



MINDSTARS

*A Journey
Through
SPACE
&
MIND*



Your Mission

Greetings Earthling,
The galaxy needs **your help!**

Your mission is to travel
through space, visit all the
planets on the map, and
solve the problems
the aliens are having.

THEY NEED **YOU!**

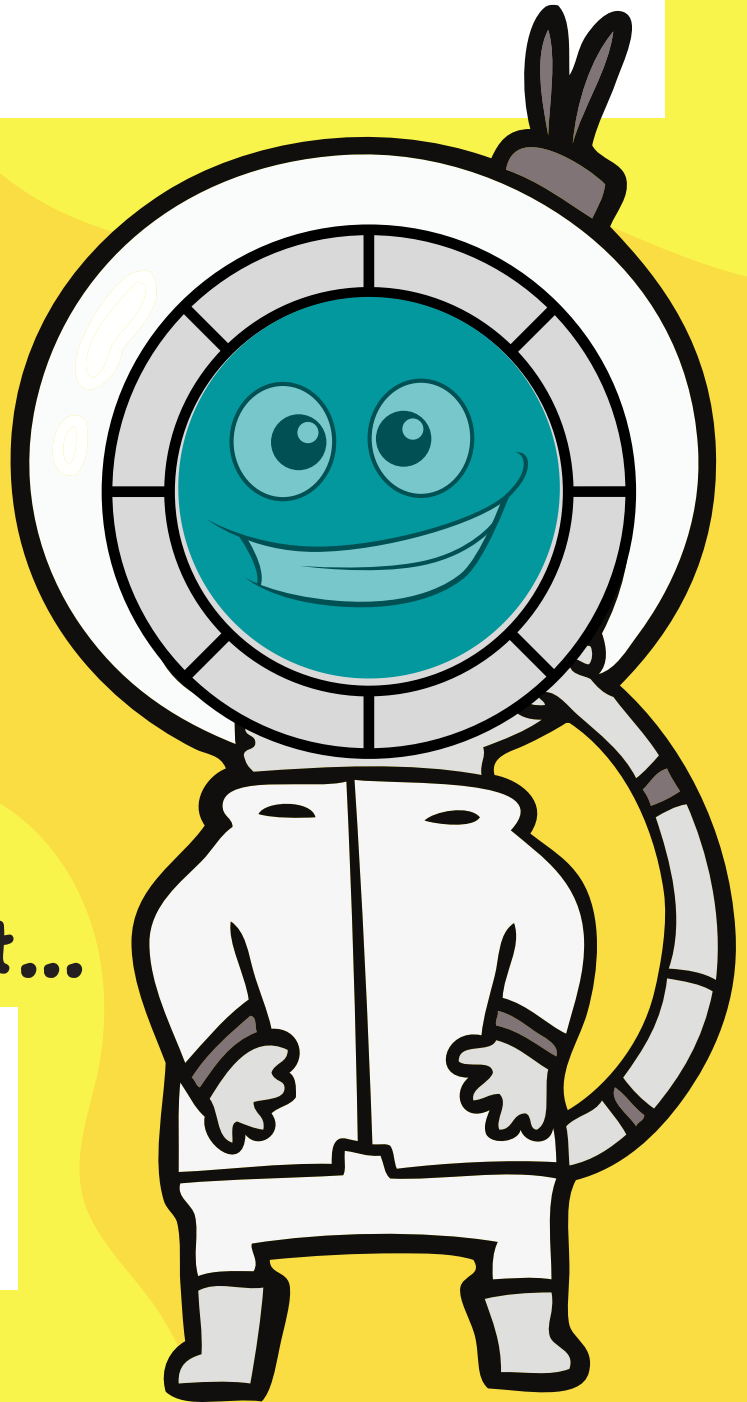


Who are you?

My name is...

My age is...

I come from planet...



All about ME

A drawing of ME



Things I LOVE about ME



What I am good at



My favourite

Food:

Colour:

Person:

Season:

**Meet your
alien travel
buddy!**



**Colour in your alien whenever you
see it in this book!**

All about my Alien

My alien's name is

**Things I LOVE about
my alien**



My alien's age is

**What my alien is
good at**



My alien's favourite

Food:

Colour:

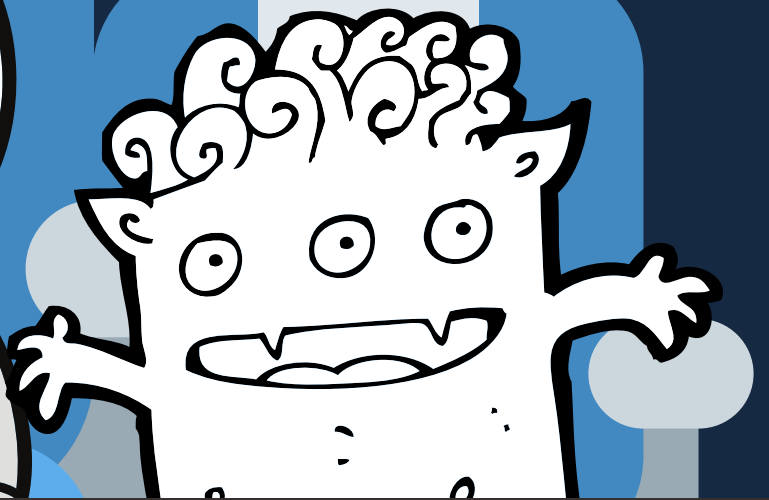
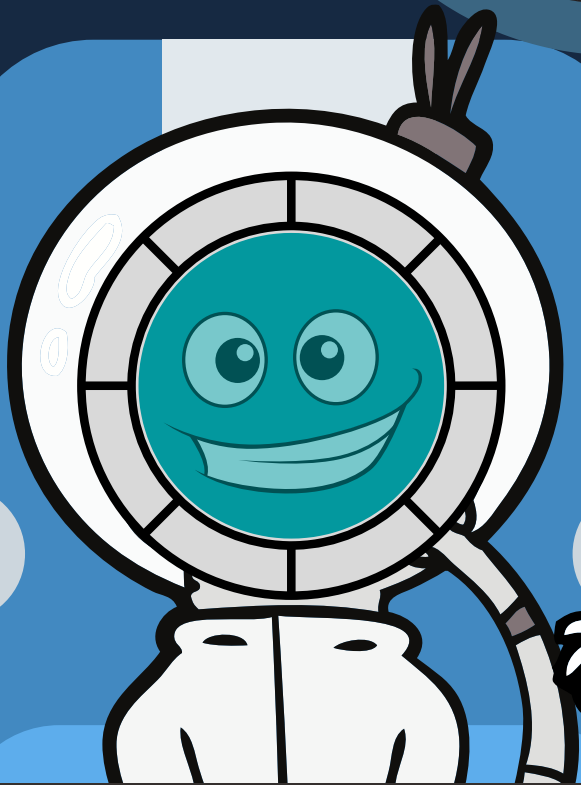
Person:

Season:

Get ready for your mission!



Are you ready for
take off?



3.....2.....1.....

Greetings Earthling,
welcome to planet
ZATOO!

WE NEED YOUR HELP

Everyone on our planet
has lost **positive words**
for themselves,
Can you help us find
them?



