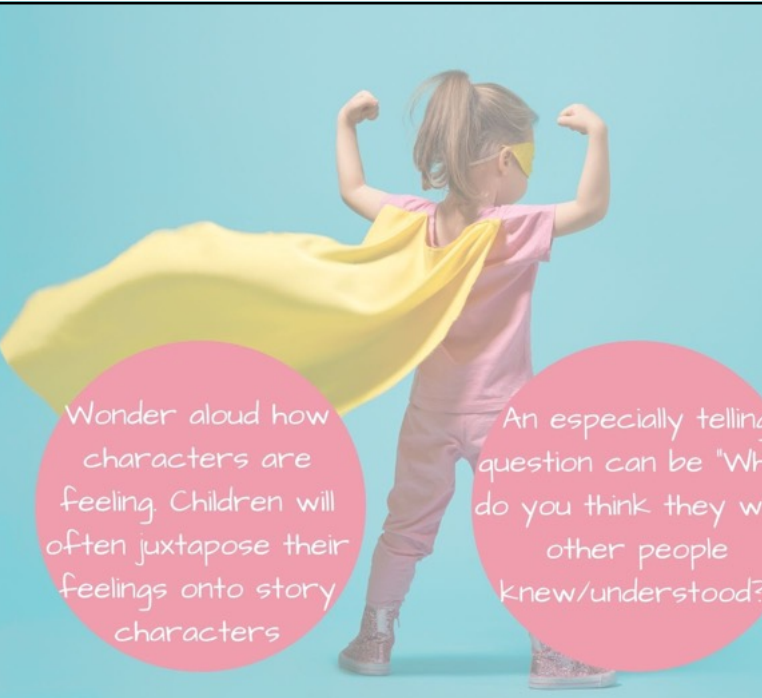




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6



**Protagonist's PoV**  
*Try This?*

Wonder aloud how characters are feeling. Children will often juxtapose their feelings onto story characters

An especially telling question can be "What do you think they wish other people knew/understood?"

Use story cubes so the child can create their own story.. see where they take you..

7



**-3- What Next?**

8

**-3- What Next?**

**Why?**  
It's often easier to suggest solutions to someone else's problems than our own

**When?**  
This can be helpful when a child is stuck and thinks nothing will help them and things are hopeless

**How?**  
Look through the lens of what might help a protagonist who shares similarities with the child you're supporting

9

**What Next?**  
*Try This?*

**WHO?**  
Explore who or where the character might go to for help

**WHAT?**  
Explore what might make things feel a bit better for the character

**NOTHING?**  
Explore the dangers of doing nothing, what will happen next?

10



1 Revisit Old Favourites

2 Protagonist's PoV

3 What Next?

What's working well?

What could we try?

Our best next steps are...

11

## To Learn More You Could...

- Resource -

- Watch -

[youtube.com/pookyh](https://youtube.com/pookyh)

