

# #KnitWellbeing 2024

Knit CAL BUTTER,  
BRAVE BUTTERFLY or BIG CAL!

## Hello from the Wellbeing Team!

Celebrating Wellbeing, Creativity,  
and Community for Early Years



### BIG CAL's Amazing Year: 2024 Adventures and Highlights

BIG CAL visited key community services like the police, fire station, and recycling centre, sparking curiosity and learning around safety and responsibility.

*"The children adored BIG CAL and linked their adventures with SHANARRI wellbeing indicators. We wonder where BIG CAL will go next!"*



*"The children have been full of BIG CAL chat both here and at home since the day we knew CAL was coming!" — Castlepark Early Years*



In June, BIG CAL Junior joined BIG CAL to continue their exciting travels across Scotland, bringing wellbeing education to children aged 3 to 7. From discussions on healthy eating to fun activities exploring emotions, BIG CAL inspires thoughtful conversations and joy among children and staff.



# Community Spotlight: Bracodø Primary Knits their own GIANT CAL!



Bracodø Primary  
@Bracodø15

Thank you for sending in squares for our giant Cal! The legs can be made by knitting 40 stitch by 40 stitch squares and these will be sewn together to make the 6ft long legs. He's going to be gigantic!!

@GIRFECAbshire @StartwithFamily 🧶🧶🧶



*"He's going to be gigantic!"* →

Bracodø Primary School showcased their creativity and teamwork by knitting their own BIG CAL. Pupils and volunteers collaborated to bring this special project to life, celebrating wellbeing through craft and community.



**You can now purchase the Wellbeing Books on ebay!!!**

- CAL, the Wellbeing Game + FREE copy of the Wellbeing Activity Journal <https://www.ebay.co.uk/itm/146273361562>
- BUTTER, My First Journey + FREE copy of the Rights Activity Journal <https://www.ebay.co.uk/itm/146273422914>

# BIG CAL's Festive Fun at ACE Place Childcare

"We have loved having BIG CAL with us at ACE Place Rodger Drive, Crawford Road and Riverside settings. Children of ages 3 to 12 have all been introduced to CAL and used CAL during our discussions about the Wellbeing Indicators.

- The children discussed what they eat to stay healthy
- The children shared how they keep healthy
- Staff shared a video with the children and reflected on what the video shared with them about keeping healthy
- The children then tried some yummy fruit and discussed the flavours and textures
- We spoke about the GIRFEC Indicators on BIG CAL's tentacles and what the words mean
- We then had discussions about different scenarios where we need to be safe at home, nursery and on the roads
- Children showed a great awareness of being safe and were able to share their experiences with each other of times where they had to be safe or when someone else kept them safe too
- Together we discussed the definition of each wellbeing indicator and then we listened to each other's perceptions of these words and how they're displayed throughout our nursery day
- At our Crawford Road site, we used BIG CAL to show the link between the Wellbeing Indicators and our emotions, using the colour monsters."



*"This is special stuff - Lovely. Thanks"*



Ashleigh Anderson  
Manager

ACE Place Nursery & Out of School Care, 65 Rodger Drive, G73 3QB

[www.aceplacenursery.co.uk](http://www.aceplacenursery.co.uk)



L " My mummy and daddy protect me"  
 J " My daddy keeps me safe at home"  
 A " The nursery and the teachers keep me safe"  
 S " My Mum and dad keep me safe when I cross the road to the park. "  
 C " I hold my dad's hand when crossing the road"  
 F " My daddy keeps me safe when I go swimming"  
 H "goggles keep my eyes safe at swimming lessons."

"When we eat carrots" B  
 "giving my friends a hug when they're sad" F  
 "running in the garden" H



# Volunteer Achievements: Amazing #KnitWellbeing Volunteers

*Our amazing #KnitWellbeing Volunteer, Dorothy, once again went above and beyond, knitting a beautiful collection of BUTTERs. Her dedication continues to inspire and support the wellbeing journey of children across Scotland. Thank you, Dorothy!*

*And a huge thanks to Sharon for creating  
**BRAVE BUTTERFLY!***



***BIG CAL  
Junior  
experiences  
HALLOWEEN  
for the first  
time!!!!!!***



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## Looking Ahead to 2025

As we look ahead to 2025, our focus remains on promoting CAL's Wellbeing Tools to nurseries and schools across Scotland, and the UK.

## Expanding Wellbeing & Rights Learning, Worldwide

As a nonprofit organisation, made up of volunteers, we can only share #KnitWellbeing and Wellbeing Tools with the help of our current amazing supporters. Please share your inspiring Wellbeing Stories via Social Media channels, and remember:

CAL means **"CARE AND LOVE"**

BUTTER means **"BE UNITED TOGETHER TEACH EVERYONE RIGHTS"**

***"Merry Christmas & All the Best  
for 2025!"***