

SADSVILLE HOME SCHOOL WORKBOOK

This workbook has been created for you to complete after watching the video of Basil Brush reading SADSVILLE.

Print out pages 8, 10 & 12 to fill in if you can. If not, write or draw your answers on a separate piece of paper.



The Sadsville Book

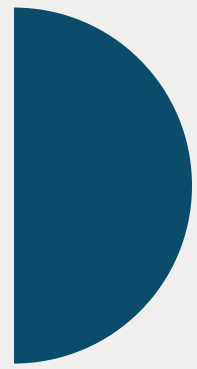


'Herman and The Magical Bus to Sadsville' is a book about a place where everyone feels sad. They don't talk about why they feel sad until the hero of the story, 'Herman' comes along and figures out why.

THIS WORKBOOK

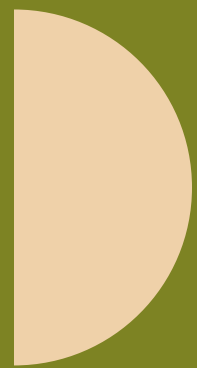
This workbook is for you to complete a home, ideally with someone else - a parent or carer, older brother or sister or another family member or friend.

But you can do it on your own if you prefer to.



CORONAVIRUS COVID-19 LOCKDOWN

Since schools have been closed due to Coronavirus, children all over the country have been asked to stay at home. This means that thousands of other children like you have not been able to see some other members of their family, their friends, teachers and other children who they would normally play with.



**Maybe this has made you
feel different...**

This workbook, along with the video of Basil Brush reading SADSVILLE may help you to understand how you feel now and in the future, and what you can do to help yourself.

Step 1.

Watch the video of Basil Brush reading SADSVILLE.

Basil Brush has been entertaining children like you for nearly 50 years. He is a very wise old fox!



Did you guess the reason why everyone was crying before it was revealed in the story?

Step 2.

In the real world, why might someone cry?



How do you think these athletes are feeling?



How do you think this singer is feeling?



Have you ever cried at a film?



Do you think this lady is unhappy?

People cry for many different reasons. Some people are moved to tears very easily. Other people keep their feelings hidden.

It's important to talk & listen



In SADSVILLE, Sandi and Ella share the fact that they are both sad, but people often don't talk to one another about how they are feeling.

My feelings
don't matter.

I don't want to
hurt other
people's feelings

I'll feel silly.

I don't want to
look weak or a
sissy.

I won't be listened
to anyway so
there's no point.

I don't want to
draw attention
to myself

**Why do you think someone
might keep their feelings
hidden?**

Step 3.

It can sometimes be difficult to talk to someone if they seem too busy or you don't know what to say or how to start off the conversation.



“Can you think of words that you could say to make sure that the person you are talking to listens carefully?”



**FRIENDS SHARE
LAUGHTER:
THEY SHARE
SADNESS TOO.**

And if someone wants to talk to you about how they feel, it is important to LISTEN.

A friend could simply sit quietly beside someone who is upset. They may need to wait patiently if that person wants to be alone. A word of comfort or encouragement might help – or simply a reassuring touch or hug. Someone who is upset is often helped if someone else will listen. They don't need to comment or give advice.

Step 4.

Page 8. Print this out if you can.

 **Write or draw your top tips for being a good listener.**


Small & Big Feelings

Small feelings come and go every day.

Small feelings can feel very strong at times, but these feelings aren't usually a problem; they're all part of everyday life.

Small feelings can include being sad for a little while too

BIG feelings are more long lasting. They can change how we behave, how we see ourselves and the world around us and how we interact with other people.



Remember if your feelings are getting too BIG to cope with on your own and you feel you want things to change...talking to someone else might really help.

Step 5.

Draw or Write Your Bag of Worries

What kind of things might make you feel sad, unhappy or worried?

Draw or write them onto the bag. If it were a real bag, is it starting to get heavy?

