

# BE OPEN, BE HONEST, BE YOU

PERFECTLY NORMAN

Self-acceptance



RUBY'S WORRY

Anxiety



RAVI'S ROAR

Temper



MEESHA MAKES FRIENDS

Friendship



TILDA TRIES AGAIN

Resilience



## BIG BRIGHT FEELINGS

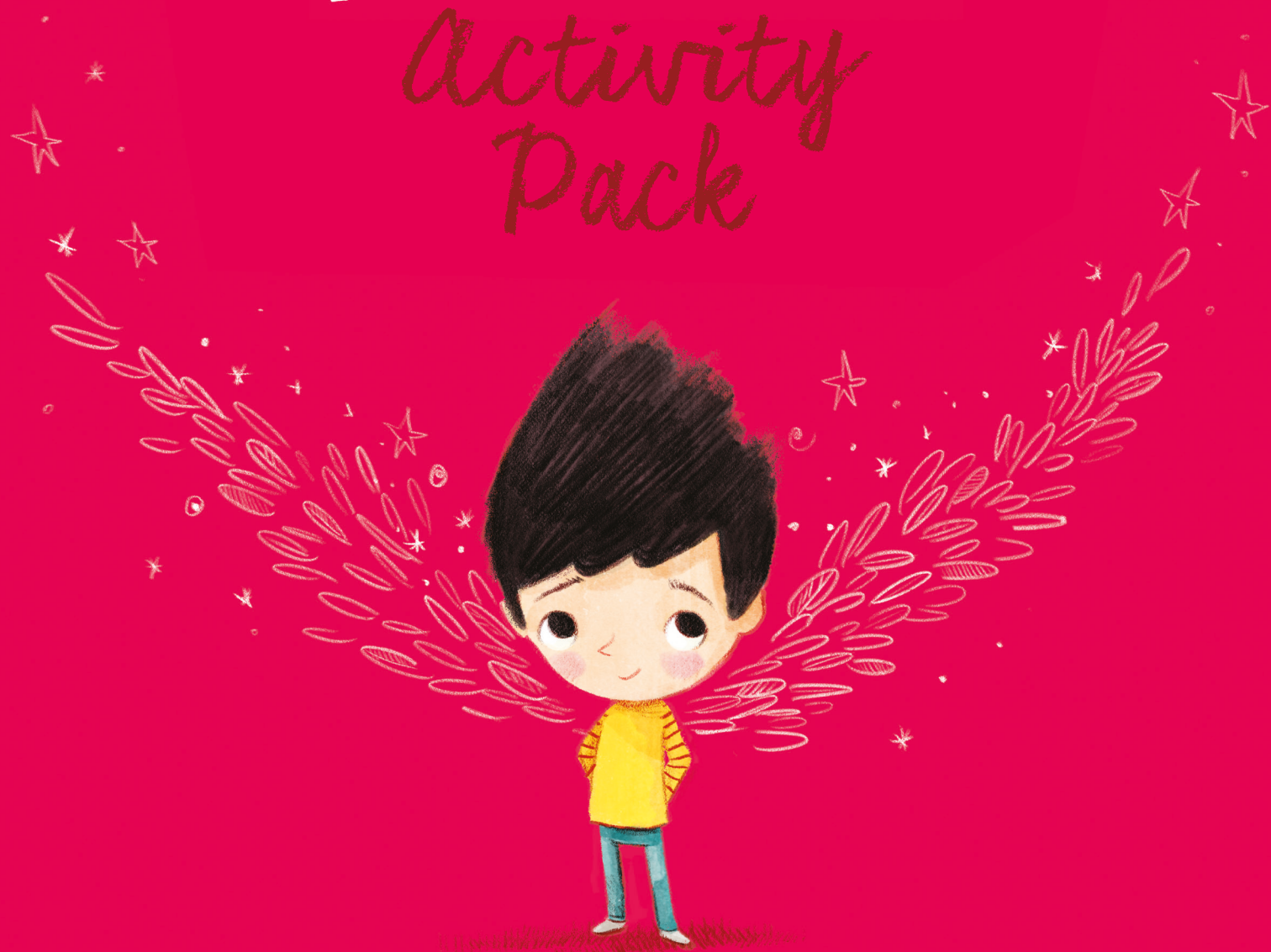
### Activity Pack

BLOOMSBURY



# PERFECTLY NORMAN

Activity  
Pack



TOM PERCIVAL

BLOOMSBURY





Norman had always been normal,  
perfectly normal,  
until one day when he grew a pair of wings!

