



HELEN DOCHERTY

Illustrated by Taylor Barron

MAKE IT ALL GO AWAY



Activity Pack



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Name the Senses



There are five senses mentioned in the book.
Can you name them?

1.

2.

3.

4.

5.



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Explore Your Five Senses

We have five senses: **sight**, **hearing**, **smell**, **taste**, and **touch**.

Think about one thing you like and one thing you don't like for each of these senses. Draw them below.

SIGHT I like... I don't like...		HEARING I like... I don't like...
SMELL I like... I don't like...	TASTE I like... I don't like...	TOUCH I like... I don't like...

For example, Melodie loves the smell of freshly baked bread but hates the smell of raw fish.



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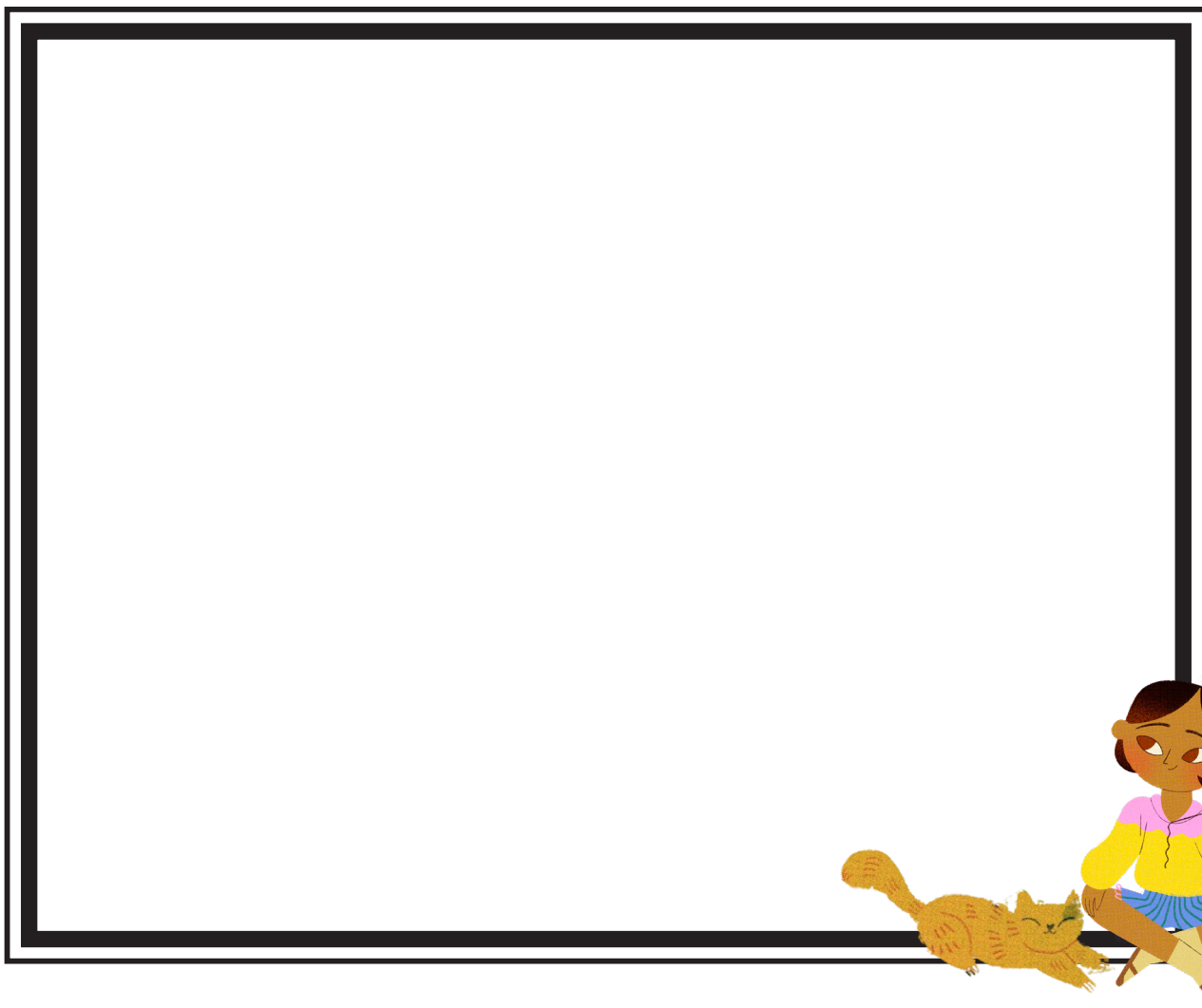


Draw What Comforts You

In *Make it All Go Away*, Melodie cuddles her cat when she feels overwhelmed.

