

## A PRIMARY PACK

From **KiddyCharts** and Dream, Believe, Read Children's Author  
and Mental Health Advocate: **Leanne Brown**.

# BE WELL READ

## Summer Reading Programme

#BeWellRead



**Encouraging positive emotional wellbeing through reading**



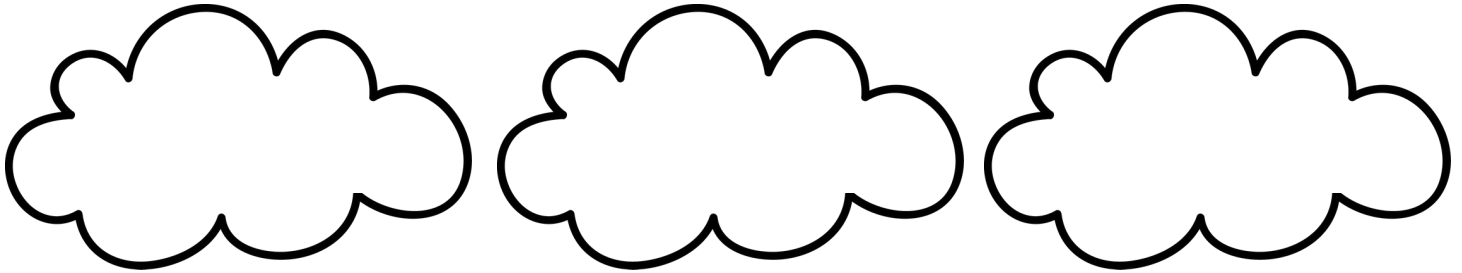
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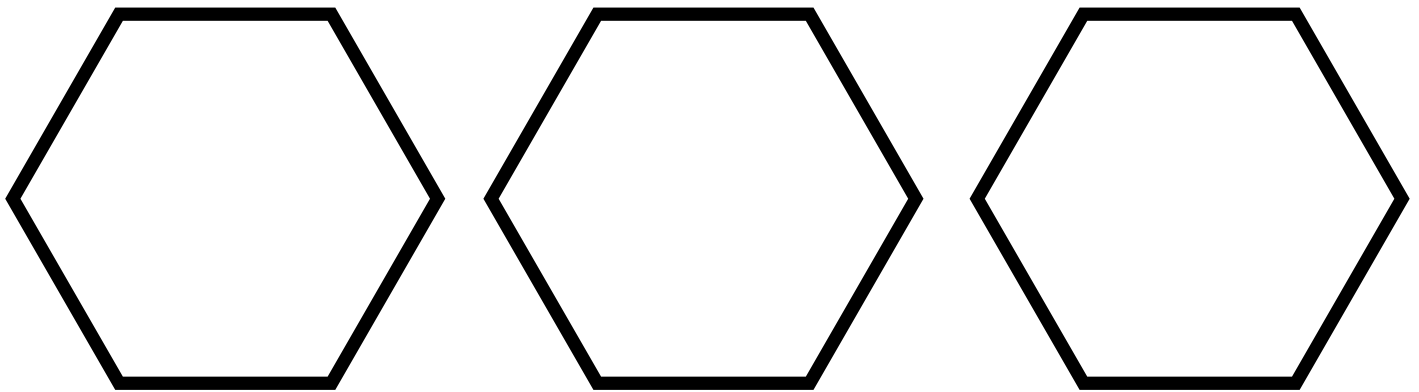
# ACTIVITY 1 - EMOTIONS - WHAT ARE THEY?

Think about a character or characters in the books you have been reading.

