

Lesson Pack
(For Big Beasties)



Book
of
Beasties®



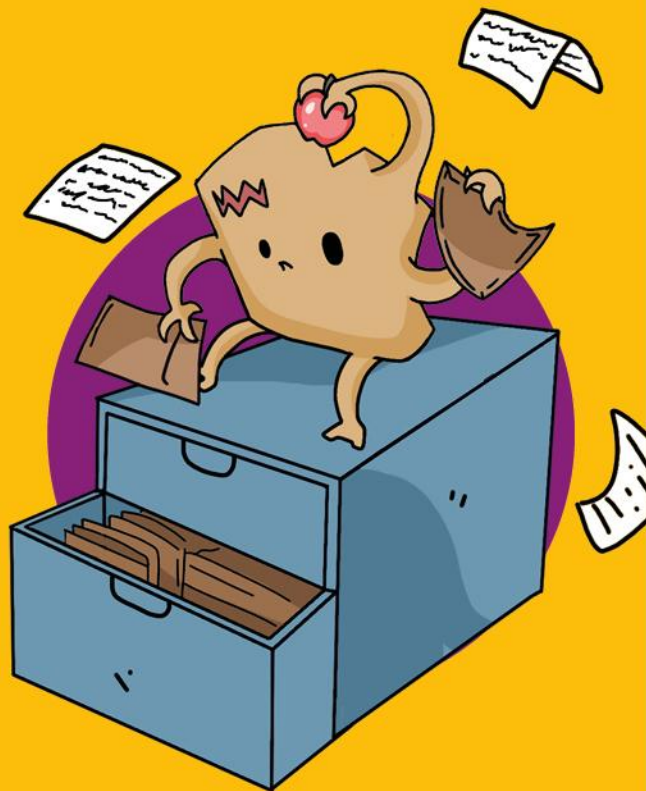
Remote Wellness Kit



Partner of

GREAT
ORMOND
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HOSPITAL
CHARITY





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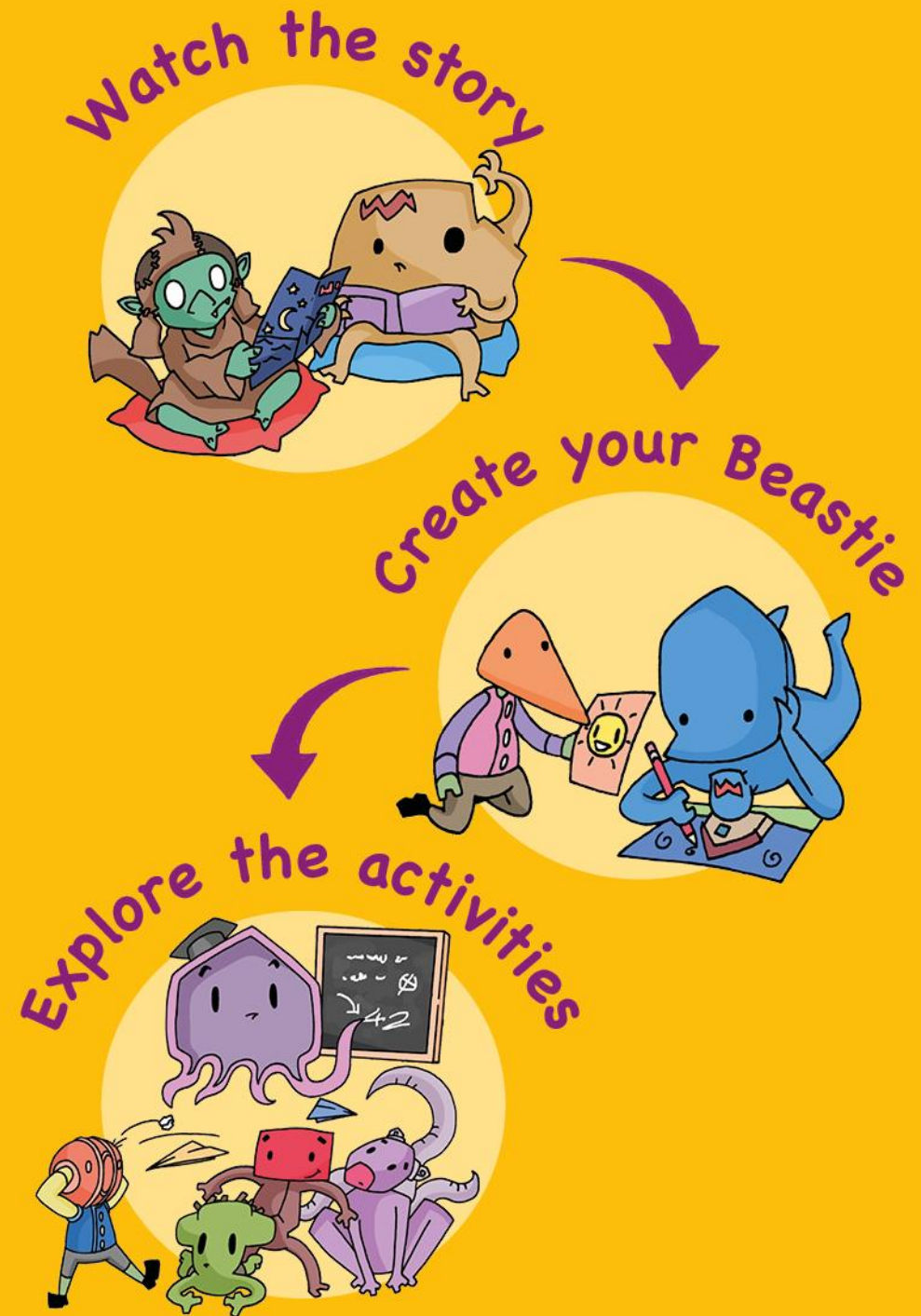
Overview & Outcomes

Use the story and session plans provided to implement simple to use PSHE sessions. Each has been tailored to remote learning platforms by teachers and specialists.

