

The
Fostering
Network



NATIONAL
LOTTERY FUNDED



Walking Tall

Making things in the fostering home,
exploring life together.



Adult guidelines

Here you will find some hints and tips on how to work through this booklet with the child you are caring for.

Before you start exploring with the child, it is important to consider the following things:

- Set aside some time without other distractions.
- Agree a comfortable space to complete the activities. Consider things like confidentiality, noise, room temperature and comfort.
- Consider the child's needs and any additional help or support they may need to work through the activities.
- Consider the child's current circumstances and mood before engaging in the activities.
- Some of the questions may be difficult for the child to answer, so help each other to explore them together.
- Consider how emotionally prepared you are to hear everything that the child may wish to share with you.
- 'Things to explore together' are there to help guide you. They have been written to encourage open and honest discussion between the adult and the child. There are no right or wrong answers.

Finally, have fun!

It doesn't matter how creative you are. These activities simply offer fun and innovative methods of engaging with and communicating with children. It has been informed by individuals who have foster care experience and is aimed at enhancing the foster care experience for children in foster care, the sons and daughters of foster carers, foster carers and fostering service staff. We hope that you enjoy the activities and that they help the children walk tall.

About Walking Tall

Walking Tall was a two-year consultation project, funded by the Big Lottery Fund. It consulted with primary school aged children living in fostering households, both the sons and daughters of foster carers and children in foster care, in order to create child-friendly resources, influence policy and practice, tackle stigma and enhance self-esteem and resilience. All with the aim of helping children living in fostering households 'walk tall'.

This resource has been produced in consultation with our fantastic steering group and Walking Tall Heroes. We would like to thank them for their commitment, wisdom and enthusiasm.

Acknowledgements

A huge thank you to the following people for their involvement in the Walking Tall project:

- The Big Lottery.
- Our awesome Walking Tall Heroes for their participation in the workshops and design process.
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 - Kai Durrant
 - Kirsteen Marshall
 - Leticia Byres
 - Lorna Shaw
 - Marshall Byres
 - Reuben Todd
 - Sara Smith
 - Sarah McEnhill
 - Ulrike Maxrath

How to use this booklet

Do you know how awesome you are? We do!

This pack is designed to help you explore your awesomeness and the things that are important to you, with the people who care for you.

It has been created with the help of our Walking Tall Heroes – amazing young people, just like you, who live in fostering households and worked with us, at The Fostering Network, to create something that will help children feel proud of who they are and walk tall.

Adults – we've included some helpful tips for you about how to use this booklet. See page 2.

When you are ready:

- Choose an adult to work with.
- Check with them it's OK to use scissors, glue and other materials.
- Make some time to work through it.
- Choose a comfortable space.
- Remember, you only have to share what you want to. If you don't feel ready to talk about anything then put it to the side and talk more about it when you feel more able.

We hope that you enjoy exploring who you are and the things that matter to you.

So, what are you waiting for?

It's time to **walk tall!**

About me

My name:

Age:

My favourite thing in the world is...

Who else is exploring with me...

Stick a photo of you, draw yourself or do a handprint here



This is me: exploring my identity

Ever wondered what you would be like as a puppet? Let's find out...

Activity

Using a hand puppet or muslin doll and whatever else you have at home, try turning yourself into a puppet. You may also want to turn yourself into a character like a superhero, a princess or an animal.

What you will need:

Hand puppet, glue, scissors, felt tip or fabric pens and a selection of craft materials such as, wool, glitter, googly eyes, fabrics and so on.



Things to explore together

- Do you know what your name means or where it comes from? What is special about your name?
- What age are you and when is your birthday?
- Tell me about your hair, skin and eyes. What else is special about you?
- Describe what you like to wear.
- Tell me a story about your puppet.

Tips

- Using a glue gun or fabric glue will work best. Be careful that you don't glue both sides of the puppet together, otherwise you won't get your hand in!
- Did you know you can make puppets using a sock?

My space:

exploring our environment

Let's explore your idea of what makes an excellent foster home

Activity

Using the furniture templates at the back of this booklet, some cardboard and different craft materials, create your idea of what an excellent fostering household looks like.

Tips

- You will need large and strong scissors to cut through the cardboard. Make sure an adult is supervising this at all times.
- Glue guns and strong tape work best.
- Using shoe boxes helps you decorate individual rooms and stack them up.

What you will need:

Cardboard (perhaps a shoebox), fabrics, stuffing (maybe from an old pillow), strong sticky tape, glue, scissors and a range of craft materials.



Things to explore together

- Tell me about the best bedroom you could ever imagine.
- Describe your favourite foods and where you like to eat.
- Do you have your own belongings with you? Tell me which are important to you and why.



