

4-8s join the journey

n:Vestigate

GB@home



It's good to talk

Sharing stories can be a powerful tool in raising awareness. Good stories open up people's hearts, minds and ears – making the unheard of heard, and the unfelt felt. It certainly is 'good to talk', especially this difficult and confusing time for children.



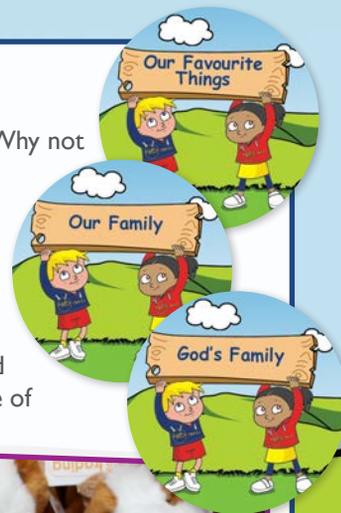
Stories (not just those about GB's mascots Gabby and Barney) play an important role in helping children to become aware of their own and each other's feelings and allow their families, you as parents/GB leaders and their friends to be supportive of anything they might want to talk about.

Check out the following ideas for sharing stories about what's happening in their lives right now – and get people talking.

Children chat

Children are great story tellers – not just through their words, but also through their actions. Why not encourage this by supporting them in the following:

- **Show and tell:** Encourage your four to eights to join you on a video chat show and tell with your family/friends. They might wish to bring along something they've made, been playing with or been sent whilst they've been at home. This is great to share ideas with other families as well as getting the children talking about positive things that they've been enjoying.
- **Parent participation:** Does your child's GB group have social media channels? get involved with activities on there or share a post about what your child has been doing during this time of lockdown.
- **Fudge and friends:** Why not encourage your child to write a story or keep a diary about what they've been up to to read to a cuddly friend? This is a great way for you to start a conversation with your child about how they're feeling, what they're enjoying and not enjoying about spending lots of time at home and anything that they're worried about.



Connect

GB nationally would love to know what your 4 to 8s have been doing whilst at home, particularly if it's been getting involved in any GB activities. Post the details on our Facebook page [@GirlsBrigadeEW](#) or email it to us at gbco@gb-ministries.org