Northbeam Kids

FREE WELLBEING PACK · AGES 7 TO 11

The Northbeam Compass

Four directions for big feelings and friendship. Lessons, worksheets, posters, a make-your-own compass, badges and a five-day plan for Anti-Bullying Week.







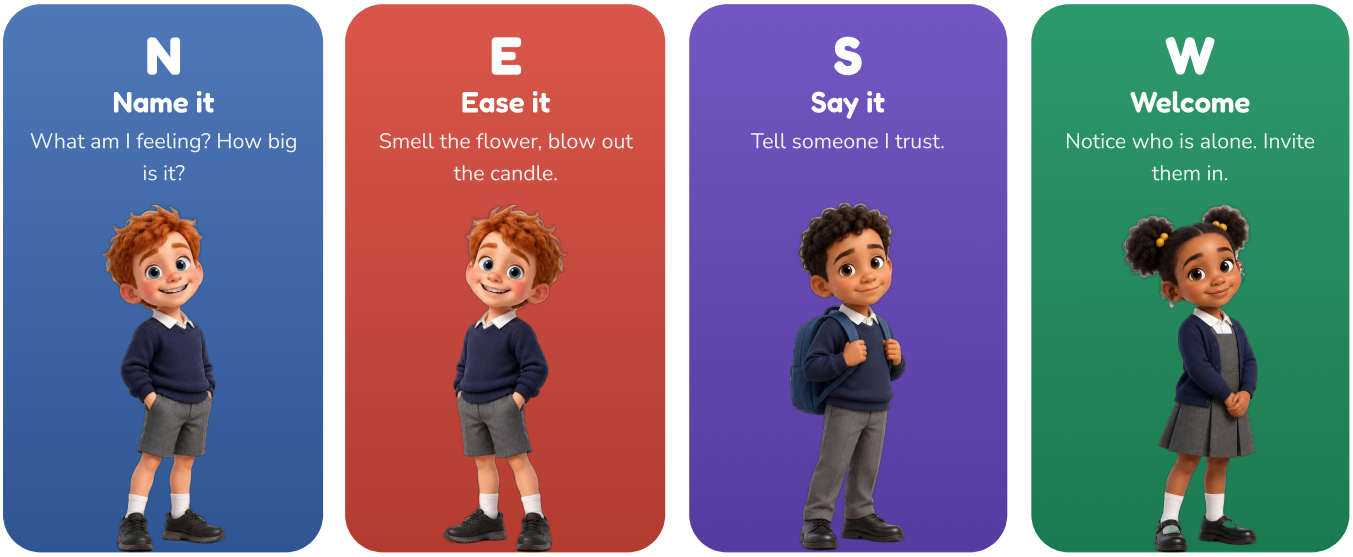
Play it on the whiteboard

The free narrated Compass adventure, with five badges to earn.

northbeamleadership.com/kids/compass

How the Compass works

When feelings get big or friendships get tricky, children need a simple way to find their way. The Compass gives them four directions they can remember, use and talk about, each one taught through a Northbeam Kids story.



What is in this pack

Way	Activity	Time	Page
N	**Feelings Detectives** and the Feelings Thermometer	10 + 15 min	3 to 4
E	**Smell the Flower, Blow Out the Candle** and My Calm Plan	5 + 10 min	5 to 6
S	**Shrink the Worry Cloud** and My Helping Hand	10 + 15 min	7 to 8
W	**Notice Who Is Alone** and the Belonging Builder Challenge	10 + 5 min a day	9 to 10
★	**Anti-Bullying Week:** five-day plan, Put It Right, twelve sorting cards, poster	10 min a day	11 to 13
★	**Make your own Compass**, badge stickers and the Compass Champion certificate	20 min craft	14 to 17
★	**Note for families**	Send home	18

Safeguarding. These activities invite students to talk about feelings. If a child shares something that worries you, thank them, stay calm, do not promise to keep it secret, and follow your school's safeguarding procedures straight away. Sharing is always optional.

ACTIVITY 1 · 10 MINUTES

N Feelings Detectives

We cannot help a feeling until we know what it is. Naming it is the first step.