This document is compiled of a series of topics to explore with the children. They take the form of 30 minute encounters with unique Beasties, talking points as well as fun and simple activities.

Exploring the health and relationships curriculum in the way children know best, playfully and creatively, whilst learning to recognise and talk openly about their emotions.

Keep reading for detailed instructions on how to set up and run a session or jump to page 5 to skip to the session plans.



Introduction

Welcome to Book of Beasties Remote Wellness Kit, where we explore the wonderful wellness world of Book of Beasties from the comfort of our virtual classroom.

In these 30 minute PSHE sessions we will be exploring each Beastie, how they are feeling, if we have ever felt the same and then, how we are able to help them and possibly ourselves as well.

This acts as a safe space where we can talk, create, get active, share kindness and be playful.

We will be adding more content to Book of Beasties Remote Wellness Kit in due course, but in the meantime explore the following sessions, including discussion prompts, activities and exercises where we can build an adventure out of learning about our mental wellness.





How to Use Book of Beasties Remote Wellness

Book of Beasties remote wellness is a platform that uses the same concept as our mental wellness card game to encourage open conversation about mental health and wellness with children.

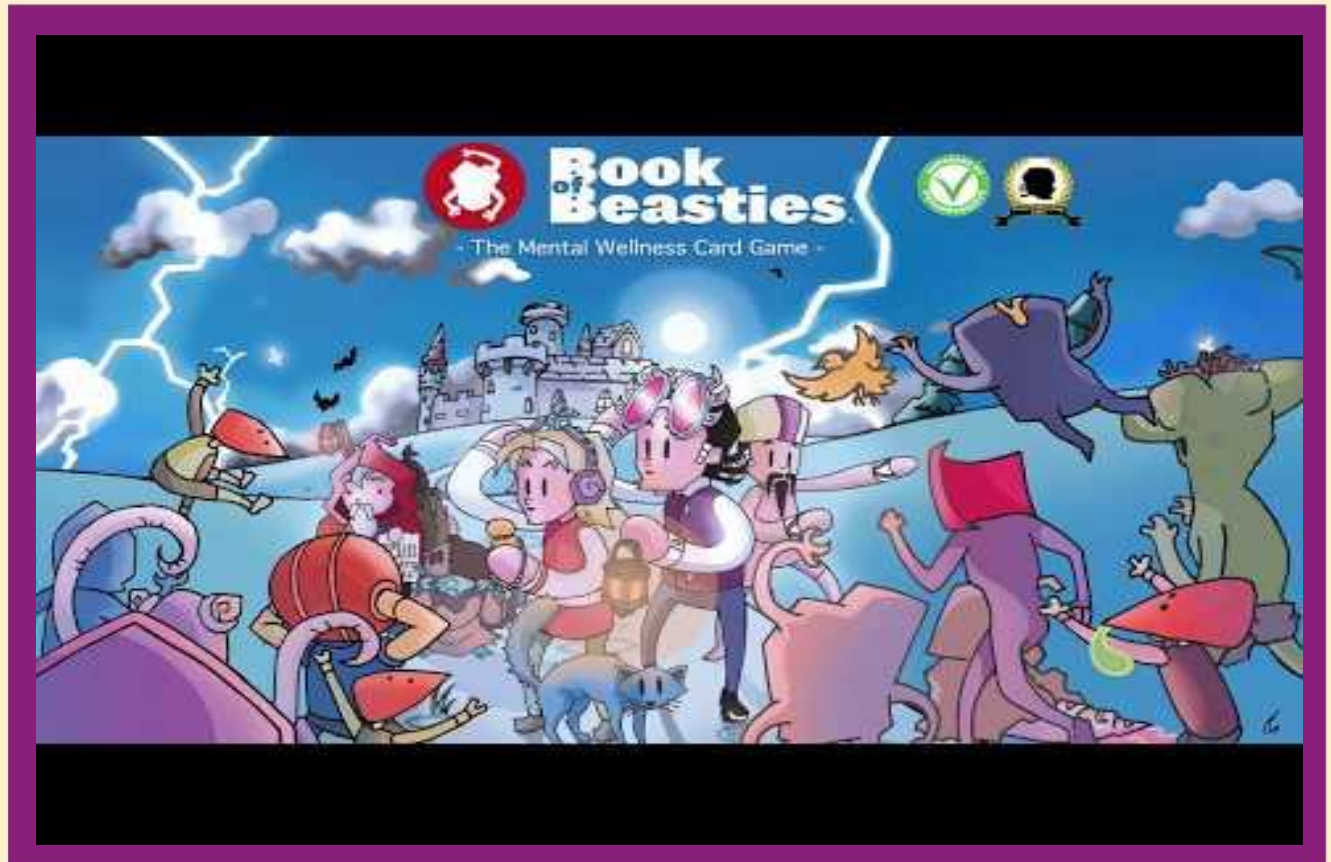
We explore activities such as drawing comforts, folding origami, blowing paper boats, stretching and moving (such as simple yoga) all the while encouraging spontaneous conversations about the Beasties.

Whilst these are PSHE lessons at their core, we have moved away from the traditional lesson format and view these short sessions as guided group discussions, with opportunities to practice exercises and talk about topics that could potentially be beneficial.

Please enjoy!

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.



Session Plan Overview - READ THIS FIRST

GUIDANCE - This is how each session should pan out. However each session is designed to be flexible around the needs or preferences of yourself and the children.

