

# Winter of Wellbeing

## Gaeaf llawn Lles

Wellbeing Activity Pack





## About this pack

This pack from The Reading Agency can be used to help support wellbeing through Chatterbooks reading groups. It is focused around **The New Girl by Nicola Davies** which is illustrated by Cathy Fisher.

**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](http://www.readingagency.org.uk)



# Letters and Postcards

The book opens with a letter that Kiku has been sent...



**Have you been sent a letter, postcard or card through the post?**

Who sent it to you and how did it make you feel when you received it?

Why not design and make a card? You might like to draw, paint or use collage for your card. Write a message inside and give what you've made to someone you care about so that they know you appreciate them.



# Being Different

*'The new girl didn't look like us. She didn't understand a thing we said, even when we shouted...'*



How do you think it might feel for Kiku being the new girl at the school?

Can you remember a time when you've been to a new place where you didn't know anyone? How did that make you feel?

Sometimes people who don't fit in with a group are called '**outsiders**'. Reading *The New Girl* and looking closely at Cathy Fisher's illustrations, what do you think makes Kiku an outsider? You might like to think about what Kiku wears, the food she eats and who she is with. How does this change?

Was it **kind** of the children to shout at Kiku when she didn't understand them?

**What would you do to help somebody new feel welcome?  
How might you be able to help them?**



Kiku's name is Japanese and she eats food from Japan and makes origami. Why not see whether you can find out more about **Japan**.

Can you find where Japan is on a map? Do you know what the Japanese flag looks like and why? What type of food do people in Japan often enjoy? Do you think knowing more about people's backgrounds helps us to understand them more?

# Sunlight and Shadows



Kiku makes **origami flowers**.

Origami is the Japanese art of paper folding to create decorative shapes and objects. You could see if you can find out more about origami and some of the amazing objects people make.

**Kiku's flowers make the sun shine in the classroom.**

How do you feel when the sun shines?

Things often feel warmer and brighter when the sun shines. Can you think of three things that make the sun shine in your life?

**As well as the sunlight in the book, there are lots of shadows.**

Can you spot the different places where these appear?

Why do you think the illustrator Cathy Fisher has chosen to use shadows?  
How do these make you feel?

What happens in the story to make the shadows go away?

# Flowers

The new girl's name is Kiku which is the Japanese name for **chrysanthemum**.

Here is a picture of a chrysanthemum.  
Look at the Japanese name for the flower and the picture. Can you match them with the correct English name for the flowers?



Shobu



Akaibara



Sui ren



Tsubaki



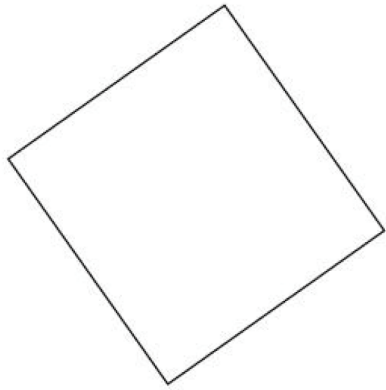
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They are, in order:  
Iris, Rose, Lotus, Camellia, Tulip

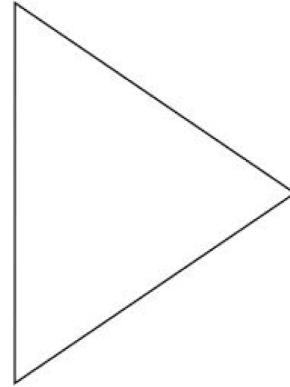


# Origami tulips

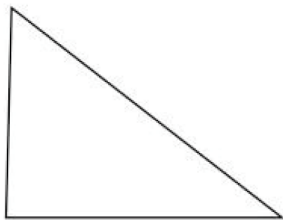
You might like to try **making some origami tulips**, one of the flowers featured in the book.



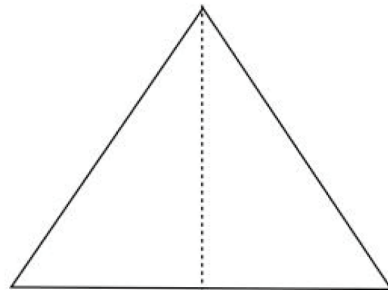
- 1** You will need a square of coloured paper – you can choose any colour or you could even experiment with patterned paper like wrapping paper.



