

# Lost & Found<sup>®</sup>

## Detailed Curriculum

For facilitators working with  
0-6 year olds and their caregivers



Canadian  
Children's  
Literacy  
Foundation

Fondation pour  
l'alphabétisation  
des enfants  
canadiens



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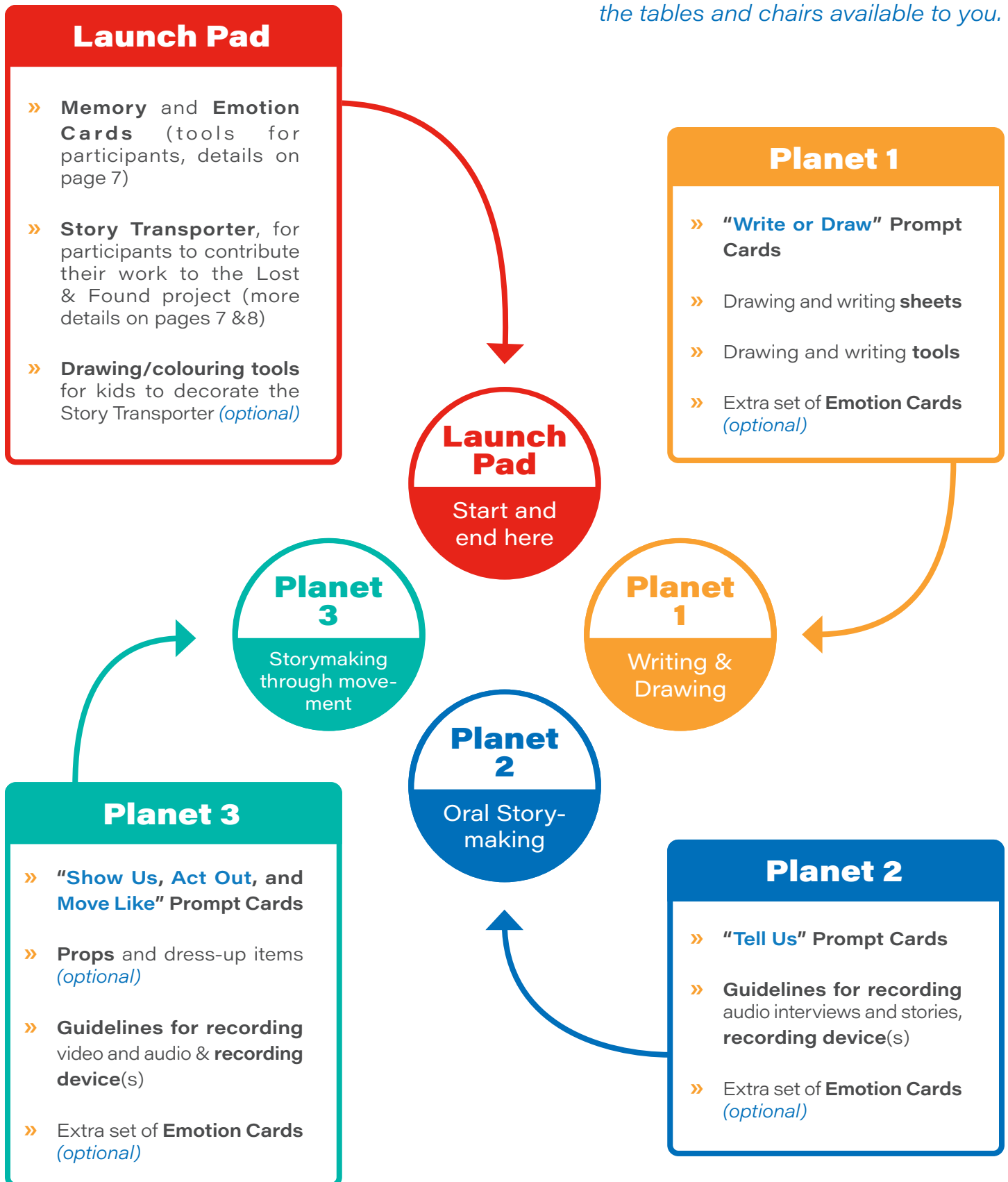
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## Station Setup