Starting Activity - 10 Mins

Introduce the Beastie by reading the “About” description. Have the children create a mask version of the current Beastie or an original Beastie for this session. Don’t worry if it doesn’t look perfect (it shouldn’t be), this is just a warm up and helps to expand our imaginations. They can wear this mask throughout the session if they like if it makes them feel more comfortable to talk.

Main Teaching - 20 Mins

Read the “How to Help” text from the slide introducing how we may be able to help the Beastie feel better.

Now begin working through the discussion prompts, encouraging group discussion with each point. If you feel additional points can be added then do so. **Keep this discussion going throughout the duration of the activity.**

Main Task - 15 Mins

Please take note of the required materials for each activity. Take as long as you need with the activities and continue the discussion throughout where appropriate. You can find any origami instructions with the corresponding session slide.

Plenary - 2 Mins

As a wind down practice one of the yoga moves displayed on pages 24 and 25. Encourage everyone to get out of their seats, have a good stretch and try a different pose each session.

Read on for the required materials and learning objectives for each session. You can click on the symbols for ease of navigation.



Required Materials & Learning Objectives

Make sure to prep the children prior to each session so they have the required materials to hand.

If a child is particularly attached to a certain Beastie, read the corresponding resolutions for additional SENCO suggested solutions.



SESSION 1: Paper Hats and Positive Posture

Required Materials:

- ▶ Paper hat origami instructions
- ▶ Paper
- ▶ Colouring pens, pencils
- ▶ Space to move around

Learning Objectives:

- ▶ I understand the importance of good posture

Possible Features: Low mood, loss of interest, fatigue, self neglect, muscle tension and pain.

Resolutions: Confidence and morale boosting, exercise and stretching.



SESSION 2: Making Mindful Music

Required Materials:

- ▶ Paper
- ▶ Colouring pens / pencils
- ▶ An item from your surroundings that makes a pleasant sound

Learning Objectives:

- ▶ I understand how I can use music or sounds to destress.
- ▶ I understand what makes me stressed.

Possible Features: Guilt, worthlessness, worry, low mood, irritability, panic attacks and compulsion.

Resolutions: Increased attention, discover ways of calming down, not all stress is bad.

Required Materials & Learning Objectives

Make sure to prep the children prior to each session so they have the required materials to hand.

If a child is particularly attached to a certain Beastie, read the corresponding resolutions for additional SENCO suggested solutions.



SESSION 3: Bashful Beastie's Inner Beauty

Required Materials:

- ▶ Paper cup
- ▶ Or paper
- ▶ Colouring pens / pencils

Learning Objectives:

- ▶ I understand what inner beauty is.
- ▶ I understand how to identify my hidden qualities.

Possible Features: Low mood, worthlessness, change in sleep, restless, on edge, isolation.

Resolutions: Increased group activity, discover areas of concern, confidence building activities.



SESSION 4: Super Soothing Self Care Soup

Required Materials:

- ▶ Paper
- ▶ Compass (optional)
- ▶ Colouring pens / pencils

Learning Objectives:

- ▶ I can think of healthy ingredients to make a soup.
- ▶ I understand the connection between food and memories.

Possible Features: Low mood, loss of interest, fatigue, self neglect, change in weight, muscle tension, pain.

Resolutions: Healthy eating / diet changes, rest and relaxation, increased exercise.



Required Materials & Learning Objectives

Make sure to prep the children prior to each session so they have the required materials to hand.

If a child is particularly attached to a certain Beastie, read the corresponding resolutions for additional SENCO suggested solutions.



SESSION 5: Comforting Comfortable Comforts

Required Materials:

- ▶ Paper
- ▶ Colouring pens / pencils

Learning Objectives:

- ▶ I understand the importance of a comfort.
- ▶ I can use a comfort to help me feel better.

Possible Features: Low mood, change in sleep, impulsions, fears, avoidance, isolation, loss of concentration.

Resolutions: Increased encouragement, focus on building confidence, discover and focus on strengths and interests.



SESSION 6: I Am: A Positive Pondering

Required Materials:

- ▶ Paper
- ▶ Colouring pens / pencils
- ▶ Your voice

Learning Objectives:

- ▶ I understand why I should be kinder to myself.
- ▶ I can spin a negative thought into something positive.

Possible Features: Guilt, worthlessness, worry, low mood, irritability, panic attacks, compulsion.

Resolutions: Extra academic support, positive thinking exercises, simple meditation exercises.

Required Materials & Learning Objectives

Make sure to prep the children prior to each session so they have the required materials to hand.

If a child is particularly attached to a certain Beastie, read the corresponding resolutions for additional SENCO suggested solutions.



SESSION 7: Triumph Treasure Mapping

Required Materials:

- ▶ Paper
- ▶ Colouring pens / pencils

Learning Objectives:

- ▶ I recognise the importance of setting achievable goals.
- ▶ I know how to set myself achievable goals.

Possible Features: Low mood, worthlessness, change in sleep, restlessness, on edge, isolation.

Resolutions: Encourage confidence in sharing concerns, discuss home environments with a trusted adult, increase extracurricular activity.



SESSION 8: Animal Acting

Required Materials:

- ▶ Paper
- ▶ Colouring pens / pencils
- ▶ Space to move around

Learning Objectives:

- ▶ I can feel confident being myself in front of others.
- ▶ I understand the importance of being myself.

Possible Features: Guilt, worthlessness, restlessness, on edge, worry, fear, avoidance, isolation, intrusive images, impulses, urges.

Resolutions: Increased group activity, find voice and confidence to speak out.



Required Materials & Learning Objectives

Make sure to prep the children prior to each session so they have the required materials to hand.

If a child is particularly attached to a certain Beastie, read the corresponding resolutions for additional SENCO suggested solutions.