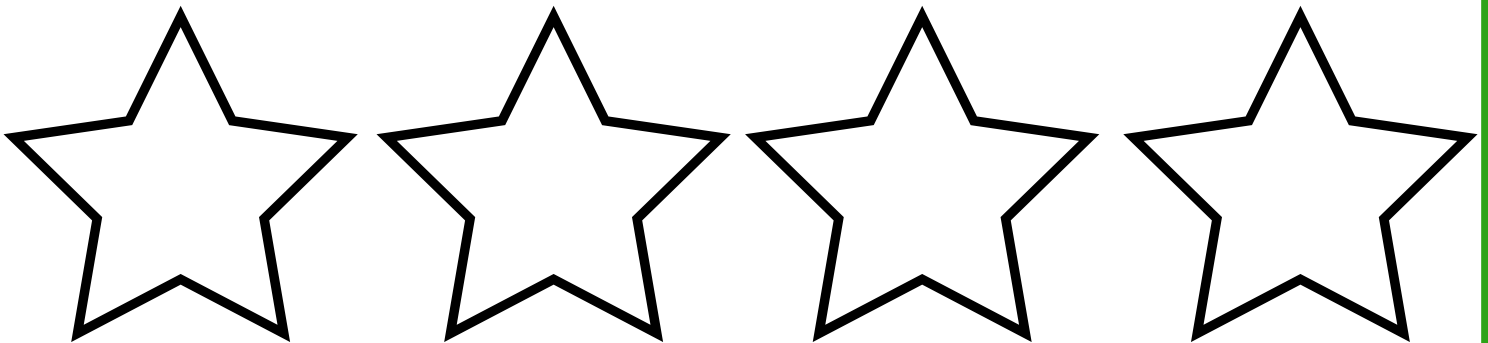
Can you identify their feelings? You can name more than one feeling.



Do their feelings change in the book? Why do you think they change?



How does the character or characters make you feel once you have read the book?  
Write down all the different feelings you felt throughout reading the book.



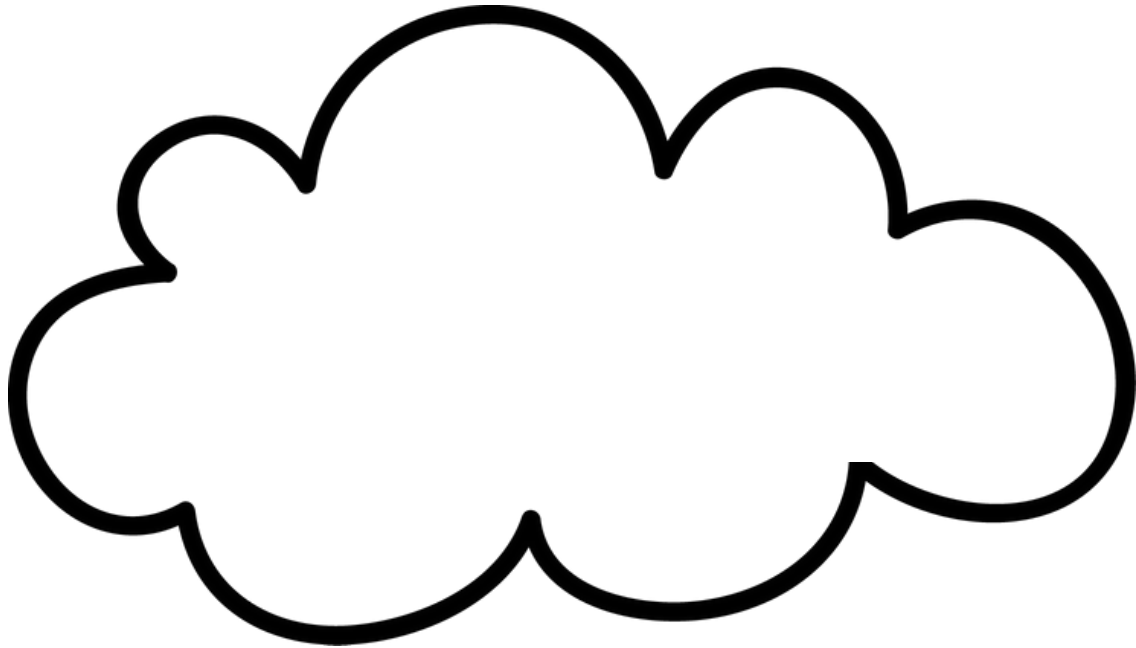
## TIPS for TEACHERS (KS1):

