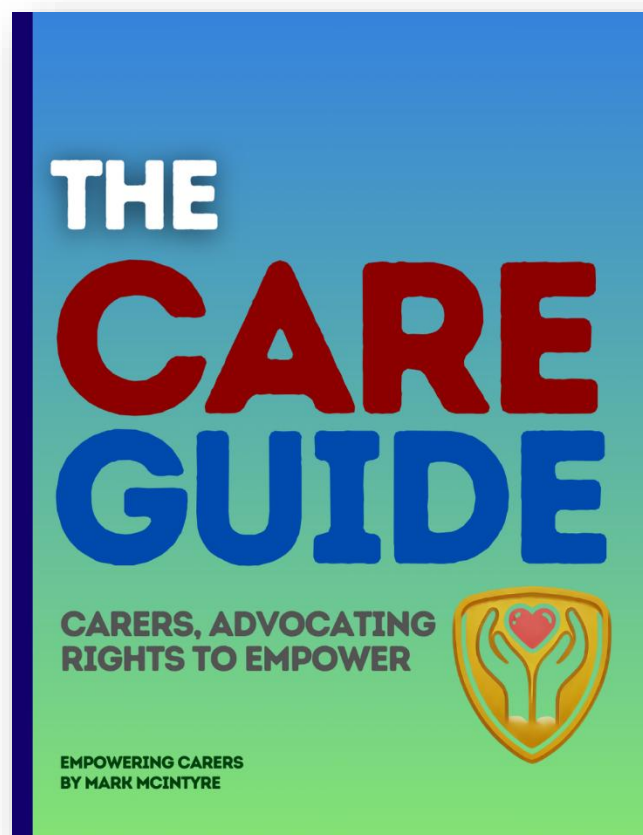


# STORY 8

## Right to Play and Rest

*Reflection and Teaching Aid*

*Section B of The Care Guide – Advocacy Stories*



## Training Resource Sheet

### Story 8: Lulu the Fairy: Right to Play and Rest

(From Section B – Advocacy Stories)

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#### Story Summary

Lulu the Fairy is always busy with tasks set by others. She rarely gets time to relax or do things just for fun. When she asks to join in a dance or spend time on her own interests, she is told she is being lazy or distracted. Over time, Lulu starts to lose her spark. Eventually, she learns that rest and play are not selfish - they are essential. This story reminds us that every person, no matter their needs or setting, deserves time for joy, creativity, and recovery.

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#### Training Focus Areas

1. **Understanding the Importance of Rest**
    - Why is rest vital in care settings - for staff and service users?
    - How do routines sometimes overlook individual energy levels?
  2. **Valuing Play and Leisure**
    - What role does fun play in mental health and wellbeing?
    - How can carers support service users to enjoy life, not just endure it?
  3. **Challenging Productivity Pressure**
    - Why do we sometimes equate busyness with value?
    - How do we make space for meaningful downtime?
  4. **Person-Centred Planning for Balance**
    - Are rest and recreation built into individual care plans?
    - How can staff model and support a balanced life?
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#### Discussion Questions

- When was the last time you truly rested or had fun at work?
- How can we tell if a service user is getting enough time to recharge or enjoy themselves?
- What stops people from valuing rest - in themselves or others?
- How do we balance activity with the need to slow down?

## Practical Actions

- **Role Play:** Practise suggesting downtime to a colleague or service user in a way that affirms its value.
  - **Reflective Task:** Think about your own work-life balance - write one action you could take to protect your rest time.
  - **Weekly Challenge:** Support one service user this week in doing something purely for enjoyment - and share that moment with the team.
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## Key Learning Outcome

Rest and play are human rights. They are not luxuries or laziness - they are key to dignity, wellbeing, and real person-centred care.

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## How to Use This Resource

Use during wellbeing sessions, care planning meetings, or team development discussions. Lulu's story is a gentle reminder that life in care settings should include joy and rest for everyone involved.

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**Date:**

**Time:**

**Place:**

**Name of presenter:**

**Names of staff in attendance:**

**Name of service users taking the lesson:**

**Feedback:**