

Sibling resource kit

Siblings' days

At siblings' days, you get to meet other siblings and:

- ★ Engage in fun activities
- ★ Try something new and different
- ★ Talk to other children and young people who know what it feels like to be a sibling



Please find the siblings day event calendar here:
www.shootingstar.org.uk/events/category/family-events

Create a 'feel good' playlist

You can gather a list of songs on Spotify or YouTube, and listen to them when you need to look after yourself. The playlist will grow as your personal experience grows. Here are a few songs to get you started!

Stronger - Katy Perry

Happy - Pharrell Williams

Beautiful - Christina Aguilera



Keep a Journal

Keeping a paper journal or apps like Cove (a musical journaling app. www.cove-app.com) can help us get our thoughts out and become more aware of how we feel. If you are feeling creative, you can also create some lyrics, poems, drawings and sculptures about how you feel.

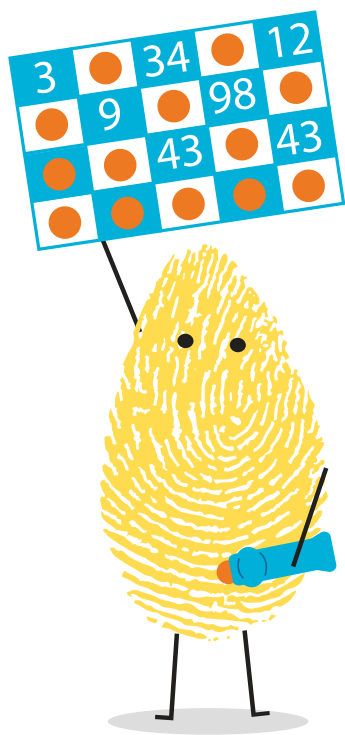


Collate a happy memory box/board

Actively collecting happy memories help us keep positive. These memories can be as little as having pizza with family or as big as going on holidays in a foreign country. You can keep track of these memories using a box or a pin board to collect items like photos, drawings, train tickets, postcards, handwritten notes etc.



Chill-out BINGO



When we are stressed or upset, taking ourselves away from the situation and doing some grounding and soothing exercises can be helpful. Don't know where to start? Here are a few ideas:

Spend time outdoor	Deep breathing	Do some jumping jacks
Cuddling my favourite soft toy	Having a hot chocolate	Have a hot shower
Doodling/ Colouring	Talk to a friend	Look at my happy board
Listening to music	Play a 'brainy' game (like crossword puzzles)	Spin a fidget toy

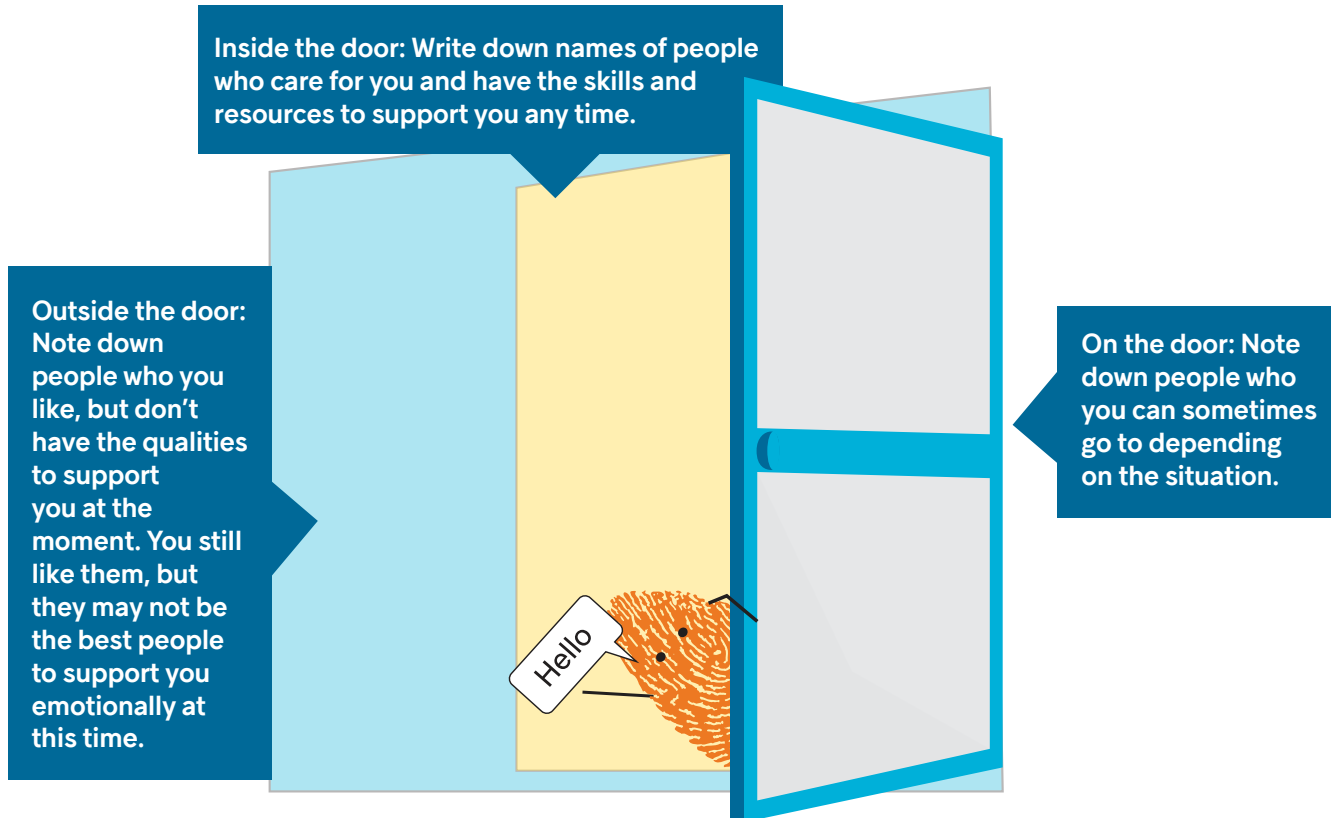
What works for you? Fill in your very own calming BINGO

Talk to people we trust

Sharing our feelings with people can help us understand that we are not facing our difficult feelings alone. It can also help us gain a varying and more objective perspective in the situation.

Activity: Door of trust

The activity helps us find people who can support us when we are feeling wobbly. On a piece of paper, write down what qualities do people need to have to support you (e.g. kind, good at listening, funny etc.).



Talk to one of our team



If you feel low and find it difficult to pick up your mood, you can ask to chat to a therapist at Shooting Star. Therapy is a private space for you to explore your feelings and find inner strength.



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