

GUIDANCE: Recommended resources

This tool provides examples of resources that may be used in education settings to support teaching of and learning for Service children and their peers. Recommended resources are based on suggestions from schools and other relevant SSCE Cymru network members.

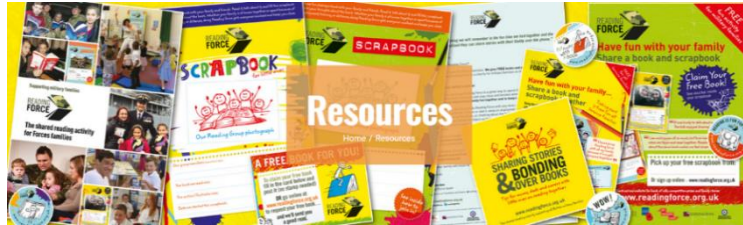
Further details about organisations, support and resources available can be found in the SSCE Cymru [Directory of support](#).

Examples of the following resources are included:

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Supporting an understanding of the Armed Forces



Teaching materials

- [Never Such Innocence](#) – a number of resources and lesson plans, looking at ‘Conflict Through the Ages’, poetry and song-writing.

Teaching Remembrance

- [Royal British Legion](#) (*all school ages, English medium*) – the resources are suitable for all school ages and support students’ understanding the importance of Remembrance and its ongoing relevance.
- [Into Film](#) (*age 7+, English medium*) – a number of teaching resources including lesson plans, films, and prompt questions to support the teaching of Remembrance Day.
- Into Film short video – the following short film could be used as part of a lesson, including as a discussion starter, or as a focal point of a lesson:
 - [Dear Tom](#) (*age 12-16, English medium, focus on separation*) – a sister is writing to her older brother, Tom, who is away fighting in WW2. She remembers the last day they spent together.

Resources

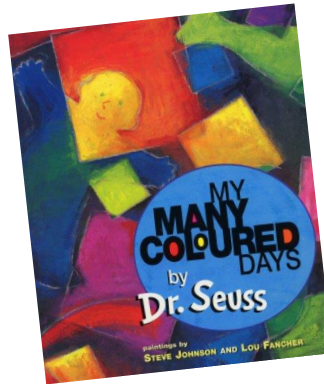
- [Armed Forces Bears](#) or bears/ dolls dressed in uniform – can be used as a conversation starter for Service children and their peers, a resource for Circle Time, or to provide comfort to Service children whilst separated from their parents/carers.
- World maps, atlases, globes, books about different countries, a display showing the countries of the world – some simple resources that will provide Service children an opportunity to share their experiences of mobility with their peers, and increase all pupil’s understanding of geography and different cultures.
- [Little Troopers](#) – a large selection of Armed Forces and Service children-themed school resources and activity sheets.
- [Twinkl](#) – alongside resources for many other topics, there are several Armed Forces-themed resources available (membership required).
- [Reading Force scrapbooks](#) – a resource that aims to ease the separation and improve the bond between Service children and their parents/carers.

Books

- [Little Troopers books](#) – a selection of books written from the perspective of a Service child.
- [‘My Mummy is a soldier’](#) by Kerrine Bryan and Jason Bryan.
- [‘Hero Dad’](#) by Melinda Hardin.
- [‘My Daddy is a soldier’](#) by Brittany Mayfield.
- See [booklist](#) from Little Troopers (registration required).

- See [booklist](#) from Forces Children Scotland.

