
Meet the Peas



by Anna Carey



A Grown-ups' Guide

Supporting guide for 'Meet the Peas' A
WADDL poetry book

Notes for Therapeutic Use – Parents or Professionals

Children may not be able to fill all the spaces but the conversations started or insights offered may be the most helpful aspect of the task. Where possible, avoid being prescriptive so the conversations from each task can give some insight into how the child views his/her support network as well as how they feel. **Page 5** is specifically designed for use with children who have trauma and attachment difficulties or a complex background but equally, can be used with any child.

Before moving on, it is important to end the tasks having come to an agreement about who the child can share their problems or fears with in confidence (this may well be several names)

Here are a few simple suggestions to get the most out of the five 'Pea-Printables' at the end of this pack.

Page 1:

Children can draw their family but allow them to interpret this however they see fit. Under 5's can really enjoy trying to draw faces that are different from each other and try to add distinguishing features to show who is who. Older children can be challenged to consider their definition of family.

Page 2

This is really a blank canvas to add to page one or use creatively as you wish, however this page is quite deliberately laid out so that it can also be used as a friendship map for older children. As a useful way to express how they are feeling about their family or peers, children can be asked to consider who to include but crucially also the face expressions they wish each one to show. If you are using this for analysis of attachments it may also be helpful to observe the placement and hierarchy of individuals as well as start conversations about these choices (but this should not be used in isolation as an assessment tool)

Pages 3 and 4

Under 5's may need help to draw the face expressions (it is deliberately taxing! and they may find a mirror helpful) but your conversation and playfulness with making your own funny faces can help them build an understanding of the link between outward appearance and inner feelings.

These pages are most useful when all the conversations alongside them are child-led to allow the child to offer an honest account of how they are feeling. Some children will find this a challenge and will prefer to come back to it later or take it away and do it on their own so they don't feel it can be right or wrong.

Page 5

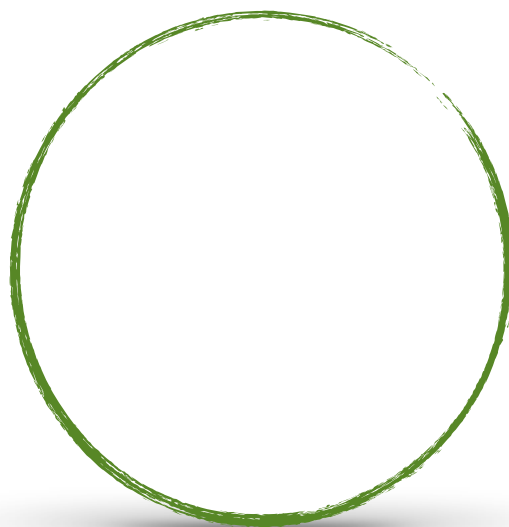
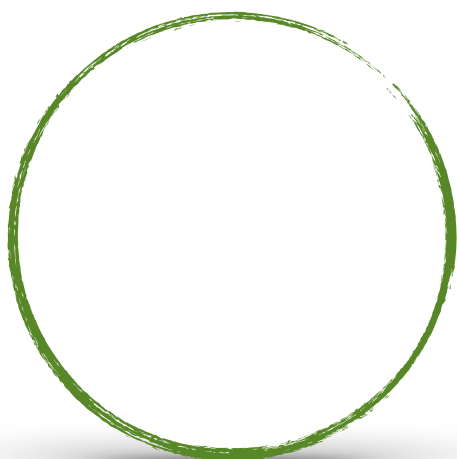
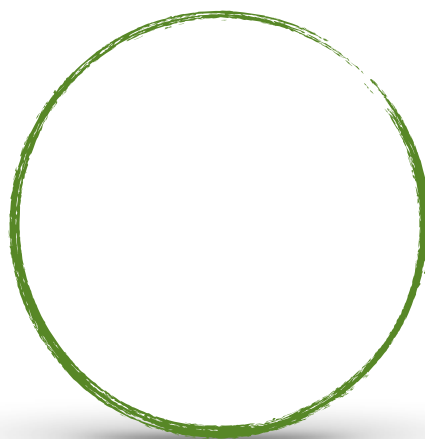
Designed to aid discussion about sharing feelings, this page is intended to help children understand the purpose and benefit of encouraging others and the contagious effect of sharing positive feelings. **It is important to remind children at this point that they are also allowed to feel and express negative feelings (we can't all be happy all of the time!).**

