



unicef 
UNITED KINGDOM



RIGHTS
RESPECTING
SCHOOLS

Ashgate Specialist Support Primary School

Created by Jane Jamieson



Article 12

Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.



Contents

- Useful websites to support your child in these difficult times.
- Communication board
- Now and next boards
- Sign language
- Story book
- Activities
- Praise board
- Certificate

Useful websites to support families



YOUNGMiNDS



<https://nosycrow.com/>

<https://www.nspcc.org.uk/>



Feelings board

happy



sad



excited



sorry



proud



embarrassed



angry



surprised



afraid



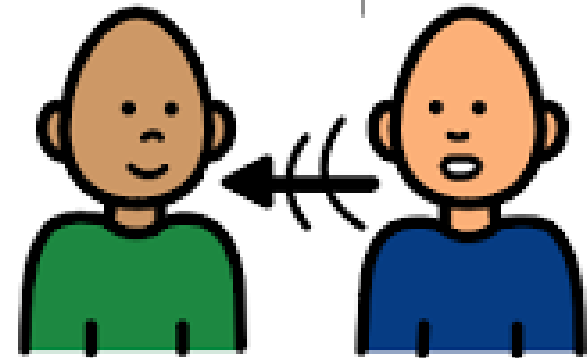
now...



story

next...

Talk to each other



now...



game

next...



surprise

Signs to help you describe how your feeling.



HAPPY

Both hands open. Palm of dominant hand taps palm of non-dominant hand twice.



SAD

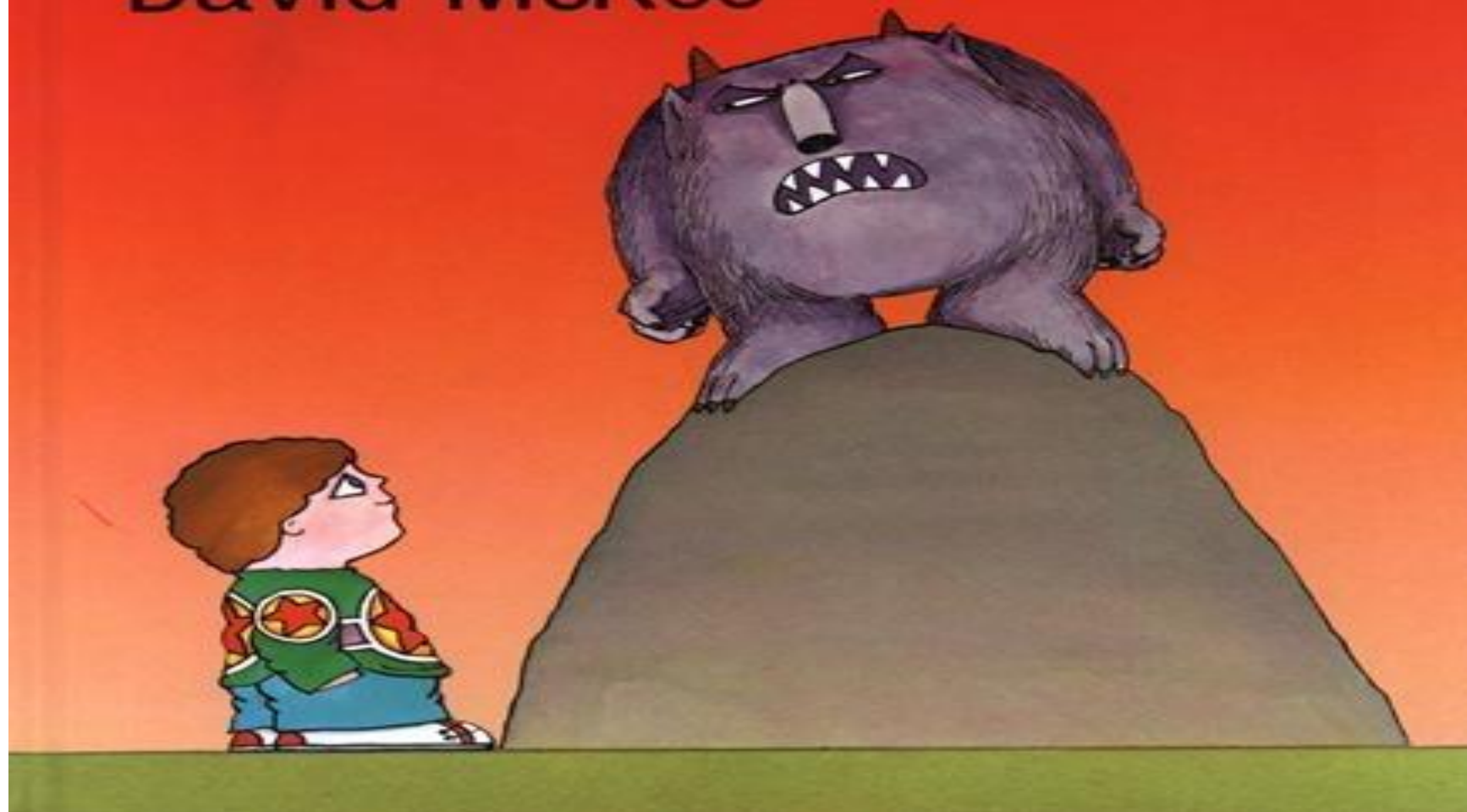
Flat hand held vertically starts in front of mouth and makes a downward movement - with sad expression.



