

A SECONDARY PACK

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

BE WELL READ

Summer Reading Programme

#BeWellRead

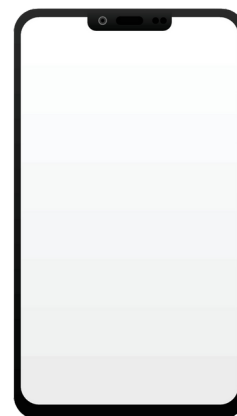
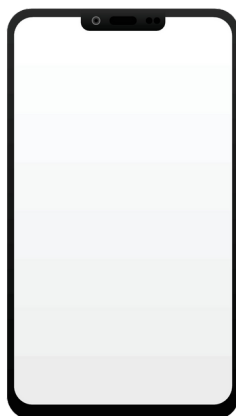
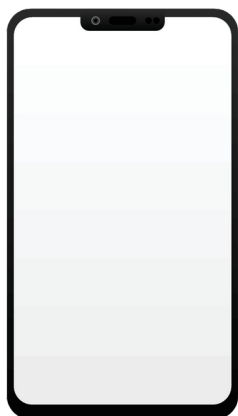


Encouraging positive emotional wellbeing through reading

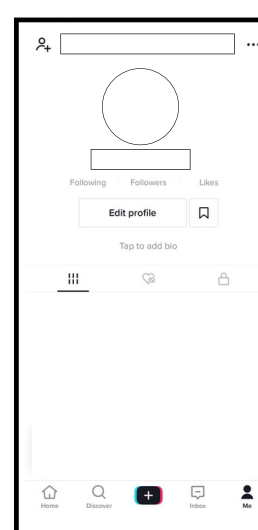
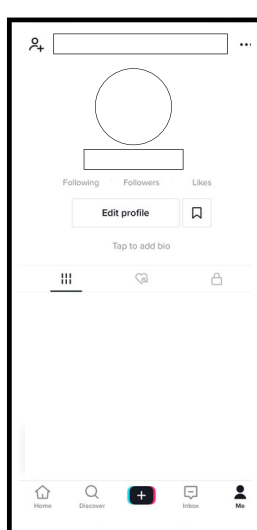
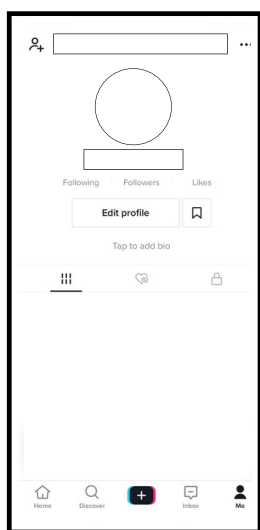
ACTIVITY 1 - EMOTIONS - WHAT ARE THEY?

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

Can you identify their feelings? Using the phone templates below write a text message between a character and their friend (this does not have to be someone from the book.) Write about how your character is feeling?



Do their feelings change in the book? Write a Tik Tok profile showing their feelings and emotions before and after the change. Feel free to use another sheet if needed.



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.

ACTIVITY 2 – PLACES MAKE ME FEEL.

