

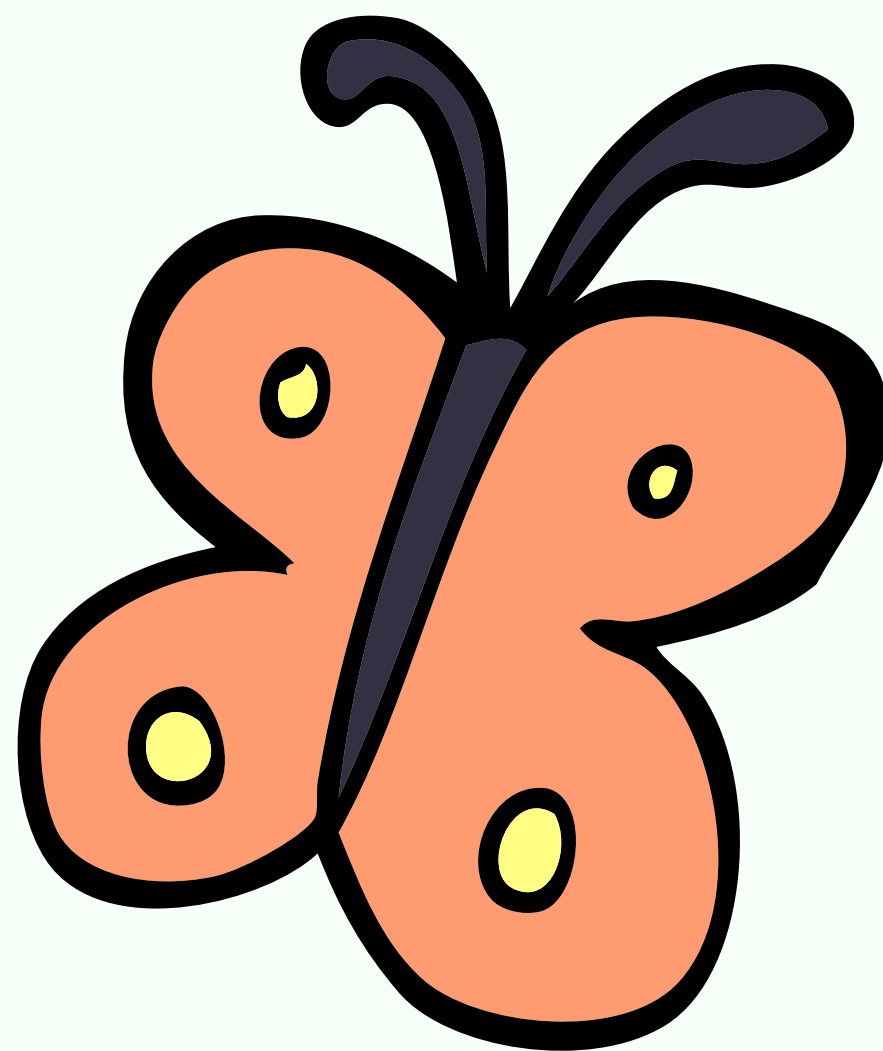
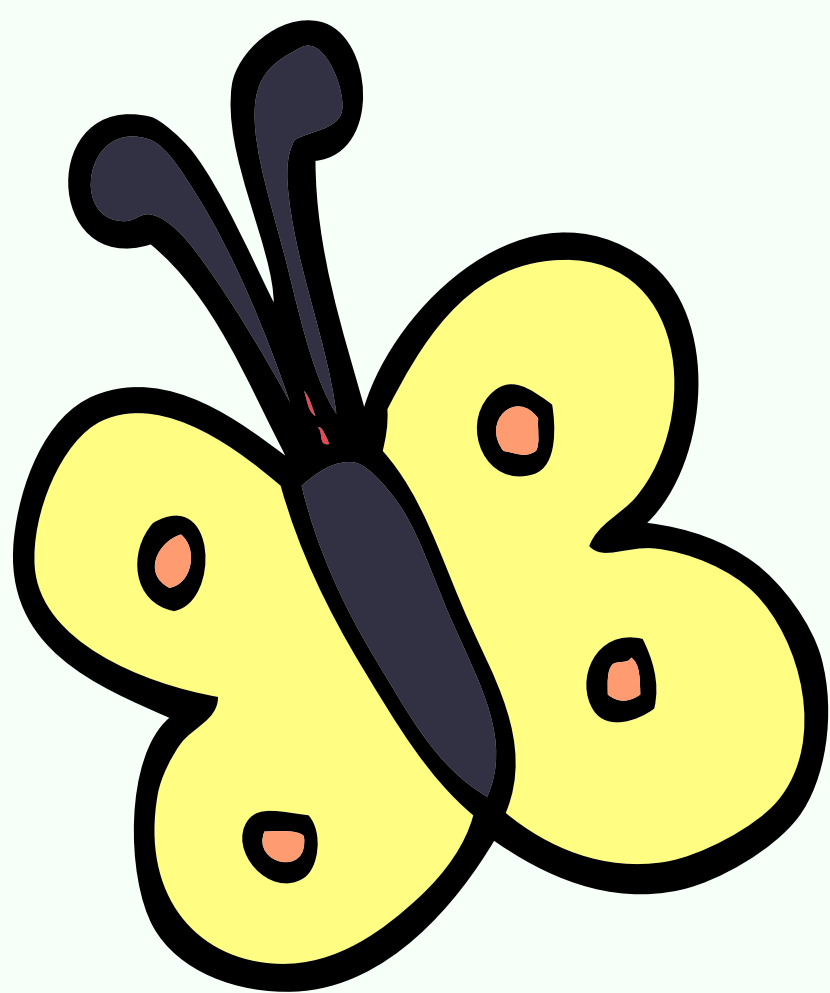


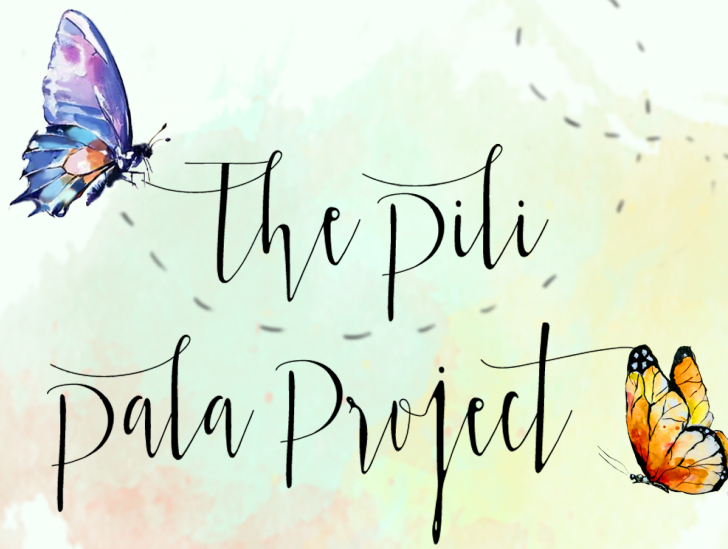
The Pili
Pala Project



EMPOWERING & ENCOURAGING EXPRESSIONS

BUTTERFLIES IN MY STOMACH





The Pili Pala Project

EMPOWERING & ENCOURAGING EXPRESSIONS

Recommend age: 7 – 12 years

Materials:

