



**SMALL STORIES
BIG ISSUES**

KS3 WORK SHEETS

GIRL ON A MISSION



ACTIVITY 1 - WATCH & DISCUSS

SCENE 1: Time Code: 07.31 mins to 08.00 mins.



Where is Miruna in this scene? How would you describe the setting?

What do you think Miruna is doing?

What can you hear?

How might Miruna be feeling?

What does this scene tell us about Miruna?

ACTIVITY 1 CNTD.

SCENE 2: Time Code: 05.48 mins to 06.19 mins.



Where is Miruna in this scene? How would you describe the setting?

What do you think Miruna is doing?

What can you hear?

How might Miruna be feeling?

What does this scene tell us about Miruna?

ACTIVITY 2 - MIRUNA'S FUTURE PATHWAYS

While you are watching the film, try and answer the following questions:

What does Miruna want for her future?

What does Miruna not want?

How does she plan to get to where she wants to be?

What are her obstacles?

How can she overcome these?

ACTIVITY 3 - YOUR POSITIVE FUTURE

PART 1 - MY STRENGTHS



Things I am good at, my skills, things I like:



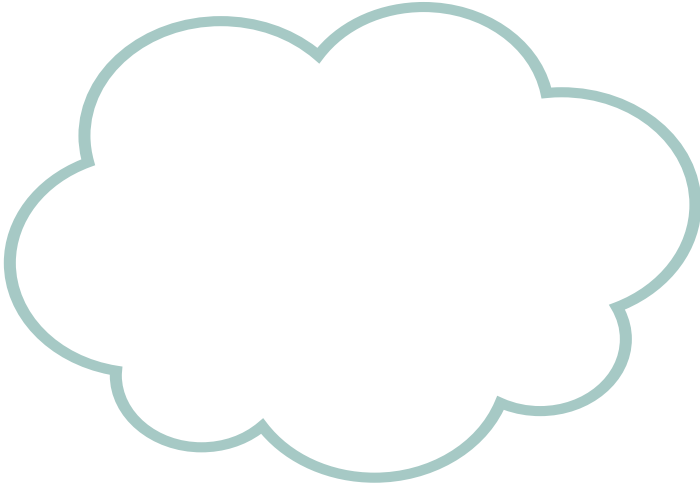
Things people like about me - my character and personality:

PART 2 - MY HOPES, DREAMS & ASPIRATIONS

What I want to do or be in the future:

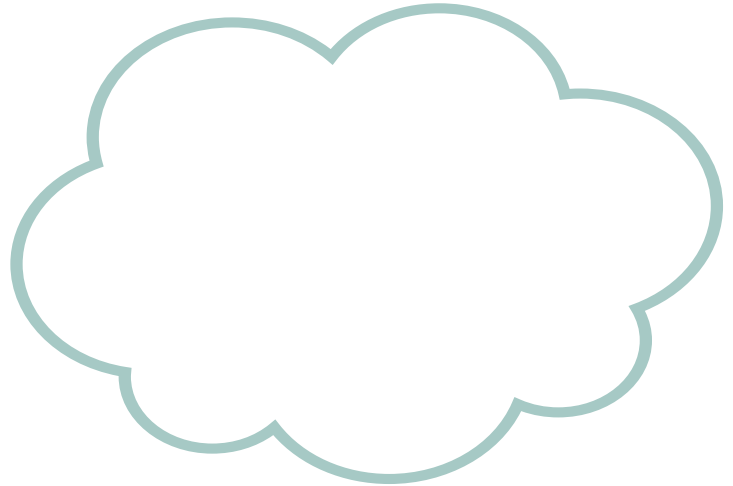
LEARNING:

School, college, further learning...



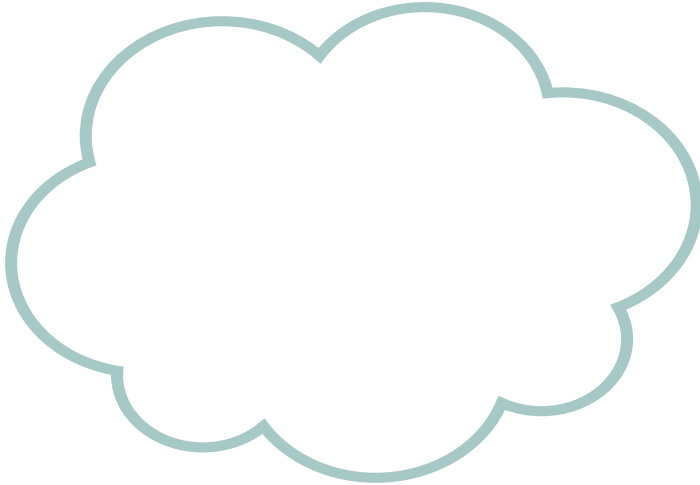
WORK:

Paid employment, volunteering, work experience...



