

#KnitWellbeing2021

Meet CAL, the Wellbeing Octopus

What happened in 2021?

Thank you! Thank you! Thank you!



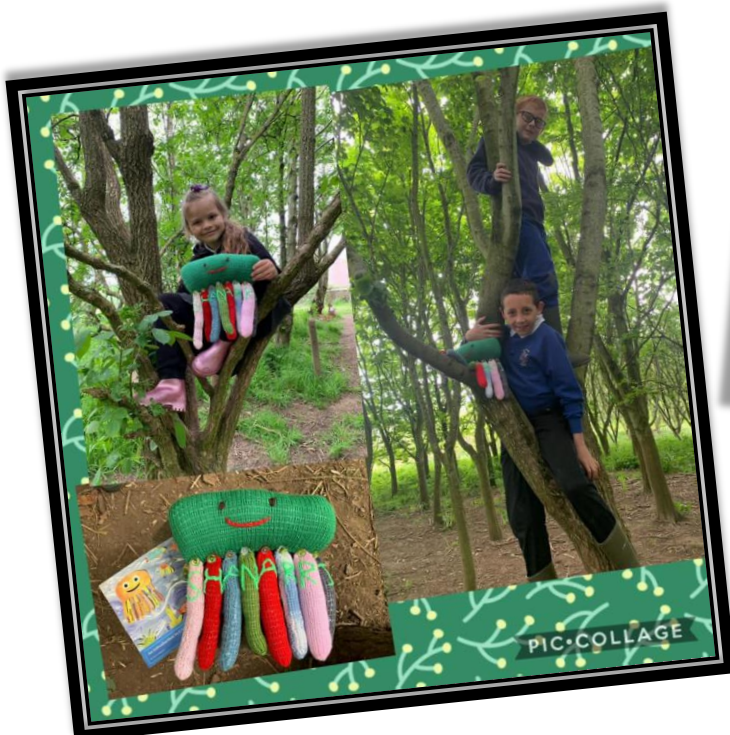
www.startatthebeginning.co.uk

Over 200 CALs have been created by our #KnitWellbeing volunteers and shared with primary schools and nurseries in Scotland & England!

One CAL was made in CANADA!! Thanks to Let's Knit and Simply Knitting for sharing the pattern!

Nearly 100 schools/nurseries have purchased a WELLBEING PACK to share the wellbeing message with children.

Some lovely stories have been shared!



"We all love our friend CAL the wellbeing octopus, who is a regular visitor to the forest school sessions at Bracoden Woods to check up on us and ensure we are Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and all Included." Shirley, Leafy Trails Forest



"My group are enjoying working through the journal... We have been linking all our learning to the "Under the Sea" theme. Thank you for this great resource.

Wendy Bland
Mill O' Forest Primary
Stonehaven



"I have knitted 4 CALs for our School in Kirkcowan, I've also Knitted 2 for Park Primary and 1 for Belmont school in Starnraer. The kids in my nursery are working their way through the well beginning indicators and are awarded badges when the understand what it means to them. They have a wish wall and when they all achieve their legs, they will get a special treat.

They all have mini CALs and they made a giant CAL.

Alexa Duff
Nursery Manager
Children, Young People and Lifelong Learning (CYPLL)
Dumfries and Galloway Council
Kirkcowan Nursery

Bracoden Primary
 @Bracoden15

Pupils were delighted to receive SHANARRI calamari today - one year since the first lock-down. This was a community knitting project that was introduced by @StartwithFamily They also take home booklets to share with family at home @GIRFECAbshire @STVNews @gtcs @EducationScot

12:07 PM - Mar 23, 2021 - Twitter Web App

Bracoden Primary @Bracoden15 · Mar 29

P1/2 wanted to say a big THANK YOU to the local and wider community for their SHANARRI Calamari - they love them @GIRFECAbshire @EducationScot @StartwithFamily 🌈🧶

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"The knitting project is going down well with our local community and is giving people a goal to focus on plus spreading the SHANARRI words around." Lorraine Butler, Head Teacher Bracoden Primary School, Banff, Aberdeenshire