



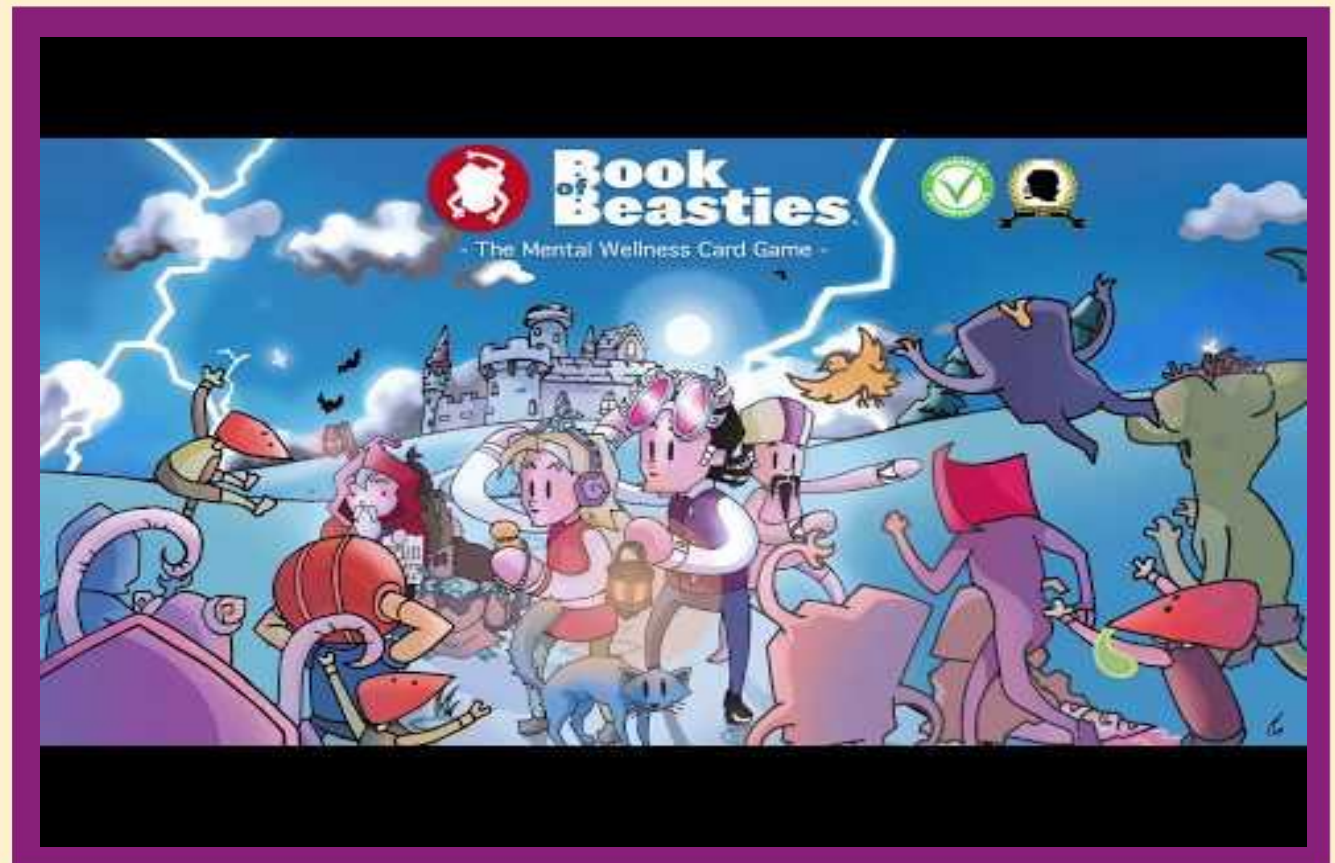
Lesson Pack (For Little Beasts)



Remote Wellness Kit

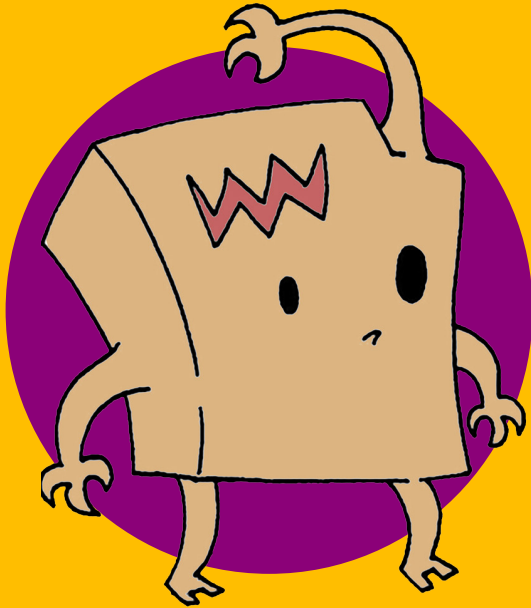
The Story

Set the scene by having the class watch this video, which provides a background to the world of Book of Beasties and its characters, explaining that these are the Beasties we are going to help.