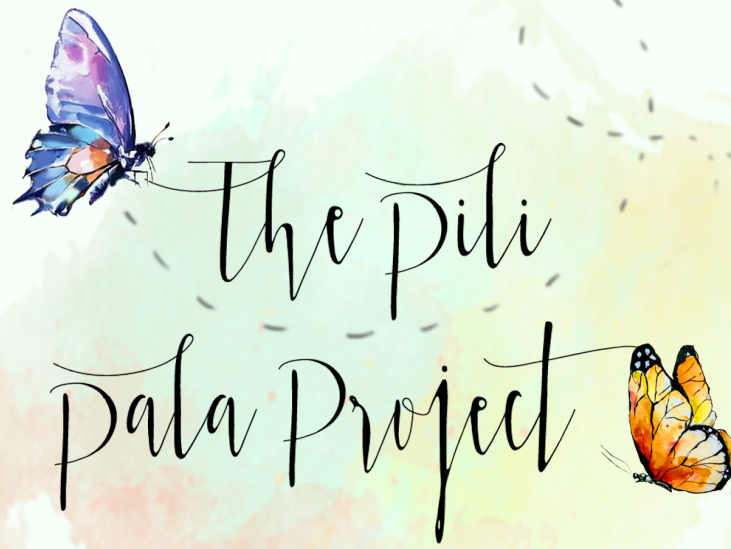
- Butterflies (Included)
- Colouring pens and pencils
- Scissors
- Glue Sticks
- Banner Paper (the back of a roll of wallpaper will also work)

Photocopy or print the sheet with the butterfly outlines and cut them out.

COVID-19 has got your kids all in a frenzy. They've had to adapt to a lot of changes which causes a hurricane of emotions to wash through them on a daily basis.

This pandemic is receiving significant media coverage which can heighten anxiety and confusion in your children. Even though we recommend limited news consumption, children are highly sensitive and aware of what's going on around them.

This activity can be done as a one time activity or as a daily 'check-in'. This will help them become more self-aware of how they are feeling and help you initiate a conversation with them and stimulate problem solving.



EMPOWERING & ENCOURAGING EXPRESSIONS

LETS GET STARTED!

Begin the activity by pointing out that everyone has worries.

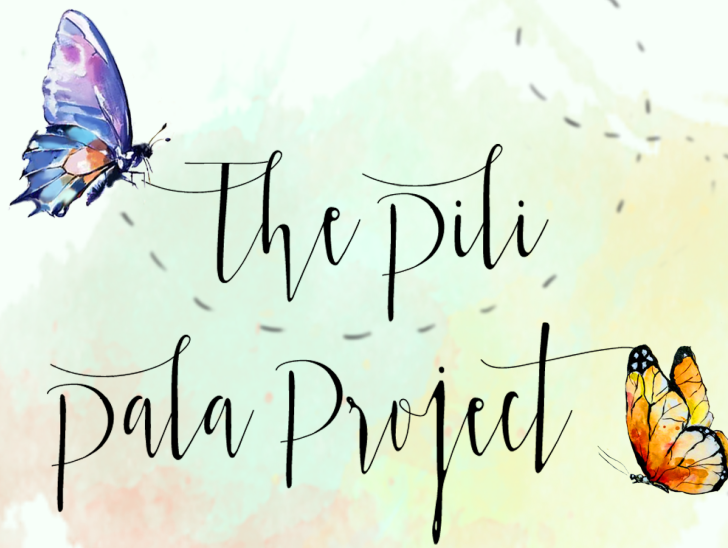
Outline some of your own small worries so your child knows that it's normal to be feeling this way and that you are open to discuss how they are feeling. Use this space to write down some examples:

Outline the different ways that the body reacts to stress:

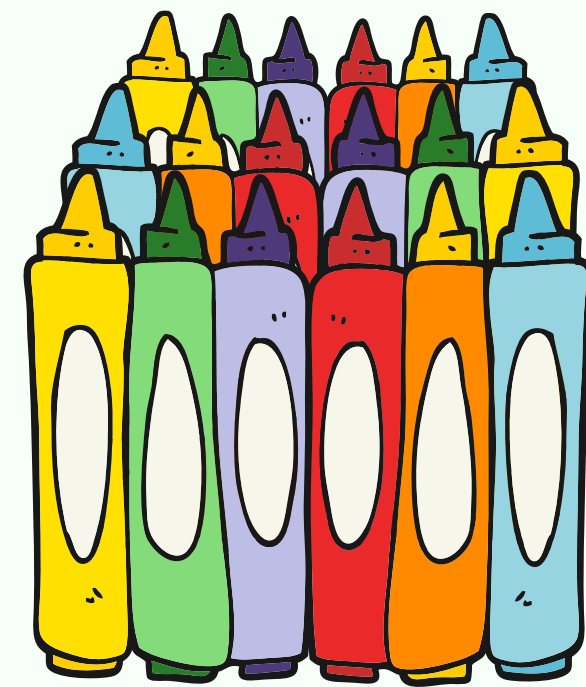
- when a person is scared, their heart might pound faster
- when a person is sad, they might cry and may feel like they have a lump in their throat
- when a person is anxious, they may sweat and shake

I HAVE BUTTERFLIES IN MY STOMACH

Explain that when someone is worried or nervous about something, their stomach may feel funny or jittery, as if there were lots of butterflies fluttering around.



EMPOWERING & ENCOURAGING EXPRESSIONS



NOW FOR THE FUN PART!

Spread the paper on the floor and ask the child to lie down on it.

Outlines your child's body and then give them a the butterfly outlines in this document to colour. Encourage them to use the following colours to represent the different emotions:

Angry	Red	Happy	Yellow
Sad	Blue	Excited	Orange
Lonely	Brown	Relaxed	Purple
Worried	Grey	Safe	Green
Bored	Navy	Loved	Pink

Alternatively, make a butterfly moodboard and attach it to the wall or window if you don't have banner paper.

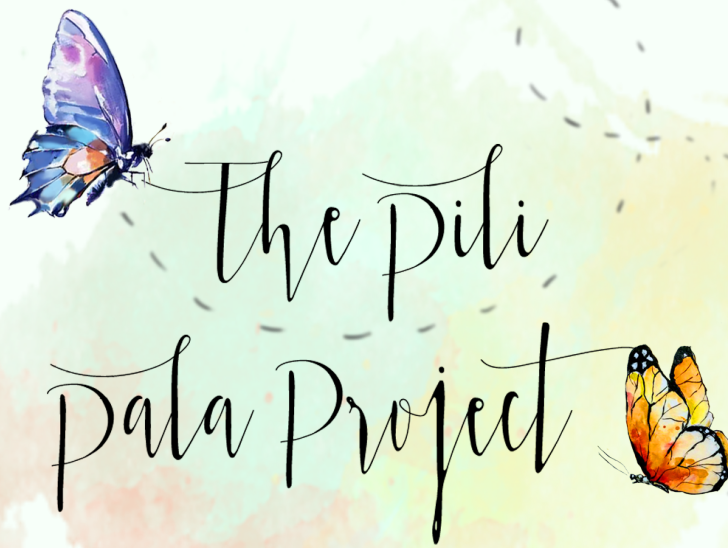
Encourage them to write down a worry they have on the butterfly wings.

