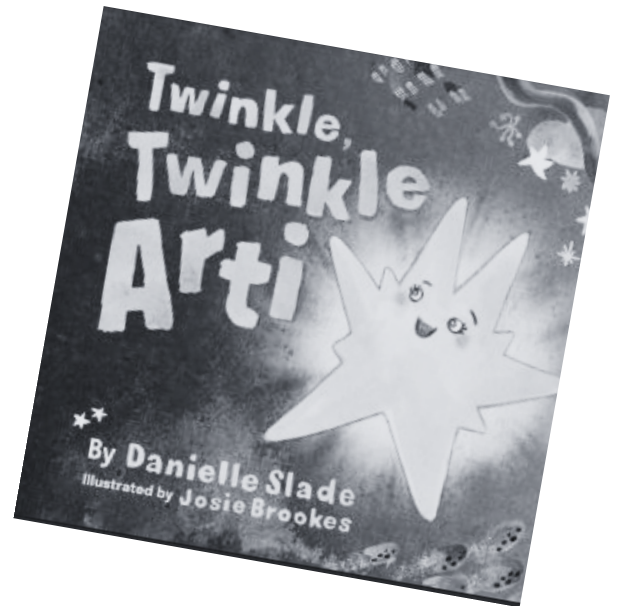


# Twinkles and Yozzles



You can see the story being read here: <https://youtu.be/s3V-js4zxnw>

SPHR researchers from Fuse co-produced a freely available children's picture book. Produced as part of a SPHR Impact Accelerator Award, the book will help facilitate conversations between trusted adults and children who experience parental alcohol or drug use.

The key messages in the book are:

- It's OK to have mixed feelings about a parent who uses substances
- They are not alone with their feelings
- There are people who listen to them and help them

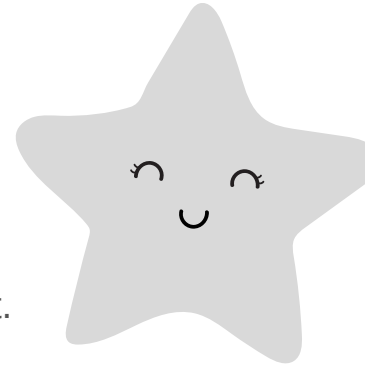
At the back of the Twinkle, Twinkle Arti book, there are prompts to start conversations with children; these are for teachers, parents, caregivers, and other trusted adults to use in group or one-to-one discussions.

These additional resources are to help facilitate group and one-to-one sessions by using worksheets as individual and group activity opportunities to support discussions.

The emotions wheel can be used as a group activity and can be added to over time. It might be best to focus on one primary emotion initially (such as sad) and then to ask children to add other feelings that are linked to sad. Over several weeks the whole group can add different emotions to the emotions wheel and this will help to create discussions about different emotional language. By the end, they will have a vast emotional vocabulary.

## Big Star

Can you draw a picture of a Big Star you sometimes worry about.



## Other Big Stars

Can you draw a picture of the Other Big Stars you can talk to when you feel sad or worried.



## Linking feelings to the story

What different emotions are associated with Yozzles and dust?



**A Yozzle**



**Dust**

## My Yozzle board

Use this space to stick notes on about your feelings when a Yozzle has made you feel yucky.



## Finding a twinkle

Draw the things that make you feel proud and brave.

