

The Get up and Go Sunflower Challenge activity pack

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Barnardo's

For members
aged 8 – 11



Sunflower Challenge

Show you care about young carers

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Introduction

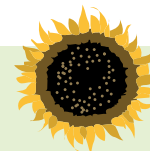


Get Up and Go!

Barnardo's is very proud to be a charity partner of The Boys' Brigade Get up and Go appeal. Barnardo's believes in children – no matter who they are, what they have done or what they have been through. Whatever the issue, from drug misuse to disability; youth crime to mental health; sexual abuse to domestic violence; poverty to homelessness, we know that with the right committed support and a little belief, even the most vulnerable children can turn their lives around.

This activity pack has been developed to raise understanding and awareness of some of the issues faced by children, young people and families helped by Barnardo's each year and to encourage Boys' Brigade members to get involved and make a difference.

What is the Sunflower Challenge?



Taking part in the Sunflower Challenge activity is easy, fun and rewarding. Your members will learn the importance of caring for a sunflower as it grows from seed and will see the direct results of their hard work while raising vital funds for Barnardo's.

Through the Sunflower Challenge we hope to help your members gain a greater understanding of the experiences of young carers. These are children who help care for a sick or disabled family member.

We have provided leaders' notes and worksheets, which we hope will motivate and inspire your members to learn about the experiences of young carers, and as a result have empathy with them. While taking part in the fundraising activity and caring for their sunflower, they can work to combat the isolation and loneliness felt by young carers.

Please help

Donations are vital to Barnardo's; last year we spent over £174 million on providing more than 400 services to children. We really need your support so that we can continue to help some of the most vulnerable and disadvantaged children and families in the UK.

Please encourage your members to support Barnardo's and together we can raise funds to ensure those who desperately need our help continue to receive it.

Leaders' notes

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Your guide to running the Sunflower Challenge

Running the Sunflower Challenge couldn't be easier!

- As a group, discuss the conditions required for a plant to grow.
- Introduce the task of taking home sunflower seeds.
- Discuss with your group the resources they will require and then demonstrate an example of how to plant the seed using everyday resources, for example clear plastic cup, kitchen roll, soil (this will become the group sunflower).
- Discuss how to measure the sunflower when it breaks the surface.
- Introduce the task of writing instructions using the Planting my sunflower worksheet found in the Sunflower activity pack.
- Ask children to research sunflowers using the All about Sunflowers worksheet and/or write a poem using the Sunflower poem worksheet. (In Sunflower survival pack).
- Ask children to check the sunflower everyday and tick the Sunflower tracker worksheet (in Sunflower activity pack). At the end of each week, ask children to measure the sunflower and add to the graph on same sheet.
- Explain to children that they are to feedback on the growth of their sunflower to the group.

Throughout the Sunflower Challenge explain to the children that they are helping to raise money for young carers (see following leaders' notes).



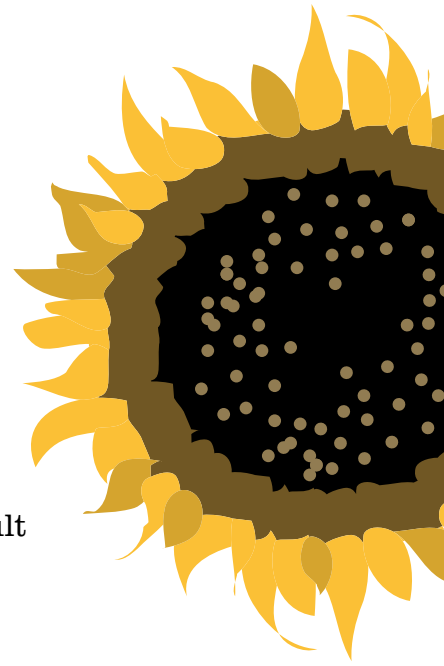
Young carers – who are they?

Young carers are children who help look after a member of the family who is sick, disabled or has mental health problems, or is misusing drugs or alcohol.

Their day-to-day responsibilities often include:

- cooking
- cleaning
- shopping
- providing nursing and personal care
- giving emotional support.