Supporting mental health and wellbeing



Teaching materials

- Interactive Anxiety Workshop – lesson plan developed by the North Yorkshire Service children champions that help Service children to overcome anxiety and improve emotional wellbeing (contact SSCECymru@wlga.co.uk for further information).
- [Little Troopers wellbeing course](#) – teaching materials for primary schools to deliver a course for Service children focused on improving wellbeing and exploring the unique challenges they may face (contact SSCECymru@wlga.co.uk for further information).
- [Sweet Education](#) – workbooks designed for secondary school children, and help to support their mental health and wellbeing. The resources also allow students to achieve a BTEC Level 1 or 2 qualification in Personal Growth and Wellbeing, and they help students to become happier, healthier and more successful young adults.
- [Mentally Healthy Schools](#) – a website that provides an extensive resource and teaching library that covers a number of different areas affecting mental health and wellbeing.
- Into Film lesson plans:
 - [Mindfulness through film](#) – produced in partnership with Into Film and Mental Health Foundation, this resource have been developed for young people approaching changing or challenging circumstances, such as exams and transitions.
 - [Identity and voice](#) – through diverse film choices and exciting classroom activities, this resource encourages pupils to explore and reflect on how the identity of people and places is represented on film, as well as looking at young people's voice and the different strategies communities use to organise and motivate change.
- Into Film short videos – the following short films could be used as part of a lesson, including as a discussion starter, as a focal point of a English lesson or PSE lesson:
 - [My Mum's got a Dodgy Brain](#) (age 11+, English medium, focusing on parent's mental illness) – 'three children relate how they cope with a parent's mental illness'. Email cardiff@intofilm.org to access the video.
 - [Rockface](#) (age 12-15, English medium, focusing on managing stress/ belonging) – 'Charlotte is being bullied and it's as hard to face as a rockface is to climb. The reassurance of a friend and her determination to not give up inspire Charlotte to create a YouTube channel that inspires others and helps her to overcome her bullies'.
 - [Pages](#) (age 14-16, English medium, focusing on bereavement) – 'despite encouragement Beth struggles to finish the book she loves reading for fear of what may happen to the

characters involved. Will she take her friends advice and take the next brave step into the unknown?'

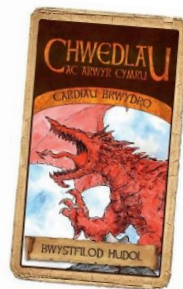
Resources

- [Sweet Education](#) – a selection of free printable worksheets, including mindfulness techniques, reflective diaries and journals.
- [Worry Monster](#) – a soft toy with a zip that eats worries that children write on paper and put inside.
- [Fink Cards](#), Conversations about Mental Health with Children and Young People – a resource designed by [Place2Be](#) to be used by school staff to help pupils start conversations about mental health.
- [Weighted blankets/shoulder blankets](#) – often used by occupational therapists to help alleviate the symptoms of autism, sensory processing disorder, anxiety, and depression. They come in animal shapes e.g. dog or dolphin.
- [Worry dolls](#) (also called trouble dolls) – these are small, hand-made dolls that originate from Guatemala. According to legend, Guatemalan children tell their worries to the Worry Dolls, placing them under their pillow when they go to bed at night. By morning the dolls have gifted them with the wisdom and knowledge to eliminate their worries.
- [Huggable heroes](#) – reinforcing bonds and providing comfort during separation.

Books

- [‘My many coloured days’](#) by Dr.Suess
- [‘The invisible string’](#) by Patrice Karst
- [‘Silly Billy’](#) by Anthony Browne and set of worry dolls
- [‘Train your \(angry\) dragon’](#) by Steve Herman
- [‘A Volcano in My Tummy: Helping Children to Handle Anger’](#) by Whitehouse and Pudney
- [‘How big are your worries little bear?’](#) by Jayneen Sanders
- [‘The huge bag of worries’](#) by Virginia Ironside
- [‘How are you feeling today?’](#) by Molly Potter
- [‘Ruby Finds a Worry’](#) by Tom Percival
- [‘The Worrysaurus’](#) by Rachel Bright.

Supporting the learning of Welsh



Resources

- [Clwb Cwtsh](#) – a series of videos and resources that introduces Welsh words and phrases for parents/carers to use at home with their children
- [Welsh card game](#) – a fun way to support learning and using Welsh

- [Start speaking Welsh](#) – books that support the learning of phrases at all levels.

Books

- [Books Council of Wales](#) – book suggestions for a variety of genres and reading abilities
- [Cymru ar y map](#) – a Welsh book that illustrates the counties of Wales and what is in that area. Also available as a quiz and colouring book
- [Pecyn Cyfres a Wyddoch Chi ...?](#) a series of 10 books in Welsh about different topics linked to Welsh culture.