AKKY



About Akky

This poor Beastie feels very bad about himself. He has low self-esteem. He can't bring himself to stand up straight, so feels even worse. Try having a stretch.

Session 1

Paper Hats and Positive Posture

How to Help

Standing up straight with your shoulders back projects confidence, which if we can look it then we can feel it.
If Akky had a nice stretch and good posture then it could help him feel better about himself.

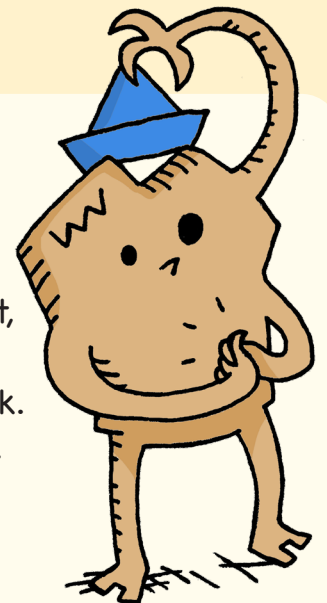
Discussion Prompts

- ▶ Why might Akky not be feeling great?
- ▶ How does slouching contribute to Akky feeling glum?
- ▶ How can we help Akky/ ourselves/ others?

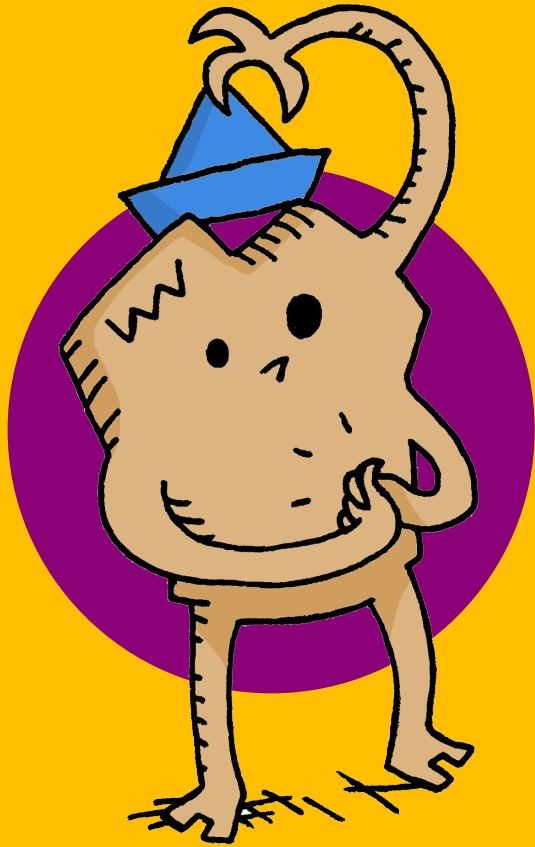
Activity

Encourage good posture by practising stretching exercises whilst balancing a paper hat on your head.

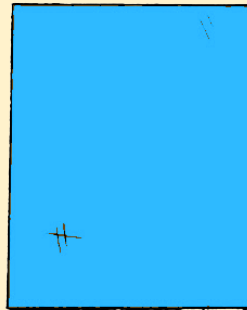
- ▶ Head up high to the sky and shoulders back, look confident, be confident.
- ▶ Perform upper body stretches from your neck to your back.
- ▶ Perform lower body stretches from your hips to your toes.



