

Lesson 1

Keeping Calm and Comforting Your Mind



Ratal



Ratal does not like being centre of attention and gets really anxious in social situations. The more nervous he gets the more he trembles and the louder he rattles attracting even more attention to himself.

Take the time to speak with your pupils or child/children about how the Ratal is feeling, why they may be feeling this way and if we have ever felt the same. Then explore how we can help them and/or ourselves.

HOW TO HELP

BLANKIE

When we find ourselves in situation that make us nervous it can be hard to think straight, which can make us more anxious. It can be helpful to have something on us or even think of something to calm our nerves just like a comfort does.

Ratal uses his Blankie, which not only provides a bit of comfort to Ratal when he's feeling particularly anxious but when he wraps it around himself it also quiets down the rattling.



Tips

Why not spend a day making your very own quilt or build it up over time to eventually have a comfy, homemade quilt made out of your most favourite things.

You can either just use paper or find scrap materials and sew together a real, fluffy quilt.

ACTIVITY

QUILT MAKING

Think about what comfort means to you. Did you think of bed? Or a quilt? Now imagine that quilt was made out of all the most comforting things you could think of. It would be the most comforting thing in the world.

Using paper or material, have each child design one or more patches for a quilt. Each patch will represent them and the best thing about them. Encourage discussion throughout the creative process about what it is we are making and why.

