



# Sibs Group!

## What did we do?

Yesterday we enjoyed our last Sibs group of the school year! It was super hot and sunny, so we had a picnic in the park to celebrate all that we have achieved together at Sibs!

We had a mixture of old and new siblings. The children who had been before did an amazing job of making sure the new children felt welcome!

We played some name learning games to get to know each other. We talked about the purpose of Sibs Group and how we all have a brother or sister with special needs. We drew up our Contract about staying safe, not talking about each other, and most importantly **HAVING FUN!**

We enjoyed our picnic of strawberry jam sandwiches and vanilla cupcakes and biscuits, which we decorated with lots of sprinkles!

We then had some free time in the playground, and enjoyed playing basketball and using the swings and climbing frame.

We came back together and took part in an activity using Mood Cards. We explored different feelings and shared our experiences of feeling that way. Some moods we already knew like 'happy' or 'angry', but some were new to us like 'valued' or 'resentful'.

We then made our Hand of Support. We talked about what support is, and then named 5 people on each of the fingers that might help us if we needed support.

We returned to school and practiced some mindfulness and meditation to help us feel calm and relaxed.

We all received certificates to celebrate how amazing we all are!

**1st July 2018**



We helped each other create our 'Hand of Support'



Here are some of our amazing cupcakes and dairy/gluten free biscuits!

## Future groups

**5-13yrs 1:00-3:30**

Dates will be sent out at the start of the autumn term. Please contact Fiona, Sibs Co-ordinator if you have any queries:

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