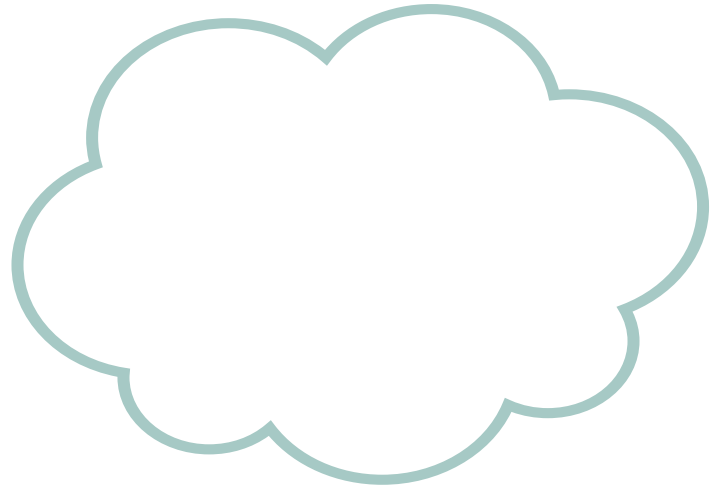
INDEPENDENCE:

How and where I want to live in the future...



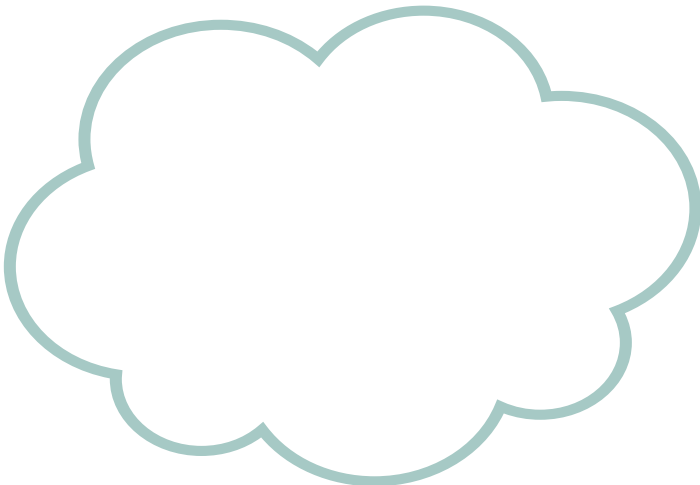
SKILLS & HOBBIES:

Other interests/things I would like to try...



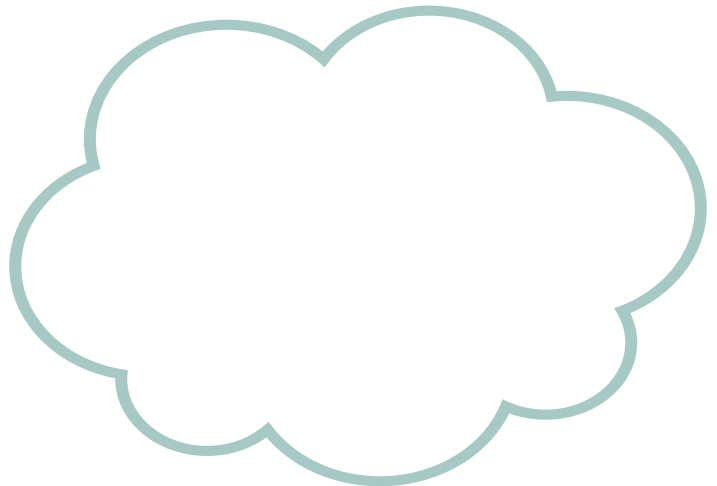
RELATIONSHIPS:

Friendships and relationships with others...



