

Children & Families

MEET CALAMARI SHANARRI OUR WELLBEING OCTOPUS

We have developed the Calamari toy as a simple and fun way to support children and their families to understand the concepts of the “Getting It Right For Every Child” and to help them think about the changes they might wish to make in order to help them flourish.



The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353



SUPPORTING

year of young people
bliadhna na h-òigridh
2018

'Getting It Right' for Children & Young People in Scotland

Getting It Right For Every Child (GIRFEC) is the Scottish Government's drive to improve outcomes for all children. The aim is that all children in Scotland are given every opportunity to develop to their full potential to become confident, responsible, and productive members of society.

Wellbeing sits at the heart of GIRFEC and reflects the need to tailor the support and help that children and families are offered. A child's wellbeing is influenced by everything around them and the different experiences and needs they have at different times in their lives.

It is important that we all play a part in supporting our children & young people as they grow up, and one way is to understand and support the National Approach of GIRFEC. Each Local Authority has incorporated GIRFEC in their Children's Integrated Plans and provide guidelines on their websites and via literature and information packs.

References and useful information:

- **Together Scottish Alliance for Children's Rights:**
www.togetherscotland.org.uk
- **United Nations Convention on the Rights of the Child:**
www.unicef.org.uk/what-we-do/un-convention-child-rights
- **Getting It Right:**
www.gov.scot/topics/people/young-people
- **Getting It Right in my area:**
www.gov.scot/topics/people/young-people/gettingitright/resources
- **Children & Young People's Commissioner Scotland:**
www.cypcs.org.uk
- **Health & Social Care Alliance Scotland:**
www.alliance-scotland.org.uk/resources
- **Aberdeen Getting It Right:**
www.aberdeengettingitright.org.uk/girfec
- **UNCRC & GIRFEC introduction video:**
www.abernet.org.uk/incluson/2016/01
- **Church of Scotland Children & Young People:**
www.churchofscotland.org.uk/childrenandyouth

What is Wellbeing?

Wellbeing is broader than child protection and how we tend to think about welfare.

If every child, young person, family and service that supports a child has a common understanding of explaining that child's situation, then we can all help each other more easily.

GIRFEC provides a new way of explaining and thinking about a child's wellbeing by selecting 8 common indicators, or 'feelings.'

SHANARRI is an acronym standing for the 8 wellbeing indicators.

SAFE

HEALTHY

ACHIEVING

NURTURED

ACTIVE

RESPECTED

RESPONSIBLE

INCLUDED



CALAMARI SHANARRI, Our Wellbeing Octopus

CrossReach Children & Family Services have introduced a new tool CALAMARI SHANARRI, designed and created by CrossReach GIRFEC Development Advisor, Tanya Anderson. As she says:

"GIRFEC is important for everyone who works with children and young people, as well as many people who work with adults who look after children. CrossReach provide introductory training to all their services on the key issues addressed by GIRFEC and the wellbeing indicators."

"Children enjoy interactive play, colour, creativity and fun. Art and music are used frequently in many of our services, especially with children and young people. To start to encourage our clients and staff to learn more about GIRFEC and make it a common terminology in everyday activities, an interactive tool was needed."

The eight legs (and the name) stand for the eight wellbeing indicators. Anyone can make an octopus and CALAMARI can be used with groups of children, young people and adults and indeed all ages mixed together. The indicators are useful tools to help focus on individual strengths & weaknesses.

Here are some examples:

CrossReach Children & Family Services receive funding from the Scottish Government Children, Young People and Families Early Intervention Fund (CYPFEIF).

The key components of the CYPFEIF Fund are:

- Promote the GIRFEC wellbeing indicators and the implementation of the UNCRC
- Delivery of prevention and early intervention activities
- Improving parenting capacity and family support

Please let us know when you create a CAL!

SAFE

- Awareness of danger
- Clean & tidy
- Health & safety
- Child Protection
- Looking after yourself
- Road safety
- Use of social media

HEALTHY

- Nutritional guidance
- Self-care skills
- Exercise & fresh air
- Personal hygiene
- Healthy choices
- Menu planning
- Your body, your choice

ACHIEVING

- Life skills
- Individual attention
- Recognise achievement
- Belief in ability
- Accept reward & praise
- Set milestones
- Involvement & influence

NURTURED

- Attainment
- Encouragement & praise
- Strong relationships
- Supported to develop
- Belief in ability
- Get involved & help
- Timekeeping

ACTIVE

- Good life balance
- Active play
- Activity planning
- Participation
- Positive stimulation
- Friends & family
- Explore & join in

RESPECTED

- Equal opportunities
- Community support
- Question & discussion
- Listened to & respond
- Working in partnership
- Informed choices
- Peer support

RESPONSIBLE

- Take turns
- Make decisions
- Respect differences
- Try out new ideas
- Feelings & emotions
- Doing things yourself
- Right & wrong

INCLUDED

- Develop friendships
- Overcome barriers
- Work in partnership
- Offer & accept views
- Part of community
- Diversity & cultures
- Celebrate change

What are CALAMARI SHANARRI's Wellbeing Wishes?

