



Miss PennyBea



Suitable for children aged 4+



Welcomes YOU to their
world of adventures!



This story is written and produced by the Dog, Duck and Cat Trust.

Miss PennyBea

Are you sitting comfortably?
Then let's begin...



In a town, not too far from here,
lived a Dog, a Duck and a Cat. They were the best
of friends and always looked after each other,
because that is what good friends do!



It was an exciting time for the animals at Farmyard Lane Primary as they had a brand-new member of staff at school.

I wonder what she will be like?!



Miss PennyBea is a beautiful butterfly who loves to help animals and people learn more about themselves and the way that they feel about things in their lives.

Mr Squirrel introduced her to the class and asked Miss PennyBea to tell the young animals a little bit about herself.

‘Good morning everyone,’ said Miss PennyBea to the class.

‘Good morning, Miss,’ said the class in a friendly, but slightly sleepy way; well, it was first thing on a Monday morning, after all!

‘Thank you,’ said Miss PennyBea, ‘but I think you can all do a little better than that! Mr Squirrel tells me you’re a lively bunch, so let’s try that again, with a bit more energy and with big smiles on your faces...Good morning, class.’

‘GOOD MORNING, MISS!,’ said the class loudly, cheerily and with huge smiles on their faces.

‘That was AMAZING!’ said Miss PennyBea. ‘Mr Squirrel was right. I can see I’m going to love working with you all, you are a lively bunch indeed!’

The whole class were smiling, Miss PennyBea seemed absolutely fab already.





'Ok everyone,' said Miss PennyBea, 'it's wonderful to see you all and I look forward to talking with you all individually and learning more about you as time goes by. I imagine you have lots of questions for me too, so why don't we start there? Who'd like to go first?'

Immediately, Cat put her hand up. She was always curious about any new situation she found herself in, and interested in new folks when she met them.

You look wonderful





Miss PennyBea pointed
to her and with a smile said,
'Let's get started with a question from Cat then.'

'You look wonderful,' said Cat, 'you're so bright and
colourful, where are you from Miss?'

'That's very kind of you to say, thank you so much.
That's an excellent question Cat,' said Miss, 'let me tell you
all my story...'

'I come from the countryside, or that's where I started my life, because before I became a butterfly I was a caterpillar. I was crawling around, eating leaves and plants and having a fine time doing it.'

'I'm not sure if you all know this, but all butterflies start life as caterpillars, and at a certain point we change.'



‘When it became time for me to change into a butterfly it was quite a big deal. To be honest I really didn’t want to change, I liked being a caterpillar, but I had no choice as that’s what my life had lined up for me,’ Miss PennyBea explained.

‘Whilst I didn’t have a choice about becoming a butterfly, my Mom and Dad wanted to try and make it as easy for me as possible. To make sure that I was ok, my Mom and Dad spoke to me about the way that I felt and offered me plenty of love and support.’



'They taught me that
I had these things called
emotions and feelings.
In fact, we all do!

I discovered that we all
share the same basic
emotions - let me tell
you what they are...'

Happ
Sadn
Anger
Disgust
Su

happiness

ness

er


t Fear

urprise

Thinking about becoming a butterfly made me feel **fear**, because of what this change would mean for me. It also made me feel **angry**, because I had no choice, and this was just going to happen to me. It also made me feel a bit **sad**, because I liked being a caterpillar and I would miss being one.

The emotions I was having had caused me to have certain feelings. The feelings I had were all linked to my emotions:







'I had **fear** and that made me feel **worried, unhappy and unsettled** so I didn't enjoy things very much at all. Even my favourite leaves didn't taste so good, I was just not myself.'

'I was **angry**, so that made me feel **upset**. I was also **annoyed** about silly things because I always felt **cross**. Sometimes I even **shouted** at Mom and Dad, so I had to learn how to say **sorry**, as I **upset** them too.'

'I felt **miserable** because I was **sad**. It felt like a dark and cold day every day, even if the sun was shining and it was a lovely day, and that's never a nice way to feel is it?' said Miss PennyBea.



The whole class nodded, everyone knew what it felt like to be miserable sometimes, and it was never fun! Miss PennyBea continued.



'Mom and Dad couldn't make all of my not so good feelings just go away, so we had to talk and discuss things. It took a little bit of effort too, it wasn't super easy for me, but we got there in the end.'

'I learnt how to deal with my emotions and the feelings that these emotions created. It also really helped knowing that I had support and that I could talk to someone who I trusted anytime I wanted to. Sometimes we all need a bit of help.'





'Sometimes we aren't able to deal with things on our own, and that's perfectly ok. We just need to talk to someone we trust, and they can help us.'

'That's very important indeed,' said Mr Squirrel.

'I know you animals all know that you can always come and talk to me, about anything, but I just want to remind you all of that now, because it... REALLY IS IMPORTANT.'



SHAPES



CIRCLE



SQUARE



TRIANGLE



RECTANGLE



PENTAGON



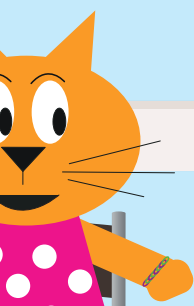
STAR



DIAMOND



HEXAGON







Miss PennyBea was nodding.

‘I agree, it’s always good to remind ourselves that there are people in our lives that we can talk to and that we should if we need to.’

‘But there is something else I’d like to teach you as well, something I think that will come in very handy both for now and for the future,’ said Miss PennyBea.

‘I also learned that sometimes we don’t really have a choice in what happens to us. Sometimes things happen or are going to happen whether we like it or not. We don’t really have much of a choice, so we need to try to cope as best as we can.’