Big worries can be written on larger butterflies and smaller worries on smaller butterflies

The butterflies are then glued on your child's body outline inside the stomach.

- let your child lead the way -

Be conscious of how your child responds to the activity and go at their chosen pace. If your child responds in an expressive, cautious or avoidant manner, when you try to talk to them about their worries, then do not force them to talk. Doing this exercise will be helpful for them to identify the worries, even if they don't want to talk about it.



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TELL ME MORE...



Pay close attention to what size they choose for each worry.

- what are their small worries?
- what do they see as a big worry?

As your child talks about their worries, encourage them with open ended questions such as:

- Tell me more about this worry
- What do you think about it?

Encourage them to ask you questions and answer them as honestly as possible.

If your child is worried about catching COVID-19, provide them with facts. Talk about the social distancing methods in place and proactive things you can do to protect yourselves, i.e. washing your hands.

If your child is worried about death, be wary about 'making promises'

For instance, it's very tempting to say " Oh Granny and Grandpa will be fine, I promise!"

The chances are that they will be fine, but if they are not, then it might be difficult for your child to trust your assurances in future.

Instead provide them with an answer based on fact like below:

"Most people will be just fine, but some people may get very poorly and need to go to hospital and sadly, some people may die."



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FOCUS ON THE POSITIVES

- Focus on the nurses and doctors who are working really hard to help people get better.
- Talk about the scientists who are working really hard to come up with a cure.
- Mention how the cleaners are working really hard to keep everywhere clean and germ-free.
- Everyone is working together to try and sort this problem out.
- Make sure that you normalise their worry.
- Reassure them (and yourself) that is OK to feel worried.
- We all feel worried at times – it's a normal human emotion.

PROMOTE PROBLEM SOLVING

Encourage problem solving abilities by asking leading questions like;