SAFE

*Risk Assessment is a measure
Health & Safety is a must
For a child's protection
We need reliability & trust*

HEALTHY

*We all want to feel healthy
So planning meals is key
Healthy eating & exercise
Is what revitalises me*

ACHIEVING

*Be a successful learner
Develop skills & self-care
Work towards your goals
Be active, positive & fair*

NURTURED

*Feel loved & trusted
Receive guidance & care
We can all protect each other
And be willing to help & share*

ACTIVE

*Playing & running around
Jumping high & low
Always challenge yourself
Wherever you may go*

INCLUDED

*A strong loving attachment
A satisfaction of life
That's what we can achieve
And remove any strife*

RESPONSIBLE

*We can all follow simple rules
And show willingness to care
Receive guidance & advice
And cooperate & share*

RESPECTED

*Stand up for yourself
Be confident & strong
Feel listened to & safe
Understand right & wrong*



Here are some suggestions of how to use CALAMARI:

- **Create your own:** individually or in groups knit an octopus. CAL is also a perfect 'Learn to knit' tool for all ages. Or make a paper/cardboard copy.
- **Share:** each knitted CALAMARI SHANARRI can be given to other groups (e.g. Scouts, Brownies, Toddler Groups) alongside a copy of this leaflet; Or send a copy to CrossReach for use in their services.
- **Throw and Catch:** when you catch a leg e.g. Healthy, choose a question: "I feel Healthy when I"; "Our church/community helps children by". Or describe a situation in your community where you can help a child feel safe or respected etc...
- **Group Discussion:** discuss each of the SHANARRI areas. Why are they important? How can the church/community group help? Where can other relevant resources be found?
- **A Child's Wellbeing:** explore the indicators with children & young people in your church. What do we mean by safe, cared for, risk-free etc...? What makes us feel included?
- **A Story:** make up rhymes or stories. Here's CAL's story:

*You may have noticed I've got rather long legs!
They're attached by buttons and hang like floppy pegs.*

*Each leg has a name, have you read what it is?
If you want to know more I've designed a wee quiz.*

*I love to play games such as throw and catch
When you have a word you can find one to match.*

*I caught Safe: Safe from risk and exploitation
Free from neglect, bullying and discrimination.*

*Which leg did you catch? Are you ready to play?
You could write it down or design a game your way.*

Here's how to make CALAMARI:

You will need:

- 5 or 5 ½ mm needles
- 9 different colours of wool, medium thickness
- Stuffing
- 2 x large buttons for the eyes
- 8 x small buttons to attach the legs
- Tapestry needle

How to make the main body:

- Cast on 40 stitches
- Row 1 (Right Side): Knit across row
- Row 2 (Wrong Side): Purl across row
- Row 3 to 50: Repeat Row 1 and Row 2
- Cast Off: To finish cut yarn leaving a tail

How to make the Legs x 8:

- Cast on 10 stitches
- Row 1 (Right Side): Knit across Row
- Row 2 (Wrong Side): Purl across row
- Row 3 to 40: Repeat Row 1 and Row 2
- Cast Off: To finish cut yarn leaving a tail

How to create the main body with the eyes and mouth:

- Sew on the large buttons for the eyes on to the main body
- Stitch the mouth using colourful wool
- Stitch on the 8 small buttons underneath the mouth
- Turn inside out and sew the sides together
- Leave a small space to insert the stuffing
- Turn it back to show the buttons on the outside
- Fill with appropriate amount of stuffing
- Sew up the remaining side

Stitching the SHANARRI words on to the legs:

- Choose bold colours for the letters
- Using backstitch, embroider the words using capitals
- Create a small button hole at the top of each leg

SAFE HEALTHY ACHIEVING NURTURED
ACTIVE RESPECTED RESPONSIBLE INCLUDED



YEAR OF YOUNG PEOPLE 2018

ENGAGE / PARTICIPATE / CELEBRATE



Find out more about how to be part of #YOYP

www.churchofscotland.org.uk/yoyp/resources

www.yoyp2018.scot/



The Church of Scotland

**getting
it right**
for every child



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CALAMARI SHANARRI meets the Church of Scotland Guild Members 01/02/2018

Find our more about CALAMARI SHANARRI & CrossReach Children & Family Services:

www.crossreach.org.uk/year-young-people-2018

Send your knitted CALAMARI to:

CrossReach Children & Family Services Development Team
Charis House
47 Milton Road East
Edinburgh EH15 2SR

Share your story & pictures:

Email: tanya.anderson@crossreach.org.uk

Tel: 0131 657 2000





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