

Winter of Wellbeing

Gaeaf llawn Lles

Wellbeing Activity Pack



The INVISIBLE



About this pack

This specially designed pack from The Reading Agency can help support wellbeing through Chatterbooks reading groups. It focuses on author and illustrator **Tom Percival's picture book The Invisible**.

Chatterbooks is a reading group programme for children aged 4 to 12 years. It is coordinated by The Reading Agency and its patron is author Dame Jacqueline Wilson. Chatterbooks groups run in libraries and schools, supporting and inspiring children's literacy development by encouraging them to have a really good time reading and talking about books.

The Reading Agency is an independent charity working to inspire more people to read more through programmes for adults, young people and children – including the Summer Reading Challenge, and Chatterbooks.

See www.readingagency.org.uk



Unpicking pictures

Reading a picture book: Encourage the group to look closely and carefully at the pictures! You might like to use some of the **prompt questions** below to encourage group members to look closely and read the pictures thinking about the story and its themes.

Q : Who creates the **images** for a book?

A: An illustrator.

Looking at the **cover** of the book, what do group members think the story might be about?

What **time of year** is the story set?
How do they know this and how does it make them feel?

Q: What's the name of someone who **writes** a book?

A: Writer or author.

Are there points where the pictures **add to the story**, perhaps helping us find out more about the people in it and their feelings?





How do the pictures **tie with the words** and story?

Does The Invisible remind group members of **other stories** they have read? Make a list of these.

Is there anything in the story which **surprises readers** or that they are puzzled by?

What can we tell about how the reader **feels** through the story?

You might like to talk about:

- how she stands
- her body language and poise
- whether she smiles or looks sad
- her facial expressions
- the colours used for her clothing and also for her surroundings.

How does the illustrator use **different patterns** to suggest a feeling of cold and of magic and of celebration at different points in the story?



A few of our favourite things...

At the start of the story Isabel puts on her favourite jumper.



Ask group members about their **favourite things**.

A place they like to go



Soft toys



Clothes – like Isabel's jumper

Discuss why they love their favourite things.

Perhaps they love the soft snuggliness of a favourite blanket, or the cute cuddliness of a much-loved soft toy, or somewhere they feel warm and safe.

How does their favourite thing make them feel? Do they feel safe? Lucky? Happy?

Fantastic feelings

Isabel feels differently through the story. Can you name the **different feelings** on the faces below?

How did you **feel** reading the book? Did this **change** as the story went on?



Further reading about feelings

Sad Steve's Sunday Blues
Neal Layton

Barbara Throws a Wobbler
Nadia Shireen

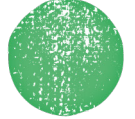
The Smile Shop
Satoshi Kitamura



Mindful meanderings

At the start of the story, we are told Isabel always notices **beautiful** things. We see her looking out of the window looking for these.

Mindfulness is being aware of where we are, what we are doing and the things that surround us living in the moment.



Encourage the group to go on a **mindful walk** through a park or public garden and to take note of the things they feel are beautiful.

This might be plants, flowers, the sound of the wind in the trees or minibeasts that they spot.

Further reading about the environment

I saw a Bee
Rob Ramsden

We're going on a Bear Hunt!
Michael Rosen

Clean Up!
Nathan Byron



Making a difference

Isabel and the people who live near her make a difference by **planting flowers** in empty paint pots.

Plants need care to grow. You need to water them, give them plenty of light. Flowers can help to bring colour, shapes and scents to our surroundings.



You will need:

- Potting compost
- Yogurt pots or egg boxes
- Seeds



If using egg boxes, cut these into individual compartments for children to plant their seeds. Fill each mini compartment – or yogurt pot – with potting compost.

Plant a seed and cover gently with **potting compost** according to instructions.

Water and keep in a **sunny spot**.

Further reading about plants and our environment

Bloom
Anne Booth

The Promise
Nicola Davies

The Little Gardener
Emily Hughes





Colour in this picture of Isabel and her family.
AND HAVE FUN! *Tom Lerwal*

Chatting books with Tom Percival

Isabel spends time looking out of the window and seeing beautiful things that cheer her up. What are some of the things you enjoy seeing that cheer you up?

Much like Isabel, I love patterns in frost and ice. I was walking my dog along the canal the other day which had frozen over and the surface was covered in thousands, possibly millions of tessellating, geometric crystalline shapes. It was awe-inspiring. I kept trying to work out what would have led to it forming like that.

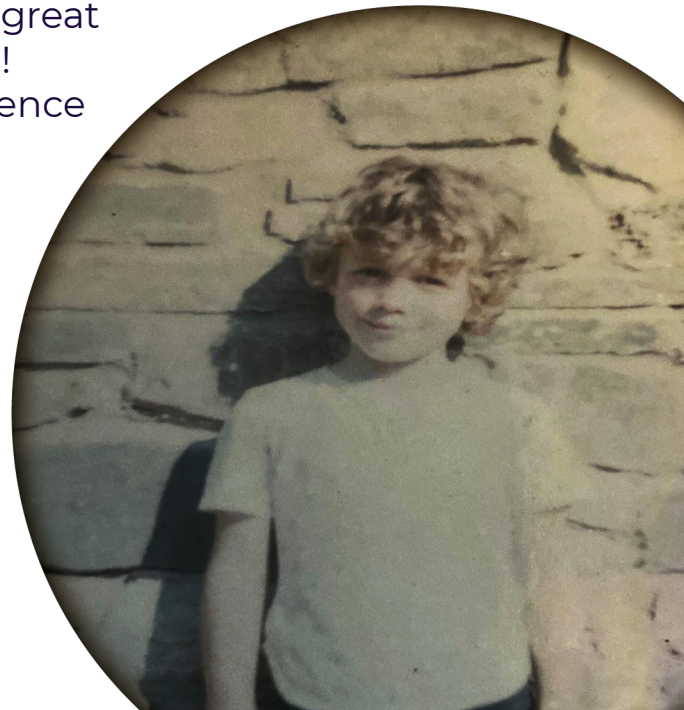
My best bet is that it's something to do with the rate at which certain sections of the water froze. So yeah, if anyone out there can enlighten me, feel free!

In your author's note you talk about belonging. What makes you feel you belong?

After we left the caravan, my mum, brother and I lived in a small town near the border of mid-Wales called Bishops Castle, which is very community focused and friendly — the kind of place where you're on nodding terms with everyone, even if you don't know their name. So yes, connecting with the people that you live near is one of the things that's very important to me.

But on a more personal level, I'd say, playing music is always something that really makes me feel a part of something. When there's a group of you in a room together and you hear the sound that you're all making it's such a great experience, especially when it sounds good! But to be honest it's still an amazing experience even if it sounds a bit loose or messy.

One of my regrets in life is that I took so long to discover my passion for playing music with other people—it's probably my favourite thing to do now.



You also talk in the author's note about books you have read. How important do you think reading together is and can you tell us about any favourite childhood reads you had?

My mum used to read to my brother and me all the time, even when I was old enough to read some pretty weighty books on my own. I loved being read to like that, because a) my mum has a lovely warm reading voice, and b) it made the books seem even more vivid as we would discuss the books afterwards. It was like a small reading group!

An absolute cast-iron favourite book from when I was a child is *The Dark is Rising* by Susan Cooper. I absolutely loved it and re-read it so many times! I loved the danger, the magic, the transformative power of the snow in the early section of the book when Will Stanton begins his adventure—it all just really resonated with me.