SESSION 9: Anti-Anxious Airlines

Required Materials:

- ▶ Paper plane origami instructions
- ▶ Paper
- ▶ Pens / pencils

Learning Objectives:

- ▶ I can identify worries I cannot control.
- ▶ I can manage worries that I cannot control.

Possible Features: Guilt, worthlessness, restlessness, on edge, worry, fear, avoidance, isolation, intrusive images, impulses, urges.

Resolutions: Increase group activity, confidence boosting exercises, discover areas of strengths, recognising it is ok to worry but also when anxieties are becoming harmful.



SESSION 10: Be the Breeze that Blows the Boat

Required Materials:

- ▶ Paper boat origami instructions
- ▶ Paper
- ▶ Colouring pens / pencils

Learning Objectives:

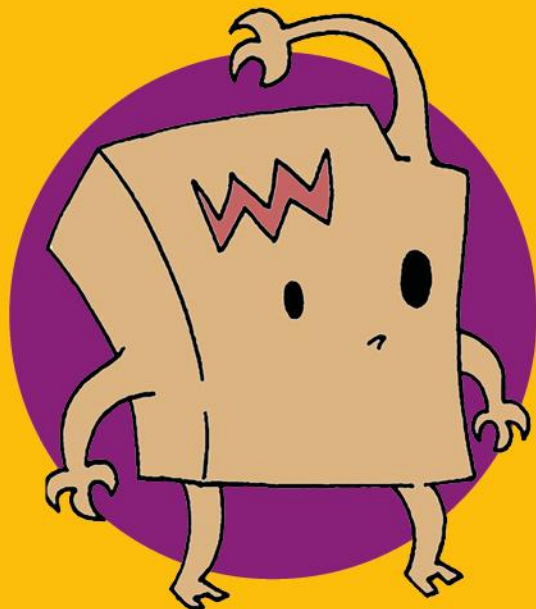
- ▶ I understand what causes a foggy brain.
- ▶ I can use deep breathing to clear a foggy brain.

Possible Features: Low mood, change in sleep, impulses, urges, fear, avoidance, isolation, loss of concentration.

Resolutions: Encourage exercise and diet change, introduce time for rest and relaxation, discover problem areas of study, mindfulness.



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.

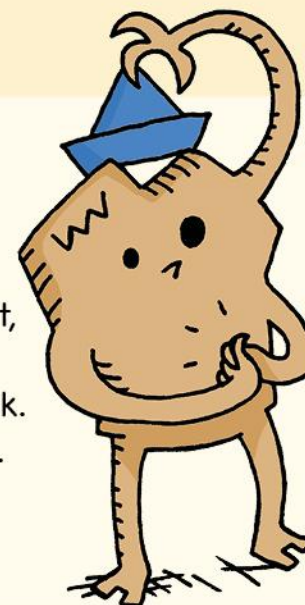
Discussion Prompts

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

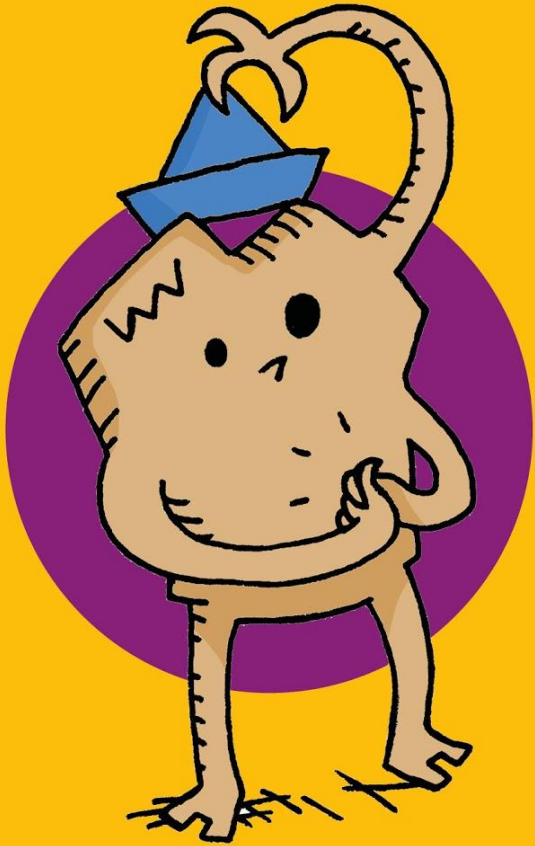
Activity

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.



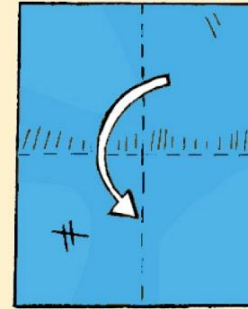
Origami Guidance - Hat



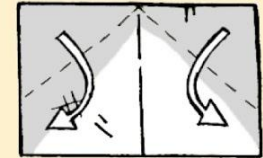
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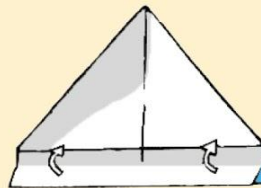
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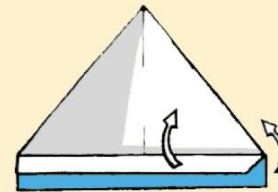
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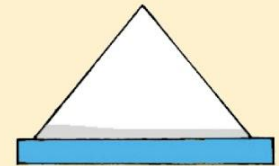
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BRONZE CHILD