If the bag gets too heavy, do you think it would be difficult to carry all this sadness around?

How would this make you feel?



Good Sad & Bad Sad

We can all feel sad from time to time.

It is a normal emotion and all part of growing up.


'Good Sad' passes quickly. For example, you may feel sad because you're football team lost a match, your holiday has come to an end or you had an argument with your friend.

'Bad Sad' is like a 'BIG FEELING'.

It is when you are feeling hurt or upset all the time.

You should tell a trusted adult if you feel hurt, unsafe, sad, worried or frightened regularly.

If the situation doesn't change it is very important you keep speaking out and keep telling a trusted adult until the situation improves and changes.

 **It is NEVER your fault if you have these emotions.**

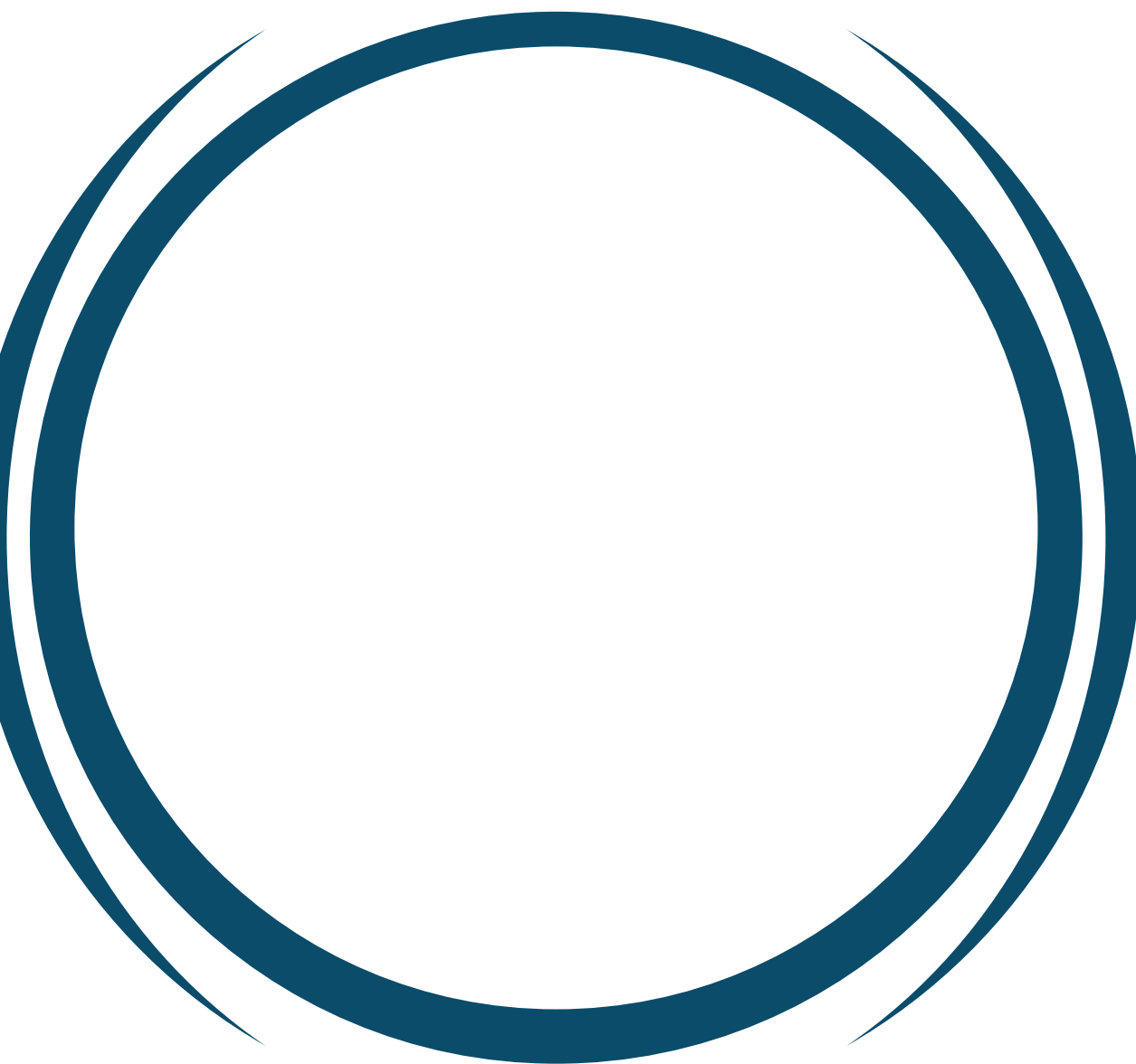
Step 6.