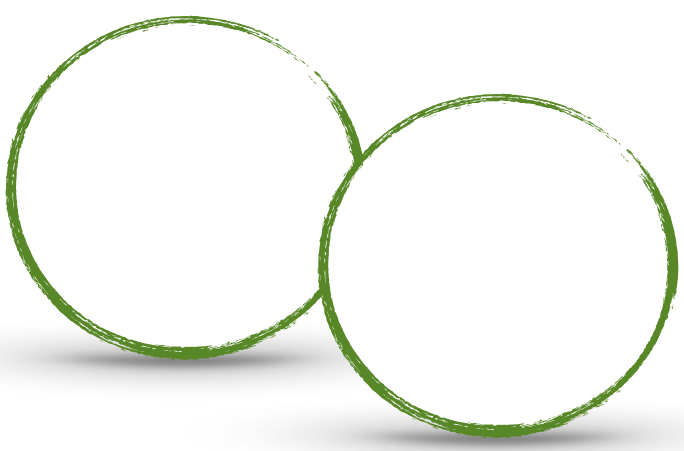
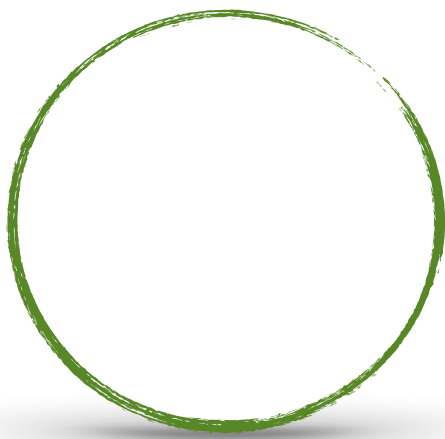
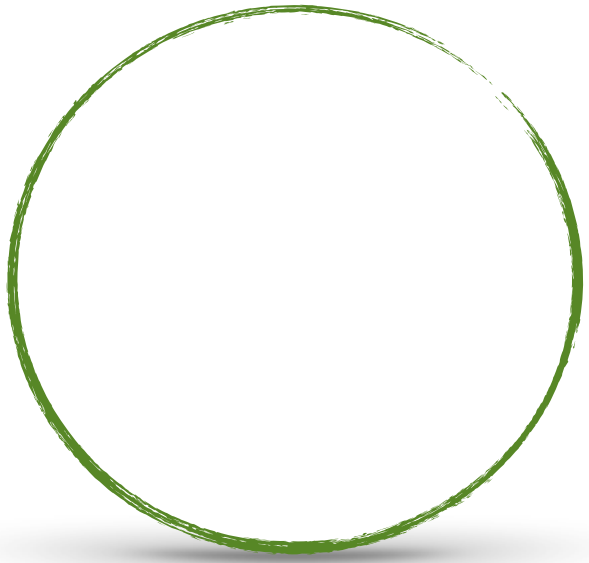
To challenge children further, read the Super Pea poem again and talk about the references to 'Super Pea' feeling so brave and courageous that he doesn't always want to accept help. Prompt the child to articulate both the positive and the negative consequences of this attitude.

Although page 5 is applicable to any age group, with older children it may be helpful to introduce useful vocabulary with questions like 'who can you **encourage?**' and 'who do you **trust?**'.

If you found this resource helpful, visit waddl.co.uk for more information on other resources, guides and free downloads. Supplement your collection of resources to start some more fun, creative and emotionally healthy conversations.

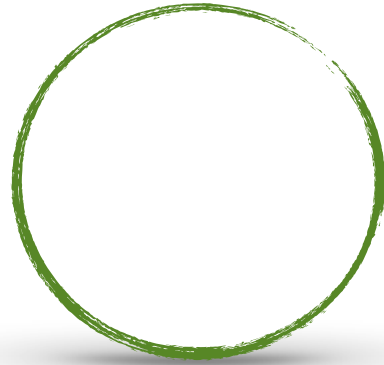
Draw your own
Pea Family here...





Have a go at drawing some different feelings on these pea faces

Happy..



Sad..

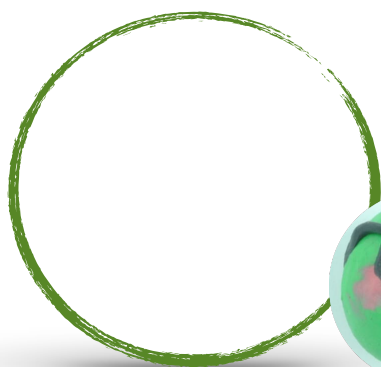
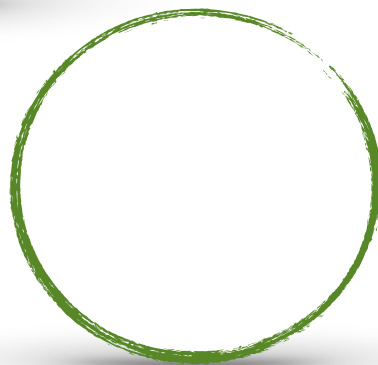


Try pulling some tricky faces yourself and see if someone else can guess what you are feeling.

