

# IT'S OK TO BE AWESOME

## Worksheet for schools following the viewing of the puppet video

**PART 1** – Reflection questions  
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**PART 2** – The fear-fish song lyrics  
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**PART 3** – Additional resources for kids, including:  
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                                  - Guided meditation

**PART 4** – Reflection questions answer key  
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## PART 1 – Reflection questions

- 1. What was your favourite part of the puppet video?**
- 2. Who was your favourite character and why? What did you like about them?**
- 3. What was the theme of the puppet video?**
- 4. What did the fish character represent?**
- 5. Why did the fear-fish show up for Lucy the mermaid?**
- 6. Have you ever experienced fear or anxiety? When did it show up for you?**
- 7. What are some ways fear or anxiety can show up in your body?**
- 8. What can you do if you feel fear or anxiety?**
- 9. Why should we be nice to ourselves? Why should we show ourselves love?**

## PART 2 – The fear-fish song lyrics

***Learn the lyrics and sing-along!*** (song included in mp3 format on this USB key)

The fear-fish shows up  
Because of your thoughts  
Are they what you want?  
Or are they not?

Worry feeds the fish  
But it doesn't have to stay  
Let it off the hook  
And watch the fear go away

When I face the fish  
And decide to be brave  
I can see that it  
is just afraid

So I tell the fish  
It will be okay  
Give it a big hug  
Let love lead the way

## PART 3 – Additional resources for the classroom

### **1. How to Make Your Own Sock Puppet Instructional Videos**

In French: <https://youtu.be/JfafyemsFrs>

In English: <https://youtu.be/aMsaV1QcOWI>

### **2. Guided Meditation**

A Guided Meditation for kids, to ease stress, anxiety and worry.

Take the next 3 minutes to reconnect with yourself, your breath and the present moment.

In French: [https://youtu.be/9nnVfvP\\_InY](https://youtu.be/9nnVfvP_InY)

In English: <https://youtu.be/4n2v3fz0DBo>

PART 4 – Reflection questions answer key

**1. What was your favourite part of the puppet video?**

**2. Who was your favourite character and why? What did you like about them?**

*Character options: Tez, Ava, Lucy the mermaid, Mom, the Fear-fish, Fairy Godfather*

**3. What was the theme of the puppet video?**

*Answer options:*

- How to deal with fear and anxiety*
- How to be nice to yourself when you're afraid*
- How to respond to change*
- How to support yourself*
- How to stop negative thought patterns and empower yourself*

**4. What did the fish character represent?**

*Answer: Fear*

**5. Why did the fear-fish show up for Lucy the mermaid?**

*Answer: Because she was focusing on negative thoughts and attracted it. The fish feeds on fear.*

**6. Have you ever experienced fear or anxiety? When did it show up for you?**

**7. What are some ways fear or anxiety can show up in your body?**

*Answer: an upset stomach, shaking, nausea, crying, stress, freezing, shutting down, etc.*

**8. What can you do if you feel fear or anxiety?**

*Answer: Take some deep breaths, ground yourself in your body, exit a situation to take a moment to yourself, show yourself some love, comfort yourself by giving yourself a hug or saying something kind to yourself, etc.*

**9. Why should we be nice to ourselves? Why should we show ourselves love?**

*Answer options:*

- Because we deserve love, and we can give ourselves that love.*
- Because we are trying to do our best, and it's important to acknowledge that.*
- Because it's natural to be afraid in new situations.*
- Because we want to feel better.*