Learning to help Yourself

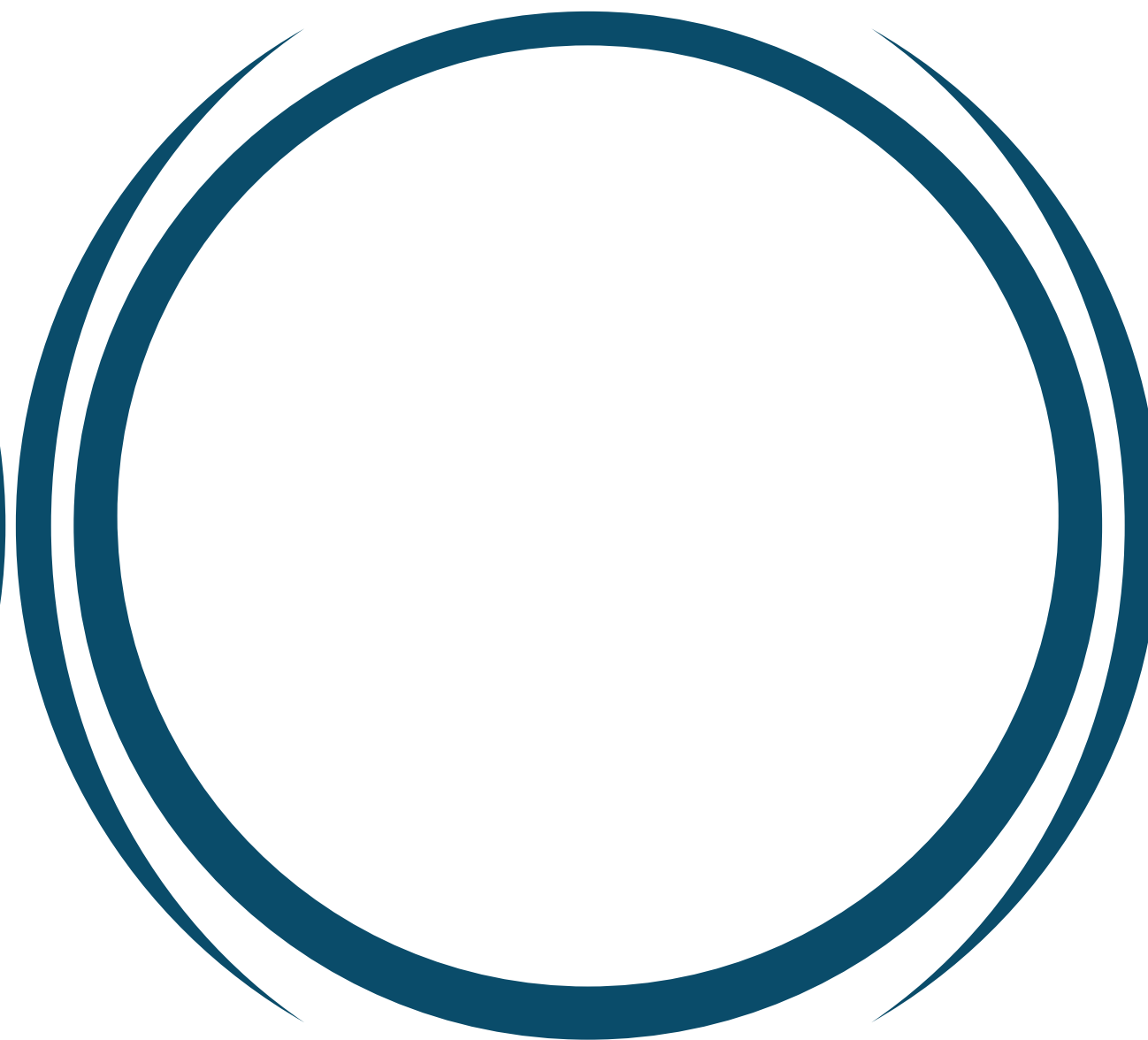
Page 12. Print this out if you can.

