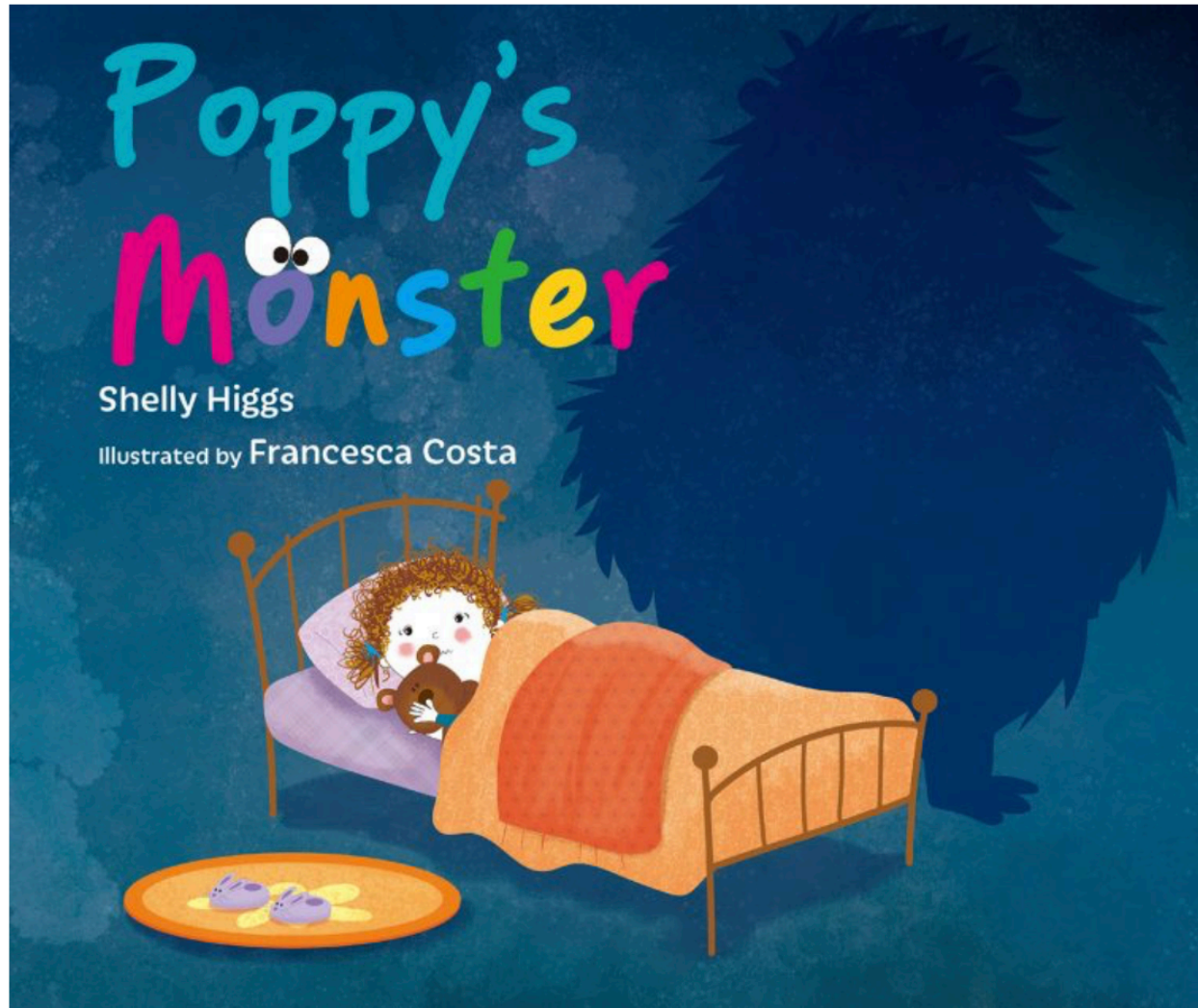


# Poppy's Monster Teaching Notes



## Questioning

*The following are some questions you might like to ask as you read the text. These aim to promote discussion and thought and may have a variety of responses.*

### **Before Reading**

- Make a prediction about what you think this story might be about.
- What do you notice about the front and back cover?
- What do you think anxiety is? Does everyone feel scared sometimes?
- When might fear be a very helpful feeling? Can you think of an example of being afraid that has protected you?

