

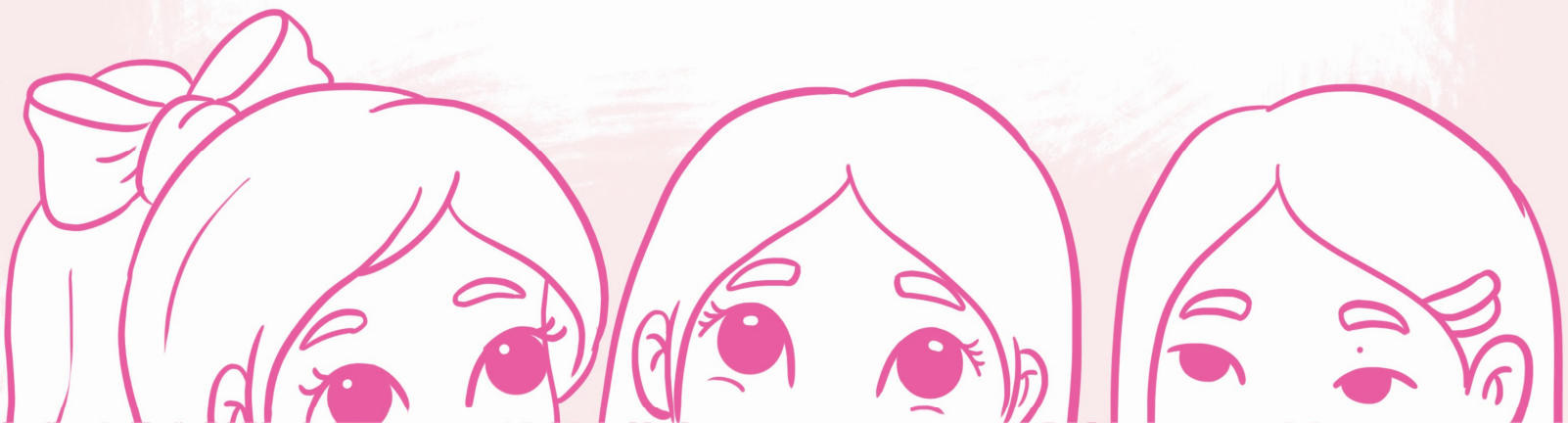


# SMART SENSES WORKSHEET

Want to boost your Smart Senses like Mila, Maia, and Maci? This worksheet will help you learn cool tricks to tune into how you're feeling and boost your empathy power. Featuring Smart Senses like Body Bonkers, Empathy Alerts, and Positive Peepers, it's packed with fun activities for you and friends. Exclusive to Marshmallow Magic fans.

## SMART SENSES

OK. Being school smart is important. Sure, we all know that. But did you know what else is super-duper important? How you feel and act! If you can guess how you and others feel, you're going to have a way better life. That doesn't mean you'll always be happy. Being sad, scared, or mad are totally normal. It's how you choose to act that matters. I learned awesome tricks called Smart Senses to help. These are a bunch of cool ways to tune in to how you're feeling so you can decide what to do. Check them out below! ---Mila



# A REVIEW OF THE SMART SENSES

• **Empathy Alert** – When you use clues to figure out how someone is feeling.

• **Wild Worry** – When you can't stop worrying about something and think about all the bad things that could happen.

• **Body Bonkers** – When your body goes crazy before you realize you're worried about something. Like a woozy tummy, a headache, or fast breathing.

• **Positive Peepers** – Fake glasses that help you focus on the positive side of life, even though hard stuff is there too.

• **Maybe Mean** – The idea that when someone's mean, maybe they are really sad or scared. Their meanness is their hard shell, like a turtle's, so their soft insides don't get hurt.

• **Crush It with Kindness** – When someone is mean, but instead of being mean back, you surprise them with kindness. You crush the mean stuff and are smart not to let them ruin your day.

• **Agree to Disagree** – When you disagree with someone, but you don't have to prove them wrong. You agree that it's OK to have different opinions.





