

The Smile Book



Ways to take care of your mind
on your journeys every day

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A story developed and written by School Travel and Public Health at Brighton & Hove City Council, with the help of children, staff, parents and carers at schools and early years settings in Brighton & Hove, including Patcham Infant School, Fairlight Primary and Nursery School, Footsteps Day Nurseries and My First Friends Nursery.

First Published 2017

Fourth Edition



Illustrated by Tuesdie Houlihan

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The development of this project is supported with funding from the Access Fund for Sustainable Travel from the Department for Transport, and from Public Health, Brighton & Hove City Council.

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While you're reading this story, look for the hidden smiley faces!



Winner Best Sustainable Travel Initiative - Education,
Modeshift National Sustainable Travel Awards 2019



One sunny morning Ravi and his dad were walking to school, talking about things which make them feel good...

To look after my body I know what to do
I move and I eat healthy food
But can I look after my feelings as well?
Can I do things to care for my mood?

Sometimes we're happy and sometimes we're sad
It's OK if you feel this way
There are plenty of ways to take care of your mind
You could find out from your friends today!

Ravi asks Suzie while they are on the bus...

Suzie, how do you take care of your mind?

I speak and I sign with people I know
Sometimes I have lots to say!
No problem s too big or too small to share
Let s speak with each other today!

Ravi asks Mickey on their walk through the park...

Mickey, how do you take care of your mind?

I stretch and I dance, fast and slow
There are so many ways I can move!
Moving is great for your body and mind!
Which way to move will you choose?

Ravi asks Immy as they park and stride...

Immy, how do you take care of your mind?

I imagine and play with my family and friends
Creating new things every day,
Imagining helps my ideas to grow
And find new ways to learn and play.



Ravi asks Leo while they're scooting along together...

Leo, how do you take care of your mind?

I like learning new things at school or at home,
In the park or wherever I am
When I learn a new skill I feel good in myself
So I practise as much as I can.

Ravi asks Elsie while they are on their bikes...

Elsie, how do you take care of your mind?

I like to enjoy small things every day
Things I can hear, smell and see
Can you smell flowers or hear the birds sing
Or see the leaves change on a tree?

Later that day Ravi's Dad asks...

Ravi, how do your friends
take care of their minds?

Suzie speaks, Mickey moves
Immy imagines and plays
Leo learns and Elsie enjoys
They all have their own different ways

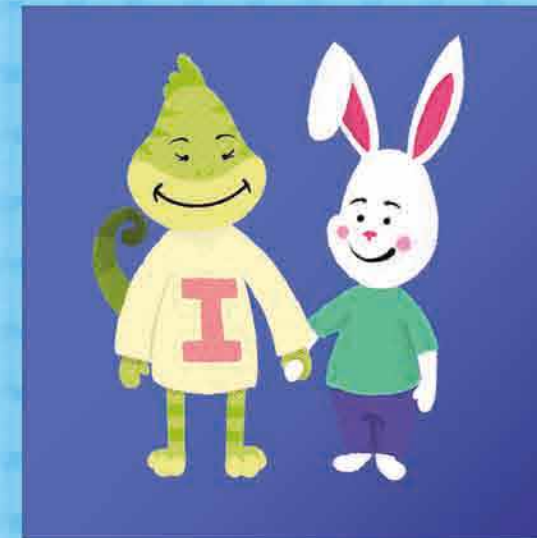


Do you notice anything
about the letters?