### **During Reading**

#### Literal Questions

- In what ways is Poppy brave?
- When is Poppy most afraid?
- How does Poppy use her imagination in this story?

#### Inferential Questions

- Why do you think Poppy wanted to hold hands?
- Why do you think Poppy's brother suggested imagining funny things like disco dancing sheep?
- Why does visualising her monster help Poppy?
- Why do you think Poppy felt better when she imagined everyone else with tiny Fear Monsters?
- Why do you think Poppy gets nervous when something new happens?
- Why is it important that Poppy is kind to her monster?
- What do you think this book is trying to say?

### **After Reading**

- Draw a picture of your own Fear Monster.
- What do you think they would look like?

- What are they trying to protect you about the most?
- Write a story from the point of view of your own Fear Monster.
- Choose a character (who isn't Poppy) from one of the illustrations. Write a story about them that includes something that character might be worried about
- What are some things you do to calm down when you are feeling worried?
- Can you always tell when someone is feeling scared?

### **Dramatising Examples**

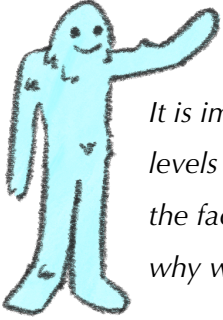
(Year 4- 6):

#### ***Meeting a Monster***

In pairs, students take on the role of the Poppy and the monster and practise/perform the moment she sees him for the first time. Expand on what you think happens in this moment. What might Poppy say to the Monster? What might the monster say back? Come up with a short scene of their face to face meeting and then present it to the class.

#### ***Self help for Fear Monsters***

Gather small groups in a circle. Everyone has to pretend they are a Fear Monster and they are gathering together to talk about the difficulty they have with their humans. Maybe you can start by introducing yourself and why you are there. For example: "Hi, my name is Boris. My human pretends that I don't exist..."



*It is important to talk think about fear and anxiety as being normal responses that everyone experiences. Obviously when someone experiences clinical levels of anxiety this usually means that it is negatively impacting their daily life and they are having a bit more of a difficult time than others. However the fact that we all often feel afraid in different situations is normal and appropriate. It's our bodies way of protecting us from danger and is probably why we weren't all eaten by Sabre Tooth Tigers back in caveman days.*

### ***Describing Anxiety***

Write down all the words you can to describe feeling afraid.

What is the opposite feeling of feeling afraid? Write down all the words you can to describe this feeling.

### ***Physiology of Anxiety***

What things happen to Poppy's body when she is afraid?

What happens to your body when you are scared or afraid? Draw these on Figure 1.

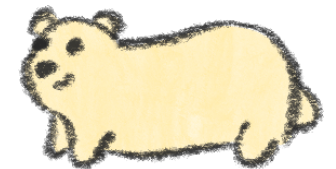
### ***Negative Thoughts***

What do you think Poppy is thinking when she's afraid? (There are no right or wrong answers).

What are some thoughts you might be thinking when you're scared?

What is something you can say or do to help someone when they are scared?

What are some things you can say to yourself or do to help yourself feel better when you are worried?