What comforts you when you're feeling upset?

Is it a family member, a pet, a teddy, or something else?
Draw it here!



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Memory Test

**Can you remember what happened in the story?
Write number 1 – 7 in the boxes to order the events.**

Melodie and her family get ready to leave the house.

Melodie's family visit the mall and the lights are too bright.

Melodie gets overwhelmed by loud noises in the bathroom.

Melodie does her stims to calm her down.

Melodie doesn't like the smell of the fish at the market.

Melodie eats mushy vegetables at a restaurant.

Melodie enjoys her fluffy jumper and special blankey at home.



ANSWERS: 1, 5, 3, 6, 2, 4, 7



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Reading Comprehension

How Closely Did You Pay Attention?

1. Name two noises that Melodie doesn't like on her day out.



2. What does Melodie think medicine tastes like?

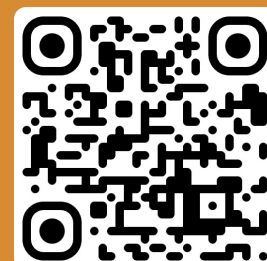
3. Describe three stims Melodie does to calm herself down.

4. Write down three things Melodie likes at the end of the story that helps her calm down after a long day.

ANSWERS: 1. swishing of a coat, bang of a door, hand dryer, shoes scuffing on floor | 2. shampoo | 3. tap her fingers, tap her nose, move in circles, spand on her toes, hum, twirl her hair, blink her eyes, flick the air | 4. music, the sea, yolkly egg, fluffy jumper, bread, her blanket



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Spot The Differences?

Can you find the six differences between these two pictures of Melodie at the restaurant?



I found...

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

ANSWERS: 1. missing light | 2. added photo frame on the back wall | 3. missing cup of tea in front of the mum | 4. added perfume bottle on the table by the flowers | 5. added musical notes coming out of dad's mouth | 6. Melodie's hair pins changed color



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Find The Cat!

Melodie's pet cat appears on every page.

Write down below all the places you spot him around this circle!

Can you find all 13 hiding spots?



Next to Melodie
in the garden

ANSWERS: 1. next to Melodie in the garden | 2. jumping out the cat flap | 3. hiding by the watermelons | 4. on the girl's dress | 5. scratching Melodie's label | 6. in the pet shop window | 7. hiding in the plant pot | 8. jumping away from Melodie | 9. up in the tree | 10. splashing in the pond | 11. on Melodie's lap at home | 12. on Melodie's bed | 13. back in the garden



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Vocabulary List

Key Words	Definitions
Sensory overload	Sensory overload can happen when our senses take in more information than our brains can keep up with, all at once.
Stims	Stims are movements or sounds we make over and over again, or in a particular way. For some of us, stimming can help us cope in a stressful situation or a place where we are experiencing sensory overload.
Masking	Masking is when we hide or disguise how we are feeling on the inside; for example, when we are feeling overwhelmed or to try to fit in.



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For Caregivers
+ Educators

Questions To Ask A Child About Sensory Overload

Want to start an engaging discussion with your young people about sensory overload and feeling overwhelmed?

Here are some conversation starters for you!

1. How do loud noises, bright lights, or too many people make you feel?
2. What do you notice about your body when you feel overwhelmed? (For example, do you feel tired, tense, or have sweaty palms, etc)
3. What do you like to do when you're feeling overwhelmed?
4. How do you create a calm space for yourself?
5. What are some signs that show a person might need time alone or a quiet space?
6. What are some things you can do if you see someone who looks like they're feeling overwhelmed or overstimulated?
7. Do you think it's okay to ask for a break when things get too overwhelming? Why or why not?
8. Can you describe a time when you felt like everything around you was too much?



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