Muzicbug
Happy Hearts. Strong Minds. ™

Activity 1



Sissy Slug's Strong Choices

Look at what is happening to Sissy.
Circle the choice that could help her feel stronger.

Sissy's favourite toy has broken.

What could help Sissy feel stronger?





Have a go at fixing it.



Have a cuddle and talk to someone.



Stay upset all day.

Sissy feels left out.

What could help Sissy feel stronger?





Ask if she can join in.



Ask one of the children to play.



Sit on her own and give up.

Sissy is finding something difficult.

What could help Sissy feel stronger?





Have another go.



Ask for help.



Get frustrated and walk away.

Which choice do you think would help Sissy the most?

_____



Sometimes things feel hard... but I can find my strength!

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Activity 2



Sissy Slug's Strong Body Moves

Move like Sissy and give each one a try.
Tick the box when you've done it!

1 Reach up tall!

Stretch your arms up high like Sissy.

☐



I can stretch up high!

2 Stretch side-to-side!

Gently reach to one side, then the other.

☐



I can move my body!

3 Balance like Sissy!

Hold your arms out and keep your balance.

☐



I can keep trying!

4 Make a strong pose!

Show your strong muscles like Sissy.

☐



I am strong!

Which move was your favourite?



Moving my body can help me feel calm, happy and strong!

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Activity 3



Sissy Slug's Strong Steps

When something feels hard, Sissy can take some strong steps.
Cut out the pictures below and put them in the right order.

1	2	3	4

Cut out these pictures.



Have a go!



Think what might help.



Something feels hard.



Stop and breathe.

What is something that sometimes feels hard for you?



Being strong doesn't mean everything is easy. It means I can find a way forward!

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Continue with Sissy!

More fun ways to build inner strength every day.



1 Discover the full Being Strong Activity Pack



15 fun, engaging pages to help your child build inner strength, cope with tricky feelings, try helpful strategies and never give up.

- Build inner strength
- Try new things
- Manage feelings
- Celebrate effort
- Grow resilience

Explore the Full Pack >

2 Watch Sissy's I'm A Little OK Song



A heart-warming song that helps children feel strong, even when things feel a little bit hard.

Watch on YouTube >

3 Explore All 20 Life Skills



Meet all 20 Muzicbug characters and explore more life skills, songs, stories and activity packs.

Explore All 20 Life Skills >

Strong minds grow through tricky moments.