**Note:** *How you set up your stations can be guided by the space you have and the tables and chairs available to you.*

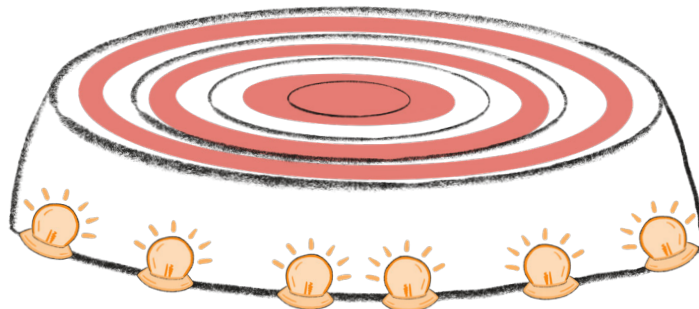


# The Launch Pad

*The Launch Pad will be the starting and ending point of the session. Those joining later into the session should be greeted and oriented at the Launch Pad when they arrive.*

## Setup

- » A comfortable spot where people can sit in a circle
- » Signage found in the workshop toolkit to clearly mark the area
- » A small table or place on the floor for the Emotion Cards and Memory Cards to be displayed
- » Story Transporter, along with simple colouring tools
- » Optional: Add some fun by marking off a circle on the floor with tape that can serve as a 'launch pad' that kids and caregivers can step into, and count down to their visit to the Planets!



## Welcome Circle

1. **When beginning with your group**, greet participants and explain what they are doing today and how the space is set up, handing out a sheet that they can refer to throughout the session. Explain what happens at each Planet.

### SUGGESTED SCRIPT

*"Hello everybody and welcome to the Lost & Found project! We hope to have a lot of fun with you throughout our time together! Our goal with this project is to share stories about your lives, and the lives of your children, during the pandemic. You will always have the choice to share or not share your stories. All the stories you do choose to share will go onto a website where there will be more stories from other kids all across Canada!"*

*"You'll see different stations around the room called Planets and, in a minute, you'll be free to explore them as you please. I want to emphasize your comfort here! Go to whichever Planet makes you feel comfortable, it's okay to push yourself a little out of your comfort zone, but not to the point that you feel upset."*

2. Introduce the **Story Transporter** and explain that it is where participants can submit their work to be sent off into the Lost & Found universe! The Transporter is a simple cardboard box made to look like a spaceship using the printable templates provided in the toolkit (you will need to prepare it before the workshop). Explain that kids can also feel free to colour and draw on the Transporter throughout the session.

**Note:** *For participants dropping in after the welcome circle, greet them at the Launch Pad and guide them on how to take part in the workshop.*

### 3. Introduce the **creative tools**:

- **Emotion Cards:** A deck of cards that show different emotions, to help young children identify feelings and emotions attached to different memories
- **Memory Cards:** 36 visual prompts to help spark thoughts and memories of past experiences

**Ideally these should be spread out and visible at the Launch Pad** as a resource for you and participants to use throughout their session.

[Cards will need to be printed and cut prior to the workshop]

4. Depending on the group's dynamic, the time available to you, and whether you will be working together for multiple sessions, you may also opt to create a **Community Agreement**.

[Guidelines provided in Facilitator Resources]



5. **After participants are oriented**, lead a simple grounding exercise (details below)

#### *NOTE ON EMOTION CARDS*

We recommend printing at least one deck of cards to have available at the Launch Pad. Additionally, a deck could be placed at each station to be more readily available for the participants.

Given the ages of the children, we would recommend starting with a reduced number of essential cards, in order to not overwhelm them. These can be put at the Launch Pad (and each station if needed) and the rest of the deck can be on stand-by if participants want more options. The facilitators can choose which cards to keep, and the number of cards displayed based on their group's needs.

**Recommended options for essential Emotion Cards:** Happy, Sad, Angry, Excited, Scared, and Hurt.

#### *NOTE ON STORY TRANSPORTER*

The Story Transporter will house the physical work that participants want to share (drawings, written stories, etc.). For video/audio recordings, participants may write their story title/their name on a piece of paper and put it in the Transporter as a way to indicate their intent to share those recordings.

Work included in the Transporter may then be captured digitally (scanned/photographed for physical work). After the workshop is completed, the larger community may also be invited to see the contents of the Story Transporter, displayed as a gallery exhibit. This can be done at a time and location that works best for the community delivery partner. Visitors could also be invited to contribute their own memories to it.