- Model emotions and feelings using facial expressions.
- For younger children in KS1 ask them to draw the emotions in the bubbles using faces.
- Use a word bank of different emotions and feelings.
- Children can use any character out of the books (human, animal, nature, etc)

## ACTIVITY 2 – PLACES MAKE ME FEEL.

Think of a scene, picture, or image from the book you have read.

Imagine you are in that scene, picture or image – what does it make you feel? Fill in the cloud with everything that you feel whilst you are there. What can you see, hear, taste, smell or touch?



What place do you have that makes you feel calm, peaceful, or happy?  
Create a piece of art below – this can be in any form you wish.

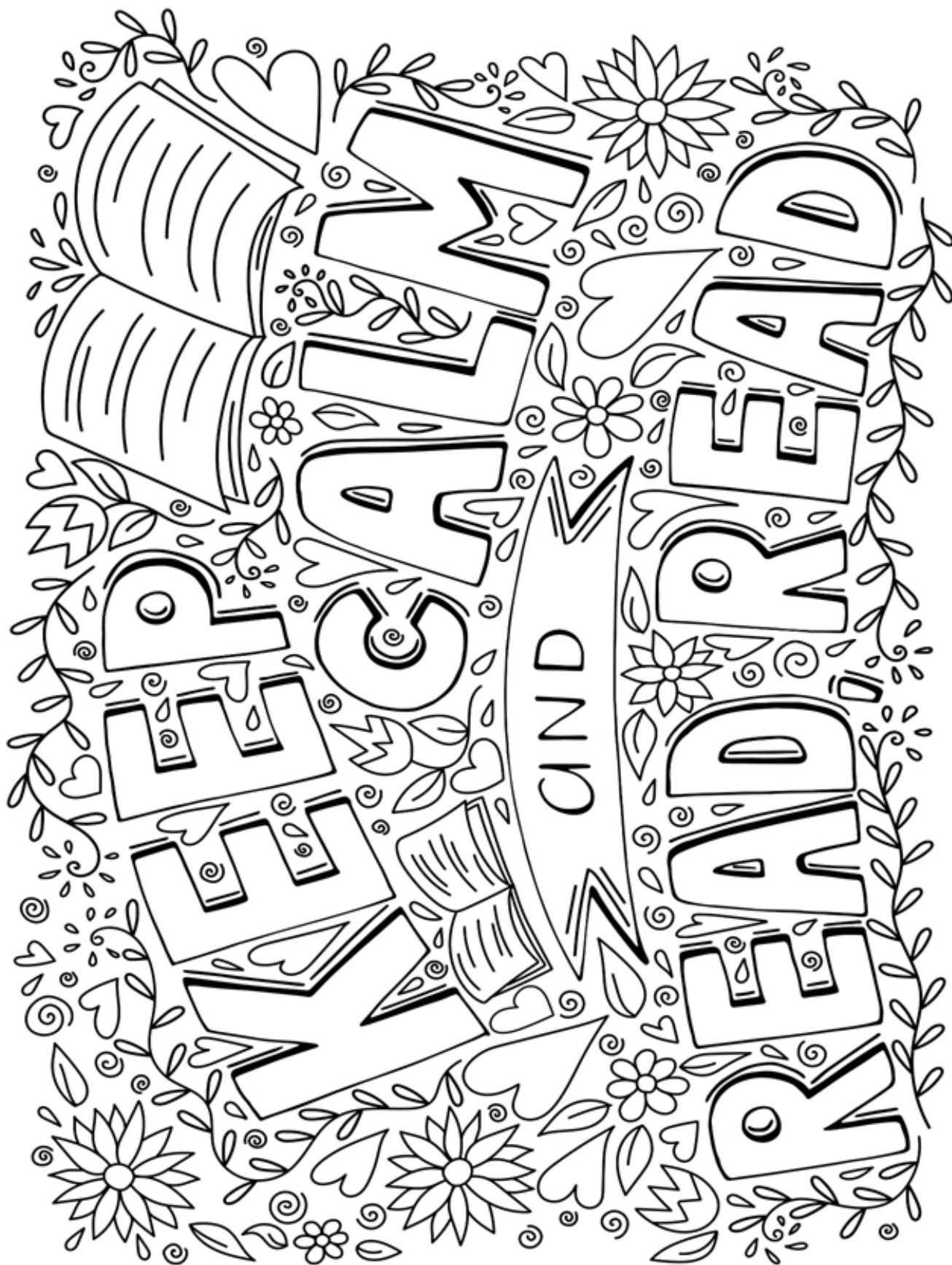


### TIPS for TEACHERS (KS1):

- Use a bank of adjectives to help with descriptions of scenes.
- Use a bank of words for feelings and emotions.
- Children can draw feelings in cloud by using facial expression drawing.



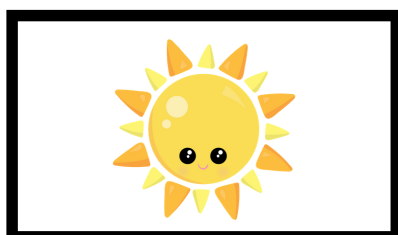
## ACTIVITY 3 - MINDFULNESS COLOURING



# ACTIVITY 4 - WHATEVER THE WEATHER

Weather can have an impact on how we are feeling, but if you had a weather chart then it gives you positive things to do whatever the weather.

Using the symbols of the weather, write down the activities, that make you happy, that you could do in those weather types. Write what emotions those weather types make you feel.



