

Winter of Wellbeing Gaeaf llawn Lies

Wellbeing Activity Pack





LOOK



BOTH



WAYS



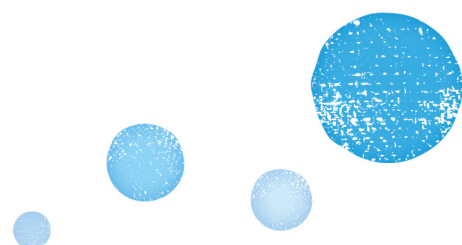
About this pack

This pack from The Reading Agency can be used to help support wellbeing through Chatterbooks reading groups. It is focused around **Look Both Ways by Jason Reynolds**.

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.

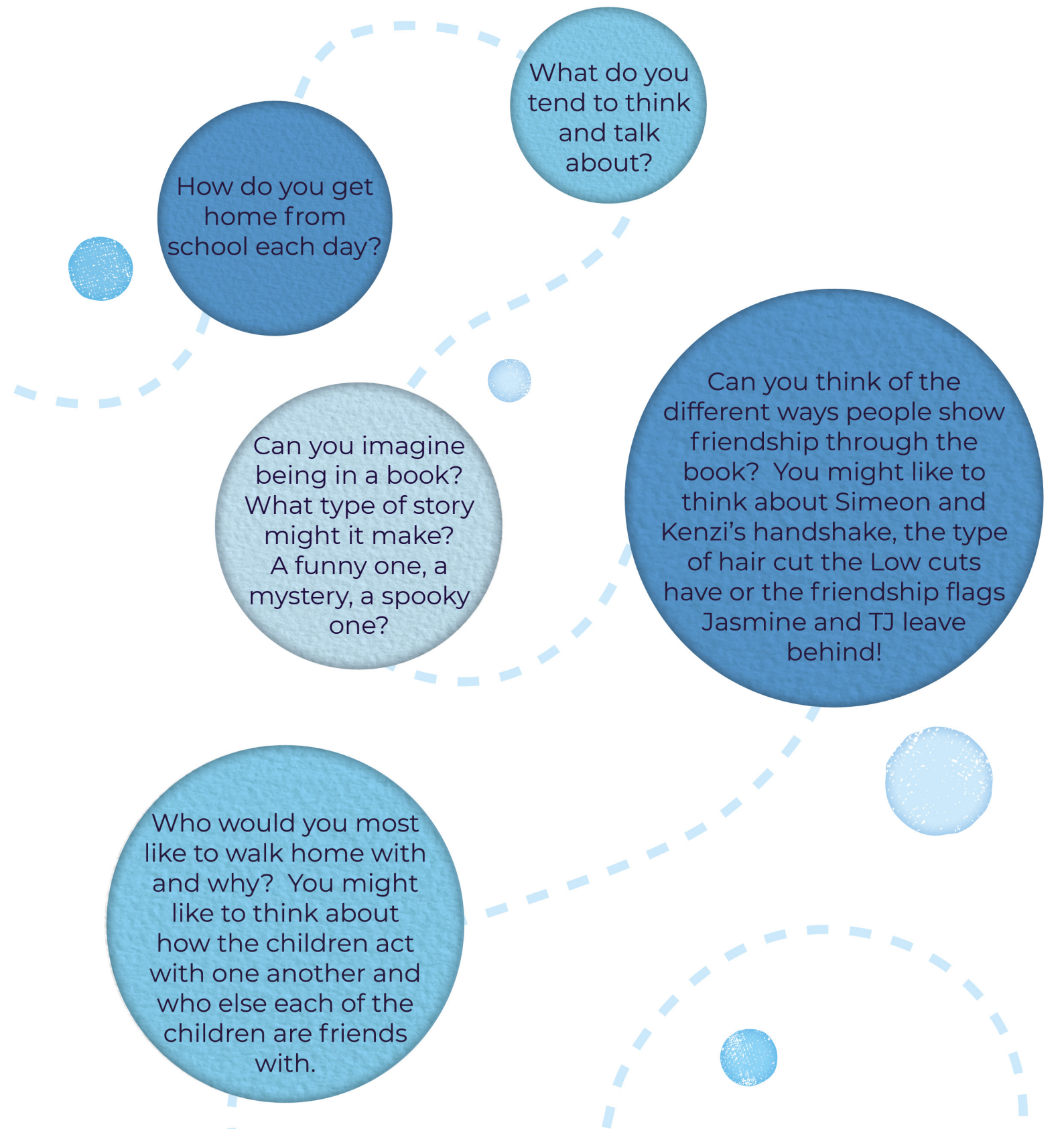
See www.readingagency.org.uk



Look Both Ways

Featuring a host of brilliantly colourful characters, this story focuses on their walk home from Latimer Middle School. Across ten chapters we are introduced to a range of different children, the conversations they have and their thoughts and feelings.