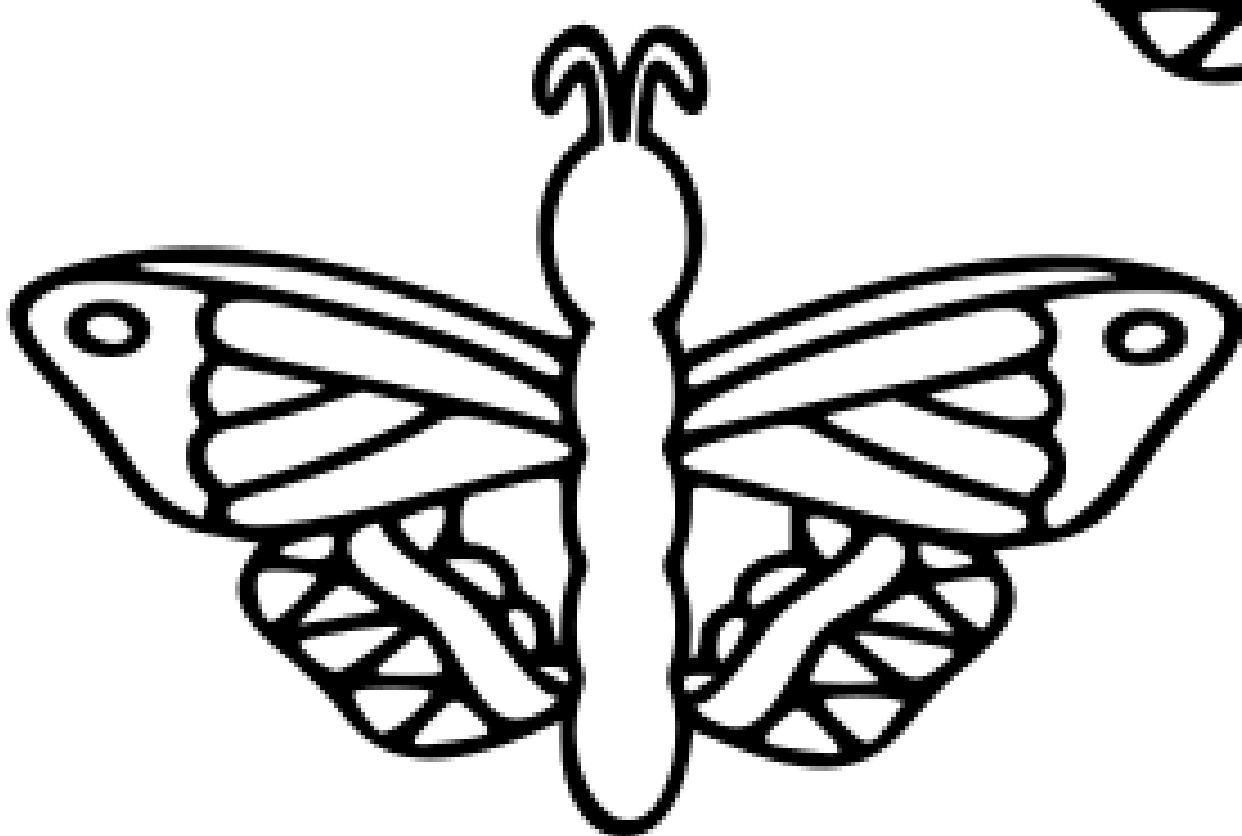
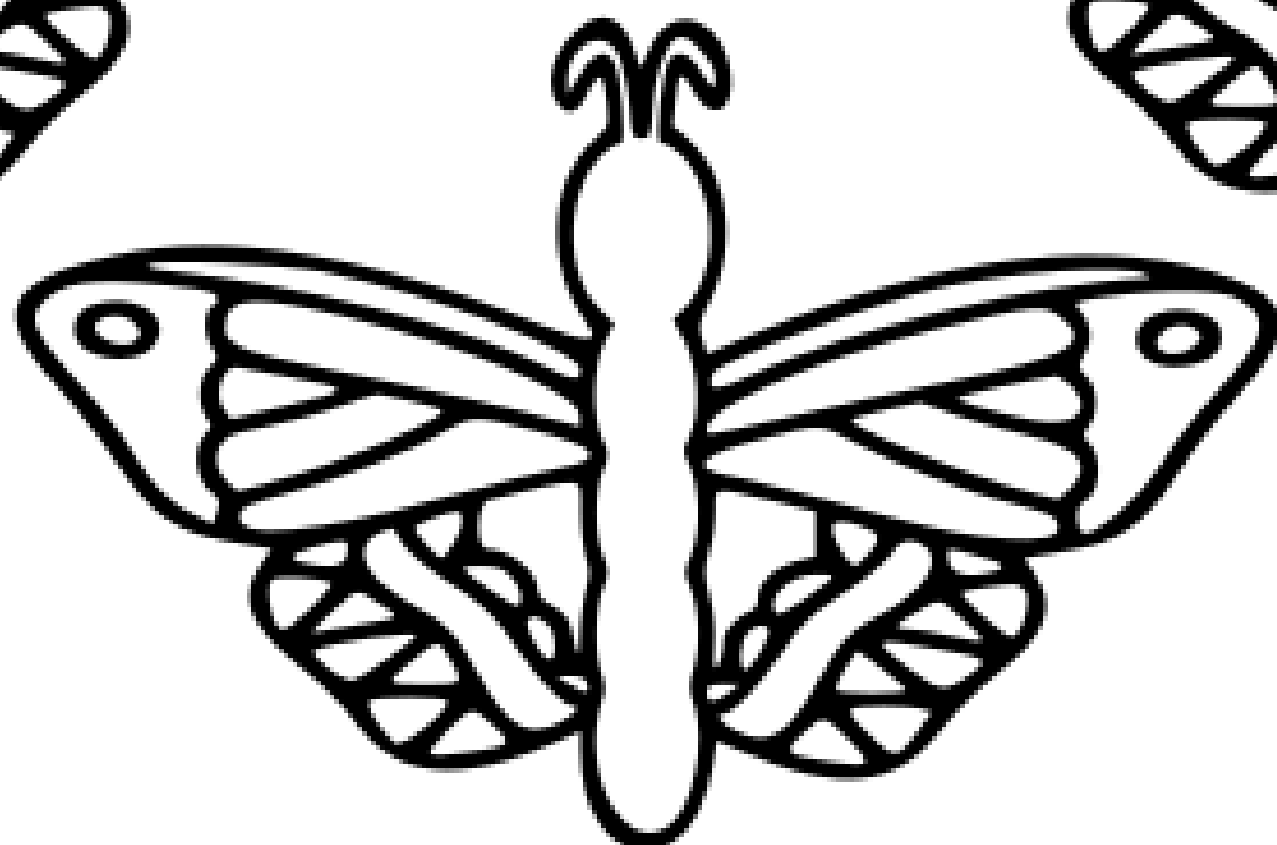
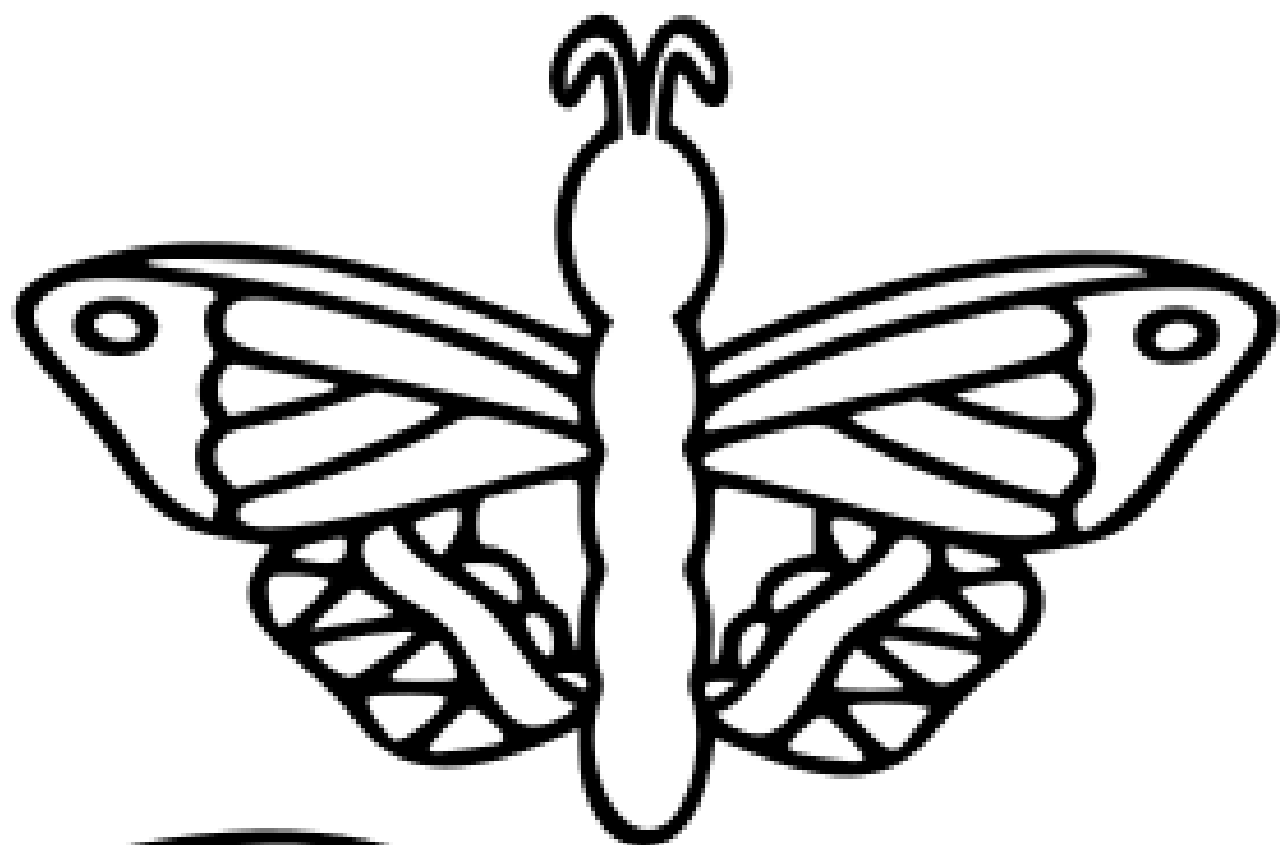
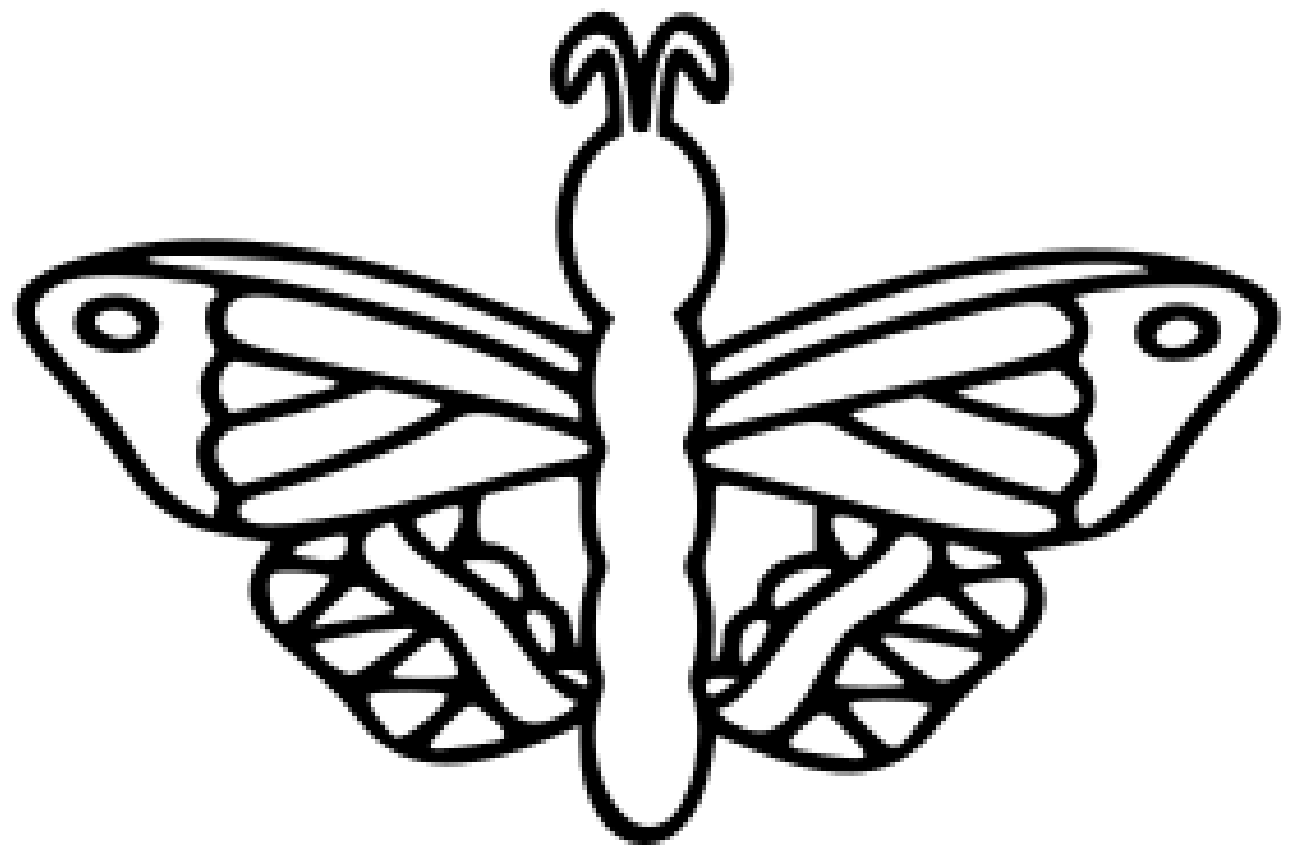
