
Meet the Peas'



A Guide for Therapeutic Use

By Anna Carey 2020

Notes for Parents or Professionals

Children may not be able to fill all the spaces in these worksheets 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 these 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).

Contents

- Read-along Therapeutically
- Printable Worksheets
- Specific Use with adoptive and foster families
- Schools Use

Read Along Therapeutically

How to use the following worksheets

Worksheet 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.

Worksheet 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)

Worksheets 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.

Worksheet 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!).**

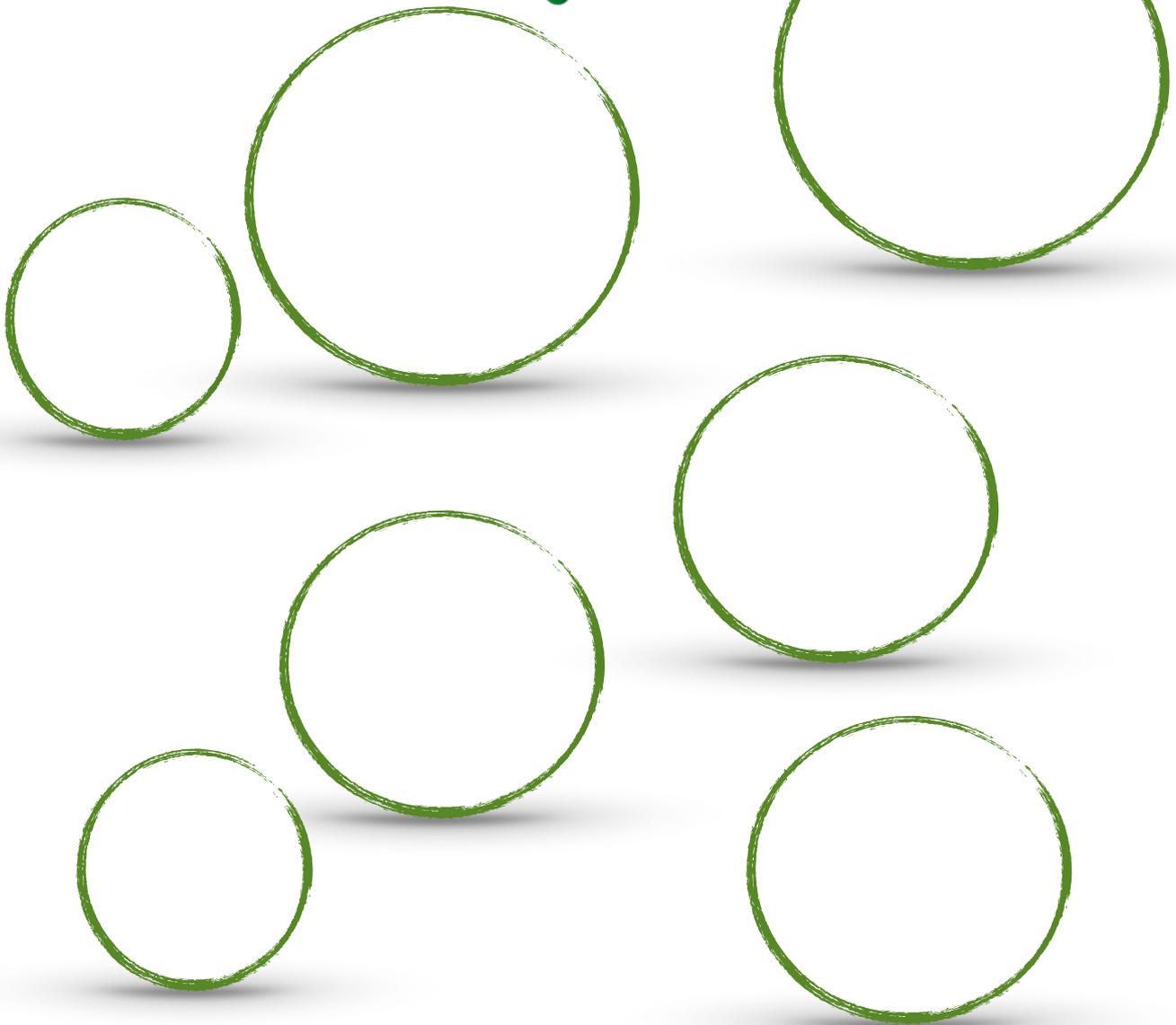
To challenge children further, read the Super Pea poem again and talk about the references to 'Super Pea' feeling so brave and courageous that he doesn't always want to accept help. Prompt the child to articulate both the positive and the negative consequences of this attitude.