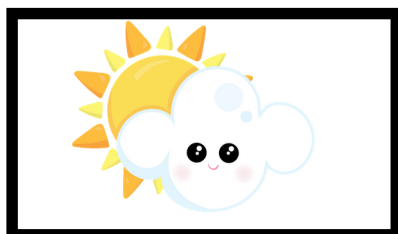
For example: Eating an ice lolly



For example: Playing a board game.



For example: Drinking hot chocolate



For example: Going for a walk



## TIPS for TEACHERS (KS1):

- Ask children to use pictures to show activities they like to do.
- Use pictures to show emotions that they feel according to the weather.
- Use a word bank for weather, emotions, and activities.

# ACTIVITY 5 - BREATHING TECHNIQUE

## Rainbow Breathing



1. Place your finger at the bottom of the rainbow.
2. Breathe in through your nose and trace the red arc until you reach the top.
3. When you reach the top, begin the exhale through your mouth and continue tracing the rainbow until you reach the end.
4. Repeat with each colour, or until you feel calm and grounded.

# ACTIVITY 6 -THE SOUND OF MUSIC

Listening to music can have a big impact on your mental health and wellbeing.  
Certain songs can improve our mood and emotions.

Write down four songs that you like to listen to. Next to it write what emotion they make you feel and why?

	SONG TITLE	EMOTION
		
		
		
		

A SONG I LISTEN TO  
WHEN I FEEL ANGRY....

A SONG I LISTEN TO  
WHEN I FEEL HAPPY....

A SONG THAT MAKES ME  
DANCE ALL THE TIME...

A SONG I LISTEN TO  
WHEN I FEEL SAD ...

A SONG THAT MAKES ME  
FEEL GOOD ABOUT MYSELF...

A SONG THAT  
CALMS ME DOWN...

