

TAKE A MINDFUL MOMENT

*"This above all:
to thine own
self be true"*

Hamlet, Act I Scene III

Art helps us to be in the moment, so that we are not worrying about what is in the past or what is still to come. Colouring is especially mindful and fun! You can colour in this picture of Will under a rainbow. I like the quote in the rainbow, it reminds me to keep calm and not let my emotions scatter all over the place!



The Merry Wives of Windsor, Act III Scene III

WELL DONE!

You have completed all the activities and you are now a

WILL'S WELLBEING WARRIOR!

**WILL'S
WELLBEING
WARRIOR**



If you enjoyed this booklet and want to find out more about Shakespeare then go to our website at: www.shakespeareweek.org.uk and click on Kids' Zone where you will find lots more fun things to do. If you want to read some of Shakespeare's plays and stories then you could check out Marcia Williams' retellings at www.walker.co.uk. Marcia did all the beautiful drawings in this booklet.

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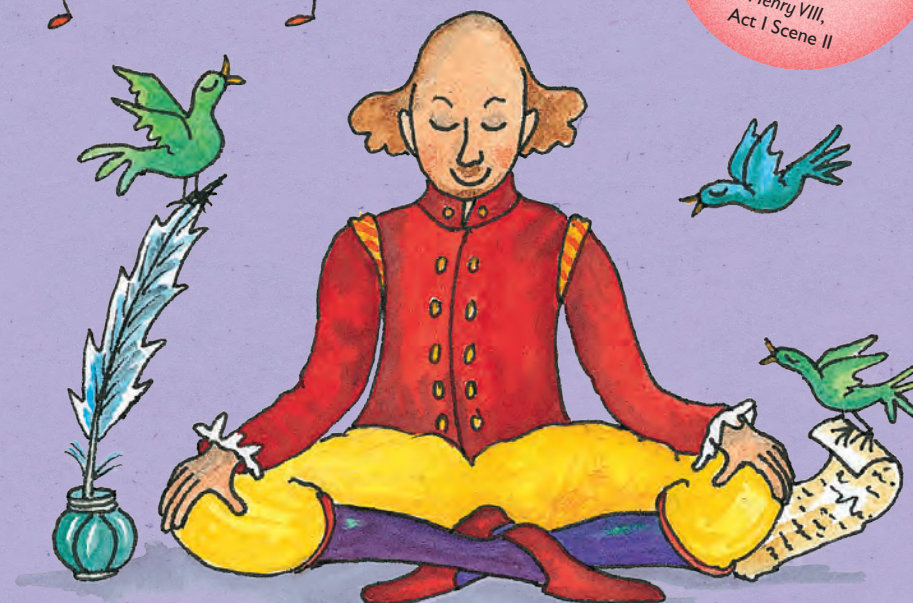

**WALKER
BOOKS**

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WILL'S WELLBEING WARRIORS

*"Things done well
and with a care,
exempt themselves
from fear"*

Henry VIII,
Act I Scene II



This warrior booklet belongs to:

**SHAKESPEARE
WEEK**

Written and illustrated by Marcia Williams with special guest Nicola Davies

WILL'S WELLBEING WARRIOR



Well met, youngling!

It is with much good cheer that we present this little notebook full of fun activities that are dedicated to your wellbeing and inspired by the wonderful words and world of William Shakespeare.

Shakespeare may have lived over four hundred years ago, but few writers have ever written so sensitively about our human emotions. The characters in Shakespeare's plays cast a light on almost every emotion imaginable, and through them we can learn to recognize and understand many of our own feelings.

Become a Will's Wellbeing Warrior by exploring your own emotions and reading some of Shakespeare's famous words in these fun activities.

May good luck go with thee!

Marcia *N.D.*

"Heaven give
you many, many
merry days!"

*The Merry Wives of Windsor,
Act V Scene V*



How are you feeling today?

Your feelings are really important and unique to you. There are no bad feelings, just different feelings. By exploring our feelings we can start to take better care of our wellbeing. It will also help you to support and understand your friends.

How do you feel today? Take a look at the mood chart then colour in and add a face to the fairies from Shakespeare's play *A Midsummer Night's Dream* to show how you feel each day.



"There is nothing
either good or
bad but thinking
makes it so"

Hamlet, Act II Scene II

Shakespeare and Animals

"One touch of
nature makes the
whole world kin"

*Troilus and Cressida,
Act III Scene III*

Shakespeare looked at nature very closely. He put what he saw and heard into his writing. In his plays and poems there are night skies full of stars, rushing rivers, stormy seas, trees and forests, and lots of animals from bees and beetles, to bears, eagles and wolves. He used nature to bring his stories to life and to describe characters and how they feel.

Animals helped Shakespeare describe characters. Drones are male bees who don't help collect nectar but eat the honey anyway. When Shakespeare called a person a drone, he meant they were lazy. A character like a hawk was fierce and one like a chameleon could change their behaviour to get their own way.

If you had to describe yourself as an animal, what would it be and why? Choose a few different animals to describe all your moods...

ANIMAL

MOOD

CHALLENGE!

Can you put them all together to create a poem?

Shakespeare and Birds

Over sixty different kinds of bird flap, peck and sing their way through Shakespeare's writing. Many birds that were common in Shakespeare's time are very rare today, but you can still hear birds singing – even in a city. Tuning into nature is a really good way to feel calmer. Take a quiet moment to look around at the sky, the trees, the weather. Soon you'll start to hear and see things that you never noticed before. Try learning to tell one bird song from another by using an app such as *First Birds* (RSPB).

"Tu-whit; Tu-who,
a merry note"

*Love's Labour's Lost,
Act V Scene II*

CHALLENGE!

All of these birds and more appear in Shakespeare's writing. Find out what they look and sound like. Draw them in the boxes below and tick off any that you have found.

These are found all over the UK

Blackbird	Wren	Chaffinch	Thrush

These are less common

Nightingale	Turtle Dove	Cuckoo	Lark

What Makes You Happy?

*"In sweet music
is such art,
Killing care and
grief of heart"*

Henry VIII,
Act III Scene I

Shakespeare thought that music could help calm you and make you feel happy. Can you fill all the boxes with things that make you happy, or help you when you have a bad day? I have added my dog to the first square because he always cheers me up, even if he is a bit naughty!

CHALLENGE!

Look at the quote above. What does it mean?
What makes you happy and takes away all your worries?
Write a sentence about it. Here's mine:

Stroking puppy dogs is such art, Killing care and grief of heart.



Kindness

Even little acts of kindness can make a huge difference. A simple smile can change someone's day. I have drawn two Shakespearian characters in the boxes below – think of a kind act or gift that might please them and draw or write it in the box below them. It's very important to be kind to yourself as well as to others – draw yourself in the empty box and add a kindness for yourself.

*"Self-love, my
liege, is not so
vile a sin as
self-neglecting."*

Henry V,
Act II Scene IV


Bottom
A Kindness


Romeo
A Kindness

A Kindness

CHALLENGE!

Have a look at the Shakespeare quote on this page and see if you can rewrite the beginning and end – this is my attempt:

Too many smiles, my liege, is not so vile a sin as too many frowns.

