



Barnardos
Big Toddle
LITTLE HEROES



**TALKING TO
CHILDREN ABOUT
BARNARDOS**



Helping little ones understand what Barnardos does

Children are never too young to learn the value and joy of helping others. Not only does giving back make us feel good, it can be lots of fun too! You can use your Big Toddle as an opportunity to talk to your group about the importance of helping other young children who may be facing challenges.

We have created this booklet to support you in helping your little ones understand the concept of charity and how important their Big Toddle fundraising is to Barnardos' work with children and families. A good way of explaining what charity means is to simply say that charity means helping others in need. The best way for children to really understand is for them to be actively involved in charitable activities, just like your Big Toddle.

We recommend that you talk to your group in a child friendly way about Alannah's story below before working through the activities outlined.

This booklet has been designed with the Early Years framework in mind to help develop their personal and social skills, as well as emotional development. To find out more about our services visit: <https://www.barnardos.ie/our-services/work-with-children/>

How Barnardos help children

At Barnardos we believe that all children need to be safe, have enough food and somewhere comfortable to call home. We believe that every child should have someone who looks after and loves them; and that every child should have the opportunity to learn and to have fun.



The children and families Barnardos help are those who are living in poverty, who may be living in a home that is not the best environment for them or where they are neglected. Barnardos helps thousands of vulnerable children and their families each year in local communities around the country.

Barnardos support children to achieve developmental milestones just like their peers, and to develop resilience to help them overcome any challenges they may face.

Meet Sarah



Sarah is a bright 4-year-old who lives with her Mam in a small flat.

Sometimes home was a sad place for them because Mam was worried and distracted. Some days there wasn't enough food. Most days Sarah didn't get a chance to play with other children. She was indoors all day and hadn't learned how to run or climb yet. The Barnardos adults were there to help them though. Sarah has learned how to share and play with others and Mam doesn't feel alone now. When the children in your group take on your Big Toddle sponsored walk, remember that you are helping to raise money to make sure that the Barnardos adults can help more children just like Sarah. Barnardos can give them the chance they deserve – the chance to grow, to play and to thrive.



Helped her make friends at school



Invited her to Barnardos Breakfast club where she has her breakfast every day before school



Helped her talk about how she is feeling



Circle Time Discussion

Now that you know Sarah's story, use your circle time to explore and answer some of the questions below to help your little one's understand how important the work of Barnardos is.

1

Can you describe the things that have made Sarah happy now?

2

If Sarah was in our classroom, how do you think you would help her?

3

How does Sarah's story make you feel?

4

By taking part in Barnardos Big Toddle you are helping other children like Alannah. How does that make you feel?

Emotion Matching

The pictures on the left show children experiencing five different situations. Can you draw a line and match each photo with the emotion they might be feeling or tell us what each feeling is?



Sad



zzZ

Tired



Happy



Scared



Angry

Did you know that you are helping children just like Sarah by taking part in Barnardos Big Toddle?

Big Toddle LITTLE HERO

Draw a picture of you and your friends going on your Big Toddle