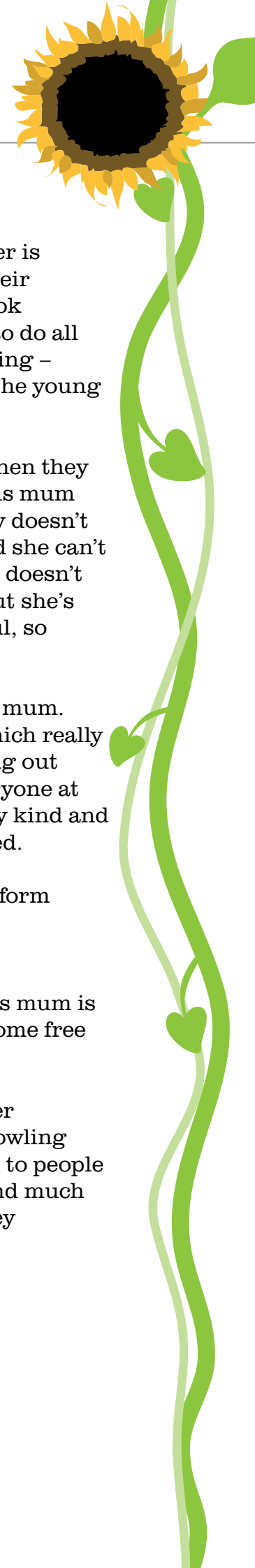
With so many adult responsibilities, young carers often miss out on opportunities that other children have to play and learn. Many struggle at school and are often bullied for being 'different'. They can become isolated and lonely, with no relief from the pressures at home, and no chance to enjoy a normal childhood. They are often afraid to ask for help as they fear letting the family down or being taken into care. Instead, they try to go about their lives without asking for help, and, as a result many of these young carers remain hidden.



Facts and figures

- There are approximately 175,000 young carers in the UK today.
- Ninety one per cent of teachers believe that some young carers fall through the net and remain unidentified.
- The average age of a young carer is 12.
- More than fifty per cent of young carers live in one-parent families.
- Twenty nine per cent care for someone with mental health problems.
- Fifty per cent of teachers believe the system in schools designed to identify and support young carers is not effective enough.

Case study



Simon

Some of the children Barnardo's helps are young carers. A young carer is a child who has to help somebody they live with, often a member of their family, like their mum or dad. The person they care for is unable to look after themselves due to illness or disability. Some young carers have to do all the chores at home all the time. That doesn't leave much time for playing – sometimes they don't even have time to go to school! Simon is one of the young carers that Barnardo's works with.

Simon's friends think he's boring because he won't go out and play when they do. He makes up excuses, but he can't go out as he has to look after his mum who is very poorly. Simon's mum has an illness which means her body doesn't work very well. Sometimes she can't stand up without falling over and she can't get up the stairs alone. Simon has to help her do everything. His Dad doesn't live with him anymore and his little sister Stacey tries to help a bit, but she's too young to do most of the chores. Stacey can sometimes be a handful, so Simon has to look after her a lot, as her mum can't chase after her.

Some of the children in school don't know about Simon caring for his mum. Because they don't understand, they say horrible things to Simon, which really upsets him. One day a couple of boys in Simon's class saw him hanging out his mum's washing. The boys turned this into a big joke and told everyone at school who then laughed at him. They didn't realise he was being very kind and helping his mum. Simon would run away and hide when he was bullied.

Simon's teachers noticed he wasn't very happy at school. One day his form teacher talked to him about everything and introduced him to a Barnardo's project.

Barnardo's is now helping Simon to get his life back on track. Simon's mum is given the care she needs by a professional, which means Simon has some free time to go and play with his friends after school.

Simon has been introduced to other young carers his age and together Barnardo's takes them on trips, to places like the cinema or ten pin bowling – this is something Simon had never done before. Simon can now talk to people about life at home and get the support he needs. He is a lot happier and much more confident. Children at school no longer bully Simon, instead they play together.

How we help

Barnardo's runs 15 projects across the UK which support young carers and their families in a variety of ways:

- helping the family to find the support they need, and are entitled to, from local services, so that a child's caring responsibilities can be reduced
- providing advice and emotional support through counselling and drop-in sessions
- supporting young carers to use local services such as sports clubs, support groups, and health centres
- liaising with schools so that teachers can better support their students
- providing opportunities for young carers to take a break from their caring responsibilities, spend time with other young carers and share experiences
- providing opportunities for young carers to learn more about their parent's illness or disability
- making it possible for a child to be just a child sometimes, enjoy themselves, establish friendships and reduce the feeling of social isolation.

A Barnardo's shopping list

- £10** will provide a mobile phone top-up to enable a young carer to keep in touch with their parent, which reassures them, reduces stress and allows the child to enjoy other activities while knowing their parent is OK.
- £30** young carers often have to carry the weight of huge responsibilities on their young shoulders. Budget management sessions for a young carer and their family can help them learn how to arrange and manage the family finances efficiently and help lift their burden.
- £50** could pay for a day trip to a theme park enabling the young carer to have fun and have a well-earned break from their caring.
- £180** (£15 a month) could buy a broadband internet connection to help a young carer stay in touch with friends so they feel less isolated.

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How much do you know about young carers?

Young carers are children who help look after a member of the family who is sick, disabled or has mental health problems, or is misusing drugs or alcohol. With so many adult responsibilities, young carers often miss out on opportunities that other children have to play and learn. Many struggle in school and are often bullied for being 'different'.