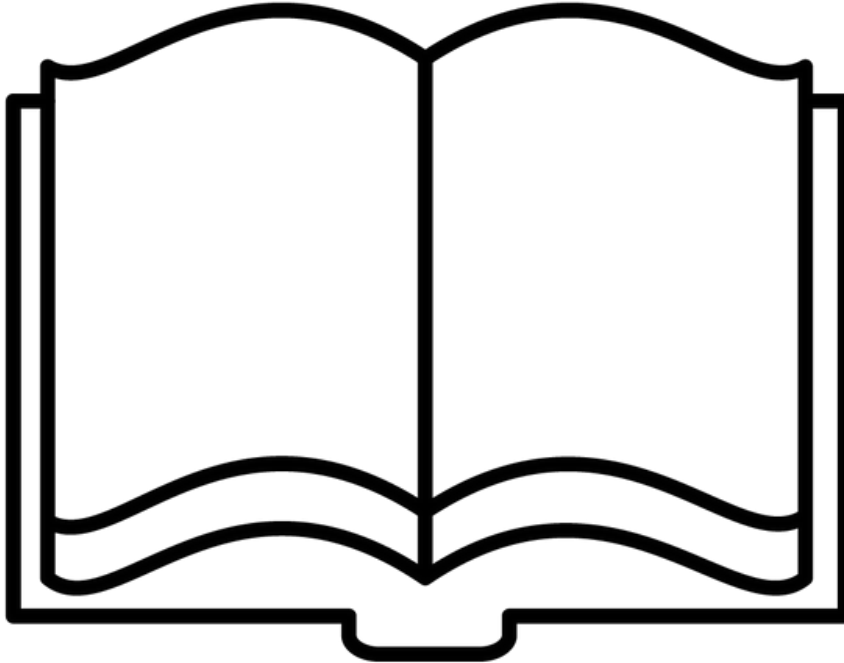
A SONG THAT REMINDS  
ME OF MY FAVOURITE PERSON...

A SONG I REPEAT...

MY FAVOURITE PLACE  
TO LISTEN TO MUSIC...

## ACTIVITY 7 - GRATEFUL FOR...

When you read your book, what were the characters grateful for? Write on the left side. What were you grateful for when reading the book? Write on the right side.



What else in your life are you grateful for?