## Grounding

A grounding exercise is a very useful activity to do when participants are feeling carried away by emotions and strong feelings. It is good for both children and adults!

### *SUGGESTED SCRIPT TO EXPLAIN GROUNDING:*

"Each week we are going to start and end with an activity to calm our bodies and minds. This is called grounding. Grounding can help us relax and remind our brains and bodies that they are safe, especially if we are thinking of hard memories or having uncomfortable feelings."

Lead the grounding exercise. Invite kids and caregivers to participate, let them know that they can do so with their eyes open or closed - whatever they feel comfortable with.

### *SUGGESTED SCRIPT FOR EXERCISE (intended to be read in a calm, even tone of voice, and at a slow pace):*

"Give yourself a big hug, like this! (Demonstrate by crossing your arms around yourself, putting each hand on your opposite shoulder).

Let's gently pat one arm slowly a couple of times, now let's pat pat pat the other arm. One more time, pat pat pat one arm, and then pat pat pat the other arm. You can do this as many times as you want and feels good!"

**Note:** *Additional grounding exercises and information on trauma-informed practices are available in your Toolkit.*

## Sharing Circle



At the end of the session, participants will regroup at the Launch Pad for 10–15 minutes for a sharing circle. While sharing their stories is encouraged, it is important to remind them that the choice to share or not is **always theirs**. After the sharing circle, participants may add their work to the Story Transporter if they'd like.

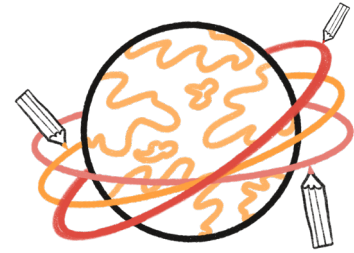
## End-of-Workshop Reflection



At the end of the last session, after the sharing circle, participants will be invited for a group reflection on their workshop experience.

# The Planets

## Planet 1: Writing & Drawing



This Planet encourages the telling of stories through writing and drawing. Prompts are available for both the caregiver and the child, and these can be done together or individually. Participants can make use of both the Memory Cards and Emotion Cards to help remember stories they'd like to share.

### Setup

- » Signage found in the workshop toolkit to identify the station
- » A table with chairs (preferably kid-sized, if possible)
- » Comfortable seating for adults
- » Writing and drawing tools
- » Prompt Cards
- » Activity Sheets
- » Blank writing and drawing sheets

**Work Produced:** Drawings and writing

## Planet 2: Oral Storymaking



A facilitator will guide this station to hear and possibly record the participants' stories. Depending on the preference of the participant, the facilitator might act as an interviewer/narrator, and ask the child or the caregiver questions, or they might simply assist in recording their story.

*[for more information on how to assist in recording, see Planet 2 Breakdown in Facilitator Resources]*

### Setup

- » Signage found in the workshop toolkit to identify the station
- » A table with chairs (preferably kid-sized, if possible)
- » Comfortable seating for adults
- » Audio recording device (phone, iPad, computer; these may also be the participants' personal devices)
- » Prompt Cards
- » Writing and drawing sheets for notes and ideas
- » Blank card to write the participant's name and name of the story to deposit in the Story Transporter

**Work Produced:** Video and audio recordings

## Planet 3: Storymaking through Movement



This Planet will encourage storymaking through movement using props and dress up clothes if available. Alternatively, participants could bring in things from home. If the participants feel comfortable, these activities could also be recorded as the story they want to share.

### Setup

- » Signage found in the workshop toolkit to identify the station
- » A space large enough for some movement
- » Comfortable seating for adults, if needed
- » Audio recording device (phone/iPad/computer; these may also be the participants' personal devices)
- » Prompt Cards
- » Props and dress up items, if available
- » Writing and drawing sheets for notes and ideas
- » Blank card to write the participant's name and name of the story to deposit in the Story Transporter

**Work Produced:** Video and audio recordings

**Note:** Detailed guides are available in the Facilitators Resources on best practices for recording, file formats required, and how to share/upload.