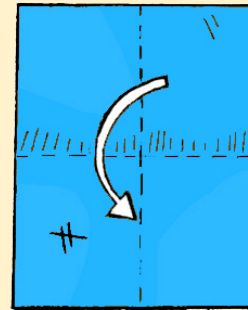
Origami Guidance - Hat



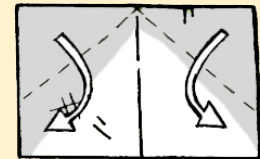
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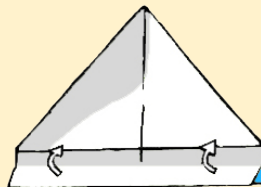
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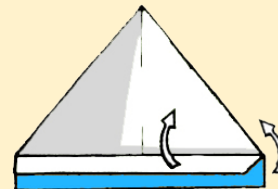
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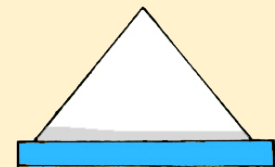
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BRONZE CHILD



About Bronze Child

Bronze Child's head is stuck in a big, heavy brass ball. It causes him a lot of stress as he struggles to move and makes it hard for him to concentrate.

Session 2

Making Mindful Music

How to Help

It can get awfully echoey inside Bronze Child's big brass head, so finding a peaceful place to sit quietly and gather his thoughts helps him to destress and calm his nerves. Once he has a quiet mind, it can be far easier to concentrate.

Discussion Prompts

- ▶ What could be making him stressed?
- ▶ What are different types of stress
- ▶ How would you quieten your own mind, maybe Bronze Child could try?

Activity

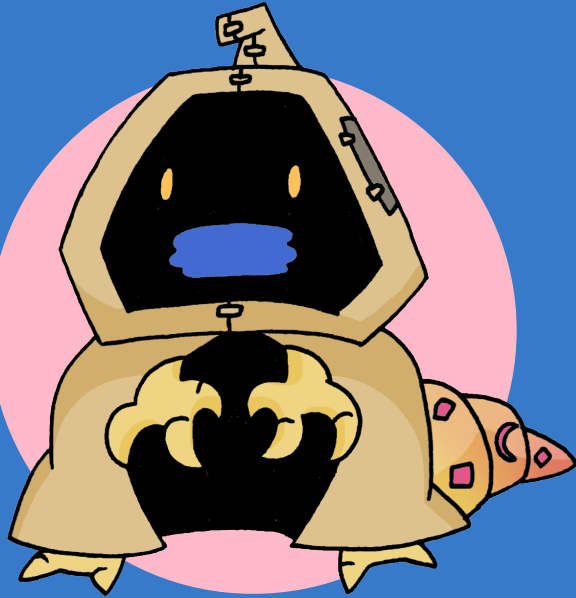
Find an item in your surroundings that makes a calming sound and discuss why you think it is calming. Take turns to play with these instruments or even make noises yourself, then see if you can make a nice tune together.

- ▶ A wooden block
- ▶ A bird whistle
- ▶ Wind chimes
- ▶ Or just "ommmmm"





DEKI



About Deki

Deki is so conscious about how she looks that she goes around borrowing people's clothes to cover up. Someone could help her see how beautiful she is.

Session 3

Bashful Beastie's Inner Beauty

How to Help

Sometimes a quick compliment can go a long way towards helping others realise their own qualities. Not all qualities are visible ones. So taking the time to get to know more about Deki could reveal some wonderful things.

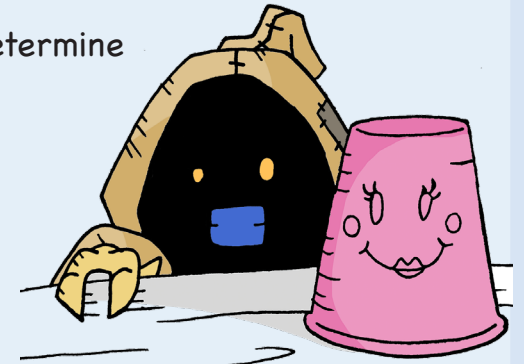
Discussion Prompts

- ▶ Why is inner beauty just as important as outer?
- ▶ What might be making her feel self conscious?
- ▶ How could we discover Deki's and other's hidden qualities?

Activity

What is beauty? Discuss this with the group and determine the differences between inner and outer beauty. Draw your version of Deki.

- ▶ Deki can look however you want her to look.
- ▶ Draw what you think inner beauty is (we use paper cups as they are shaped like Deki).
- ▶ Create a beautiful art gallery of different examples of Beauty. Notice all the different ways it can look.





FEVER FOLK



About Fever Folk

Fever Folk mostly feel very low. They worry that this brings everyone around them down too. Maybe a warm blanket and some healthy food could help.

Session 4

Super Soothing Self Care Soup

How to Help

Feeling unwell not only takes a toll on our physical health, but also our mental health.