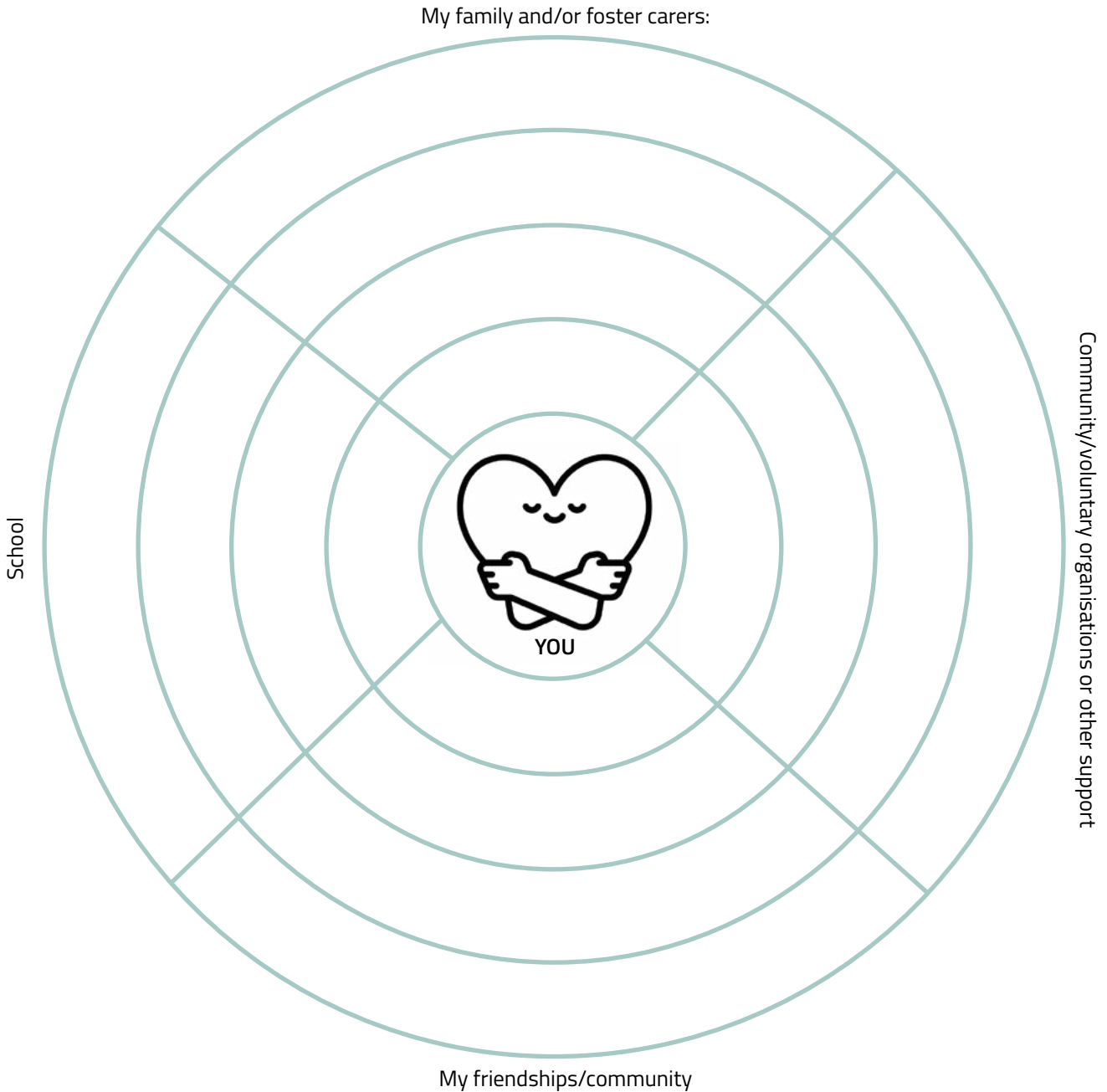
KEEPING HEALTHY:

How I can keep my body and mind healthy...



PART 3 - 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.

