





Merry Mindfulness



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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

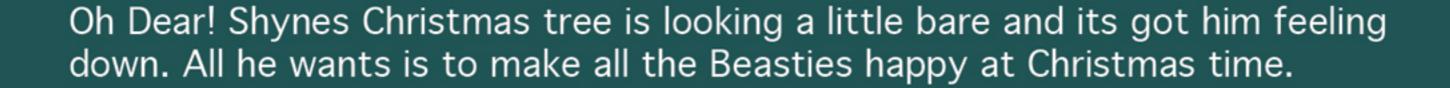
The Cheeky little imp Mimic is often nervous and looking to fit in. One day Mimic decided he was going to dress as a puppy in order to make people like him more. What would you say to Mimic?

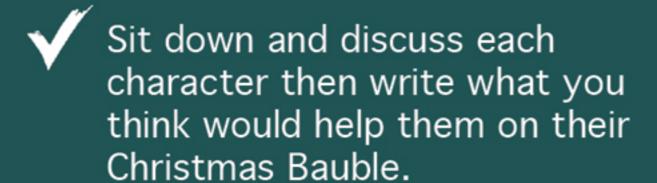


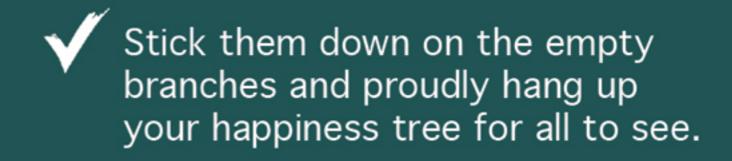


Print Shynes Christmas tree from our website and decorate it with your happy thoughts on the Baubles provided!









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?











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





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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