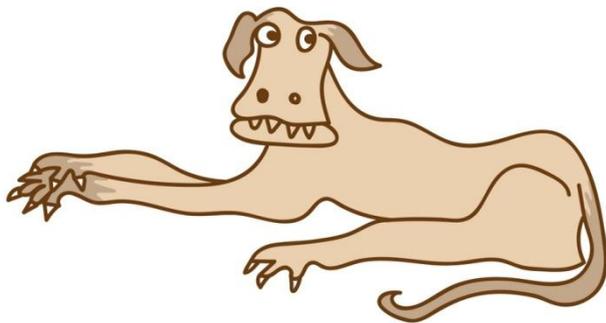


# Billy is Great



# Billy is Great

Hello Billy!

This booklet is full of things to remind you that you are special. It tells the truth about how good you are. If you look at the index, which is on the next page, you will see where you can read all the different things that are known about you.

You can also read some of my ideas about the world.

With lots of love from Large.

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## How you have been helpful and kind

Billy, do you remember when you were at the swimming pool and you helped that little boy to feel less afraid of the water? You played with him and he began to feel confident about being in the noisy pool.

Do you remember when Mrs Patel was in hospital and you helped to look after her cat? Mrs Patel was really grateful to you and her cat liked you very much.

How about the time when you put the big spider outside, so that your little niece wouldn't be afraid? You also showed her how to be gentle to spiders when we are putting them outside.

A page for adding more details about how you  
have been helpful and kind

## What you are good at

You are good at taking care of plants. You seem to know exactly how much water they need to drink.

You are good at answering the telephone. You make the caller feel comfortable because you are so polite.

You are good at playing video games. You never get angry when you are playing.

You are good at setting the table ready for dinner. You make it look neat.

*A page for adding more details  
about what you are good at*

## Your secret animal companion

Billy, I know some people who believe that there are wild animals that would like to share their strength with humans, to help the humans feel more confident.

How it seems to work is that the person imagines an animal that they like or admire. (Remember that all creatures are called animals - including birds.) The person spends time thinking about the animal. They send good thoughts to that animal. They think of the animal being beside them.

Later, at a time when the person feels afraid or worried, they imagine that animal standing beside them, or if it is a bird, they imagine it flying beside them or sitting on their shoulder. I know a person who has two special animal companions. They have a lioness on one side and a cougar on the other.

When they imaginethem close by, they feel more confident. Feeling confident makes them walk more upright and look stronger.

Which animal might you choose to have standing or flying beside you? You could have more than one, of course. I am told that it's always good to say, "Thank you" to these imagined animals.

Remember, you don't need to tell anyone about your animal companion if you don't want to.

You could draw your Animal Companion below...

## Interesting things that you would like to do

Write on this page all the interesting things that you would like to do...

## Large has some thoughts about the world and about life

Well, I think the planet Earth is very beautiful, but sometimes I feel it is a confusing place to live. There are many good things happening, but there are many sad things as well. And, sometimes, there are frightening things.

What can we do about the sad things and the frightening things? We can't always do anything about them, and that makes me feel like barking very loudly. But I think it's ok to feel sad or frightened and it's ok to bark loudly from time to time. And I don't have to say 'sorry' for feeling sad or frightened and barking loudly. But I try not to bark loudly every single day, because that might make me forget about all the good things.

I also think it's good to talk to someone nice, who won't say I am silly for being sad or frightened. I think it's important to remind myself that I am special and I don't have to be like anyone else. I don't have to do things exactly the same way as others do. I only have to be my best self. I shall still make some mistakes, but everyone in the whole world makes mistakes.

What do you think about the world, about life and about you? You can write on the next two pages.

A page for your thoughts about the world  
and about life

Another page for your thoughts about  
the world and about life