Every hero needs a shield:

exploring my self-esteem

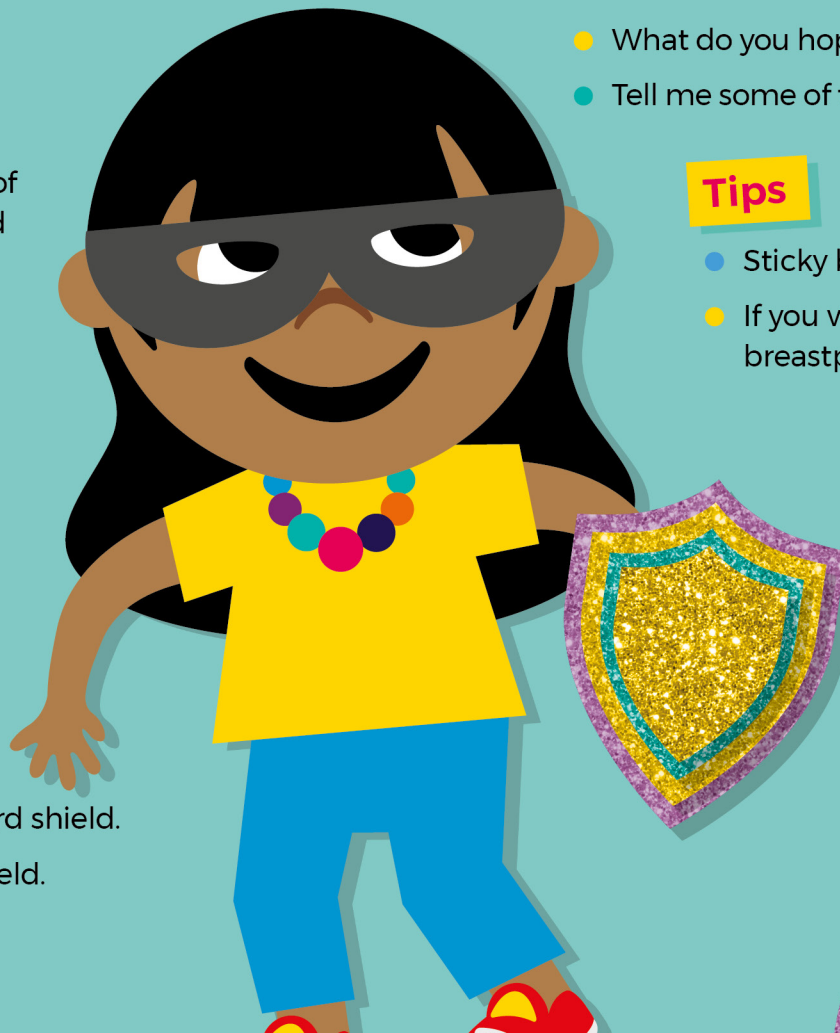


Let's explore some important things about you...

Activity

Using the shield template at the back of this booklet, create a self-esteem shield that will help identify some awesome things about you. You may want to go the extra mile and create a whole set of armour – the choice is yours.

- 1 Fill in the questions on the shield template (but don't decorate it).
- 2 Cut out the shield template.
- 3 Use the cut out to draw around on cardboard and cut out the cardboard template.
- 4 Cover the cardboard shield in tinfoil.
- 5 Cut out the boxes from the paper shield to stick on the tinfoil cardboard shield.
- 6 Now decorate the tinfoil covered shield.



Things to explore together

- Tell me about things you are good at.
- What do you hope to be in the future? What are your dreams?
- Tell me some of the things you like about yourself.

Tips

- Sticky back plastic is a good alternative to tinfoil.
- If you want to make full armour, then helmets, breastplates and cuffs work really well.

What you will need:
Cardboard, large scissors, glue, pens, tinfoil, the A3 shield template and some other craft materials.



I am awesome:

It's written all over me!

A fun way to give and receive encouragement

Activity

This is a great activity to do as a group. All you need is a blank t-shirt and some fabric pens. The idea is to write something positive about the other person on their t-shirt. Collect and give as many encouragements as you can. Wear your t-shirt as a reminder of how awesome you are.

What you will need:
Blank white t-shirt and fabric pens.

