



KIDSCAPE

Help With Bullying



Friendship Flower Inspiration Pack

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Welcome to Kidscape

Kidscape is a bullying prevention charity founded in 1985. Each year we work with thousands of children and young people to challenge bullying and protect young lives.

In this pack you will find information on how to grow a Friendship Flower to give to a friend or family member and tell them how much they mean to you!

We are a small team with a big reach, and we would be delighted if you would make a donation to our work, however small. Every penny you donate will help us reach children who need our help.

We love hearing from you, so make sure to send us your photos and share your flower-growing progress with us!

Kidscape's vision



... is for all children to grow up in supportive communities safe from bullying and harm.

Kidscape's mission



... is to provide practical support, training, and advice to challenge bullying and protect young lives.



Why plant flowers?

Planting flowers is great for us, and for the environment. Having a world full of plants and flowers is so important for wildlife, and flowers makes our world a more beautiful place to live.

Gardening comes with a whole host of benefits for our physical, emotional and mental health. As well as the exercise benefits of moving around, you're also getting out in the fresh air and, hopefully, in the sunshine! Studies have also shown that gardening can have similar effects on the brain as mindfulness or yoga - it helps us focus on something that is right in front of us, and can empty our minds of other, sometimes more negative, thoughts.

For children and young people, planting seeds and watching them grow into something colourful and beautiful can be really exciting. It can help us learn about how plants grow, and how important the seasons are. Plus, it's fun to see how your love and care has an impact on your environment!

Remember: You don't need a garden to grow flowers! There are lots of flowers that will grow on balconies, in backyards or on windowsills.

What can flowers tell us about friendship?

Just like flowers, friendships need time, attention and lots of TLC (tender loving care!) in order to grow. Both friendships and flower growing can bring us immense happiness, but can also be challenging at times. They have a lot in common!

A great way to show that we care about someone is to give them a gift. It doesn't have to be flashy or expensive - just something that shows that our friend is important to us and that they are in our thoughts. Offering flowers or plants to loved ones or friends has been a symbol of love in many cultures throughout history.

Why not grow a flower for one of your friends to show them how much you care about them?

Which flower should I grow?

Do you have a person in mind to give a Friendship Flower to? Great! Here's some tips to help you get started.

The first step is deciding which flower you want to grow. Flowers grow from seeds, and the seeds need to be sown (planted) at certain times of the year. Then you have to be a little bit patient while they grow! Here's some ideas for which seeds need to be planted when:

Spring

Sunflower seeds - plant these in April/May, and you should have beautiful flowers by July/August.

Cornflowers - sow between March-May for flowering in August/September.

Summer

Poppy - these gorgeous red flowers will take about 3 months to flower.

Nasturtiums - cheerful looking blooms that will flower within around 2 months.

Autumn

Snapdragons - they should grow and flower within two months.

Bidens - these brightly coloured flowers won't appear until around May. But it will be worth the wait!

Winter

Sweetpeas - these can be sown and kept indoors through the winter. They should flower by spring!

Geraniums - these easy-to-grow flowers take around 3-4 months to flower.

These seeds should be available in most garden centres, and sometimes even in supermarkets. Talk to your parent or carer about which flower you'd like to grow, and you can look for the seeds together at the shops.



What do I need to grow flowers?

Every seed and flower is slightly different, and so you and your parent or carer should read the seed packet carefully and check the instructions for exactly how to grow them. There are, though, some things to bear in mind when you're getting ready to plant seeds:

1) Compost

Compost is the stuff you put the seeds into. It's a bit like soil, but it has nutrients to help plants grow. For most seeds, "all purpose compost" will be fine. Ask your parent or carer if they have any, or they might need to buy some from a garden centre.

2) Seed trays or pots

You will need these to put your compost and seeds into while they grow. Ask your parent or carer to check the seed packet instructions for what size you'll need.

3) Tools

A small trowel and gardening fork might be useful, but often seed planting is about getting stuck in with your hands! You'll also need a watering can for after you've planted your seeds.

4) A light place

Seeds need light to help them grow. They often don't like direct sunlight, though. If you plan to grow your seeds on a windowsill, make sure they don't get too much direct sunlight for most of the day. Some plants and flowers need to be outside to grow, but some don't - so don't worry if you don't have a garden!

5) Soap and water!

This is because gardening and sowing seeds can get messy - you'll need to wash your hands well afterwards!

6) Patience!

You'll need some patience while you wait for your seeds to grow into beautiful blooms. Take a look at the next page for ideas on what to do while you wait!