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

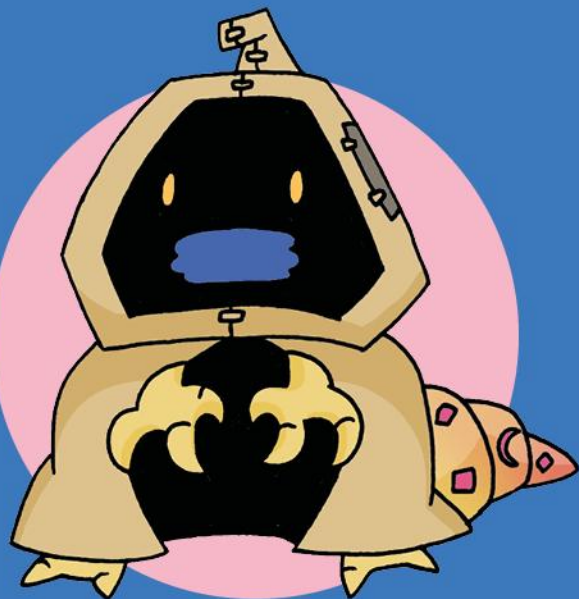
Find an item in your surroundings that makes a calming sound and discuss why you think it is calming. Take turns to play with these instruments or even make noises yourself, then see if you can make a nice tune together.

- ▶ 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.

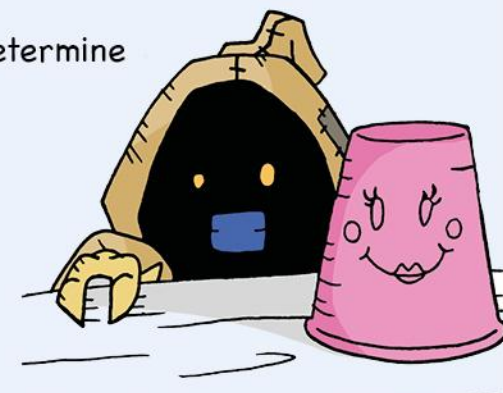
Discussion Prompts

- ▶ 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.

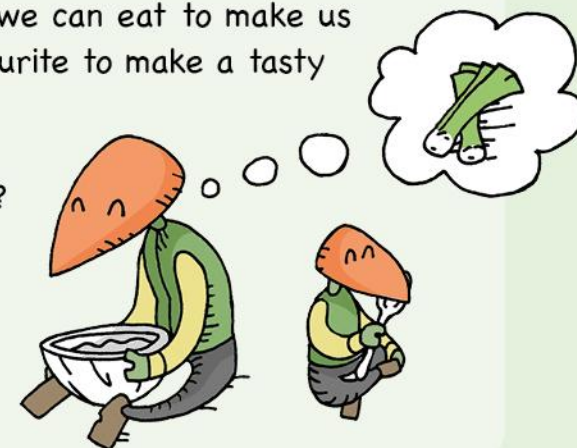
Discussion Prompts

- ▶ 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

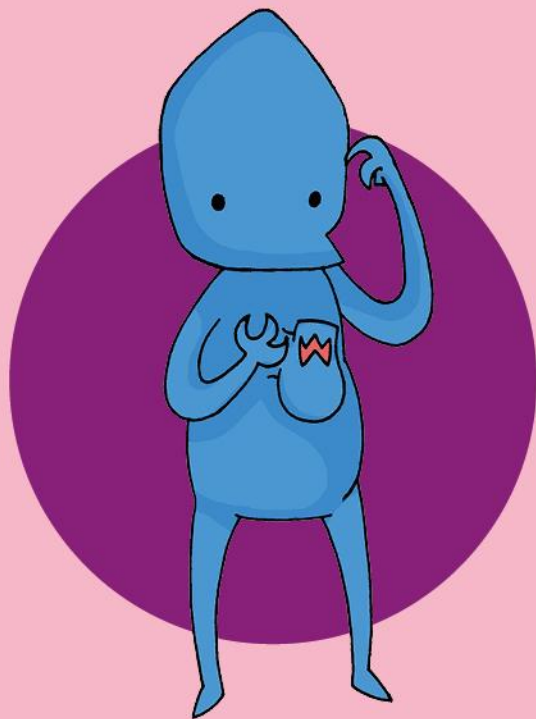
Discuss what a comfort is, how they help, why they can be important and when we could use them to make us or others feel better.

- ▶ 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

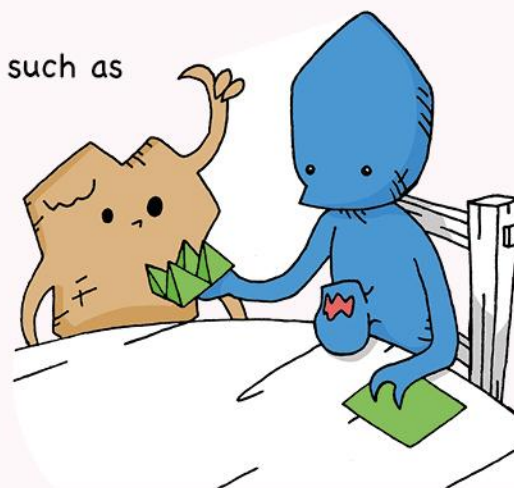
- ▶ Why is he being so hard on himself?
- ▶ What could he do to be more positive?
- ▶ How could we help Gemini spin a negative thought into something positive?

Activity

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

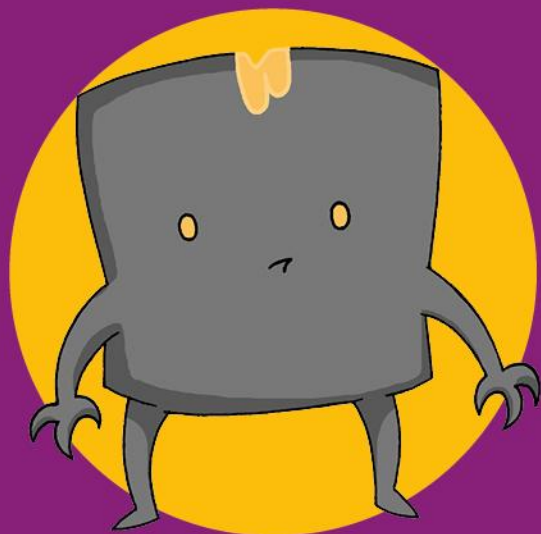
Think of a positive affirmation about you for each letter of the alphabet. But each person must remember all of the words that were said previously before adding their own.