# Empathy Alerts Game

2+ Players

1. Print out this page.
2. Cut out each sentence.
3. Put them face-down on a table.
4. Take one-minute turns acting out each situation without talking.
5. You both win the game when, together, you get 10 total points!
  - 1 point – Guess the emotion correctly
  - 1 point – Guess what's happening in the scene correctly

You are lost in a neighborhood you don't know.  
Emotion: Scared

You are trying a new bike for the first time on a hill.  
Emotion: Scared

You just opening an amazing birthday present  
Emotion: Surprised

A friend stops by your house unexpectedly to see if you want to ride bikes.  
Emotion: Surprised

You didn't get invited to a classmate's birthday party.  
Emotion: Sad

The kids on the playground didn't invite you to play their game.  
Emotion: Sad

Your mom just quizzed you on your multiplication flashcards, and you got them all right.  
Emotion: Happy

Your parents just announced they are taking the whole family out to the movie theater.  
Emotion: Happy

Your parents told you that you will have to miss a swim party with your friends.  
Emotion: Angry

Your younger sibling wrecked the Lego house you built.  
Emotion: Angry

You are next up for your class presentation.  
Emotion: Worried

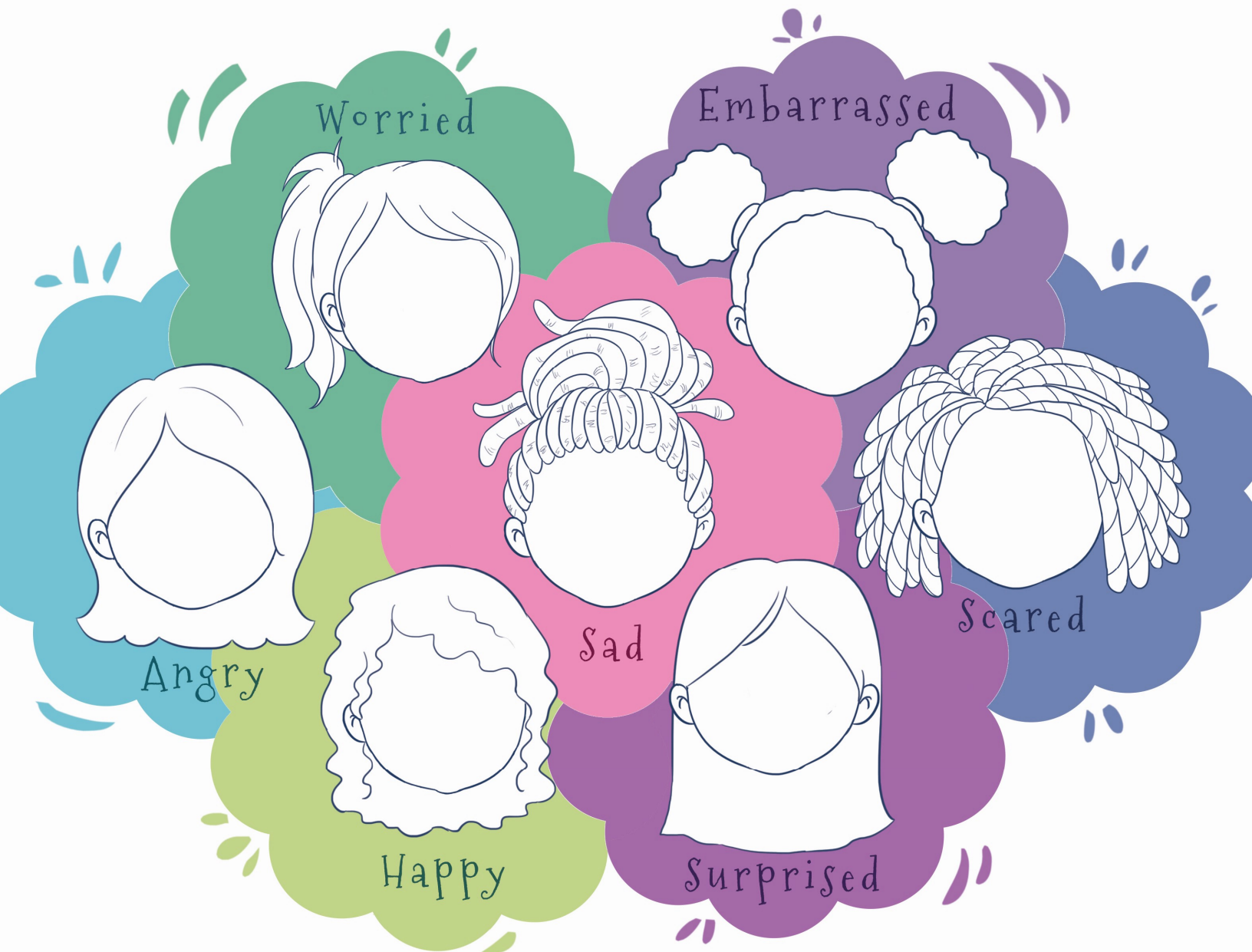
Your mom and dad are arguing in loud voices.  
Emotion: Worried

