



The Children's Mental Health Tabletop Game Developer



Proud partner of





“Book of Beasties helped me to know how you deal with your emotions and it also helped me to keep healthy with my emotions.”

Mia, Year 5





Award winning developer of mental wellness games and digital resources that help children find the language to talk about their mental health and wellbeing

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Using playful learning to address serious topics

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Narrative driven content for 7-12 year olds

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Prioritising wellbeing across the national curriculum

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Physical and digital resources for parents and teachers

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In approximately 100 schools / reached 25,000+ children

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Approximately 10,000 downloads of digital content globally (since March)



## Pilot Sites



**GREAT  
ORMOND  
STREET  
HOSPITAL  
CHARITY**



**Schools  
Counselling  
Partnership**



# The Mental Wellness Card Game:

*A Post-COVID wellbeing solution*

Raises emotional literacy

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Teaches resilience and empathy

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Explores mental health, wellness and mindfulness

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Introduces practical solutions should issues arise

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Encourages the open conversation about wellbeing

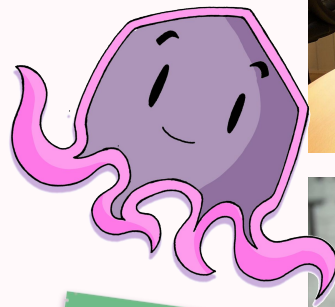
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Psychologist endorsed & university accredited

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Evidence Based: *Pilot study overview*

<https://uwlpres.uwl.ac.uk/newvistas/article/id/106/>



## Beastie Cards



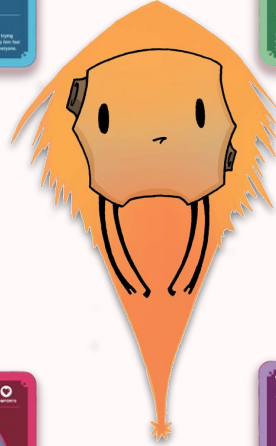
## Item Cards



## Comfort Cards



## Action Cards





# Beastie Game Guide

The game can be used straight out of the box, or with the *Beastie Guide* and series of PSHE lesson plans

**LESSON 1**

When these characters appear, pause the game and discuss them

**Bronze Child**

What would Bronze Child think?  
How would Bronze Child feel?  
What can we help Bronze Child with?

Activities:  
1. Draw a picture of Bronze Child and write a story about him.  
2. Write a letter to Bronze Child and tell him how you would help him.

Read more on page 11

**Gus**

What would Gus think?  
How would Gus feel?  
What can we help Gus with?

Activities:  
1. Draw a picture of Gus and write a story about him.  
2. Write a letter to Gus and tell him how you would help him.

Read more on page 12

**LESSON 2**

When these characters appear, pause the game and discuss them

**Pever-Pek**

What would Pever-Pek think?  
How would Pever-Pek feel?  
What can we help Pever-Pek with?

Activities:  
1. Draw a picture of Pever-Pek and write a story about him.  
2. Write a letter to Pever-Pek and tell him how you would help him.

Read more on page 13

**Aiky**

What would Aiky think?  
How would Aiky feel?  
What can we help Aiky with?

Activities:  
1. Draw a picture of Aiky and write a story about him.  
2. Write a letter to Aiky and tell him how you would help him.

Read more on page 14

**LESSON 3**

When these characters appear, pause the game and discuss them

**Engels**

What would Engels think?  
How would Engels feel?  
What can we help Engels with?

Activities:  
1. Draw a picture of Engels and write a story about him.  
2. Write a letter to Engels and tell him how you would help him.

Read more on page 15

**Pepelo**

What would Pepelo think?  
How would Pepelo feel?  
What can we help Pepelo with?

Activities:  
1. Draw a picture of Pepelo and write a story about him.  
2. Write a letter to Pepelo and tell him how you would help him.

Read more on page 16

**LESSON 4**

When these characters appear, pause the game and discuss them

**Purrgy**

What would Purrgy think?  
How would Purrgy feel?  
What can we help Purrgy with?

Activities:  
1. Draw a picture of Purrgy and write a story about him.  
2. Write a letter to Purrgy and tell him how you would help him.

Read more on page 17

**Hypner**

What would Hypner think?  
How would Hypner feel?  
What can we help Hypner with?

Activities:  
1. Draw a picture of Hypner and write a story about him.  
2. Write a letter to Hypner and tell him how you would help him.

Read more on page 18

**LESSON 5**

When these characters appear, pause the game and discuss them

**Hollern**

What would Hollern think?  
How would Hollern feel?  
What can we help Hollern with?