Draw some wonderful wings on Norman in the box below.



Drawn by .....



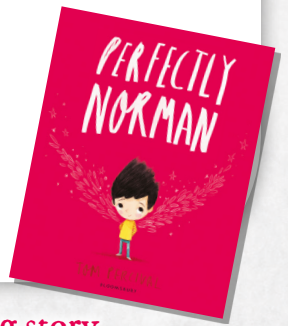
A warmly reassuring story  
about finding the courage  
to be yourself!



Colour in Norman's wings.



Coloured in by .....

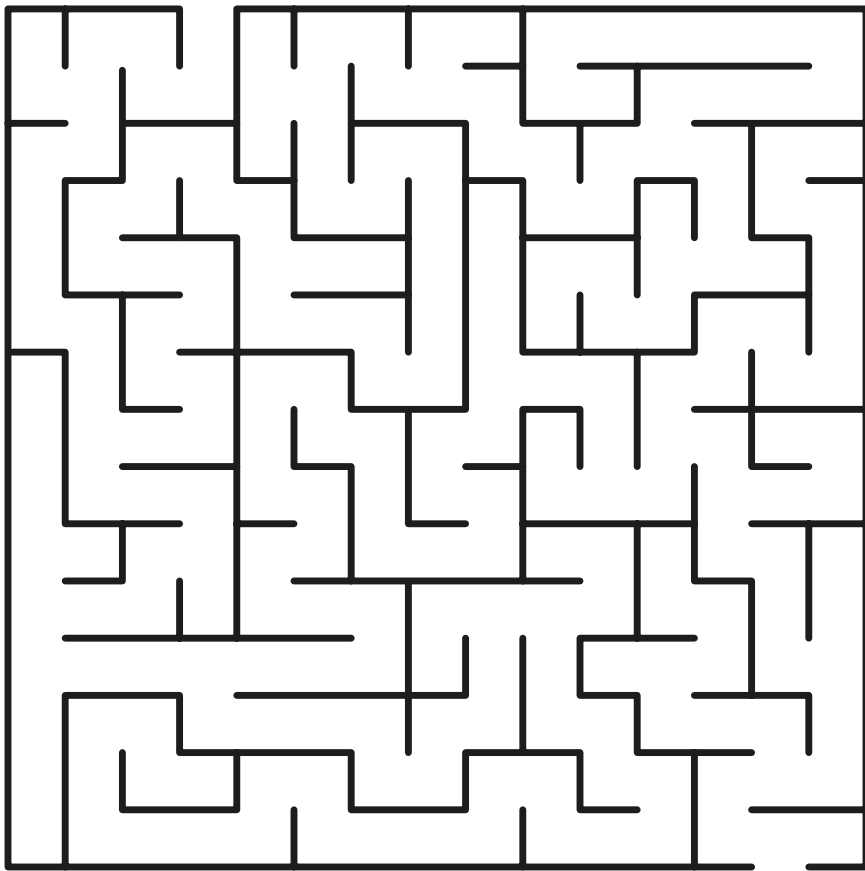


A warmly reassuring story about finding the courage to be yourself!





Can you help Norman find his friends  
by completing the maze below?



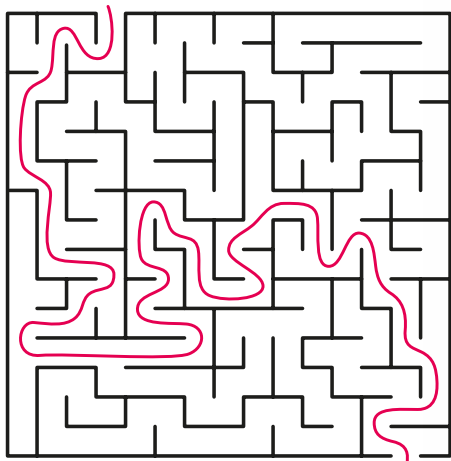
Turn to the back to see the answers!

A warmly reassuring story  
about finding the courage  
to be yourself!





# Answer Sheet



## More terrific tales by Tom Percival



A warmly reassuring story about finding the courage to be yourself!





