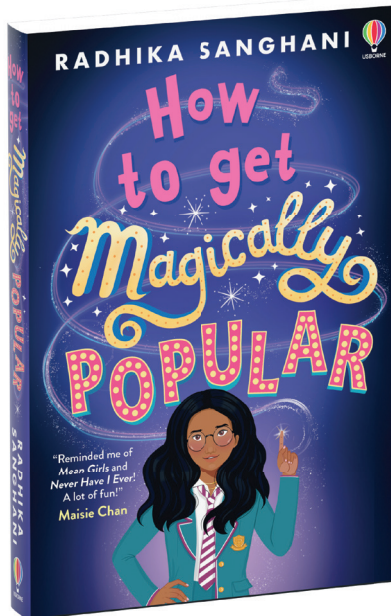


How to get *Magically* POPULAR

by RADHIKA SANGHANI

Classroom Activities



A fresh, relatable story with a sprinkling of magic, about a girl who just wants to fit in but her magic powers make her stand out, from award-winning journalist and author Radhika Sanghani.

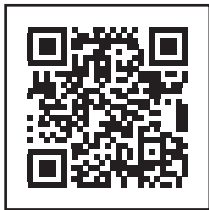
Sabina Patel just wants to fit in. But in her new school, in a new town where she doesn't know anyone, Sabina feels more out of place than ever.

Then she accidentally unlocks magic powers and starts to see the future, and she quickly stands out as one of the most popular girls at school with everyone desperate for her to predict their test answers, prom dates and class election results.

But when Sabina starts seeing futures she'd rather not know about, she's not sure if she's unlocked a gift or a curse...

A book about learning to be happy in the present, rather than letting the future take over your life.

VIDEO



Scan the QR code, or visit qr.usborne.com/2terq to watch a series of videos from author Radhika Sanghani, where she will introduce the book and guide students through a series of activities as they learn with Sabina the importance of living in the present.

Also by
Radhika
Sanghani



Radhika Sanghani is an acclaimed author and screenwriter, an award-winning journalist and an influential campaigner on body positivity. When she's not sprinkling her magic writing books for children, she's giving TedX talks, writing for the *Daily Telegraph*, *Daily Mail*, *Elle*, *Guardian*, *Grazia*, *Glamour* and *Cosmopolitan*, appearing on Sky News and Good Morning Britain, running a charity initiative with AgeUK fighting loneliness in older women and teaching yoga.



USBORNE

How to get *Magically* POPULAR

by RADHIKA SANGHANI

Classroom Activities

INTRODUCTION + DISCUSSION POINTS

VIDEO



Begin by watching the first video from Radhika, as she introduces Sabina's story.

qr.usborne.com/2terq

Discuss the following questions with your class:

- At the beginning of the book, Sabina starts at a brand new school. How do you think she feels about this? If someone new started at your school, how could you help them?
- Sabina's friends from London think she might be popular at her new school. What does 'being popular' mean? Is popularity important to you? Why do you think this?
- Sabina unlocks the power to see into the future. Would you like this ability? What would you like to find out about the future?

VIDEO



Next, watch the following two videos as Radhika introduces chakras and guides you through a meditation.

qr.usborne.com/2terq

Discuss the following questions with your class:

- How did the meditation make you feel?
- Sabina and her mum started meditating together when Sabina was upset after school one day. Why do you think this helped Sabina?
- When Sabina meditates, she feels safety, happiness, confidence, love, trust, clarity and connection. Discuss the meaning of each of these words. Rank them in order of importance to you.

ACTIVITY

Ask the class to tune into their thoughts following on from the meditation, using the **journal prompts** on the following page.



USBORNE

How to get *Magically* POPULAR

by RADHIKA SANGHANI

Classroom Activities

MY JOURNAL ENTRY

Today, I am feeling:

.....

.....

.....

.....

Three things I am grateful for today are:

1.

2.

3.

Write about one of your favourite memories with your friends:

.....

.....

.....

.....

In the future I would like to:

.....

.....

.....

.....

My proudest achievement is:

.....

.....

.....

.....



How to get *Magically* POPULAR

by RADHIKA SANGHANI

Classroom Activities

POSITIVE AFFIRMATIONS & LIVING IN THE PRESENT

ACTIVITY

Ask students to think of some of their own positive affirmations. Use the activity sheet on the following page to create a **positive affirmation fortune teller**. You could also create your own display of positive affirmations.

