



## INTRODUCTION TO WILLOW

My Name is Linda Porter. A Teacher, Educational consultant, therapist and writer, I am the founder of the International, award winning and OFSTED commended HET - Holistic Educational Therapy Programme.



The materials that are introduced in this book have been researched, developed and evaluated over 20 years as part of the HET programme and they are now available to support parents, carers and professional support workers in providing additional support to children and young people.

They are available at 4 levels:

- Willow: Early Years and Key Stage 1 ( aged approx.. 4 - 6 yrs)  
Children with Special Educational Needs.
- Willow, Daisy and the Hetties: Key Stage 2 ( aged approx.. 8- 12 yrs).
- Willow and Tommy's story:  
Key Stage 3-4 ( aged approx. 13 - 16+)
- Pat's Garden ( Adults: 'Life – Scaping' and personal development)

These materials, activities and projects are progressive, expansive and interactive. They will also soon be available as an online interactive e-learning platform. Please note that as each child is individual, the approximate level guidelines given are for general guidance only.

Books on HET are available from Amazon Kindle. [Click here](#)

Professional training is available from [www.HETwebsite.com](http://www.HETwebsite.com)

Coming shortly:

Pat's Garden: The Personal Journey of a Life Time

An updated , revised focus, with a full range of reformulated remedies in line with the changing earth frequencies and latest research, understanding and developments in HET: This programme is intended for those interested in their own personal Development.

More information available from [lin@HETwebsite.com](mailto:lin@HETwebsite.com)



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## WILLOW

How to use this book:

This book is a fully interactive pack complete with crafts, suggested materials and activities, available as a downloadable E-book for you to create at each stage of the Willow story.

The story and activities are designed to help your child understand and express feelings and emotions. It offers a natural remedy support kit based on Dr Edward Bach's Flower Remedies, which are available separately. It also offers activities designed to help with reading, numbers and learning through nature.



*Willow Story, puppet and remedies.*

Throughout the story are short practical breaks designed for interaction. This helps young children, children with special needs or with a limited attention span. This flexibility means that the book and activities can be spread over a period of days or weeks and include longer and extended projects which can be rewarded upon completion.

It is suggested that after familiarising yourself with the guidelines and necessary preparation, that you sit and read through the Willow Story with your child. Empower your child to be involved throughout and encourage them to discuss or play out their ideas at each stage.

When you are working with the crafts and activities pack, it is a good idea to read through all the materials first. This will familiarise you with the programme of all activities in order to prepare everything before sitting down read through the story with your child.

When you are working through E-book: *I have indicated what you will need to do in advance, to prepare your accompanying activities in bullet pointed italics (as shown below).*

- *You will need to print off the children's E-book 'Willow and His Helpers', on separate single sided sheets of paper and put them inside plastic wallets, into a folder with additional spare plastic wallets to add the outcomes of your activities together, along the way.*

The first picture in the story is Willow himself.



Willow is a real life character who helped so many people, from the garden of a healing and therapy centre that I ran in the 1990s.

- *Please print off this page in the story for your folder . You will also need to print off the sheet of numbered willow leaf attachments (and pictures) in appendix 1 found at the back of the book.*

*It is helpful to laminate these and make them so they can be attached to the outside of plastic wallet with the relevant accompanying page inside. Velcro is great for this! If you use an alternative such as blutack, please ensure that it is safe and appropriate for the age and the needs of the child you are working with.*

**Talk about this picture, Willow, trees and leaves. Can you see Willow's face? Can you see the faces of any little willow helpers, hiding in this picture.**

- You can print off an extra sheet of this picture for children to stick a 'willow leaf' numbered sticker on when they complete an extended project. This way they can then achieve a reward for completing all 16 extended projects. This is a great approach a part of a behaviour management programme.



**ACTIVITY 1 & 2.** Ask your child to find the leaf stickers labelled numbers 1 & 2. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker.

1. **ACTIVITY.** Show pictures of balconies and window boxes and discuss them with your child. Go for a walk and see how many you find along the way. Take pictures / drawings of any gardens, plants, window boxes, pots or vases with your child and add to folder. Extended activity: plant out pots or a window box together.

*E-book preparation: Go online to google image and print off examples. Some examples have been included in APPENDIX 2*

2. **ACTIVITY.** Show pictures of different seasons and discuss. Go outside together and talk about things that represent the season you are in.

**Extended activity: Collect objects that represent the season you are in and make a table top display or collage.**

*E-book preparation: Go online to google image and print off examples. Some examples have been included in APPENDIX 2*

**Activity 3. Ask your child to find the leaf sticker labelled number 3 and a picture with the corresponding flower on it. When you have finished the activity, Allow your child to cover the places on the page with the correctly numbered leaf sticker.**

**3. ACTIVITY. Look at pictures of mini beasts and name them. Extended activity: Go outside on a mini beast safari together. Include details of what you find in the folder.**

*E-book preparation: Go online to google image and print off examples of mini beasts. Some examples have been included in APPENDIX 2*

**Activities 4 & 5. Ask your child to find the leaf stickers labelled number 4 & 5. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker.**

- *You will need to cut out the emoticon pictures ready for your child to match them with the respective page pictures*



**4. ACTIVITY.** This is about simply allowing your child to draw a picture of a garden. You will need to ensure that you have suitable drawing materials available to use. This can be done together or you can talk your child through the process. This activity can also be analysed and interpreted via a technique I developed in HET to work with how children perceive their current situation. More information about Pat's Garden (<https://youtu.be/HG3YIQ5n56E>) or interpreting drawings of Gardens is available on request: [Lin@HETwebsite.com](mailto:Lin@HETwebsite.com) .  
**Extended activity:** make a model garden together.