# RUBY'S WORRY

**Activity Pack**



TOM PERCIVAL

BLOOMSBURY

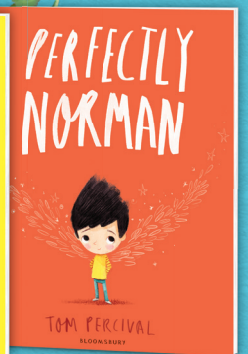
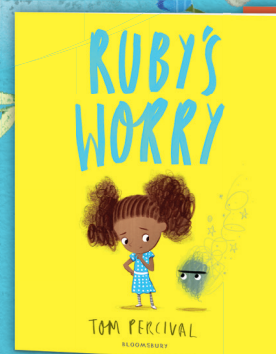


# CONNECT THE DOTS

Can you connect the dots to complete Ruby's spotty dress?



BLOOMSBURY





# DRAWING

What does your Worry look like?  
Draw him in the space below.



BLOOMSBURY





# WORRY-BUSTER

When you get a Worry how do you make yourself feel better? Do you play with a pet? Do you go outside? Do you talk to a friend? In the space below draw a picture that shows us what you do to shrink your Worry.



BLOOMSBURY





# RAVI'S ROAR



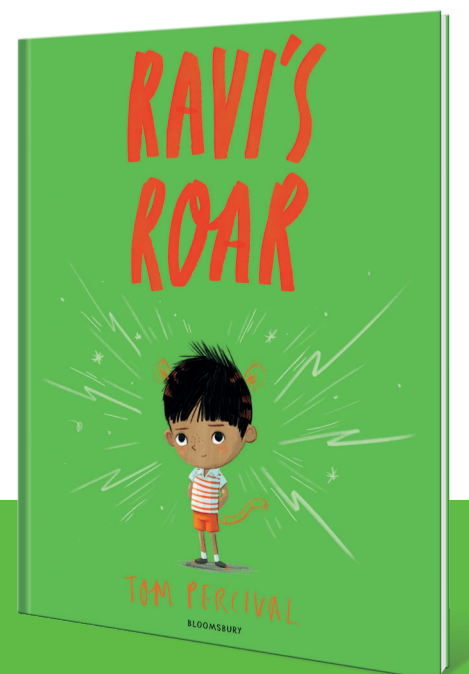
TOM PERCIVAL

Activity Pack



Colouring in!

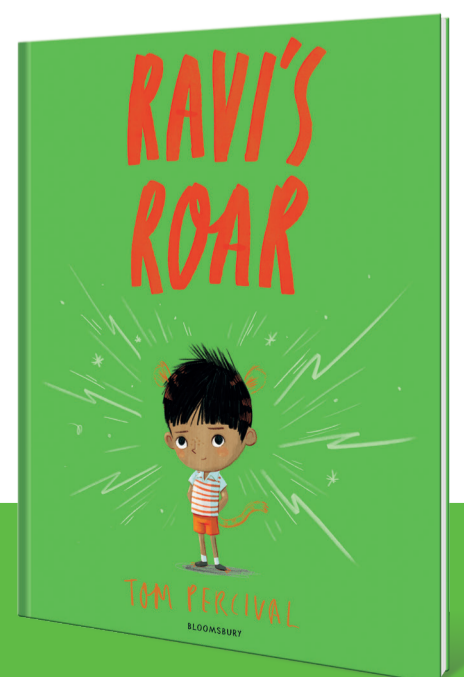
When Ravi gets angry, he turns into a TIGER!  
Can you colour him in to help show how he feels?





How are you feeling at the moment?

Draw an animal that represents your feelings right now!





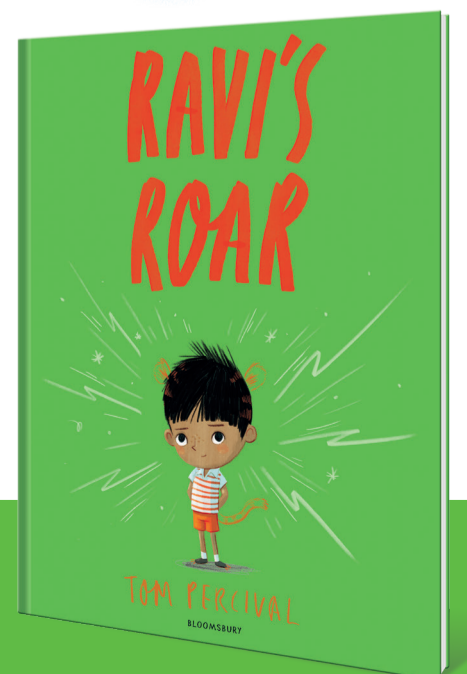
When you get angry, what do you do to stay calm?

