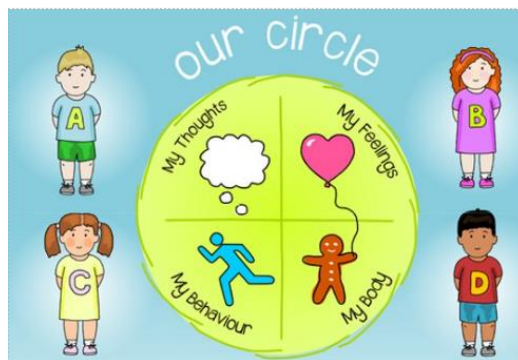


We Eat Elephants

A 5-week course telling a different character's story each week with the use of interactive resources for young people aiming to be:

- Engaging
- Story-based – we tell the story, they learn how thoughts impact on their feelings and behaviour using 'Our Circle'
- Build on how teachers think and work with young people
- Gives teachers resources to teach- with attractive support materials
- Includes everyday situations faced by young people at home and school
- Use the engaging characters to focus attention
- Posters and Feelings cards make learning about emotions fun
- Help listeners work out why they feel as they do- and make small changes that add up
- No jargon- yet retains the key elements needed for effective change



Why we eat elephants?

- Problems children and young people (and adults) face often seem big like elephants. If you were faced with the challenge of how to eat an elephant (or a large pumpkin if you are vegetarian!), how would you do it?
- One chunk at a time of course. Problems can be tackled exactly like that -by breaking them down into chunks.
- "We eat Elephants" badges, Colouring sheets and Feelings cards are just some of the fun resources in the LivingLife to the Full (LLTTF) We Eat Elephants course.