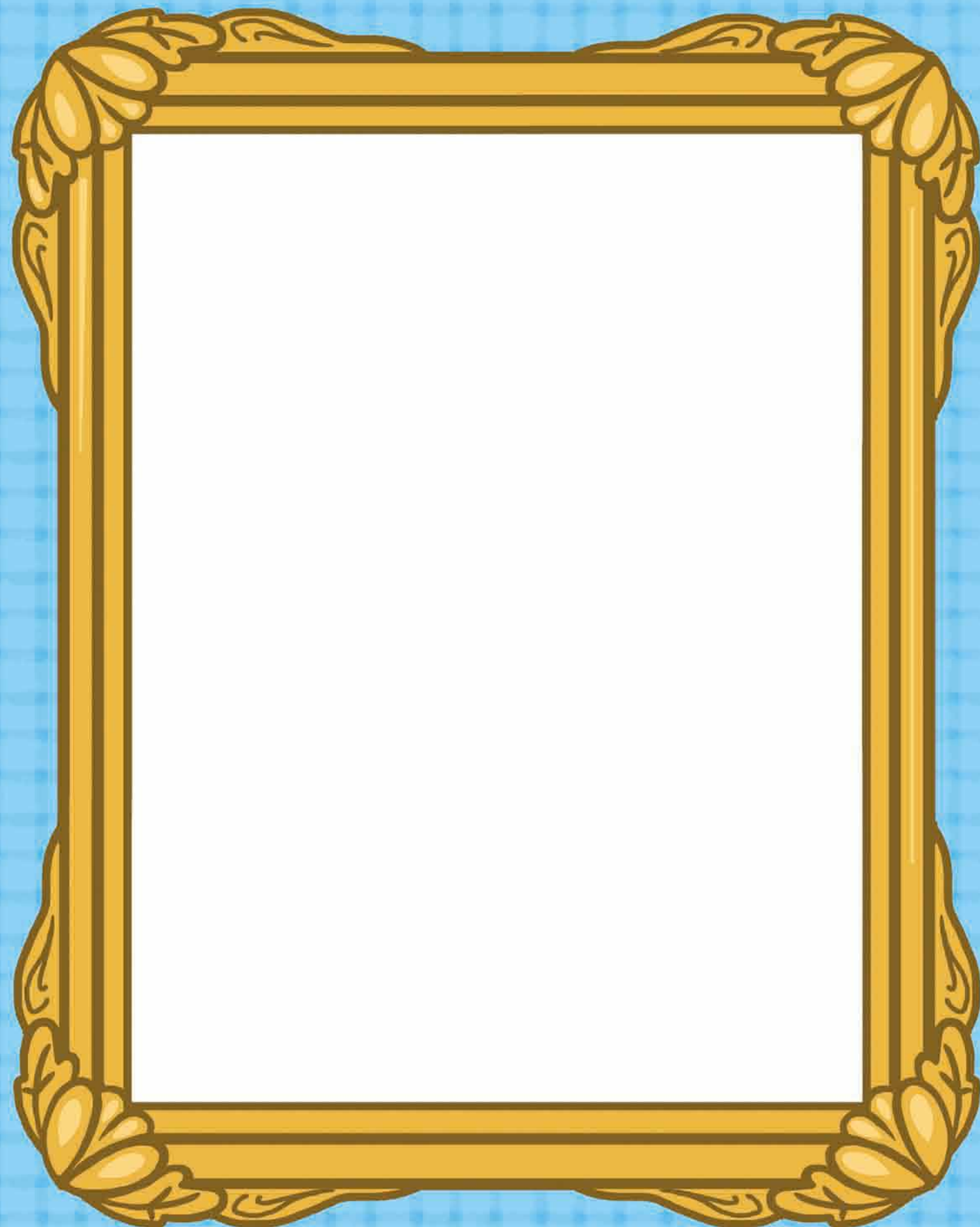
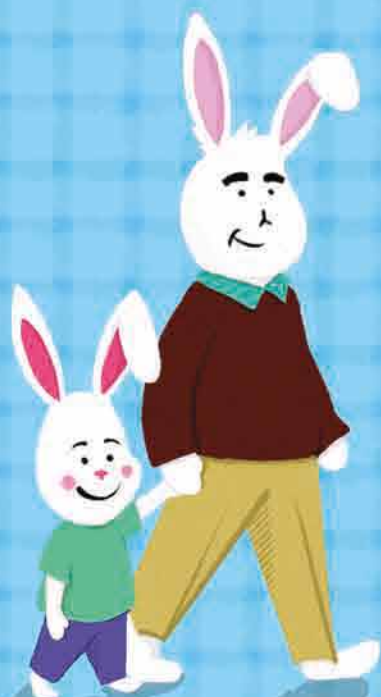
Ravi, how about you?
How do you take care
of your mind?

I like to help other people smile!



Now that you've met Ravi and friends
And learnt how they smile on their way
It's your turn to choose what you can do
To take care of your mind every day.

Speak, move, imagine, learn and enjoy
Help someone else smile with you
Speak, move, imagine, learn and enjoy
These are the things you can do.



Draw, write or stick photos of
things that make you smile!

Ideas for parents and carers

Here are some ideas of things to do while reading the book:

1. Do you know what Suzie is signing on p.4? She's signing "smile!"
2. Speak about other signs you know or would like to learn.
3. Speak about what the people are doing on the bus and outside the bus.
4. Speak about the different forms of transport you can see.
5. Speak about the different animals in the book, and what they are doing.
6. Spot the smiles throughout the book. Where would you hide more smiles?
7. Speak about who you could talk to if you were worried about something.



1. Talk about the different ways Mickey is moving.
2. Talk about the different equipment in the park and how you can use them.
3. Which one is your favourite activity/way of moving and why?
4. Are there any you are still learning?
5. Put your favourite music on and dance together.
6. Take a trip outside and try out some of the ways Mickey and Ravi are moving.



1. What do you notice about the clouds? Can you see any clouds in the sky today?
2. Do they look like anything?
3. Play I-Spy with the book or with the things you can see around you.
4. Imagine what you would do if you were on the page with Immy.
5. There are lots of animals in the book, pretend to be one of them. What do you sound like? How do you move? What do you eat? Where do you live?
6. Immy has made a picture of a person out of leaves. Can you make some wild art using things you can find outside?



Continued...

1. There are lots of smiley faces and different types of transport through the book, try spotting and counting them together.
2. Which skills are you learning to do at the moment?
3. What would you like to learn next?
4. What are the children in the book learning to do? (e.g. hopping, balancing, swinging etc.) Can you do any of these things?
5. What do you know about the nature and wildlife you can see in this book?
6. Talk about where you could go to learn more about nature and wildlife. You could plan a visit there together. Have you learnt anything new today?



1. Talk about which things in the book you enjoy doing - jumping in puddles, speaking with friends, moving in different ways, reading.
2. Talk about some of your favourite things - colour, food, book, song etc.
3. Talk about the 5 senses: what can you see, hear, smell, touch and taste at this moment?
4. What have you enjoyed doing today?
5. Talk about what or who has made you smile today.
6. What have been your best moments today?



1. How does Ravi help other people smile on p.16-17?
2. Have you ever done any of these things Ravi does? Which ones?
3. Can you think of any other ways you help people to smile?
4. Have you helped anyone smile today? What did you do?
5. See how many smiles you can spread by smiling at people you know and counting how many people smile back!



For more ideas of things you can do to help you SMILE with your child please see:

www.brighton-hove.gov.uk/smile-project

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Ways to take care of your mind on your journeys every day

Speak, move, imagine, learn and enjoy

Help someone else smile with you

Speak, move, imagine, learn and enjoy

These are the things you can do!

Join Ravi as he meets a different friend each day on the journeys he makes, and find out how his friends take care of their minds!



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