

Curriculum Guide



The Otherworld (Book 1) - Wish

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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.

Learning Outcome: To help children learn skills to express themselves and understand how to improve their emotional well-being. Increase 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.

Discussion questions on emotional well-being.

- 1) What influenced Cara's well-being?
- 2) Are there any activities that helped improve her well-being?
- 3) What part did the fairy stone play in helping her?
- 4) How did Aunt Jackie help?
- 5) Did Cara do anything that didn't help?
- 6) Give some examples of other helpful things she could have done to improve her well-being in each area.
- 7) What kind of big feelings did Cara/Bri/Connor/Sean/Rose/Rob have?

- 8) In the story Cara struggled with her thoughts and this influenced her feelings and behaviour. Can you give an example of this working to help her and times it did not?

Activities to Build Self-Regulation and Resilience

1. Visualization - Tree

Sit in your chair with your back tall.

Allow your body to fidget and move until you settle and get comfortable.

Place both of your feet firmly on the ground.

Let your eyes go where they want to.

Be curious about your surroundings.

Now, close your eyes or rest your gaze softly in front of you.

And notice how the ground provides support.

Place your hands on your belly.

Inhale slowly through the nose and notice how the belly expands like a balloon.

As you exhale the air through your nose your belly falls towards your spine.

Continue to breathe into your belly, noticing how the air flows in and out.

No need to control it.

It has a rhythm of its own.

As you continue to breathe into your belly, imagine you are an acorn in a beautiful forest in the Otherworld.

Look around you and notice what kind of forest it is.

Are there any animals or magical creatures?

As you inhale, you begin to grow a strong trunk and long branches that reach high into the sky.

As you exhale, you begin to grow roots that reach deep into the earth.

Inhaling up to grow your branches and exhaling down to grow your roots.

Continue the breath long and deep. Feeling your trunk get stronger and more stable as your roots grow deeper into the earth.

Feel yourself grow into a magnificent oak tree.

No matter what the weather you can remain strong and flexible.

You can withstand any storm.

Allow your body to move a little as the storm begins to blow.

You can bend in the wind.

Your spine, like a tree trunk, sways a little from left to right, then forward and back.

Now allow yourself to find your center and be still.

Bring yourself back into the room.

Notice your body supported in the chair, feet on the ground, the sounds around you, and open your eyes.

Expressive Activity

Draw your tree in the Otherworld.

What is the weather like? The season? What are your surroundings like? Do you have any leaves? Is your trunk strong and are your roots deep? Does anything live near the tree or in it? Does this tree need anything? What can help it grow stronger and more flexible?

2. Visualization - Connecting to my Inner Voice

Sit in your chair with your back tall.

Allow your body to fidget and move until you settle and get comfortable.

Place both of your feet firmly on the ground.

Let your eyes go where they want to.

Be curious about your surroundings.

Now, close your eyes or rest your gaze softly in front of you.

And notice how the ground provides support.

Place your hands on your belly.

Inhale slowly through the nose and notice how the belly expands like a balloon.

As you exhale the air through your nose your belly falls towards your spine.

Continue to breathe into your belly, noticing how the air flows in and out.

No need to control it.

It has a rhythm of its own.

As you continue to breathe into your belly, imagine you see a door to the Otherworld.

Notice what it looks like.

You enter the door and see a box in front of you.

This box contains your inner, true voice.

Pick up the box and notice the shape, what it is made of and the weight.

Perhaps it has a colour.

You have the key to open this box within your heart.

Place your hands on your heart and notice your breath there.

Feel the pressure of your hands on your heart.

Breathe long and deep through your nose.

Breathe into it to activate your true voice.

It is kind, strong and brave.

Listen to it, recognise it and feel it.

Connect to it.

You can connect to your inner voice at any time.
As you exhale, make a humming sound.
You can activate your true voice at any time.
Bring yourself back to focus on the breath in your belly.
Then the sensation of your body being supported by the chair.
Your feet on the ground, the sounds around you, and open your eyes.

Expressive Activity

Draw the box containing your true voice. What does it need to say? How can it be heard?

3. Visualization - Warrior of light

Sit in your chair with your back tall.
Allow your body to fidget and move until you settle and get comfortable.
Place both of your feet firmly on the ground.
Let your eyes go where they want to.
Be curious about your surroundings.
Now, close your eyes or rest your gaze softly in front of you.
And notice how the ground provides support.
Place your hands on your belly.
Inhale slowly through the nose and notice how the belly expands like a balloon.
As you exhale the air through your nose your belly falls towards your spine.
Continue to breathe into your belly, noticing how the air flows in and out.
No need to control it.
It has a rhythm of its own.
As you continue to breathe into your belly, imagine you have an inner warrior full of sparkle inside of you.
This inner warrior is kind, brave, endures challenges and can overcome obstacles.
Notice what they are wearing. How they are standing firm and tall.
You step into the power of your inner warrior.
How does it feel?
Inhale through your nose long and deep the strength, courage and determination of your inner warrior.
Exhale through your nose any fear, tension or doubt.
Inhale strength, courage, determination.
Exhale fear, tension or doubt.
Long, deep breaths.
Now begin to feel more relaxed, flexible and calm with every exhale.

