



13<sup>th</sup> March 2015

Dear Sir/Madam

**SPHE Strand – Myself and My Family**

**A WRITING & ART COMPETITION FOR CHILDREN –  
'HOW WE CARE'**

Ireland has 274,000 Family Carers, defined as family members who provide physical and/or social care to a family member with an illness or disability in the home over an extended period of time.

The celebration of National Carers Week will be held from the 8th to the 14th of June 2015. Caring for Carers Ireland and our partners such as The Carers Association, The Alzheimer Society and the Multiple Sclerosis Society of Ireland will be holding various activities for Family Carers to acknowledge the valuable work and contribution that Family Carers make not only to their individual families but to Irish society. See [www.carersweek.ie](http://www.carersweek.ie) for further details.

As part of this celebration Caring For Carers Ireland are inviting your 4<sup>th</sup> and 5<sup>th</sup> class pupils to participate in a Writing and Art Competition. **This activity will sit well with the SPHE strand of the Primary School Curriculum 'Myself and My Family'.**

The objective is to gain some insight of children's interpretation of Family caring (for example caring for their grandmother or sibling with a learning disability etc). Through their artwork and creative writing, the children may have the opportunity not only to demonstrate their creative skills and also develop thoughtfulness and a greater awareness of those who provide care to others. The task itself is simple and can be held in class or as an at home activity. The children are invited to draw/paint a picture and an accompanying short paragraph, story or poem to depict the theme of the Competition "How We care".

The winner, accompanied by parent/guardian and a school representative, will be invited to attend the launch of Carers Week in Dublin on Monday, June 8th at 11am. A small individual prize will also be awarded to the student at this ceremony.

I would be obliged if you could indicate by phone 065 6866515 or by e-mail [pshannon@caringforcarers.org](mailto:pshannon@caringforcarers.org) if you are willing to consider participating in this competition. The deadline for the submission of competition entries to be received to us at Caring For Carers Ireland, 2 Carmody St Business Park, Ennis, Co Clare is Thursday 30<sup>th</sup> April 2015.

I enclose some suggestions for classroom activities that you may choose to use to promote this activity or indeed as standalone activities during Carers Week itself. Should you have any queries on the project contact me, Pat Shannon 065 6866515. I look forward to hearing from you.

Yours faithfully

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**Pat Shannon**  
**Head Of Services**  
**Caring for Carers Ireland**

**Encl.**

### **Classroom Activities to promote Caring, Solidarity and Co-operation**

1. **Activity:** Have a "show you care" day in class, - (this could also be done for the school during Carer's Week). Ask every child to promise to do something that show at least one other person that they care about them. Have a discussion with the children. How did they react? How do you think the other person felt? How did you feel?
2. **Activity:** Sit the class in a large circle. Using a ball of wool the pupil to rolls it to a fellow pupil and holds on to one end. Before passing it on say something nice about that person. Repeat until everyone has a part of the wool and look at how we are all "**Interconnected**". Ask the children to accept compliments and affirmations graciously.
3. **Activity:** One Step at a Time: children draw around their foot cut them out, then they write something that they can do to show they care for a member of family inside the foot and display it on a wall in the school. Make the banner like we are working towards a more caring community one step at a time. This can also be done with the children tracing around their own hands, a powerful symbol of caring, and cutting them out. Then these can be used to draw pictures of ways to show caring at home or in school and displayed using a title such as 'Giving each other a caring or helping hand'.
4. **Activity:** Caring Coupons: children write something they could do to show caring to another person on a coupon and decorate it. Then they could put it in an envelope and give it to that person as a gift to be redeemed at any time. This activity can be done with someone in mind or the class can brainstorm together and then print off a coupon booklet of their chosen five ideas.