



Little People, Big Feelings

"Empowering our tamariki, one conversation at a time."

Our programme is designed to empower children by exploring a breadth of emotions beyond just happiness. Through captivating storytelling sessions led by our ambassadors, we address issues like peer conflict, self-doubt, and emotional distress, emphasising that experiencing a variety of emotions is both normal and healthy. We strive to create an environment that is interactive and supportive.

To this end, we ask that teachers participate in the sessions. Teacher involvement not only facilitates open dialogue and engagement but also provides them with insights into their students' grasp of emotional literacy.

If you have a school counsellor, we ask that you let us know, and we can discuss their involvement in the session.



Content Focus: Our engaging ambassadors will read "TR & Mack, Little People, Big Feelings" to students from year 0-6. This is followed by a facilitated discussion on emotional literacy and the importance of seeking support. The book has a focus on support from counselling, however, throughout the discussion our ambassadors emphasise the importance of reaching out and seeking help from the trusted adults in our lives, such as parents and teachers.

Cost: This programme is offered at no cost to your school. In lieu of payment, we kindly request a testimonial/reference following the session.

Session Logistics: Our sessions span 30 to 45 minutes and are ideally conducted with students grouped by year level for the most effective engagement. We recommend a maximum of 60 participants per session for ideal interaction, as this is the best way to ensure a meaningful experience for all students. We are limited to four sessions daily but are open to extending our programme across multiple days to achieve the best outcomes.

Resources: Students will receive a complimentary copy of "Little People, Big Feelings." A PDF is attached for your preview. We will also gift some copies to the school library, so students can access the book at school.

If you're as passionate about this cause as we are, register your interest for a free session at your school today by emailing Ruby at: ruby@iamhope.org.nz