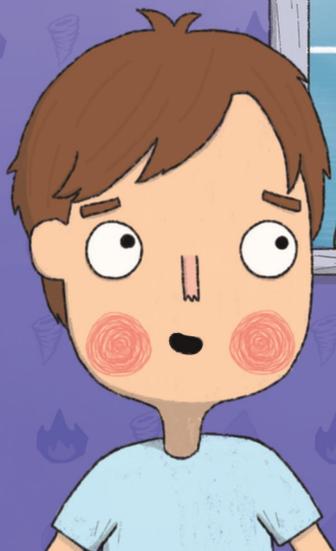
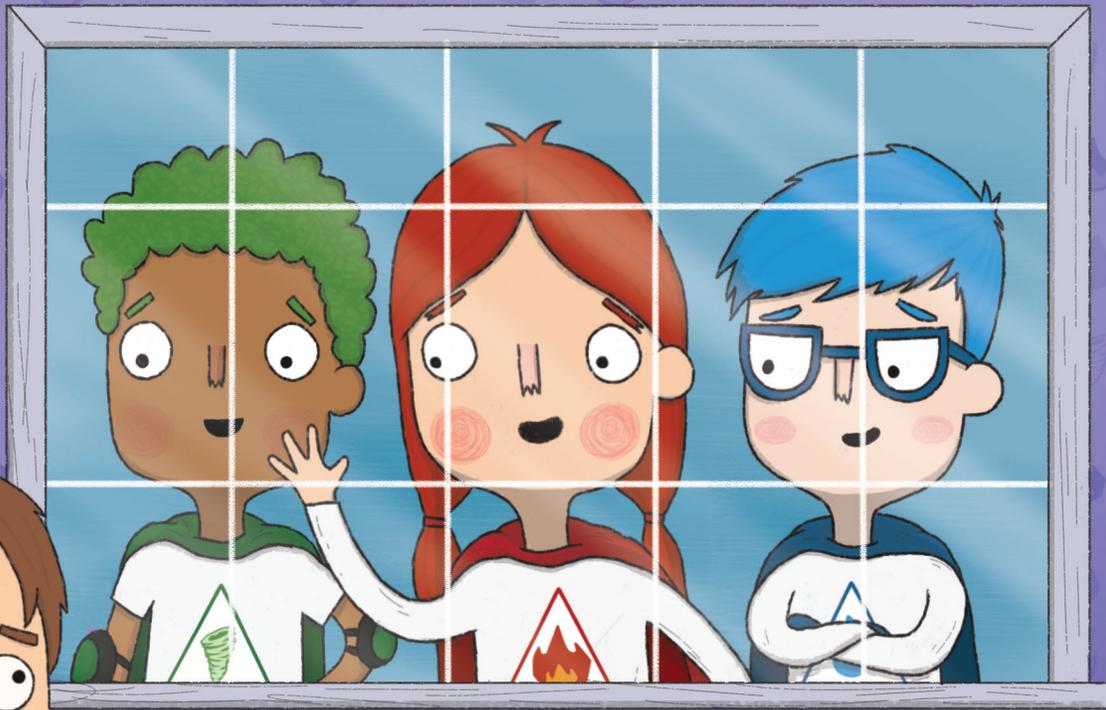