Angry..

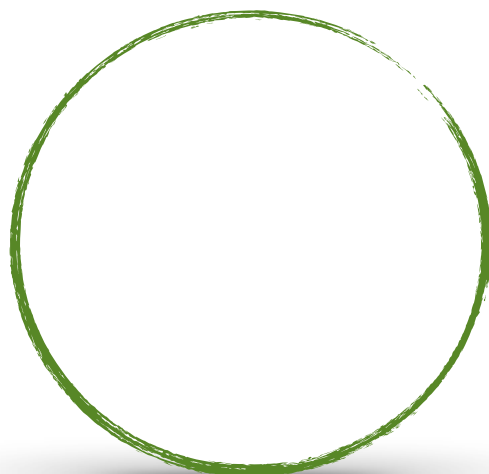


Scared..



.. SUPER!

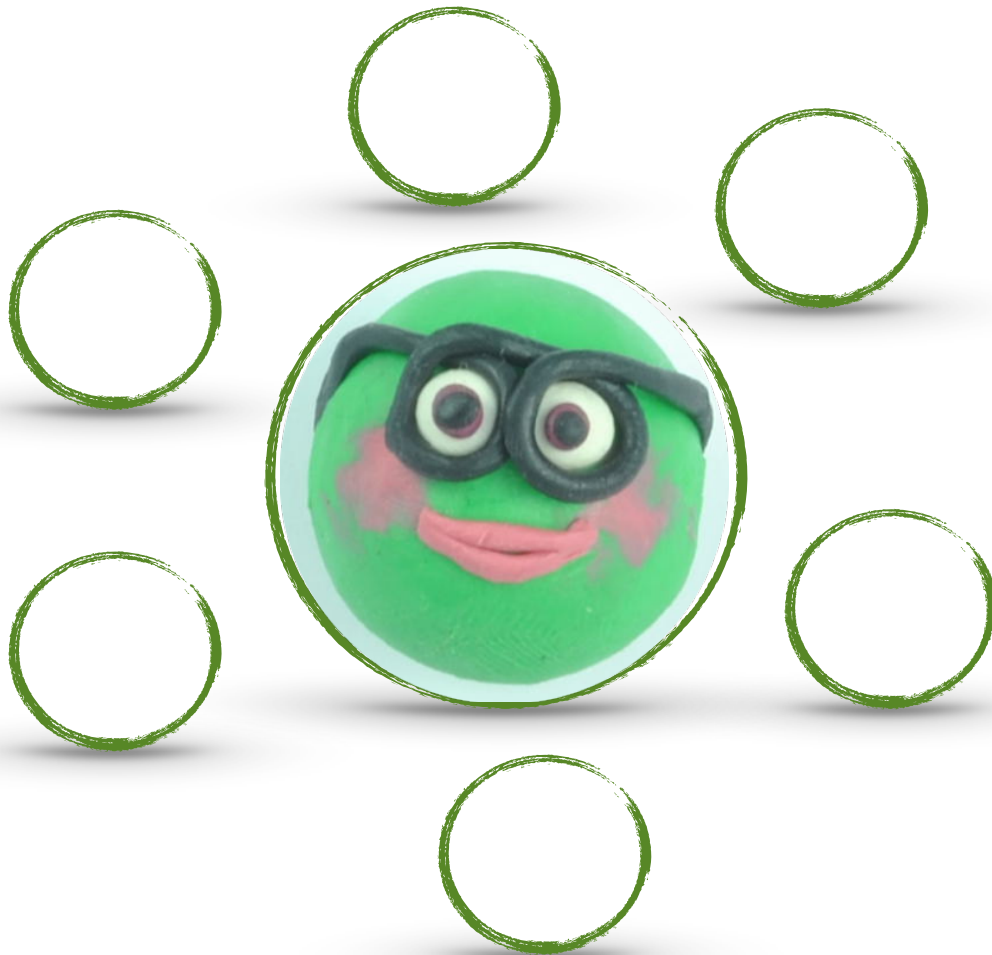
Right now
I feel _____



When I *share* these scary things
my fears all go away

but when I share my Super Powers
my *smile* stays all day!

I want to share a smile with...



I feel safe sharing my worries
with _____