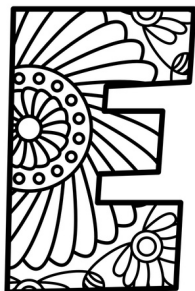
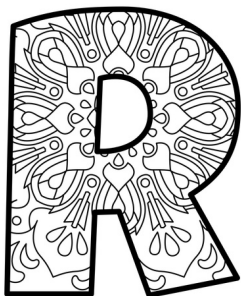
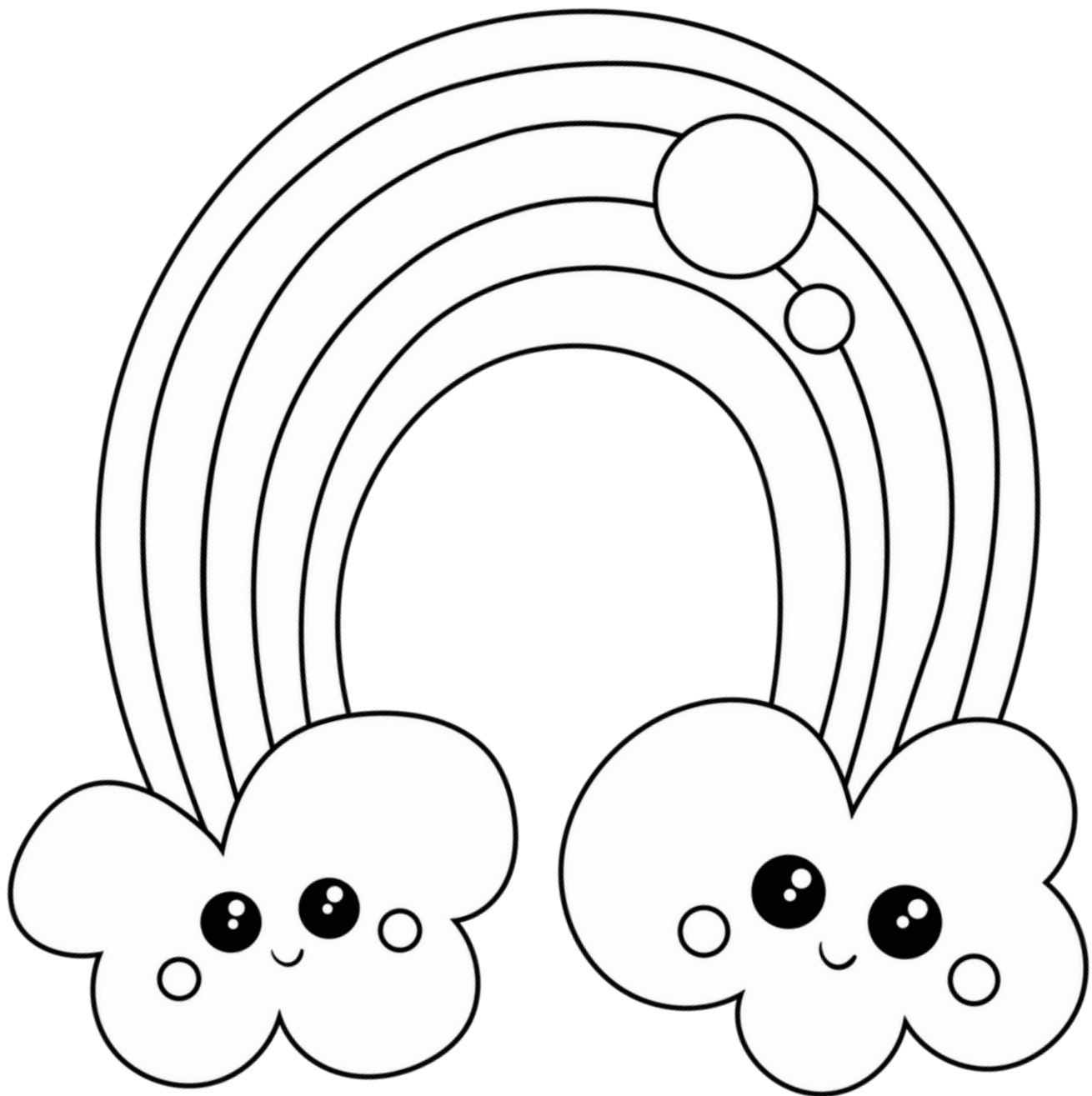
<b>A person I am grateful for...</b>	<b>A thing I am grateful for...</b>
<b>A place I am grateful for...</b>	<b>An activity I am grateful for...</b>

### TIPS for TEACHERS (KS1):

- Younger children can use pictures to draw what they are grateful for.
  - Have a word bank for things they may be grateful for.
- Give suggestions and examples to help children think of ideas

