

# Card 11 - The Smile



Why has Mum made me come to this school?  
I don't know anyone. There are so many children in the playground around me and I don't know anyone. I can feel tears swimming in my eyes. My teacher is nice but she isn't outside at break with us and I don't know the other adults. I find myself looking at the gate, hoping to see my mum there to come and take me out, but she isn't there. I am really crying now - big wet tears dripping down my face. Not being able to stand it anymore, I sit down on the blue bench beside me and put my head into my hands. Through the gaps in my fingers, I see purple shoes standing in front of me. I look up. One of the girls from my class is there, smiling. She holds out her hand, silently inviting me to join her. I smile back and stand up, taking her hand.

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## Questions

- R** 1a. Why is the narrator upset?
- R** 1b. What colour is the bench?
- U** 2. What does 'tears swimming in my eyes' mean?
- A** 3. Why did the girl in the purple shoes hold out her hand?
- A** 4. Why do you think the title is 'The Smile'? Can you think of a different title for this story?
- E** 5. Do you think the narrator is a boy or a girl? Why?
- E** 6. How old do you think the narrator is? Why?
- C** 7. Make a short story or comic to recount a time when you felt sad.

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# Card 12 - How to Meditate

1. Sit comfortably, either on a chair or on a cushion, with your back straight and your legs crossed.
2. Close your eyes and take deep, quiet breaths. Notice the places where your body and the floor or chair are touching - think about how these points feel.
3. Slowly, start to think about your breathing. Where does your body move when you breathe? What does it feel like?
4. Every time your mind wanders and you start to think about other things, bring it back to thinking about your breathing.
5. Continue until everything around you disappears completely.



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## Questions

- R** 1. What is the first thing you should notice before you think about your breathing?
- U** 2. What does 'your mind wanders' mean?
- U** 3. What could 'everything around you' be?
- A** 4. Why is it important to close your eyes during meditation?
- E** 5. Try to follow the instructions. How clear are they? What would you change?
- C** 6. Follow the instructions again and answer the two questions that are in the text.
- C** 7. Sketch annotated pictures to describe each step of this text.

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