

Lesson Set Up

Check the activity for the following lesson to see what preparations need to be made. The origami can be created with the class, or in preparation for the class. [Instructions can be found on pages 51-52]

All you will need for each of the five lessons is:

- mood charts
- paper
- pens
- paper cups [page 31]
- paper straws [page 37]
- balloons [page 35]
- space to move around and perform yoga as well as other exercises.

Note: When shuffling the deck before each game we recommend taking note of which Beasties are the subject of that lesson and spacing them throughout the deck. This allows for multiple chances to introduce the discussion and the activities.

The Happiness Homework featured on each page are optional activities that can be performed throughout the week.

Lesson Overview

Begin each lesson by briefing the group about which Beasties to look out for. Have an initial discussion about the characters and how they are feeling, ways in which you may be able to help and prepare them for the activities they will be performing. The player to the left of the dealer goes first (don't forget any bad actions must be played immediately).

Note: You can remove the bad action cards if you think these may be detrimental to the session.

If the relevant Beastie is revealed, pause for five minutes to talk. We recommend using a timer, and a **discussion device* that players can hold should they want to talk. Leave time for the activities throughout the lesson, you may need to spend more than five minutes for some activities. However we suggest limiting the time to allow for more gameplay and discussion.

When the lesson and game ends, see who has managed to help the most Beasties. We have found that performing a yoga pose or getting the group to have a stretch before they leave the classroom was beneficial to keeping them calm before going back to class.

*A *discussion device* can be anything you want. Whoever wants to talk next, must be holding it.

Lessons

Play the game in full during each lesson, using the following plans to determine the structure, discussion points and exercises.

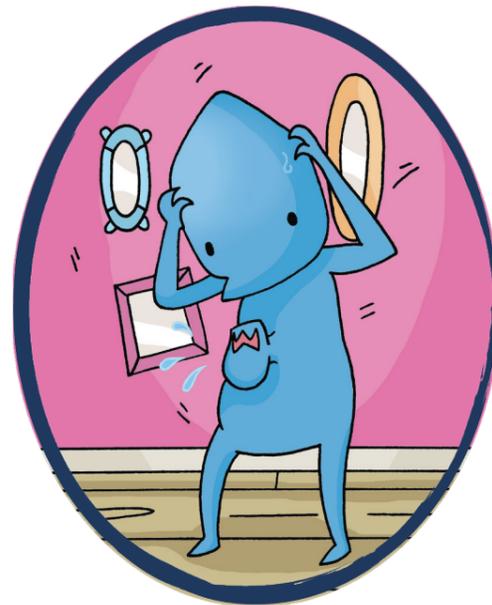
It is not essential to follow the lessons in the order shown here, but we do recommend holding an introductory session at the beginning and an assessment session at the end.

Once the lesson plans are complete feel free to revisit any of the Beasties or activities during future sessions and games.

The Happiness Homework is optional.
Each session should last about an hour.
(But take as long as you need.)
Recommended: 2-5 players per game.



When these characters appear, pause the game and discuss them

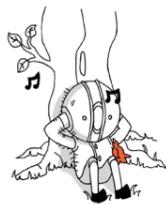


Bronze Child

- WHY**
- What could be making him stressed?
 - Why would music calm him down?

- HELP**
- How can we help Bronze Child/ ourselves/ others?

ACTIVITIES
Explore different sounds and music to find the most calming.



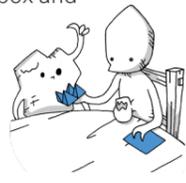
[Read more on page 30]

Gemini

- WHY**
- Why is he being so hard on himself?
 - What could he do to be more positive?

- HELP**
- How can we help Gemini/ ourselves/ others?

ACTIVITIES
Make the positive chatterbox and see how we can turn negative thoughts into positive ones.



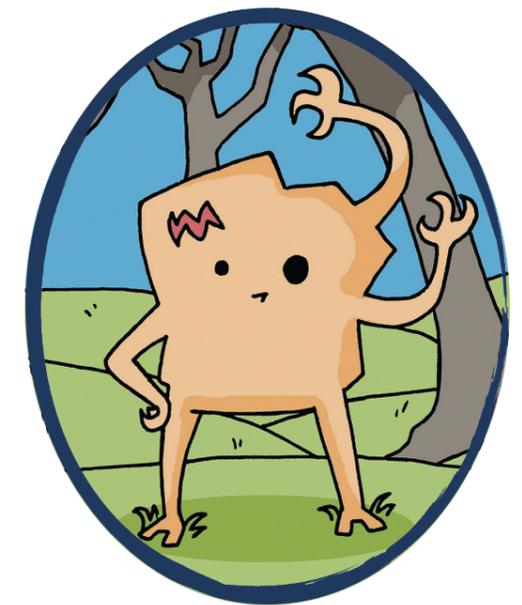
[Read more on page 34]



HAPPINESS HOMEWORK

Discover a sound or some music that makes you feel calm and more positive.

When these characters appear, pause the game and discuss them



Fever Folk

- WHY**
- What could be making them feel unwell?
 - What may cause them to have no energy?

- HELP**
- How can we help Fever Folk/ ourselves/ others?

ACTIVITIES
Discuss what would be the tastiest healthy soup in the world and draw the ingredients.



[Read more on page 32]

Akky

- WHY**
- Why might Akky not be feeling great?
 - How does slouching contribute to Akky feeling glum?