VIDEO



Watch the next video, as Radhika shares her tips for living in the present.

qr.usborne.com/2terq

Discuss the following questions with your class:

- Why is it so difficult to focus on living in the present?
- In the book, Sabina gets so caught up in the future and what she wants to happen, that she ends up losing herself and her friends. How does she learn to control her power?
- What might you miss out on if you're always focused on the future?
- Think about what you could do to make the most of the present. Could you do something nice for a friend? Let someone know that you care about them? Plan a fun party?

ACTIVITY

Mindfulness Walk: Take a walk around school or the playground, focusing on what students can see, hear and smell. Encourage them to really focus on their surroundings and being present on the walk.



USBORNE

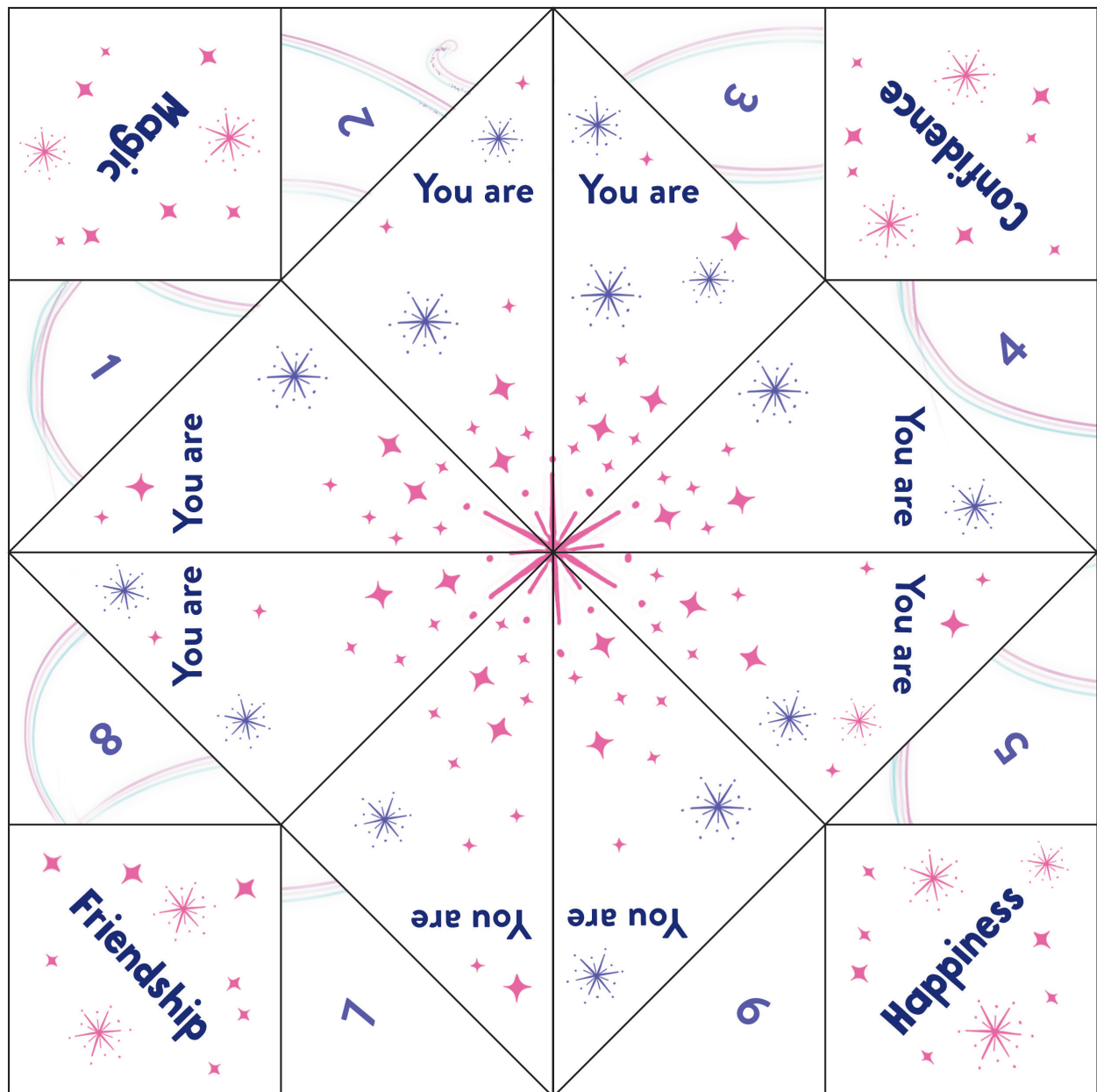
How to get *Magically* POPULAR

by RADHIKA SANGHANI

Classroom Activities

POSITIVE AFFIRMATIONS

Add your own positive affirmations below, cut this out and fold it to create a fortune teller.



USBORNE