From **Ben's Big Red Feeling**. Ben's tower crashes and a big feeling rushes up like a volcano. Ms Harper does not shout. She helps him find a name for it.

What to do

1. **Freeze frame.** Show the free preview of Ben's Big Red Feeling and pause as the tower falls. Ask: *"What is Ben feeling? What clues tell you?"* Look at his face, his hands and his body.
2. **Grow the word bank.** Collect feeling words on the board. Push beyond happy, sad and angry: frustrated, disappointed, embarrassed, nervous, lonely, proud.
3. **Measure it.** Introduce the Feelings Thermometer, from 1 (calm) to 5 (volcano). Ask: *"Where was Ben when the tower fell? Where is he at the end?"*
4. **Make it a habit.** Use the thermometer as a silent morning check-in. Students hold up fingers from 1 to 5, and nobody has to explain.

Key message

Every feeling is OK. Naming a feeling helps it feel smaller and helps others understand us.

Words to use

frustrated · disappointed · embarrassed · nervous · lonely · calm · proud

My Feelings Thermometer



Every feeling is OK. Can you name yours, and show how big it is?

Name: _____ Date: _____

1 Next to each level, write or draw what that feeling is like for you.

5 Volcano _____

4 Very big _____

3 Medium _____

2 Small _____

1 Calm _____

2 Name it. Circle a feeling you have had this week.

happy | angry | frustrated | worried | disappointed | embarrassed | lonely | proud | calm

When I felt _____, it was a level _____ because _____

Ages 7 to 8
Draw a face for each level instead of writing.

Ages 10 to 11 challenge
Can one event make two people feel different levels? Write an example on the back.

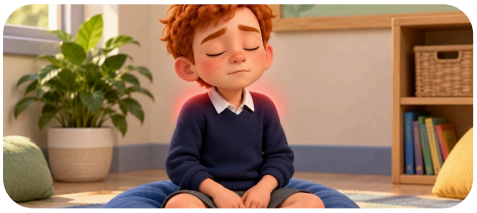
ACTIVITY 2 · 5 TO 10 MINUTES

E

Smell the Flower, Blow Out the Candle

Angry feelings are normal. What matters is what we do next.





Ms Harper teaches Ben a breath that makes a big feeling smaller. We practise it when we are calm, so it is ready when we need it.

What to do

1. **Ask:** *"What does a big feeling do to your body?"* Hot face, tight fists and a fast heart are common answers.
2. **Teach the breath.** Hold up one finger as a flower and breathe in slowly through the nose for four. Hold up another finger as a candle and breathe out slowly through the mouth for four. Repeat three times.
3. **Breathe together on the whiteboard.** The free interactive Compass has a breathing guide that grows and shrinks with a four-count, read aloud. Scan the code below.
4. **Pause, breathe, choose.** Agree as a class: when a big feeling comes, we pause, we breathe, then we choose what to do next. Use the seven-day chart on the next page.

The flower and candle breath

Smell the flower
in through the nose · 1, 2, 3, 4

→

Blow out the candle
out through the mouth · 1, 2, 3, 4

×3

Breathe with Ben on the whiteboard
northbeamleadership.com/kids/compass

Key message

Angry feelings are allowed. We practise calming down when we are calm, so the breath is ready when a big feeling comes.

Words to use

angry · frustrated · disappointed · pause · breathe · calm · choose

My Calm Plan



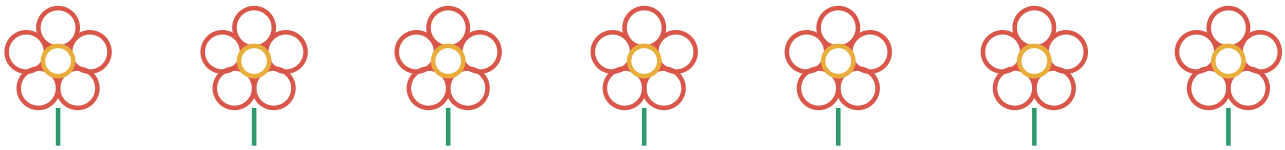
When my tower fell, I paused, I breathed, then I chose. What's your plan?