Write or draw them in the space below!

Count  
to ten

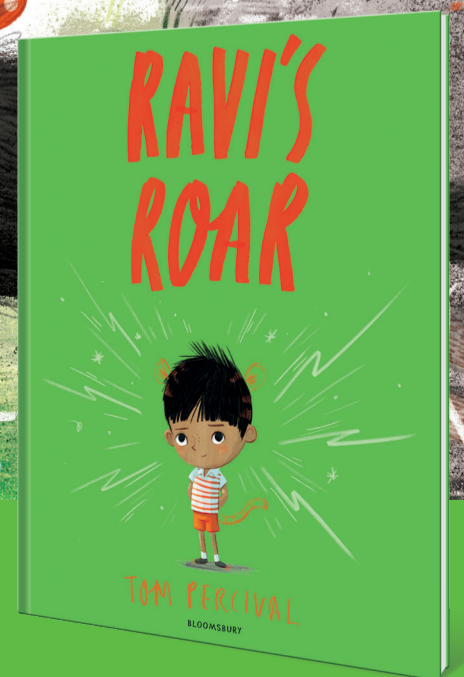
Take  
a deep  
breath

Talk to  
a friend





Ravi is chasing Biscuits the dog!  
Can you help him catch up by directing him  
through the maze?





TOM PERCIVAL

# MEESHA MAKES FRIENDS



BIG BRIGHT FEELINGS

Activity Pack



Can you help Meesha make her world bright and colourful? Use your pencils to colour in the picture below.



# MEESHA MAKES FRIENDS

TOM PERCIVAL

BLOOMSBURY





Meesha makes lots of her own friends using paper, pens and things around the house. Draw a friend for yourself in the circle below, then ask a grown-up to cut it out and stick it to a box or bottle.



# MEESHA MAKES FRIENDS

TOM PERCIVAL

BLOOMSBURY 





What are the most important things for a friend to be?

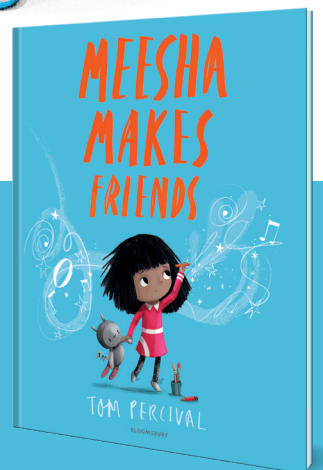
Write them below.



MEESHA MAKES FRIENDS

TOM PERCIVAL

BLOOMSBURY





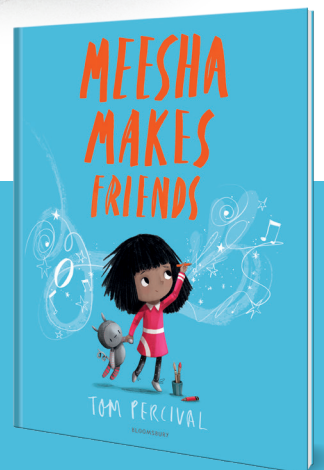
Meesha has made lots of friends!  
Can you draw yourself and some  
of your friends with them?



# MEESHA MAKES FRIENDS

TOM PERCIVAL

BLOOMSBURY





TOM PERCIVAL  
TILDA  
TRIES AGAIN



Activity Pack



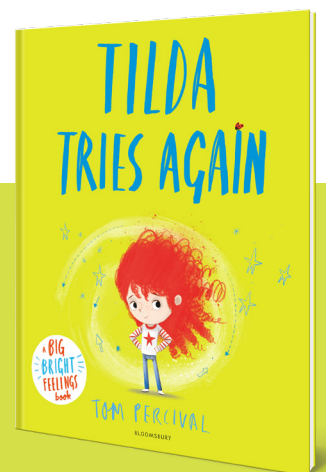
Spot the difference!  
There are five differences  
between these two pictures of Tilda.  
Can you find them all?