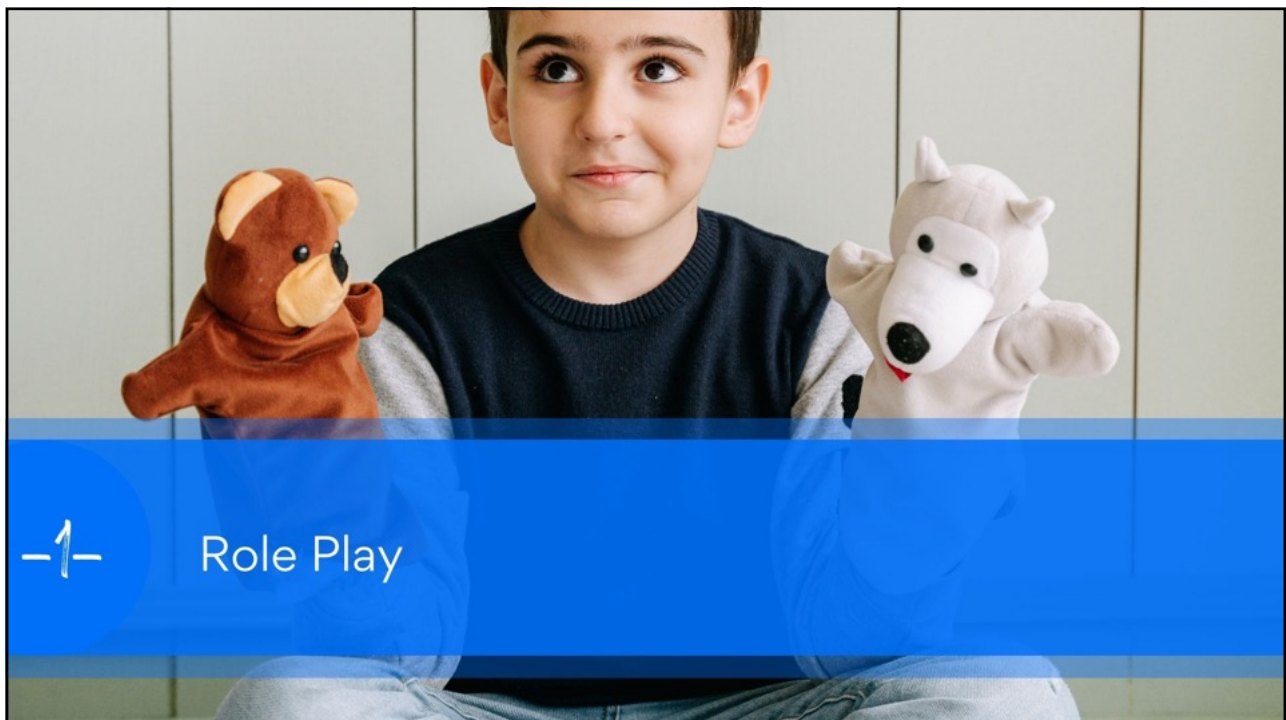
- Listen -

[pookyh.buzzsprout.com](https://pookyh.buzzsprout.com)

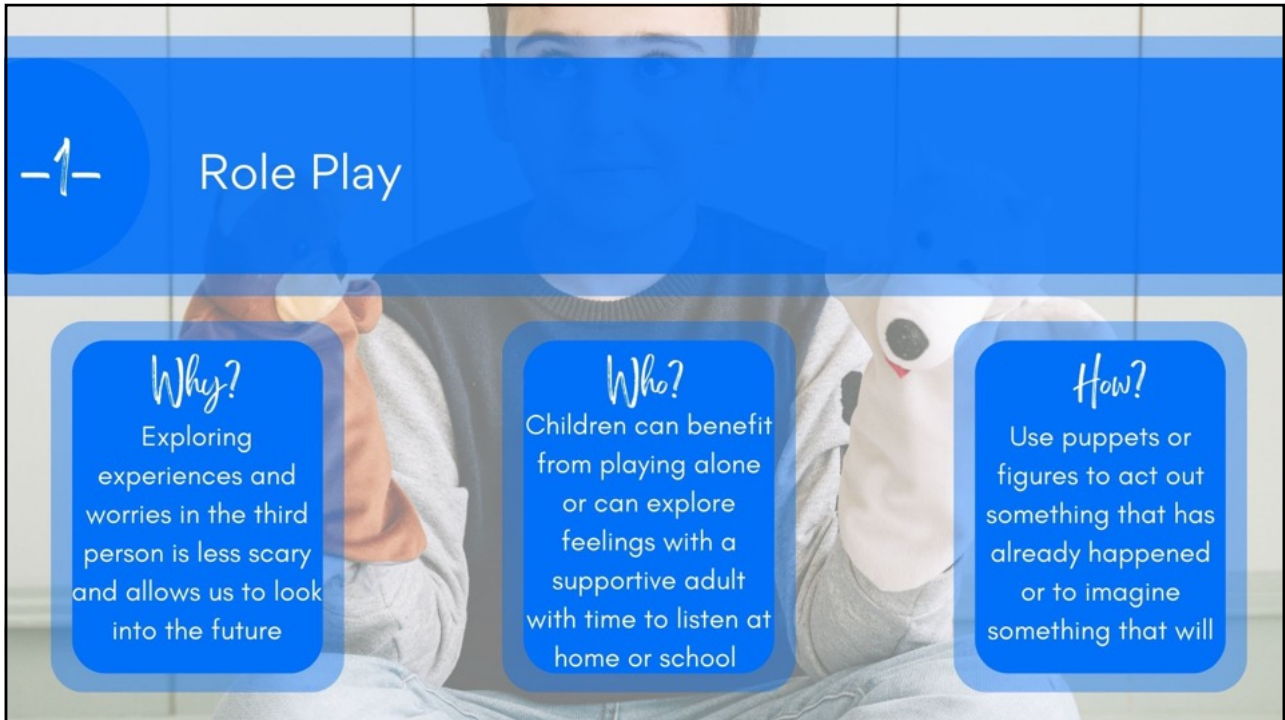
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13



14



**-1- Role Play**

**Why?**  
Exploring experiences and worries in the third person is less scary and allows us to look into the future

**Who?**  
Children can benefit from playing alone or can explore feelings with a supportive adult with time to listen at home or school

