



Wellbeing Playlist

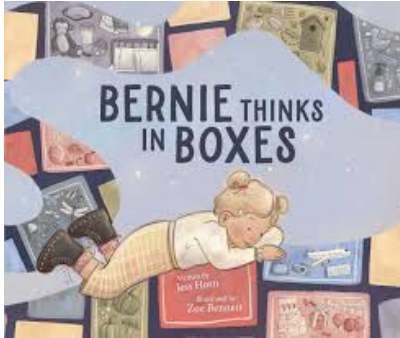
I can do this!



Story, Talk, Try it!

The Nest is Australia's shared vision for the wellbeing and development of all children and young people.

Bernie Thinks in Boxes



Age group: 4-8

Author: Jess Horn

Illustrator: Zoe Bennett

Storyteller: Ava Brownlee

Publisher: Affirm Press

Themes: Neurodiversity, different ways of thinking, creative problem-solving

This book supports Learning in The NEST: Encouraging effective learning and development opportunities from early childhood through to adult life

Talk

1. Look at the cover on the screen before pressing play. What do you think this story is about? What might it mean to 'think in boxes'?
2. How does Bernie feel when things fit neatly into her boxes?
3. What happens for Bernie when her boxes collide and nothing fits the way she expects?
4. Do you have your own way of organising your thoughts, toys or ideas? What does that look like for you?
5. Why do you think everyone has their own way of making sense of the world?

*Raising Children Network: Family Story Book

In the story, Bernie sorts the things in her world into boxes. Making a picture story book is a way to acknowledge the things your child loves, sorting pictures into their own boxes or pages, while also noticing how different boxes can connect.

- Gather photos or drawings about things a child loves.
- Talk about each one together, and let the child decide which 'box' or page it belongs on.
- Look for pictures that could belong in more than one box, and talk together about how different boxes can connect.

The Raising Children Network website has a range of activity guides which can all be adapted to suit children with diverse strengths and abilities.

For the full activity see: raisingchildren.net.au



Try it!



Scan the QR code to view the story!



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