story

NOT NOW, BERNARD

David McKee





How do you think Bernard is feeling?

happy



sad



"Hello, Dad," said Bernard.

"Not now, Bernard," said his father.



"Hello, mum" said Bernard.



"Not now, Bernard," said his mother



How would you feel if there was a monster in your garden?

happy



scared



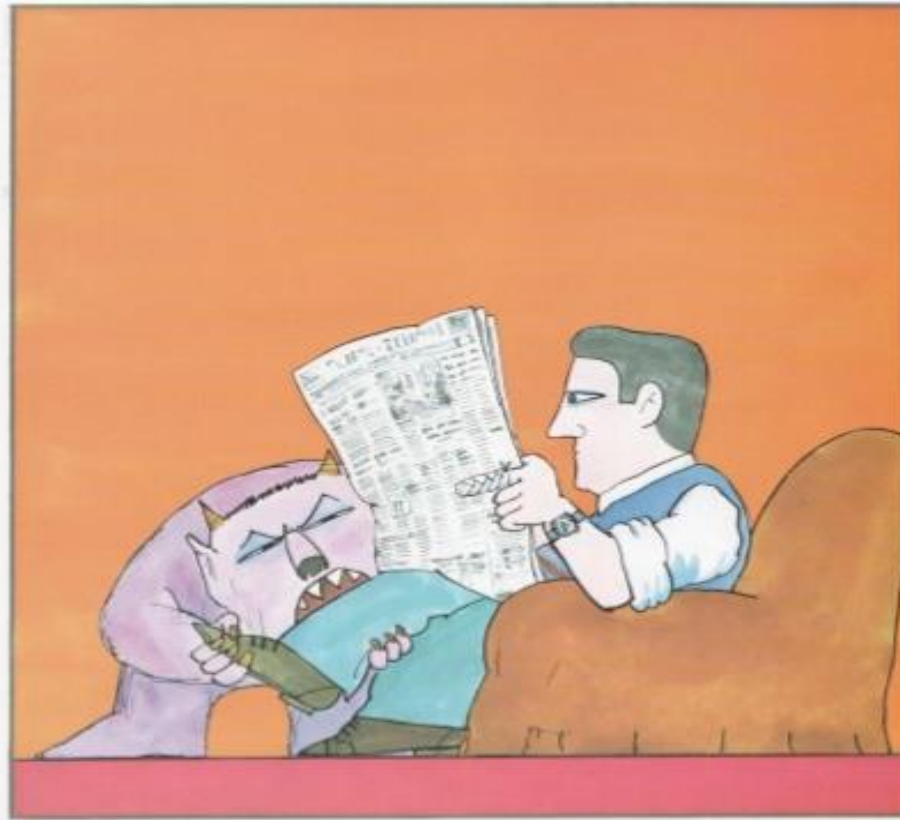
"There's a monster in the garden and its going to eat me" said Bernard. "Not now, Bernard said his mother.



Bernard went into the garden.

"Hello, monster," he said to the monster.

The monster ate Bernard up, every bit.



Then the monster went indoors.

"Roar," went the monster behind Bernard's mother's back.