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

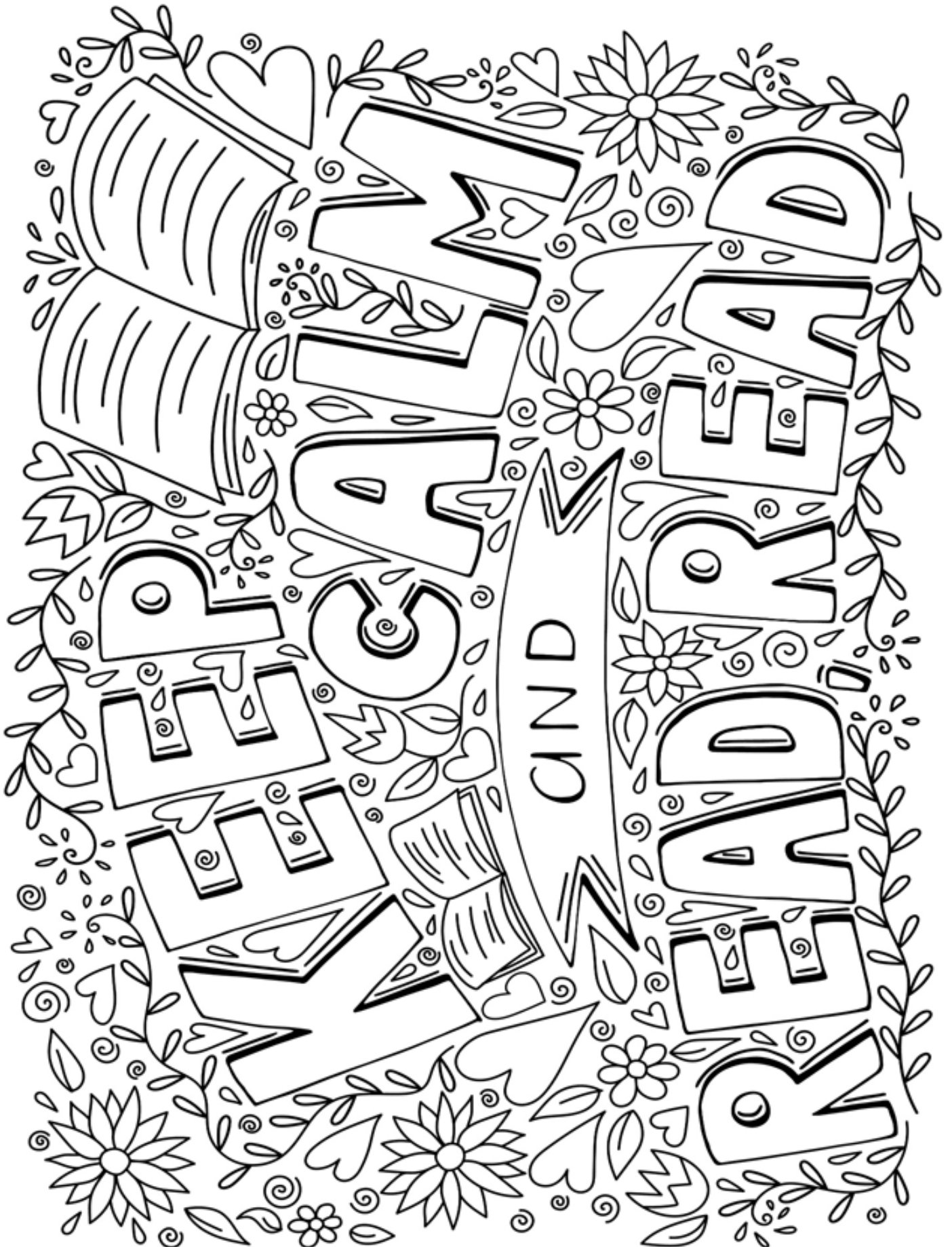
Imagine you are in that scene, picture or image – what does it make you feel? Create a piece of graffiti showing how that place made you feel. Add other aspects of creative art if you wish. What can you see, hear, taste, smell, or touch?



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.



ACTIVITY 3 - MINDFULNESS COLOURING

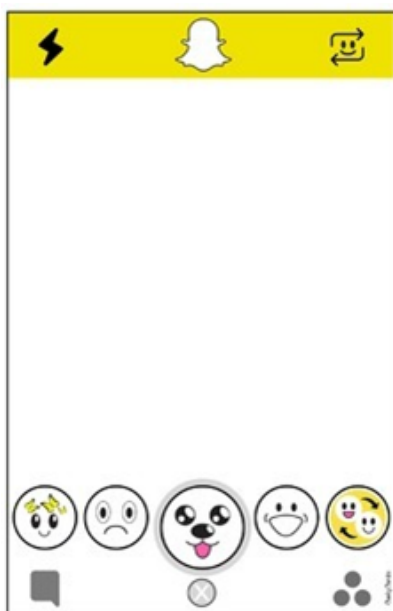


ACTIVITY 4 - WHATEVER THE WEATHER

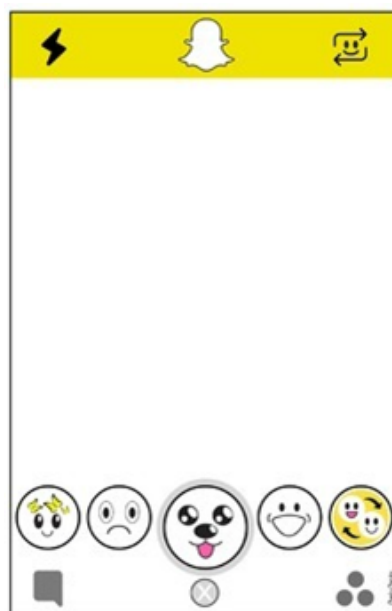
Weather can have an impact on how we are feeling, but if you had a weather chart then it gives you positive things to do whatever the weather.