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

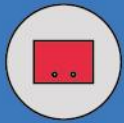
- ▶ Why might she be scared of other people?
- ▶ What are the reasons she should not be scared of us?
- ▶ Why is it good to always be yourself with other people?

Activity

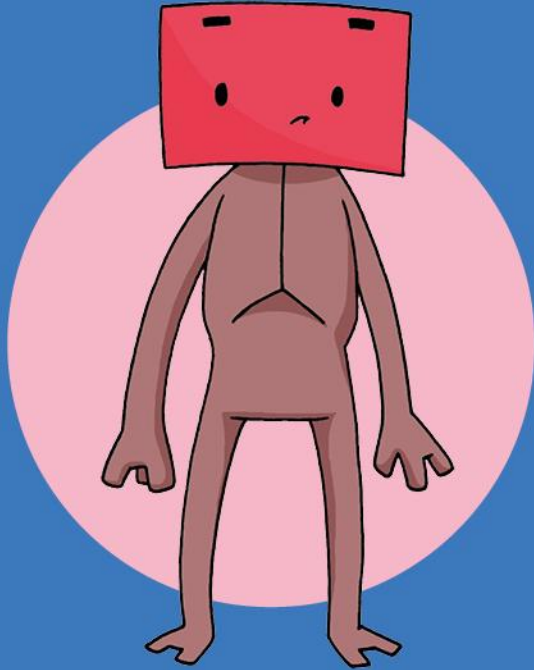
It is important to be able to be yourself. Discuss why this is true and why it is important.

- ▶ 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 Purrgy

Purrgy 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 Purrgy. 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?

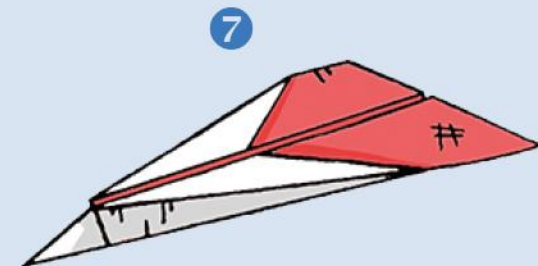
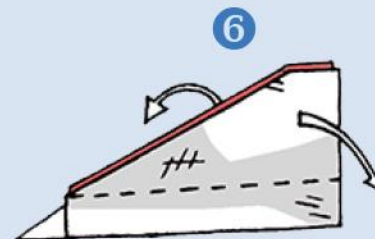
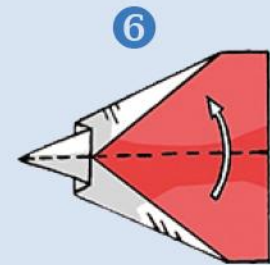
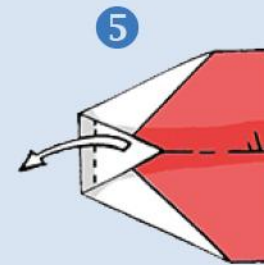
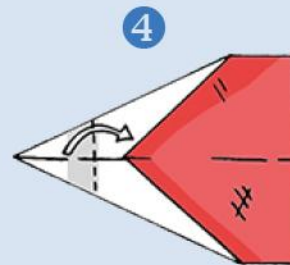
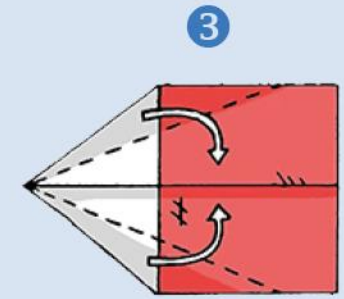
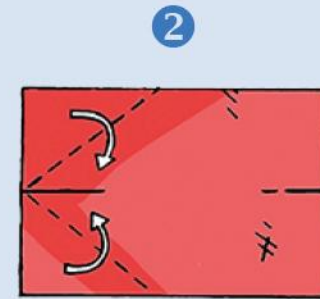
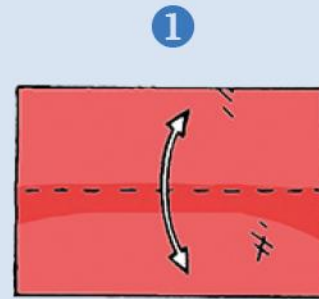
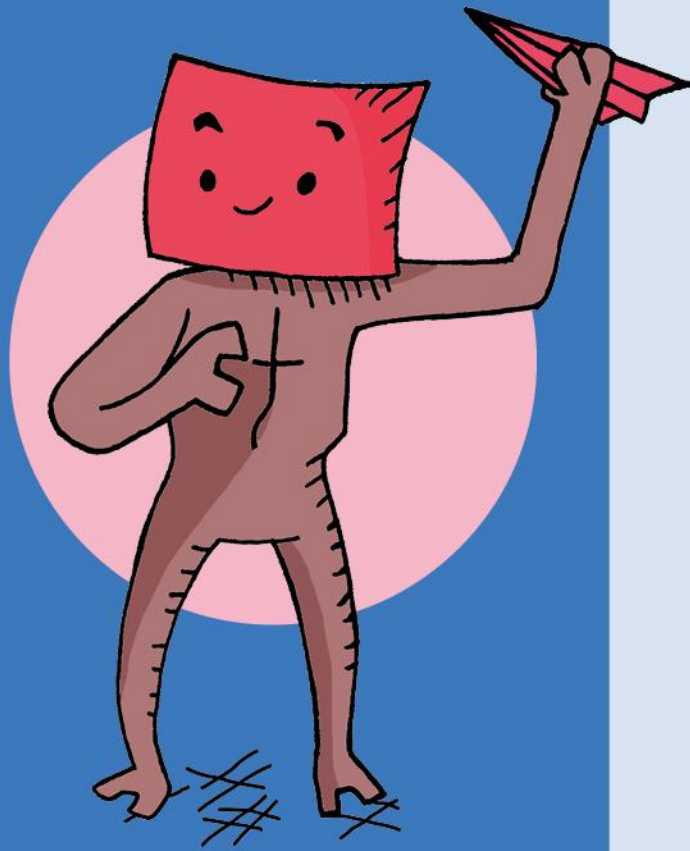
Activity