## Prompt Card Decks

Each Planet engages participants through the use of Prompt Cards and other related material. The Prompt Cards are grouped in themed decks:

1. **New Experiences**
2. **Adventure & Play**
3. **Family, Friends, Neighbours**
4. **Nature & Outdoors**

While each module represents approximately an hour of programming, they can be combined and customized in a variety of ways: 1 deck per 1-hour session, combining 2 decks over a 3-hour session, and so on.



## Theme 1: NEW EXPERIENCES



### Planet 1: Writing & Drawing

#### Prompt Card #1 (Child)

During the pandemic I tried \_\_\_\_\_ for the first time. I liked/didn't like it because \_\_\_\_\_ .

- If you like, pick an Emotion Card from the deck.
- Write or draw more about it here!

#### Prompt Card #2 (Child)

During the pandemic I saw \_\_\_\_\_ for the first time. I liked/didn't like it because \_\_\_\_\_ .

- If you like, pick an Emotion Card from the deck.
- Write or draw more about it here!

#### Prompt Card #3 (Caregiver and Child)

During the pandemic I tried \_\_\_\_\_ for the first time. I liked/didn't like it because \_\_\_\_\_ .

- What was it?
- How did it make you feel?
- Do you each remember different things about the event?

#### Prompt Card #4 (Caregiver)

Write about or draw a story that you would like to share with your little one when they grow up, about an experience you had together during the pandemic.

## Planet 2: Oral Storymaking

<b>Prompt Card #1</b> <i>(Child)</i>	<p><b>Tell us about a time you tried something new during the pandemic.</b></p> <ul style="list-style-type: none"> <li>What was it?</li> <li>How did it make you feel? If you want, pick an Emotion Card that matches your feelings.</li> </ul>
<b>Prompt Card #2</b> <i>(Caregiver and Child)</i>	<p><b>Tell us about a memory of something new you did together during the pandemic.</b></p> <ul style="list-style-type: none"> <li>How did it make you feel?</li> <li>Do you remember different things about the event?</li> </ul>
<b>Prompt Card #3</b> <i>(Caregiver)</i>	<p><b>Tell us about a story that you would like to share with your little one when they grow up, about an experience you had together during the pandemic.</b></p>
<b>Prompt Card #4</b> <i>(Caregiver and Child)</i>	<p><b>Sing a new song or rhyme you learned during the pandemic.</b></p>
<b>Prompt Card #5</b> <i>(Child)</i>	<p><b>Share some of the sounds you heard during the pandemic.</b></p>



### Planet 3: Storymaking through Movement

<b>Prompt Card #1</b> <i>(Child)</i>	<p><b>Show us something new you tried or did during the pandemic. Have someone else guess what it was!</b></p> <ul style="list-style-type: none"> <li>How did it make you feel? If you want, pick an Emotion Card that matches your feelings.</li> </ul>
<b>Prompt Card #2</b> <i>(Caregiver and Child)</i>	<p><b>Act out something new you did together during the pandemic.</b></p> <ul style="list-style-type: none"> <li>How did it make you feel?</li> <li>Do you remember different things about the event?</li> </ul>
<b>Prompt Card #3</b> <i>(Caregiver and Child)</i>	<p><b>Pretend or show us one of the following:</b></p> <ul style="list-style-type: none"> <li>Making your favourite pandemic food</li> <li>Getting ready to go outside during the pandemic</li> <li>A dance you did together</li> <li>Washing your hands during the pandemic</li> </ul>

## Theme 2: ADVENTURE & PLAY



### Planet 1: Writing & Drawing

<b>Prompt Card #1</b> <i>(Child)</i>	<p>During the pandemic I played _____. I liked it because _____. Write or draw more about it here!</p>
<b>Prompt Card #2</b> <i>(Child)</i>	<p>Write about or draw an adventure you had during the pandemic.</p> <ul style="list-style-type: none"> <li>What was it?</li> <li>Where did it happen?</li> <li>Who were you with?</li> <li>How did it make you feel? If you want, pick an Emotion Card that matches your feelings.</li> </ul>
<b>Prompt Card #3</b> <i>(Caregiver and Child)</i>	<p>Write about or draw something fun you did together during the pandemic.</p> <ul style="list-style-type: none"> <li>How did it make you feel?</li> <li>Do you remember different things about the event?</li> </ul>
<b>Prompt Card #4</b> <i>(Caregiver)</i>	<p>Write about or draw a story that you would like to share with your little one when they grow up, about an adventure you had together during the pandemic.</p>