Name: _____ Week beginning: _____

1 When a big feeling comes, this is my plan.

Step	My plan
Pause. I will stop by...	
Breathe. Smell the flower, blow out the candle. I will breathe this many times:	
Choose. Then I will choose to...	
A grown-up I can go to is...	

2 Practise when you are calm. Colour a flower each day you practise.



Ages 7 to 8
Draw your plan as three pictures: pause, breathe, choose.

Ages 10 to 11 challenge
Invent your own calming breath and teach it to a partner. Give it a name.

ACTIVITY 3 · 10 MINUTES

S

Shrink the Worry Cloud

Worries grow when we keep them inside, and shrink when we say them to someone we trust.





From **Leo's Worry Cloud**. Leo is asked to read at the assembly and a grey worry cloud keeps growing. He tells Maya, "I'm fine." He is not, until he tells Ms Harper.

What to do

1. **Draw a big cloud** on the board. Ask: *"What does worry feel like? Where in your body do you feel it?"*
2. **Talk about Leo.** *"Leo said he was fine. Was he? Why do people sometimes say they are fine when they are not?"*
3. **Shrink it together.** Each time a student names something that helps, such as telling a grown-up, slow breaths or practising a little each day, rub out part of the cloud.
4. **Build a Helping Hand.** Students write five trusted people on the worksheet. Agree how students can tell in our school: in person, a worry box or a note.

Key message

Worry is normal. Even grown-ups worry. Asking for help is not weak. It takes courage.

Words to use

worry · nervous · trust · brave · help · small step

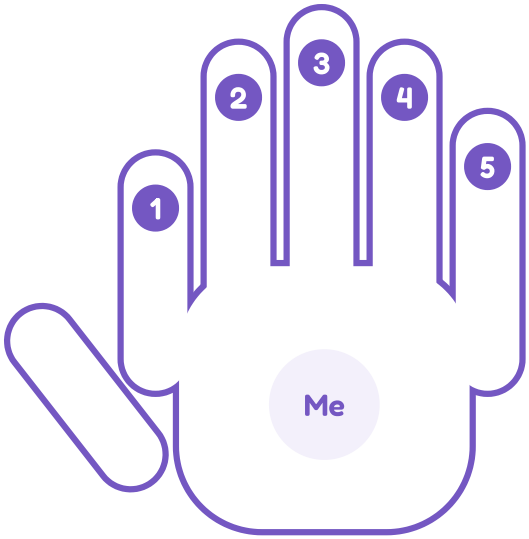
My Helping Hand



My worry cloud shrank when I told Ms Harper. Who could you tell?

Name: _____ Date: _____

1 Who could you talk to when a worry feels big? Write one person for each finger.



1. _____
2. _____
3. _____
4. _____
5. _____

2 Leo practised a little every day. What is one small, brave step you could take this week?

_____

_____

Ages 7 to 8
Draw the people on your fingers instead of writing their names.

Ages 10 to 11 challenge
Write advice to Leo. What would you tell him the night before the assembly?

ACTIVITY 4 · 10 MINUTES

Notice Who Is Alone

Nobody was unkind to Leo. They simply forgot to include him.





From **The Empty Chair**. Leo is new to Maple Class, and the chair beside him stays empty for three days. Then Maya listens to his idea, and the bridge holds.

What to do

1. **Put an empty chair** at the front. Ask: *"What might it feel like to be the person who should be sitting here?"*
2. **Ask the big question.** *"Is being forgotten the same as being treated unkindly?"* Let students disagree. There is no single right answer.
3. **Spot the moments.** Where might someone feel alone in our school? Lunch, the playground, choosing partners and a first day are common answers.
4. **Build a welcome toolkit.** Collect things to say or do: *"Do you want to join us?"*, saving a seat, asking someone's idea. Then launch the Belonging Builder challenge.

Key message

Being wanted is different from being useful. Everyone deserves to be invited in, just as they are.

Words to use

belong · include · welcome · notice · invite · lonely · kind

The Belonging Builder Challenge



One small invitation can change someone's whole day. Can you do one every day?

Name: _____ Week beginning: _____

Do one welcoming thing every day for five days. Write or draw what you did and how you think the other person felt.

