

EARLY 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 special and unique?



Which of these items do you like more? And why? Circle it and tell others something special about yourself.

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Which Mr. Men little Miss personality best describes you? Maybe there's more than one? Circle them and tell us why.



MR. HAPPY



MR. LAZY



MR. FUNNY



MR. BRAVE



MR. STRONG



LITTLE MISS CURIOUS



MR. MESSY



LITTLE MISS SUNSHINE

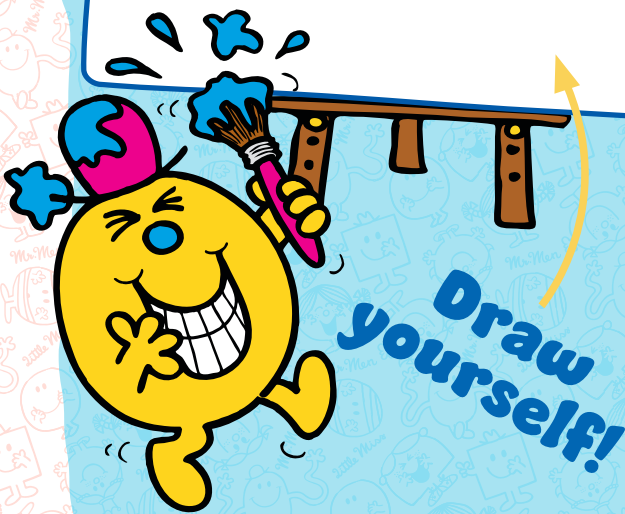


MR. BUMP

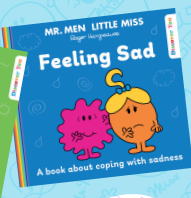
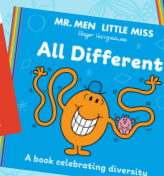
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Read all books of the DISCOVER YOU series:



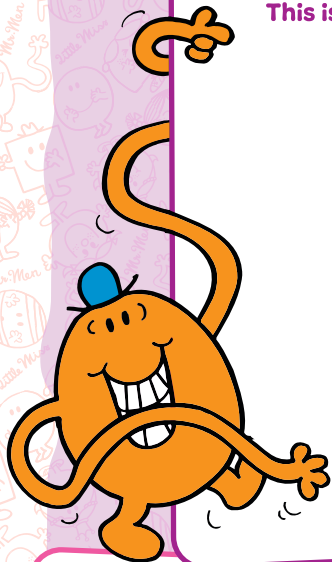
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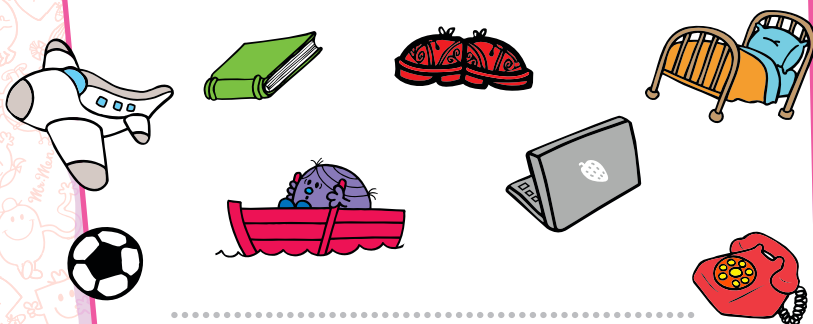
TRY AGAIN LET'S WORK ON RESILIENCE

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? Try drawing it.



Sometimes it's not about being brave enough to try things, but about being resilient and bouncing back when things go wrong. Do any of these pictures make you think of something you couldn't do? Circle it and tell us your story.

What would you do to help your friends overcome their fears and keep going? Draw a picture!



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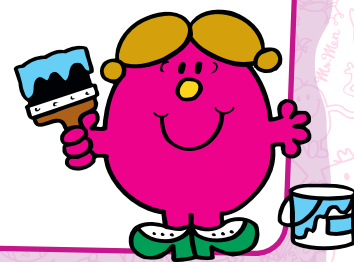
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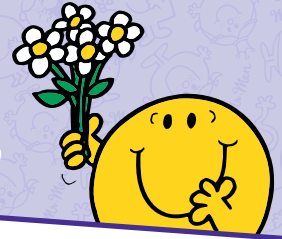


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BE KIND THINK ABOUT KINDNESS



It can be difficult to be kind. But sometimes even a small act of kindness can make a difference. Draw a memory from a time when you were nice to someone.

Which of these items do you associate with kindness, and why? Circle them, and think of a way to be kind using them.



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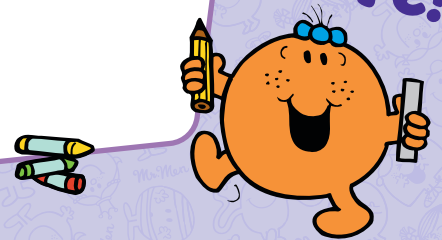
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Kindness is given, but it is also received. Can you think of a time when you were grateful for someone being kind to you?

Draw it here!



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LITTLE MISS**

WORRIES EVERYBODY WORRIES SOMETIMES

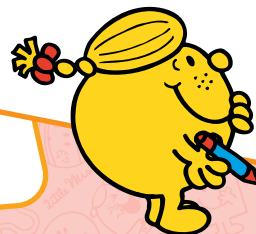


Do you ever feel worried?
Everybody worries sometimes. Not just Mr. Worry. Is there something you are worried about now or have been worried about in the past? Try to draw it.

Little Miss Sunshine has a special 'sunshine' box she'd put together which always made her feel better when she was worried. It included 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? Draw it below.



Worries always feel smaller when you share them. Do you share your worries? List or draw three people you feel safe with and you can share your worries and fears with.



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FOR ALL READERS

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**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.

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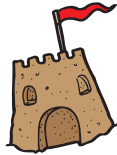
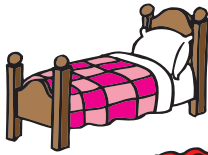
**MR. MEN
LITTLE MISS**

FEELING SAD

LET'S COPE WITH SADNESS



There are many different reasons why you might feel sad. Does any of these items remind you of something that made you sad? Circle it and tell us your story.



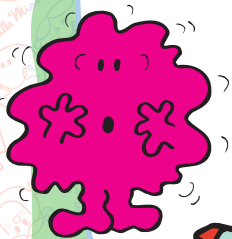
Everyone feels sad sometimes, even people who don't seem that way on the outside. Do you ever feel sad? Draw the last time you felt sad.

Little Miss Curious decided to invite Mr. Jelly to a fun and silly place, to brighten his day. Can you think of a time when you helped your friend feeling less sad? Draw or write about it.



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

1.
2.
3.
4.
5.



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