If the Fever Folk wrapped themselves up in a big warm blanket and had some nice healthy comfort food, maybe they could feel better.

Discussion Prompts

- ▶ What could be making them feel unwell?
- ▶ Why is self care important for our physical and mental health?
- ▶ How can we let the Fever Folk know we are there to support them?

Activity

There are so many healthy foods in the world that we can eat to make us feel better. See if we can find the best and our favourite to make a tasty soup. Draw your ingredients.

- ▶ Which are the healthy foods and which are not?
- ▶ Talk about our favourite ingredients and what goes well together.
- ▶ What are foods that make us remember good times and good people?
- ▶ Draw your favourite ingredients.





GAGATEK



About Gagatek

When Gagatek gets down in the dumps he roots deep into the ground and seems too frightened to move. If only he had his favourite thing...

Session 5

Comforting Comfortable Comforts

How to Help

When we lose our confidence or feel particularly low, it may help to have our favourite comfort to hand. Gagatek's favourite is his Gagabear, but if he doesn't have it maybe we can create a comfort for him.

Discussion Prompts

- ▶ What could be making him want to root into the ground?
- ▶ How might his comfort help him and when might he need it?
- ▶ What makes an ideal comfort for Gagatek and for ourselves?

Activity

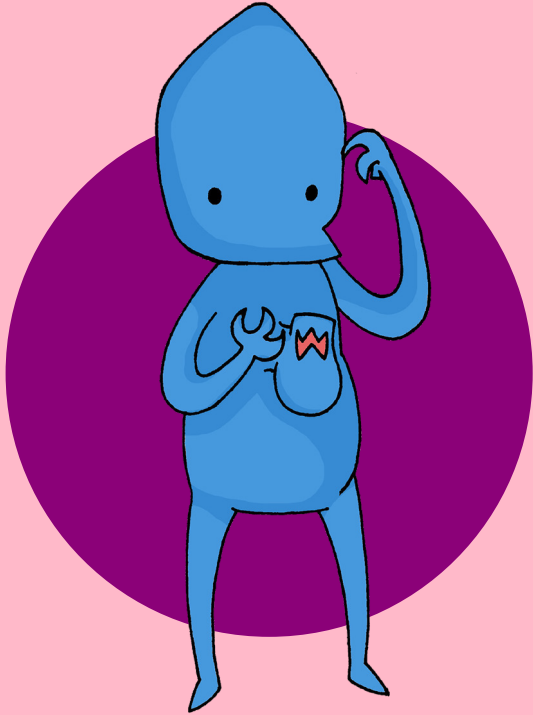
Discuss what a comfort is, how they help, why they can be important and when we could use them to make us or others feel better.

- ▶ Talk about examples of a comfort
- ▶ Draw our favourite thing, or...
- ▶ Draw our comfort
- ▶ Send your comforts to: info@bookofbeasties.com





GEMINI



About Gemini

Gemini is such a lovely Beastie. If only his mean little mouth would stop filling his head with such negative thoughts. How can we help him be more positive?

Session 6

I Am: A Positive Pondering

How to Help

Everyone can be hard on themselves sometimes, but it is good to remember the positive things about us. When Gemini says something negative we could help him spin that into something more positive.

Discussion Prompts

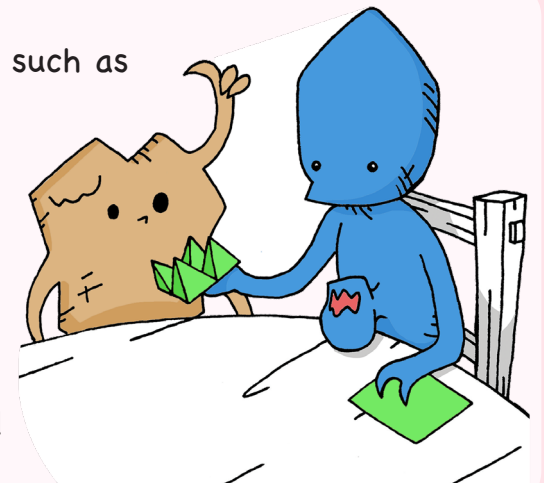
- ▶ Why is he being so hard on himself?
- ▶ What could he do to be more positive?
- ▶ How could we help Gemini spin a negative thought into something positive?

Activity

A positive affirmation is something good about us, such as being happy, kind or generous.

