

Not Today, Celeste!  
Activity Book



Think about why Rupert is sometimes grey in the story...



Depressed

Worried

Afraid

Lonely



Angry

Anxious

Scared

Nervous



Sad

Draw arrows to show which feelings Rupert might have



How might Celeste be feeling?

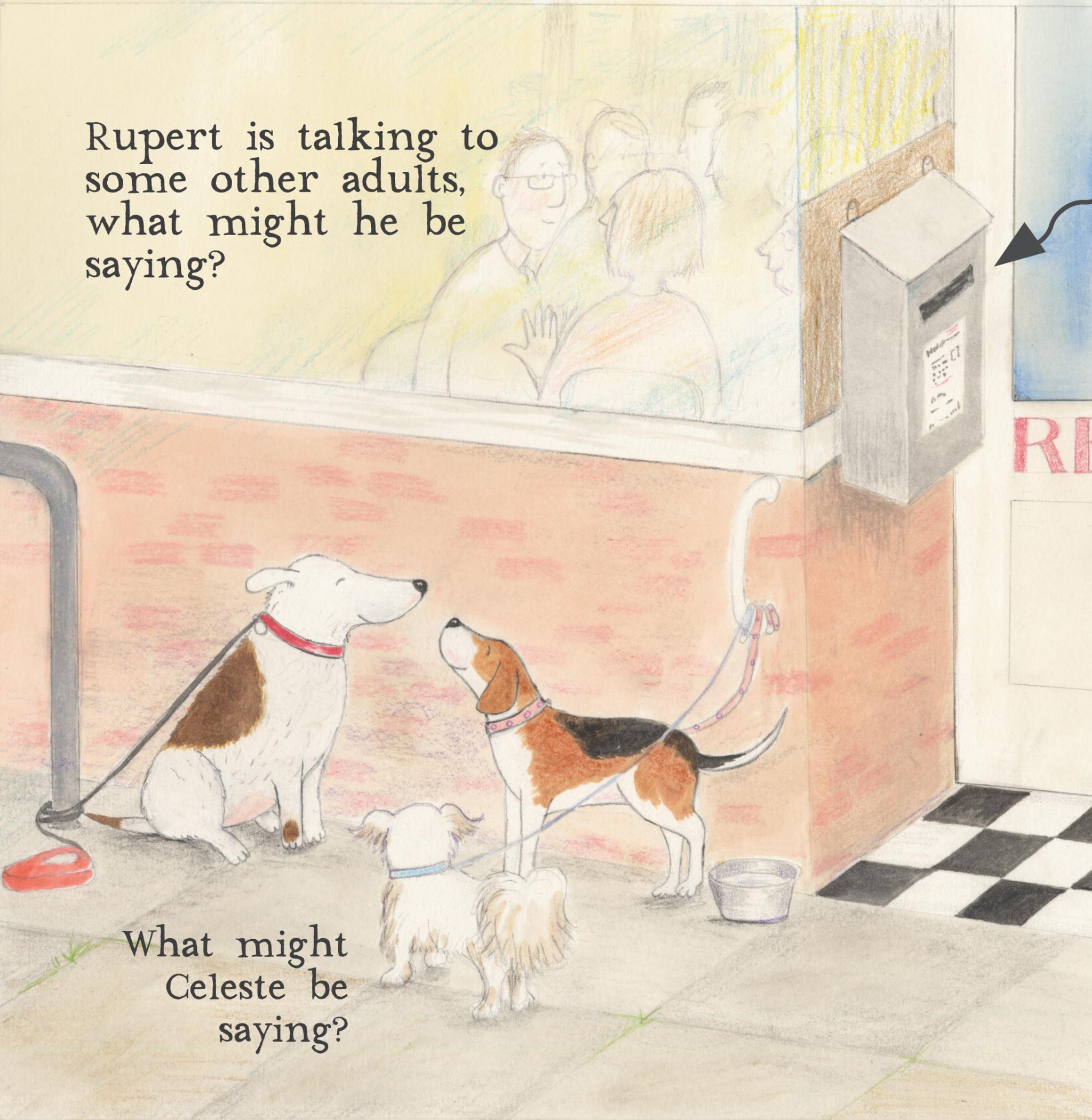
Why might Celeste be crying?

Rupert is talking to some other adults, what might he be saying?

This postbox looks like a good place to post some thoughts or worries...

