

Guide for Parents/Teachers



The Storm picture book by Dr. Victoria Harris is for ages 5-7 yrs or preschool to grade 3. Or for anyone who may benefit!

An Exciting Adventure That Helps Children Navigate Big Feelings!

When Benny's forest is devastated by a huge storm and his best friend Sammy has to move away, he fears nothing will be the same again.

Not only is he scared of thunder, but his favourite play place has gone too.

Then when the owl tells him about a magic wishing tree, he sets off on an adventure to put things right.

Little does he know that the journey is more important than the destination, and that the skills he learns along the way will help him in ways he never knew possible!

Help Children With Emotions Through The Story of Benny the Badger!

- Anxiety
- Loss
- Change
- Worries
- Fears
- Sadness

Background: In my work as a child psychotherapist with children from 3yrs onwards, I have found creativity and play vital for the expression and processing of emotional difficulties or life challenges. The vehicle of a story can be an effective tool in helping a child explore and process big feelings.

Learning outcome: To help children learn skills to express themselves and understand how to improve their emotional well-being. Increase emotional resilience by providing techniques where they can process, calm and regulate their system.

Introduction: Our well-being can be affected by many things. We can do things to help improve our well-being. There are 3 parts to our well-being - mental, physical and social. Each part impacts how we feel, or our emotional well-being. Each part powers us up, like a battery.

Discussion on Well-Being:

1. The book begins with a big storm. How was Benny feeling? What effect did this have on his body?
2. What helped him?
3. What did Ruby/Freddie/Bella teach Benny?
4. Why do you think the magic wishing tree granted the wish Benny **needed** not wanted?

Activity 1: Draw a large battery and split into 3 parts (mental, physical and social). In groups or individually, draw something in each part that helps support you or fills you with energy. For example - kind thoughts like _____ (mental), jumping on the trampoline (physical), my family (social).

Activity 2: Benny's wish was to remember the new things he learnt from his friends when he had big feelings, and to ask his friends and family for help when he felt scared or worried. Draw (in groups or individually) the magic wishing tree. Write a wish that will help you in some way.

Activity 3: Draw a picture of Benny showing his friend Sammy and/or his family his new play place beside the magic wishing tree.

Activity 4: It is important to practise new skills. Practise saying something kind to yourself, belly breathing and asking for help when you need it!

The Storm Colouring Page