Their day-to-day responsibilities often include:

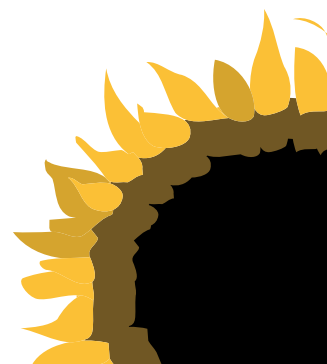
- cooking
- cleaning
- shopping
- providing nursing and personal care
- giving emotional support.

Under the headings below list the responsibilities that you have:

 **At home** – Example: tidying up your room

 **At school** – Example: homework in on time

 **Elsewhere** – Example: paper round



A typical day in the life of James, 13 years old and a young carer.

7.30am
Get myself up.

7.40am
Get Mum out of bed:
help her to wash and
get her dressed.
Help her
downstairs.

8.am
Wake my sister
up, help her to
wash and dress.

8.10am
Make every-
one's breakfast.
Wash up and
clear away.

8.35am
Outside help
arrives. Check
everything is
OK.

8.50 am
Arrive at school. Worried
about Mum and sister.
Thinking about what I
have to do when I get home.
When am I going to get
my homework done?

8.45am
Drop sister
off at
school

8.40am
Leave for
school.

12.15pm
Phone home to
check if Mum
is OK.

3.15pm
Pick up sister,
go home.

3.45pm
Check helper
got the
shopping.

4pm
Sort out
washing, put
another load
into machine.

5pm
Hang out
washing.

7pm
Get sister
ready for bed.

5.45pm
Dish up and
eat tea. Wash up
with help of sister
and Mum.

5.15pm
Start to get
tea ready.

7.15pm
Put sister
to bed.

7.30pm
Sit and chat to
Mum, try and do
homework.

9pm
Tuck
Mum in.

9.45pm
Lock up
house.

10pm
Go to bed
exhausted.

Questions about 'A day in the life of James'

1. How long is James's day?

2. How many different jobs does James do in one day?

3. Why do you think he worries while he is at school?

4. What happens if he is not feeling well?

5. What do you think he does at weekends?

6. What happens if James gets invited out after school?

7. Can you think of one or two problems that James may have in the future if he does not receive support?



Answers to the Sunflower tracker questions in the Sunflower activity pack.

- 1** A single sunflower can have up to 2,000 seeds.
- 2** A distinguishing quality of the sunflower is that its flowering head tracks the sun's movement. This is known as 'heliotropism'.
- 3** The tallest recorded sunflower plant was 25 ft. 5 in. (7.76m) tall grown by M Heijims in Oirschot, Netherlands in 1986.
- 4** There are over 60 different types of sunflowers across the world.
- 5** Archaeologists believe that wild sunflowers were used by the Native Americans on the North American continent as far back as 8,000 years ago.



Parent/carer letter

Dear parent/carer

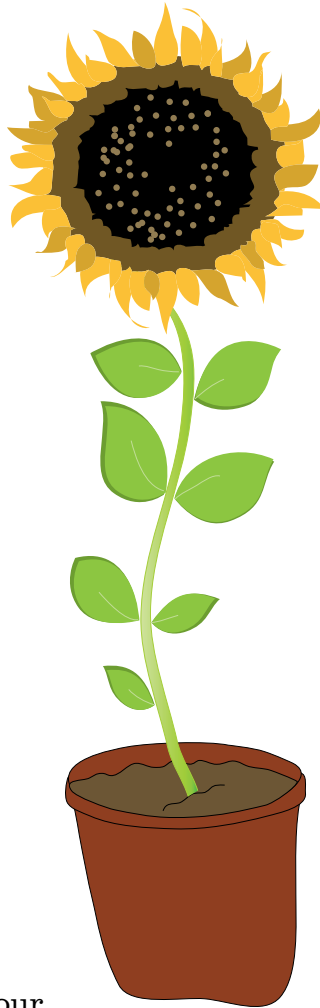
As part of the Get up and Go campaign, The Boys' Brigade is taking part in the Sunflower Challenge to support the work of the children's charity Barnardo's. The children have been informed about the work being done to help children, young people and their families by Barnardo's in this region.

Sunflower Challenge

We hope you will join in the spirit of caring by encouraging your child to plant and look after a sunflower – the challenge is to help it grow! Please support them for each day they complete their challenge. Please also encourage your child to complete the box on the activity sheet showing they have cared for their sunflower.

Barnardo's says: 'thank you!'

All children who return their donation forms will get a special 'You're a Star' certificate. Please make sure that your child's name is on the donation form.