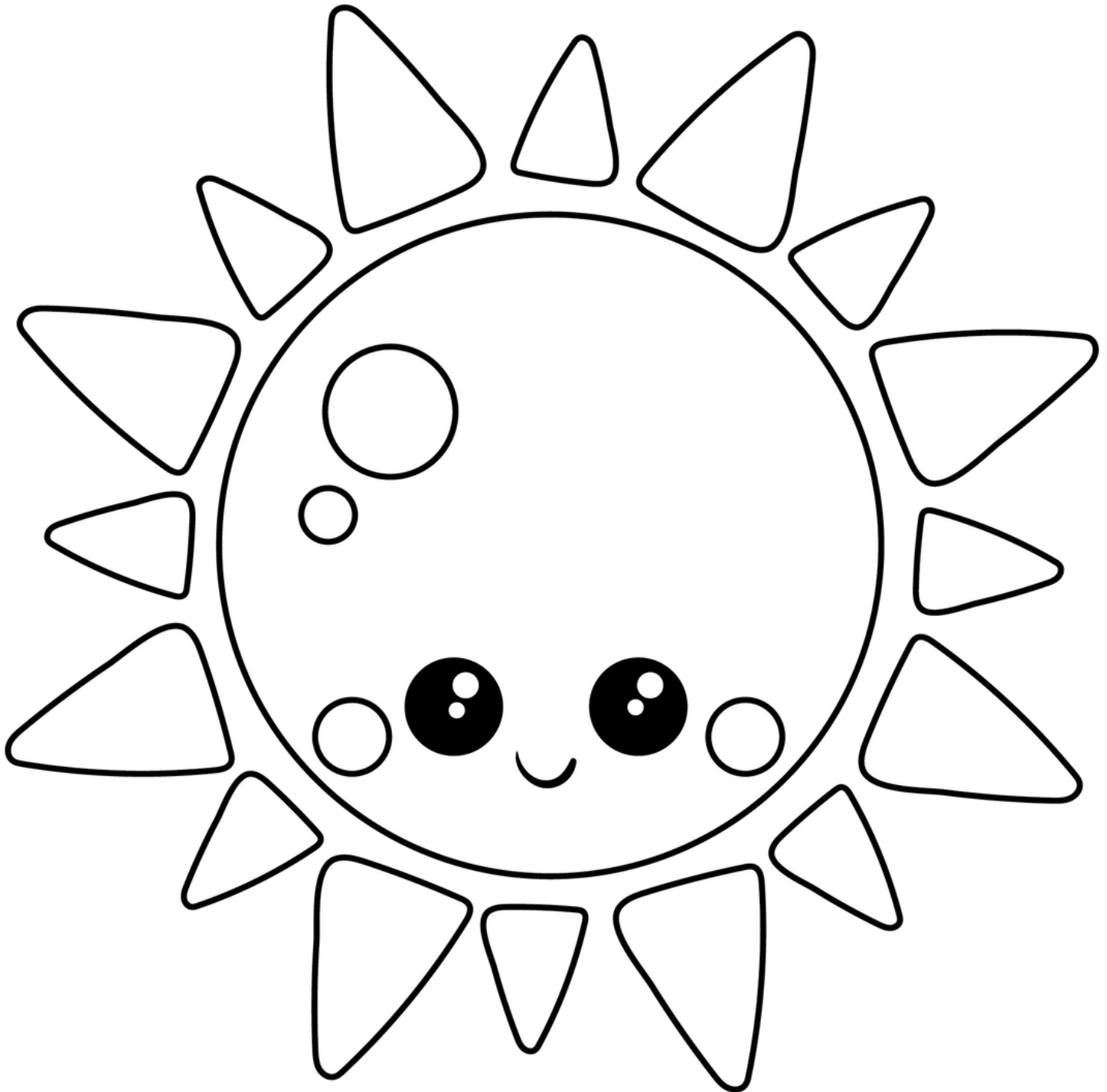


## ACTIVITY 8 - MINDFULNESS COLOURING



## ACTIVITY 9 - EVERYTHING THAT MAKES ME HAPPY OR CALM.

Write your name below the sun. Use the rays to write, draw or decorate what makes you feel happy.



## ACTIVITY 10- BE CREATIVE



Now you have read your book and completed the activities. Use the space below to write, draw or illustrate how you felt during the programme from start to finish. Be as creative as you can. You can use pictures and words. Tell us your experience and what you got out of the programme.





# Summer Reading Challenge Reading Log

DATE

BOOK TITLE

BOOK REVIEW



## BRONZE

## SILVER



# Summer Reading Challenge Reading Log

DATE

BOOK TITLE

BOOK REVIEW



GOLD



# SUMMER READING CHALLENGE



kiddycharts.com #BeWellRead

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Fantastic work - you have earned your GOLD passport in the Summer Reading Challenge with Dream Believe Read and KiddyCharts in 2021.

