

# ***RUN SHEET for HAVING FUN & BEING BRAVE Virtual Presentation***

For use by: Teachers, educators and facilitators of this presentation

Dimity Powell

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## **Spiel:**

*Pippa, the cutest little pigeon you've ever laid eyes on, is ready to take the leap. She loves her parents but their rules and regulations are driving her batty which is nuts because she's a bird! How can she strike out and take off ... on her own and survive the great unknown. Pippa lives for adventure just like you and me but when is too much adventure a bad thing? In this session discover what Pippa and her storybook pals learn about being brave and having fun.*

This session invites interactive discussion about fears and anxieties and how to overcome them to encourage emotional awareness and resilience.

## **Inclusions:**

Book reading, learning to fly activities, safe people exercises, craft activities and puppet play.

## **Target Audience:**

Grades 1 – 4, Ages 6 – 9 years

## **Objectives:**

To introduce a selection of picture book characters and storylines, and use them to help define and identify fears. To study and understand these characters' stories so that possible ways to overcome similar fears and anxieties are recognised. To demonstrate how physical activity and mental stimulation are just two ways of encouraging redirection of energies in a fun and positive way thereby helping children overcome their own anxieties.

## **Recommendation:**

Please play through the presentation prior to sharing it with students. Each voice over may play across either one or multiple slides. The breakdown below will guide you when to forward onto the next slide however it will help to click through each slide and its animations and images to illustrate how they can synch with the verbal presentation.

**Additional Suggestions** have been included at various points that are not talked about in the presentation but can be used with the attached (linked) worksheets and videos to enhance learning (and fun!) thus breaking up the presentation if required.

## **Presentation Breakdown:**

- Voice Over Introduction: Slides 1 – 5
  - Slide 1: Title page with sound to check audio
  - Slide 2: Who is Dimity Powell, Why I write, What I write, Things I love to read about
  - Slide 3: How these things translate to what I write about – book covers. Intro. to sub character, Uni – the unicorn
  - Slide 4: Uni the unicorn belongs to Flick...
  - Slide 5: Intro to Flick - main character of, *At The End of Holyrood Lane*. Description of Flick's main fears.
- Voice Over Pippa: Slides 6 – 7
  - Slide 6: Intro to Pippa, main character of, *Pippa*. Description of Pippa's main fears

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- Slide 7: Once upon a time – ready to read
- Voice Over Book Reading *Pippa*: Slides 8 – 23
- Voice Over Book Reading *At the End of Holyrood Lane*: Slides 24 – 39
- Voice Over Pippa and Flick: Slides 40 – 41
  - Slide 40: How did they face their fears? Whom did they turn to? What did they do?
    - **Additional Suggestion: Complete the [Match the Emotion worksheet](#) then try to make up one of their own using a range of other emotions / feelings**
  - Slide 41: What fear is in relation to other emotions. How did the author cope with her fear of thunderstorms?!
- Voice Over List of fears: Slide 42: Discussion of what Flick and Pippa each feared the most. Invite suggestions. Were these physical, emotional, metaphorical?
  - **Additional Suggestion: Complete the [Maze Map activity](#)**
- Voice Over Alleviating Fear: Slides 43 – 44
  - Slide 43: Ways to overcome fears – what being brave really is, what it looks like
    - **Additional Suggestion: Brainstorm additional activities or ways to alleviate anxieties and worries and other ‘bad’ feelings. Draw them or enact them!**
    - **Additional Suggestion: Make a [\(knitted\) Kite\\*](#) or [Ribbon Wand\\*](#)**
  - Slide 44: Pippa flying – what it means to really believe in something, like flying high!
- Voice Over I Believe I Can Fly!: Slide 45 Physical flying activity Get kids flapping and flying
  - **Additional Suggestion: Make a [pigeon puppet\\*](#)!**
- Voice Over Safe People: Slide 46 Safe People discussion and exercise
  - **Additional Suggestion: Print out [Safe People worksheet](#) and list those not mentioned**
- Voice Over Conclusion: Slides 47 – 48
  - Slide 47 What we’ve learnt about being brave
  - Slide 48 Closing two picture books discussed.

[www.dimitypowell.com](http://www.dimitypowell.com)

Teachers’ Notes for [Pippa](#)

Teachers’ Notes for [At The End of Holyrood Lane](#)

**Please note:** \* These videos may be replaced with author’s own. These activities constitute extracurricular learning and time in addition to the session time

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