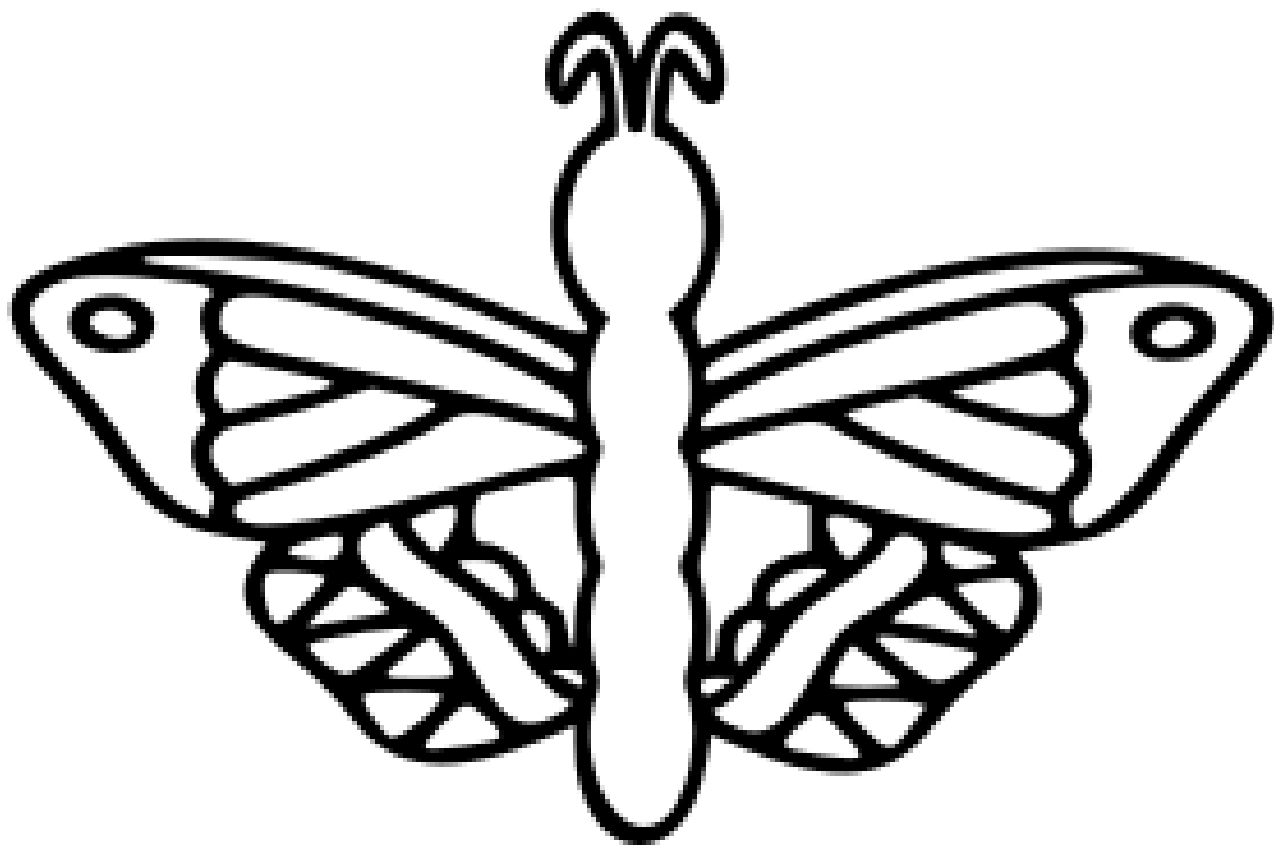
- What could you do about this worry to help you feel better?
- Who can help you with this worry?