Wordsearch

R	B	N	N	A	C	D	S	P	E	C	I	A	L
G	N	A	N	T	C	P	S	N	C	E	R	L	N
G	N	D	T	Y	C	O	N	F	I	D	E	N	T
O	T	O	I	D	A	N	D	A	T	S	T	F	T
A	E	F	R	T	E	B	C	R	A	Y	N	L	N
D	D	F	N	T	E	V	S	N	L	I	I	T	V
I	R	E	V	N	S	E	O	D	E	V	F	C	A
C	O	N	K	T	R	Y	T	L	N	M	U	U	E
C	O	U	T	L	S	T	S	L	T	E	N	D	T
N	D	N	I	K	E	M	I	T	E	U	N	R	T
I	A	B	R	A	V	E	A	L	D	B	Y	A	E
C	R	E	A	T	I	V	E	R	N	L	I	E	P
D	E	R	R	N	B	E	O	E	T	V	O	N	N
T	I	C	N	E	M	E	E	D	E	Y	O	E	B

Smart

Creative

Funny

Special

Strong

Brave

Kind

Loved

Confident

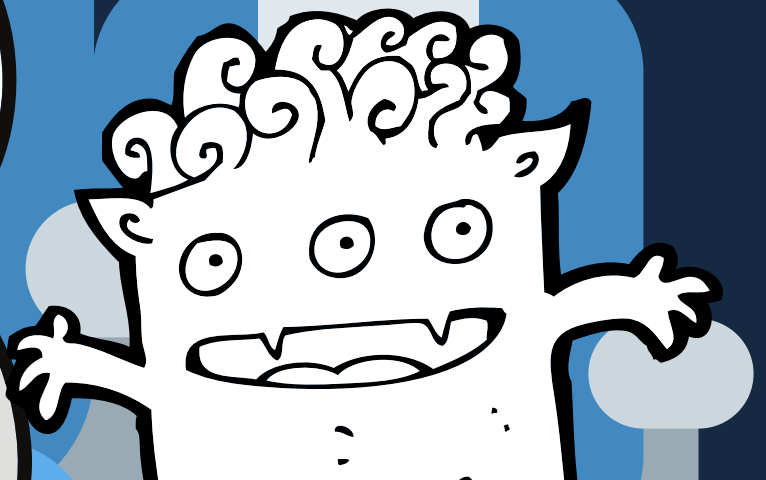
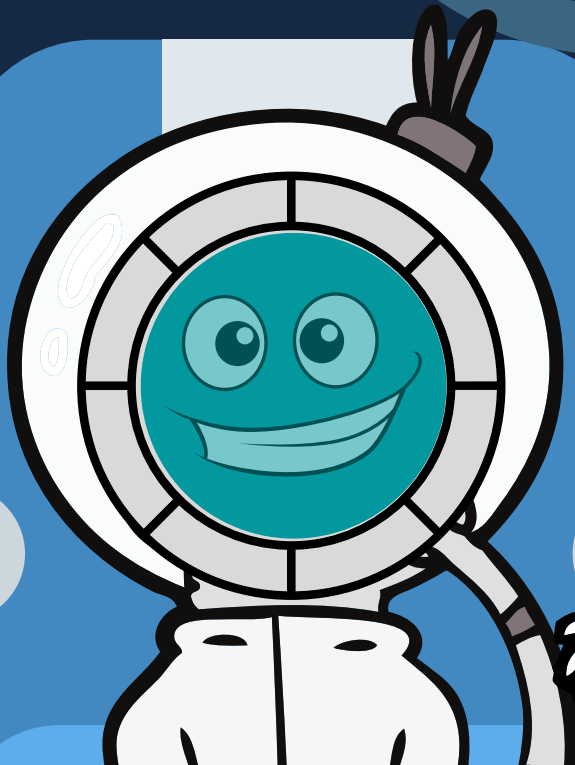
Talented



YOU DID IT!!
WELL DONE! WE NOW HAVE
OUR POSITIVE WORDS
BACK!
Colour in your **SUPERSTAR**
below!
Good work team!



Are you ready for the
next planet?



3....2....1....

Welcome to planet
NIM NIM! I hope you and
your little alien friend can
help us?
We are not very good at
talking about our worries,
we have lots of worry trees,
but no words!
Can you show us how?



The Worry Tree



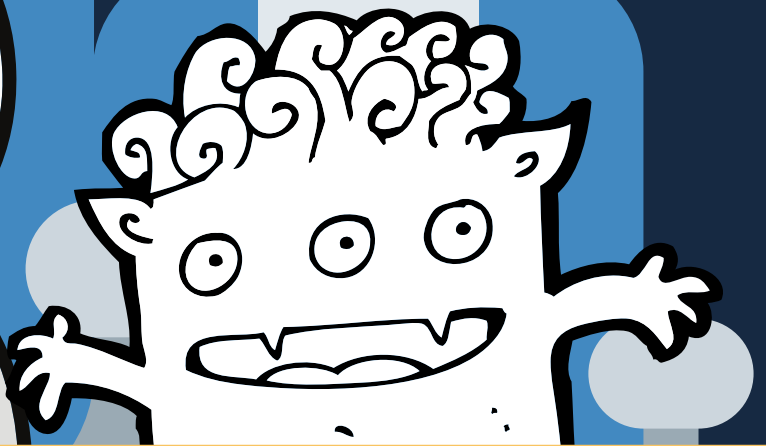
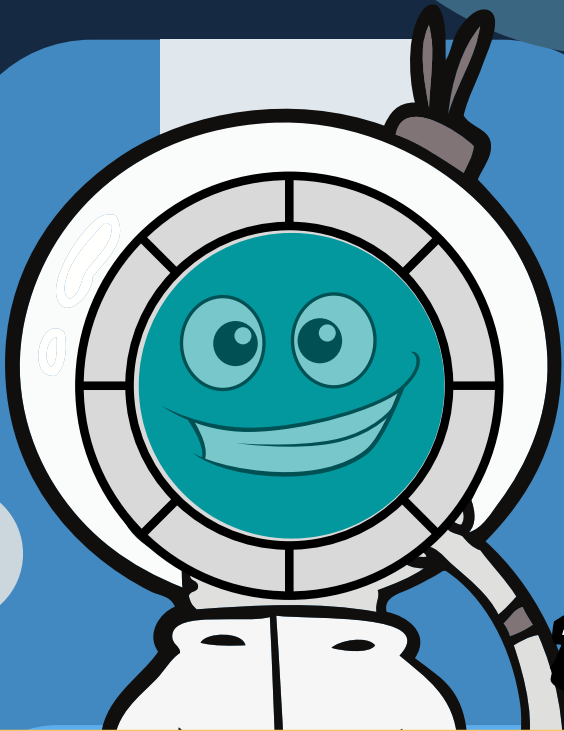
What do you worry about?

If something is worrying you, try writing it down on your worry tree and talk about it with someone you trust. Talking helps make the worry smaller, and can help solve it too!

YOU DID IT!!
WELL DONE! We now
know **HOW** to talk about
our worries too! A problem
shared is a problem
halved!!
Don't forget to colour
your **SUPERSTAR!**



Are you ready for the
next planet?



3....2....1....

HELP!!
Thank goodness you
arrived!
The **MIND MONSTER** is
here! We need you to
help make him leave and
save our planet **EEBO!**
Hurry!



The Mind Monster

The Mind Monster feeds off your bad feelings, the more you think about them, the bigger he gets.

Can you help make him disappear?

Just because you think something, doesn't make it true... it can feel very real, but remember you are stronger than your worry and you hold the power! Try shouting out **I AM STRONGER THAN YOU MIND MONSTER!...I AM BRAVER THAN YOU!** and **tick the box!**

☐

Try this to help take your mind off bad feelings...

