Ted and the

‘5 ways to wellbeing’.

Before/during/after:

Discuss the idea of each element and share simple examples wider than on the PPT – model them with the children if needed. Question where needed.

Use the dog mask provided to try some hot seating, re-reading each part of the story and stopping at certain points to reflect. Let the children choose a part to recap when you have time and let them introduce their idea of what that super-power would look like for them. Create some other masks for the other characters if you think you’d like to investigate them and their actions also.

Once you have worked on the introduction of all the 5 ways in lessons 1 and 2, use the prompts in lesson 3 to follow up on this story, bringing it to life visually, orally, as much as possible around your classroom, and the school, and even at home.

The Story

**Ted and the**

**‘5 ways to wellbeing’.**

**Part 1 - Connecting**

Ted the dog was normally the happiest, most cheerful dog in his neighbourhood.

He’d get up early most mornings, eat some breakfast and then bolt out of the house to join his friends at the local park. He spent most of his days there.

But, one day, he woke up and didn’t feel great. He felt quite low, quite tired and he knew this day wouldn’t be the same as most – he just felt different. He didn’t feel ill, or sick, or hurt anywhere, he just felt.. *shrug of your shoulders with straight face*.

He walked over to his breakfast, sniffed it and had a mouthful, but didn’t eat all of it like he normally does.

He decided to take himself off to the park where he knew his friends would be, but it took him longer than normal to get there as he didn’t run, he just walked.

While he walked, he thought to himself, why am I feeling like this, I don’t feel like doing anything, going anywhere, and that’s not like me?

He finally arrived at the park.

His friends were playing with an old dog toy someone had left over by the play area, on the far side of the park.

The first person who spotted him was Ted’s friend, Joey. Joey could see that Ted was not his normal self.

It was at this point that Joey walked over to Ted and stopped. He was not a superhero, he couldn’t fly or walk through walls, but he did have a superpower! He had something he used to change how people felt, especially when they were feeling low like Ted.

His super power was……(share the poster on the PPT you have linked to connecting – allow the children to see the attached photos, can they guess what Joey is going to do?) Connecting with people, so they were not on their own, he talked to Ted, listened to him and just started to play with him.

Within 15 minutes Ted started to feel a bit different. He started to smile, he started to become a bit happier, they started laughing and joking around like they normally do.

Joey’s superpower had worked. He had managed to connect with Ted by using his words, his ears (By listening) and just by being there for him.

**Part 2 – Be Active**

Just then, Ted’s other friend Poppy came over, she had spotted Ted looking glum at the start of the day.

She asked if he felt a bit better, from being with Joey, as she had seen them talking and giggling together for a little while.

Ted then shared that even though talking to Joey made him feel a lot better, he still didn’t feel great.

It was at this point, Poppy walked closer to Ted. She also had a superpower that she used to change how people felt, especially when they were feeling low like Ted had described.

Her superpower was……(share the 2nd poster on the PPT you have linked to Being Active – allow the children to see the attached photos, can they guess what Poppy is going to do?) That’s right, she is going to get Ted active!!! She took him for a run all around the park, up slides, under climbing frames and around trees, lots of them!

By the time they both got back to where they first started, even though Ted felt quite tired from all the running, he did feel different, it did make him feel a lot better.

Poppy’s superpower had worked. She had managed to get Ted active, getting him to run, jump, crawl, skip and move fast.

**Part 3 – Taking Notice**

Later that day, after Ted had returned home, Ted was sat having his lunch with the other dog he lived with, Patch.

Patch could sense that Ted was not feeling quite himself today, so he asked him how his day was going.

Ted shared the boost he received when with Joey and Poppy, through talking/connecting and being active. But also said he still didn’t feel great.

Patch told him not to worry.

And, it was at this point, Patch whispered to Ted, he also had a superpower that he used to change how people felt, especially when they were feeling low like Ted had described.

His superpower was……(share the 3rd poster on the PPT you have linked to Taking Notice – allow the children to see the attached photos, can they guess what Patch is going to do/say?) That’s right, he told Ted to just stop, go outside and look around and listen.

He took Ted outside. “What do you see?”, he asked.

Once Ted started looking around, he saw birds playing, the wind blowing the Autumn leaves around the garden, he could also see some frost left from this morning’s cold frost.

Patch then told him to listen, Ted could now hear the birds while they played, he could also hear music playing from next door.

When he stopped looking and listening, he told Patch, that really made me stop and look, it’s made me feel very relaxed. And he thanked Patch for his advice.

Wow, that’s 3 different ways in which I can change how I am feeling I’ve learnt, he thought. What good friends I have.

**Part 4 – Keep Learning**

That evening, Ted was sat watching tv when his friend Troy walked in.

Troy could see that Ted was looking a bit glum. He asked Ted if he was ok but Ted said, today I have felt very strange, not happy, not sad but….shrug your shoulders here with a straight face. I can’t really explain it.

As soon as Troy heard this, he smiled, he also had a superpower that he used to change how people felt, especially when they were feeling low like Ted had described.

His superpower was……(share the 4th poster on the PPT you have linked to Keep Learning – allow the children to see the attached photos, can they guess what Troy is going to do/say?) That’s right, if you learn something new, it’ll make you feel much better.

So, he did!

Troy pulled out a snakes and ladders board from in the cupboard that was still in the wrapping, and taught Ted how to play. He hadn’t played this game before but as soon as he did, he liked it so much, they ended up playing it 4 times. Learning something new had given Ted a big boost!

So, that’s another way I can change my mood if I am feeling low, by learning something new.

**Part 5 – Give**

This morning when Ted woke up, he felt low, strange, weird.

During the day, his friends introduced 4 ways in which he could change how he felt.

Can you tell me what they were?

Can you share with me how we could use these in School today?

When might we need some of these ways to help us?

Remember, you can change someone’s mood if you used some of these ways, and the characters in this story called them their ‘superpowers’!

That evening, just before Ted was going to clean his teeth and get his pyjamas on, he once again felt quite low. Even though the connecting, being active, taking notice and new learning helped him through the day, he wondered, was there anything he could do now to move his mood once more?

It just so happened, that every night Ted goes on his iPad and facetimes one of his friends, Sally. So, that night, he was sat in front of the fire sharing with Sally how his day had gone and how he still felt a bit low.

As soon as Sally heard this, she smiled, she also had a superpower that she used to change how people felt, especially when they were feeling low like Ted had described.

Her super power was……(share the 5th poster on the PPT you have - linked to Give – allow the children to see the attached photos, can they guess what Sally is going to do/say?) That’s right, if you give your time to help someone, it gives you a biiiiiiiig boost and helps to change your mood.

Wow said Ted, I’m going to try it now.

So, he leapt up, tidied some of the clothes up that were on the bedroom floor, took a bin-bag out to go in the big black bin outside and then barked at his owner to see if there was anything else he could do. Although, there were no other jobs he could do, his owner was so thankful of his actions she gave him a big cuddle and said a massive thank you to him.

He did not have to do any of those things, he was not told to tidy another person’s things up, but he did, and it gave him a big boost especially when someone else noticed it, and by giving his time, and feeling good for it, it even made Ted go to sleep with a little smile on his face.