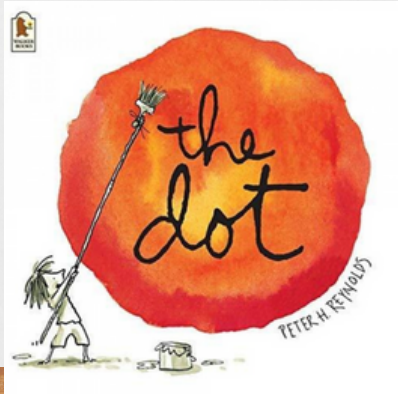




# THE WELLBEING BOOKBOX ~ INTERNATIONAL DOT DAY ~ THE DOT BY PETER H. REYNOLDS ~



TITLE: THE DOT  
AUTHOR: PETER H. REYNOLDS  
PUBLISHER: WALKER BOOKS

EMOTIONAL LITERACY FOCUS: SELF BELIEF, CREATIVITY,  
COURAGE AND COLLABORATION

**Synopsis:** Vashti is convinced that she can't draw. However, with some gentle encouragement from her teacher, she realises where just one dot can take her.

A celebration of creativity and growth mindset, empowering children to have confidence in themselves..

## TALK ABOUT IT: DISCUSSION TASKS AND JOURNALING PROMPTS



- How does Vashti feel about art at the start of the story?
- How do you feel faced with a blank page?
- How does Vashti's teacher make her feel proud and believe in herself?
- Which is your favourite way that Vashti creates a 'dot'? Why?
- Why do you think Vashti becomes inspired?
- How does Vashti feel by the end of the story?
- What do you think will happen to the boy after our story has finished?
- What message do you think the author is giving us?
- How can we believe in ourselves?
- How can we help others believe in themselves?
- What do these words mean to you: self-belief, courage, creativity, collaboration

## TEXT BASED TASKS TO BOOST CREATIVITY, EMPATHY AND WELLBEING



- Create a 'dot' picture by printing using lots of different circular shaped objects.
- Look at the artwork ~ Kandinsky's 'Colour study: squares with geometric circles.' Use this as inspiration for a piece of class collaborative artwork where each child creates their own 'square' filled with circles and all are joined together.
- KS2 ~ Learn to use a compass and create different overlapping 'circles' then colour them to create a mindful artwork.
- Go on a 'dot' scavenger hunt in nature then use Andy Goldsworthy as inspiration to create circular artwork outside.
- Start with a line, what can you create?
- Create your own 'dot to dot' picture.



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~ WASSILY KANDINSKY ~ SQUARES WITH GEOMETRIC CIRCLES



~ ANDY GOLDSWORTHY ~ VARIOUS ARTWORKS