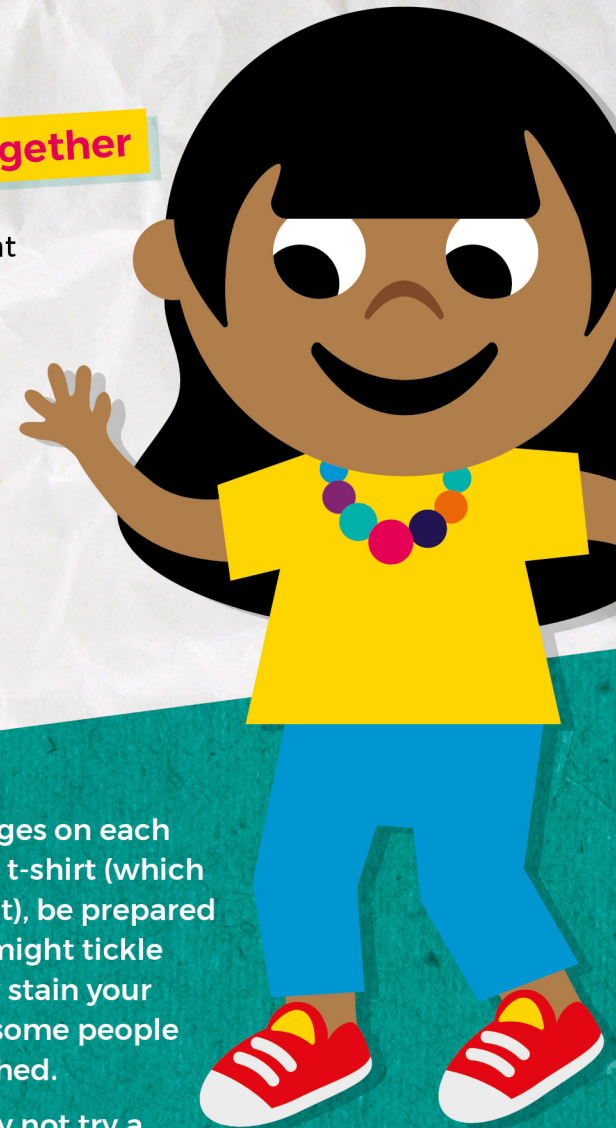


Things to explore together

- Talk together about what messages make you feel good and why.
- Who reminds you how awesome you are?
- Discuss with each other how it feels to give and receive compliments.

Tips

- If you are writing messages on each other while wearing the t-shirt (which is the easiest way to do it), be prepared for a few things: a) this might tickle you or others b) ink may stain your skin or underclothes c) some people may not like being touched.
- Don't have a t-shirt? Why not try a pillowcase or bed sheet but make sure you check it's OK with an adult first! Bed sheets make great superhero capes!



Congratulations!

You have successfully completed your walking tall mission.
You are now one of our Walking Tall Heroes!

We hope that you have enjoyed exploring yourself and the things that are important to you.

Remember, you can do these activities as often as you like and with as many people as you like such as your foster carer, your parent or social worker.

We would love to hear how you got on.

We would love for you to share your creations with us. Email pictures of them to us at **scotland@fostering.net** along with your name and age and we will email a certificate back to you! You can ask your adult to help you with this.

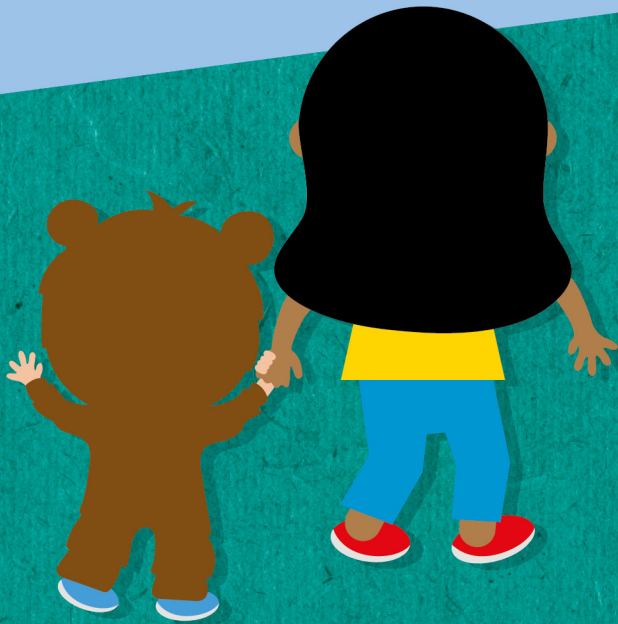


About The Fostering Network

The Fostering Network is the UK's leading fostering charity.

We are the essential network for fostering, bringing together everyone who is involved in the lives of fostered children. We support foster carers to transform children's lives and we work with fostering services and the wider sector to develop and share best practice.

We work to ensure all fostered children and young people experience stable family life and we are passionate about the difference foster care makes. We champion fostering and seek to create vital change so that foster care is the very best it can be.



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