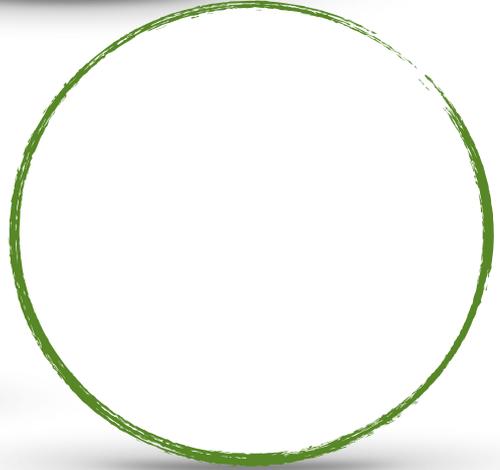
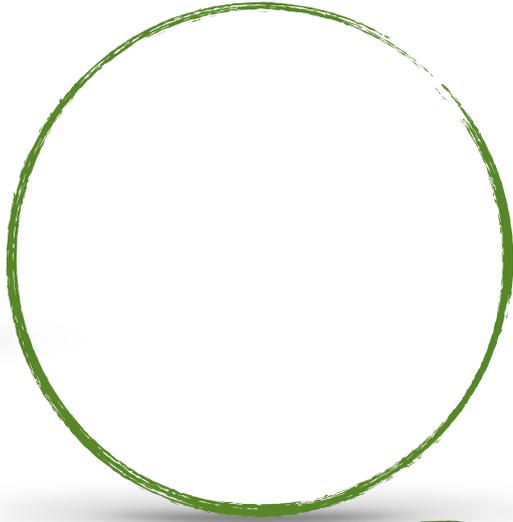
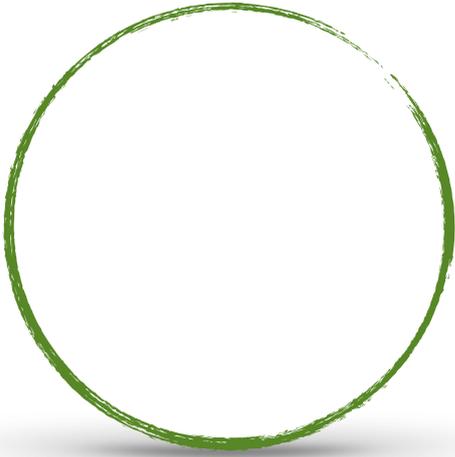
Although page 5 is applicable to any age group, with older children it may be helpful to introduce useful vocabulary with questions like 'who can you **encourage?**' and 'who do you **trust?**'.

Printable Worksheets...

(select page 6–10 for your printer)

Draw your own
Pea Family here...







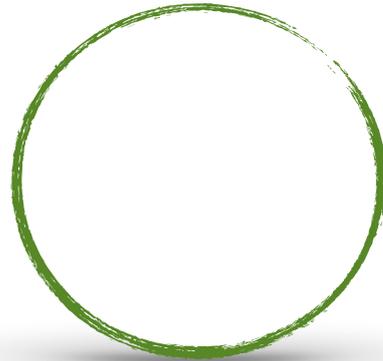
Have a go at drawing
some different feelings on
these pea faces

3

Happy..



Sad..



Angry..



Scared..



.. SUPER!