Things I can Try if I am Feeling Sad

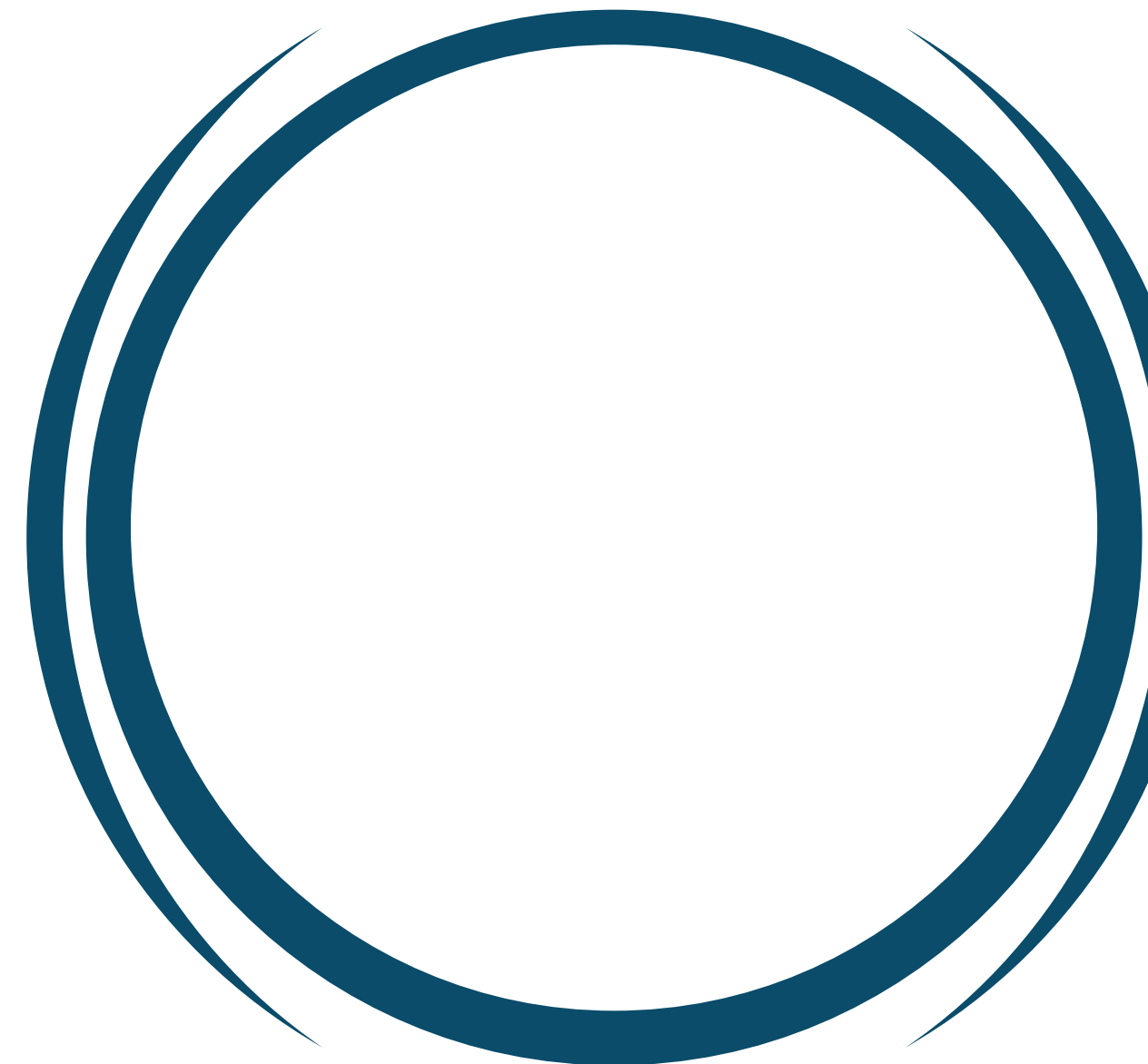
Friends I can talk to



Things that make me happy



Adults I can Trust



What to do if you feel sad

Basil had some suggestions for helping yourself at the end of the video.



HERMAN'S TIPS IF YOU'RE FEELING SAD

Are you feeling 'Good' sad or 'Bad' sad?

Sometimes it's OK to feel sad - like when your holiday ends, your friend moves away or your pet dies. These things are all part of life and the feelings will pass. That's 'Good' sad.

'Bad' sad is when someone is being mean or asking you to do something you don't want to do. Perhaps something is causing you to be worried or frightened, or you feel sad for no real reason. Usually 'Bad' sad goes on for much longer.

Help Yourself

Do what I do and take a step back from the situation you're in to try to work out what's making you sad. What would make things better? Try to do something that makes you happy.

Talk to a Trusted Friend

Sharing your feelings with a friend can make you feel better.

Talk to a Trusted Adult

Like a teacher, coach, parent or relative. They may be able to help you understand if you're feeling 'Good' sad or 'Bad' sad and help you in either case.

Ask for Help

There are organisations like Childline with people who want to help you, so don't be afraid to get in touch.

childline