- HELP**
- How can we help Akky/ ourselves/ others?

ACTIVITIES
Make a paper hat, put it on your head and see if you can perform stretches without it falling off.



[Read more on page 29]



HAPPINESS HOMEWORK

Imagine you are cooking a nice warm soup to make you feel good inside, list all your favourite healthy ingredients.

When these characters appear, pause the game and discuss them

When these characters appear, pause the game and discuss them



Gagatek

- WHY**
- What could be making him want to hide?
 - How might his comfort help him?
- HELP**
- How can we help Gagatek/ ourselves/ others?

ACTIVITIES
Discuss what comforts are for and get creative by drawing our favourite thing with the group.



[Read more on page 33]

Populo

- WHY**
- What might be giving her a foggy mind?
 - Why does she sometimes feel really small?
- HELP**
- How can we help Populo/ ourselves/ others?

ACTIVITIES
Make a paper boat and practice deep breathing exercises. Use our deep breaths for boat races.



[Read more on page 37]

Purrpy

- WHY**
- What might contribute to him feeling like he doesn't fit in?
 - Why might he be trying to be someone he is not?
- HELP**
- How can we help Purrpy/ ourselves/ others?

ACTIVITIES
Make a paper plane and anonymously write down some of our worries and throw them far away.



[Read more on page 38]

Hypnor

- WHY**
- Why might she be scared of other people?
 - What are the reasons she should not be scared of us?
- HELP**
- How can we help Hypnor/ ourselves/ others?

ACTIVITIES
Write items on bits of paper and put them in a jar, pick one and act it out. Discuss why it's better to be ourselves.



[Read more on page 36]

HAPPINESS HOMEWORK

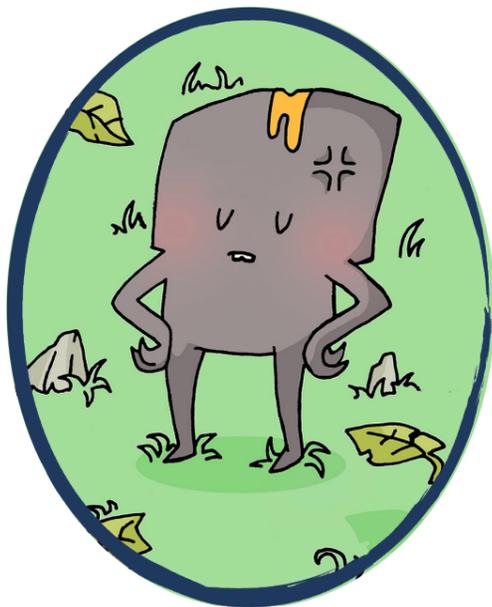
Clouds can make lots of different shapes, take the time to look at them and list three shapes that you see.

HAPPINESS HOMEWORK

Create a mask that shows everything you love about yourself.

LESSON 5

When these characters appear, pause the game and discuss them



Hallusan

- WHY**
- What might be causing Hallusan to not want to go home?
 - In what ways can we be more positive?

- HELP**
- How can we help Hallusan/ ourselves/ others?

ACTIVITIES
Discuss dreams, ambitions, write them on a balloon and blow them up. Watch as the hard work helps them grow.



[Read more on page 35]

Deki

- WHY**
- Why is inner beauty as important as outer?
 - What might be making her feel self conscious?

- HELP**
- How can we help Deki/ ourselves/ others?

ACTIVITIES
What is Beauty? Draw or write down what inner beauty means to you and share it with the group.



[Read more on page 31]



HAPPINESS HOMEWORK

List the things that you like the most about your friends and what they like most about you.

Book of Beasties in your School

More than just a game, Book of Beasties offers a community of wellness, creativity, openness and positivity.

We want those who get involved with Book of Beasties sessions to feel that they are part of a movement, bringing mental health and wellness into the light, brightening futures for many young people in the UK. To do this we came up with a few ideas for how to bring the Beasties, Items and Comforts out of the game and into your school.

A BEASTIE BOARD

Share all the great stuff that goes on inside a Book of Beasties lesson with the rest of the school, whilst offering some simple wellness advice that everyone can benefit from.

Create a dedicated board where players can show off their comforts, pictures, favourite Beasties or activities. This could be a great way to get the wider conversation going. Why limit the discussion to the classroom when you could spread the positivity to everybody!

THE BOOK OF BEASTIES CLUB

It is by no means an exclusive club, in fact quite the contrary it is for anyone and everyone.

A safe, preferably quiet space where people can go to play the game together and take part in activities such as paper boat races (focusing on the benefits of deep breathing) or creating Comforts and Beasties. Or simply somewhere to go and feel able to talk or sit quietly (focusing on mindfulness or meditation).

We also suggest if possible such a place is available before and after school, during breaks or wet play and is supervised by a SENCO or Teaching Assistant.

Visit the Book of Beasties website for brand assets, or to contact us should you need any other information for the Beastie Board or the Book of Beasties Club.

Note: Send us pictures of your Book of Beasties boards and clubs in action and you could be featured on our website and social media channels.

Send to: info@bookofbeasties.com

SCHOOL PORTAL

Visit our website to gain exclusive access to our School Portal, where you can download useful documents, assets, and chat on our Beastie forum.

Share images, stories, ideas, comforts and talk to fellow Book of Beasties players as well as the creators.

**All you need is this password:
"wearebeasties19"**