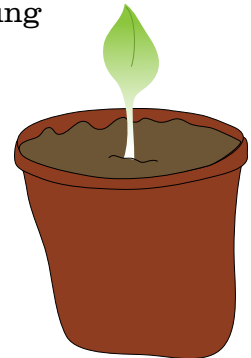


Please help your child collect donations from family and friends, giving our Junior section the opportunity to make a big difference to the children and young people being helped by Barnardo's.



To find out how Barnardo's helps turn around children's lives, visit www.barnardos.org.uk

Barnardo's believes in the potential of every child and young person, no matter who they are, what they have done or what they have been through. We will support them, stand up for them and bring out the best in each and every child.



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Give with confidence

Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines. Barnardo's Registered Charity Nos. 216250 and SC037605 13281js10



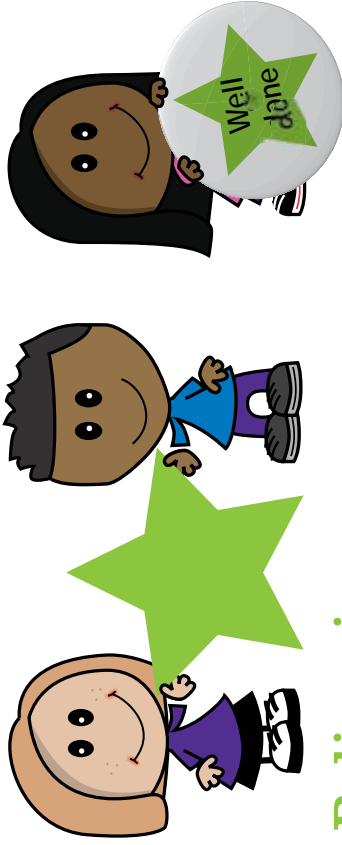
The Boys' Brigade and
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like to say a

big thank you

for your amazing
fundraising efforts

Well done – you're a star!



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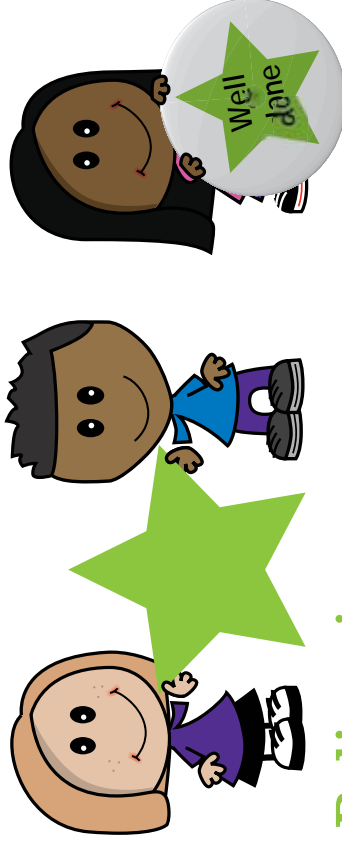
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Sunflower activity pack

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Sunflower Challenge – activity sheet

1. Can you plant a sunflower and help it grow as tall as possible?
2. Plant your sunflower seed and water it regularly. I planted my sunflower on _____
3. Look after your sunflower every day.

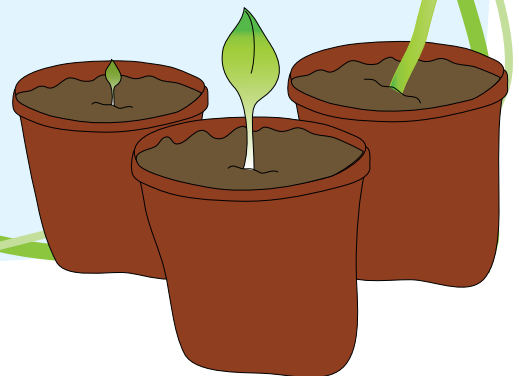
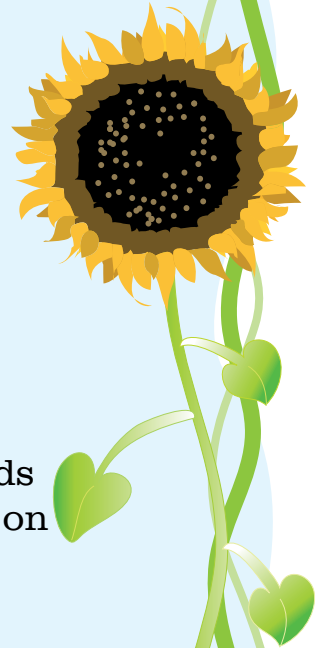
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I looked after my sunflower on							

4. Write down what happens to your sunflower as it grows. My sunflower is _____ tall.

Things I have noticed _____

5. Please collect as many donations as possible from friends and family on the back of the donation form and return on _____

- ✓ Only ask family and friends to help.
- ✗ Don't go knocking from door to door.
- ✗ Don't ask strangers.

