

## Card 11 - The Smile



Why has Mum made me come to this school?  
I don't know anyone. There are so many children in the playground around me and I don't know anyone. I can feel tears swimming in my eyes. My teacher is nice but she isn't outside at break with us and I don't know the other adults. I find myself looking at the gate, hoping to see my mum there to come and take me out, but she isn't there. I am really crying now - big wet tears dripping down my face. Not being able to stand it anymore, I sit down on the blue bench beside me and put my head into my hands. Through the gaps in my fingers, I see purple shoes standing in front of me. I look up. One of the girls from my class is there, smiling. She holds out her hand, silently inviting me to join her. I smile back and stand up, taking her hand.

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## Questions

- R** 1a. Why is the narrator upset?
- 1b. What colour is the bench?
- U** 2. What does 'tears swimming in my eyes' mean?
- A** 3. Why did the girl in the purple shoes hold out her hand?
- A** 4. Why do you think the title is 'The Smile'? Can you think of a different title for this story?
- E** 5. Do you think the narrator is a boy or a girl? Why?
- E** 6. How old do you think the narrator is? Why?
- C** 7. Make a short story or comic to recount a time when you felt sad.

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## Card 12 - How to Meditate

- 1. Sit comfortably, either on a chair or on a cushion, with your back straight and your legs crossed.
- 2. Close your eyes and take deep, quiet breaths. Notice the places where your body and the floor or chair are touching - think about how these points feel.
- 3. Slowly, start to think about your breathing. Where does your body move when you breathe? What does it feel like?
- 4. Every time your mind wanders and you start to think about other things, bring it back to thinking about your breathing.
- 5. Continue until everything around you disappears completely.



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## Questions

- R** 1. What is the first thing you should notice before you think about your breathing?
- U** 2. What does 'your mind wanders' mean?
- U** 3. What could 'everything around you' be?
- A** 4. Why is it important to close your eyes during meditation?
- E** 5. Try to follow the instructions. How clear are they? What would you change?
- C** 6. Follow the instructions again and answer the two questions that are in the text.
- C** 7. Sketch annotated pictures to describe each step of this text.

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