Using the Snap Chat template below to 'snapchat' your friends about the different types 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.

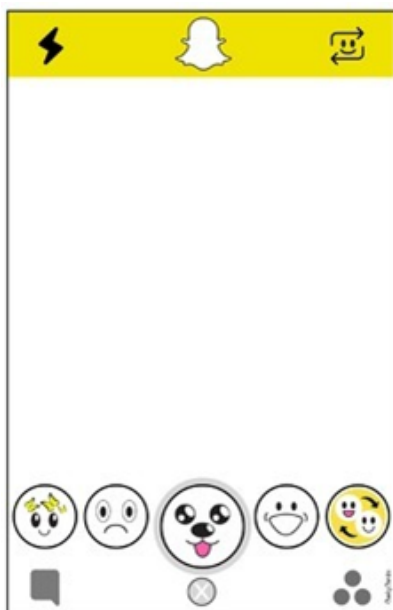
SUNSHINE



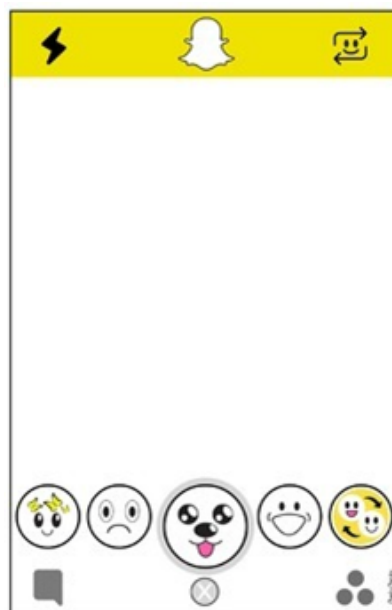
RAIN/THUNDERSTORMS



SNOW/ICE



CLOUDY



ACTIVITY 5 - BREATHING TECHNIQUE

Balance Breathing

1. Sit comfortably, tall spine, relaxed shoulders. Let your palms be open in your lap. You may sit on the floor or in a chair. Choose a quiet, calm, and relaxing environment.



2. Using the Snap Chat template below to 'Snapchat your friends about the different types 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.

3. Imagine that you can breathe in through your right-side nostril, filling the whole right side of you from your toes to the top of your head. It can help to visualise the breath coming in as a bright white light, as a colour, or as water. Choose anything that is pleasing to you. Breathe into the right side until it feels full to the brim. Then, close the left hand and open the right.



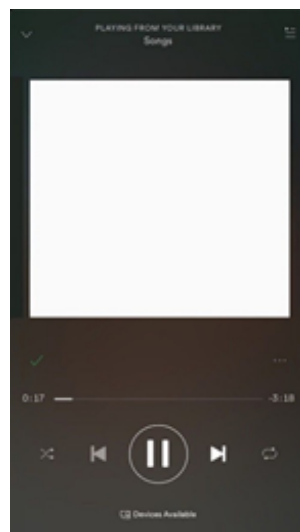
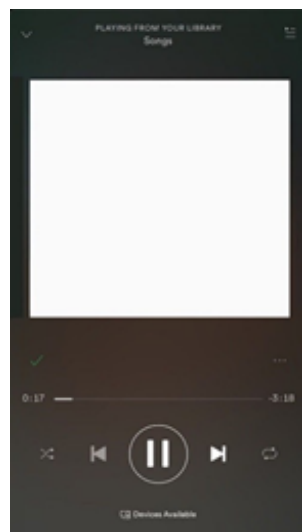
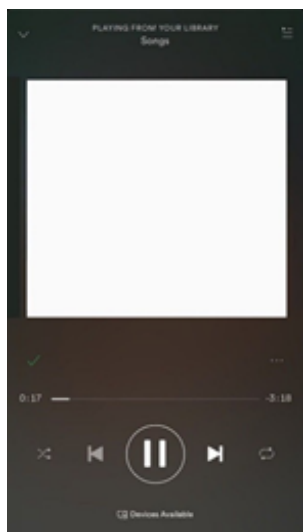
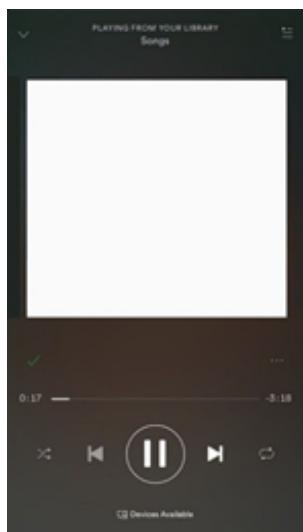
4. Repeat several times. When you are feeling complete, perhaps after 10 rounds, open both palms, release your breath and visualise through both sides. Notice how the experience makes you feel.