What to do while they grow

You've chosen which flower you'd like to grow and you've planted your seeds.
Now what?

It can be a bit boring while you wait for weeks before flowers appear. But this time is really important for making sure your flowers grow to be their very best selves!

Don't forget to water them!

Water is vital to help most plants and flowers to grow. Some seeds need more water than others - your pack of seeds should tell you how often yours need to be watered.

Talk to them...!

Research shows that plants grow better when humans chat to them! You might feel silly doing this but, just like humans, plants need to know they are cared for. You could chat to them about the weather, or tell them about your day at school. They will be good listeners!

Progress photos

Why not take photos of your flower's progress? It can be fun to keep track of how your future flower looks at each stage of its growth. Try taking a picture on Day 1, when you sow your seeds, and then every week after that until they flower.

We would love to see your progress photographs on social media if your parent or carer is happy to share them online!





Giving your Friendship Flower

Congratulations! After lots of patience and TLC, your seeds have turned into a beautiful bloom to give to your friend!

How you give it to them is up to you. If you've grown the seeds in a pot and you have lots of flowers, you could give them the whole thing as a gift.

Or, if you want to give flowers to few friends, you could very carefully replant the flowers into other pots. You'll need to put some compost in the bottom of the plant pots, and be very careful so the flowers' roots don't get damaged. It's probably a good idea to ask your parent or carer to help you with this, as it can get messy!

Why not decorate the flower pot with paint or glitter to give your friend an extra special treat!?



What can flowers tell us about positive friendships?

Flowers and friendships have a lot in common - it can take time and patience for both to grow! It is important for all of us to have friends; people who care about us and make us smile. Whether you are feeling lonely, starting a new school or just open to exploring new friendships, here are some tips for making new friends:

MEET OTHER PEOPLE

Joining a club, youth group or getting involved in an activity you enjoy is a great way to meet new people. It is also a boost to your confidence to do something you love! Do some research about what is available in your area and choose something that interests you. If you enjoyed growing your Friendship Flower, perhaps there is a local gardening club!

SHOW YOU ARE OPEN WITH YOUR BODY LANGUAGE

Imagine a flower as it blooms; if you look like you are trying to make yourself as small as possible, or you look threatening, people might not want to talk to you. Practice your body language to show others that you're open to talking and friendship.

BE A GREAT LISTENER

If you followed our advice and talked to your flower while it was growing, you'll know they are good listeners! Introduce yourself to new people, ask questions about them, really listen to their answers, and look for common ground.

HELP IN YOUR COMMUNITY

Volunteering in your local community can be a great way to meet other people. There might even be a community garden project where you can learn more about gardening!

MAKE AN EFFORT

Like growing flowers, growing friendships can take time and effort. Do not wait for others to arrange something. Ask your new friends if they would like to hang out! Invite them to take part in activities with you.

BE A GOOD FRIEND

Be a good friend to your new friends. Be trustworthy, listen to them, be respectful and supportive. Read Kidscape's "What makes a good friend" guide for tips on good friendships.

MOST IMPORTANTLY - CHOOSE GOOD FRIENDS

You deserve good friends. Sometimes people who claim to be your friends can show bullying behaviour, like laughing at you, or putting pressure on you to do things you do not want to do. These are sometimes called a 'frenemy' or 'frenemies'. Surround yourself with people who make you feel good, and do not pursue friendships with people who do not.



Make a donation to Kidscape

We really hope you've enjoyed our guide on how to grow a Friendship Flower! Just like humans, flowers need time, space and lots of TLC to grow. At Kidscape, we believe that all children are beautiful and unique - just like flowers!

We hope that you might make a donation to help Kidscape continue to deliver vital support to children, families, schools and community groups, challenging bullying in all its forms and protecting young lives. Together, we can offer hope and help to children, and help keep them safe from bullying and harm.

Any size contribution is very welcome. Here's an example of what your donations can help us do...

£1 could help us distribute leaflets and guides to families experiencing bullying
£5 could help us answer a phone call from a parent or carer who needs our help on our Parent Advice Line
£10 could pay for a child to attend a ZAP in Schools workshop

Please visit donate.kidscape.org.uk/ or scan the QR code to make a donation

THANK YOU!



Keep in touch

You can find more information about Kidscape on our website and through our social media channels.



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You can also contact our Fundraising team directly by emailing:

fundraising@kidscape.org.uk



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About Kidscape

Kidscape is a bullying prevention charity (registered number 326864) founded in 1985.

Our work includes online advice and resources, a parent advice line, and face-to-face workshops for children and families that build awareness and resilience, delivered both in schools and the community.

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