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 | AllergiesAnaphylaxisPeanutsSays /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 emergencyAmbulance Scary experiencePuffers | (How to call an ambulance in your country) | Does not like having asthmaGood at making people laugh |
| Sakaela the Sneezy Pixie | The Sprizzletania Playground | Nasal sprayHand hygiene | Friends accept me just the way I amFriends never make fun of meFriends wait for me | Not good at countingDifficulty staying away from what is not good for her health |
| King Jedrik | The Fairy Floss Forest | Each person is unique and specialAccept yourselfYou are loved just the way you areBelieve in yourselfBe resilientBoost self esteem – all Our Pixie Friends believe in you and think you are special | Each person is specialFriends play togetherWhat makes you happy | Good at solving problemsDifficulty following instructions – doing as he is toldNot good at craft |
| King Jedrik***Meditation*** | The Fairy Floss Forest | Imaginative story visualisationWorries 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 PixieSometimes we feel sad, lonely, left outDon’t hide away – talk to someoneCan’t catch eczema | How to be a good friendTeaches being kindWe all make mistakes – sometimes we don’t mean to be nasty but can say hurtful thingsSay sorry Take responsibility for own actionsDon’t be nasty to anyone who looks or speaks differently etcEach one is special |  |
| Minksy the Meltdown Pixie | The Magic Tree | Speaks openly about mental health issues – anxietyMother died when he was youngThoughts like a runaway trainSome coping strategies including sensory activities and devices – wrap tightly – deep pressureWorry kit – fidget toys and soft materialWorry bunnyCoping with missing family at school with love heartI’m not alone – my family love me no matter where I am | Open, honest communication  | Good at sportNot good at controlling meltdownsChallenged by having to stop activity in the middle to go to bed |
| Minksy the Meltdown Pixie***Soft, Squishy Meditation*** | The Magic Tree | Challenges stepmother stereotypeImaginative 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
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| 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.
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| 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.
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| Emailourpixiefriends@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.
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