Someone just tells you that there's a hole in the back of your pants and your underwear is showing.  
Emotion: Embarrassed

A kid you don't know at a park makes fun of your hairstyle and clothes.  
Emotion: Embarrassed

# Feeling Faces

Draw an expression on each face to match the feeling



# OUT AND ABOUT ACTIVITY

Go to a park and see if you can find someone feeling each of the emotions above.

Check them off below.

Happy



Sad



Angry



Embarrassed



Scared



Surprised



Worried





smart

# “Senses” scene

Now that you’ve reviewed the Smart Senses, it’s time to imagine some real-world scenes.

Directions:

1. Read the scene at the top, then think about what you may do in each situation.
2. Circle any body part where you get Body Bonkers and write down what you experience.

**Body Bonkers** – When your body goes crazy before you realize you’re worried about something. Like a woozy tummy, a headache, or fast breathing.

3. Write Wild Worry thoughts you may have in the bubbles on the left.

**Wild Worry** – When you can’t stop worrying about something and think about all the bad things that could happen.

4. Write Positive Peepers thoughts you may have in the bubbles on the right.

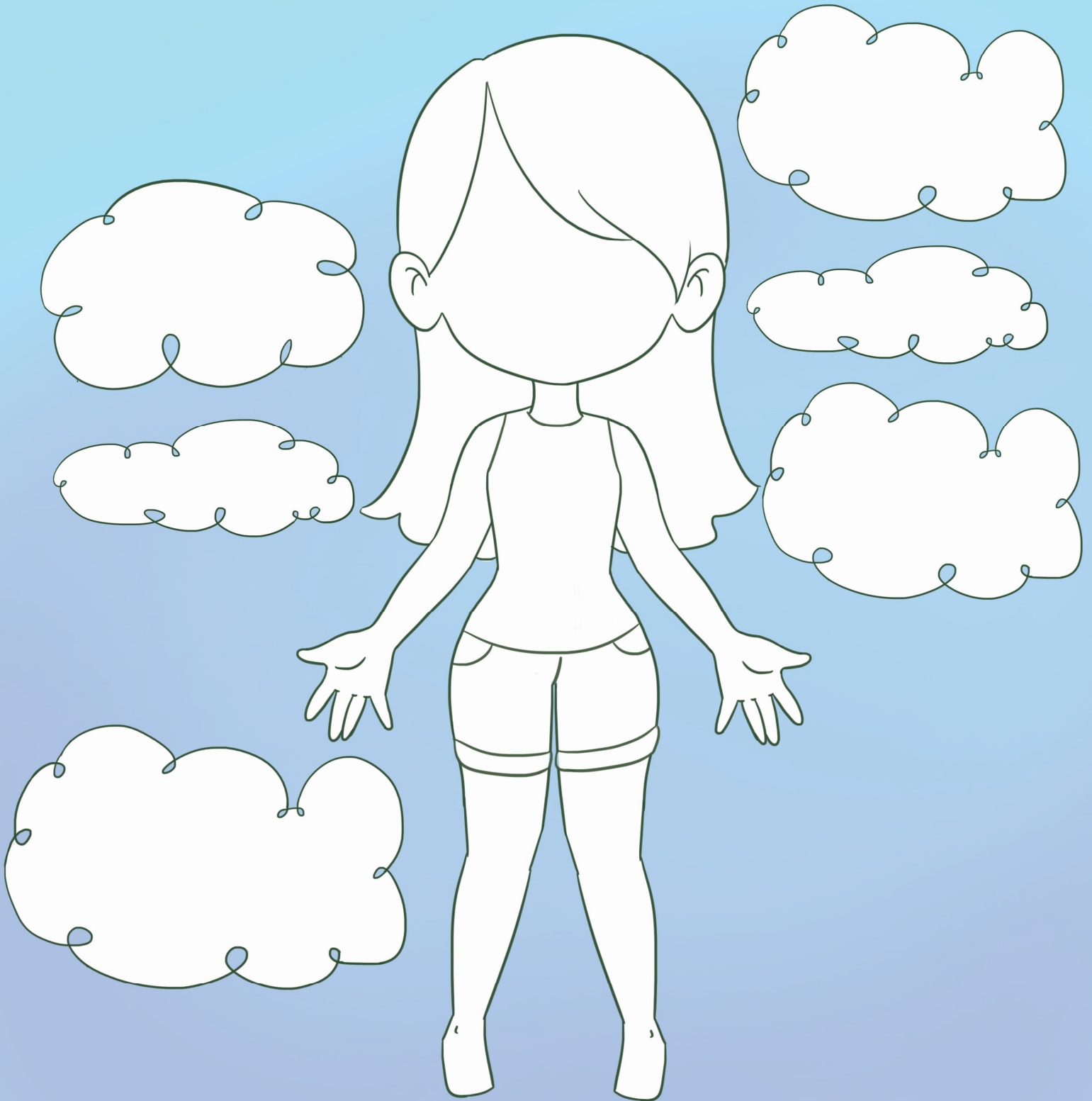
**Positive Peepers** – Fake glasses that help you focus on the positive side of life, even though hard stuff is there too.

