

The Shadow of Talleystick Valley

Practitioner Activity sheet Guidance

P4.3



MY SHADOW DICE

Required Material:

- ▶ The My Shadow Dice Activity Sheet
- ▶ Pens/Pencils

Outcome:

- ▶ To know that my own wellbeing is more important to me than that of others.
- ▶ To be able to identify exercises that could give support in improving my wellbeing.

STARTING ACTIVITY (5mins)

INITIAL DISCUSSION – Together talk about when we are dealing with someone, like a family member or friend, who is unwell or under the influence of alcohol or drugs. Do we take into consideration our own feelings? If not, talk about why not.

MAIN TOPIC (10mins)

Leading on from the Initial Discussion tell the child/children that even if we do think about our own feelings when we are worried about someone else, we possibly don't often prioritise ourselves because we are too focused on the other person.

Ask the child/children if they can explain why this might not be the best thing to do, and what they think they could do differently when in this situation.

Tell the child/children to try and remember that it is more important to look after themselves than that other person, also to consider how a situation is affecting how they feel and if they need to remove themselves and care for their own wellbeing.

MAIN TASK (15mins)

Tell the child/children that just like the Beasties in Talleystick Valley, we can all sometimes have our own Shadow that makes us feel low such as when we are dealing with someone else who is unwell.

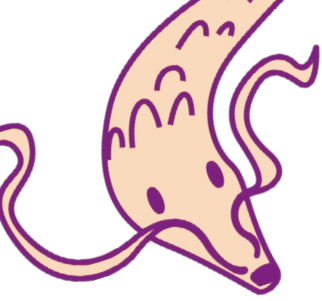
But if we had a reminder of the things we can do to could make us feel generally less like our Shadow-self, we could use this anytime we are feeling low.

Using the dice template on the My Shadow Dice activity sheet, have the child/children design their own Shadow Dice, with each side featuring a different exercise that they can practice to lift their spirits. Work through different ideas with them, but suggest deep breathing, seeing a friend or going for a walk.

They can use this dice whenever they are feeling low.

PLENARY (2mins)

CLOSING DISCUSSION – You can spend time going through each supportive exercise that the child/children has featured on their dice, and talk about why they think it might be helpful in lifting their spirits.



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Children's Activity Sheet **P4.3**

MY SHADOW DICE

Using the dice template below, design your own Shadow Dice with each side showing a different exercise that you can practice to lift your spirits when you are feeling low, such as deep breathing, seeing a friend or going for a walk.

Anytime you feel like you could do with a boost, just roll the dice and whatever the dice suggests, you can try it out to hopefully feel a bit better.

MY SHADOW DICE

