



**Book
of
Beasties.**

- The Mental Wellness Card Game -

Auld Lang Mind



Free resources for schools and parents
www.bookofbeasties.com

Beasties



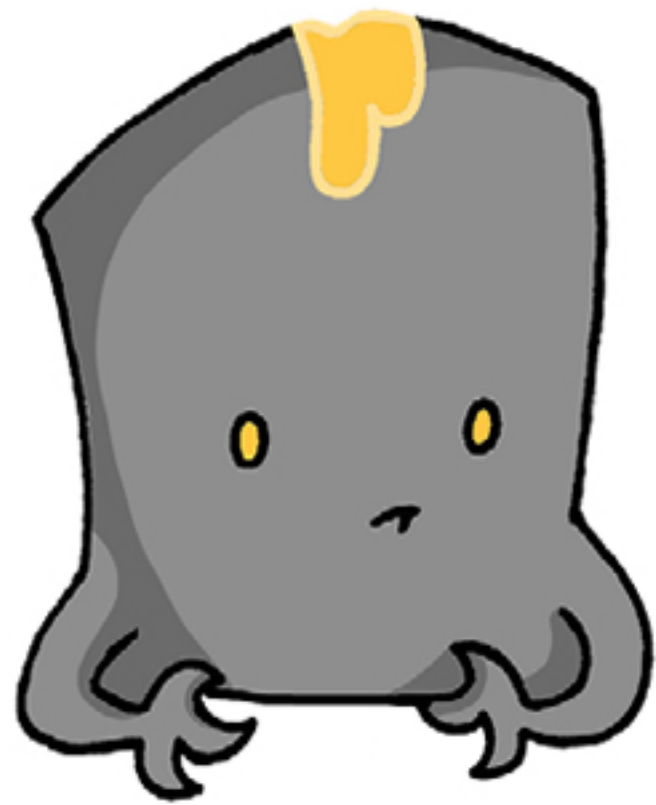
REZZOS

The Rezzo Sprites are fantastic little critters when it comes to giving and remembering good advice for others. But they often find it hard to apply it to themselves. How do we make sure each of them fulfils their New Years resolution.

RANDALL THE CANDLE

Randall is a delightful little candle who often runs the risk of lighting the tail end of his wick when he over-works himself helping others. How could Randall make sure he looks after himself this year?





HALLUSAN

Hallusan always has so many ideas and dreams whizzing around his head but he can't seem to ever make any of them a reality.

What Could Hallusan do differently this year to make sure his dreams come true.

GEMINI

Gemini often finds it hard to be nice to himself, always focussing on his worries and missing the good things he does for both himself and others.

What could Gemini's do to help him remember just how important he is all year round?



MIMIC

Mimic always feels he has to make a good impression and dresses like a cute puppy. Everybody would love him just the same if he were to only be himself.

What could Mimic do differently this year to make sure he doesn't worry about fitting in?