*Model garden made from a drawing with re-cycled materials*

**5. ACTIVITY:** Show the range of emoticons for all the emotions on Activity 5. Match them and read them. Discuss them e.g. Can you pull a 'sad' face? What makes you sad etc. What can stop you from feeling sad? These can be used afterwards by the child to indicate how they are feeling at certain times.

**ACTIVITY 6 .** Ask your child to find the leaf sticker labelled number 6. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker.

**6. ACTIVITY.** Talk about examples of kindness.

**ACTIVITY 7 .** Ask your child to find the leaf sticker labelled number 7. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker. You will need to cut out the picture of Willow ready for your child to match it with the respective page picture.

**ACTIVITY** Make an emoticon of 'HAPPY' together. This can be used afterwards to discuss feelings and what can be used to make your child feel 'happy'

**ACTIVITY 8 .** Ask your child to find the leaf sticker labelled number 8. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker. You will need to have your Willow puppet available or you will need to have the materials available to make a willow puppet with your child. Please ensure that the materials are safe and suitable to use with your child and always supervise the activity.



*Willow Puppet made from tie and dye materials*

*There are some instructions on how to make a puppet like this available in APPENDIX 4*

**ACTIVITY.** Introduce the 'Willow' puppet. Allow your child to Interact and talk with the puppet. Allow this to

be child directed as far as possible. Extended activity.:

This is where you can introduce the natural Bach Flower Remedies. A set of these remedies that correspond to the emoticons used in this story are available separately ( contact [lin@HEwebsite.com](mailto:lin@HEwebsite.com)) for further information.



*Remedies available from HET*

Or you can purchase the Bach flower remedies form most health shops. A break down of which ones to use are available in APPENDIX 5. Information about the Bach Flower remedies can be found on [www.BachCentre.com](http://www.BachCentre.com) ) The remedies can be placed on the willow puppet, either in the mouth or inside a separate pocket on the puppet.

**ACTIVITY 9 & 10.** Ask your child to find the leaf sticker labelled number 9 & 10. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker. Also you will need to cut out the picture of the barbed wire, so that your child can match the picture to the page.

*E-book preparation: Go online to google image and print off examples of barbed wire.. Don't forget to include this on your puppet - No... not real barbed wire! Some silver embroidery thread or fabric paint makes a good substitute!*

**ACTIVITY 9.** Show barbed wire. Careful with this one though! If you are brave enough, you can show an example of the real thing if you have got access to it or you can refer to the picture in activity 10. Talk about whether the child thinks it will hurt?

**ACTIVITY 10.** Show them the barbed wire on the puppet and discuss examples when people are mean or unkind. This should relate to things people say or do. Ask children if they think it would still hurt on the inside, even though we can't see it?

**Activity 11.** Ask your child to find the leaf sticker labelled number 11. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker. Also you will need to cut out the picture of the 'Willow Helper', so that your child can match the picture to the page.

**11. ACTIVITY.** Introduce Willow's helpers. There is a separate worksheet in the appendix 6 to help you prepare a 'Willow' helper in advance or to make one with your child.

**ACTIVITY 12.** Ask your child to find the leaf sticker labelled number 12. When you have finished the activity,



Allow your child to cover the place on the page with the correctly numbered leaf sticker. This activity is designed to explore sensory experiences with your child. You will also need to print off the birds in a tree picture so that your child can match it to the page.

**12 ACTIVITY:** Introduce Plants at a sensory level with your child, essential oil of lavender to smell. You could include essential oils of lemon, orange, Willow leaves, mimosa plants (where the leaves recoil when touched), lady's mantle (lovely furry leaves), to touch; different fragrant mints (e.g. pineapple, spearmint etc. all give off a different fragrance when the leaf is crushed). **Extended Activity;** Grow some of these plants together.

*E-book preparation: buy essential oils or grow plants that you can relate to this activity. You can put 3 or 4 drops of essential oils into a spray bottle and spray it near the children, (Mind eyes!!!) and it feels like rain and they can smell the flowers.*

**ACTIVITY 13.** Ask your child to find the leaf sticker labelled number 13. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker. This activity is designed to explore sensory experiences with your child.

*E-book preparation: You will need to download some sounds of bees humming and have this available to play to your child. Here is a youtube link that you could download onto a memory stick: <https://youtu.be/4Kc6fjIEV3s>*

**13 ACTIVITY** Play the sound of bees humming. Talk about honey, living in a hive. How they work together to help each other etc. It's a nice idea to have some honey to taste here too. I love this link on ADHD / Hyperactivity: <https://youtu.be/kIPGZs0UCQc> - well worth atching with your child and discussing!

**ACTIVITY 14.** Ask your child to find the leaf sticker labelled number 14. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker. This activity is designed to explore sensory experiences with your child. You will also need to have your picture of the water fountain available for your child to match to the page.