5 things you can **see**

4 things you can **hear**

3 things you can **feel**

2 things you can **smell**

1 thing you can **taste**

Once you have, **tick the box!**

☐

Sharing your thoughts when they don't make you feel good can help to make the mind monster disappear! Remember to talk to someone you trust. Now **tick the last box!**

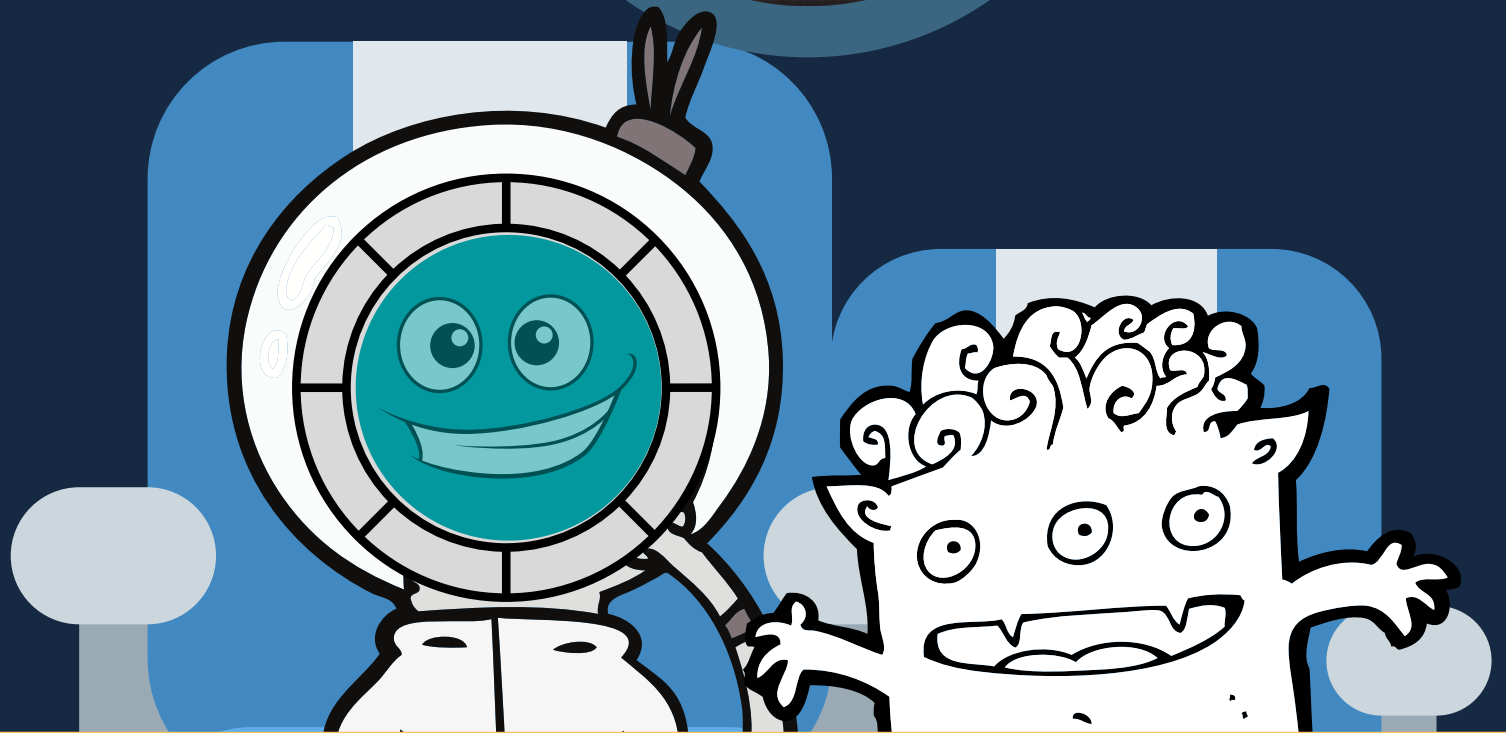
☐

YOU DID IT - YOU DEFEATED THE MIND MONSTER!

YOU DID IT!
You got rid of the
MIND MONSTER!!
Remember the tricks to
help you get rid of him
if he shows up again!
Now go colour your
SUPERSTAR!



Are you ready for the
next planet?



3....2....1....

HELLO!! This is our planet
BOGGLE! We heard
about all the **good work**
you have been doing!!
We need your help too!
Can you help us
remember how to move?
We are very lazy!



Lets show these aliens how we **MOVE!** ✓

(tick the box once you have done the move!)

SHAKE your
whole body!

☐

**Jump up
and down!**

☐

**Hop like a
FROG!**

☐

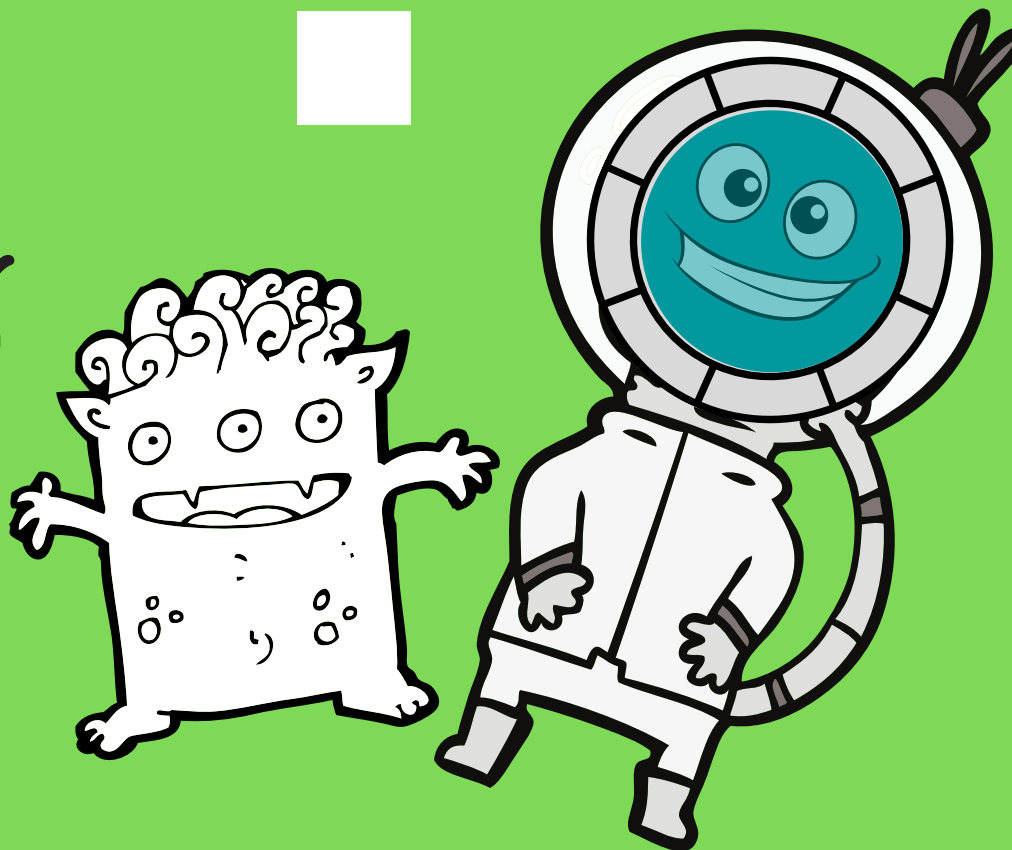
**Balance on your
LEFT foot and
count to 10!**


