



Why We've Created This Resource

Young people who are emotionally and socially competent have a more positive influence over their own outcomes than those who aren't.

Now more than ever, in the aftermath of a global pandemic, we need to be helping our children to be the leaders of their own learning, the beholders of sound self-esteem and resilience, and ensure they're well equipped to create rich and fulfilling lives for themselves.

"C is for Creativity... And 29 Other Ways to Nurture Healthy Young Minds"

is a creative and interactive resource for teachers and other practitioners, and young people themselves. Incorporating 26 'A-Z cards' and 4 'wild cards', they are designed to strengthen social and emotional competencies and wellbeing.

The aim is that you use them to provide diverse, fun, creative, imaginative and playful ways for young people to learn about, practice and master a wide range of skills which will help them *learn well, do well, and be well*.

There are no fixed instructions, no specific set of rules.

Instead, the cards can be adapted to suit young people of all ages and abilities, and be used over and over again in infinite ways.

Spend as much or as little time using them as you wish (or have!) You can spend the whole day exploring a specific theme, use a particular activity or question to quickly change the atmosphere as and when you need, or pull the cards out when you have a gap to fill.

See them as a starting point, and adapt and develop how you use them to best meet your learners' needs. Make them work for you by using them in as many ways as you can, as many times as you can, for as long as you need. The opportunity for creativity is limitless!

The A-Z Cards

Each card provides illuminating insights and food for thought around a specific word.

The text in the white boxes is primarily designed for the teacher or practitioner, although learners can be invited to explore this information too if that's appropriate.

In the yellow boxes are related discussion prompts, questions to explore, and activity ideas designed for young people (with or without your help; you decide!)

Younger or less able children do not need to be able to read the cards. Just adapt the ideas however it best suits your learners, choosing what is most useful to share with them, and how.

All ideas are simply offered as a starting point, but expand on them, develop them, and definitely think of more! Create your own practical activities to explore and deepen the yellow box ideas, and invite young people into this process wherever possible.



The 'Wild Cards'

The Wild Cards speak for themselves! They are designed to bring an extra dimension to using them; an element of surprise, anticipation and a healthy experience of the unexpected. While they integrate some of the A-Z ideas, they are created to give more direct prompts, either in those moments where a particular response is needed, or merely in the spirit of fun! There are 4 wild cards, each with a different theme;

'Let's Get Curious'; Use for grounding exercises, to relieve individual group tension and anxiety, to bring about calm, stillness or silence and to stimulate contemplative thinking and connection with the environment.

'Time To Reset'; Use to change the atmosphere or tone in the setting, diffuse frustration and anger, to reinvigorate and re-energise, distract from unhelpful thoughts, use up excess energy, and to refocus attention and to 'reset the clock'.

'You Are Not Alone'; Use to re-establish a sense of belonging, acceptance and community between everyone. Help young people to connect to each other in the spirit of collective cooperation and cohesion.

'Finish This Sentence'; Use this card to promote individual ideas in young people; to ignite deep, creative, curious and imaginative thinking, and stimulate data-saturated brains...

Again, the Wild Cards are there to offer ideas. You-and especially your learners-are encouraged to explore as many other possibilities as you can, and create as many of your own ideas to add on.

Using The Cards

Many of the cards lend themselves to particular issues that will need attention in your setting. Whether you task your children with working independently, in pairs, small groups or as a whole class is up to you, but use the cards responsively to involve them in working through those issues; in learning about the problem, in considering different perspectives, and exploring different approaches and solutions etc.

Bring a sense of fun, anticipation, friendly competition, novelty etc., in to the process of introducing the card/s; Present them upside down, send your children on a treasure hunt for them, play guessing games... The possibilities are endless!

Or use them to respond to issues as they arise; stop what you're doing and pull them out. You may know the exact card you need in that moment, or involve your learners in making that decision; i.e. What do we need right now; more kindness, less frustration, decision-making, a Wild Card?

Involving Your Learners

Once young people are familiar with how both the A-Z & the Wild Cards work, encourage them to take responsibility for 'activating' them.

Whether they select a card themselves, or lead discussions and activities etc., the more pro-active, independent and responsive they can become in applying their developing knowledge and skills, the better-for everybody!

Do's and Don'ts

Despite the lack of instructions '***C is for Creativity... And 29 Other Ways To Nurture Healthy Young Minds***' does come with a few "Do's and Don'ts".

While you can use them to motivate learning and engagement, the cards acknowledge the challenges that many children face, and are designed to embrace inclusivity and equal value of each learner's contribution, whatever that is.

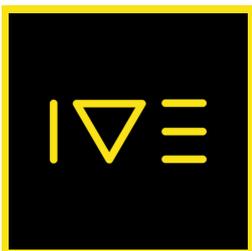
Ensure every learner who wants to be involved can be, even if some need more support to do that. And while the cards may encourage less engaged learners to read, don't make using them about academic ability. The strengths-based approach inherent in the resource is intended to promote the equal value of every child, regardless of any challenges they may have.

Do;

- Use the cards to respond to a specific issue, or explore a particular problem
- Bring a sense of fun, anticipation and novelty to the learning process
- Involve your children! Use the cards to develop their self-leadership skills
- Stay creative and curious! Keep re-inventing new ways to use them

Don't;

- Use as a reward; they're intended to value everyone's contribution equally
- Limit activities to particular children; they're created to be inclusive
- Use for academic attainment; they're designed to embrace the strengths and gifts that every learner brings
- Let it get boring! Keep being creative!



Find out more about IVE; www.weareive.org and Well Within Reach; www.wellwithinreach.co.uk

