

GUIDANCE FOR TEACHERS

# Ups An Doons

## A collection

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where children talk about their lives in text and poem

the gang----- GROUP  
staundin on the corner----- CULTURES  
really -----INFLUENCE OF MEDIA  
if -----AND  
wee screens----- PEER PRESSURE AND  
keep up----- TECHNOLOGY  
directions-----DIFFERENCE  
the boss -----CARING  
a cup o tea -----AND  
faimlies like mine----- YOUNG CARERS  
twa hooses-----DIFFERING  
twa -----AND EXTENDED  
space -----FAMILY  
big ideas----- SITUATIONS  
Jackie-----FRIENDSHIPS  
a pal----- UNDERSTANDING OF OTHERS  
on ma bike-----COPING  
the park----- STRATEGIES  
in ma heid----- AND ESCAPES  
communication-----UNDERSTANDING OF OTHERS  
directions-----DIFFERENCE  
jokes----- FAMILY SITUATIONS  
the paper roond-----INDEPENDENCE  
the real thing-----AWARENESSES  
no masel----- AND  
the new fitballer----- UNDERSTANDING  
guid-----OF SELF

Miss Carmichael's gettin merried-----CHANGE  
bein Mary-----UNDERSTANDING OF SELF  
bein Tammy----- AND OTHERS  
haein a laugh-----BULLYING  
dreamin----- UNDERSTANDING  
the schule gairden-----OF SELF  
the rest -----SITUATIONS  
the penguin----- OF  
bein me bein you-----ILLNESS  
Joseph----- AND  
hame----- OF  
oot -----RECOVERY  
new-----UNDERSTANDING OF SELF  
brilliant-----ENJOYMENT OF SELF

## THEMES

Peer pressure and gangs  
Following the crowd  
Independence  
Media influence, body awareness  
Influence of technology  
Difference  
Caring and young carers  
Differing family situations  
Extended families  
Friendship  
Heroes and role-models  
Stress and coping strategies  
Housing issues  
Socio/economic issues  
Self-esteem  
Understanding others  
Respect  
Bullying  
Illness and recovery  
Understanding of self  
Fears  
Daydreaming  
Goals  
Confidence  
Attitude

Accomplishment  
Enjoyment

### Guidance notes for teachers

Poems get to the heart.

Poems written in Scots, the children's own language, can open doors. In discussion, sensitivity and awareness is key to prevent children feeling singled out or labelled.

Education is a two-way street. Teachers are always learning from their children.

After reading the poem,

- TALK WITH YOUR CHILDREN.
- LISTEN TO THEIR OWN EXPERIENCES AND VIEWS
- SHARE

#### the gang

Key phrase – 'but ah wisnae happy'.

What were the choices made in the poem?

Were they the right choices?

What could have been done instead?

#### staundin on the corner

Key phrase – 'ah think ah'll still be there'.

Why would ah still be there?

What other choices could be better and happier?

How can you change your future?

#### really

Key phrase – 'models in the mags'.

Do we follow the media images?

Should we?

Is what people see on the outside important?

What about the inside?

#### if

Key phrase – 'ah wid be happy'.

What do we wish for?

Can we be happy without the things we want?

What are important things?

What are the basic things we need?  
Children's rights.

### wee screens

Key phrase – 'if ye dinnae hae'  
Technology in our lives  
What things are 'must-haves?'  
Should everyone have and be the same?  
What if you can't follow the crowd?

### keep up

Key phrase – 'some things maitter, some things dinnae'.  
Is it important to keep up?  
What happens if you don't keep up?  
What things matter?

### directions

Key word – 'different'  
Is it o.k. to be different?  
Likes and dislikes, talents and capabilities, tolerance and respect.

### communication

Key phrase – 'if she disnae talk an she disnae play'.  
What could Katie do that would help her to make friends?  
Meeting others, doing new things  
How does that feel?  
Different cultures, languages  
Are we all the same inside?

### the boss

Key phrase – 'ah mak shair she gets it'.  
Role reversals  
Family dynamics  
Standing up for oneself  
When to be the boss?

### a cup o tea

Key phrase – 'simple things'  
What helps us when we have problems?  
Who can help us?

### families like mine

Key word in text – ‘usually’.

Caring for others

Do we have worries?

Who helps us when we have worries?

