

ADVANCED READERS

Discover You

MR. MEN
LITTLE MISS

ALL DIFFERENT LET'S CELEBRATE OUR DIFFERENCES

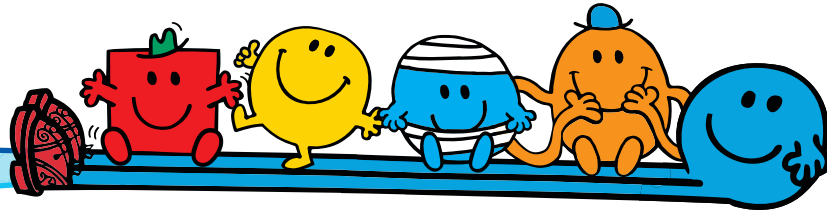
We are all wonderfully different and equally special.
What makes you... You?

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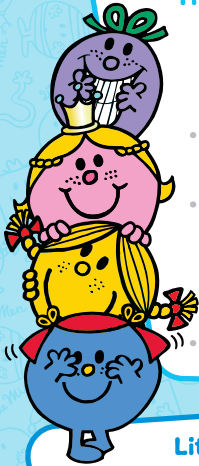
The world is all the more balanced and interesting because people are different. Do you have friends who are different from you? What do you like that is different from your friends?

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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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BLA BLA
BLA BLA



Read all
books of the
DISCOVER YOU
series:

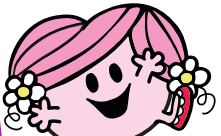


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TRY AGAIN LET'S WORK ON RESILIENCE



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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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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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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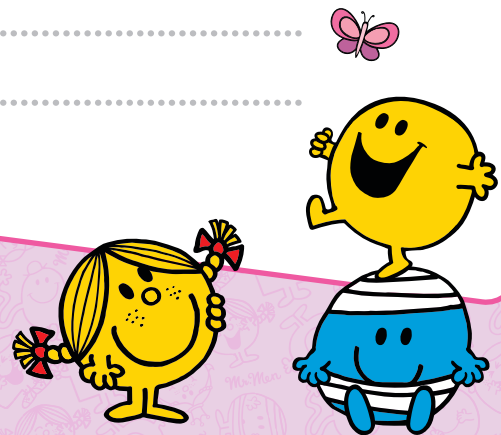
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MR. MEN
LITTLE MISS

BE KIND THINK ABOUT KINDNESS



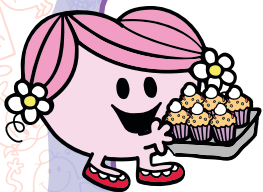
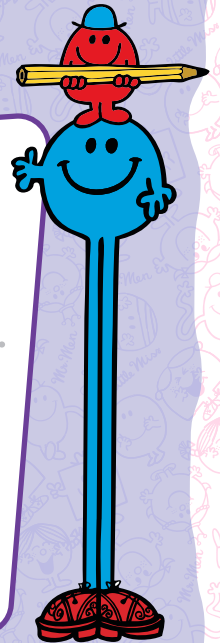
It can be difficult to be kind. But sometimes doing something small can make all the difference. What was your last act of kindness?

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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?

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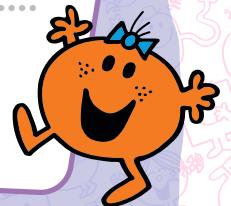
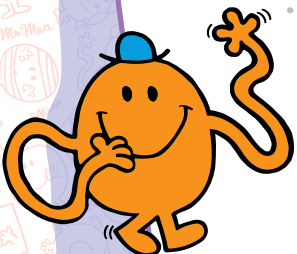
Don't you think the world could also be better if everyone was kinder and less selfish? This applies to small and large acts of kindness. Can you think of any kind behaviour that could change the world on a larger scale?

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Read all books of the DISCOVER YOU series:



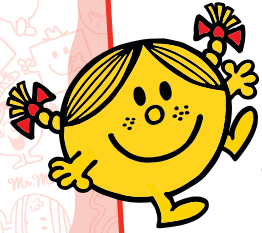
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Discover You

**MR. MEN
LITTLE MISS**

WORRIES EVERYBODY WORRIES SOMETIMES

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



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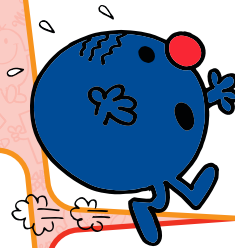
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It is normal to have worries. When Mr. Worry feels worried, it sometimes starts with a funny feeling in his tummy. A fluttering that spreads to his chest and makes his breathing fast. Then he finds he can't stop thinking about his worry. What happens 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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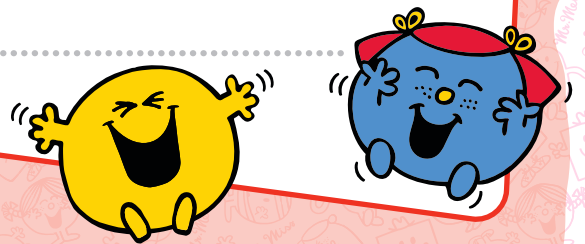
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Little Miss Sunshine has a special 'sunshine' box she'd put together which always made her feel better when she was worried, with lots of her favourite things, like pressed sunflowers, a giggling photo of Little Miss Giggles and a thank you card from Mr. Happy. What would you put in a sunshine box to ease your worries?



