

# Thank you for being part of our Skills for Life family



## sleeping GIANTS

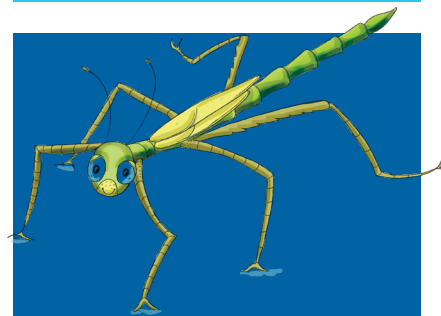
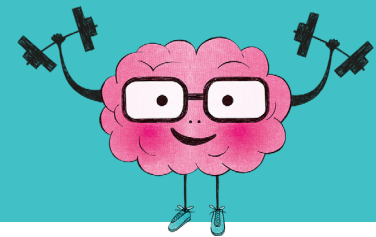
"I've found the children really, really opened up about things and some children you might not have expected to say anything, did." - *Passport Teacher*



"The young people I worked with this year were transitioning from primary to secondary school. Using the SPARK Resilience programme we were able to support young people in building their resilience in moving on. I feel the programme is good and can be adapted to fit all age groups." - *Staff member at Youth Work - Dumfries and Galloway Council*

"The children use the Golden Rules to almost self-regulate their behaviour. In *Apple's Friends* we learn a lot about, what could you do to help yourself? I think its really important that we keep on going, especially the communication section" *Apple's Friends Teacher*

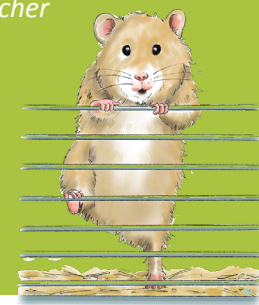
"I've loved it. I think it was exactly what was needed in terms of health and wellbeing. The programmes cover everything we need it to cover and it's all there." - *Zippy's Friends and Apple's Friends Teacher*



"I've been surprised by the level of independence that I now see the children deal with difficult situations, and also the self-awareness. I see a lot of those lessons where they're actually able to say, 'I know that I'm acting like that because of this and maybe I could try this next time instead'" - *Apple's Friends Teacher*

"If I was rating the programmes out of 10, I would honestly give them a 10. They are very positive, and very engaging. The children love them" - *Headteacher*

"When I think of the way the programme is structured, how we start with feelings and then communication and resolving conflicts, it is really good at encouraging compassion and especially for those children who can't really see what their behaviours are like." - *Zippy's Friends Teacher*



"It's embedded in everything we do - it's not a standalone lesson. Today there was an incident, and the first thing I heard was, 'right, take a deep breath, what would Apple do?' and the children knew the steps." - *Apple's Friends Teacher*

"We were already aware of all of the struggles that children were facing even before Covid, but since Covid children might be feeling more anxious. We saw a big difference in the children and I feel like the programmes help us equip them with resilience, and helping them to develop. They definitely gave me confidence to tackle things. Dealing with grief was probably the most sensitive subject that we weren't very knowledgeable in how to help children with before" - *Headteacher*