*E-book preparation: You will need to download some sounds of a water fountain and have this available to play to your child. Here is a youtube link that you could download onto a memory stick: <https://youtu.be/QCvngJz-qIo>*

**14. ACTIVITY.** Play the sound of water coming through a fountain. Rain sticks are fabulous to use here if you have one!

**ACTIVITY 15.** Ask your child to find the leaf sticker labelled number 15. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker. This activity is designed to explore sensory experiences with your child. You will also need to have your picture of the Willow helper available for your child to match to the page.

**15 ACTIVITY.** Here you can have some special sparkling water available for your children to drink. You could also add the special 'Willow sugar ball" Bach remedy, that was relevant in the emoticon activity to take.

**ACTIVITY 16.** Ask your child to find the leaf sticker labelled number 16. When you have finished the activity, Allow your child to cover the place on the page with the correctly numbered leaf sticker. This activity is designed to explore sensory experiences with your child. You will also need to have your final picture of Willow available for your child to match to the page.

*E-book preparation: You will need prepare some suitable sized / textured pebbles. You can draw Willow's face on them and also if you collect enough of them you can copy the emoticon designs onto them. These are great for children to just hold and talk about; to access if they wish to communicate that they are feeling a particular emotion or even to make stone stories up about each of the emoticons. For example: here is 'SAD' what happened to make him/her sad? How could s/he become happy.*

Remember that children will easily communicate their emotions when it is 'one -step' removed through another character etc.



*Choose a stone pebble together and paint on Willow's face or your 'Happy' Emoticon. Other small pebbles can be images of all the emoticons explored above.*

**16.ACTIVITY.** Here you can hold a garden pebble ( with Willow's Picture on) or an emoticon and discuss it. This is also a very good place to enjoy some Cadbury's chocolate pebbles!





# Willow's Story





## WILLOW AND HIS HELPERS

Gardens are very special places. Lots of people have one.

Do you have a garden?

People who don't have a garden sometimes go to parks, or have a balcony, or a window box instead.

Do you have a balcony or a window box at home?



1

Gardens look very different in different seasons of the year.





2

Gardens sometimes have trees and flowers growing there.

People often bring part of their garden into the house. They may have vases of flowers, pots with plants in, or even pictures of trees or outside places.



Gardens often have visitors like birds and butterflies and bees and other insects or mini beasts.



3

Tell me about your garden?

Would you like to draw a garden?



4

Would you like to go outside and see if there are any flowers or leaves from a tree to bring inside?

Did you see any birds, animals or insects when you were outside?

Gardens help people feel happy.

Our story is about a special garden and a very special tree called 'Willow'.

Willow lived in a garden in a big city where lots of people also lived.



☹️ Some of these people were ANGRY - they would shout or say bad things and sometimes even hit other people.



☹️ Some were SAD - they thought no-one really loved them or cared about them.





☹️ Some were WORRIED - they would think about bad things and didn't know how to stop it.



☹️ Some were ANXIOUS because things around them were not tidy or in the right place and it looked all wrong.



☹️ Some were FRIGHTENED - Bad things had happened to them and they did not want them to happen again.



☹️ Some were IMPATIENT - They were always in a hurry and wanted to do something else.



☹️ Some were LONELY - they couldn't tell other people what they wanted to or share with others.



☹️ Some were SHY - They wanted to make new friends and join in with fun things to do.



☹️ Some were just always in TROUBLE and didn't know how to stop.



☹️ Some just felt ILL or TIRED.



Have you ever felt like any of these people we've just read about?

Which one sounds most like you?

Willow wanted to help these people feel better and had lots of little helpers in the garden. They helped Willow to be kind to the people.



6

Kindness is all around us, and helps us to grow inside as beautiful as the trees and the flowers in the garden.

Let's meet Willow.

Is everyone feeling happy?



Here is Willow.



He is a beautiful tree. He is big and he has long flowing branches hanging down all around him.

Can you see him smile at you?

Looking carefully, we can see that he has a face, with eyes a nose and a mouth.

He calls us closer and we can see that all around him are little 'helpers' - they have faces and they are smiling at us too!



Willow speaks to us, he asks us to come and give him a hug and as we do so, he wraps his lovely long flowing branches around us and gently hugs us back.

He tells us that his job is very special, if we want to give him another hug, he will take any worries or fears from us and look after them.

He tells us that if you have a worry you can give him the worry and he will give you a special 'Willow worry' sugar ball.

If you can put it on your tongue without touching it,  
Willow takes away the worries and the fears, his helper friends around him sort them all out for us.

Willow is very wise, he has lived for a very long time and has learned a lot of things from all the birds and insects and mini beasts that visited him over the years.

When Willow was only a very young tree, somebody hurt him. They put some very sharp barbed wire around him to make him grow in the way they wanted him too.



9

As Willow grew up some of the wire disappeared under his bark. People could not see this.



10

Willow explains that sometimes when people hurt, we can see it the outside. Like a bruise, or a scar, or a cut when we fall over.



on

There is another kind of hurt that we can't see on the outside, but we feel on the inside. This is when people say and do something mean or unkind to someone else.



Looking carefully, we can see, peeping out from the bottom of Willow's roots.... is a very friendly little face.

Can you see him?

He is one of Willow's helpers.



The trees and plants and flowers in Willow's garden are the most beautiful colours we have ever seen.

They are very shiny and bright. What colours can you see?



The flowers smell lovely. When we smell the flowers and breathe it in it makes us happy.



