



**buddy bag**  
**foundation**

**lesson plan**



# the buddy bag foundation

Sometimes, children have to be looked after in emergency situations if things are going wrong at home. Adults might be arguing and it might not be safe.



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You might have been in this situation yourself or know of someone who has.  
How might a child feel in that situation?



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If you're feeling...

Scared

Anxious

Upset

Helpless

Worried

Lost

what might help?



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And that's what The Buddy Bag Foundation try to do. They can't fix the whole situation, but they can make it more bearable and let children know that they are important and loved and that others are rooting for them.



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So, they provide children in those situations  
with a Buddy Bag...



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As much love as possible goes into the bags...



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How can we help?

How do you feel when  
you receive a card or  
note from someone?



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## What could you write?



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## Teachers Notes

For further information check out [www.buddybagfoundation.co.uk](http://www.buddybagfoundation.co.uk)

Please share our BBF Video - <https://youtu.be/oNkcDOLvfEs>

Incorporating the Early Years Foundation Stage (EYFS) guidelines into your lesson plan for creating postcards for the Buddy Bag Foundation is a commendable approach to fostering development in young children. The EYFS framework emphasizes several key areas of learning and development:

1. Personal, Social, and Emotional Development: Engaging children in this activity encourages empathy and community involvement, enhancing their social awareness and personal growth.

2. Communication and Language: Designing and writing postcards provides an opportunity for children to express their thoughts and feelings, thereby improving their language and communication skills.

3. Physical Development: The act of drawing and writing on postcards aids in refining fine motor skills, crucial for early writing abilities.

4. Expressive Arts and Design: Creating personalized postcards allows children to explore their creativity and artistic expression.

The Buddy Bag Foundation includes a personal postcard in each Buddy Bag, addressed to the foundation, allowing children to share how their Buddy Bag has helped them.

By aligning your postcard creation activity with these EYFS principles, you not only contribute to the charitable efforts of the Buddy Bag Foundation but also provide a holistic developmental experience for the children involved.

Other ways to Get Involved

Buddy Bag Kits

<https://buddybagfoundation.co.uk/buddy-bag-kits/>

Crafters Pack

<https://buddybagfoundation.co.uk/wp-content/uploads/2025/01/BBF-Craft-pack-knitted-bears-16.1.25-min.pdf>

