A Reference Guide to the Website for Adults.

https://www.ourpixiefriends.com

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| ***Character*** | ***Position*** | ***Blog Content*** | ***Blog Friendship Skills*** | ***Profile Content*** |
| Paizo the Peanut Allergy Pixie | The Toadstool Village | Allergies  Anaphylaxis  Peanuts  Says /f/ and /v/ for ‘th’  Difficulty pronouncing ‘anaphylaxis’  Always take EpiPen everywhere | Being considerate of others’ needs | Not good at reading, writing, saying /th/ |
| Zizzy the Wheezy Pixie | The Twisty Woo Hospital | Asthma emergency  Ambulance  Scary experience  Puffers | (How to call an ambulance in your country) | Does not like having asthma  Good at making people laugh |
| Sakaela the Sneezy Pixie | The Sprizzletania Playground | Nasal spray  Hand hygiene | Friends accept me just the way I am  Friends never make fun of me  Friends wait for me | Not good at counting  Difficulty staying away from what is not good for her health |
| King Jedrik | The Fairy Floss Forest | Each person is unique and special  Accept yourself  You are loved just the way you are  Believe in yourself  Be resilient  Boost self esteem – all Our Pixie Friends believe in you and think you are special | Each person is special  Friends play together  What makes you happy | Good at solving problems  Difficulty following instructions – doing as he is told  Not good at craft |
| King Jedrik  ***Meditation*** | The Fairy Floss Forest | Imaginative story visualisation  Worries locked in box  Flying bunnies take worries far away and forget where they put them |  |  |
| ***Character*** | ***Position*** | ***Blog Content*** | ***Blog Friendship Skills*** | ***Profile Content*** |
| Queen Pearl | The Castle | Eczema – Irabella the Itchy Pixie  Sometimes we feel sad, lonely, left out  Don’t hide away – talk to someone  Can’t catch eczema | How to be a good friend  Teaches being kind  We all make mistakes – sometimes we don’t mean to be nasty but can say hurtful things  Say sorry  Take responsibility for own actions  Don’t be nasty to anyone who looks or speaks differently etc  Each one is special |  |
| Minksy the Meltdown Pixie | The Magic Tree | Speaks openly about mental health issues – anxiety  Mother died when he was young  Thoughts like a runaway train  Some coping strategies including sensory activities and devices – wrap tightly – deep pressure  Worry kit – fidget toys and soft material  Worry bunny  Coping with missing family at school with love heart  I’m not alone – my family love me no matter where I am | Open, honest communication | Good at sport  Not good at controlling meltdowns  Challenged by having to stop activity in the middle to go to bed |
| Minksy the Meltdown Pixie  ***Soft, Squishy Meditation*** | The Magic Tree | Challenges stepmother stereotype  Imaginative relaxation and deep breathing |  |  |

Other Useful Resources for Adults to Know

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| Location on map | Activities there |
| My Profile | * Create an account to be able to submit stories and artworks |
| Magic Library | * Anyone can create a pixie profile for any medical or other need so children with that condition do not feel alone. * Children can share their experiences and learn from others in a safe online environment. There is no opportunity for users to interact with anyone other than admin of Our Pixie Friends (all Blue card holders or registered teachers with police checks.) * Children can create an anonymous pixie profile for safe online sharing of experiences. * Children can submit stories (all ability levels accepted) to be published on the website. Adults can scribe for the child if needed so other children can understand their message. * All items are checked to remove identity if required and ensure content aligns with Our Pixie Friends’ values. * King Jedrik and Queen Pearl will send an email to tell when it is published. |
| Art Gallery | * Children can submit any drawings, paintings, collage or other artwork. * All items are checked to remove identity if required and ensure content aligns with Our Pixie Friends’ values. * King Jedrik and Queen Pearl will send an email to tell when it is published. |
| Email  ourpixiefriends@gmail.com | * Adults can email any feedback, suggestions or requests to us. * Children /classes can email their favourite pixie and receive an email response within a couple of days. * Personalised letters can also be sent, but please request this when contacting us and arrange to pay for printing and postage. |