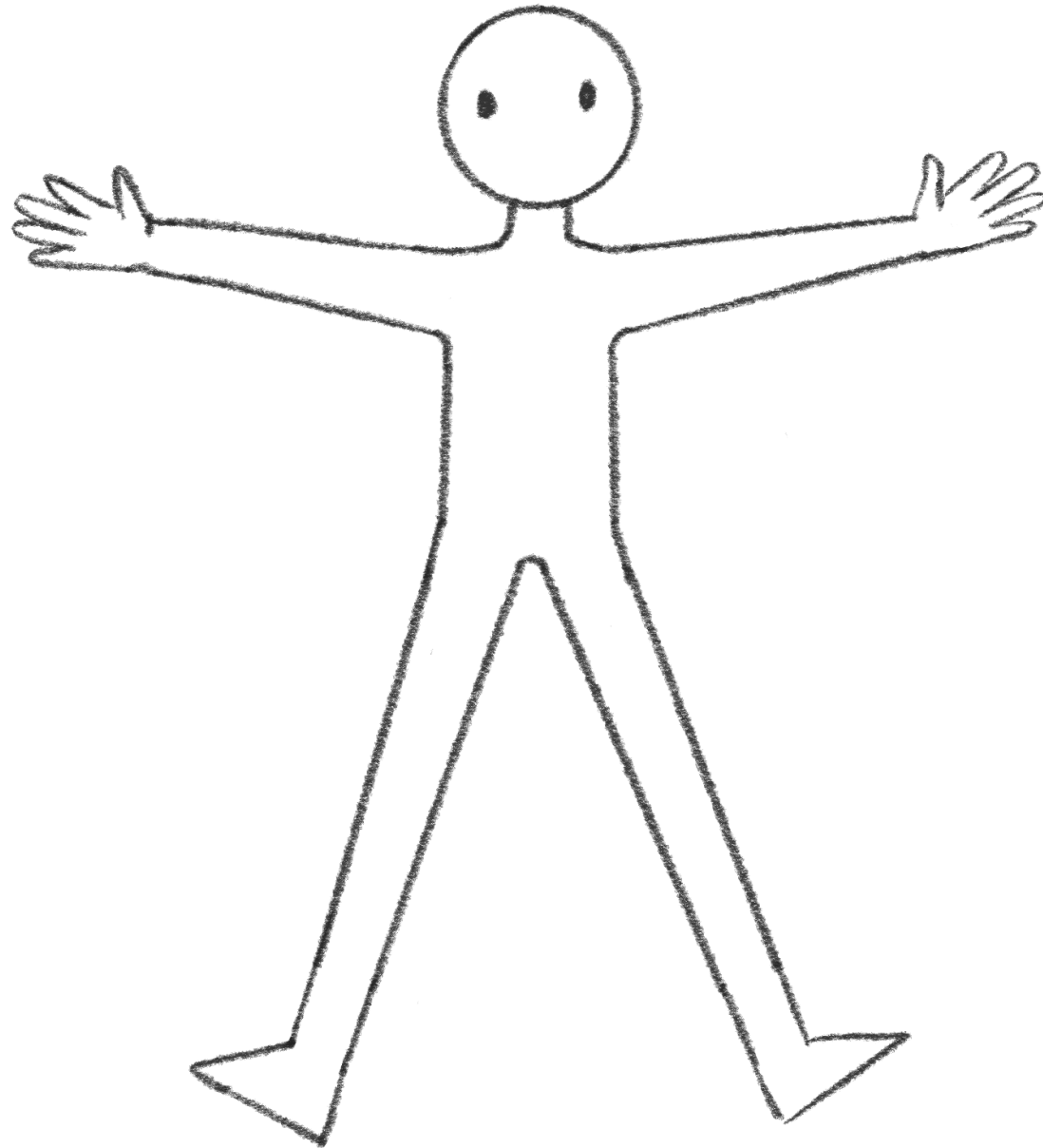


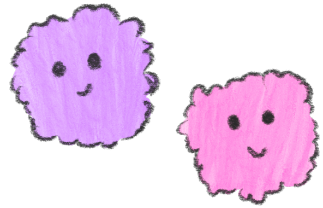
### ***Protective Factors***

We all have things in our lives that help us feel safe and help us feel good about ourselves. Using evidence from the story write down the positive things Poppy has in her life to support her and all the things she is good at. Then write down the different things you have in your own life that help you feel safe and write down all the things you are good at. How might these help you when you are having a difficult time?

When you feel scared what are some things that happen to you physically? Draw these on the picture. Are these the same or different to Poppy?

**Figure 1**

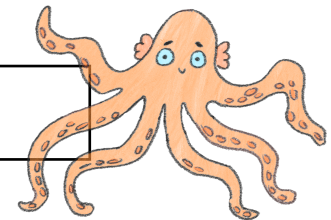




Draw a picture of your own Fear Monster



What do you think your Fear Monster tries to protect you from?



Write a story from the point of view of your own Fear Monster.