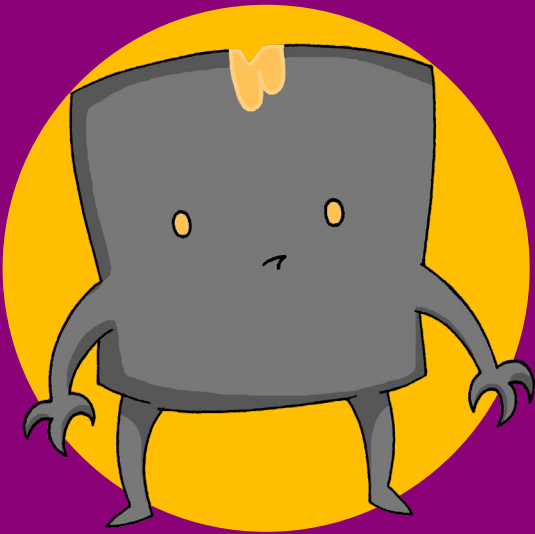
Think of a positive affirmation about you for each letter of the alphabet. But each person must remember all of the words that were said previously before adding their own.

For example... "I am awesome" "I am awesome and brilliant" etc. (You can use these examples.)





HALLUSAN



About Hallusan

Hallusan often doesn't want to go home so floats in and out of other people's dreams causing mischief.

Stop a while to see what he has to say.

Session 7

Triumph Treasure Mapping

How to Help

If someone doesn't want to go home, or anywhere for that matter there could be a good reason why. We could take the time to sit and talk to Hallusan to find out more about him, his worries, dreams and ambitions.

Discussion Prompts

- ▶ What might be causing Hallusan to not want to go home?
- ▶ Why is it important to have dreams and ambitions?
- ▶ How can we set ourselves achievable goals?

Activity

We are going to create a secret map that will help lead us to our dreams and ambitions and help us get there by setting ourselves simple milestones. Afterwards you can decorate your map.

- ▶ Draw an X on one corner of the page and write your ambition next to it.
- ▶ Draw a wavy path to the opposite corner, this is where you are now.
- ▶ Set achievable goals along the path to help you fulfill your ambition.





HYPNOR



About Hypnor

Hypnor dislikes being in public so gives off a hypnotic gas that makes her blend with her surroundings.

If only we could find her and show her that she is ok.

Session 8

Animal Acting

How to Help

Being around other people can sometimes be quite stressful. But if we can just help each other and Hypnor feel more comfortable and welcome into the world, then maybe it wouldn't be so bad?

Discussion Prompts

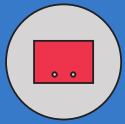
- ▶ Why might she be scared of other people?
- ▶ What are the reasons she should not be scared of us?
- ▶ Why is it good to always be yourself with other people?

Activity

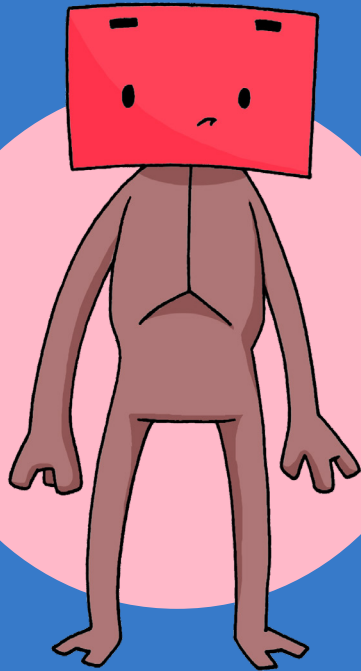
It is important to be able to be yourself. Discuss why this is true and why it is important.

- ▶ Think of an animal to act out for the rest of the group.
- ▶ You cannot use words or your voice, just movement to portray the animal you have chosen.
- ▶ Everyone else must try to guess what you are. (The message here is that it is far easier to just be yourself)





PURRGY



About Purrky

Purrky doesn't feel like he fits in so is always trying to draw and copy other people's faces onto masks to help him feel more part of the world.

Session 9

Anti-Anxious Airlines

How to Help

Sometimes when we are new to a place or a group it can feel as though we may not fit in. But our own identities are what make us special, just like Purrky. We can show him what is special about him.