## Planet 2: Oral Storymaking

<b>Prompt Card #1</b> (Child)	<p><b>Tell us about an adventure you had during the pandemic.</b></p> <ul style="list-style-type: none"><li>What was it?</li><li>Where did it happen?</li><li>Who were you with?</li><li>How did it make you feel? If you want, pick an Emotion Card that matches your feelings.</li></ul>
<b>Prompt Card #2</b> (Caregiver and Child)	<p><b>Tell us about something fun you did together during the pandemic.</b></p> <ul style="list-style-type: none"><li>How did it make you feel?</li><li>Do you remember different things about the event?</li></ul>
<b>Prompt Card #3</b> (Caregiver)	<p><b>Tell us a story that you'd like to share with your little one when they grow up, about an adventure you had together during the pandemic.</b></p>
<b>Prompt Card #4</b> (Caregiver and Child)	<p><b>Share some of the sounds you heard during the pandemic.</b></p>

## Planet 3: Storymaking through Movement

### Prompt Card #1 (Child)

**Act out an adventure you went on during the pandemic.**

- Was it inside your home or outside? Show us how you prepared for your journey.
- Who did you go with? What did you see? Move like someone or something that was part of your adventure
- How did it make you feel? If you want, you can pick an Emotion Card from the deck.

### Prompt Card #2 (Caregiver and Child)

**Act out a time when you played together during the pandemic.**

- Try to mime the game and have someone else guess what it was.
- Do you remember different things about the event? Did you move differently?
- How did it make you feel?

### Prompt Card #3 (Caregiver and Child)

**Act out one of the following:**

- A game or sport you played together during the pandemic. Move as if you were playing it right now.
- Your favourite thing to do at a park/playground during the pandemic.

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## Theme 3: FAMILY, FRIENDS, NEIGHBOURS

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### Planet 1: Writing & Drawing

#### Prompt Card #1 (Child)

#### Write about or draw your answers!

- The person I spent the most time with:
- A person I wish I had seen more:
- The person/people I celebrated my birthday with:
- A person I met for the first time:

#### Prompt Card #2 (Child)

#### Write about or draw someone special you spent time with during the pandemic.

- Who was it?
- What did you do together?
- Do you still know them?

#### Prompt Card #3 (Caregiver and Child)

#### Write about or draw a memory of something you did together as a family or with friends during the pandemic.

- How did it make you feel?
- Do you remember different things about the event?

## Planet 2: Oral Storymaking

<b>Prompt Card #1</b> <i>(Child)</i>	<p><b>Tell us about someone special you spent time with during the pandemic.</b></p> <ul style="list-style-type: none"> <li>Who was it?</li> <li>What did you do together?</li> <li>Do you still know them?</li> </ul>
<b>Prompt Card #2</b> <i>(Child)</i>	<p><b>Tell us about:</b></p> <ul style="list-style-type: none"> <li>The person you spent the most time with</li> <li>A person you wish you'd seen more</li> <li>A person who helped you</li> <li>The people/person you celebrated your birthday with</li> <li>A person you met for the first time</li> </ul>
<b>Prompt Card #3</b> <i>(Caregiver and Child)</i>	<p><b>Tell us about a memory of something you did together as a family or with friends during the pandemic.</b></p> <ul style="list-style-type: none"> <li>How did it make you feel?</li> <li>Do you remember different things about the event?</li> </ul>
<b>Prompt Card #4</b> <i>(Caregiver and Child)</i>	<p><b>Share some of the sounds you heard during the pandemic.</b></p>

## Planet 3: Storymaking through Movement

### **Prompt Card #1** (Child)

**Act out a time you met someone new during the pandemic.**

- Who was it? Do you still meet them? Try to imitate how they move.
- How did it make you feel? If you want, you can pick an emotion card.

### **Prompt Card #2** (Caregiver and Child)

**Show us an activity you did as a family or with friends during the pandemic, using movement.**

- Do you remember different things about the event? How are your movements different?
- How did it make you feel?