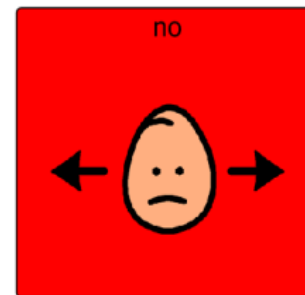
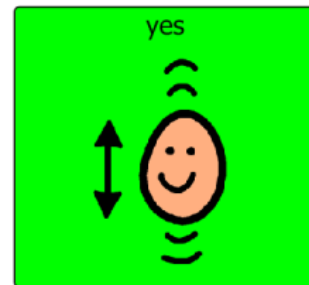
"Not now, Bernard," said his mother.

The monster bit Bernard's father. "Not, now Bernard," said his father.

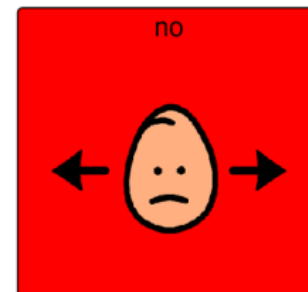
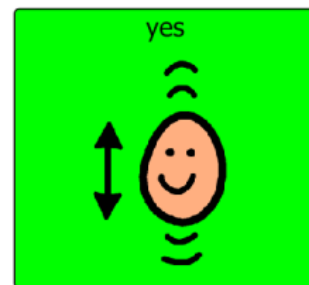
How do you think Bernard is feeling?



Do you think Bernard needs a hug?



would you like a hug?



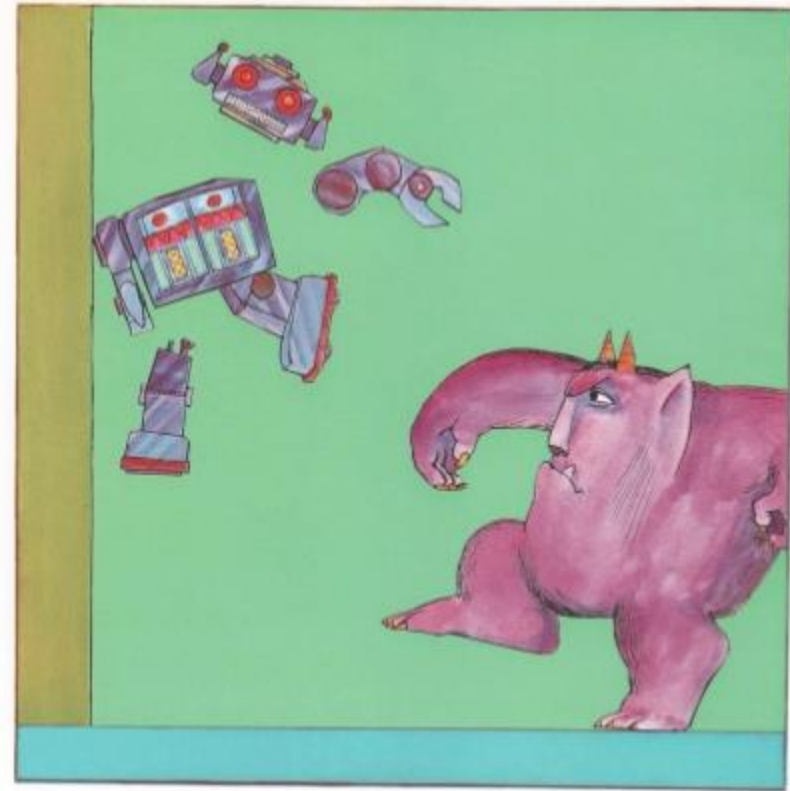
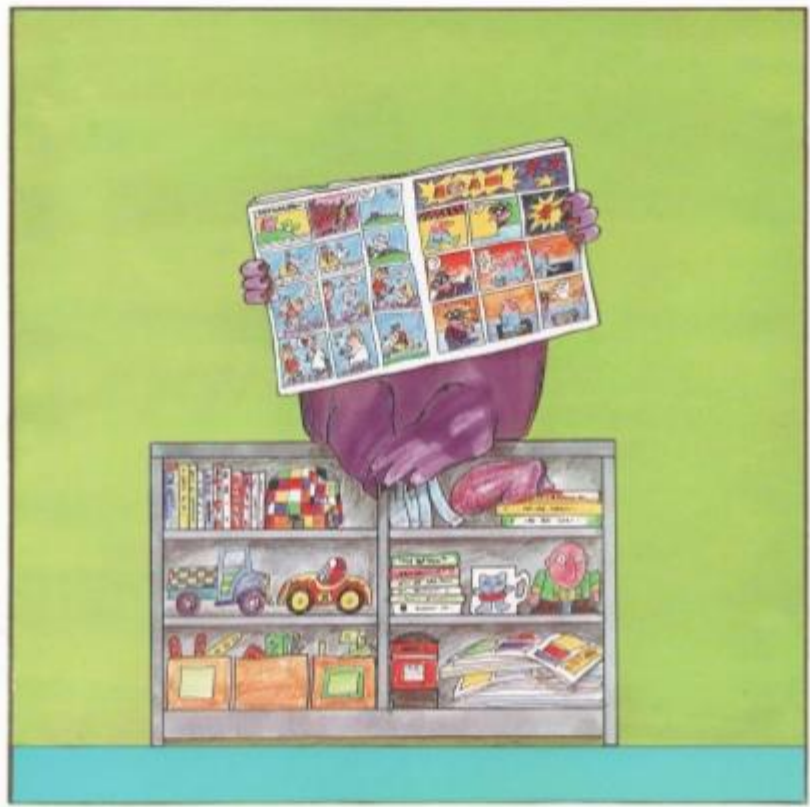