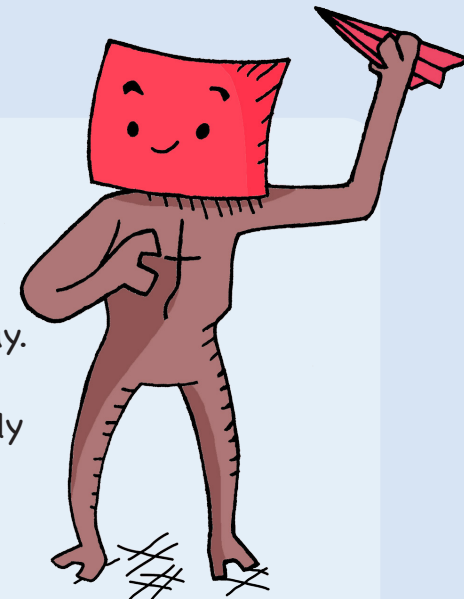
Discussion Prompts

- ▶ What might contribute to him feeling like he doesn't fit in?
- ▶ Why might he be trying to be someone he is not?
- ▶ What are some concerns or worries that we cannot control?

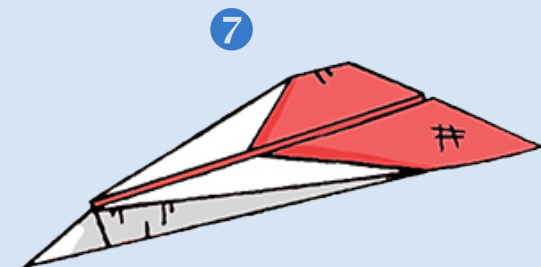
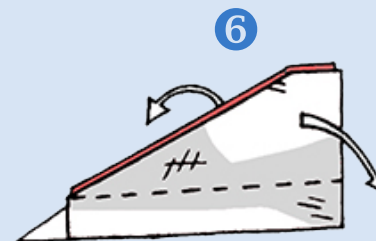
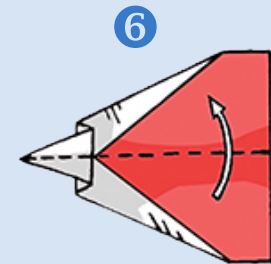
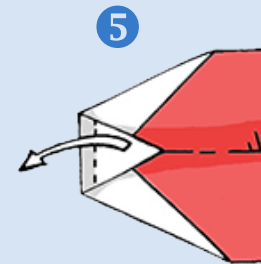
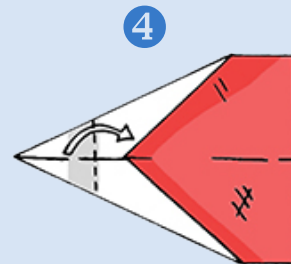
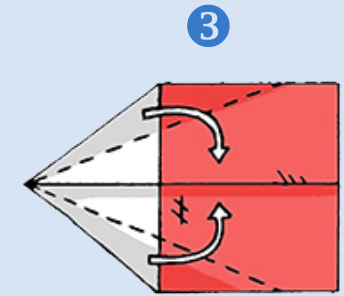
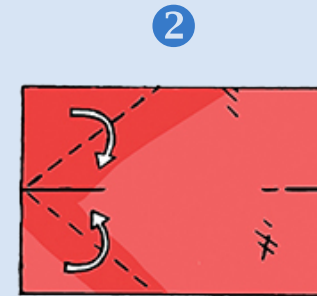
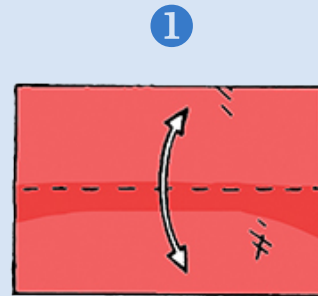
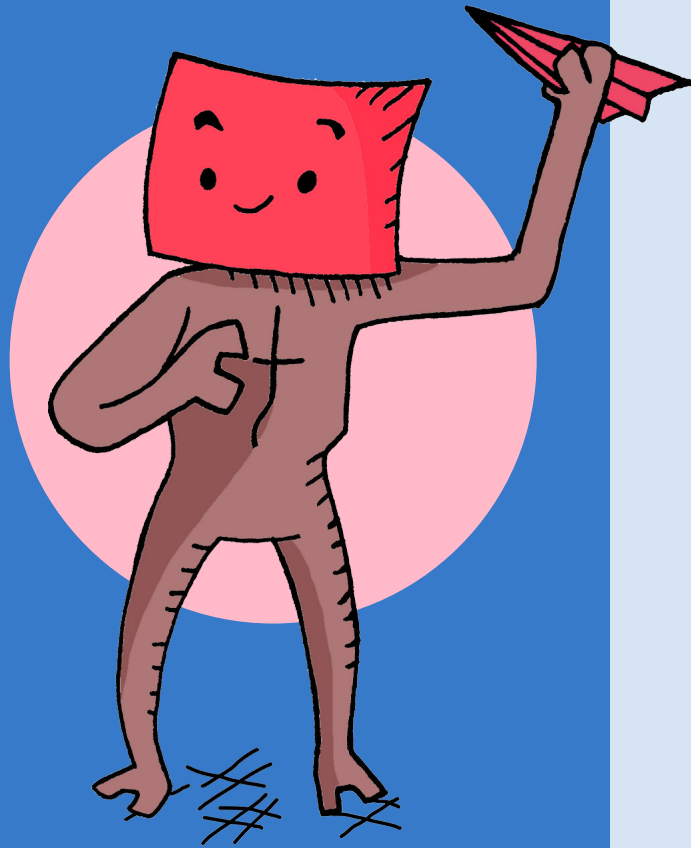
Activity