12



Listening carefully  
can hear all the  
garden sounds. The  
birds that visit are  
singing.



we

Can you hear a hum as the bees fly past to visit the flowers.

Willow's helpers call each bee and  
butterfly over to the flowers to  
help them in their work.

As we look around the garden  
together we can touch some of  
the plants growing to see what  
they feel like.





Some feel warm and soft like velvet.

Others are cool and shiny, like glass and as we gently touch each leaf and petal it gives off some more of the beautiful smell.

As we walk around the garden we can see Willow's helpers dancing and calling the insects to the flowers.

Listen carefully, we hear some water flowing. In the middle of the garden is a beautiful flowing fountain.

We can see the water glistening, sparkling brilliantly in the golden sunlight - as if the sun was shining right out of the middle of it.



Willow gently calls us and says " It's the Fountain of Health - Go ahead and drink from it or bathe from it if you like - it will help you to feel much better."

Would you like to do that?

We're always told that we need to drink more water and this is especially pure and tastes very sweet and cool and refreshing.



The water helps us feel good on the inside when we drink it.

When we finish at the Fountain of Health, we hear our dear friend Willow gently call to us.



"If you would like to spend some time with one of my helpers, before you leave them, they would be very happy to help you feel happier!"

Would you like to do that?

Would you like to draw or make your very own Willow helper?

What do they look like?

When you are ready we can say goodbye to Willow and leave the garden. Follow Willow's helper to the roots of Willow and thank him and hug him again.



Willow says that if we want to, we can leave our worries and fears behind with him and his helpers will look after them and sort them out for us.

Do you think that's a good idea?



As you walk away from Willow you can hear a CRUNCH of garden pebbles beneath your feet.



16

## APPENDIX 1



1



2



3



4











6





10



11



12





13



14

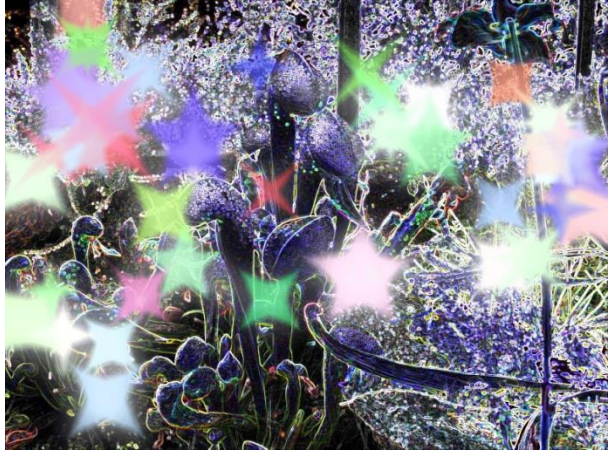




15



16





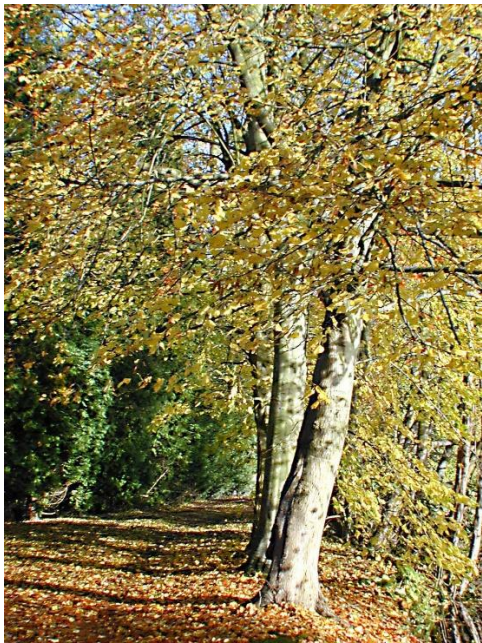


APPENDIX 2

Willow Activity 1 : Some gardens and boxes to cut out and discuss:



Willow Activity 2 : Seasons





Willow Activity 3 - mini beasts:





Willow Activity 13:



### Appendix 3

#### How to make a willow puppet.

I recommend that you make your own Willow Puppet with your child. The bonding time and learning experience that this creates together is invaluable.

I have demonstrated a simple puppet making process in this section. In addition to making the puppet I have made 2 bags. One is a school bag and the other a shopping bag. This is a helpful activity if your child experiences anxiety when separated. They can take the bag that you made together to school, which offers them connection and reassurance during the day. Also going out together with the shopping bag with a parent / carer creates shared experience and security.

You will need to get the materials that you need:



*Here are a range of different dyes that I bought from a local Hobbycraft store.*

*The fabric pens, I got from [www.craftycrocodiles.co.uk](http://www.craftycrocodiles.co.uk)*



*Here are some blank linen hand puppets.*

*I got these with the school bags and shopping bags from Crafty Crocodiles*

You need to prepare your workspace:



- 1 Cover your workspace with a plastic cover.
- 2 Digital kitchen scales to weigh out the dye and salt according to the instructions on the packet.
3. The dyes I used in this project were Dylon Tie and Dye. I started with Pebble Beige, then Sunflower Yellow and finally Woodland Brown.
- 4 Using these dyes, I had to add table salt to help fix the colour.
- 5 A range of elastic bands.
- 6 Some tongs to lift the fabric out of the dye and stirring.
- 7 Material for dyeing.
- 8 Rubber gloves.
- 9 Bowl for dyeing process.
- 10 Apron
- 11 Jug for measuring warm water.