SAMPLE:

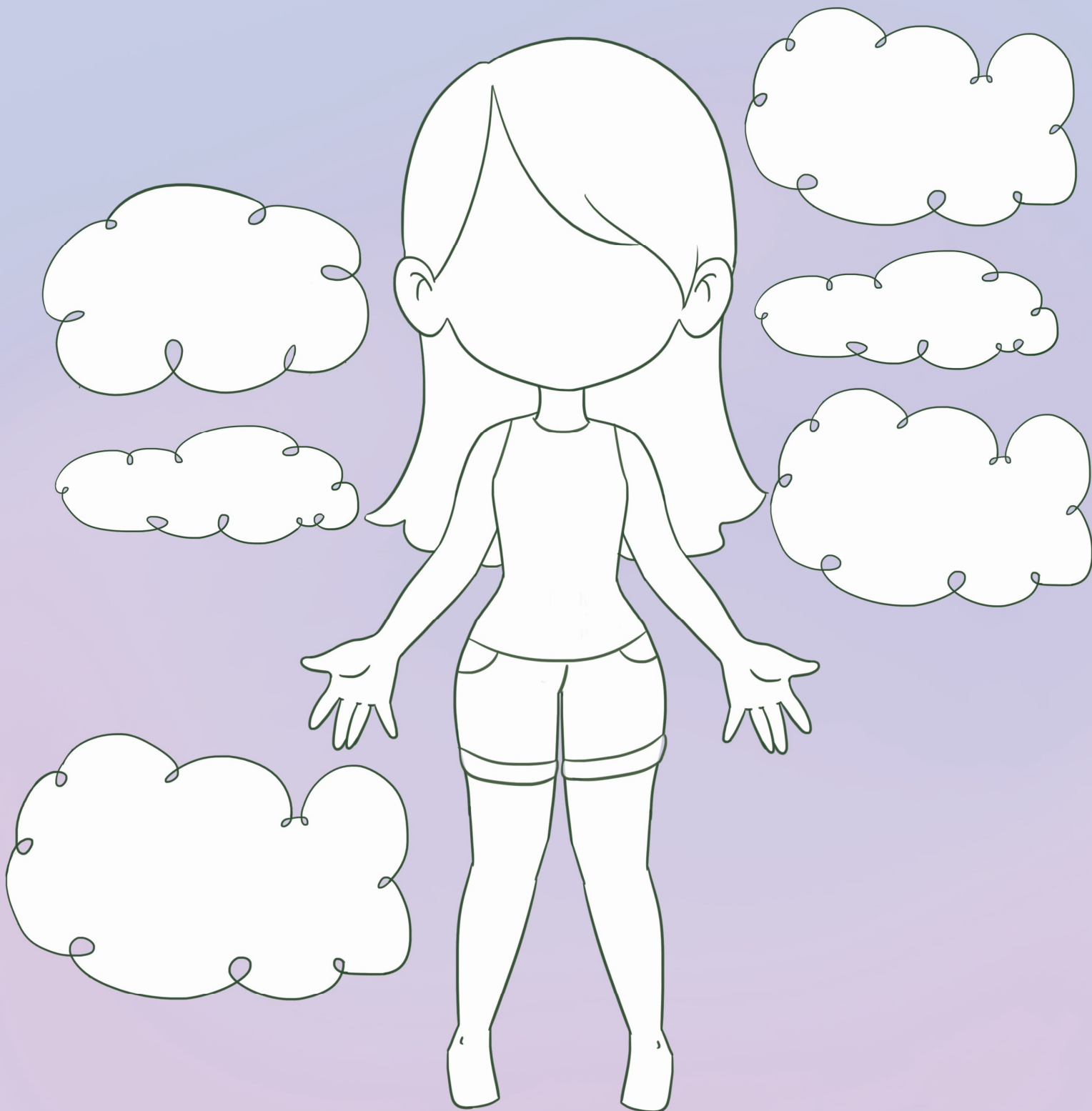
Scene: You are next in line for the new carnival ride