### **Prompt Card #3** (Child)

**Move like different friends or family members. How do they:**

- Eat
- Walk
- Play

## Theme 4: NATURE & OUTDOORS



### Planet 1: Writing & Drawing

#### Prompt Card #1 (Child)

**Write about or draw your answers!**

- My favourite thing to do outdoors during the pandemic was \_\_\_\_\_.
- An animal I saw outdoors was \_\_\_\_\_.
- Other things I saw outside were \_\_\_\_\_.
- I liked to go for a walk to \_\_\_\_\_.

#### Prompt Card #2 (Child)

**Write about or draw a walk you took outside during the pandemic.**

- Where did you go?
- Who were you with?
- What did you do?
- How did it make you feel?

#### Prompt Card #3 (Caregiver and Child)

**Write about or draw an activity you did outdoors together during the pandemic.**

- How did it make you feel?
- Do you remember different things about being outside?

#### Prompt Card #4 (Caregiver)

**Write about or draw a story that you would like to share with your little one when they grow up, about something you did outdoors together during the pandemic.**



## Planet 2: Oral Storymaking

<b>Prompt Card #1</b> <i>(Child)</i>	<p><b>Tell us about a walk you took outside during the pandemic.</b></p> <ul style="list-style-type: none"> <li>■ Where did you go?</li> <li>■ Who were you with?</li> <li>■ What did you do?</li> <li>■ How did it make you feel?</li> </ul>
<b>Prompt Card #2</b> <i>(Caregiver and Child)</i>	<p><b>Tell us about an activity you did outdoors together during the pandemic.</b></p> <ul style="list-style-type: none"> <li>■ How did it make you feel?</li> <li>■ Do you remember different things about being outside?</li> </ul>
<b>Prompt Card #3</b> <i>(Caregiver)</i>	<p><b>Tell us a story that you would like to share with your little one when they grow up, about something you did outdoors together during the pandemic.</b></p>
<b>Prompt Card #4</b> <i>(Child)</i>	<p><b>Share some of the sounds you heard during the pandemic.</b></p>

## Planet 3: Storymaking through Movement

<b>Prompt Card #1</b> <i>(Child)</i>	<p><b>Show us a time when you went outside and saw an animal during the pandemic.</b></p> <ul style="list-style-type: none"> <li>What was it doing? Move like the animal moved.</li> <li>How did it make you feel? Happy, sad, afraid, or something else?</li> </ul>
<b>Prompt Card #2</b> <i>(Child)</i>	<p><b>Show us with your body your favourite tree, plant, or flower!</b></p> <ul style="list-style-type: none"> <li>How big is it?</li> <li>What shape is it?</li> <li>How does it move?</li> <li>Does it dance? Show us how!</li> </ul>
<b>Prompt Card #3</b> <i>(Caregiver and Child)</i>	<p><b>Act out a walk you liked to go on.</b></p> <ul style="list-style-type: none"> <li>Show us how you would walk, stop, look and play</li> <li>Move like some of the things you'd see</li> <li>How did it make you feel?</li> </ul>
<b>Prompt Card #4</b> <i>(Caregiver and Child)</i>	<p><b>Act out any story you'd like to share about being in nature during the pandemic.</b></p>

## Flexible Delivery Options

The following are three suggested delivery options:

Option A	Four sessions of 1-1.5 hours, once a week, for a month
Option B	Two sessions of 2 hours, once a week, for two weeks
Option C	One session of 3-4 hours, one time



## Session Outline: Option A



### Four sessions of 1-1.5 hours, once a week, for a month

This format is ideal to allow the group to explore each theme separately, as one theme will be selected for each of the four sessions. The weekly time commitment might also be appreciated by some caregivers as a recurring activity to do with the child.

### Introduction to the Space & Hellos | 5-10 min (or as participants arrive)

- » The participants will start at the Launch Pad, where a facilitator will explain the space and the workshop. It is important to be clear on why we are collecting these stories.
- » Give the handout (a simple guide of the Launch Pad and Planets).
- » Develop a Community Agreement together (or a reminder if there is already one for your group)
- » Encourage the group to speak up about any accessibility needs required for either the child or the caregiver to be able to have engagement and safety within the space to the best of their abilities.
- » Encourage everybody to only do what they are able to do and feel comfortable doing. Pushing yourself outside of your comfort zone a little is fine, but not to the point you feel upset.

### Stations | 35-45 min



- » Kids and their caregivers can visit the Planets and engage with the Story Transporter at their own pace.
- » There should be enough time to participate in most of them, but if they prefer, they can stay at the same Planet for the entire duration.