‘That was me when I found out I’d be changing from a caterpillar into a butterfly. I had no choice, so I had to find a way to deal with this difficult situation and I learnt that there is a word for that, it is **resilience!**’

RESILIENCE

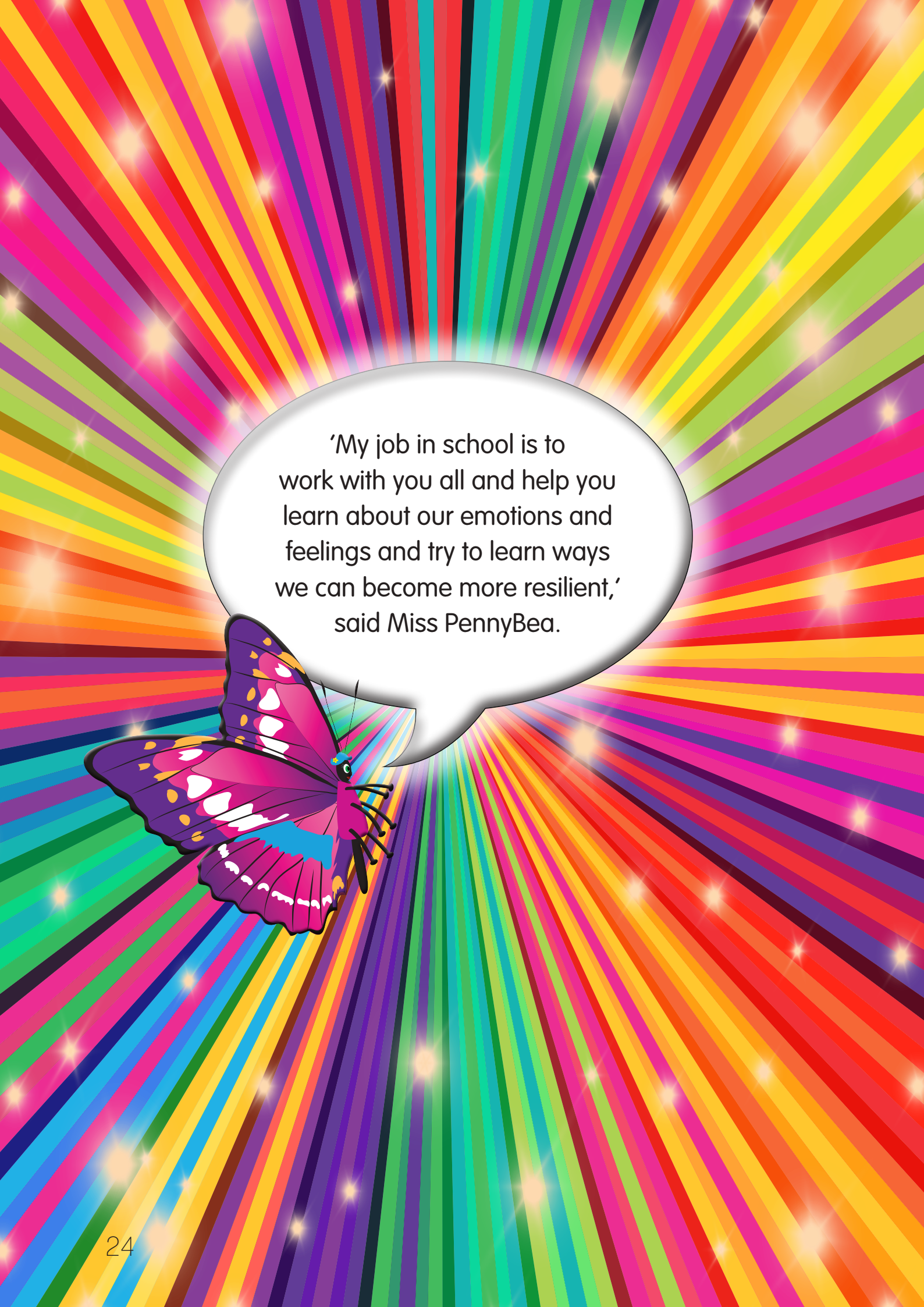
Resilience is a big word, but it's quite a simple idea.
It's all about:

- Being able to deal with things in our life that we might find difficult.
- Digging deep when things seem bad and trying really hard to stay positive and keep going, even if it is really hard to do that.
- Trying to cope with your not so good emotions and feelings so you can be happier and feel better and get on with your life.

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We do this by:

- Understanding how we feel and speaking up if we think we might be struggling with our emotions
- Having skills we can use, when we need them, to help deal with our feelings and tough times.
- Getting help and support when we need it from people we trust.
- Remembering that we can always talk to someone about how we feel, good or not so good, as it can help to talk and get someone else involved.



'My job in school is to work with you all and help you learn about our emotions and feelings and try to learn ways we can become more resilient,' said Miss PennyBea.

'I like the sound of this,' said Cat.

'Some days I do feel down, and it is a bit tough to make myself feel better, any new ideas that can help me do that sounds brilliant.'



'It will be a bit more than a few ideas, Cat,' said Miss PennyBea, 'I'm going to give you a plan of how you can help yourself and know when to get some support as well. I'm hoping this will help you all develop your own **resilience** for when you need it.'

'I'm sure it will be helpful to have a plan all worked out before I actually need it, very practical indeed,' Cat said with a smile on her face.





Miss PennyBea had been a big hit with all the animals, and they all looked forward to learning, planning, and developing their **resilience** with her.







There's lots more...

Have a look at all our stories and activities, there's
lots for you to enjoy!

Here are some of the other characters you will get
to meet!