Day	What I did	How they might have felt	Done
Monday			○
Tuesday			○
Wednesday			○
Thursday			○
Friday			○

Ideas to try

- Say "Do you want to join us?"
- Save someone a seat at lunch.
- Ask a quiet person for their idea.
- Learn something new about a classmate.
- Show a new student around.
- Choose someone different as a partner.

Ages 7 to 8
Draw a picture for each day, and an adult can help with words.

Ages 10 to 11 challenge
Which act felt hardest to do? Why might including someone feel brave?

16 TO 20 NOVEMBER · 10 MINUTES A DAY

Notice. Support. Tell.

A five-day Anti-Bullying Week plan built around The Unkind Note.



Leo finds a folded note under his reading book: *"Nobody wants you on their team."* Maya saw who left it. Speaking up feels scary, but she sits with Leo, tells him the note is not true and goes with him to tell Ms Harper.

Day	Focus	Ten-minute activity
Monday	**The story**	Watch the free preview of The Unkind Note. Ask: *"What would you do if you were Maya?"* Collect ideas without judging them.
Tuesday	**Notice**	Bullying is unkind behaviour that happens again and again, on purpose, and is hard to stop. In groups, sort the twelve cards on the next page into falling out, unkind once and bullying. The answers are below.
Wednesday	**Support**	How did Maya help Leo feel less alone? Practise kind words in pairs: *"That's not true." "Come and sit with me." "You're not on your own."*
Thursday	**Tell**	Telling is not telling tales. Revisit the Helping Hand (page 8) and agree how students can tell in our school.
Friday	**Put it right**	Teach the four steps below, then write a class promise using Notice, Support and Tell. Every student signs it. Display it with the poster on page 13.

Put it right: saying sorry is good, but it only counts if it does not happen again

1. Stop.
Notice what you did and stop straight away.

2. Say sorry, and mean it.
Say what you did and how it made them feel.

3. Make it right.
Give it back, include them, or ask how you can help.

4. Do not do it again.
A sorry only counts if it is not repeated.

This applies to falling out and to being unkind once. **If bullying keeps happening, it is more than sorry:** a trusted adult steps in and the school takes action, in line with its behaviour and anti-bullying policy, so that everyone is safe.

Remember: students should never be asked to step in physically or confront someone. Supporting a friend safely and telling a trusted adult is always right. If a child discloses something, follow your safeguarding procedures.

Card answers
Falling out: 1, 4, 7, 10
Unkind once: 2, 5, 8, 11
Bullying: 3, 6, 9, 12



Falling out, unkind once, or bullying? Read each card with your group and decide.

Falling out, unkind once, or bullying?

Cut out the cards. Read each one with your group and decide which pile it belongs in. ✂

Two friends both want the red pen. They argue, then make up at break. Card 1 Northbeam Kids	Someone laughs at Maya's drawing once, and later says sorry. Card 2 Northbeam Kids	Every day, the same group hides Leo's bag and laughs when he looks for it. Card 3 Northbeam Kids
Ben and Sami disagree about the rules of a game, and both get cross. Card 4 Northbeam Kids	A child pushes past someone in the line on one bad day. Card 5 Northbeam Kids	For weeks, someone has been sending unkind messages to the same classmate. Card 6 Northbeam Kids
Two best friends both want to be captain and do not talk all afternoon. Card 7 Northbeam Kids	Someone calls a classmate a name once when they are angry, then apologises. Card 8 Northbeam Kids	In every PE lesson, the same students tell one child, “Nobody wants you on the team.” Card 9 Northbeam Kids
Two friends argue about whose turn it is on the swing. Card 10 Northbeam Kids	A child leaves someone out of a game at one break time. Card 11 Northbeam Kids	An older child keeps taking a younger child's snack and says, “Tell anyone and you'll be sorry.” Card 12 Northbeam Kids

Northbeam Kids

ANTI-BULLYING WEEK

IF SOMEONE IS BEING UNKIND

We speak up, we stand together



Notice

See when someone is left out or treated unkindly.



Support

Sit with them. Say, "That's not true. You're not on your own."



Tell

Go together to a trusted adult. Telling is never telling tales.