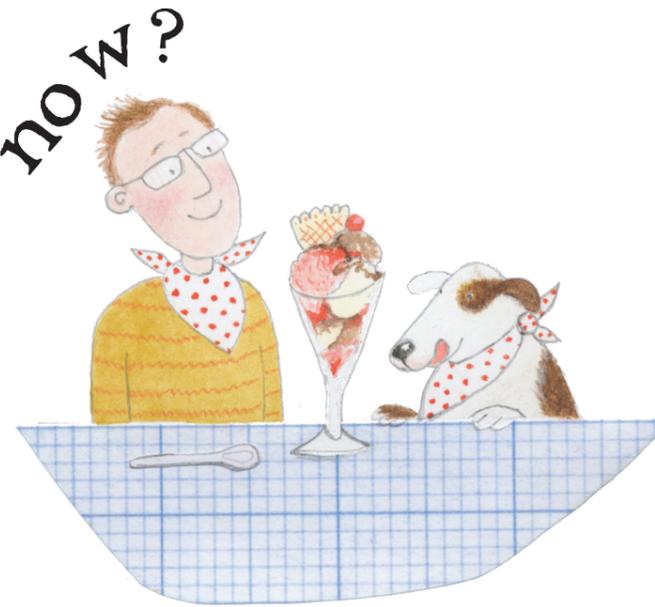
What might Celeste be saying?

You can write any thoughts or worries here. If you would like to...





How is Rupert feeling now?

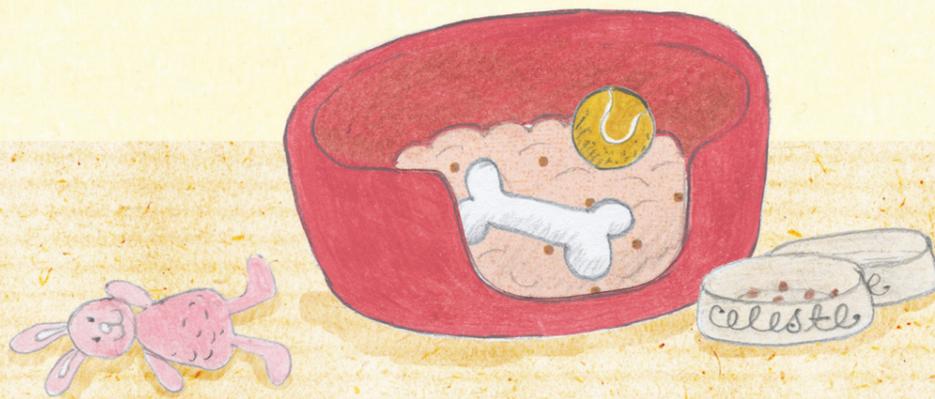


Write some words for how Rupert is feeling  
Choose which colour you think is best for each feeling



Draw YOUR special place

Celeste has a special place...  
what things can you see that  
might help her feel cosy  
and safe?