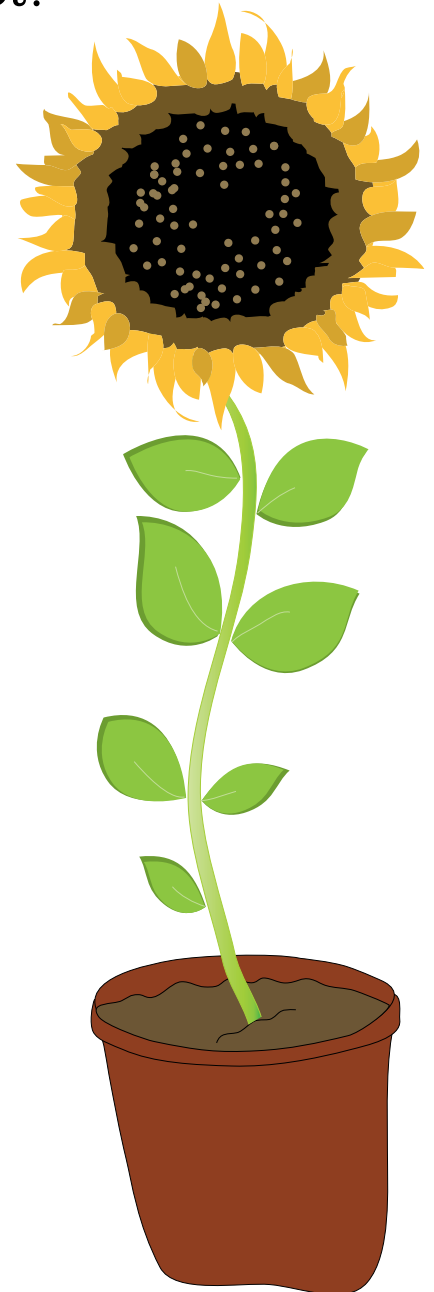


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Growing your sunflower

Instructions

- Soak your seed overnight before planting.
- Make sure your name is on the pot.
- Fill the pot up half way with soil.
- Push the seed into the soil – about half way down and cover over with soil.
- Put a small drop of water in.
- Place somewhere warm and sunny. A window sill is a good place.
- Check the sunflower once a day and only water when the soil is dry (touch to see if you are not sure).
- As the sunflower gets taller it will need some support. Put a stick in and tie loosely to the sunflower with string.



Planting my sunflower

My sunflower is called

.....

This is what I need to do:

1

2

3

4

5

These are the resources I need to plant my sunflower:

1

2

3

4

5

My sunflower will look like:

This is how I will look after my sunflower:

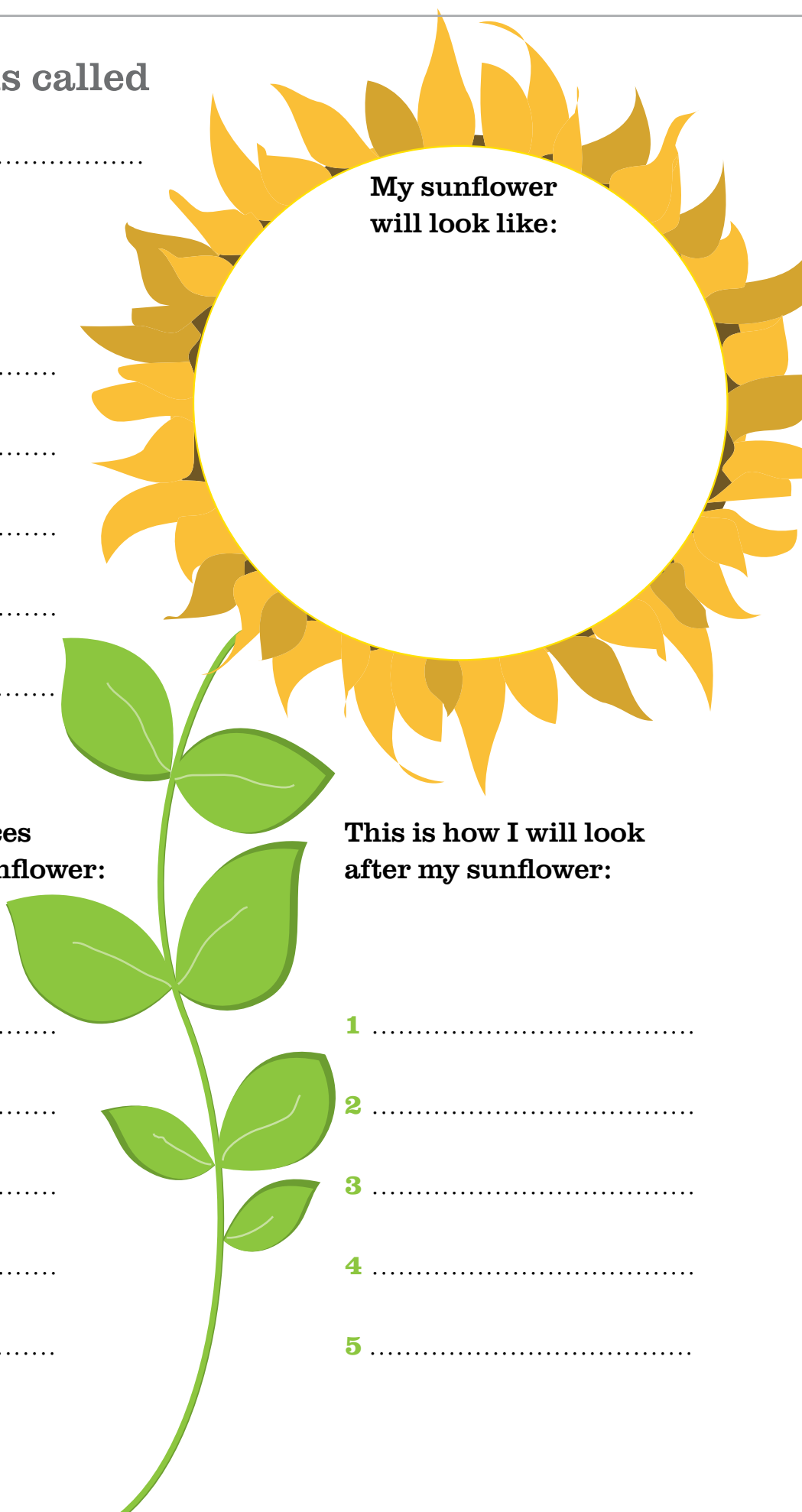
1

2

3

4

5

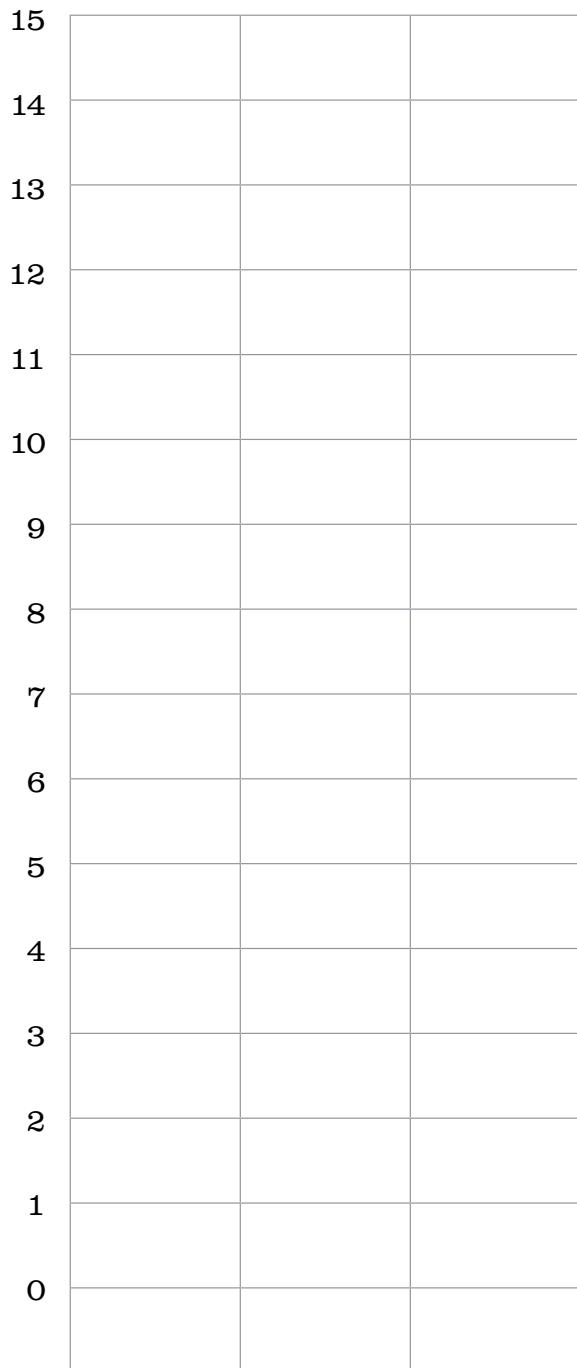


Sunflower tracker

At the end of each week, plot your results on the graph.



Centimetre (cm) of growth



Week 1 Week 2 Week 3

Have you checked your plant today?

Tick each day when you check your plant.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

All about sunflowers

Can you find out these sunflower facts?

How many seeds do you think are produced in a single sunflower?

.....

Sunflower heads will follow the sun throughout the day – what is this called?

.....

What was the height of the tallest sunflower ever grown?

