



Practitioner Notes for Griff the Wellbeing Dog

Introduction

Griff the Wellbeing Dog is based on the author's family dog. Griff was a visiting school dog trained with the charity Dogs Helping Kids. He had a big impact on many people's wellbeing at school, in the community and in the family home.

The resource contains 6 picture books, a puppet and 2 learning cards for each book. It can be used to introduce and embed PSHE topics and prepare children for living in the wider world.



Picture Books

The books cover the core themes of health and wellbeing, relationships and living in the wider world. Sharing the picture books is important as they offer anonymity to discuss key issues around wellbeing. Read the short stories aloud while showing children the pictures.

Puppet

Using a puppet is an effective distancing tool when discussing sensitive issues with children and helps facilitate interactive listening.

Use the puppet when reading the stories and exploring ideas and scenarios. For example, children can take it turns to hold the puppet and make Griff wake up at the beginning and go to sleep at the end.

Griff could have a role play area where the stories can be acted out and Griff is cared for, with his own bed, water bowl, food bowl and things to help him exercise.

Learning Cards

Use the Learning Cards after reading each story with the puppet. This will facilitate discussion and help embed PSHE learning.

For example, Griff Listens card 1:

- Ask a child to hold the puppet and show the children the picture of Griff listening.
- Read out the quote and use the puppet to show what Griff looks like when he's listening.

The questions are differentiated and get slightly more challenging to encourage deeper discussion and reflection. Activities are also differentiated by level of challenge.

And finally, have fun welcoming Griff into your classroom and exploring:

- ✓ keeping safe and healthy
- ✓ understanding myself and others
- ✓ supporting friends and other people
- ✓ knowing what to do
- ✓ developing confidence
- ✓ people who help us
- ✓ how wellbeing is part of daily life
- ✓ the importance of a healthy diet, physical activity and recognising illness early