And if you were unkind: put it right

Stop · Say sorry, and mean it · Make it right · Don't do it again

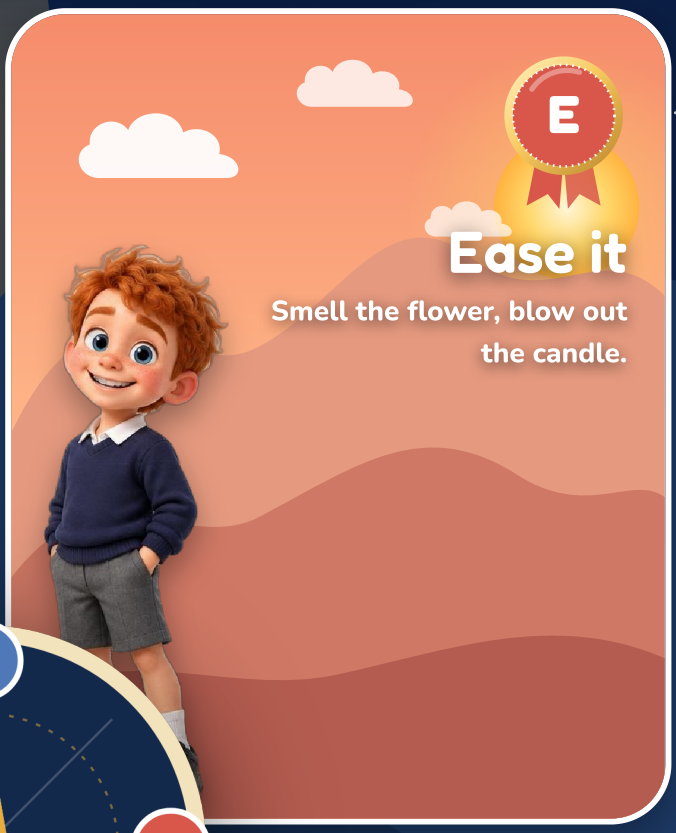
Our class promise: _____

Northbeam Kids

WHEN FEELINGS GET BIG OR FRIENDSHIPS GET TRICKY

Find your way with the Northbeam Compass







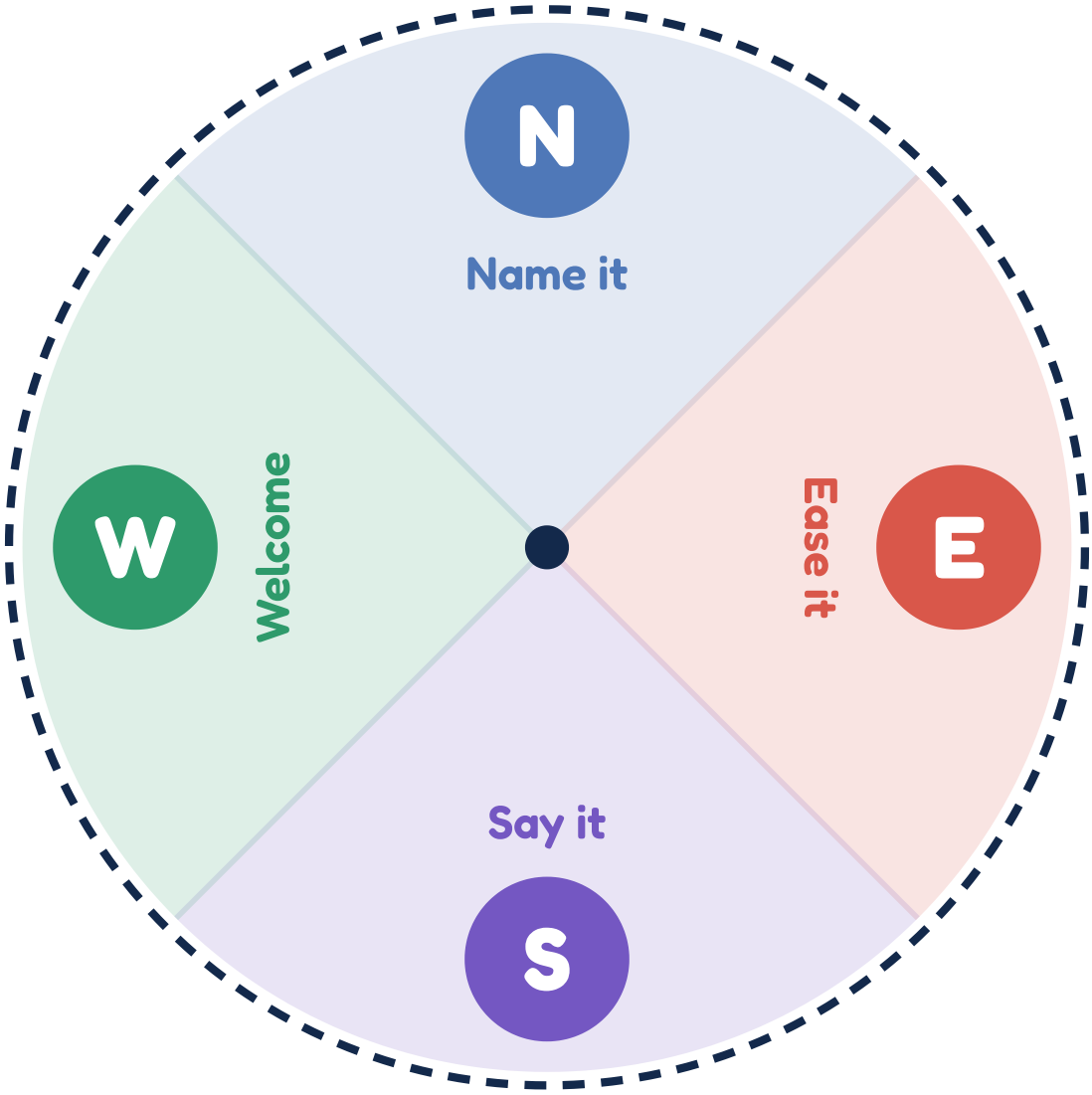




Make your own Compass



Cut out the compass and the needle. Push a split pin through both centre dots so the needle spins.



How to use it: spin the needle and act out that direction. N: name a feeling and show its size with your hands. E: do three flower-and-candle breaths. S: name someone you could tell. W: think of one person you could invite in today. ✂ You will need scissors and a split pin.

Compass badges

Print on sticker paper or card. Award a badge each time a student uses a direction for real, and the gold star for being an Upstander.



NORTHBEAM KIDS

Compass Champion

This certificate is awarded to

for learning the four directions of the Northbeam Compass

N E S W ★

Teacher

Date



A note for families

At school, children have been learning the Northbeam Compass: four simple directions for big feelings and friendship, taught through short animated stories about Leo, Maya and Ben. You can use the same words at home.



N · Name it. Help your child put a name to a feeling: *"You look frustrated. Is that right? How big is it, from 1 to 5?"*