Activities:  
1. Draw a picture of Hollern and write a story about him.  
2. Write a letter to Hollern and tell him how you would help him.

Read more on page 19

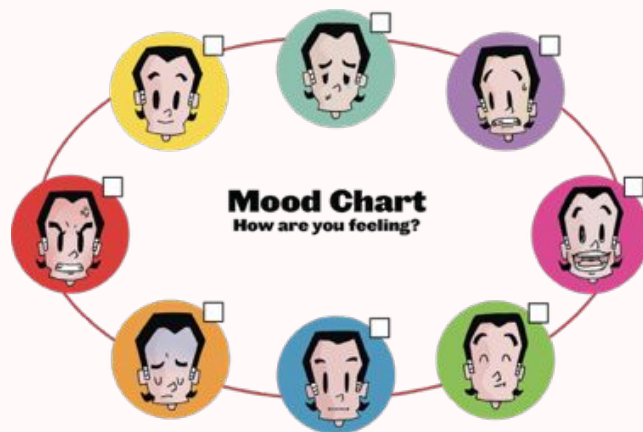
**Debi**

What would Debi think?  
How would Debi feel?  
What can we help Debi with?

Activities:  
1. Draw a picture of Debi and write a story about him.  
2. Write a letter to Debi and tell him how you would help him.

Read more on page 20

Keep track of a child's progression with our simple, teacher developed assessments such as this mood chart.



Theme each game using our set, simple PSHE lessons to guide discussion and introduce fun, creative and mindful activities.



We have built a whole universe around Book of Beasties that follows an ongoing narrative through mini comics carrying mindful messages. These reading materials immerse the children in our resources, creating a more accessible environment to learn. We also have a series of longer children's fables under the name of Waggy Tales.



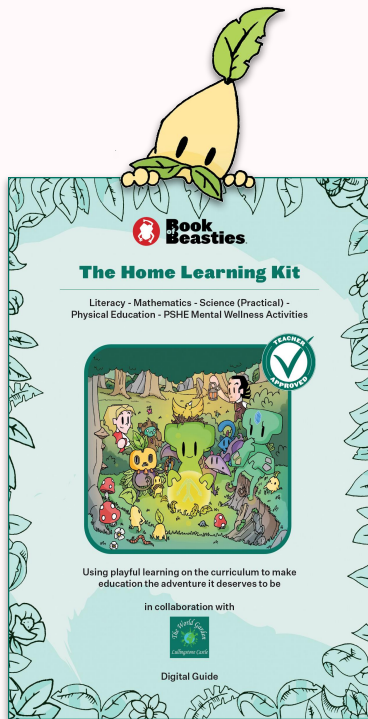




## Learning Resources

Our resources focus on wellbeing in schools predominantly through PSHE lessons, however we also develop a wide range of cross-curricular resources to ensure mental wellness is in the minds of pupils as they work across subjects.

“Making learning the adventure it deserves to be.”



**Calling all  
Schools: Be a part  
of the change**



UNIVERSITY OF  
**WEST LONDON**

Nominate your school to take part in a groundbreaking study into the effectiveness of Book of Beasties: The Mental Wellness Card Game and the use of play in mental health education run by the Human and Social Sciences School at the University of West London.

- All conducted virtually
- Participating schools receive free copy of the resource and ongoing support
  - Participating teachers receive a free CPD workshop
  - Study to begin in January 2021

**CONTACT US: [philt@bookofbeasties.com](mailto:philt@bookofbeasties.com)**



# For You

## 50% off the Mental Wellness Card Game

Using this code  
via our website:

**"BEASTIEGAMEPLZ"**



[www.bookofbeasties.com/shop](http://www.bookofbeasties.com/shop)

*Offer valid until 31 December 2020*



## FREE COPY of the Mental Wellness Card Game

When you sign up to the  
**Wellness Super Hero**  
Platform on our website



- PSHE/Mindfulness resources
- NC lesson archive
- Webinars
- Free game expansions
- And so much more

[www.bookofbeasties.com/sign-up](http://www.bookofbeasties.com/sign-up)

*Offer valid for the first 200 sign ups*

## Book a virtual CPD Book of Beasties workshop...

& receive a free copy of  
The Mental Wellness  
Card Game

**£30 per person**



Contact us for more info

[info@bookofbeasties.com](mailto:info@bookofbeasties.com)  
[penelope@bookofbeasties.com](mailto:penelope@bookofbeasties.com)

*Offer valid throughout the COVID-19 Crisis*

Thank you



“I am very impressed with Book of Beasties. I have not come across something so engaging for young children that enables ease of discussion about feelings in an acceptable and positive way.”

**Mandy Bryon**

Head of Psychological Services,  
Great Ormond Street