☐

**Wave your arms
above your
head!**

☐

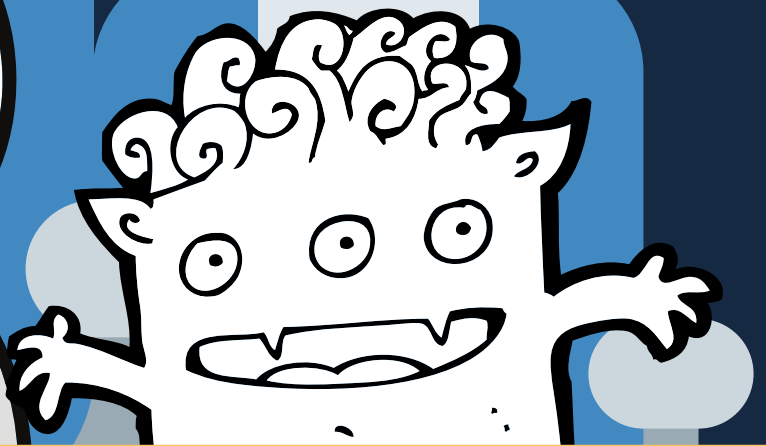
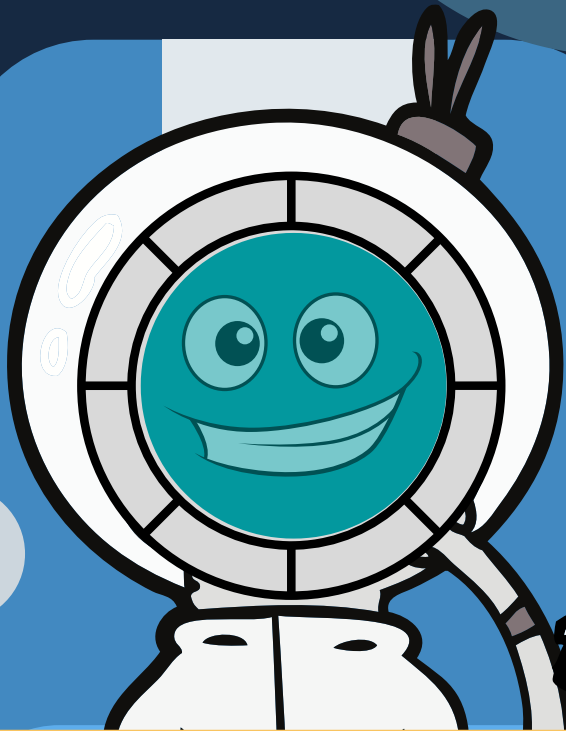
**Balance on your
RIGHT foot and
count to 10!**

☐

A cartoon orange monster with large blue eyes, wearing black-rimmed glasses, and a wide, toothy grin. It has red, segmented appendages. A large white speech bubble with a black outline is coming from its mouth. The background features a green landscape with rolling hills, a blue sky, and palm trees. A large white star is on the green ground in the lower right.

WOOHOO!!!
You got the moves!
Being active has made
us feel so much better!
THANK YOU!! What
colour will you choose
for your
SUPERSTAR?

Are you ready for the
next planet?

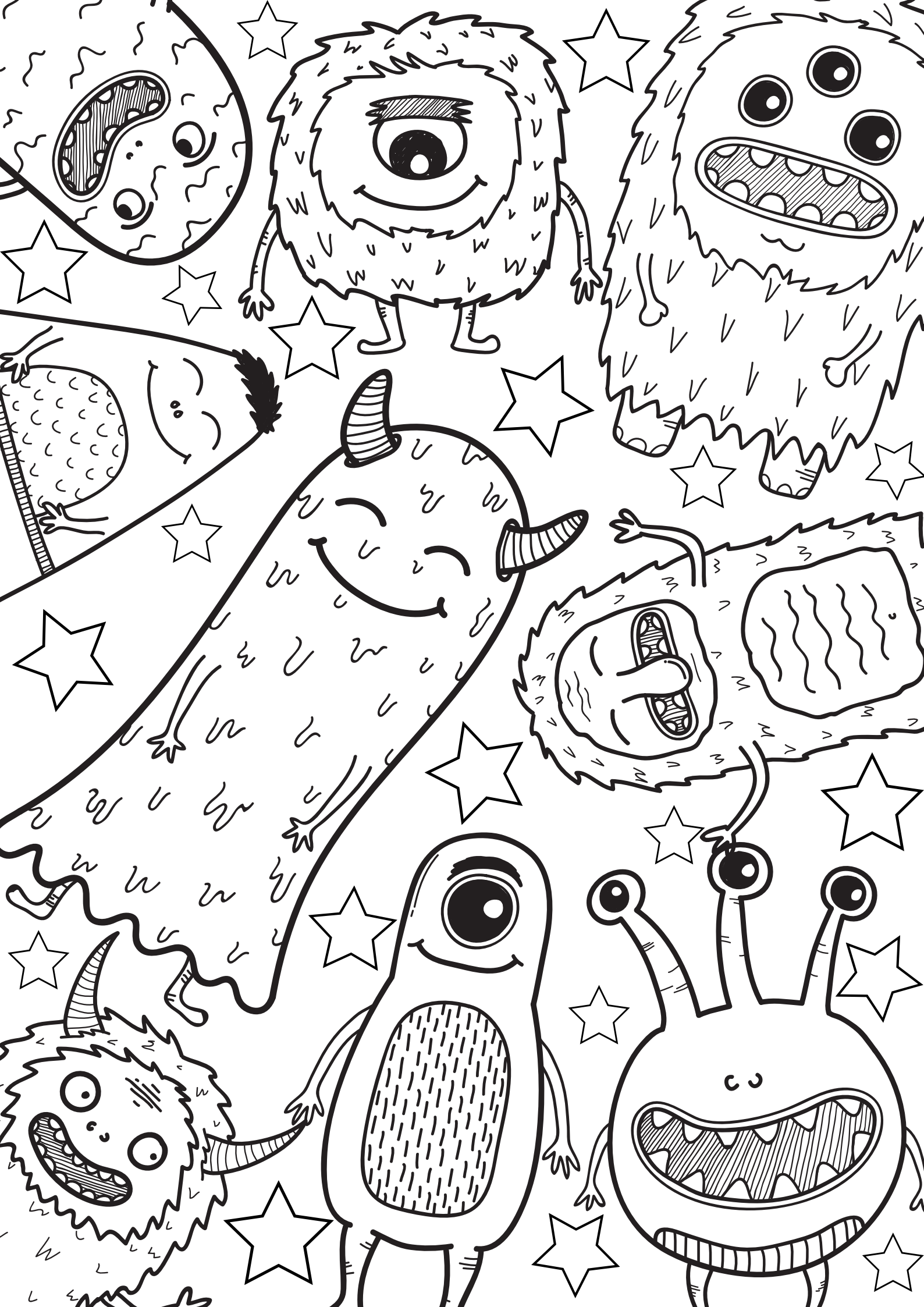


3.....2.....1.....



HELP!

Our planet **RU** is full
of aliens who **have**
lost their COLOUR!!
Can you make them
colourful again?



WOW!

