

# MAGICAL MEDICINE

Author Lesson For Prep, Year 1 & Year 2

## Lesson Overview

In this activity, students learn skills to identify their emotions and how to ask for help when they aren't feeling their best. Students also identify key support people in their lives that they can confide in and seek help from.

## Accompanying Resources

Magical Medicine -  
(Positive Action Step) Sheet

## Differentiation

Questioning and discussions adjusted for each year level. Activity scaffolded for Prep – level of assistance and prompting from Author.

## Lesson Flow

### Opening:

Follow the reading of 'Myrtle's Magical Medicine', and the performance of 'Myrtle's Mirror',

Author Revisits the part of the book where Myrtle was feeling embarrassed and a little sad about her laugh. Author discuss how by "reading between the lines", you can see that Myrtle must have told her Mum how she was feeling.

This is called a Positive Action Step!

And it's a very wise thing that Myrtle did, as it meant that her Mum knew that she needed a little extra help from Wise Witch Doctor Willow to feel good about herself.


### Body:

As a class, re-read the book and ask the students to watch and listen very carefully for any other Positive Action Steps that Myrtle took.





## Lesson Flow Continued



Encourage students to “read between the lines” (infer) where necessary. Author scaffolds and prompts this with Prep students.

Positive Action Step Prompts:

- When Myrtle was feeling bad about herself, she told her mum she was feeling this way.
- Myrtle practiced self-love and acceptance – positive affirmations.
- Myrtle kept trying, even though something felt silly to begin with.
- Myrtle was brave and she stood up for herself when someone was unkind.
- Myrtle owned and celebrated her differences and recognised that they made her special and unique!

Explain that Positive Action Steps are also the Magical Medicine that can make you feel better when you’re feeling bad.

Author then poses the questions:

“What are some positive action steps you could take when you are feeling sad about yourself?. Students share thoughts and ideas.

Then

“Who could you tell if you weren’t feeling good about yourself?”

Using 5 fingers encourage students to come up with one person for every finger that they can share things with. A safe and supportive person, someone who cares about them. It could be a teacher, a family member, or an emergency worker.

### Consolidating:

Students are then given time to draw their favourite Positive Action Step from the Book and are encouraged to talk about/ write why they liked it.

Students then draw one Positive Action Step that they can take themselves.

Students also draw one or more people/persons they can talk to when they need help.

Students share responses and individual action steps, with the Author reiterating the importance of asking for help when you need it.