Each chapter is a **short story on its own** while they also interweave allowing us to see different sides to the characters and the friendships they have formed.



How do you get home from school each day?

What do you tend to think and talk about?

Can you imagine being in a book?
What type of story might it make?
A funny one, a mystery, a spooky one?

Can you think of the different ways people show friendship through the book? You might like to think about Simeon and Kenzi's handshake, the type of hair cut the Low cuts have or the friendship flags Jasmine and TJ leave behind!

Who would you most like to walk home with and why? You might like to think about how the children act with one another and who else each of the children are friends with.

Random Acts of Kindness

Lots of the characters in the book are kind to others, like Simeon who helps to look after Kenzi. Who do you think is the most kind in the book and why?

The Low Cuts sell sweets so as to have money to buy ice cream for Bit's mum. Deciding to do something kind or thoughtful for others is sometimes called a 'Random Act of Kindness'.

Think about a time when you did something kind for others...



What did you do?

How did doing something kind or thoughtful make you feel?



How do you think a random act of kindness might make people feel?



You might like to think about the person being kind and the one who the act of kindness is for?

Can you **plan** a Random Act of Kindness? This might be to help somebody cross the road, to write a kind note to somebody who is going through a difficult time...

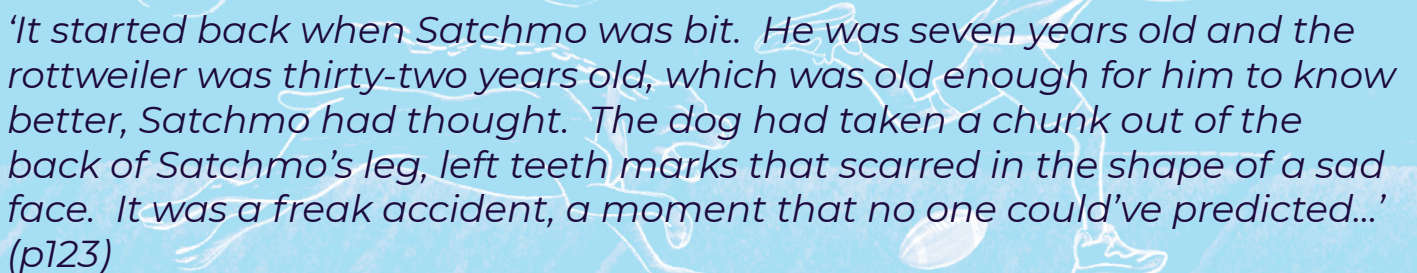
Plan out what you want to do, who your act of kindness is for and when you plan to do this.



Fearful Thinking

Many of the characters in Look Both Ways have worries or fears. Can you think what their worries are? You might like to focus on Stevie in 'Skitter Hitter' or about Canton Post in 'The Broom Dog' or Ty in 'Call of Duty'.

Satchmo is **frightened** of dogs.

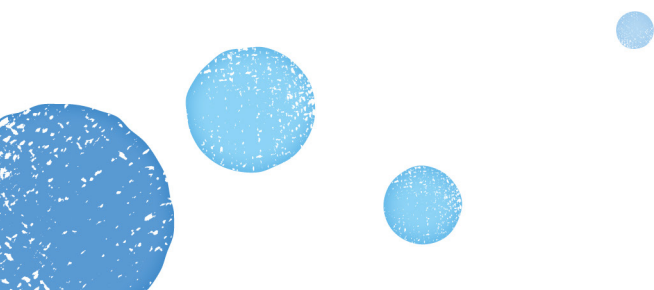
A light blue background illustration showing a car accident. A car is on the left, and a person is running away from it on the right. The person has a large, dark, irregular shape on their back, representing a bite mark. The text is overlaid on this illustration.

'It started back when Satchmo was bit. He was seven years old and the rottweiler was thirty-two years old, which was old enough for him to know better, Satchmo had thought. The dog had taken a chunk out of the back of Satchmo's leg, left teeth marks that scarred in the shape of a sad face. It was a freak accident, a moment that no one could've predicted...'
(p123)

Think about something which frightens you?

What is it that makes you afraid?

Satchmo comes up with 'a master plan to save his life.' Can you think through ways that might help you to overcome your own fears? What advice would you give to somebody who was afraid? Use these thoughts to create your own master plan!



Just Joking

In the story 'Ookabooka Land', Cynthia's grandfather is her superhero.

'Not in the superhuman sense, but in the way that there was something incredible about him. At least to Cynthia.' (p146)

Do you have somebody you consider to be a bit of a superhero, like Cynthia thinks about her grandfather?

Who is it and what do you think makes them **special**?



In the book we learn more about Cynthia's grandfather.