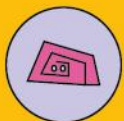
We all worry sometimes and that is fine, but Purrgy worries a lot. Discuss concerns and worries that we cannot control and how we can manage them. What better way than writing them on a paper plane and throwing them away.

- ▶ 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.

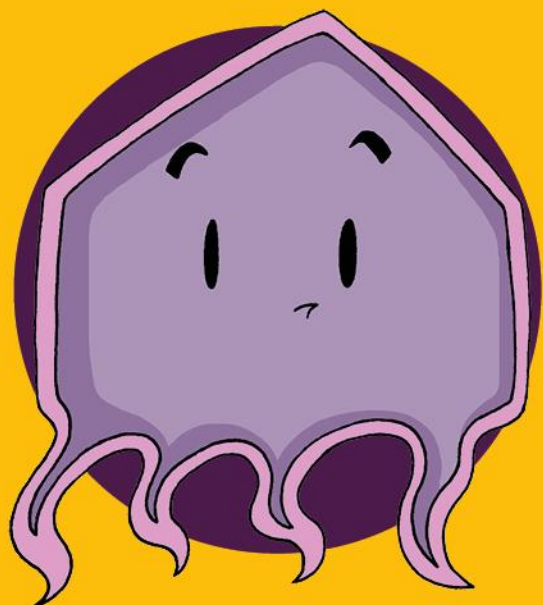


Origami Guidance - Plane





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.

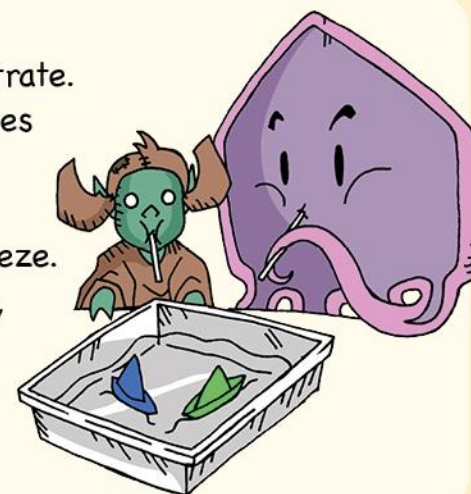
Discussion Prompts

- ▶ 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?

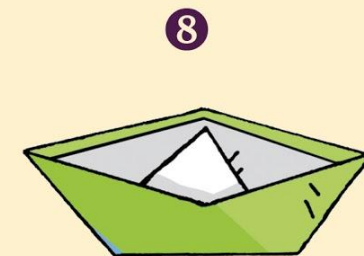
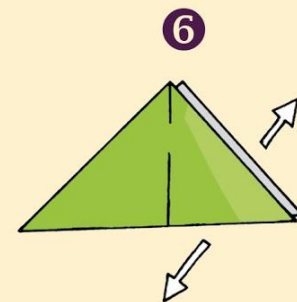
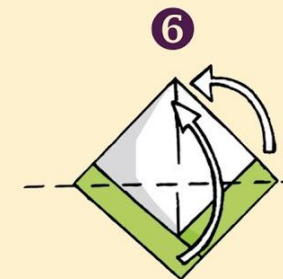
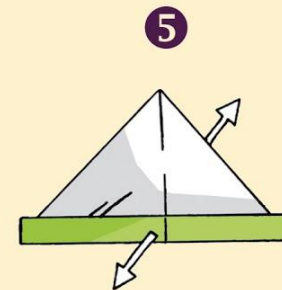
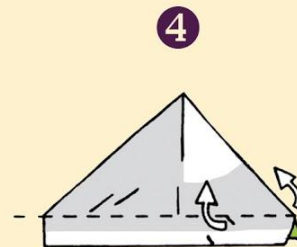
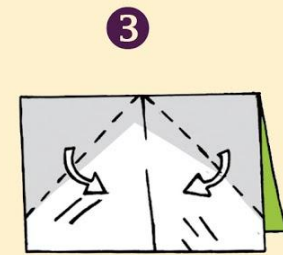
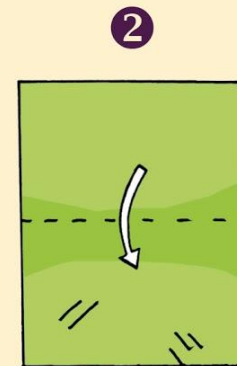
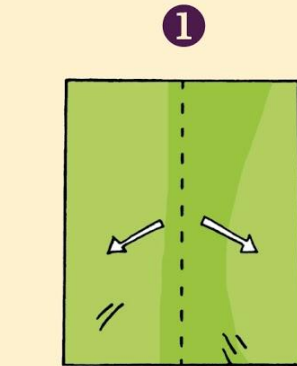
Activity

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



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.