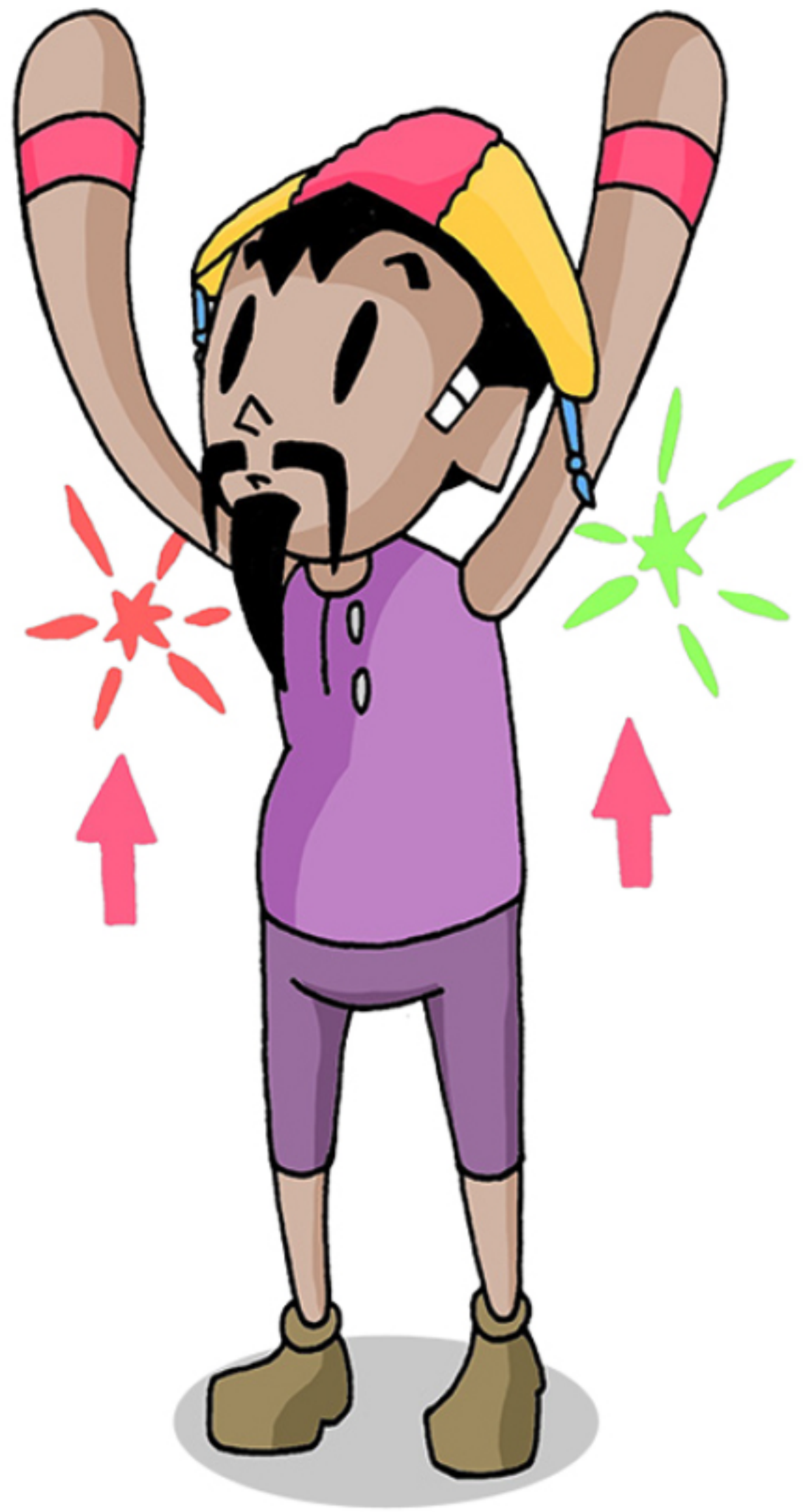


Yoga pose

FIREWORK POSE

Squat down with your feet shoulder width apart and slowly stand up with your arms outstretched like a colourful firework.

- ✓ Increases leg strength
- ✓ Improves circulation around your body
- ✓ Makes you feel alert



Rezzolutions

- ✓ Discuss the Beasties concerns and worries and make them a new years resolution that will help them feel better in the new year.
- ✓ Once you have worked through the characters, why not try the exercise on yourself on the blank sprites provided?



Download here

www.bookofbeasties.com

Happy New Year!

Welcome back to school! and Happy New Year from the Book of Beasties team! let's remember all those good memories from last year and find out how we can make this one even greater!

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.

In these free resources we offer simple themed wellness and mindful exercises or the basis of discussion that you can explore 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:

www.bookofbeasties.com

info@bookofbeasties.com

[@bookofbeasties](https://www.instagram.com/bookofbeasties)



**Book
of
Beasties**

- The Mental Wellness Card Game -