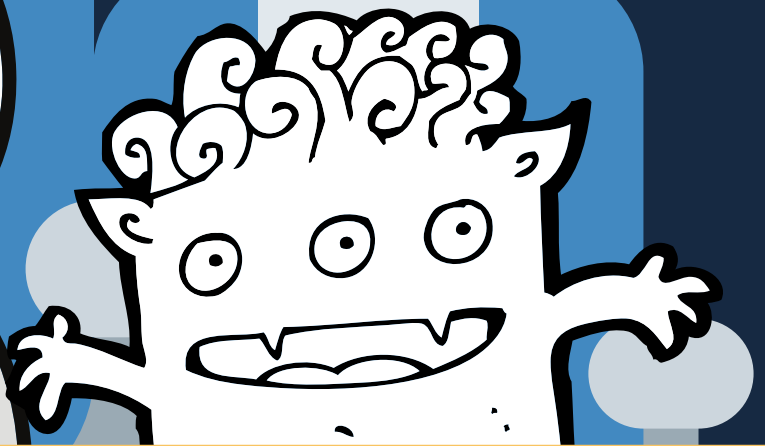
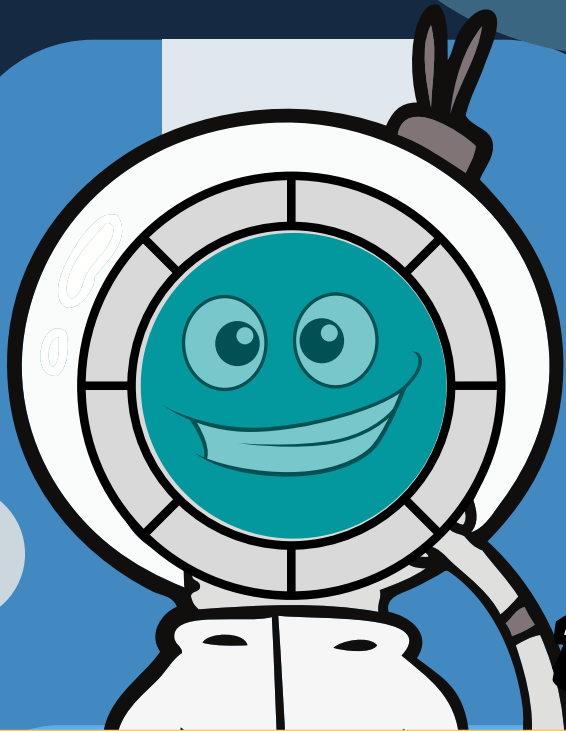
RU is now full of
colourful happy
aliens! They look

AMAZING!

Thank you!!



Are you ready for the
next planet?



3....2....1....

HELLO!

ZEN ZEN is full of
aliens who don't know
how to be **calm!**
Can you and your alien
friend show us?



**Take a deep breath in
and count to 3 with me**



And breathe out, and count to three



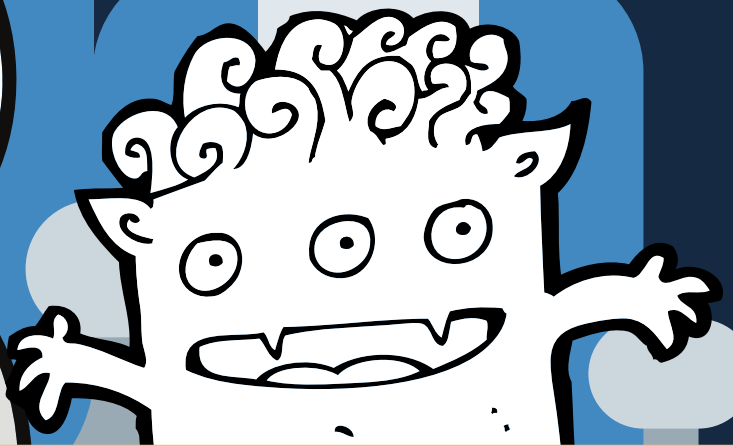
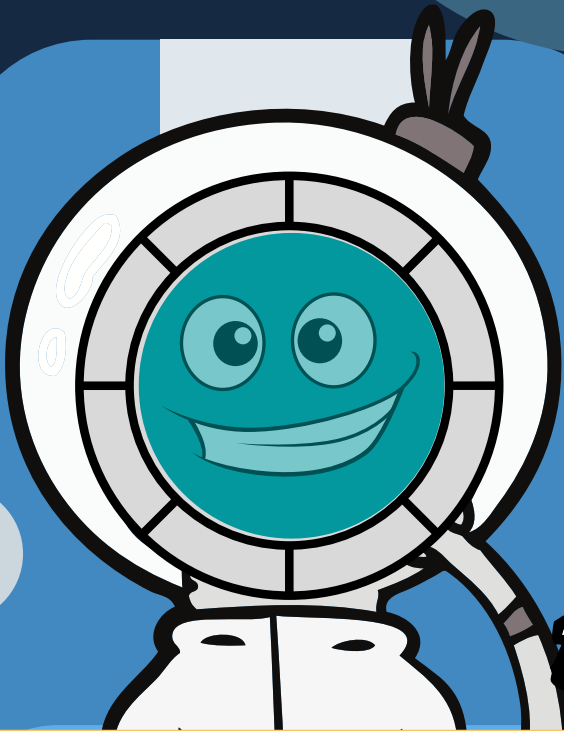
Now do it
3 more times
with me!



That was
excellent!
We are very calm
now, are you?
Colour in your
SUPERSTAR!



Are you ready for the
next planet?



3....2....1....



Welcome to **SOGZ**,
our **rainy** planet! We
never know what to
do when we are
indoors...
**do you have
any ideas??**

Things to do on a rainy day



What ideas can you give them for a rainy day?

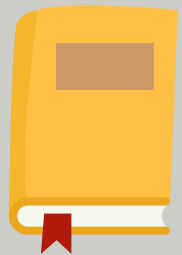
Try one of these sometime! Tick the box once you have!