"Your dinner's ready," said Bernard's mother.

She put the dinner in front of the television.

The monster ate the dinner.

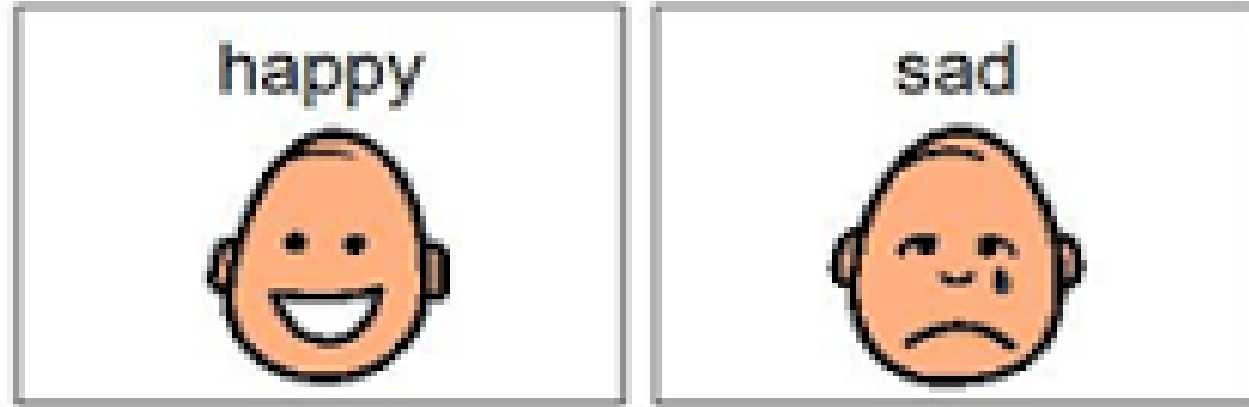
Then it watched the television.



Then it read on of Bernard's comics.

And broke one of his toys.

How do you think Bernard will be feeling when he finds out the monster has broken his toys?



Activity

What's your favourite toy?