If your child cannot think of anything then help them by identifying some methods:

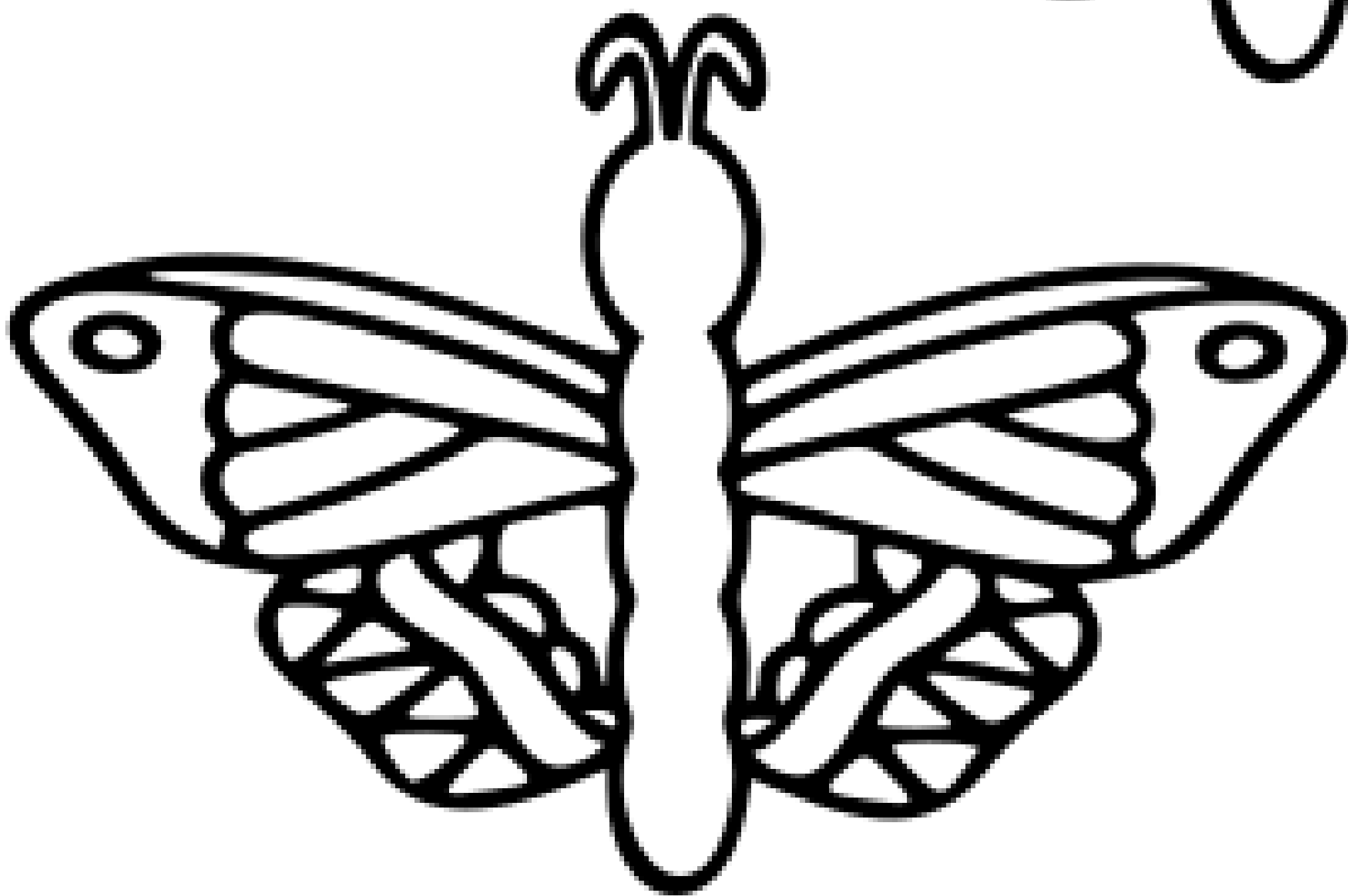
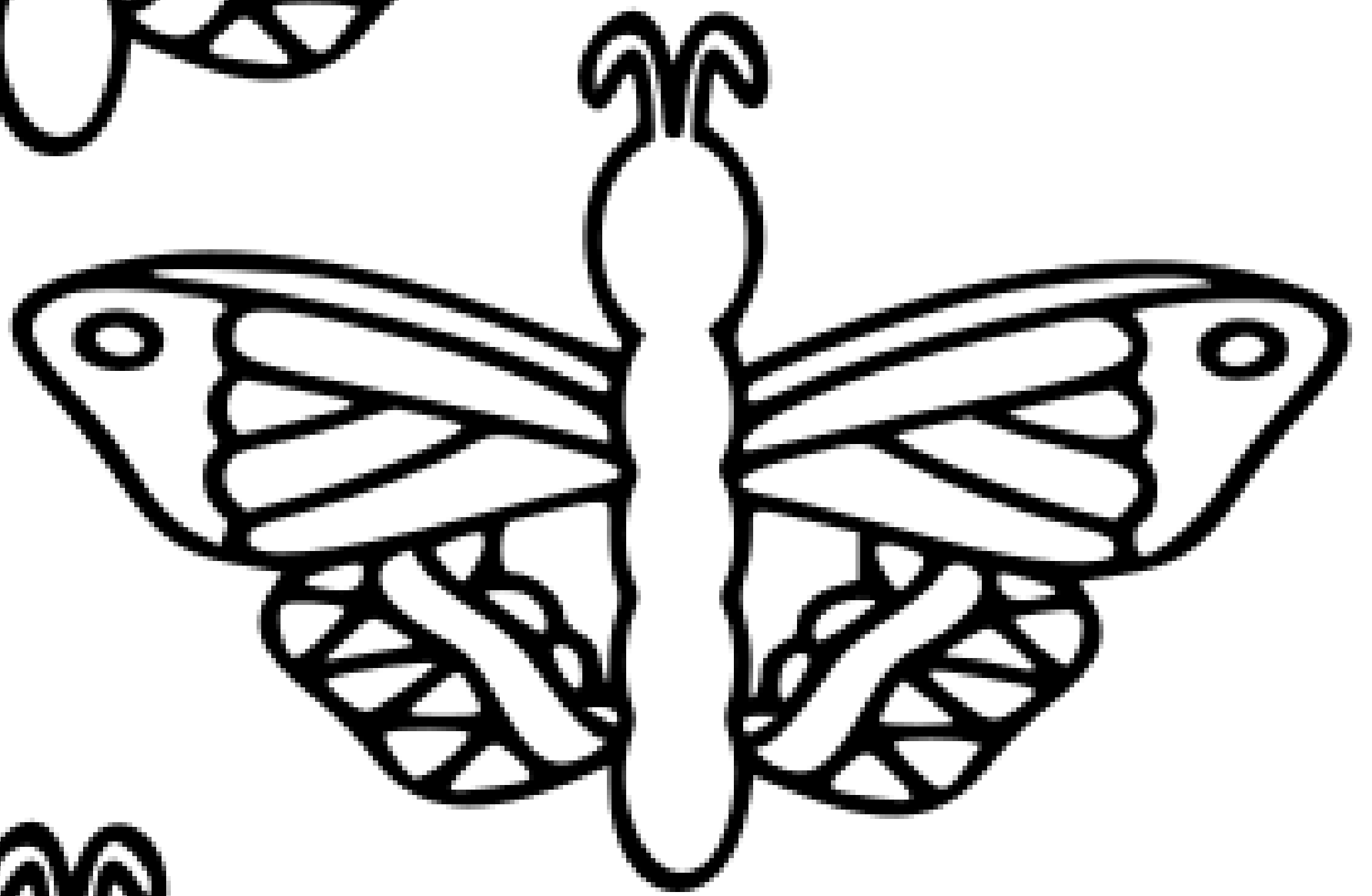
Encourage your child to do something positive to help the situation. Helping other people is a really good way of dealing with a bad situation. Can you phone an grandparent to check in on them? Could you paint a picture for a key worker?

Do something fun together as a family. Fun is a great distraction – play a game, bounce on the trampoline, bake a cake.

