

ADVANCED
READERS

Discover You

MR. MEN
LITTLE MISS

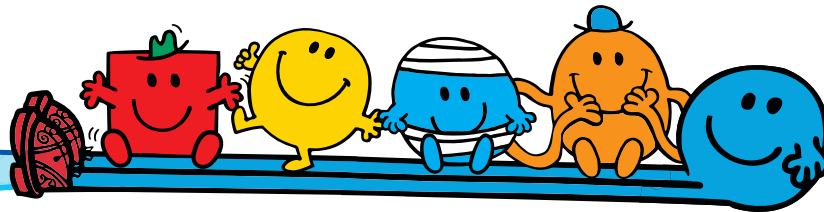
ALL DIFFERENT LET'S CELEBRATE OUR DIFFERENCES

We are all wonderfully different and equally special.
What makes you... You?

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The world is all the more balanced and interesting because people are different. Do you have friends who are different from you? What do you like that is different from your friends?

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Little Miss Chatterbox likes to talk a lot. While Mr. Quiet prefers the quiet life. Little Miss Quick is always in a hurry. While Mr. Slow likes to take things slowly. What name would your family give you and why?

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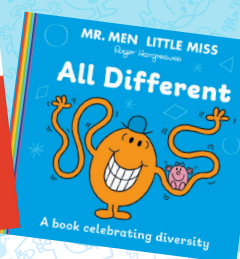
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BLA BLA
BLA BLA



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series:

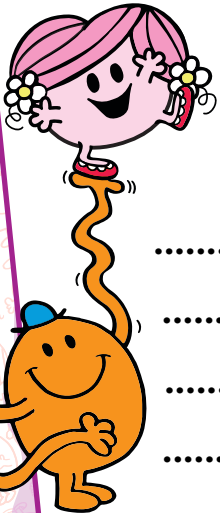


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TRY AGAIN LET'S WORK ON RESILIENCE



Are you able to bounce back when challenges come your way? This is what **being resilient** means. Can you think of one thing you find difficult and struggle with? Describe it.

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Starting from the situation you described above, what do you think could help you overcome your difficulties? What would you need from yourself and others? Share your thoughts!

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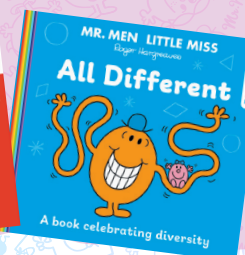
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What would you do to help your friends overcome their fears and keep going? Can you think of a time when you played an important role in helping a friend try again, or a situation where you wish you did? Tell your experience.

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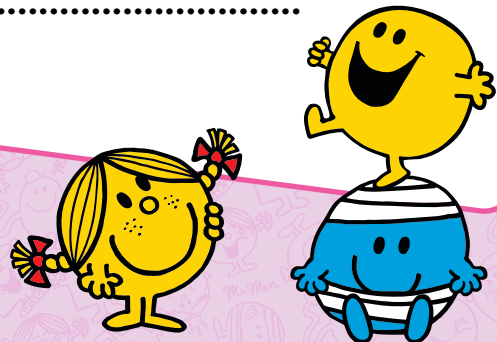
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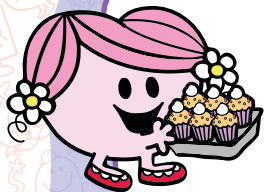
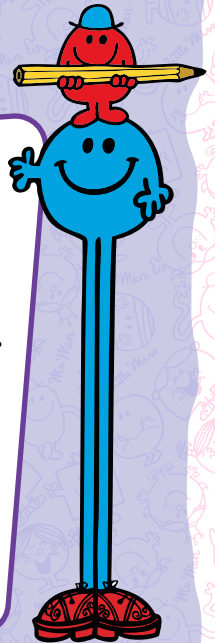
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BE KIND THINK ABOUT KINDNESS

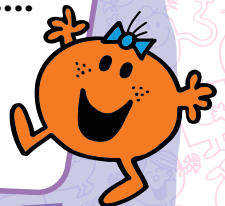
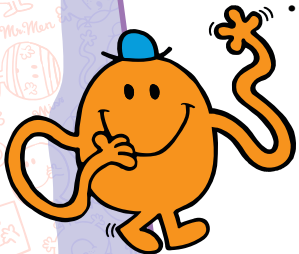


It can be difficult to be kind. But sometimes doing something small can make all the difference. What was your last act of kindness?

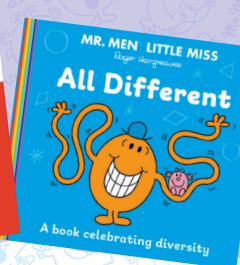


Kindness is given, but it is also received. Can you think of a time when you were grateful for someone being kind to you? How did it make you feel and how did it change your behaviour?

Don't you think the world could also be better if everyone was kinder and less selfish? This applies to small and large acts of kindness. Can you think of any kind behaviour that could change the world on a larger scale?



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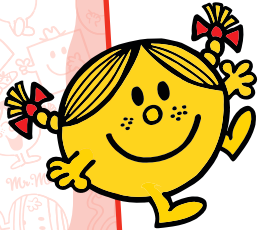
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WORRIES EVERYBODY WORRIES SOMETIMES

Do you ever feel worried? Everybody worries sometimes. What are you worried about right now?



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It is normal to have worries. When Mr. Worry feels worried, it sometimes starts with a funny feeling in his tummy. A fluttering that spreads to his chest and makes his breathing fast. Then he finds he can't stop thinking about his worry. What happens to you when you are worried?



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When you feel worried, there are many things you can do to feel better. "I take three slow, deep breaths. It helps to calm the butterflies in my tummy and to clear my thoughts" says Mr. Calm. "I find that writing down my worries and sharing them with others helps me to worry less" says Little Miss Sunshine. Would any of these methods work for you? What else do you do to cope with difficult moments?



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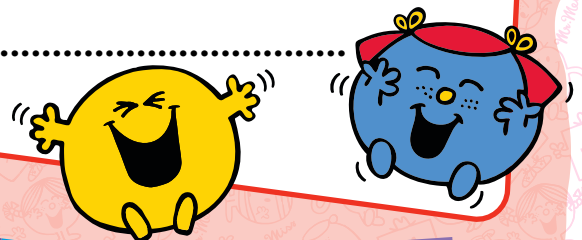
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Little Miss Sunshine has a special 'sunshine' box she'd put together which always made her feel better when she was worried, with lots of her favourite things, like pressed sunflowers, a giggling photo of Little Miss Giggles and a thank you card from Mr. Happy. What would you put in a sunshine box to ease your worries?



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