Repeat this meditation anytime you want to feel calm, relaxed, and happy.

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.

Using the templates below, write down four songs that you like to listen to. Write what emotion they make you feel and why?



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?

On the left, create a social media post stating what they were grateful for with a comment from their friend.

On the right, create your own social media post stating what you are grateful for.

 A template for an Instagram post. At the top, it says "Instagram" with a camera icon on the left and a share icon on the right. Below the header is a circular profile picture placeholder and a three-dot menu icon. The main body is a large rectangular area for the post content. At the bottom, there is a heart icon, a comment icon, and several horizontal lines for comments.

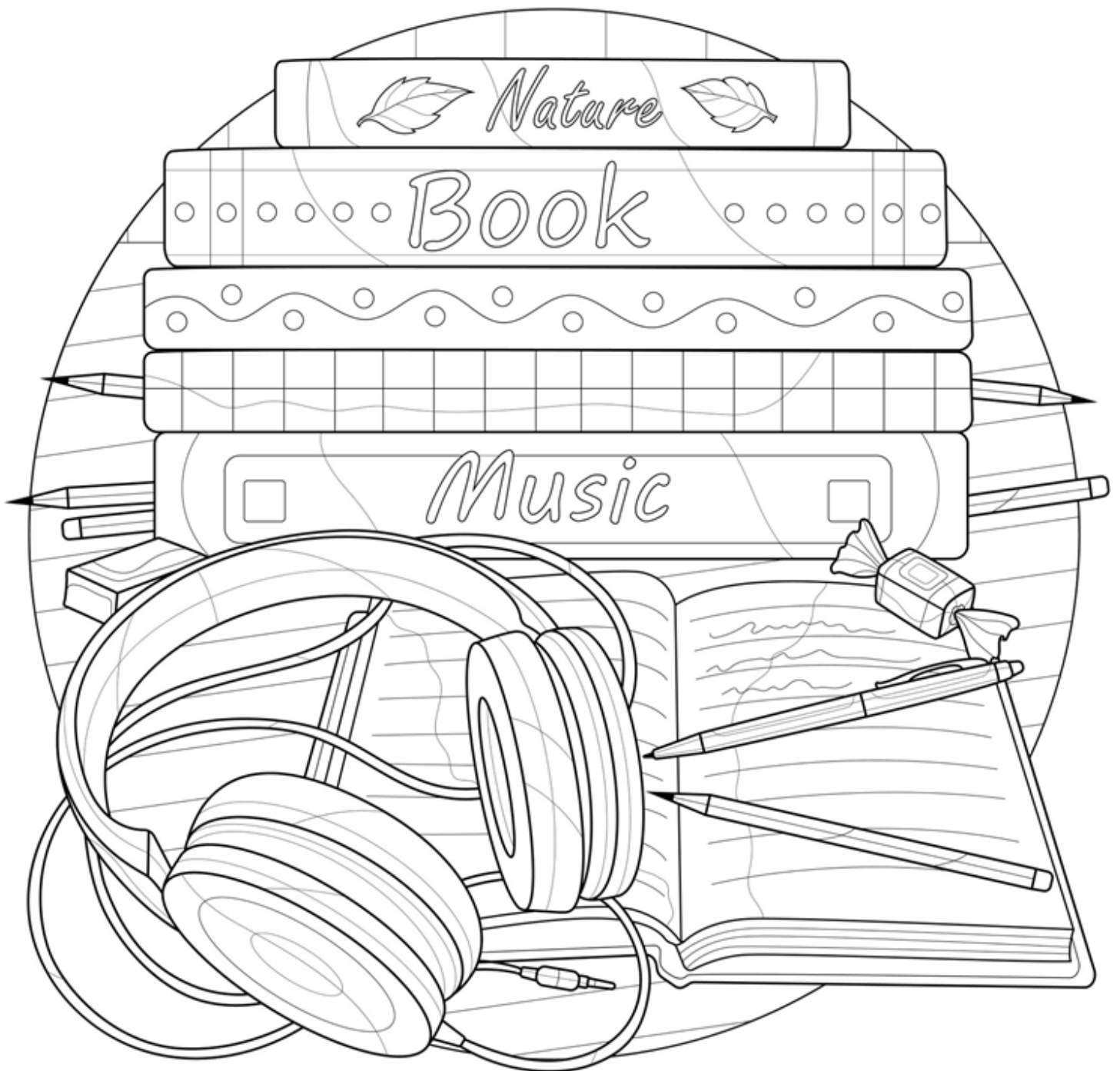
 A template for an Instagram post, identical to the one on the left. It features the "Instagram" header, a camera icon, a share icon, a profile picture placeholder, a three-dot menu, a large content area, and a bottom section with a heart icon, a comment icon, and lines for comments.