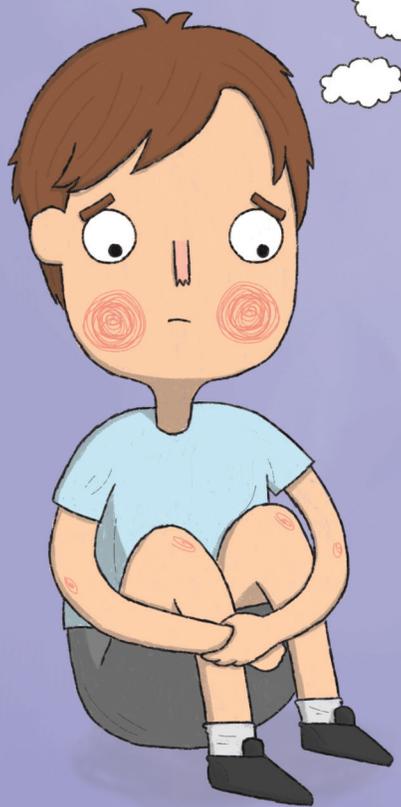
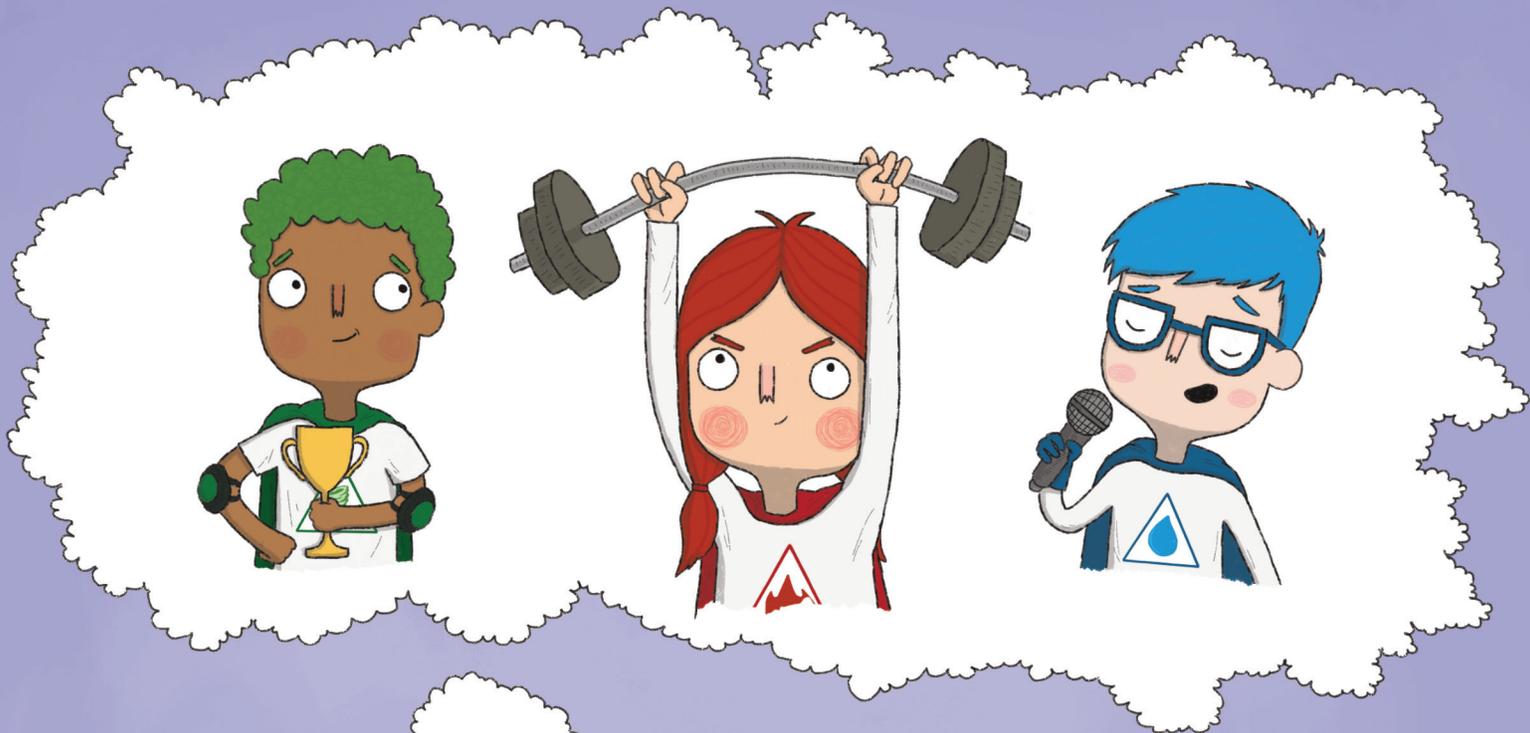
UNDER THE
MASK
INSIDE FEELINGS

RECOGNISING AND DEALING WITH **SADNESS**, **ANGER** AND **WORRY**.



WRITTEN BY
EMMA CAHILL

ILLUSTRATED BY
PAUL NUGENT



Olly has to stay at home, he cannot go to school.
He can't go to the park, or football or the pool.
Since he's been in lockdown, his feelings feel much stronger.
He's sad, angry and worried - he keeps asking 'How much longer?'