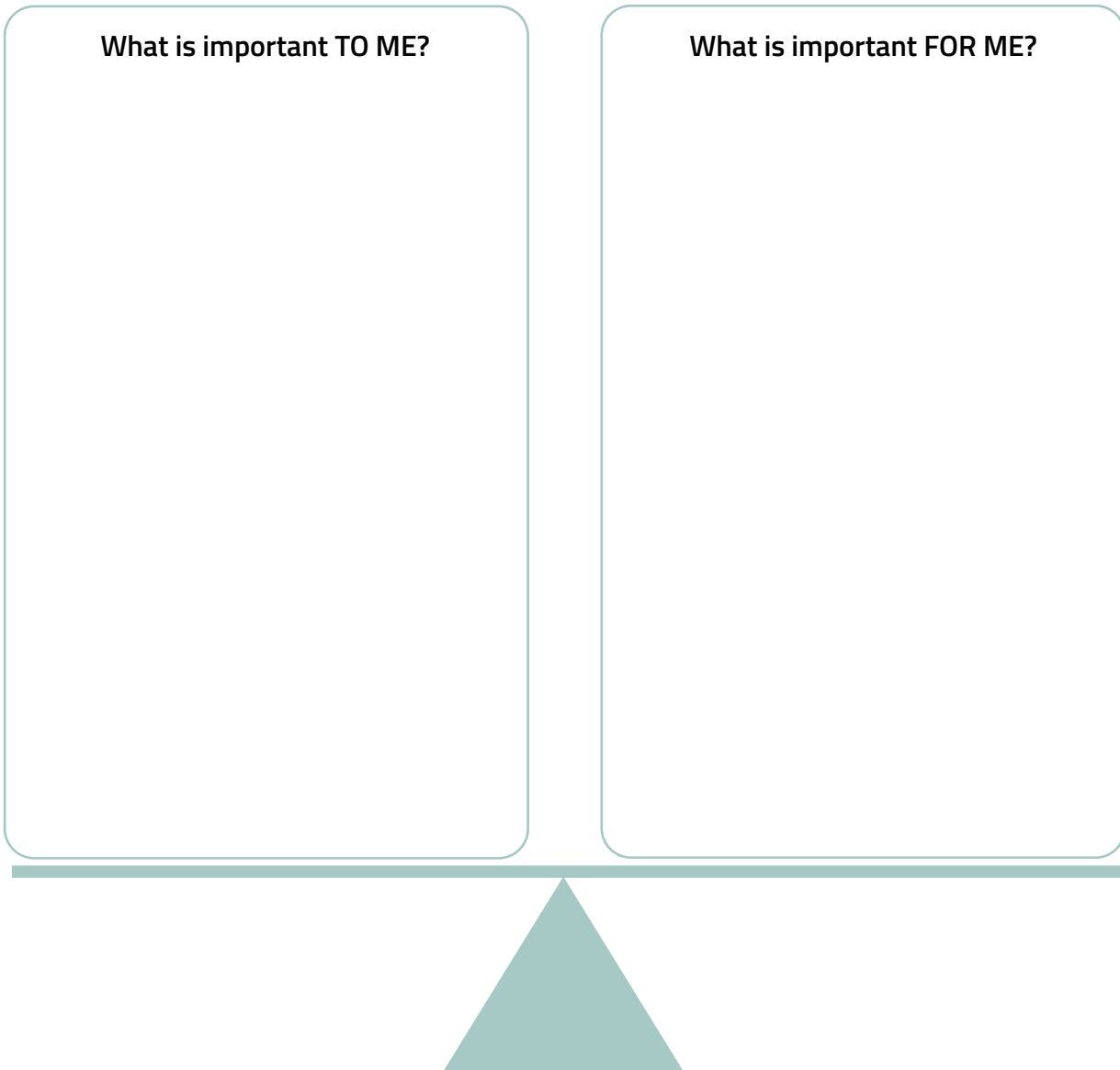


Who is closest and most important in my life? Why? Is there anything missing or any other people who could support me?

PART 4 - IMPORTANT TO ME, IMPORTANT FOR ME

Think about what is important TO you for a good life/to make you happy (e.g. people, pets, interests, possessions etc.)

Now think about what is important FOR you for a safe and healthy life (e.g. what you need for your learning, health, support, safety and wellbeing etc.)



The diagram consists of a horizontal teal line representing the fulcrum, supported by a teal triangle pointing upwards. Above the fulcrum are two large, empty, rounded rectangular boxes. The left box is labeled "What is important TO ME?" and the right box is labeled "What is important FOR ME?".

Is there anything that needs to happen or change to make your life better? If so, list them below:

PART 5 - MY POSITIVE FUTURE ROADMAP

My hopes and dreams for the future:

What I might need to achieve my hopes and dreams:

Challenges I may face:

Ways to overcome these challenges:

What is important TO me now:

What people like and admire about me now:

What is important FOR me now:

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

RESILIENCE FRAMEWORK

Basics

- Good Housing
- Money to live
- Being safe
- Transport and getting to places
- Healthy diet
- Exercise and fresh air
- Enough sleep
- Play and hobbies
- Not being judged

Belonging

- Find somewhere you feel like you belong
- Find your place in the world
- Spend time with good people and in good places
- Keep relationships going
- More healthy relationships the better
- Take what you can from relationships where there is some hope
- Get together with people you can rely on
- Responsibilities & obligations. For example: looking after your brother/sister or going to school
- Focus on good times and places
- Understand what has happened in your life
- Predict a good experience of someone or something new
- Make friends and mix with other people

Learning

- Make school or college work as well as possible
- Engage mentors
- Plan out your future
- Organise yourself
- Highlight achievements
- Develop life skills

Coping

- Understand right from wrong
- Be brave
- Solving problems
- Focus on the good things in life. Put on your Positivity Glasses!
- Find time for your interests
- Calming down and making yourself feel better
- Remember tomorrow is another day
- Lean on others when necessary
- Have a laugh

Core self

- Instil a sense of hope
- Understand other people's feelings
- Know and understand yourself
- Take responsibility for yourself
- Find time for your talents
- There is existing help and solutions for problems, use them

Noble truths

- Accepting
- Conserving
- Commitment
- Enlisting

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resilience research and practice
- NATIONAL LOTTERY FUNDED