One more long inhale, feeling stronger and a long exhale to let go of fear.
You can connect to this inner warrior at any time, through your breath.
Then slowly bring yourself back into the room.
Feel the sensation of your body being supported by the chair.
Your feet on the ground, the sounds around you, and open your eyes.

Expressive Activity

Draw your Inner Warrior. What characteristics do they have? Do they have any magical abilities? Carry anything with them?

Writing Activities

1. In the book Cara is faced with a choice of doors. Write a short story about Cara or another character going through a different door. What kind of world do they encounter? What challenges do they have to overcome to find the Stone of Destiny? Can anyone help them? How does it conclude?
2. In the book Cara decided to go on a quest to save the world from darkness even though she doubted her ability. Ask students to write about a time they personally had to overcome a struggle to continue on their life journey. Students should state what their struggle was, the decision they made, and the results and impact of their actions.
3. In the book Cara reads an extract written by her father of 'The Explorer' poem by Rudyard Kipling.

*Something hidden. Go and find it. Go and look behind the Ranges--
Something lost behind the Ranges. Lost and waiting for you. Go!*

Students write their own poems inspired by the Otherworld.

4. In groups students select examples in the novel that demonstrate: (1) specific, believable settings, (2) interesting and well-defined characters, (3) demonstrates how the author shows how the characters are feeling or thinking.

Other Activities

- Draw/make with clay and decorate your own door to the Otherworld.
- Create a personal/class fairy wish tree with every student writing a wish/intention for their future.
- Art - what would your own Otherworld look like?
What characters/animals/landscape would it have?

- Wordsearch

Otherworld Word Search

MBPPEAPE SHADOWCREATURES NADFZAA
 OIFJNKAFBIKWSRGRNTRWEURJXLWYA
 EKAPOOKAOMNIQKJPOBIIQUESTCOEVK
 XTVTKAYAFKQHWKAOBBQTYPNREUXCRY
 UXKFHDTDVWSPARKLEAEWBGWTWYJM JG
 RISSOEQZSWUBYGTJWVLZOVGKSOLTUT
 YBGOOGBMXYPWZHDOFNWLQXIEBVKXVJ
 FSWFMJCAPDDEFUJICNOFYCKVSONAQG
 RPJDKAIBSIXLLZBQRXXIPMRCLVJOZS
 XBFKRKCLOJEREHBMWPKLGVXOTMDDFYT
 WIIFDKOCARAGGF IWC CCUNSPRARJVPO
 AGZCONNORLFTZMDXONUVTBTFEHTOFN
 RTCDVCOFFINROCKMFRPDIRYOAQOFCE
 RQB000PNDVTJKISHSHWSATNRKWTRTO
 IGVIJJOZFOQCBEQZWXRVOBMMVOHAKF
 ORIXRYRTITGAI AHGLZZCYRKOPMENQD
 RMKEKCVRFIFARTKUGOZGBIRRPARKWE
 OENXKGLWVASETRV FULVBRGFSQVW IQS
 FFHUISCWVYITTTJAIEKWEI IIZTVOGRT
 LPAHTLSKNRIRSRGUNHNAADWBAARPAI
 IWGCXZSWTIHGYPONIASNHDYDALQFN
 GXSUYEEUQORTNTWAUTS LEWBMUODQWY
 HWRNYAAUDYDWCIRPVNOHLGLHDFCSI
 TVOIMSNYHQZMUYSEQKEOROGWOGAJUH
 MRCCZPFVNOJYFCDREDOOHOWNXVTIE
 EBKOIPSHINEBRIGHTVCFZIGEGVZYRR
 RFHRCOMBGAEUZTGQCORWINLAEJZBFY
 RJPNKEYQXPRNDHAQCOGOZZLACNBMA
 OJ CXGSJXKITAVWBOJTVOABNNOSJCMV
 WPKHRZDQEDHDRUIDZLSZVHMDGMTENZ

shadowcreatures	stoneofdestiny	warrioroflight	carrauntoohil
shinebright	coffinrock	otherworld	ballymore
fairytree	inishroga	halloween	unicorn
sparkle	hagsrock	formors	thebase
brigid	connor	merrow	frank
quest	druid	corwin	ignis
fairy	pooka	door	comb
jack	sean	cara	bri

- Folklore stories used in the book - Hag's rock, The Four Treasures of the Fae, Balor.

Hag's rock was inspired by folklore of the Cailleach Béara. Also known as the Hag of Béara, 'Cailleach' being the Gaelic word for a hag or old crone. One of the oldest and most powerful of mythical beings associated with Ireland, the Cailleach forms part of the Great Goddess trinity, alongside younger incarnations as the maiden and the mother. Some believe she is the second side or winter half of Brigid, another extremely powerful Irish goddess.

Research -

<https://www.theirishplace.com/heritage/the-cailleach-beara-or-the-hag-of-beara/>

https://en.wikipedia.org/wiki/Four_Treasures_of_the_Tuatha_D%C3%A9_Danann

<https://en.wikipedia.org/wiki/Balor>