## Debrief and Goodbye | 10-15 min

- » As the session comes to an end, the facilitators gather the participants at the Launch Pad again.
- » If the participants want to share, or add something to the Story Transporter before leaving, they are invited to do that.
- » Allow participants time to share. This could be a story, memory, a favourite part, or any suggestions or thoughts that they have.
- » Sharing could happen in a circle, if they are comfortable, or walking around and sharing with others.
- » We recommend having some trauma-informed resources available in case some participants were triggered during the session.
- » Remind the group that they can bring objects and/or pictures to the next session.
- » Tell the group next week's theme and say your goodbyes.

## Session Outline: Option B

### Two sessions of 2 hours, once a week, for two weeks

This format is ideal to explore the themes in more detail, and find connections between them. The group could pick two themes, and the relevant prompts/activity sheets, to explore per session. It also reduces the time necessary to commute to and from the sessions, for both caregivers and facilitators.

### Introduction to the Space & Hellos | 10-15 min (or as participants arrive)

- » The participants will start at the Launch Pad, where a facilitator will explain the space and the workshop. It is important to be clear on the intent in collecting these stories.
- » Give the handout (a simple guide of the Launch Pad and Planets).
- » Develop a Community Agreement together (or a reminder if there is already one for the group).
- » Encourage the group to speak up about any accessibility needs required for either the child or the caregiver to be able to have engagement and safety within the space to the best of their abilities.
- » Encourage everybody to only do what they are able to and feel comfortable with. Pushing yourself outside of your comfort zone a little is fine, but not to the point that you feel upset.
- » The facilitators (with or without the help of the group) can decide the two themes to be explored that week (before session), and share those themes with the group.

### Stations | 85-95 min

- » We recommend that kids and their caregivers walk in between Planets at their own pace.
- » There should be enough time to participate in all of the stations, but if they prefer, they can stay at the same one for the whole workshop.

## Debrief and Goodbye | 15-20 min

- » As the session comes to an end, the facilitators should encourage the participants to make their way towards the Launch Pad again.
- » If the participants want to share or add something to the Story Transporter before leaving, this would be the time.
- » Allow participants to share what their favourite part was, one thing they liked, one thing they made, or something they're looking forward to doing today outside of the workshop
- » Sharing could happen in a circle, if they are comfortable, or walking around and sharing with others
- » Have some trauma-informed resources available in case some participants were triggered during the session
- » Remind the group they can bring objects and/or pictures to the next session
- » Tell the group next week's themes and say your goodbyes

## Session Outline: Option C



### One session of 3-4 hours, one time

This format is ideal for the groups who already meet once a week for a whole morning, or afternoon. The prompts would reflect a mix of all four themes.

### Introduction to the Space & Hellos | 10-15 min (or as participants arrive)

- » The participants will start at the Launch Pad, where a facilitator will explain the space and the workshop. It is important to be clear on the intent in collecting these stories.
- » Give the handout (a simple guide of the Launch Pad and Planets)
- » Community Agreement developed together (or a reminder if there is already one for the group)
- » Encourage the group to speak up about any accessibility needs required for either the child or the caregiver to be able to have engagement and safety within the space to the best of their abilities.
- » Encourage everybody to only do what they are able to do and feel comfortable doing. A little pushing yourself out of your comfort zone is fine, but not to the point you feel upset.

### Stations | 135-155 min



- » Encourage kids and their caregivers walk in between stations at their own pace
- » There should be enough time to participate in all of the stations, but if they prefer, they can stay at the same one for the whole workshop
- » In the last 30 minutes of this segment, for any child/caregiver who has a story they want to share in the Transporter/the national Lost & Found project, the facilitators will help them finalise their work.



## Debrief and Goodbye | 15-30 min

- » As the session comes to an end, the facilitators should encourage the participants to make their way towards the Launch Pad again.
- » If the participants want to share, or add something to the Story Transporter before leaving, this would be the time
- » Allow participants to share what was their favourite part, one thing they liked, one thing they made, or something they're looking forward to doing today outside of the workshop
- » Sharing could happen in a circle, if they are comfortable, or walking around and sharing with others
- » Have some trauma-informed resources available in case some participants were triggered during the session (such as grounding exercises and contacts for professional support if needed)