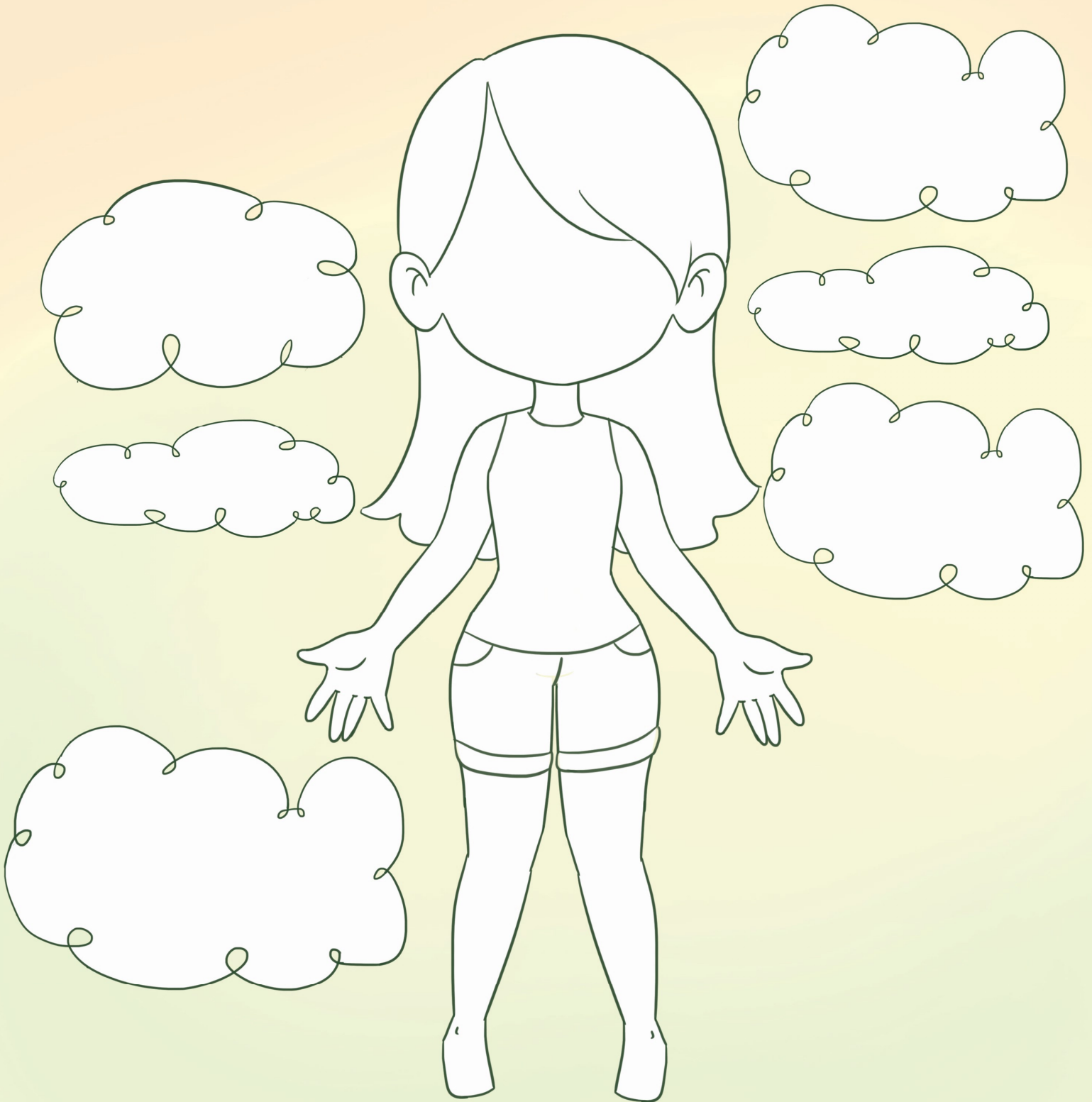
Scene: You have a presentation in front of your class at school



Scene: You're wondering if you'll be invited to your friend's birthday party



Scene: Your big game (or performance) is tomorrow



# Kindness Challenge

## Smart Sense: Crush It with Kindness

When someone is mean, but instead of being mean back, you surprise them with kindness. You crush the mean stuff and are smart not to let them ruin your day.