# TILDA TRIES AGAIN

TOM PERCIVAL

BLOOMSBURY 





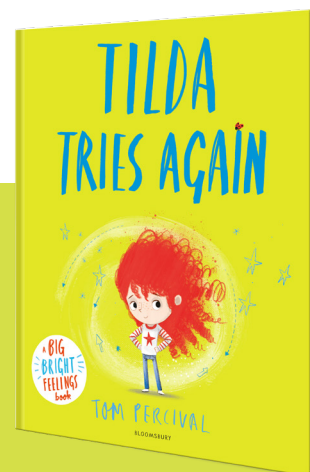
Even when things feel really difficult,  
it's always worth trying again – like Tilda!  
Can you think of a time you had to try really hard to  
do something? Draw yourself below:



# TILDA TRIES AGAIN

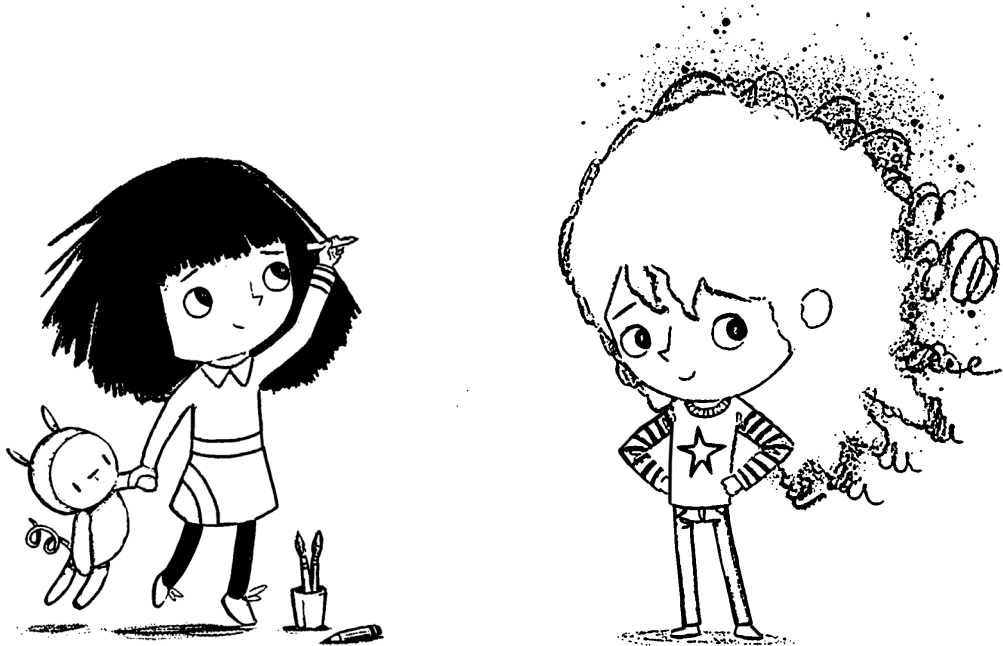
TOM PERCIVAL

BLOOMSBURY 





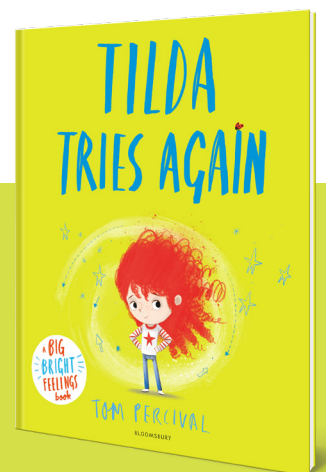
Tilda is with her friends,  
Ruby, Ravi, Norman and Meesha.  
Colour them in!



