

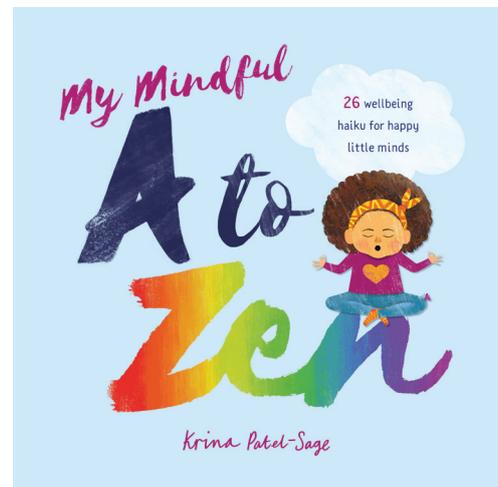
Before reading:

Looking at the front cover, who do you think the girl might be? What do you think her facial expression is suggesting? Why do you think she is sitting like that?

Do you know what Zen means? It means to relax—does the girl look like she is relaxing?

What sorts of colours are used on the front cover? What do they remind you of?

What do you think this story might be about? Why might it have A to Zen as the title?

**After reading:**

This book goes through the alphabet and gives you a word for each letter, and tells you how that word might make you calm and happy. Go through the alphabet, and list one thing for each letter that personally makes you happy. For example: A—Aunty Catherine makes me happy when she comes to visit.

If someone is feeling upset and angry because something went wrong in their life, what might you say to them to make them feel better? Think about what you like to hear when you feel upset about something.

Why do you think it's important to be calm and happy?

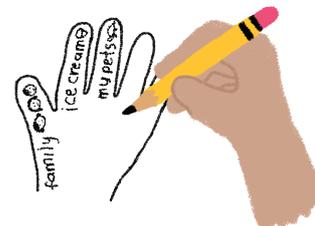
This book advises us to treat everyone fairly, and to try and make them feel wanted. When have you made sure you have included someone when playing with your friends, and not left them out?

This book talks about sometimes making mistakes—but learning from them and moving on. When have you made a mistake at something and not been upset by it?



Activities

On a piece of paper, draw around both your hands (one at a time). Inside each finger, write or draw a picture (or ask a parent to help you) of something you are grateful for. It could be a person (like your parents) or a thing (like a blanket to keep you warm).



Find a quiet place in your home. Sit down, cross your legs, and bring your hands together in front of your chest. Now breathe in and out for 10 seconds. How do you feel?



Can you turn your body into the letters of the alphabet using your arms and legs? Which letters can you do? Which letters are too difficult?

Sometimes being happy means coming to peace with everything and everyone. Have you fallen out with someone, or made someone upset recently? Can you find a fun way to say sorry and make up with them?



This book follows the **NHS Five Ways to Wellbeing**. Let's go through each one:

Connect (Who have you recently connected with? Who would you like to reconnect with?)

Be active (What have you done to stay active/to exercise?)

Take notice (Has anything around you changed in a positive way? Does someone close to you seem happier? Is the weather getting better? Are the flowers starting to grow?)

Keep learning (What have you done to learn something new?)

Give (Have you given someone something, or shared your toys, or given them your time to listen to them?)



Art Activity:

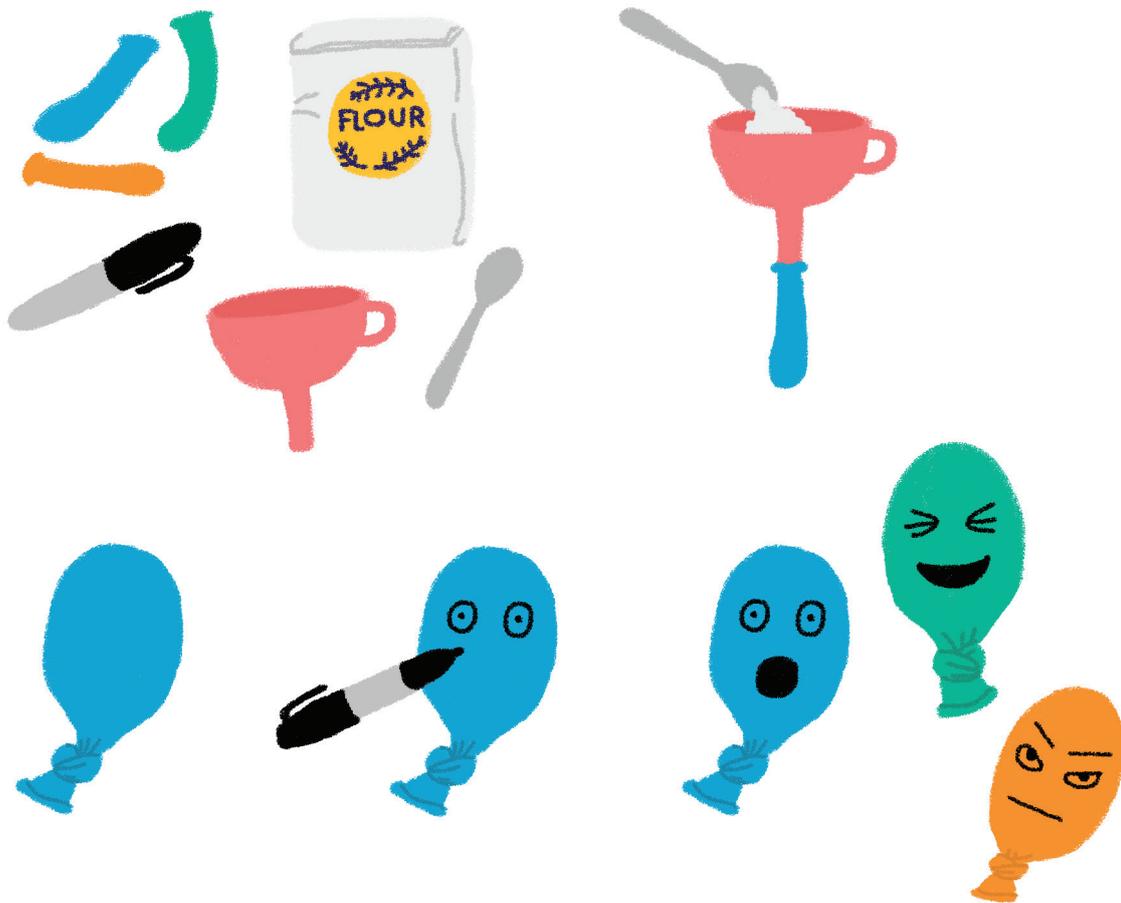
Make a stress ball!

What you will need: balloon, flour, pen, funnel

Using a funnel, fill up one balloon with about 3 tablespoons of flour and tie a knot.

Draw a face on the filled balloon using the pen.

You have a stress ball!



H is for HUGS