Read all books of the **DISCOVER YOU** series:



FOR ALL READERS

Discover You

MR. MEN
LITTLE MISS



FIND CALM



LET'S PRACTICE MINDFULNESS

Sometimes it can be difficult to manage your emotions, especially if they are big feelings. Mr. Calm has learnt how to think about what's happening right now and not feel so overwhelmed by what is going on around him. This is what mindfulness means.

It can be hard to stay calm if something goes wrong or if you're worried about what might happen. Is there something you are worried about or scared of? Try to draw it!

Mr. Calm says: "When I'm feeling a bit overwhelmed, I find it helps to stop what I'm doing. I take some big, slow breaths and take a minute to let my feelings calm down."

LET'S DO A MINDFULNESS EXERCISE WITH MR. CALM:

- Put down your pen
 - Close your eyes
 - Breathe!
Breathe in, breathe out
- Repeat for a minute.

What can you do when things all feel a bit too much? What do you do to unwind at the end of the day? Get inspired by these pictures and write an advice to yourself.



Read all books of the DISCOVER YOU series:

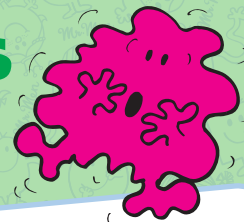


ADVANCED READERS

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**MR. MEN
LITTLE MISS**

FEELING SAD LET'S COPE WITH SADNESS



Everyone feels sad sometimes, even people who don't seem that way on the outside. There are many different reasons why you might feel sad. Do you ever feel sad? Can you think of the last time you were sad?

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When Little Miss Curious was overwhelmed, she found it helped talking to Mr. Jelly, who was very understanding. What do you do when you're feeling sad?

1.
2.
3.
4.
5.



Do you try to cheer up your friends when they're feeling sad? Little Miss Curious decided to invite Mr. Jelly out to brighten his day. Can you think of the last time you helped a friend feeling less sad?

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You can't be happy all the time, it's OK to be sad sometimes. In fact it can help us learn a lot about our own feelings and those of other people. Can you think of a time your sadness helped you realize something about yourself?



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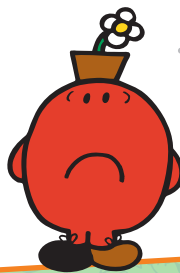
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Read all books of the **DISCOVER YOU** series:



I AM ANGRY UNDERSTANDING BAD FEELINGS



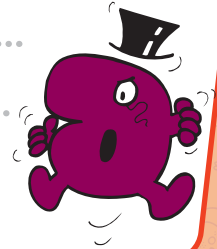
It's normal to feel angry sometimes. Do you ever have big feelings that make you want to shout, scream, kick or throw things? Can you think of the last time you felt this way?

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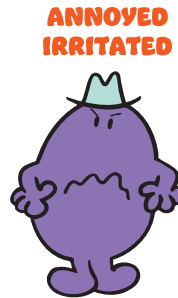
We all experience lots of different feelings, including ones that don't make us feel good. It can be really hard to know what to do with those feelings: the first step is learning to recognize them and giving them a name. Do you know all these emotions? Circle the ones you don't know, and discuss them with your teacher and classmates.



**EXHAUSTED
TIRED**



**CONFUSED
BEWILDERED**



**ANNOYED
IRRITATED**



EMOTIONAL



**ASHAMED
EMBARRASSED**



**SAD
DEPRESSED**



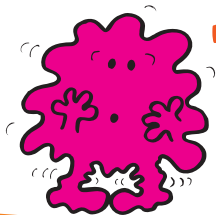
**ANXIOUS
STRESSED
WORRIED
OVERWHELMED**



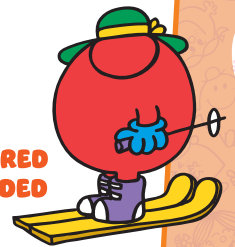
**ANGRY
UPSET
FURIOUS**



**DISAPPOINTED
DISCOURAGED**



**AFRAID
FRIGHTENED
SCARED
TERRIFIED**



**BORED
JADED**

Read all books of the DISCOVER YOU series:



CARING LET'S PRACTICE EMPATHY



Little Miss Hug is very good at understanding how other people are feeling and knows just how to respond to their emotions. That is what empathy means. How do you think these Mr. Men Little Miss are feeling? What do you think you could say or do to make them feel better?



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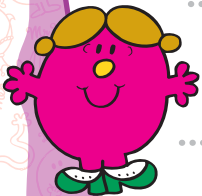
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How do you show your friends that you care about them?



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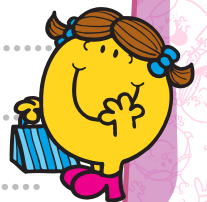
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A true act of kindness is done with consideration for the person it's meant for, not because it makes the giver happy. Can you think of any act of kindness you did or would love to do?



What do you do when you realise someone is in need?



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