



MAKE IT & BREAK IT – SCHOOL WORKSHOPS

DEVELOPING PUPILS' CULTURAL CAPITAL AND SUPPORTING THEIR MENTAL HEALTH AND WELLBEING, THROUGH THE EXPERIENCE OF LEARNING ABOUT AND MAKING THEIR OWN PIÑATA IN A SUPPORTIVE ENVIRONMENT.

These workshops have been developed for small groups of pupils of all ages, based on the successful wellbeing workshops for adults, which we carried out pre-pandemic. Through the medium of a group-based craft activity, pupils will experience the unique opportunity to achieve success in creating a genuine Latin American piñata.

SWEET PAPER CREATIONS

PUPIL WELLBEING PROJECT

Piñata "Make it & Break it" Workshops (1/2 day):

This is a 3-hour, craft activity for small groups of children and adults who are experiencing poor mental health, especially stress, low self-esteem, social anxiety or depression, and especially following the difficulties of the pandemic in 2020-21. The activity is great for developing confidence and resilience, but works just as well for a fun activity as a wellbeing reward.

Over the course of the session, participants will be helped to make and decorate a piñata of their own design, or one of our traditional, Latin American designs. (We currently have a Coronavirus piñata, which serves as great cathartic focus for venting the frustrations of the past two years!) Pupils will feel a sense of fulfilment creating a unique piece, which they can then break with the rest of the group, or take home to share with family and friends.



Participants can work individually or collectively with the group in a shared experience. We encourage participants to paste written notes of their fears, worries and concerns onto the piñata shell, which they can then smash, as a sign of breaking the hold that those negative emotions may have over them. Along with the sweets that traditionally fill the piñata, participants will insert notes of their hopes and aspirations, which will shower over them when they break the piñata.

For older children and adults, the action of smashing the piñata is great fun and can provide a real sense of catharsis, perhaps using the playground to hang up the piñatas and for the group to collectively smash them. However, for younger children, we can help them to make a ribbon-pull, trapdoor piñata, which does not require breaking.

WHO WE ARE AND WHAT WE DO



We are Ali and Patty, running this small, not-for-profit, family company which has a vision to develop creative, craft workshops in schools and in the local community. Our passion is to share our Guatemalan cultural heritage of piñatas (all of which are 100% recyclable), with a mission to support the wellbeing of anyone suffering from poor mental health.

We have been making piñatas for our family and friends for many years, then in 2018 we opened an online shop to sell piñatas to anyone looking for a special way to celebrate an event. We have used our income to establish and deliver our “Make it and Break it” piñata workshops for local people of all ages and backgrounds who might be suffering from poor mental health. (Please visit our [website](#) for more details.)

Now that we are emerging from the global pandemic, we aim to resume our workshops and develop the next steps of our vision: to offer our services to schools. This already formed a part of our vision in 2020 but was delayed by the pandemic, which has massively impacted the wellbeing of young people.

Patty was born and raised in Guatemala. She has over 20 years of professional childcare leadership experience in the UK, with a degree in Early Years Provision, the National Professional Qualification in Integrated Centre Leadership (NPQICL) and over eight years' experience working in schools and managing Children's Centres.

Ali has Guatemalan/British dual heritage. An Architectural Technology graduate from Sheffield Hallam University, Ali has lived and worked in Guatemala.

We are both DBS-checked.

The Details:

The workshop is designed for groups of approximately 8-10 pupils working in a 3-hour session. We will arrive with all the resources and materials that will be needed (all of which are recyclable).

This will include a selection of ready-made piñata base shapes, decorative paper and character features to allow pupils to make the piñata of their choice. We will explain the background of the piñata in Latin American culture and will show pupils the steps to make their own, supporting them where necessary to achieve success.

We are not therapists, but we have experience of working with adults and children with poor mental health. The group craft-making activity provides an excellent environment for pupils to share their concerns, if they wish to do so, and the activity itself is great as a creative outlet.

Costs:

A 3-hour workshop costs £300, inclusive of all costs (travel, two facilitators and all materials). Two workshops in a day, one on the morning and one in the afternoon, costs £550.

We ask for 50% deposit upon booking and the rest once the event is complete.

Schools can use additional funding provided in 2021-22 to support pupils' wellbeing post-pandemic. Pupil Premium funding can also be used to broaden and develop the cultural capital of disadvantaged pupils.

Sweet Paper Creations:

For more information about our company, examples of our piñatas and workshops and testimonies please visit our website: www.sweetpapercreations.com

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