



**Book
of
Beasties**

- The Mental Wellness Card Game -

Merry Mindfulness



www.bookofbeasties.com

The Happiness Tree



GLO

Glo is a lovely young lady who occasionally gets her head in a spin. When this happens, her thoughts start whizzing around her globe like snowflakes in a blizzard, making her unable to concentrate.

What could she do to help clear her head?

SHYNE

This brave chap often goes rushing off looking for ways to help others all on his own. His warming glow provides a comforting light for all those around him but every so often he finds himself with no energy to look after himself. What should he do differently?



MIMIC

The Cheeky little imp Mimic is often nervous and looking to fit in. One day Mimic decided he was going to dress as a puppy in order to make people like him more. What would you say to Mimic?



Print Shynes Christmas tree from our website
and decorate it with your happy thoughts
on the Baubles provided!

www.bookofbeasties.com

Oh Dear! Shynes Christmas tree is looking a little bare and its got him feeling down. All he wants is to make all the Beasties happy at Christmas time.

✓ Sit down and discuss each character then write what you think would help them on their Christmas Bauble.

✓ Stick them down on the empty branches and proudly hang up your happiness tree for all to see.

AKKY

This little Beastie struggles to keep his posture in check, which makes his confidence sink even lower. What are some of the ways Akky could make himself feel better?



BRONZE CHILD

Bronze Child has his head stuck in a big heavy metal ball. This can make him frustrated and angry, often shouting and making it hard to hear the people offering him a helping hand. Is there anything that would help calm him down?

A large, dark green Christmas tree is the central focus. It is decorated with a string of yellow and red triangular flags and yellow bell ornaments near the top. Several round ornaments in red, yellow, and green are scattered on its branches. In the center of the tree, a globe of the Earth is depicted wearing a red Santa hat with white trim. The background is a teal gradient with white snowflake icons and light blue circular bokeh. At the base of the tree, there is a red structure, a red stocking with white cuff, and a red and white striped candy cane.

Yuletide Worldwide Wellbeing

At this festive time
of year it is good to be
mindful of others as well
as of ourselves.

Here are three suggested topics of
discussion to help the world join in
the festive cheer.

If you could give the world a gift,
what would it be and why?

How would you describe the holiday season
to someone who has never experienced it?

In what ways could you offer someone
the perfect Christmas?

Yoga Poses



REINDEER POSE

Stand like you're lunging with one foot forward and put your arms above your head like you have antlers.

- ✓ Develops concentration
- ✓ Helps Balance
- ✓ Improves circulation and boosts energy

SANTA'S SLEIGH

Sit with a straight back and put your legs out in front of you with your toes pointing to the sky. Hands at your side and gently rock back and forth as though riding on a sleigh.

- ✓ Improves circulation
- ✓ Gently stretches your legs and back
- ✓ Strengthens your core



*A Very Merry Christmas
from all of us at Book of Beasties!*



Book of Beasties is a whole school approach
mental wellness resource that aspires to
raise emotional literacy, teach empathy,
resilience and normalise the open conversation
about mental health.

OFSTED compliant

Budget friendly

Psychologist endorsed

University accredited

In these free resources we will offer some simple
yet effective themed wellness exercises or
the basis of discussion that you
can use with your children.

If you would like to find out how to get your
school a free copy of Book of Beasties:
The Mental Wellness Card Game,
the Beastie Guide and lesson plan and one of
our CPD accredited workshops contact us:

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