



The Shadow of Talleystick Valley

Practitioner Activity sheet Guidance

P2.2

BEAUTY IN EVERYTHING

Required Material:

- ▶ The Beauty in Everything Activity Sheet
- ▶ Pens / Pencil

Outcome:

- ▶ To feel able to see the beauty in everything.
- ▶ To know when to search for the beauty in a situation to help me feel better.

STARTING ACTIVITY (5mins)

INITIAL DISCUSSION – Share different occurrences in our lives that we consider to be beautiful. Such as a place we have been, someone we have been with, an event or even just a conversation.

MAIN TOPIC (10mins)

Following on from the Initial Discussion tell the child that there is beauty all around us. And although we can sometimes find it difficult to see this beauty, we can teach ourselves to look forward to it in any situation.

Have the child/children think about why it can be helpful for us to notice the beauty around us, particularly when we are having a tough time. Ask them to share times when they might have used this as a coping mechanism and how it made them feel.

Tell the child/children that we can apply this to people we care about as well. If someone is not being themselves or maybe not being pleasant, we can remind ourselves of the beautiful things about them.

MAIN TASK (15mins)

Tell the child/children that they are going to think about one of the most beautiful things they can think of. This could be something that they share in the Initial Discussion, or another experience they have had that they consider to be beautiful.

Have them write or draw what it is in as much detail as they wish, to keep hold of and look back on when they might need a reminder of the beautiful things in life.

As they are performing this activity you can engage them in conversation about an important person in their life that might need reminding about life's beauty, and how they might have this conversation with that person.

PLENARY (2mins)

CLOSING DISCUSSION – Have the child talk through what they have drawn or described and why it is beautiful to them. Then have them think and share when they might need to look back on it.



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Children's Activity Sheet

P2.2

BEAUTY IN EVERYTHING



Think about one of the most beautiful things you can imagine, this could be something that you shared in your Discussion, or another experience you have had that you consider to be beautiful.

Write or draw what it is in as much detail as you wish, to keep hold of and look back on when you might need a reminder of the beautiful things in life.



SEE THE BEAUTY IN EVERYTHING