### Challenge #1 Special Delivery

1. Buy a cool box of markers or pens from your favorite store.
2. Spot someone at school who is being mean.
3. Add an anonymous note with the person's name on it and a little note that says "Just a little gift for you." Don't sign your name.
4. Leave it on their desk (get permission from the teacher if you need to), or on their front doorstep if you know where they live.
5. That's it! You may not see their reaction, but write down below how this made you feel:



### Challenge #2 Friendship Fix



This is a harder challenge because it involves you personally. Sometimes friends do things that hurt our feelings. We may not know what made them act that way, but what we do know is that they are your friend for a reason. Try this challenge and see what happens.

1. When a friend does something to hurt your feelings, fill out these blanks:

- \*What my friend did:
- \*How I felt

Now's the hard part. Write her or him a note about what you like about them or your friendship. Don't mention the mean thing they did.

Example. Dear Sophie, I love riding bikes with you and think you have such a great sense of humor. I also just wanted you to know that I think you're an amazing swimmer. Your Friend, Linzie

2. Leave it on their desk or drop it off at their house.
3. Did your friend say anything about the note?  
How did you feel after dropping it off?

# ‘maybe’ mean,

The idea that when someone’s mean, maybe they are really sad or scared. Their meanness is their hard shell, like a turtle’s, so their soft insides don’t get hurt.

Look at the picture below. Karli was mean to kick Maci’s favorite soccer ball, Starry, over the fence.



What things may be happening in Karli’s life that make her mean? What could she be sad or scared about? Did something happen at home or school? What challenges could she have in her life?

Write your ideas in the bubbles.

Sample:

“Karli is sad they didn’t include her in the soccer game”

and “Karli had a fight with her parents before school”

Tip: If you read Marshmallow Magic: Saving Spring Soccer already, your ideas don’t have to follow the real story. Just come up with any ideas that could happen to anyone.



A large, white, cloud-shaped area with a purple outline, containing 18 horizontal purple lines for writing.

# IDOL INSPIRATION

Sometimes we get our Positive Peepers watching other people we admire. Mila is inspired by piano rock star Gloria in the Marshmallow Magic books. She also is inspired by Maci's sense of humor and how hard she works at everything. Maia's calm attitude and organization also encourages Mila to tame her Wild Worry and be more organized.

Do you have celebrities or friends that inspire you? Maybe it's a sibling or parent that makes you feel hopeful and positive. Fill out the blanks.

Idol #1

What three things do you admire about them?

- 1
- 2
- 3

What three things do you admire about them?

- 1
- 2
- 3

Idol #2

What three things do you admire about them?

- 1
- 2
- 3

Idol #3

# WILD WORRY

What are three things you worry about?  
Can you come up with a Positive Peepers thought for each one that will help you feel hopeful?

| Thing I Worry About | Positive Peeper Thought |
|---------------------|-------------------------|
| 1.                  | ♥                       |
| 2.                  | ♥                       |
| 3.                  | ♥                       |
|                     | ♥                       |
|                     | ♥                       |
|                     | ♥                       |

Now, circle one of the Positive Peepers thoughts above. Write it down on a Post-It note and stick it on your bathroom mirror.



One week later:

Did the note help you feel better?

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Did you find solutions to something you were worried about?

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Did you act differently?

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## Marshmallow and Cake Pop Recipes

Make your own cake and marshmallow pops! Check out the free recipes on our website.

## Downloadable Marshmallow Magic Birthday Kit

Want to host your own Marshmallow Magic themed birthday party? Download our décor and activity kit and make some marshmallow memories.

## Win Marshmallow Pops

Enter quick and easy contests regularly at [facebook.com/marshmallowmagicbooks.com](http://facebook.com/marshmallowmagicbooks.com).

Win free marshmallow pops made by Bella, the author's daughter and inspiration for the Marshmallow Magic book series!

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