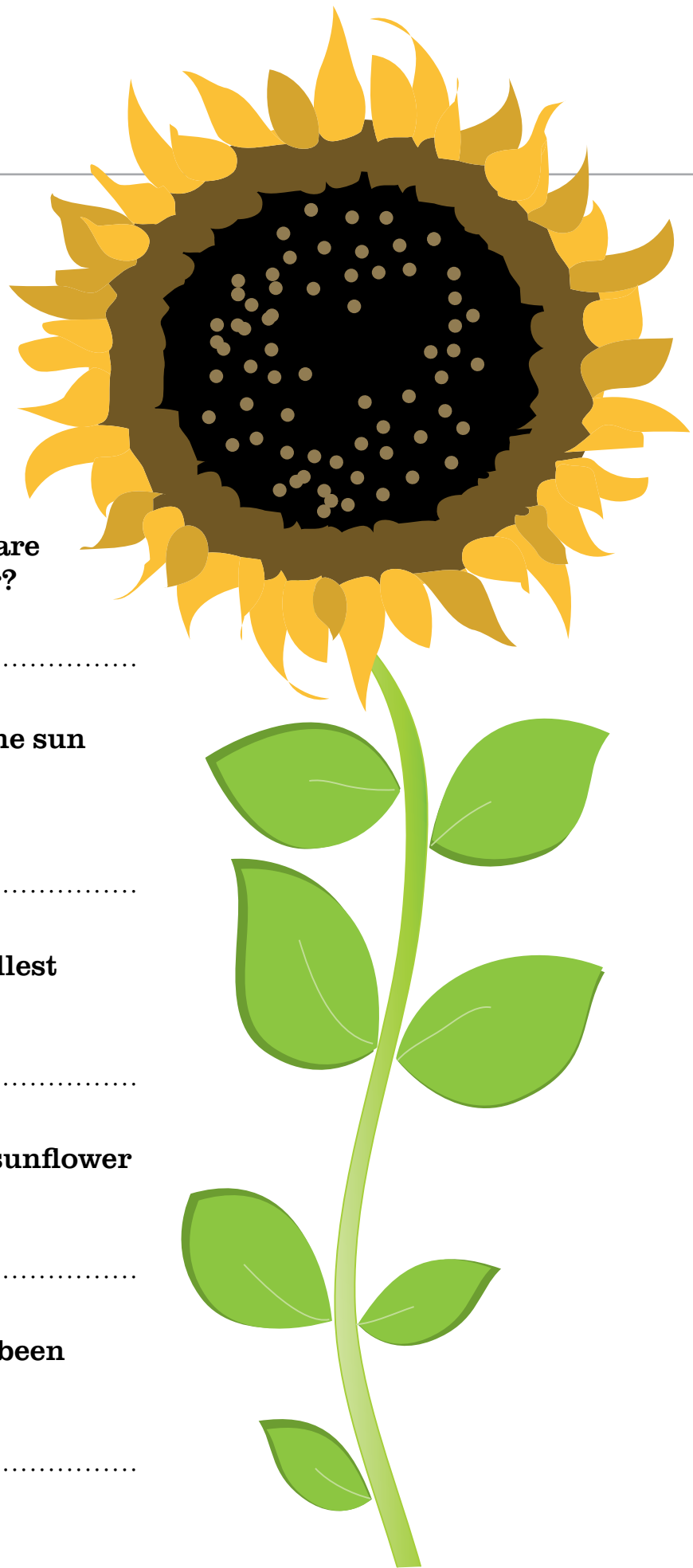
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How many different types of sunflower are there?

.....

How many years have people been growing sunflowers?

.....



Sunflower poem

Can you write a poem about what a sunflower needs to survive?

Step 1

List what a sunflower needs to survive.

.....

