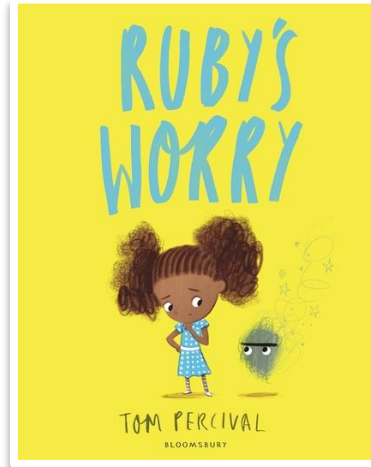


Ruby's Worry



Questions: Pupil

- How does this worry make you feel?
- Have you tried to talk to anyone about it?
- On a scale of 1-10 where is this worry?
1=very small 10 = an emergency
- Have you had this worry before?
- What do you think would help?
- Why do you think this feeling is happening?
- What are you going to do now?
- What can you do if you have this worry again?



Questions: Book

- How do you think Ruby felt when she discovered her worry?
- Do you think pretending that it wasn't there was a good idea? Why?
- What could Ruby have done to stop worrying about her worry?
- Do you think the worry actually took up half of the school bus? Why did Ruby feel like it did?
- What made the boy's worry shrink?



Activities

- Choose your favourite page in the book and say what is happening and what you can see.
- Draw a picture of Ruby's worries disappearing.
- Draw a picture of people who could help you with your worry.
- Write what you would say to your worry if it could hear.
- Ball throw - state things that make you happy.
- Use Lego to make something that makes you happy.
- Challenge - Use 3 different colours.



Advice

- It's ok to have a worry.
- Everyone has a worry now and again.
- Sharing a worry is the best thing to do.
- You can talk to anyone: a friend, teacher, parent, dinner lady or sibling. Choose someone you feel comfortable talking to.
- Often worries seem bigger than they are. Take a deep breath, you will be ok.

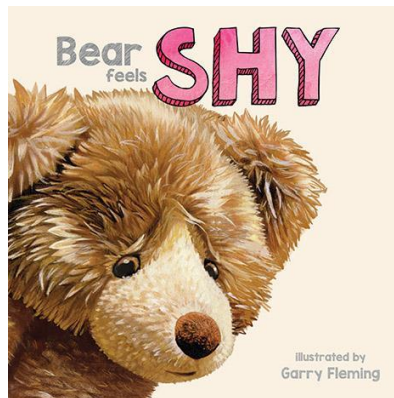


Bear feels SHY



Questions: Pupil

- How does being shy make you feel?
- Have you tried to talk to anyone about it?
- Have you had this feeling before?
- What do you think would help?
- Why do you think this feeling is happening?
- What are you going to do now?
- What can you do if you have this feeling again?



Questions: Book

- How do you think Bear felt when he discovered his shy feeling?
- How can being shy make you feel?
- What could Bear do to help overcome his shyness?
- How do you think Bear might feel after speaking with his mum?
- What advice could you give Bear?



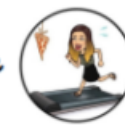
Activities

- Choose your favourite page in the book and say what is happening and what you can see.
 - Draw a picture of Bear speaking with his mum about his feelings.
 - Draw a picture of people who could help you with your feeling.
 - Write what you would say to your feeling if it could hear.
 - Ball throw - state things that can make you feel less shy.
 - Use Lego to make something that makes you happy.
- Challenge - Use 3 different colours.



Advice

- It's ok to feel shy.
- Everyone feels shy now and again.
- Sharing how you feel is the best thing to do.
- You can talk to anyone: a friend, teacher, parent, dinner lady or sibling. Choose someone you feel comfortable talking to.
- Often feelings seem bigger than they are. Take a deep breath, you will be ok.

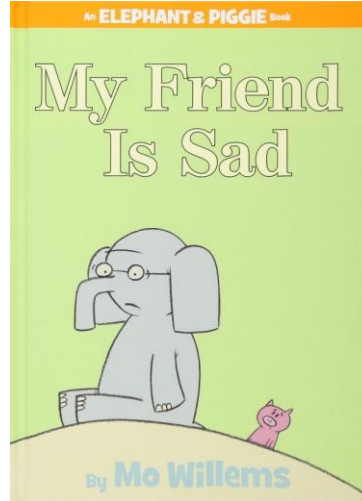


My Friend is Sad



Questions: Pupil

- What is making you feel sad?
- How does it make you feel when your friend is sad?
- How does it make you feel if your friend doesn't understand how you feel?
- Have you tried to talk to anyone about it?
- On a scale of 1-10 where is this worry?
1=very small 10 = an emergency
- Why do you think this feeling is happening?
- What can you do if you have this worry again?