'Jokes were his superpower.' (p 146)

What parts did you find funniest in Look Both Ways? Have you read any other books which made you **laugh a lot**?

Can you collect jokes from your family and friends? Don't forget to include your own, picking the funniest joke you've heard!



Changes

Lots of change happens throughout the book. Can you think of **examples**?

You might like to consider Fatima's list of things that have changed and those which remain the same. What is happening to Cynthia's grandfather?



Why not write your own changes list like Fatima?

You could make a note of all of the things that have changed and remained the same on your own walk home from school.

'Nothing changes, Fati. At least nothing major,' (p74)

Do you agree with Fatima's mother? Can you think of examples of major **changes** in the book? Do these feel **realistic** to you?

Benni mumbles 'How you gonna change the world?' (p77)

How would you change the **world**? What would you want to change most and **why**? In what way would you change it?



Sock Dogs

In the story 'The Broom Dog' Mr Munch the school's janitor – caretaker – creates a special emotional **support dog** for Canton.

'Mr Munch reached into the locker and pulled out the head of a broom – the sweeping part – which he'd detached from the broomstick. The straw was curled and mangled as if Mr. Munch had been cleaning the pavement for, like, twenty years with it. He had drawn big black circles on one side like eyes. And an oval with a tic-tac-toe board in the middle of it, which Canton assumed was supposed to be the mouth.' (p192)

Have you ever felt anxious? Talking through your worries can help.

In Guatemala children have a tradition of telling their worries to tiny little dolls called worry dolls or trouble dolls. These are then placed under a child's pillow before they go to sleep with the idea that worries are taken away during the night.



Can you make your own **sock dog**? You will need an old sock, some rags to use as stuffing and some googly eyes for decorations.

Canton names his Broom Dog, Dusty. What name will you give your sock dog?

Perhaps you might like to try **telling** your sock dog some of the things which make you feel anxious?

Guess Who?

Although a lot of the characters in Look Both Ways are friends and have things in common, they also have their own interests and personalities. Can you work out which character is which **using the descriptions?**



This character is nicknamed Say-So. This character is a girl. This character loves telling jokes.

This character is sometimes known by the two initials of their name. This character is a boy. This character believes people are made of dust and water.



This character feels sad and sorry. This character is a boy. This character does not go to Latimer Middle School.

This character is small. This character sometimes needs protection. This character shares a secret handshake with his friend.



This character has a very short haircut. This character buys ice cream for his mum. This character is nicknamed Bit.

This character loves computer games. This character gets given some roses. This character is a loyal friend.



Can you play this game using what you know about friends or family?

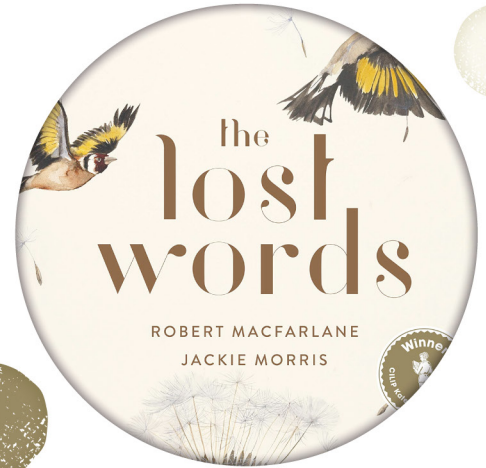
See how well you know one another by giving information about someone's likes, dislikes and interests!

Further Reading

If you have enjoyed reading *Look Both Ways* you might like to think about reading the following books:

If you would be interested to go on a **walk** like the characters in *Look Both Ways*, why not try *The Lost Words* by Robert MacFarlane and Jackie Morris?

You might like to see how many of the creatures and plants you can find.



If you enjoyed some of the **humour** and quirky characters in *Look Both Ways*, you might also enjoy *Framed* by Frank Cottrell Boyce.

This is set in a tiny Welsh village called Manod and tells the story of a time when paintings from the National Gallery are under threat from flooding.



Perhaps you liked the way so many **different stories** came together under one main idea – people walking home from school?

If so, you might also enjoy *Blue Moon Day* by Anne Fine which tells the story of a day when Sam manages to convince his mum that he's too unwell to go to school and reads a collection of stories about characters in boarding schools, learning more about his own life.



If you like finding out about **different characters** and how they see the world, you might enjoy *A Kind of Spark* by Elle McNicoll.

Addie is eleven and is keen to convince her town that there should be a memorial about the witch trials that took place there. Will she be able to make others see things as she does and have her voice heard?

If you want to try an **information** book, you might enjoy *Good News: Why the World is Not as Bad as You Think* by Rashmi Sirdeshpande.

Sometimes the news can feel overwhelming and can make us worry. This book helps to show how to take a positive focus and shows how fake news can sometimes make us think that things are worse than they are.