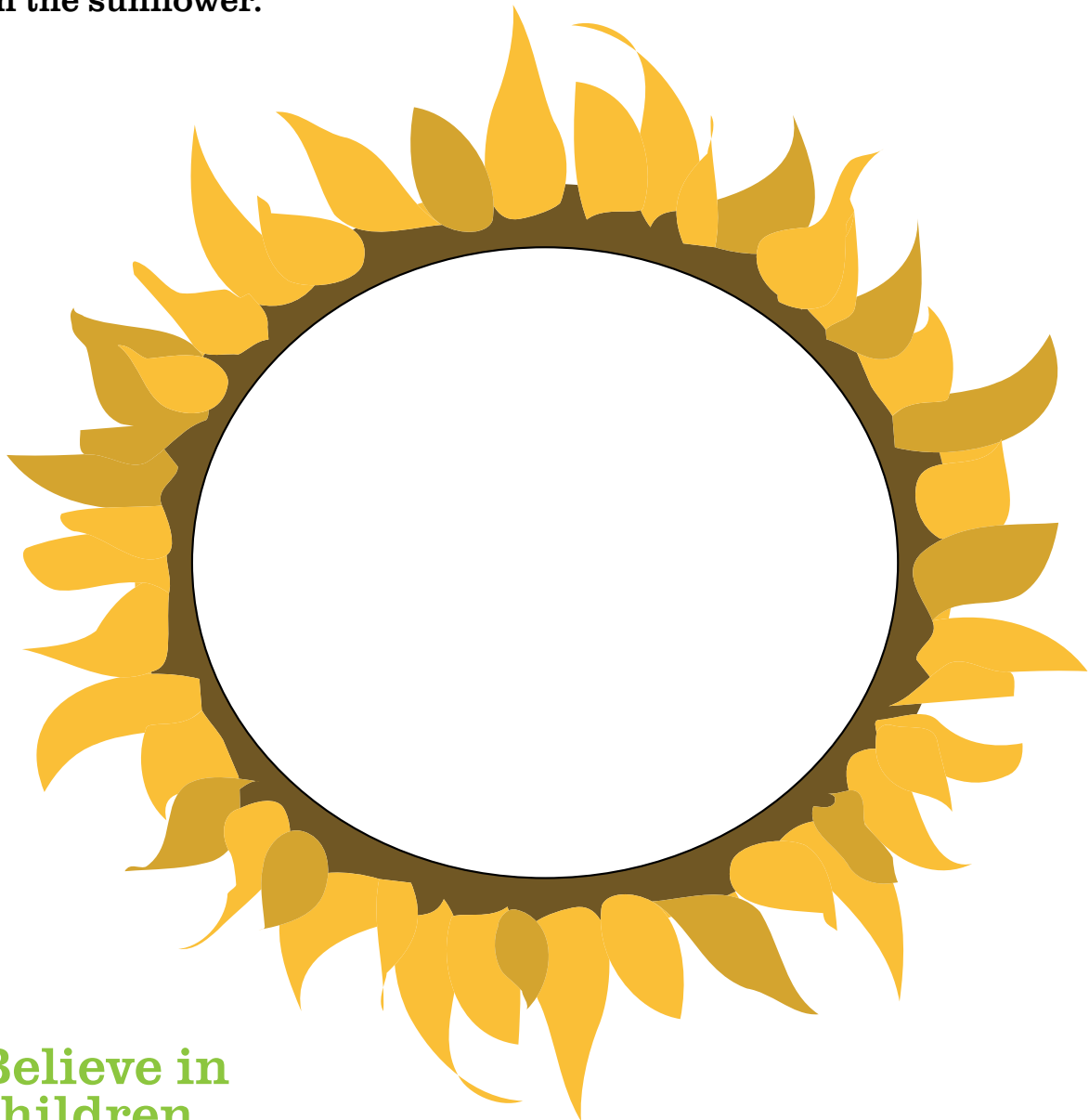
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Step 2

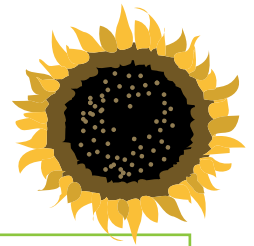
Write your poem in the sunflower.



Sunflower Challenge sponsor form

Name _____

Company/Battalion/District _____



Please give generously if you believe in children. Thank you!

Increase your donation by 25 per cent – at no cost to you – with Gift Aid. If you are a UK taxpayer please sign the Gift Aid box next to your name. Please ensure that every section is correctly filled in – with no ditto marks. Thank you.

First name	Surname	Home address (house number, street and town)	Postcode	Amount donated	Gift Aid please sign	Date paid (dd/mm/yy)
Mark	Sample	4 Donation Road, My town	AX7 4LE	£2	<i>ASample</i>	04/10/10

We, who have given our names and addresses above, and who have signed the box entitled Gift Aid, want Barnardo's to reclaim tax on the donation detailed above. We understand that each of us must have paid an amount of Income Tax or Capital Gains Tax equal to the tax reclaimed by the charity on the donation.

The total is:

Please return this form with your donation to your group leader. This will enable Barnardo's to claim Gift Aid.

Where does the money go? Out of every £1 we spend, 83p goes towards our work with children and young people. This rises to 95p if the costs of trading and property development, which are both self-financing, are excluded. £5 could buy a hot dinner for a homeless child at a Barnardo's project. Just £10 could pay for a birthday or Christmas gift for a child experiencing domestic violence. £30 could enable a child who looks after their disabled mum or dad to enjoy a trip to the cinema or bowling, knowing their parent is being cared for while they are away.

Barnardo's values your support and promises to respect your privacy. The data we gather and hold is managed in accordance with the Data Protection Act (1998). We will not disclose, or share personal information supplied by you, with any third party organisations without your consent.

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