A. Taking the material to be dyed, pinch a section of the fabric and twist it into a swirl. Wrap an elastic band around the twirl until it is tight. Once it is dyed it will give a circular shape that rings where the band has been and will protect the underling fabric from the dyeing process.



B. Repeat this until you have difficulty finding any more material to twirl.

C. Prepare the dye solution as directed on the packet and add the fabric. For this project I started with Pebble Beige.



D. After leaving the fabric in the dye for the required length of time, remove it from the dye and wash it in cold water. You can then remove some of the elastic bands. In this project I only removed a few bands and then repeated A above. This is because I wanted to repeat the dyeing process to get different shades which would look like tree rings on the fabric. Whilst leaving some of the original bands in place. I then twisted and banded some of the pebble beige dyed fabric. I overlaid twisting some of



*Here I have put the puppet through the pebble beige dye and then the sunflower yellow dye. Finally the Woodland Brown. See how the shades of the rings are different,*

the pebble beige dye and the original fabric from the previous twirls.

E. Prepare the next bowl of dye by repeating C above. This time I used the Sunflower Yellow dye.

F. Having removed some of the bands I then repeated D above.

G. Prepare the third bowl of dye and repeat C above. This time I used the Woodland Brown dye.

H. Remove all the elastic bands and rinse the fabric in cold water. Leave the fabric to dry.

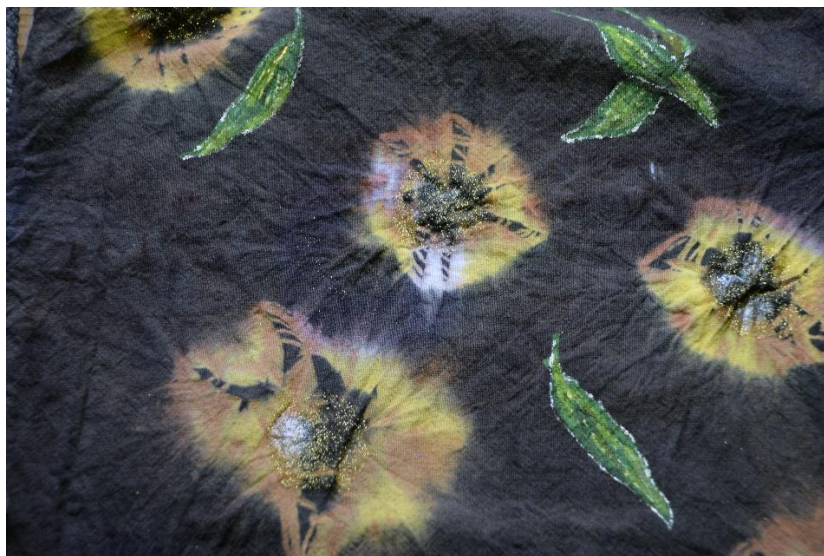


*In this picture of the shopping bag you can see the effect of the beige and yellow stages of dyeing.*



*Here you can see the puppet, shopping bag and school bag after the 3 dyeing stages have been completed.*

I. The fabric design is up to you. I wanted the fabric to represent Willow story. So, the next stage was to take the fabric pens. And draw Willow leaves onto the dry and ironed fabric. The pens I used were Crayola fabric pens from Crafty Crocodiles.



*Here I have sprayed the centre of each circle with Tulip Gold Glitter spray and hand drawn the leaves with Crayola fabric pens, outlining them with Tulip Gold soft metallic fabric paint*

J. In including the Willow Story, n the fabric design I used Tulip silver metallic 3D fabric paint to draw the barbed wire onto the bags and puppet.



K. You can add embellishments to the fabric e.g. buttons or beads for Willow Helpers and branches, leaves etc. as shown below.



*Here is the completed simple Willow Hand Puppet*



## Appendix 4

### The Bach Flower Remedies

Please note the comments in green indicate remedies which I have found to be particularly helpful in working with children's behavioural management.

ASPEN– this is the remedy for those suffering from anxiety or fear of unknown things, they are unaware of exactly what it is they are fearful of. This remedy helps to lift the fear so that they become aware that there REALLY is nothing to be afraid of.

AGRIMONY- This is the remedy for people who put on a brave face. Often they are the jokers and the life and soul of the party and others would never believe the torment they are going through under the surface. This remedy helps people who are generally like this or those who may be going through a tough time and hiding their issues, putting on a brave face. Whilst the situation doesn't go away, it helps them to face up to it and move it on without the stress of masking it.

BEECH – This remedy is for those people who are critical of others and intolerant of other people's habits and ways of doing things. The remedy helps them not get their buttons pushed, or be easily bugged by others, so that other people's shortcomings go over their heads like water off a duck's back.

*Often this remedy is helpful for children with ADHD, the short attention span can make them very intolerant of those around them.*

CENTAURY – This remedy is to help those who are not able to stand up for themselves. It can help them to be more assertive and putting boundaries in place in situations where they have been unable to previously say no to others.

*Very helpful for children who are being or have been bullied.*

CERATO - This remedy is for those people who need reassurance and confirmation from those around them that they have made the right decision or that they are doing things properly. It may be that they feel they need the approval or acceptance of another. This may be a tendency in some personalities or it can be a phase or mood that they may be going through. Cerato will give them the reassurance within themselves to be who they truly are without the need to have to check it through with someone else first.