We all worry sometimes and that is fine, but Purrky worries a lot. Discuss concerns and worries that we cannot control and how we can manage them. What better way than writing them on a paper plane and throwing them away.

- ▶ Use a sheet of his parchment (any paper) to anonymously write down our worries and concerns.
- ▶ Turn them into a paper airplane and see who can throw them the farthest away.

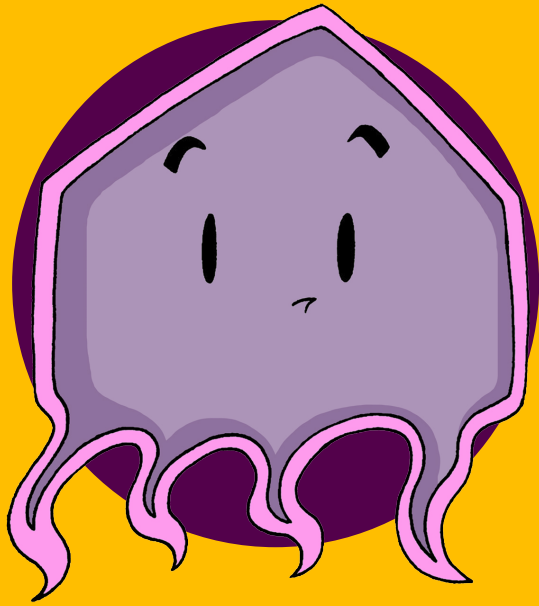


Origami Guidance - Plane





POPULO



About Populo

Everyone gets a foggy brain sometimes, especially poor Populo who loses her puff and can't bring herself to do anything.
Pause and take a deep breath.

Session 10

Be the Breeze that Blows the Boat

How to Help

Just because Populo gets a foggy brain and cannot focus on anything, it doesn't mean she is not capable of doing so.
If we help clear her mind by taking as many deep breaths as we need the fog will drift away.

Discussion Prompts

- ▶ What might be giving her a foggy mind?
- ▶ Why does this make her feel really small and unable?
- ▶ When else would deep breathing be beneficial?

