Parent & Carer Guide



"How wonderful it is that nobody need wait a single moment before starting to improve the world."

Buddha

Promoting Emotional Health & Well-being

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Make a Difference

The media is filled with stories of all kinds of problems in the world that the human race has caused. As a result we are often prompted, in big and small ways, to make a difference to others, our community and our world. This deliberate attempt to do a good deed, without expecting anything in return, has a very positive impact on our self-esteem.

Through this unit, the children will learn that they can begin to solve some of the problems in the world. By starting with a small idea or with something they care deeply about, children can contribute to making a difference. We know that when we connect to something bigger than ourselves, we feel fulfilled and have a greater sense of purpose.



In this unit Skipper is upset that the river is polluted and that people have damaged our beautiful planet. He decides to do something about the polluted river by gathering his friends together for a community tidy up day.

In this unit, we will be learning that:

- Things humans do have an impact on the world
- Children can contribute to solving problems in the world
- Small things can make a meaningful difference

Talk it Over:

Talk about a time you have helped to make a difference to someone or something – it might be campaigning, volunteering or helping someone in school or in your community. Talk about how it made you feel to do this.

Family Task:

We would like our families to think of something or someone in their community, who needs a little help. What could you do to make a difference?

Key Book: 'The Promise' by Nicola Davies

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