*Useful for children who are constantly bringing their work to you to check that they are doing it right!*

CHERRY PLUM – this remedy is helpful for those people who may have bizarre or frightening thoughts going through their mind or even fearful of losing their minds. The fear is of losing control of the mind and the remedy helps people in this situation to regain their control and composure.

*This remedy is most suitable for children who experience night terrors. Also who lose control in temper outbursts.*

CHESTNUT BUD – This will help those who are always making the same mistakes and never seem to learn from their experience. It can be a characteristic or it can be a repeat situation, either way it helps that person to see things in a new light, learn from the error of their ways and move on following the guidance that is given to evolve the situation.

*Again this is often helpful for children who are always getting into trouble for doing the same thing and never seem to learn from it.*

CHICORY – The remedy for those who need to be needed. They very often feel that their input is necessary and things can't be achieved without it. They may be quite clingy, possessive and suffocating in their approach, very often overshadowing how others would go about things under the delusion that they 'need' their input. This remedy would help them let go of situations and people in an appropriate way.

*Helpful for children who are very clingy*

CLEMATIS – An ideal remedy to assist those people who are not in the here and now. They may be daydreamers or imagining different scenarios, places and situations and are not fully engaging in the present. This remedy helps to focus the mind and interest in the present circumstance. The remedy focuses on the NOW.

*I usually put this as an anchor remedy in blends for those on the autistic spectrum.*

CRAB APPLE – This is valuable assistance for those people who may be lacking in self esteem or self worth. They may not like looking at themselves or dislike aspects of themselves. It is also helpful for those who have ritualised behaviours or compulsions and may need everything around them clean, perhaps often washing or cleaning themselves or their environment. Even believing that something about them is unclean and needs to be washed from the system. This remedy therefore contributes to a grateful acceptance of oneself and easing of punishing routines that are self-administered.

*Often a helpful remedy for those who have been victims of abuse in the past.*

*I would also put this in a blend for autism as it helps to overcome obsessive traits*

ELM – This will help those who feel so totally overwhelmed with circumstances they wouldn't know where to begin. The remedy helps them to be able to cope with what is happening in a bite sized way and thus see a way through the situation

GORSE – This is for those who are so rock bottom that they have given up on everything. They see no light at the end of the tunnel and no point in bothering as it can never be any better. They might even be harbouring dark thoughts of suicide. The remedy helps to lift the mood and recognise that things can and do get better. It restores hope.

GENTIAN – The remedy for life's setbacks and downfalls. Gentian is valuable for those who are brought down for known reasons, like there is always one step forward and then two steps backwards... like "here we go again" type feeling. This remedy restores optimism and helps them see that there is always a way around every obstacle, even if we just have to see it differently. The sun is always shining despite that sometimes rain clouds cover it. Gentian helps move the rain clouds from the situation.

HONEYSUCKLE – is the remedy for those people who live in a different time or place when things appear to have been so much better, savouring the details of the past, or some situation has occurred which resulted in them being stuck in the past. The remedy helps them release the attachment to the situation and appreciate their present circumstances.

HORNBEAM – The remedy for people who are not able to get down to doing what has to be done. They can't be bothered and get stuck, lacking the enthusiasm and motivation to even get started. Very often they will put things off, procrastinate and feel like it's permanently Monday morning and so the remedy will help them enthuse; to enjoy and involve them in what needs to be done, feeling a sense of satisfaction from their involvement.

HOLLY – is the remedy for anger, suspicion, jealousy, revenge and frustration. It can be a hot and explosive feeling and like a volcano, quite eruptive for those around. The remedy therefore helps to restore a feeling of release and relaxation in situations that might have been previously provoking. Allows them to take what triggers their anger as a tool to shape change in their lives and not a weapon which ultimately destroys them.

*Again this one is helpful for children with ADHD type behavioural disorders who can be very volatile in certain situations.*

HEATHER – This remedy is aimed at people who feel lonely, cut off and not listened to. The problem then becomes worse as they can over talk and drive others further away as they don't want to listen to it. The remedy helps them to communicate as part of a two way process, listening as well as speaking, thus making life less lonely.

*Ideal for when children never stop talking!*

IMPATIENS – This is the remedy to help those who become easily irritated, impatient or fidgety with people, things or situations. These are the people who are always waiting for the world to catch up with them! The remedy helps them slow down and relax waiting for others to catch up with their way of thinking or doing things without causing stress all rounds.

*Helpful in blends for hyperactive children who never keep still.*

LARCH – This is the remedy for people who do not sit in their own driving seat and do not attempt things because they feel they will fail. The remedy restores confidence and empowers them to go for it, believing they will accomplish what they hope to achieve. They can let go and see themselves as high fliers

MIMULUS – This remedy is for fear of known things or for those who feel nervous and embarrassed or may blush easily. They may be worriers constantly running through the 'What if?' scenario. It will help them overcome their fear and eases timid ness creating a natural courage within themselves. They can learn to see their own charm in their situation without embarrassment or worry.

*Ideal for nervous or timid children.*

MUSTARD – This remedy is for the kind of depression that comes and goes like a heavy dark cloud for no reason. This will therefore help the cloud to lift and restore a natural sense of well being and uplift. It allows the smile to shine through on a cloudy day!