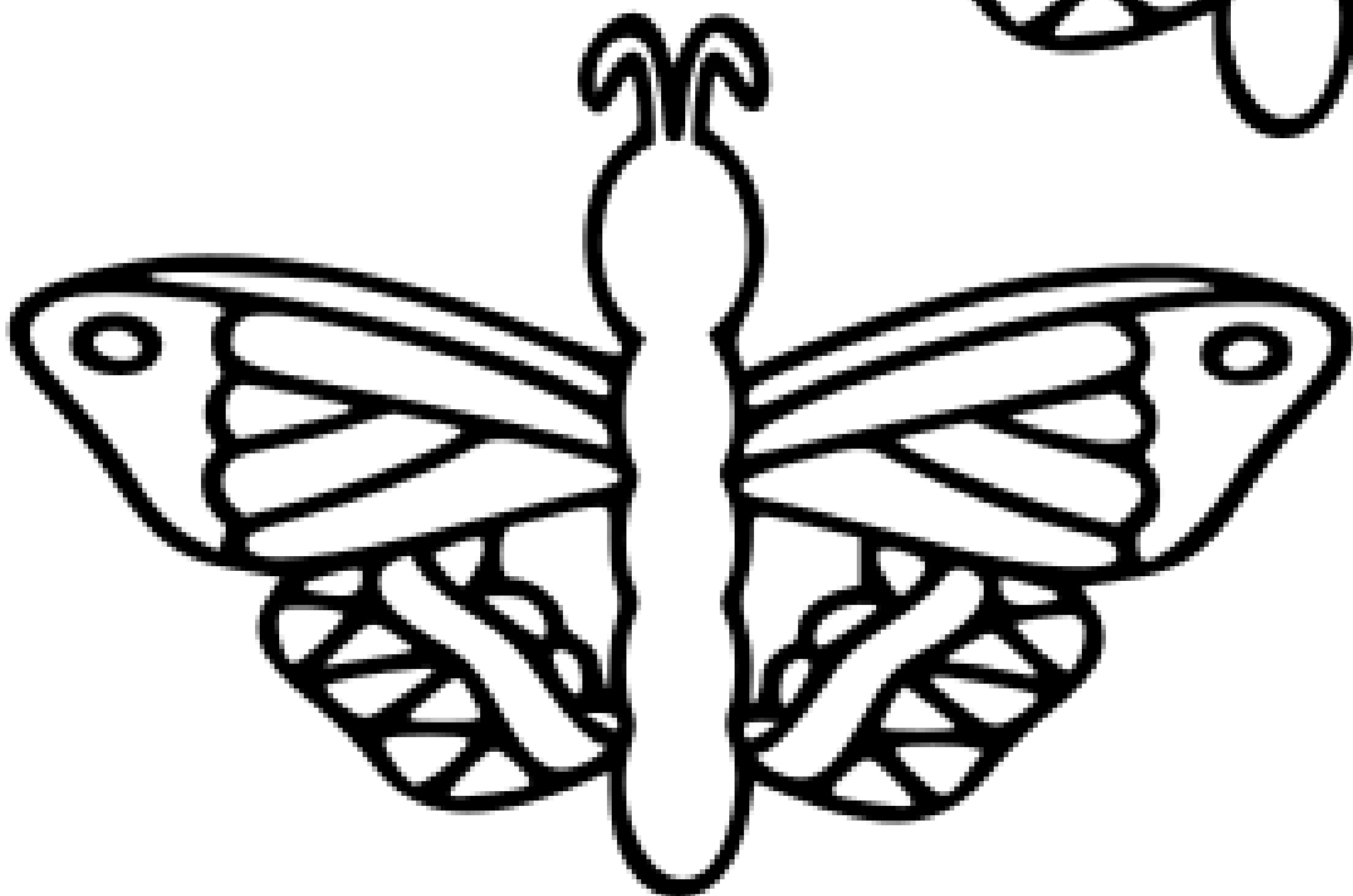
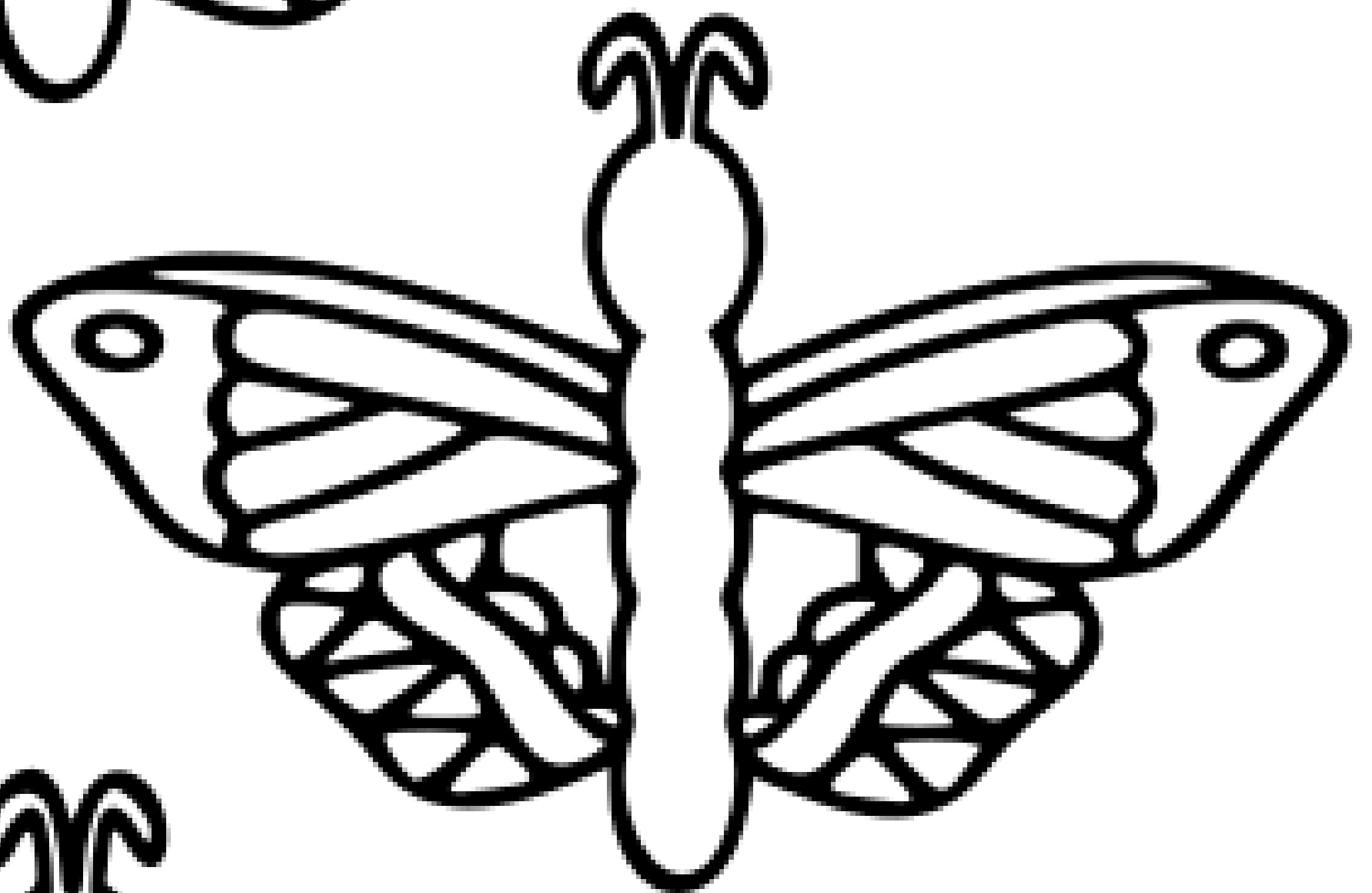
SMALL WORRIES