### twa hooses

Extended families

There are different family situations, big, small

Getting on together

### twa

Pluses and minuses in this

and other situations

Care and caring

### space

Key phrase – ‘ma ain wee space’.

Does everyone need space?

Different ways of living, and sharing living quarters, past and present

Where can you go to study?

To have quietness?

Personal needs

Basics, food, shelter

Children’s rights

### big ideas

Key phrase – ‘that’s whit maitters’

Awareness of others

Respect

Different family situations

### Jackie

Key phrase – ‘ma pal’.

Friendship

Do we all need friends?

Why?

### a pal

Key phrase – ‘Whit’s a pal fur?’

Imaginative play

Tellin jokes

Give and take

Learning about yourself

Evidence of caring in the animal kingdom

### on ma bike

Key phrase – ‘weys o feelin better’.

What things might ‘get tae ye?’

What can make you feel better?

Who can make you feel better?

Special places

### the park

Key phrase – ‘Ye can jist be ‘.

How do you chill out?

Doing things that you like

Having a break

Worries and stresses

Just being.

### in ma heid

Key phrase ‘Imagination - everybody’s got wan’.

Dealing with stresses of different kinds

Getting away from it all

Use of imagination

Visualisations used by sportsmen

### jokes

Key phrase – ‘no got much tae laugh aboot’

Appreciation of having a laugh

Role of the comedian in life past and present – the court jester

What’s funny?

Tell us a joke – favourite jokes, Knock, knock

### The paper roond

Key phrase – ‘a wee job’

Independence

Sticking to one's tasks  
Family dynamics

the real thing

Key word – 'magic'

'When you wish upon a star' – Walt Disney song

Wishes

What is magic in your life?

no masel

Key phrase - 'bein masel'.

Different situations

Use of imagination

Making the best of things, hoping for better things

Courage

the new fitballer

Key phrase – 'felt less than'.

'A'body's lookin at me'

Confidence.

How do you become confident?

Courage

guid

Key phrase – 'guid at somethin'

What are you good at?

Heroes - Who would be your hero?

Heroes in real life

Being a hero yourself – a hero can be you

Miss Carmichael's gettin merried

Key phrase 'Ah hope'.

Changes, and how we can be unsure about them

Changes in our lives and how we deal with them

Weddings

bein Mary

Key phrase – 'it's hard work'.

Being yourself. Changing for the better

### bein Tammy

Key phrase – ‘got a lot tae learn’.

What has Tammy got to learn?

Bullying

How do the bullied feel?

How does the bully feel?

What makes a bully bully?

What do you do about it/?

Was Tammy’s punishment right?

### haein a laugh

Key phrase – ‘no funny’.

Who was laughing and who was not?

Was it right to stay to see ‘if he wis a’ richt?’

Bullying and dealing with it

### dreamin

Key phrase – ‘sittin wi yersel’.

Quiet times

Knowing yourself

Dreaming your dreams

What are your dreams?

### the schule gairden

Key phrase – ‘fat chance’.

Teachers – children’s views.

Gardening

What does gardening give you? Planting, successes and failures

Quiet times

### the rest

Key phrase – ‘mair than wan wey tae get better’.

Using your mind

Positive thinking

Imagination

Daydreaming

What could you suggest as another way to help in the process of getting better?

### the penguin

Key phrase – ‘ah’ll miss her’.

Hospitals

Family dynamics  
Showing love in different ways.

### bein me bein you

Key phrase – ‘real freends’.

Supporting each other

‘You’re cool’.

Being cool and being there for someone

Situations where you can be there for a friend

### Joseph

Key phrase – ‘Ah’ve got a pal’.

Hospitals

Friendship and how you can show it

‘Ah ken wha’s the real winner.’

### hame

Key phrase – “ah feel at hame’.

Feeling lost or alone

Starting a new school or a new job, or being in hospital.

What can make you feel better?

What does a feeling of being ‘at hame’ mean?

### oot

Key phrase – ‘ah’m dancin inside’.

Making and achieving of goals

A 10 out of 10 feeling

Valuing achievements and also realising what you already have

What makes you ‘dance inside’?

### new

Key phrase – ‘ah love bein me’.

Lists -What do you love?

Being yourself

Recognising our differences and our similarities and needs

New starts

### brilliant

Key phrase – it’s brilliant bein me

I’m not the best at everything - I don’t have to be

It’s o.k.

It’s brilliant being me.