Make a sock
puppet

☐

Write a letter
to a friend

☐

Start a diary

☐

Make your own
dance routine

☐

Make your own
treasure hunt

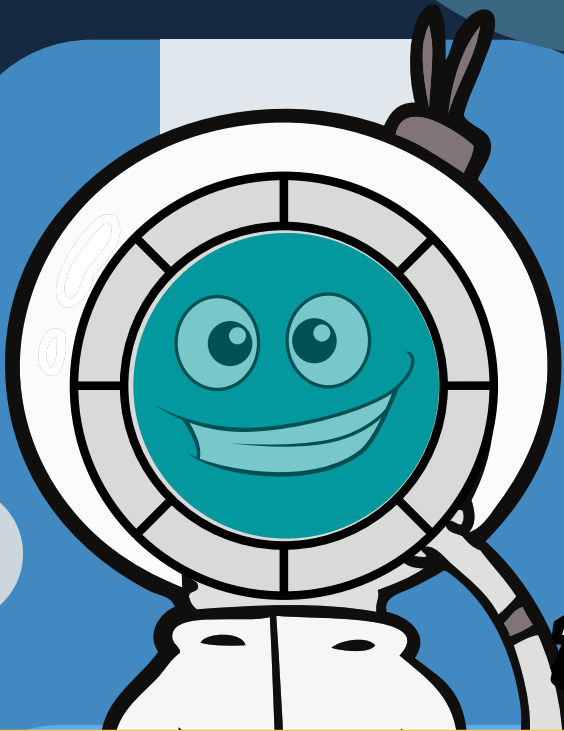
☐

Write your
own story

☐



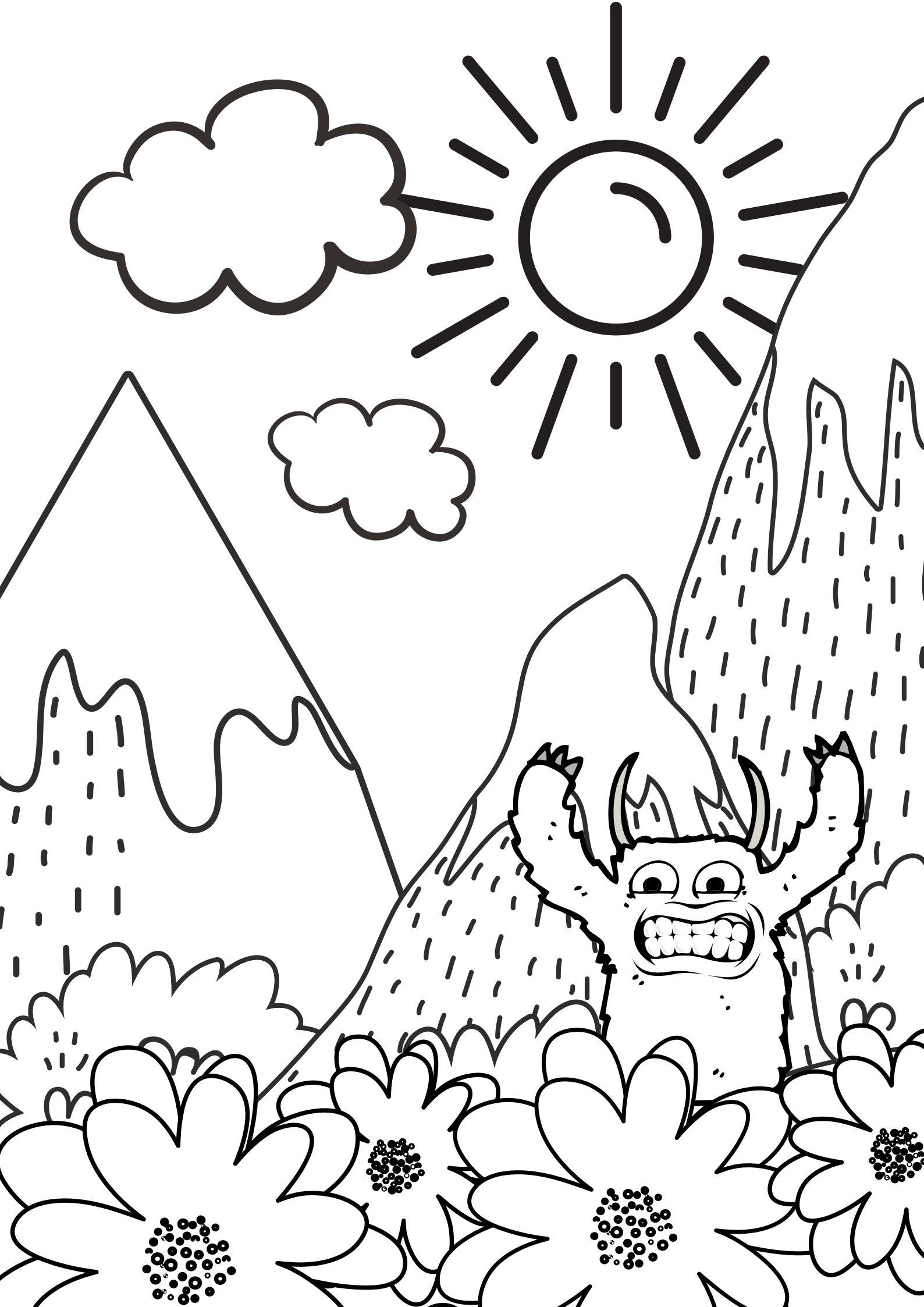
Are you ready for the
next planet?



3....2....1....

Hello there!
Planet **Chilz** has not
seen **COLOUR** in so
long!! The snow has
not stopped for **80**
years! Can you bring
back our colour?

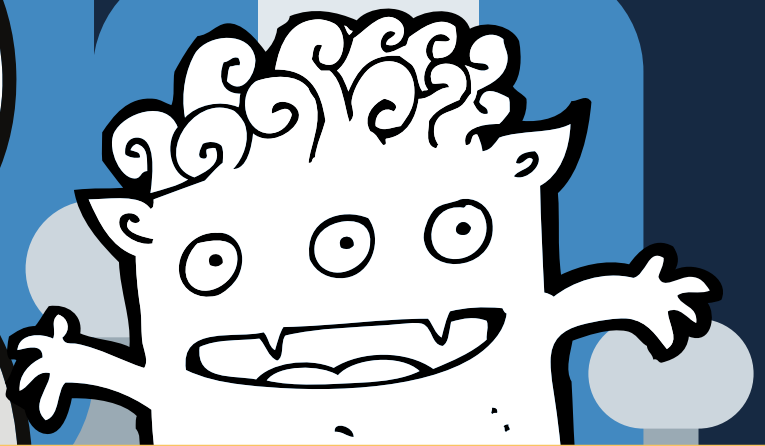
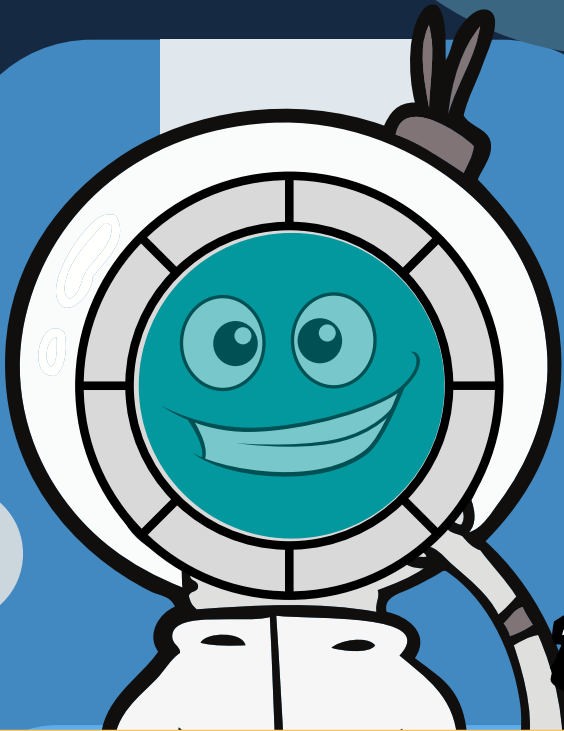




WOW!!!!!!
Our planet is
BEAUTIFUL!
Thank you so much!
You deserve this
superstar for your
hard work!



Are you ready for the
next planet?



3....2....1....

WE NEED YOUR HELP!
Magmis is full of
anger, and it has
caused it to be **on fire**,
can you get rid of the
anger and put out the
fire?



How does **ANGRY** feel?