Questions: Book

- Why did Gerald feel sad?
- What did Piggy do to make him happy?
- How do you think Piggy felt in the story?
- Could Piggy have done anything else to make his friend happy?
- When Gerald was sad what words could Piggy have used to try to make him feel better?



Activities

- Choose your favourite page in the book and say what is happening and what you can see.
- Draw a picture of what you enjoy doing with your friends.
- Write a list of things that make a good friend.
- Draw a picture of what makes you happy/sad.
- Ball throw - state things that make you happy.
- Use Lego to make something that makes you happy.
- Challenge - Use 3 different colours.



Advice

- It's ok to feel sad.
- Everyone feels sad now and again.
- Sharing what is making you sad is the best thing to do.
- You can talk to anyone: a friend, teacher, parent, dinner lady or sibling. Choose someone you feel comfortable talking to.
- Often worries seem bigger than they are. Take a deep breath, you will be ok.

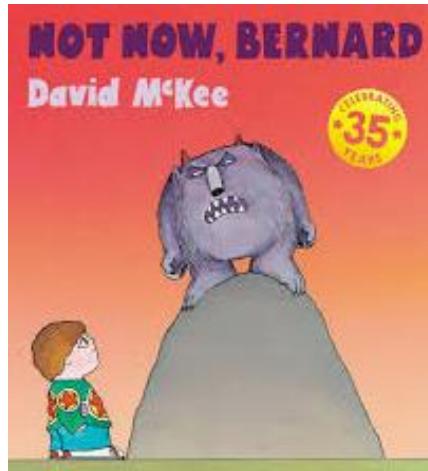


Not Now, Bernard



Questions: Pupil

- How does your family make you feel?
- Have you tried to talk to anyone else apart from the people in your family?
- On a scale of 1-10 how similar is this story to your family?
1=not similar 10 = very similar
- What do you think would help you when you are feeling this way about your family?
- Why do you think this is happening in your family?
- Will you do anything differently now?



Questions: Book

- How do you think Bernard felt when his family were ignoring him?
- Do you think going outside was a good idea? Why?
- What could Bernard have done instead of going outside?
- Do you think a monster actually ate Bernard? Why do you think it says that the monster did?
- What might make Bernard come back?
- How could Bernard's family make it better?



Activities

- Choose your favourite page in the book and say what is happening and what you can see.
- Draw a picture of how Bernard would have felt if his family hadn't ignored him
- Draw a picture of what Bernard could have done instead of talking to the monster.
- Write what you think Bernard would say to his mum or dad.
- Ball throw – say what you would like to say to your family



@ScotinManc



Advice

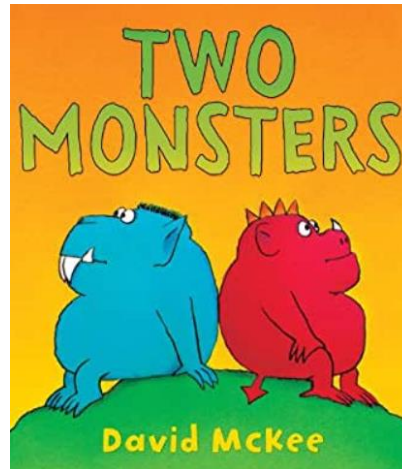
- It's ok to get angry.
- Everyone feels like they are being ignored at different points in their lives.
- Waiting and being patient with your family shows that you care about them to.
- You can talk to anyone: a friend, teacher, parent, dinner lady or sibling. Choose someone you feel comfortable talking to.
- Often a family member will remember that you need to talk and come and find you
- Take a deep breath, you will be ok.

Two Monsters



Questions: Pupil

- How do your friends make you feel?
- Have you tried to talk to anyone about it?
- Have you had trouble with these friends before?
- What do you think would help?
- Why do you think this is happening?
- What are you going to do now?
- What can you do if you have this happens again?



Questions: Book

- How do you think the monsters felt at the beginning of the story?
- What caused the argument between the two monsters?
- How did the monsters feel when they were arguing with each other?
- What did the two monsters learn?
- Did you learn anything from the story?



Activities

- Draw a picture of someone being a kind friend.
- Draw a picture of how the blue monster makes the red monster feel.
- Write what the monsters should have said to each other.
- Ball throw - state things that make a good friend.
- Use lego to build a new mountain for the two monsters. Challenge - Use 3 different colours.



Advice

- Treat others how you want to be treated.
- Don't compare yourself to others.
- Be true to yourself.
- Don't isolate yourself when you're upset.
- Remember, you don't have to be part of a group or follow someone to fit in.