**How?**  
Use puppets or figures to act out something that has already happened or to imagine something that will

15



**Role Play**  
*Try This?*

**REPLAY**  
A child to show us what has happened. This will sometimes be inaccurate but will always be telling

Explore multiple points of view by pausing play and 'mind-reading' different toys/puppets

**FUTURE**  
Look ahead to new or feared situations and use puppets or play to practice or explore if..then.

16





17



18

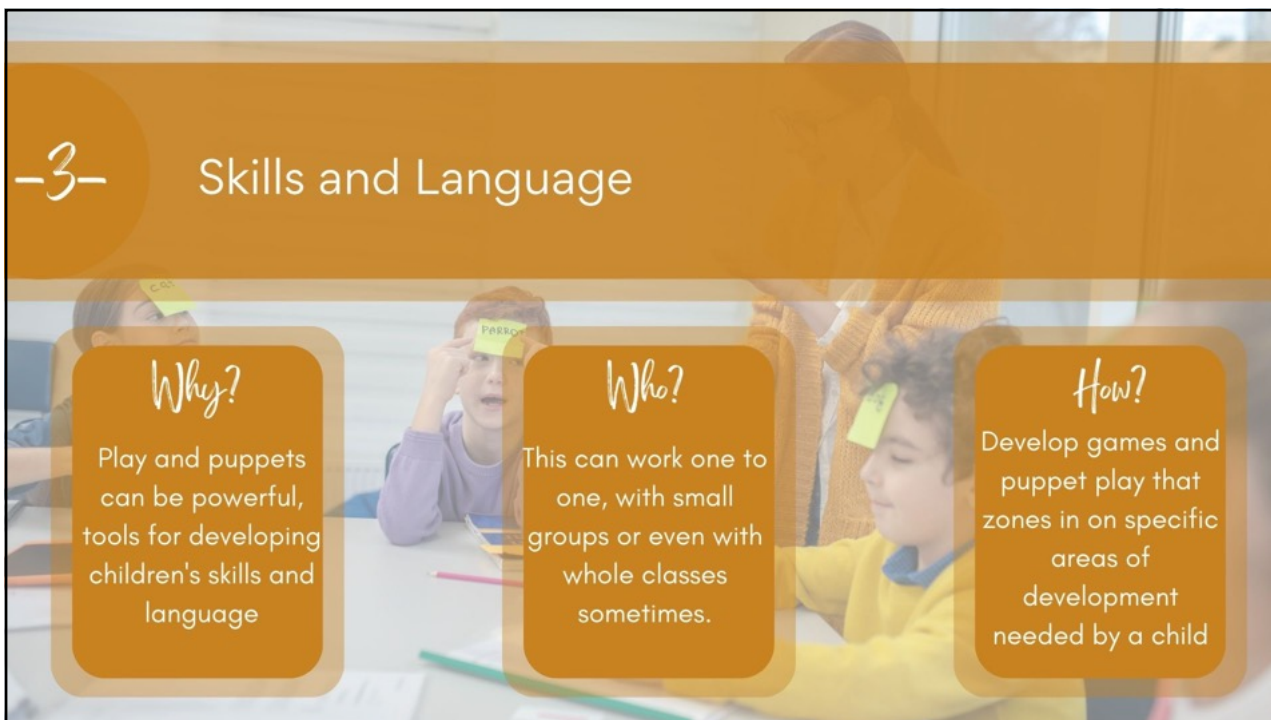


19



20





## -3- Skills and Language

*Why?*

Play and puppets can be powerful, tools for developing children's skills and language

*Who?*

This can work one to one, with small groups or even with whole classes sometimes.

*How?*

Develop games and puppet play that zones in on specific areas of development needed by a child

21



## Skills & Language

*Try This?*

Watch them play. Notice and nurture desired behaviour e.g if they share, cooperate, or problem-solve

There are many board, number & word games that nurture specific skills - or adapt ones you love

Develop social scripts and the words a child needs for tricky times using puppets. Revisit and replay often

22





23

## To Learn More You Could...

- Read -

Helping you to help your child

**Using Play Dough to Get Kids Talking**

Simple, actionable ideas for parents, carers and other supporting adults

- Read -

**100 WAYS**

Your Child Can Learn THROUGH PLAY

Georgina Durrant

- Listen -

How can we let go of our 'adulthood' and play?

AUGUST 05, 2020 DR POOKY KNIGHTSMITH SEASON 2 EPISODE 1

**Pooky Ponders**

Big questions with brilliant people

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pookyh.buzzsprout.com

24



## Useful links

- The Cornwall Wellbeing Hub:
- The Cornwall Schools Wellbeing Website
- New School Support Platform (from Council Education)
  - <https://schools.cornwall.gov.uk/>
- Start Now / Connect for 10– 16 year olds