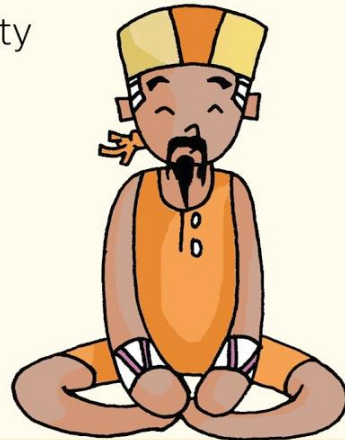
The Butterfly

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



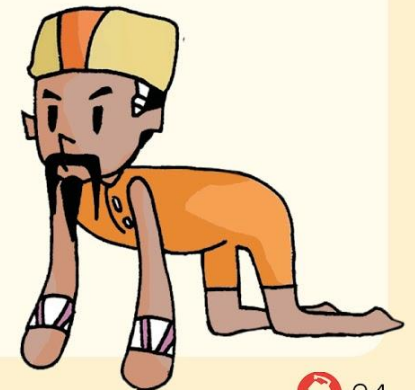
The Cat

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

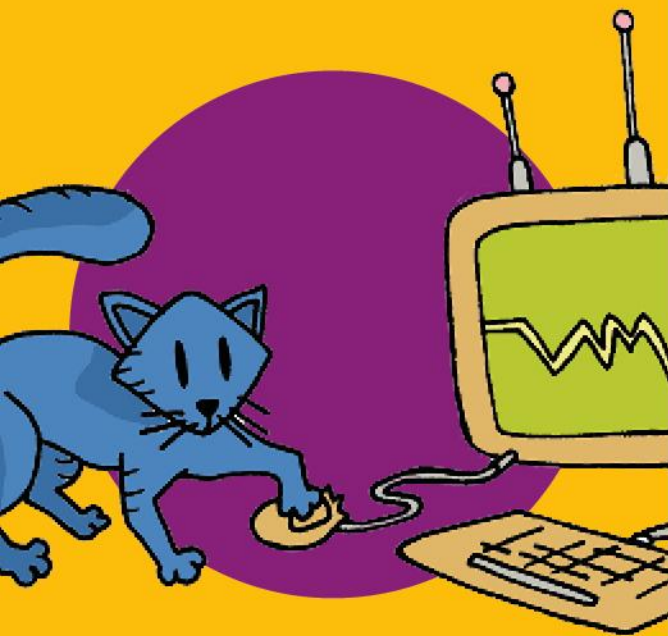
Description:

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





Useful Links

- ▶ **Book of Beasties:** [A world of playful mental wellness](#)
- ▶ **Book of Beasties Pilot Study:** [Book of Beasties Pilot Study](#)
- ▶ **UWL Pyramid Clubs:** [School clubs](#)
- ▶ **UK Safeguarding information:** [Government information](#)
- ▶ **Childline:** [Support and advice for children](#)
- ▶ **MindUp:** [Support and advice for children](#)
- ▶ **NHS:** [Mental health and wellbeing](#)
- ▶ **Young Minds:** [Supporting children's mental health during the pandemic](#)
- ▶ **Forbes:** [7 tips for remote learning](#)
- ▶ **Department of Education:** [PSHE Education Guidance - 2020](#)

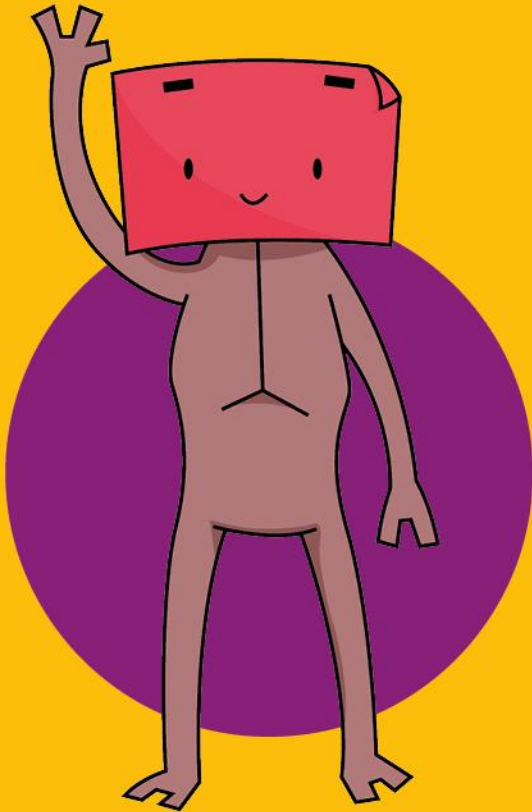


Glossary of Terms

- ▶ **Anxiety:** A normal part of life that brings feelings of mild or severe unease. Causing such things as breathlessness and a racing heart.
- ▶ **Mental Health:** A way to describe an individual's level of mental wellbeing or absence of mental disorder.
- ▶ **Mindfulness:** Paying attention to the present moment.
- ▶ **Self Confidence:** Little doubt in ones own ability or knowledge.
- ▶ **Self Esteem:** Confidence in one's own worth / self respect.
- ▶ **Self Neglect:** A potential behavioural condition that prevents a person feeling able to look after their own needs.
- ▶ **Positive Affirmation:** Positive personal statements that can help to overcome negative thoughts about oneself.
- ▶ **PSHE:** Personal, Social, Health and Economic education.
- ▶ **Stress:** Feeling as though you are under a level of mental or emotional pressure beyond your ability to cope.

Sources: NHS, Department of Education, the British Psychological Society

Thank You



Thank you for using Book of Beastie Remote Wellness Kit, we hope you enjoyed spending time with the Beasties and exploring the activities and discussions.

To help us improve what we do we would be grateful if you could follow this link and fill in our feedback form.

Please continue the conversation by revisiting some of the Beasties over time and keep an eye out for new remote wellness content that we will be releasing over time.

<https://forms.gle/ZLLmdHWkisyxkiNA>