# TILDA TRIES AGAIN

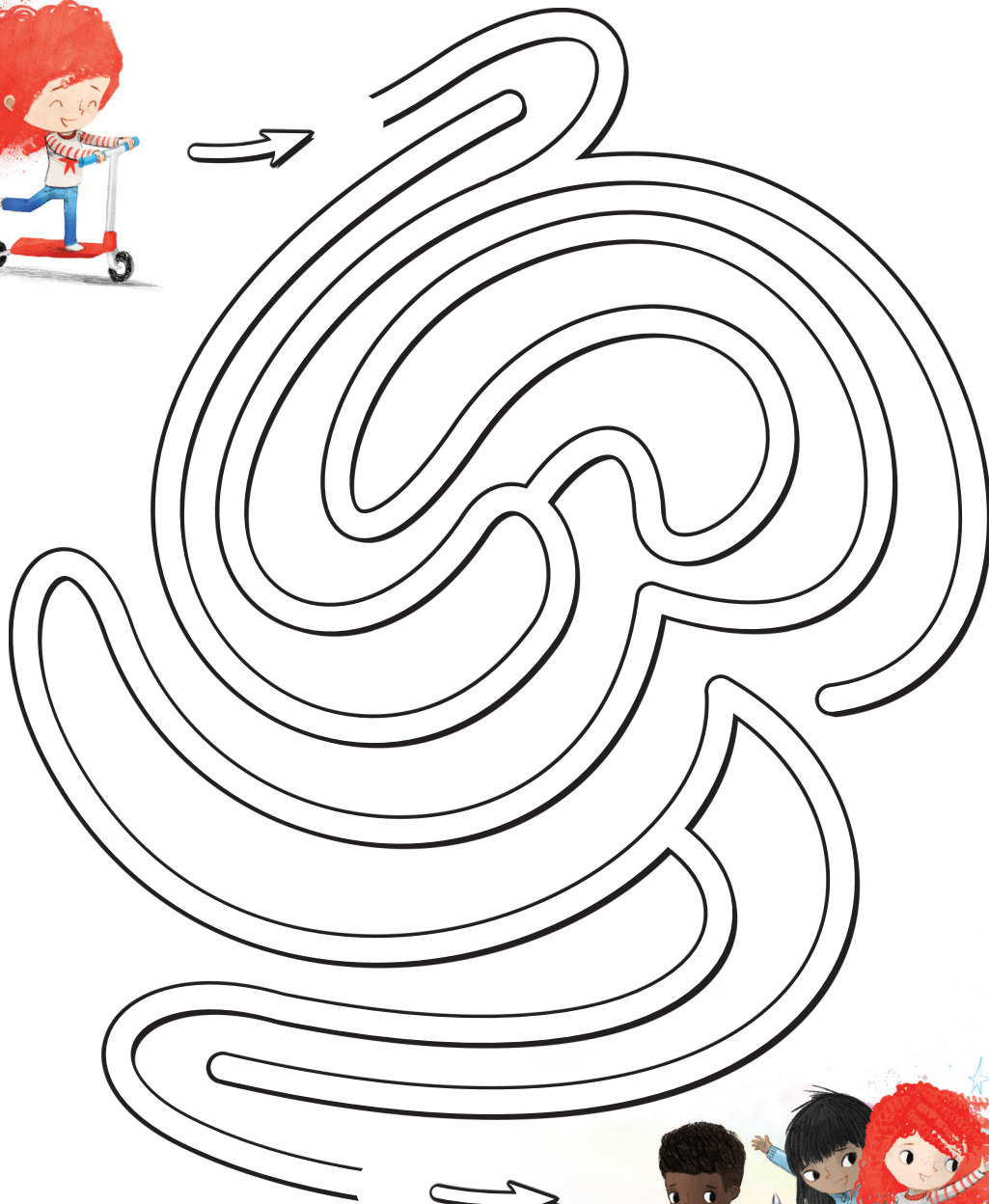
TOM PERCIVAL

BLOOMSBURY 





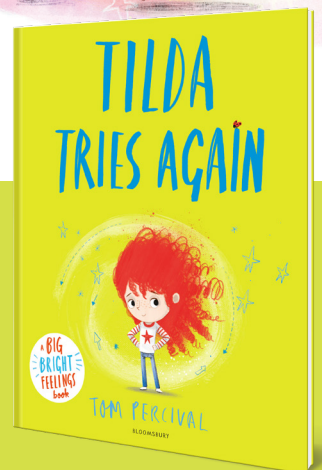
Tilda is being brave and is going to see her friends at the park!  
Can you help her find her way through the maze to them?



# TILDA TRIES AGAIN

TOM PERCIVAL

BLOOMSBURY 



# SOLUTIONS

Spot the difference!

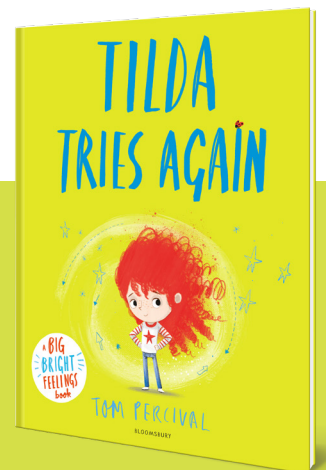


Maze



**TILDA TRIES AGAIN**  
TOM PERCIVAL

BLOOMSBURY





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