



**SMALL STORIES
BIG ISSUES**

WORK SHEETS

BLACK SHEEP



ACTIVITY 1 - WATCH & DISCUSS (PART 1)



What happens in the first scene of the film?

Who is telling the story? How do we know that?

How would you describe how Cornelius is framed by the camera? (Is the camera close or far away)? How does this make you feel?

There are two filmmaking techniques used in the film - drama re-enactment and documentary with first person narration. How do these techniques draw you in as an audience and enhance how the story is being told?

Why do you think Cornelius begins to try and fit in with the people who are bullying him? How does he try to do this? What do you think might happen next?

ACTIVITY 1 - WATCH & DISCUSS (PART 2)



How do you feel after watching the film? Why?

Why do you think Cornelius ends up becoming involved in violence?

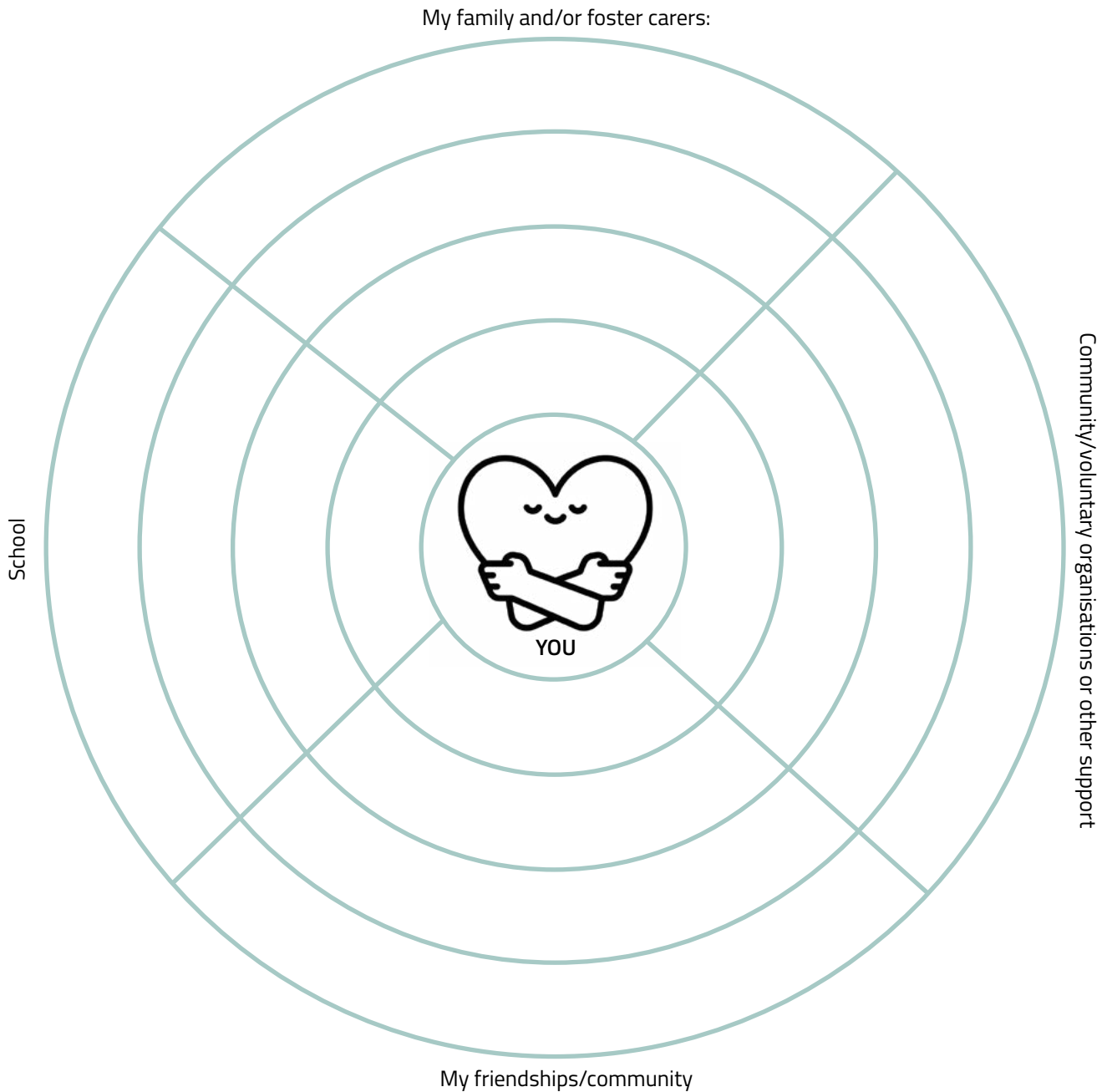
Cornelius says "I just made friends with monsters". Do you agree with this statement? Why?

Why do you think Cornelius has chosen to tell his story through film?

What do you think the most important message is in the film? What can we learn from it?

ACTIVITY 2 - MY CIRCLE OF SUPPORT

Use the diagram below to add the names of people in your life that support you. They can be people you spend time with, people you like being with, people who help you, people you trust and people you can count on. You can also add the names of support groups or organisations.



Who is closest and most important in my life? Why? Is there anything missing or any other people who could support me?

ACTIVITY 2 - RESEARCH

Research Childline and a local mental health organisation supporting the wellbeing of young people in your area.

Add the name and web address of the organisation you have researched:

Add the phone numbers of Childline and the other organisation you have researched:

List three things Childline can help young people with:

List three things the other organisation can help young people with:

ACTIVITY 3 - TABLEAUX

In your group create a tableau (or a living picture/frozen image created by actors) to depict the action of the following scenes:

Extract 1 - Being Attacked

CORNELIUS WALKER

...so I just let him carry on hitting me, carry on hitting me until he was finished. I was just scared man, just scared.

I remember like...

My eyes, just um, I remember them being puffy like two - like up to here.

And um...

I remember just um, going into the sink and I'm just tryna. I don't know why I thought it could wash it away.

I just started crying

I never cried like that before y'know, y'know those, those, those, those deep in held cries.

Extract 2 - Attacking

CORNELIUS WALKER

We went out on a rampage one night. And then there was this guy on a bike and I don't know what came over me, like...

I just punched him for no reason. I didn't say anything, just punched him. And then he dropped. I then I remember seeing him on the floor and then I just kicked his head. But when I kicked his head he screamed from the top of his lungs and and I just remember seeing his face and it just cave in...

Yeah I feel... Yeah I feel guilty, I feel guilty.

But...

I felt like, I felt like I was accepted.

What are the differences between the two moments from the piece?

What led Cornelius to this point? What might have helped him from reaching the point we see him in Extract 2?

GREAT DREAM

Ten keys to happier living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

5 WAYS TO WELLBEING

Looking after your mental health is just as important as your physical health. Research by the New Economics Foundation has found there are five ways to look after your mental wellbeing:



Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

- Arrange to meet people regularly
- Reach out to someone
- Take time to get to know new people



By regularly engaging in some form of exercise we can look after our mental and physical health at the same time.

- Go for a walk or take part in a sporting activity at lunchtime
- Walk or cycle to school and/or work
- Join a local sports club or group



Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.

- Take up a mindful hobby e.g. knitting
- Write down three things you feel grateful for



Learning new things is a good way to meet new people and boost our self confidence and improve our mental health and wellbeing.

- Try out a new recipe
- Join a class or learn a new language
- Learn something new about the people around you



Research has found a link between doing good things and an increase in wellbeing.

- Try and do one kind thing every day
- Become a Health in Mind Hero by giving your time through volunteering/ fundraising