My ears feel

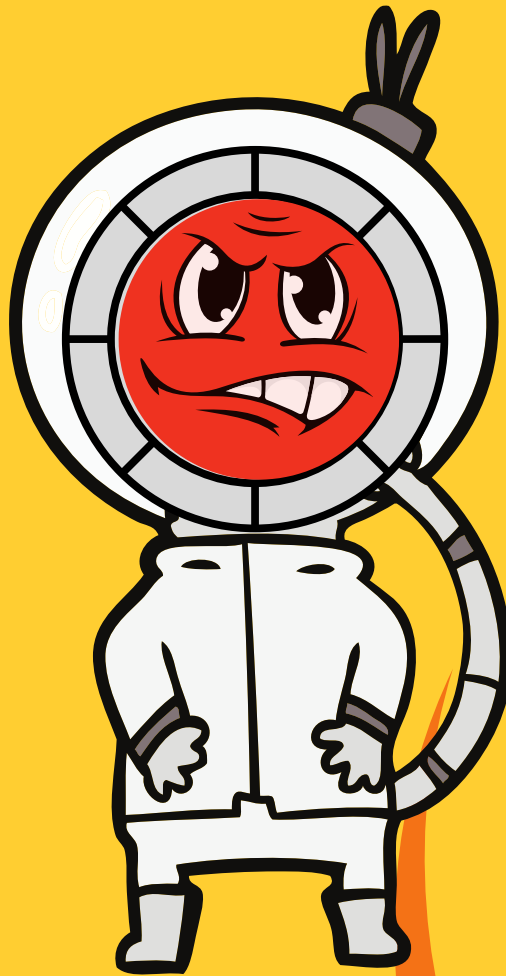
My eyes feel

My face feels

My mouth feels

My tummy feels

My hands feel



My feet feel

How to stop **ANGER**

Do some deep
breathing

Tell a
grown up

Exercise

Write your
feelings down

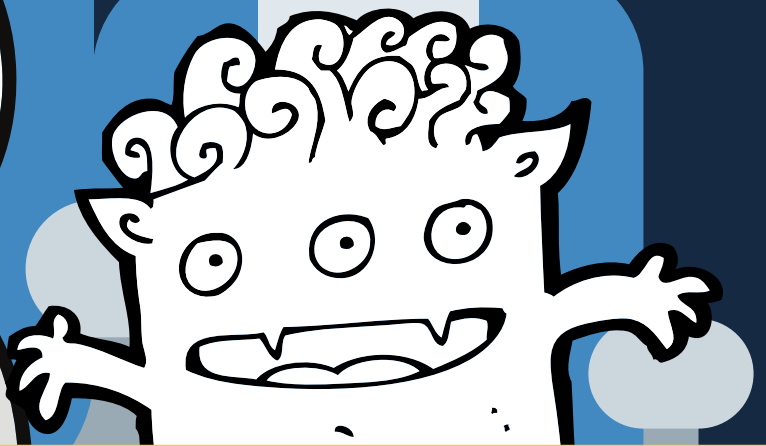
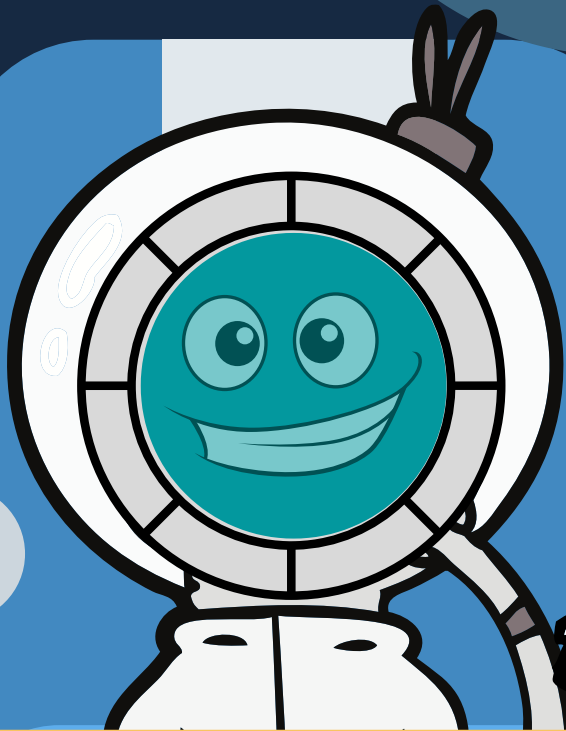
Count to 10

Walk away

You made **ANGER**
disappear!! And the
fire has gone!!
THANK YOU!
Remember the tricks
if ever you are angry!



Are you ready for the
next planet?



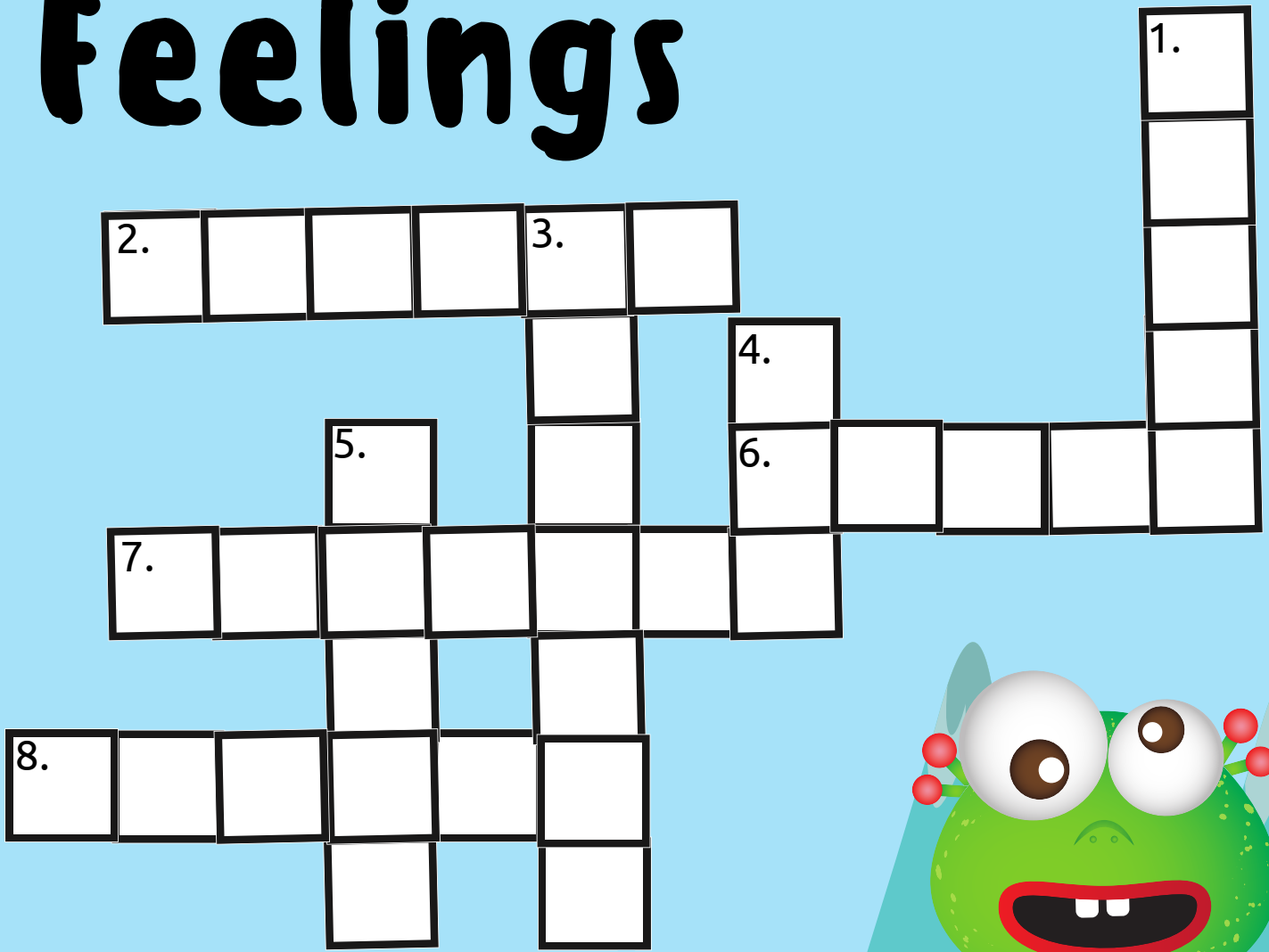
3....2....1....

