

Gretel the Wonder Mammoth

Contents:

- The story book: Gretel the Wonder Mammoth
- A mammoth story buddy
- Reading comprehension dice
- Emotion Charades
- Anxiety Diamond 9



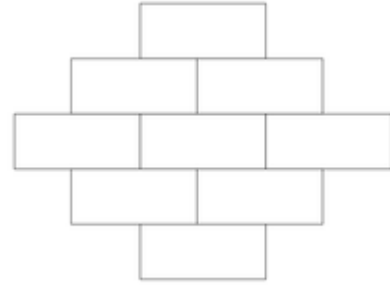
Where can I use this story kit? We suggest reading the story in the Stone Age Gallery or in the Natural Northumbria Gallery. Once you've finished, please ensure all items are placed back in the suitcase and is stored under the stairs in the butterfly corner or left with staff at the front desk.

What do you think is the most effective way to reduce anxiety?

In this pack, there are 9 ways you could reduce anxiety.

Think about times when you've felt anxious, what strategies helped you? Are there any other strategies you could suggest?

If this is too many, you can pick 4 at random and complete a diamond 4.



Emotions Charades

Charades is a game where you need to act out your card so that your team can guess what is on your card.

How to play:

1. A player picks a card
2. The player acts the emotion card to the team. This is either in movement or as a freeze frame. The player acting cannot speak or mime words.
3. The rest of the team guesses the emotion.
4. Swap and repeat.