WRITE A BLOG

Write a blog about what you are grateful for. This could include a person, a place, a thing, an activity, or all of them.

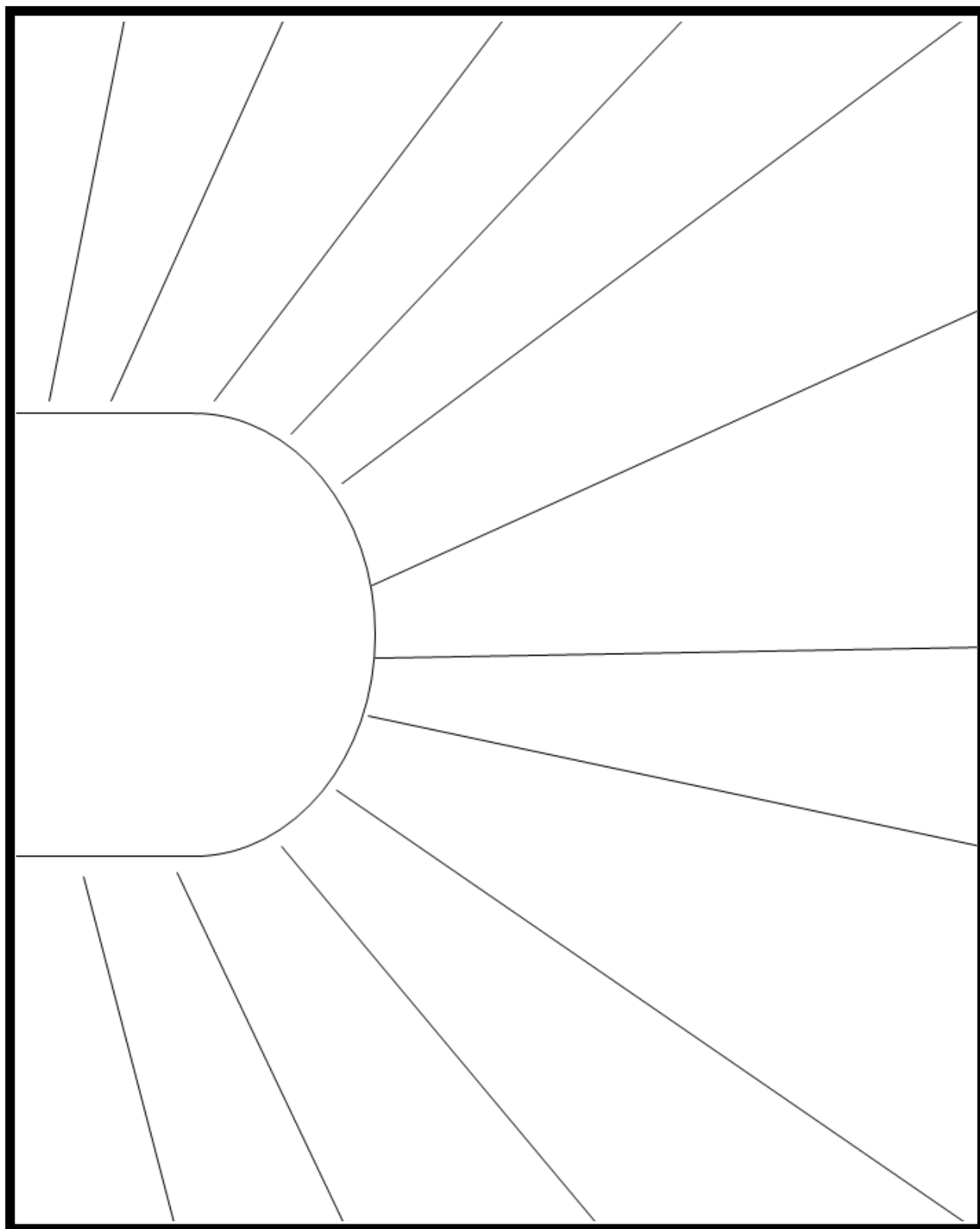
TITLE		NO.
<div> ← → 🏠 <input type="text"/> </div>		
<div> <p>A large area for writing a blog post, featuring a grid of dots for handwriting practice.</p> </div>		

