



Stepping Stones

What is stepping stones about?

Stepping Stones is a course that aims to help children feel better about themselves, to make friends, to talk about their problems and to learn about themselves. It is for children aged between 5 and 9 years.

The course comprises of a small group of no more than six children and is run by two members of staff, it will last for eight weeks.

During the session the children will talk about each subject, play games, have a snack and have fun!

What will we be doing each week?

Week 1 – Introduction.

The children will meet each other and get to know what they will be doing for the next eight weeks.

Week 2 – Anger.

We will be looking at what makes us angry and how can we try to help ourselves when we feel angry by playing a game.

Week 3 – Anger continued

Children will be able to talk about how their bodies feel when they are angry and other feelings.

Week 4 – Empathy and basic feelings

We will look at our feelings and emotions and using our 'helping hand'

Week 5 – Safe and Unsafe Secrets/Lying

We will be looking at what lying is and how lying makes us feel. We will also look at safe (good) secrets and unsafe (bad) secrets.

Week 6 —Private and Public

We will look at private and public places and body parts. We will also look at "what is a stranger?"

Week 7 —Friends

What makes a perfect friend? We will carry out an art activity and discuss our own friendships.

Week 8 —Quiz

We will re-cap on all the topics and end with a fun quiz.



States of Guernsey
Children and Family
Community Services

Stepping Stones is held at the Kindred Family Centre, 65-67 Les Genats Estate, Cobo, Castel, GY5 7YH. Tel: 01481 253 279