OAK – is the remedy for sheer exhaustion and this may be mental or physical or even following an illness. Like the might oak tree felled, there is no more energy left apparently. The remedy restores the inner strength to move on and helps the mind to listen to the body's call for relaxation. To hang out for a while whilst you rebuild one's strength.

OLIVE – is for tiredness and can assist in keeping going and lifting the sense of heaviness thus restoring energy.

PINE – Is the remedy for those people, who are always apologising, even for things they haven't done or they may feel guilty or that they are to blame for something in some way? The remedy helps them to allow others to make mistakes and learn through their own process without them having to take it on board on their behalf.

*Again often helpful for victims of abuse, who are made to feel guilty or to blame by the perpetrator of the abuse.*

ROCK ROSE – This is the remedy for terror and is a little bit like the rabbit trapped in the headlight, frozen in fear and unable to move. This remedy eases the terror, freeing the mind from paralysis and allowing appropriate responses to the situation to fall into place.

*This is the remedy for children who suffer from Night Terrors.*

ROCK WATER – Just as flowing water can wear away rigid rocks, so too can this remedy ease the rigid mind. It helps people with very fixed and rigid ways of thinking. They may be perfectionists or stress out on things not going the way they ought to go – very often being stuck in set routines and structures. The remedy eases the stress when things do not go as planned and helps the individual go with the flow!

*This is another anchor remedy that I would put in the blend for autism; it is very helpful for rigid thinking and inflexibility, resistance to things not going as they 'ought'.*

RED CHESTNUT – is the remedy for those people who become over anxious for the well-being and welfare of others, very often close family and friends. This worry can cause them to be unduly stressed about others safety etc and may cause them to be over protective. The remedy therefore helps ease this concern and get things into a more realistic and helpful perspective. It stops them from overshadowing the lives of their loved ones.

SCLERANTHUS – This is the remedy for where there is a swing from one extreme to the other, it could apply to mood swings but usually it applies to where there is some indecisiveness where people are unable to make up their minds. The remedy helps them find a sense of balance and enables them to come to a place within themselves whereby making a decision is possible.

*Helpful for using with children with mood swings or unpredictable behaviours.*

SWEET CHESTNUT – This remedy is for those people who may be experiencing such despair, anguish and despondency they have no idea which way to turn. They do understand that things can be better but they have no idea how, where or when and like the headless chicken, running round not knowing which way out to take. The remedy assists them in bringing a sense of calmness and relief. Helps them to hang on in there, focusing them on resolution.

STAR OF BETHLEHEM – This remedy can deal with shock, trauma, bereavement or grief issues and may sometimes go back years, to remove the effects that the original impact had on the individual concerned. Once the initial effects of shock are removed from the system the person is then able to release, shake themselves free from the shock that has trapped them and become free and flexible to move on.

VINE – This remedy is for people who can be very inflexible in their interaction with others. They can often be quite domineering in their approach and unyielding in compromise. The remedy focuses them back to their natural born leadership qualities and enables them to bring others around to their way of thinking without coercion. It helps them keep their higher perspective even when those around them don't agree.

*This can go into blends of children who are showing bullying behaviours. This is helpful for children who can be very uncompromising and everything has to be their way.*

VERVAIN – This remedy is aimed at the enthusiasts and campaigners who can often get too carried away with their cause. Their over enthusiasm and natural exuberance can often be very off putting for others and have the opposite effect in turning them away. This remedy can allow such individuals to inspire others to their way of thinking without driving them in the opposite direction or leaving them behind.

*Helpful for hyperactive type conditions where there is over enthusiastic, difficult to contain behaviour*

WALNUT – Walnut is the remedy for those who may be going through a time of change. That can mean a time of life for example starting or leaving school, jobs, house, relationships, puberty, menopause etc. thus helping them to adapt more easily. It is also the remedy for protection from the influence of others.

*Useful for children who are under the influence of others or have undergone some change in their lives.*

WATER VIOLET – is the remedy for those people who feel that they are life's loners. Very often they feel cut off and distant from others around them, who often perceive these individuals as distant and aloof. The remedy helps to lift the sense of aloneness and restore a sense of belonging. Allowing them to still hold their head high with others around them.

*For children who are not integrating with their peers and seem socially isolated.*

WHITE CHESTNUT – Helps in situations where negative thoughts situations or scenarios go round and around in the mind. Very often giving no resolution and often creating sleepless nights. The remedy helps to stop the thoughts chasing each other and brings a sense of tranquillity and peace of mind.

WILLOW – is the remedy to help those who feel a sense of hurt, rejection, injustice and a general cold feeling of 'it's not fair' and 'why me?'. The remedy helps to bring about a sense of forgiveness and the ability to move on.

WILD ROSE – This is the remedy for those who are resigned to their way of life and although not happy with their lot, do not believe that it is worth doing anything to change this. They are apathetic and have given up the point. This remedy helps to ease them out of their rut and to restore a sense of purpose.

WILD OAT – This is the remedy for those who have lost their direction along the way. They are dissatisfied with their achievements and accomplishments thus far and do not know which road to follow in order to find self-fulfilment. Wild oat points the way, allowing them to recover their bearings. It restores trust in the chosen way forward

RESCUE OR RECOVERY REMEDY – This corresponds to Dr Bach's Rescue remedy; it is a combination remedy of five of the others and is useful to take in any stressful or emergency situation, for example, bad news, shock, job interviews, driving tests, exams and so on. It is very helpful in alleviating the symptoms of such demanding situations and circumstances, by taking us out of the negative aspects of the situation we are encountering.