Under the Love Umbrella



Questions: Pupil

- How do negative emotions make your body feel?
- Who can you talk to if you feel these?
- What do you think would help remind you that your love umbrella is always there?
- What other types of umbrella would work for you?
- How can we explain to others that we have a love umbrella? What other words could we use?



Activities

- Use glitter and paint to create a picture of your umbrella in the sky
- Draw a picture of how the love umbrella makes you feel
- Write 3 things that the umbrella might say to you
- Write a song or poem about the people or person that would be holding your love umbrella
- Re-create your favourite part of the story using items you have available



Questions: Book

- How could you describe the love umbrella?
- What is the purpose of the umbrella?
- In which situations was the love umbrella there?
- Why do you think the umbrella is invisible?
- Who would you hold your love umbrella above and why?
- Is everyone's umbrella the same? Why?
- Can you think of something special that symbolises a love umbrella for you?



Advice

- If you feel worried or scared imagine the love umbrella is above you
- No matter what you are feeling, the love umbrella will always be there
- Think about what the love umbrella means to you – who would be holding your love umbrella?
- Even when you feel alone, your love umbrella will be above you

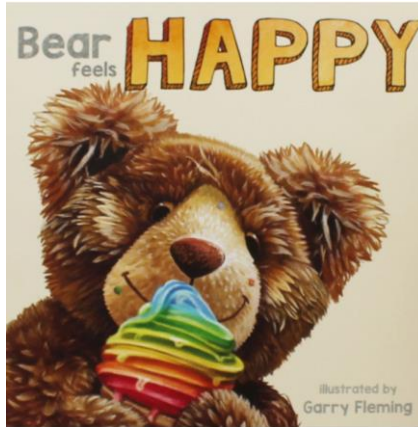


Bear Feels HAPPY



Questions: Pupil

- How does being happy make you feel? Does your expression change?
- On a scale of 1-10 how happy do you feel?
1=not very happy 10 = very happy
- When did you last feel really happy?
- What makes you happy?
- Do you think it is ok to not be happy?



Questions: Book

- How do you think Bear feels when he's in his bubble bath?
- How do you think other people feel when you are really happy?
- What could Bear do to make his mummy happy?
- Would you be happy if you were bear?



Activities

- Choose your favourite page in the book and say what is happening and what you can see.
- Draw a picture of your happiest moment.
- Write a sentence to state how you would act when you are happy
- Describe a time when you have felt really happy
- Draw a poster of all the things that make you happy



Advice

- It's ok to be happy.
- Its ok to not be happy.
- Its ok if things that make you happy don't make someone else happy.
- You can talk to anyone: a friend, teacher, parent, dinner lady or sibling. Choose someone you feel comfortable talking to.

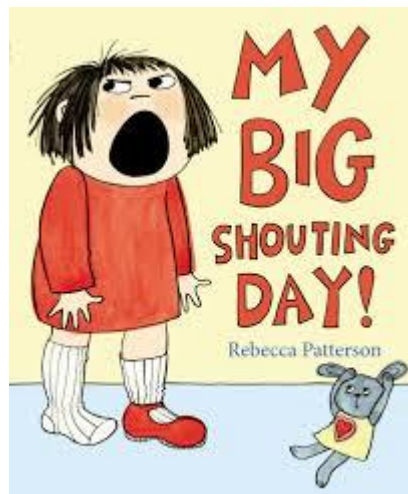


My Big Shouting Day



Questions: Pupil

- What does the feeling mean?
- Have you tried to talk to anyone when angry?
- On a scale of 1-10 where is this anger?
1=very small 10 = an emergency
- Have you had this anger before?
- What do you think would help when angry?
- Why do you think you get angry?
- What can you do if you have this anger again?



Questions: Book

- How do you think Bella felt when she was in bed with her mum?
- How did all that anger and frustration affect her day?
- What could Bella have done instead of shouting?
- Do you think Bella felt better after shouting so much?
- Why was Bella so tired at the end of the day?



Activities

- Choose your favourite page in the book and say what is happening and what you can see.
- Draw a picture of Bella's anger disappearing at the end of the story.
- Draw a picture of people who could help you with your anger
- Write what you would say to your anger if it could hear.
- Mindfulness colouring
- List all of the good things that have happened so far today.



Advice

- It's ok to be angry at times.
- Everyone gets angry now and again.
- Calming down is the best thing to do.
- You can talk to anyone: a friend, teacher, parent, dinner lady or sibling. Choose someone you feel comfortable talking to.
- Often anger doesn't make you feel better. Take a deep breath, you will be ok.