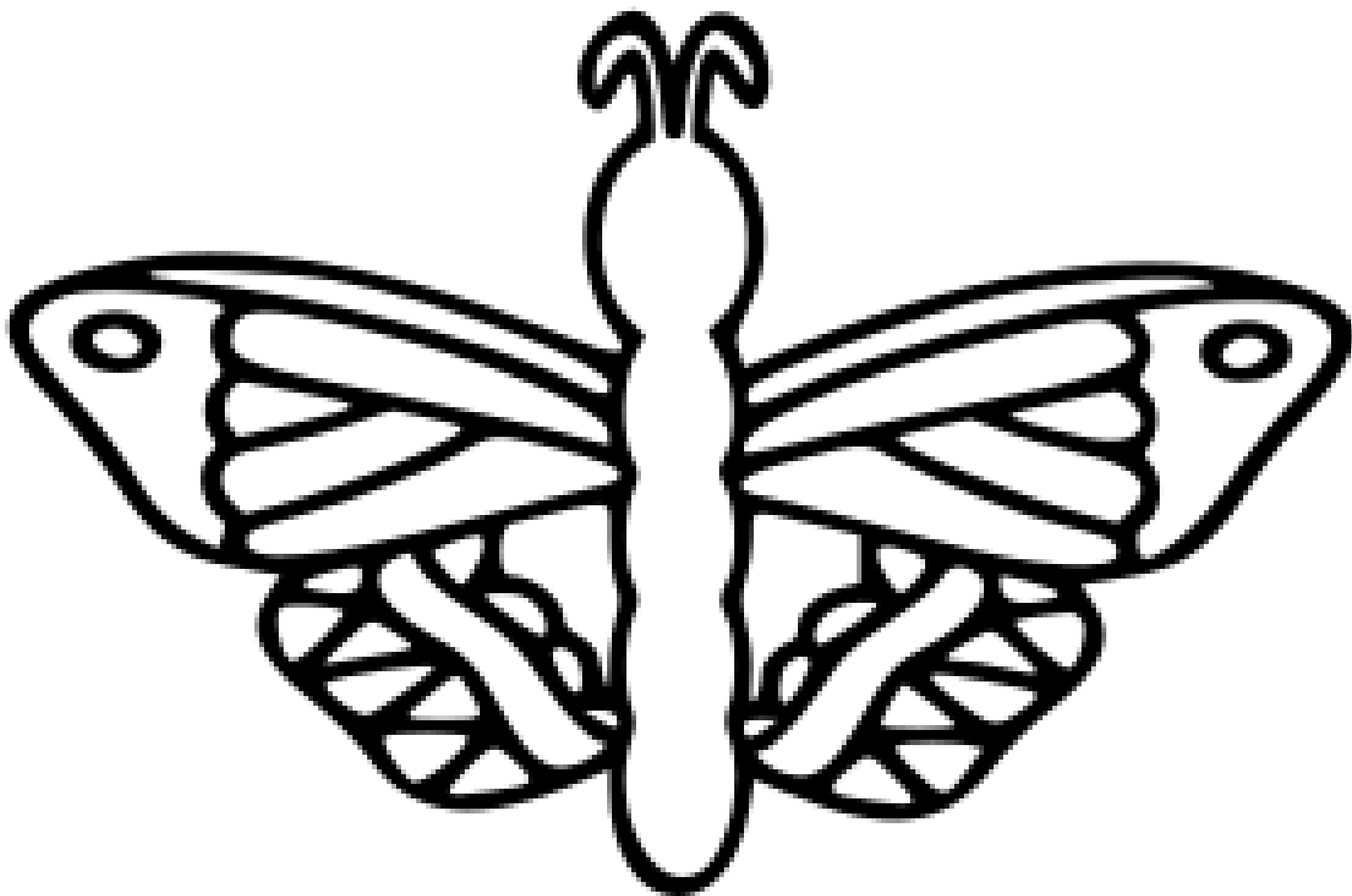
MEDIUM WORRIES



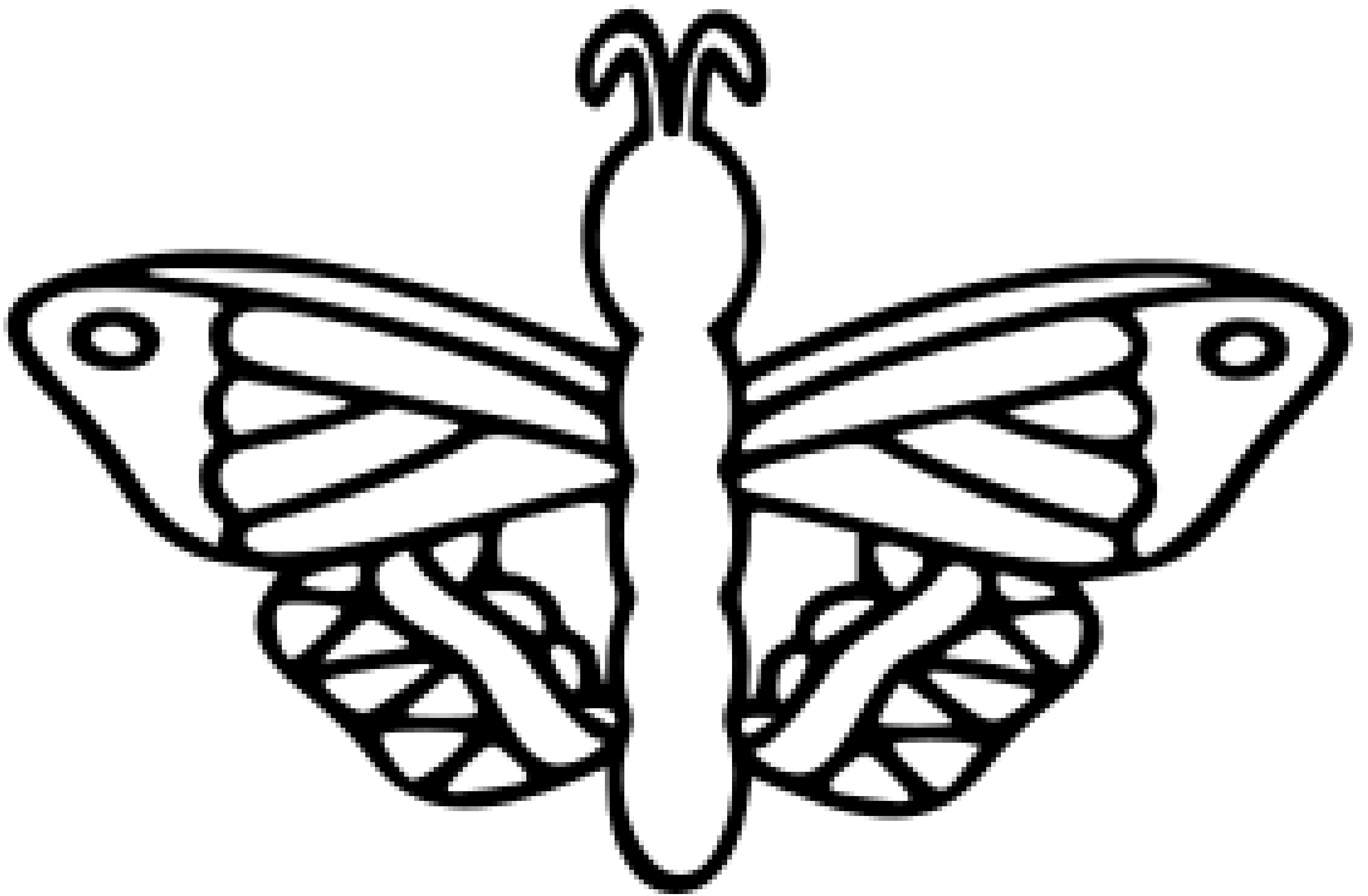
MEDIUM WORRIES



LARGE WORRIES



LARGE WORRIES



LARGE WORRIES

