

Nadiya Hussain

My Monster and Me

Ella Bailey

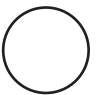
Write 5 things that make you feel happy
when you feel worried

Draw a
smiley face
next to each
happy thing

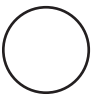
1



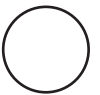
2



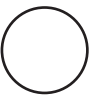
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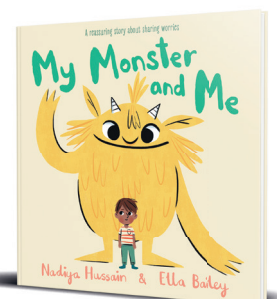
4



5



Activities based on *My Monster and Me* by Nadiya Hussain and Ella Bailey



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Nadiya Hussain

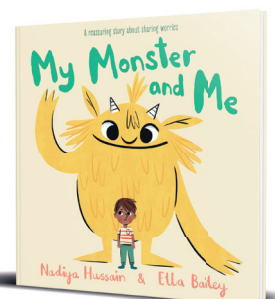
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Colour in the worry monster
using your brightest colouring pencils



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