*H. Neale*

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Helen Neale

CEO, KIDDYCHARTS.COM

*L. Brown*

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Leanne Brown

AUTHOR, AND MENTAL HEALTH ADVOCATE



# SUMMER READING CHALLENGE



kiddycharts.com #BeWellRead

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Helen Neale

CEO, KIDDYCHARTS.COM

*L. Brown*

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Leanne Brown

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# SUMMER READING CHALLENGE



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Helen Neale

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*L. Brown*

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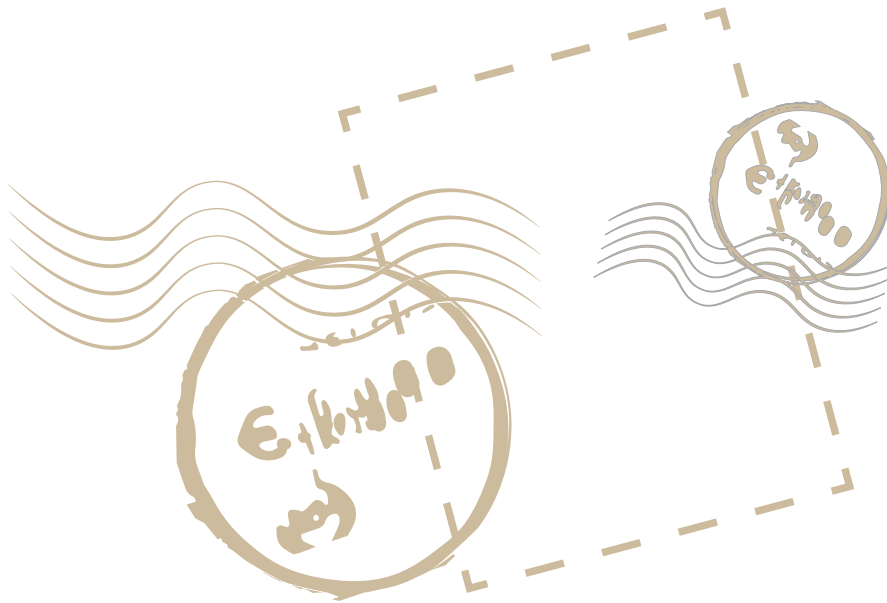
Leanne Brown

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# My Summer Reading Challenge Passport

KiddyCharts Summer Reading Challenge 2021

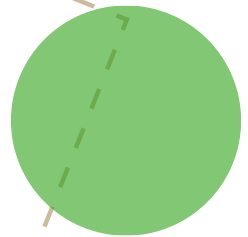
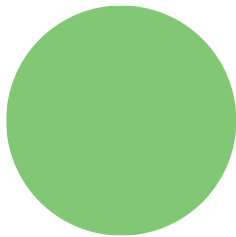
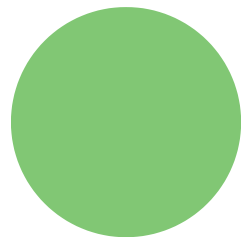
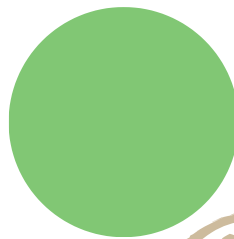
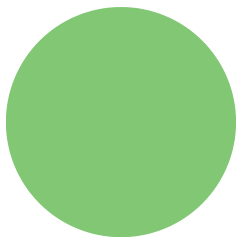
**Colour in / stamp as you read!**



**BRONZE**

**SILVER**

**GOLD**



**When you reach GOLD - email us:**  
**bewellread@kiddycharts.com**

You need to let us know which books you read,  
and share a review with us too!

For more details, including terms:  
visit [kiddycharts.com/summer-reading-challenge](https://www.kiddycharts.com/summer-reading-challenge)