

IFF Kitbag for Schools

A workshop on how to use this resource in Primary Schools, led by children, for children – and accompanying adults

Introduction

Kitbag for Schools is a set of tools designed to encourage children be calm and relaxed, resilient and confident and help them to build positive relationships in school and in families.

Developed by International Futures Forum, a charity committed to helping people address some of today's challenges, **Kitbag** was created by health professionals and award-winning designers, based on methods that work to create resilience, emotional literacy and wellbeing. **Kitbag** can be used from the age of three to adulthood. It is consistent with the aims and approaches of Curriculum for Excellence, encouraging the four capacities of Confident Individuals, Responsible Citizens, Effective Contributors and Successful Learners.



With co-operation and support from Head Teachers and staff, several primary schools in Fife have been using **Kitbag for Schools** with remarkable success. In each case, children taught by other children at a course like this, lead sessions in groups or on a one-to-one basis.

Kitbag would seem to bring out qualities such kindness and honesty in children, and there is usually a marked improvement in confidence. It also encourages silence and reflection in a natural way. The Headteacher of the first school in which **Kitbag** was introduced, said:

"We have found the Kitbag to be very successful in our school. The children thoroughly enjoyed being part of the sessions. The resource offers the children a 'time out' to reflect on events or behaviours that have occurred during that day or week. It allows the children a time to be listened to and to consider their emotions in a calm and relaxed atmosphere. Our P7 Kitbag monitor is doing a tremendous job, taking time to work with all the children in the school. Of course the Kitbag is there for the children to use at anytime throughout the day when they feel the need to take stock and reflect on events."

Aims:

- To demonstrate the contents of **Kitbag for Schools**
- To demonstrate how it can be used in Primary schools led by children
- To find out how it can benefit the life of a school
- To find out how it can benefit the wellbeing of individual children
- To explore the best way to introduce it to Primary Schools

Training Methods:

Children already using **Kitbag** will work with the **Kitbag** 'trainees' to show how sessions work. All children will work in groups to explore possible ways to introduce the Kitbag to individual schools.

Learning Outcomes:

- The adults who attend will find out how using **Kitbag in Schools** can benefit school life and the wellbeing of individual children.
- The children who attend will leave with the confidence that they can use the resource with peers in their own schools.

Who should attend?

This workshop is for Primary School children and accompanying teachers or support workers. It will be necessary to purchase a **Kitbag for Schools** (one per school is recommended).

When and where:

Venue:	Playfield Institute, Springfield, Cupar
Date:	Wednesday 16 th April 2014
Time:	11 am – 1.30 pm (Including Registration and sandwich lunch)
Cost of workshop:	Free to all
Cost of Kitbag for schools: (Required purchase)	£50 (order form to be completed on the day of the workshop)
Facilitators:	Joanie Robins, Kitbag for Schools Facilitator, International Futures Foundation Kitbag leaders from a Primary School already using Kitbag

How to book:

To book places or to find out more please contact:

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