Right now
I feel _____

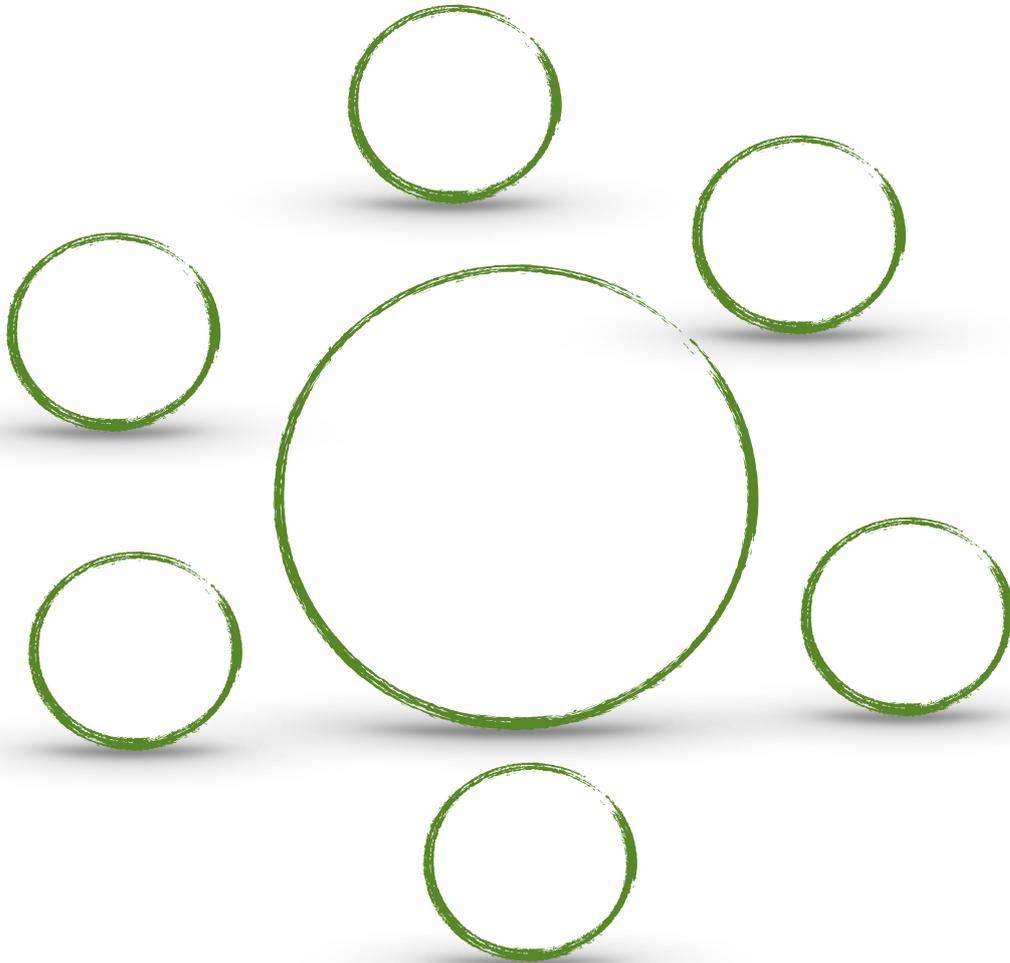


Try pulling some tricky faces yourself and see if someone else can guess what you are feeling!

(I want to share a smile with...

(draw your big smile in the middle)

5



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

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

Adoptive & Foster Families

Acknowledging difference, promoting inclusivity.



Whilst the 'Meet the Peas' poetry book can be used by a vast range of audiences, some of the Little Green Pea resources are specifically designed to capture the attention of children with a present or past experience of the social care system.

All of the pictures in the book are specifically engineered so that they can be interpreted as a foster family, a temporary arrangement or a forever family and personalised according to the narrative the reader gives them.

It is important that the child is allowed space to offer their own opinion of what they see, and in doing so they may well offer an insight into what they are feeling about their own situation, thus giving the book a therapeutic use.

Schools Use

Building empathy, promoting diversity.

1) In the Classroom (PSHE)

This book (and others in the Little Green Pea collection) provide an engaging conversation starter to classroom discussion. Note that the images and poems can be 'read at several different levels. On the surface they are just short poems from each character but in fact the characters have different experiences depending on their position in the pod.

With further discussion children begin to identify with one or two of the peas and recognise that they may not fully fit their preconceptions of what a family is. By noticing differences and considering how peas can feel differently about being in the same pod, children are encouraged to consider whether differences matter to them and what it might be like for each member of a real-life family.

Children can be asked to consider all the questions in the printable worksheets as well as using the book to facilitate discussion in the following curriculum areas;

- **Healthy Relationships**
- **Diversity**
- **Ethnicity**
- **Types of Family**
- **Myself , Self-identity**
- **Growth and Growing up**
- **Emotional Intelligence and Empathy**

2) Special Educational Needs Co-ordinator (SENCO)

This book can be helpful to build empathy for others or specifically, are experiencing a turbulent home life.

If you found this guide helpful visit www.littlegreenpea.co.uk for more information on similar resources, guides and free downloads.