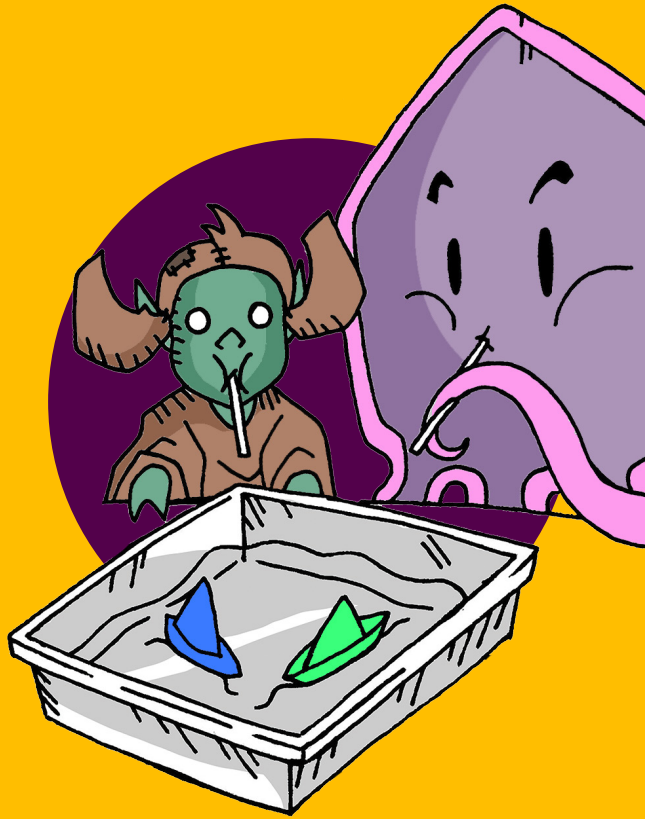
Activity

When we have a foggy brain it can be hard to concentrate. Using deep breaths to blow away the fog can sometimes help clear our minds. Just like an ocean breeze.

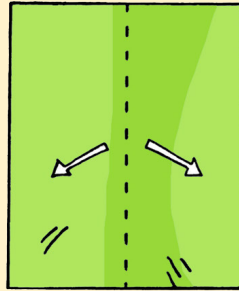
Create an origami boat for which you will be that breeze. Whilst folding the boat concentrate on your breathing, take slow and controlled breaths. Once you have finished your boat place it on the table and taking a big deep breath, blow and watch it drift away.



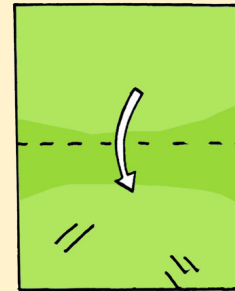
Origami Guidance - Boat



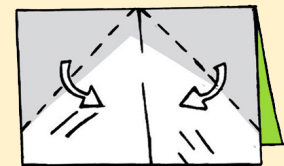
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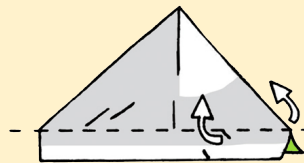
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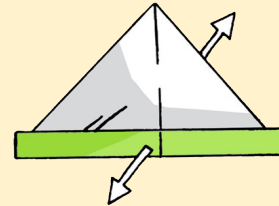
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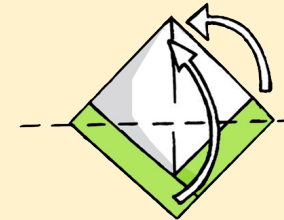
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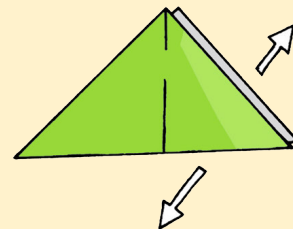
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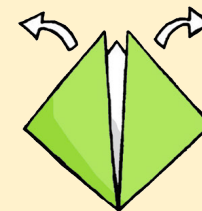
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Yoga Poses

Practice these yoga poses and explore their benefits at the end of each session to help relax and wind down the children following the activities.

The Butterfly

Description:

Sit on the floor with your back straight, soles of your feet together, breathe in deeply. Exhale slowly, relax and gently lower your knees towards the ground.

Benefits:

- ▶ Restores and calms your mind
- ▶ Helps intestine and bowel movement
- ▶ Eases fatigue
- ▶ Increases blood flow
- ▶ Improves overall flexibility



The Cat

Description:

On hands and knees, breathe in deeply as you raise your head and push your belly towards the floor. Exhale, lower your head, arch your back like a cat.

Benefits:

- ▶ Relieves stress and calms the mind
- ▶ Massages the digestive organs and improves digestion
- ▶ Tones the abdomen
- ▶ Improves blood circulation



Yoga Poses

Practice these yoga poses and explore their benefits at the end of each session to help relax and wind down the children following the activities.

The Mouse

Description:

Kneel on the floor with your bottom on your heels, your arms by your side. Breathe in deeply as you curl up like a mouse, exhale and feel the stress slip away.

Benefits:

- ▶ Helps relieve headaches and mild depressive symptoms
- ▶ The exhale releases stress and anxiety
- ▶ Allows you to rest and rejuvenate
- ▶ Helps increase concentration



The Tree

Description:

Stand on one leg with the other bent, the sole of your foot rested on your inner thigh. Concentrate on your balance by choosing a point to look at and focus on.

Benefits:

- ▶ Improves balance and stability
- ▶ Strengthens the bones in the hips and legs
- ▶ Builds self-confidence and esteem
- ▶ Helps increase concentration





Well Done