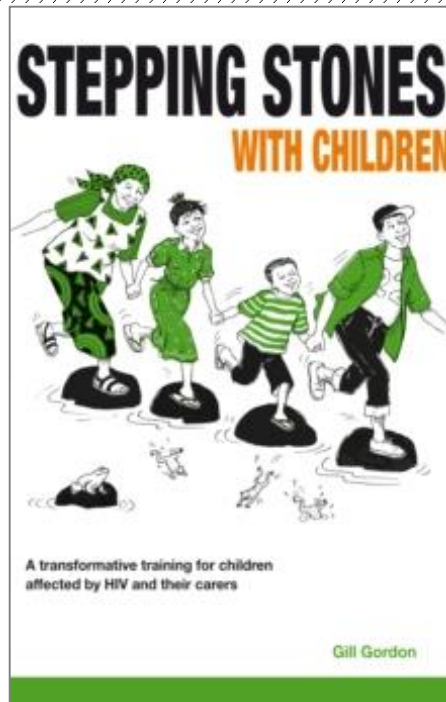


Handouts for *Stepping Stones with Children*



This *Handout for Stepping Stones with Children* is to be used with the *Stepping Stones with Children* training manual published by Practical Action Publishing, 2016.

You can download this handout for free for use with this training manual from the www.stepsstonesfeedback.org website.

On this website there are also many other resources to support you with this training manual and the original *Stepping Stones* training manual.

Stepping Stones and *Stepping Stones Plus* as well as *Stepping Stones with Children* are both programmes created and supported by Salamander Trust, www.salamandertrust.net

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THE POWER OF LOVE

1. About loving relationships

A strong loving relationship between caregivers and children is the most important factor in children developing as people with mental and social well-being. When caregivers and children have this relationship, they are better able to cope with challenges in life, to dream of the future, to stay on their hubs, and to use mindsight to understand themselves and others.

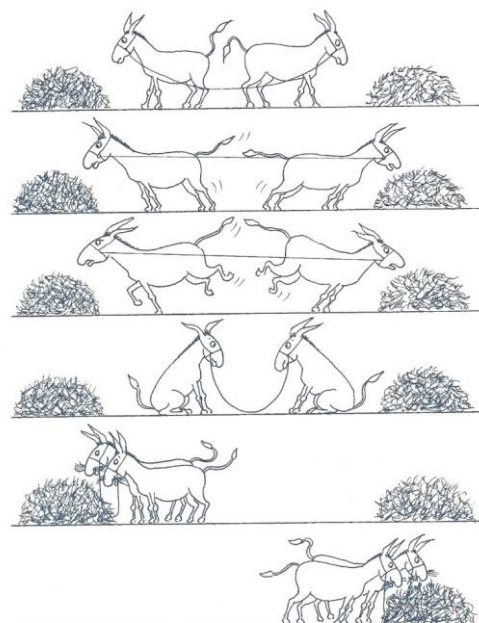
What is love?

- Love is a special feeling that fills your heart.
- Love is putting yourself in someone else's shoes and caring about what they feel.
- Love is accepting and loving people just as they are, and caring about them enough to help them to do better.
- Loving helps others to feel important and happy, and become gentler and kinder.
- Sharing is a way to of showing love. Share your belongings, your time, and yourself.
- You show love in a smile, a pleasant way of speaking, a thoughtful act, or a hug.
- Love is treating people as you would like them to treat you: with care and respect.
- Love is treating people with special care and kindness because they mean so much to you.

2. The cooperating goats

The virtue of cooperation really helps us to get along with each other.

If people are finding it hard to cooperate, you could suggest they play the cooperating goats game, and find a way of cooperating so that both benefit.



3. Respect

We can remind each other what we mean by respect. Choose it as a virtue for the week and put up a picture to show it.

Ask:

How did we show respect to each other today?

How could we have used our virtue of respect to make a situation go well?

How do we want to use respect tomorrow?

4. The Story of the Singing Fish

Remember the story of Zuze and the Singing Fish. Think about the love and kindness you show to the children and adults in your family. Do some people get left out? How does this affect them? What would make them happier?



Giving praise and appreciation can help to boost a healthy sense of self-esteem. This is especially important for children, as they have a great need for approval and encouragement from their caregivers and family. But caregivers also need to be appreciated and feel good about themselves. Give each other gifts of love, appreciation and kindness every day.