*Useful for any kind of stress situation or on receiving stressful news – great for exams, tests etc.*



Appendix 6

How to make a 'Willow Helper'

# How to make a Willow Helper.



**You will need:**

- ✓ Some beads
- ✓ Pipe cleaners
- ✓ Wool or embroidery silk
- ✓ Silk flower petals
- ✓ Glue pen or glue dots
- ✓ Ribbon, braid or anything pretty
- ✓ Fabric leaf shapes



**Here's how you make a WILLOW helper:**

1. Take a wooden bead and push a pipe cleaner through
2. Double the pipe cleaner over and push it back through the bead
3. Cut strips of wool or embroidery silk for hair and push it through the pipe cleaner loop and pull the loop tight.



4. Push both ends of the pipe cleaner through the silk flower petals to make a fairy dress or pixie tabard.



5. Twist one of the pieces of the pipe cleaner around the other piece about 4 or 6 times. Make sure that one end is about 5 cms longer than the other end. Cut the pipe cleaner so they both measure the same length ( this will be the helper's legs)

6. Use the piece of pipe cleaner that you have cut to wrap around the double pipe cleaner just below the head above the silk flower petal. This will make the arms.
7. Use wool or ribbon to make a loop at the back which can be glued into place to make the wings. Or, if you prefer you can use some cut out leaf shapes to stick on the back of your helper.
8. Use a fine felt tip marker to draw a face on you bead.



This is just a basic design but you can develop it however you like.

Design a special garden for your Willow Helper to live in and create a place outside or a window box garden or an indoor garden for your helper to live in. Think about ways you and your Willow Helper can help nature.

Here are some indoor garden designs to help give you some ideas:





Here are some ideas to work with nature:

- Clear and create a special nature place.
- Plant wild flower seeds to attract butterflies and bird visitors
- Help to pick up rubbish if you see it lying around and put it in the rubbish bin – help to keep our environment clean
- Plant some vegetables to grow and eat them
- Place water bowls for birds to bathe in, put out fat snax or bird seed for them to eat. Make a promise to your 'helper' to do something to help nature every day
- Recycle something and place it in your special place
- Have games with your friends as to who can make the most interesting item from recycling something. Sell them to raise some money for the online animal sanctuary or for a charity that helps animals or nature.
- Keep a nature diary of who visits your special place from the nature world and when?

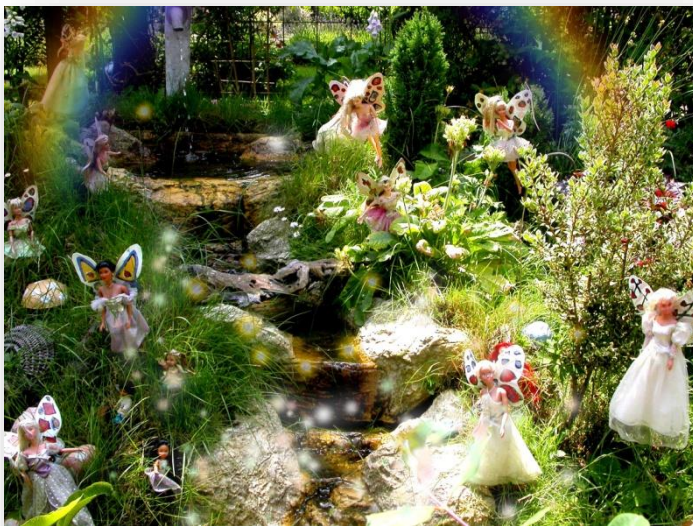


A gentleman I know, Reg Langlois has a very special garden on an island called Jersey. He built a fairy garden there. He recycled dolls and made them into fairies and magical fairy scenes. You can visit his garden here:

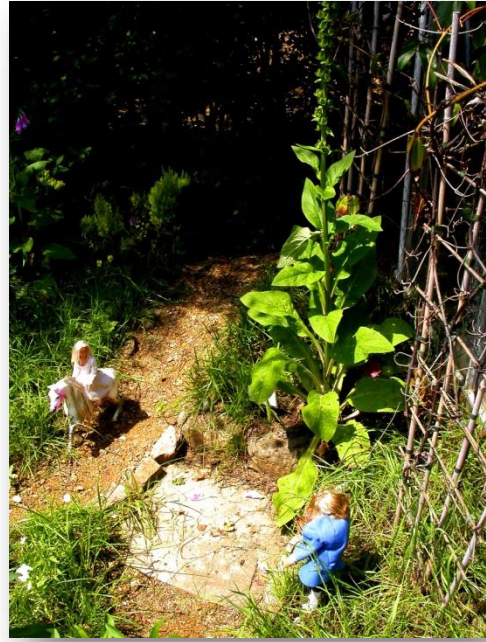
<http://www.reg-fairygarden.co.uk/>



Here are some pictures I took when I was there....







You could even plan your own fairy tale in your garden!





If you work with a group of children then you might like to create a separate garden area for children to design their own Willow's Helpers space. Here is the children's fairy garden space that Reg created. Each child has a separate fenced off area and plants their own area out with their parents. They can design it and grow what they like.