E · Ease it. Try our breath together: **smell the flower** (in through the nose) and **blow out the candle** (out through the mouth). Practise when calm, so it is ready when needed.

S · Say it. Worries grow when kept inside. Ask gently, *"Is anything on your mind?"* and listen first, before trying to fix it.

W · Welcome. Talk about noticing who is alone. If your child sees someone treated unkindly, they can be kind and tell a trusted adult. Telling is never telling tales.

Try the Compass at home

A free, read-aloud activity for your child: northbeamleadership.com/kids/compass. If you are ever worried about your child's wellbeing, please speak to their class teacher.

Northbeam Kids

Ready for the full stories?

Every direction comes from a Northbeam Kids story. Each film and teacher pack includes the full 4-minute film, a 60-minute PSHE lesson, worksheets at three levels, answers and a certificate.

Way	Story	Theme	Film and pack
N	Ben's Big Red Feeling	Anger and calming down	$5
E	Ben Loses the Race	Disappointment and being a good sport	$5
S	Leo's Worry Cloud	Worry and asking for help	$5
W	The Empty Chair	Belonging and kindness	$5
★	The Unkind Note	Anti-bullying and speaking up	$5
★	All ten stories	Worry, anger, belonging, honesty, resilience, fairness and more	**$35**

Anti-Bullying Week offer

All ten film and lesson packs for $25 instead of $35 with code ABW25. Ends 20 November.

Get the packs
northbeamleadership.com/kids

Play the Compass
northbeamleadership.com/kids/compass

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