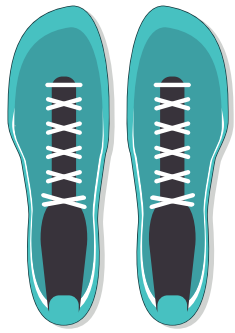
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Whatever your worry, call us and a friendly person will be there to listen. **It's free, you don't have to tell us your name, and we're here all day and night.**

Tips for Well Being



Connect: Spend time with family and friends. Enjoy doing things together and talking to each other. Maybe help prepare some food or play a game. Take a break from gadgets.



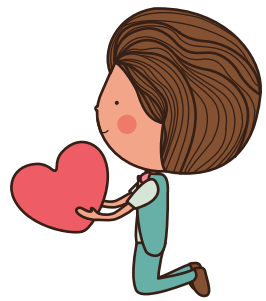
Be active: It keeps you physically healthy, and makes you feel good. Breath in some fresh air.



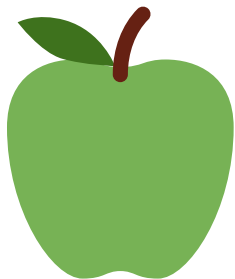
Keep learning: Try something new. Try a new hobby, or learn about something just because it interests you.



Take a look at nature or the world around you.



Give: Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!



Eat Well & Rest: Eat a balanced diet and make sure you're getting enough sleep.

And remember...

Lockdown will end. You will be able to see all your friends again soon.

This may make you happy.

But if you continue to feel sad, anxious or worried, remember what you have learnt today.

And if it all gets too much, there are people that can help you.

childline 0800 11 11
A life-changing **NSPCC** service childline.org.uk



Martin Robert Foundation
Registered charity in England & Wales 1172905
www.martinrobertsfoundation.org.uk