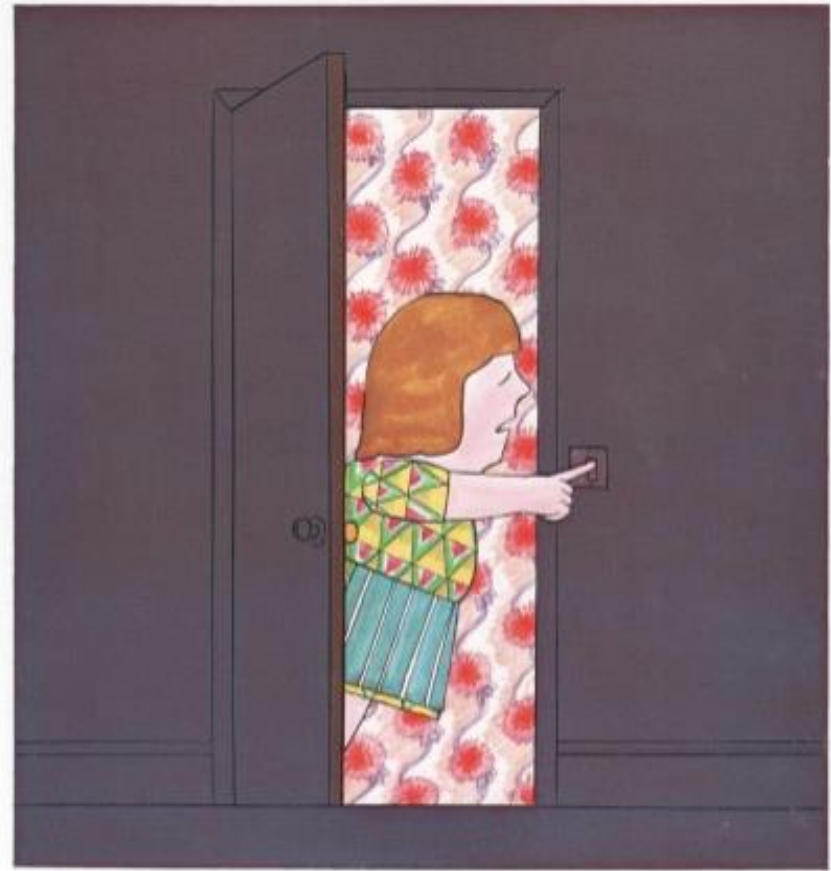
Can you find your favourite toy and show it to the person next to you.

Or you could ask an adult to help you find it.



"Go to bed, I've taken your milk," called Bernard's mother.

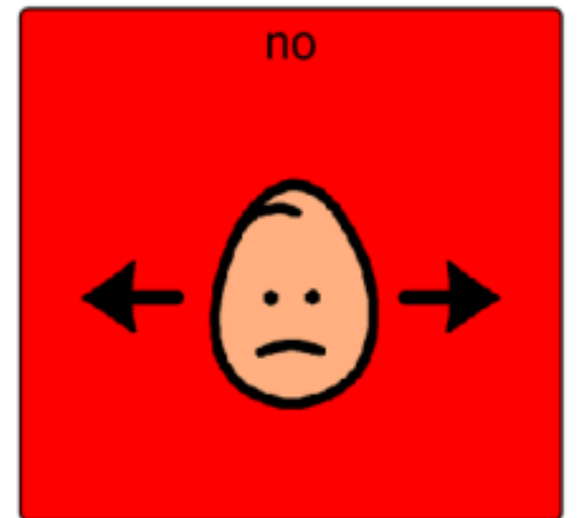
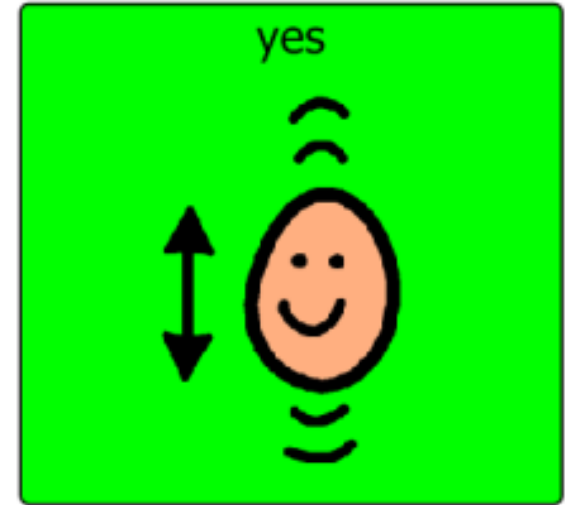
The monster went up stairs.



"But I'm a monster," said the monster.

"Not, now Bernard," said Bernard's mother.

Did you like the
story?



Activity time.

Have a game of hide and seek with your family and friends.

You could ask an adult to hide your favourite toy and you have to find it!



Take pictures of you and your friends and family. Look at them on your phone or laptop. Talk to each other about things you have done together. Ask questions let your child point to the answers if they've non verbal.



You could listen to some action songs.

"If you're Happy and you Know it Clap your Hands".

You could watch Not Now Bernard on your tv, iPad or phone.



You could have a game of catch. You could use a ball or any other light equipment like a teddy or soft doll.

12





This certificate

Is awarded to

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for

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Signed Date

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Praise board