**WELCOME to planet
FLOOP!**

We sometimes forget
the right words to
express our feelings,
can you help us?



Feelings



Across

2. The dark sometimes makes me feel ____

6. When things don't go my way, sometimes I feel ____

7. I was ____ when I could not see my Mum in the supermarket

8. When I don't know the answer to something, I feel very ____

Down

1. If you're ____ and you know it clap your hands.

3. I am really ____ for my birthday party

4. I couldn't see my friends when I was off school, that made me ____

5. I feel very ____ of myself after getting all of my spellings correct!



EXCELLENT WORK!!

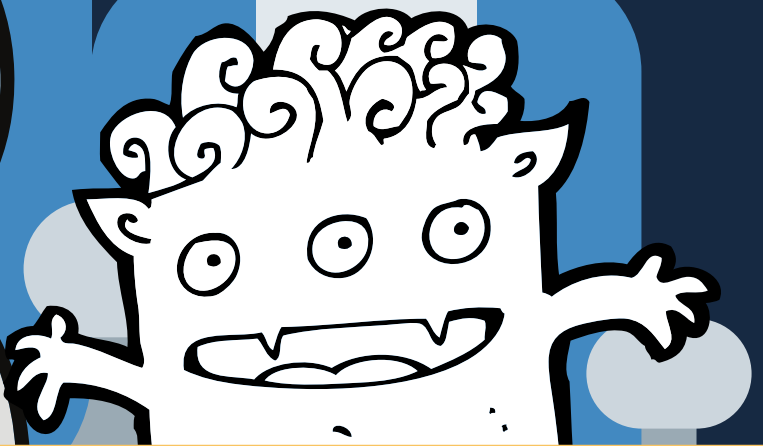
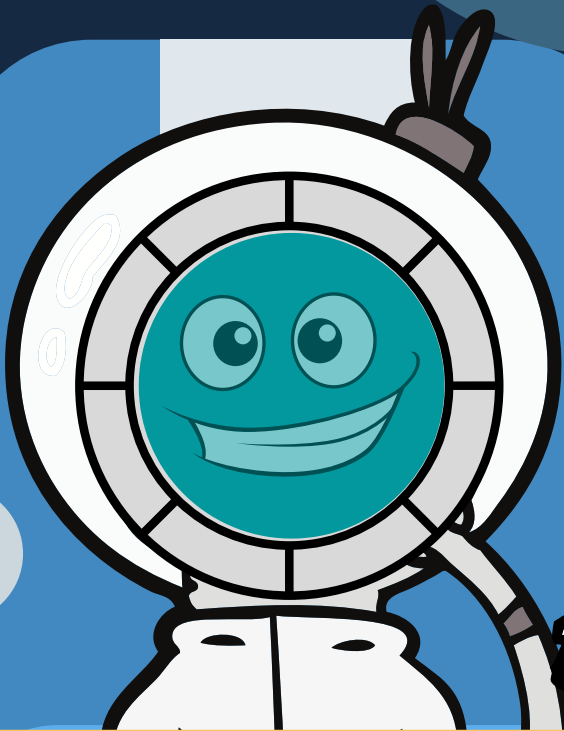
You helped us
understand our

FEELINGS!

Now colour in your

SUPERSTAR!

You did it!
Let's return to **EARTH!**



3.....2.....1.....



You are almost ready
to land!

YOU ARE HOME!

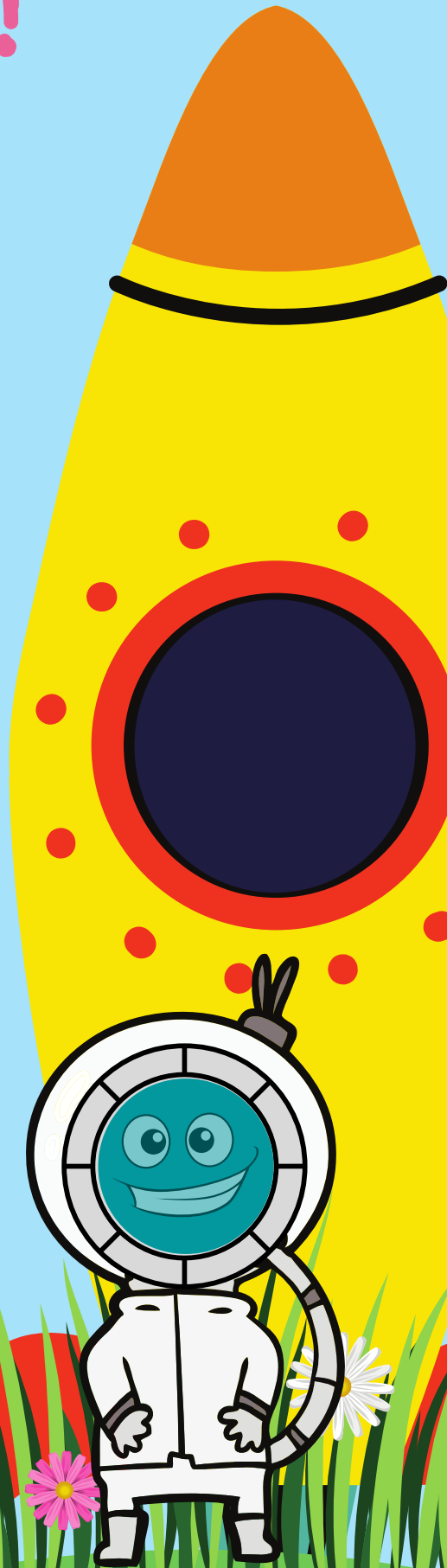
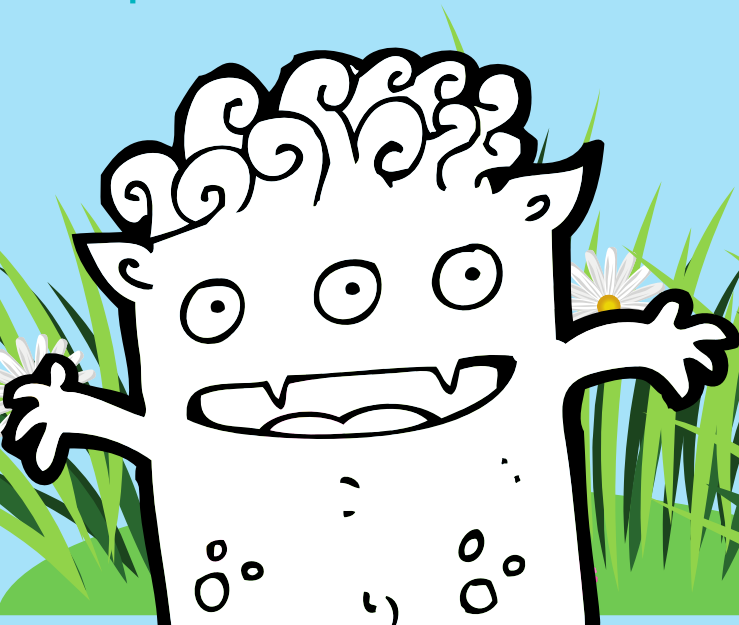
Well done!!

You visited **10 planets** and solved all the issues they were facing!!
Good work team!

Can you remember all the **planets** you visited?

You helped to express feelings, combat a mind monster, how to deal with anger, how to talk about and express worries, coloured some beautiful pictures, used breathing to remain calm, and learned how to move your body to help your mind

Remember all the tricks in this book, and continue your journey through space and mind!





CONGRATULATIONS!

For completing
MINDSTARS





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