ACTIVITY 8 - MINDFULNESS COLOURING



ACTIVITY 9 - EVERYTHING THAT MAKES ME HAPPY OR CALM.

Write your name in the semi-circle. Use the areas 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

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

H. Neale

Helen Neale

CEO, KIDDYCHARTS.COM

L. Brown

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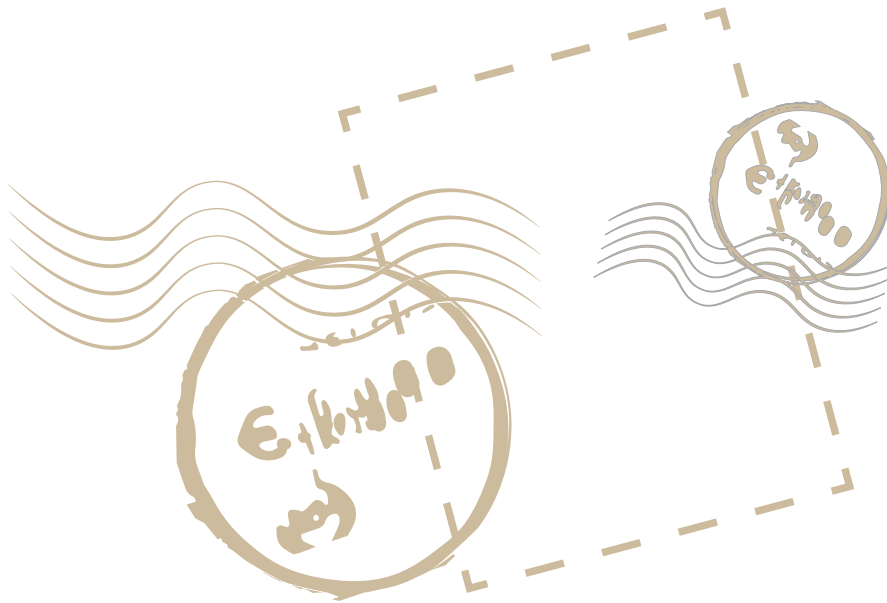
Leanne Brown

AUTHOR, AND MENTAL HEALTH ADVOCATE

My Summer Reading Challenge Passport

KiddyCharts Summer Reading Challenge 2021

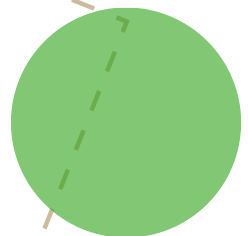
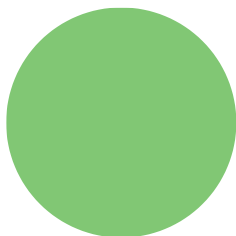
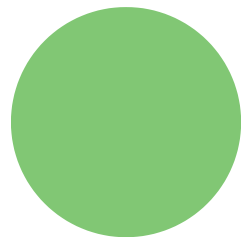
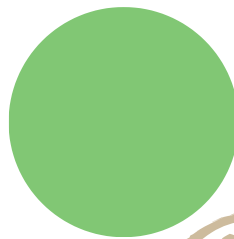
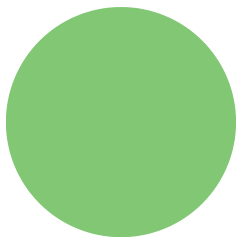
Colour in / stamp as you read!



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)