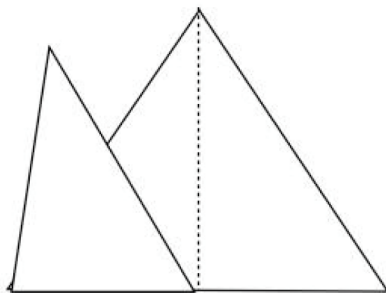
- 2** Fold your square in half diagonally to make a triangle.



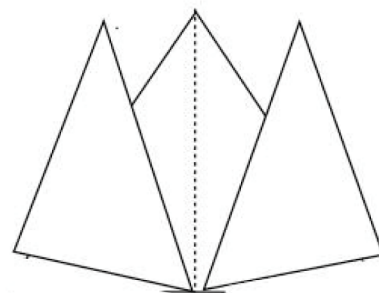
- 3** Fold the triangle in half so that you have a smaller triangle.



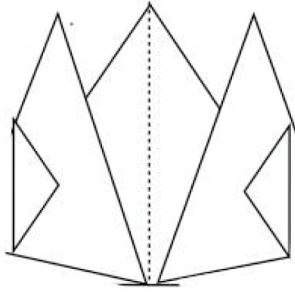
- 4** Open the fold you made and make sure the mid-tip of the triangle is pointing up.



- 5** Fold each left-hand point of your triangle (from the middle fold) so that it points up.



- 6** Turn your flower over.



**7** Fold back the sides of the flower so that you have straight side edges.

**Turn over your flower and you have created your own tulip head!**

You might like to make a garden of origami flowers like the children in the book. Perhaps you could look up different types of origami flowers you can make.

## Lending a Hand

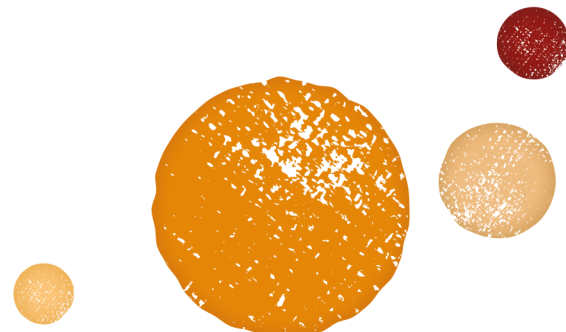
We see all of the hands of the children in the class when they have made their origami flowers. Work with a friend and draw the outline of the other person's hand.

*'We caught cruelty like a cold that drew the winter down around us all.'*

**Talk together about how you might gently advise someone who was being treated in a cruel or mean way.**

With the friend you're working with, think about five pieces of advice which (or indeed people who) might help and write these in the fingers. What sort of people would be most helpful?

Those who are kind, who you can trust and who listen to you might be included in your hand drawing.





# Further Reading

If you have enjoyed reading *The New Girl*, why not try these other books?

*The Promise* is also by Nicola Davies and is illustrated by Laura Carlin.

It tells the story of a young girl who steals a bag from an older lady. The young girl is surprised and disappointed by what is inside the bag, but she starts to discover how she can **make a difference** to the world around her.



*Shu Lin's Grandpa* by Matt Goodfellow and illustrated by YuRong is another story about how strange it can feel starting at school.

The book has a fantastic traditional Chinese Dragon inside and is illustrated using traditional Chinese papercut. If you enjoyed the **origami** in *The New Girl* you might like to explore this too!



*Secret Friends* by Elizabeth Laird is a chapter book about Rafaella who finds it difficult to make friends because of how she looks.

She is given cruel names by a Lucy, until Lucy starts to take the time to get to know her and the pair become **secret friends**. Will their friendship always remain a secret?



*Saving Hanno* by Miriam Halahmy is based on the true story of Jewish children who were sent from Germany to England on the Kindertransport train in the Second World War.

Nine-year-old Rudi has a hard choice when he needs to decide whether to stay in Germany with his dog Hanno or come to England. He smuggles Hanno aboard the train, but will he be able to **look after his pet** in a new country?



*Origami* by Lucy Bowman and illustrated by Anni Betts.

If you liked the origami in the story and would like to **get crafty** and try making more, why not look out for this book or for others about origami?