His emotions are going crazy but he knows just who to call!
The Superheroes down the road, the ones who know it all!
He has to social-distance, he can't go to their homes.
But he dries his tears and takes a breath, then calls them on their phones.

We're Superheroes, who NOW wear masks, just when we go outside.
But our feelings we still show and share, they do not need to hide.
The world has changed a lot just now and it's OK to feel stressed out.
Just try your best, be patient, we don't need to scream and shout.

Let us tell you how we're feeling and what we do each day.
It's not easy to be calm just now, but we CAN find a way!

Blaze

Under my mask I feel angry
and I don't always know why.

My sister drives me crazy
and my brother loves to cry.

My Mum is always busy
and Dad has more stressful days.
The silliest things can make me cross,
and it comes out in different ways!

But then I realise that it's not just me,
everyone's finding this tough.
It's a difficult time for most people,
and it's hard not to get in a huff!

I **BOUNCE** it out, take deep **BREATHS**
and **BRAINSTORM** ways to deal.
For now, I will be kind to all,
in spite of how I feel.



Rustle

Under my mask I feel worried,
and anxious about so much!
I don't like what is happening.
Why can't we meet or play or touch?

The news is always scary,
I just don't understand.
Is everyone out there OK?
Can someone hold my hand?

But then I realise that
this hard time won't last forever.
And when it ends, we will all be glad
that we can get together!

I **REPLY** to my fear,
RELAX and **RETHINK** all my fright.
I have to be nice to myself,
and know all will soon be right.



Crash

Under my mask I feel sad.
I feel tired, bored and weary.
Nothing feels much fun these days
and everything makes me teary.
I miss my Grandma and my teacher,
but I mostly miss my friends.
I'm lonely and I'm bored,
the day feels like it never ends!

But then I realise how many
people are out there,
Healing, helping, supporting
and showing that they care.

I **CHAT** it out, **CREATE** new things
and remember this will **CHANGE**
For now, I'll try think positively,
although it all feels strange!



So Olly, don't forget; Your emotions are normal and real.
And remember 'It's OK to feel exactly how you feel!'.
Just think of all the kindness that is everywhere you glance
And talk about your feelings, whenever you get the chance.

Eventually this will end and we'll all be reunited.
Make a list of what you'll do, you'll start to get excited!
When all this is over, we can all look back with pride,
At the Superheroes we were and be glad we stayed inside!



SUPERHERO SCHOOL!

Poetry - Write a poem about what's under YOUR mask; Who's the real YOU?



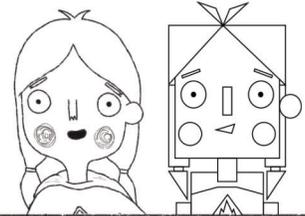
Drama - Act out scenarios that the Inside Feelings characters might get into. How will they react?



Art - Crash likes to create things when he feels sad. Can you paint what happiness is to you?



Maths - Can you draw the Superheroes using geometric shapes?



Music - What songs cheer you up? Blast the Radio and create a dance!



Reading - Look around the house and see what books you can find that deal with our emotions.



Writing - Write a set of instructions for someone who is feeling sad or worried.



Communication - Have a debate about who is your favourite character and why?



Science - Rustle likes to relax when he is feeling anxious. Can you build your own stress ball? What materials will work best?



History - Can you write a newspaper article interviewing Blaze, Crash and Rustle during Lockdown 2020?



Geography - The Superheroes say our emotions are as powerful as the elements fire, water and air, can you explain what do they mean by this?



Languages - Can you re-write part of 'Inside Feelings' in another language?



ICT - Can you type up a book report for 'Inside Feelings'?



PSHE - Can you create a 4th Superhero based on another emotion? What are their superpowers?



Sport - Blaze loves to exercise when she is feeling overwhelmed. Create a game that can help get rid of angry energy!



Cooking - Can you create a happy and a sad face using chopped up fruit?



We would LOVE to see your Superhero School work - contact me using the details on the last page to show me your wonderful creations!

DRAW YOURSELF AS A SUPERHERO!

What are your super powers? Make your own cape/outfit!





Emma Cahill is an Irish Primary Teacher and author of the children's mental health book 'Under The Mask'. She is hoping that the Superheroes - Crash, Blaze and Rustle can help children through these difficult times and remember that 'It's OK to feel EXACTLY how you feel!'.

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