Rupert, Lily and Henry help Celeste

Use the other frames to draw those who might help YOU



Lily tells Celeste to play



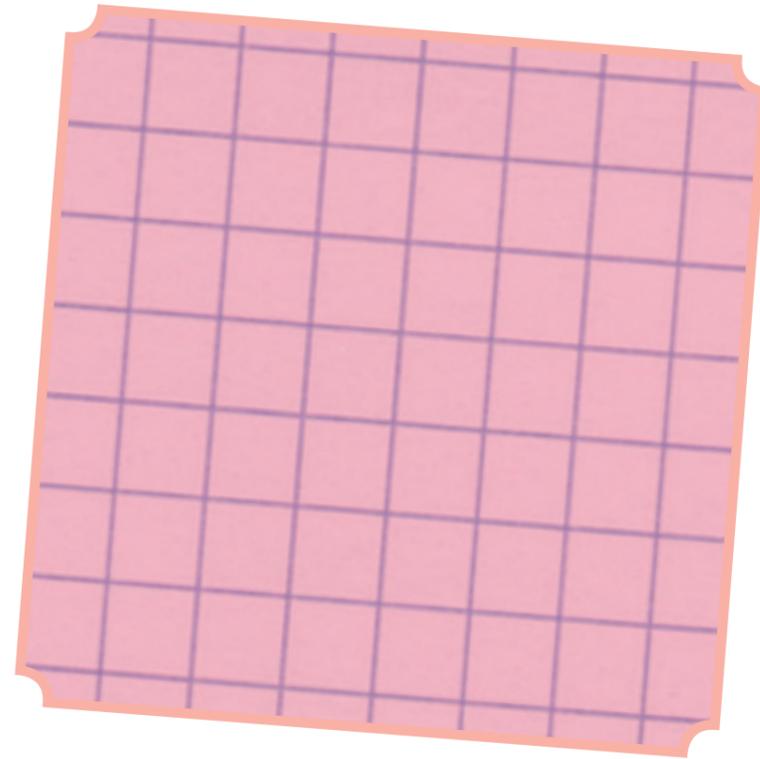
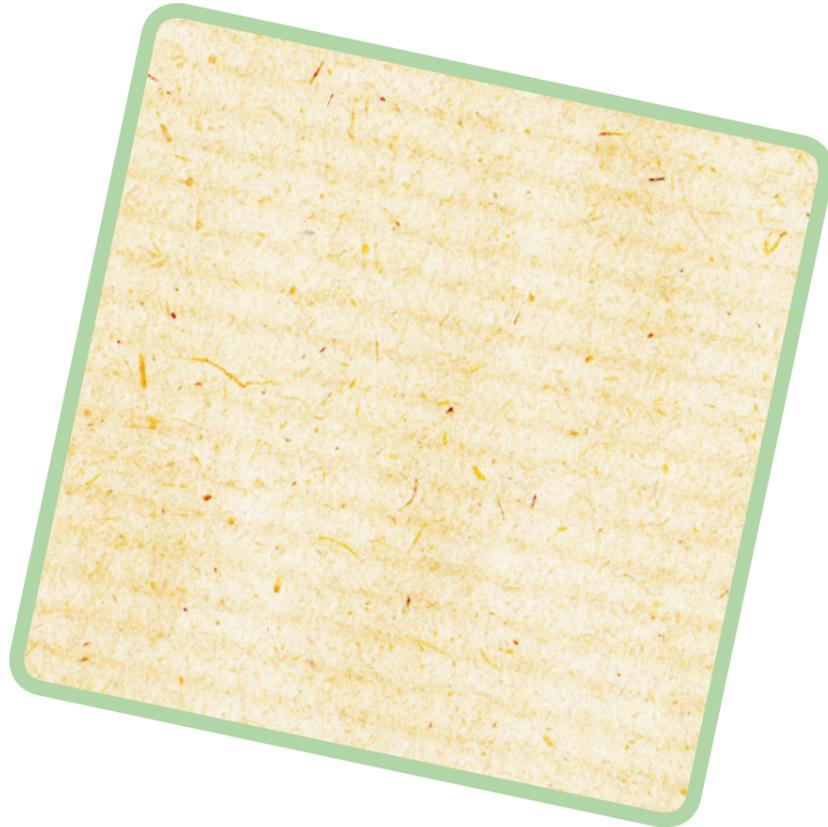
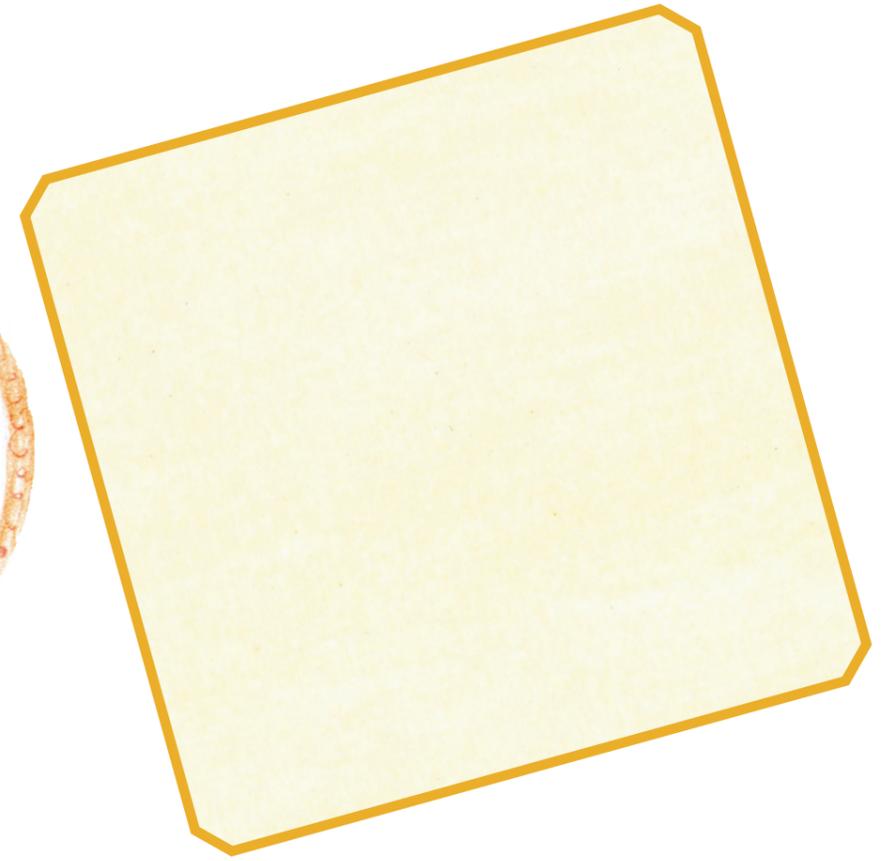
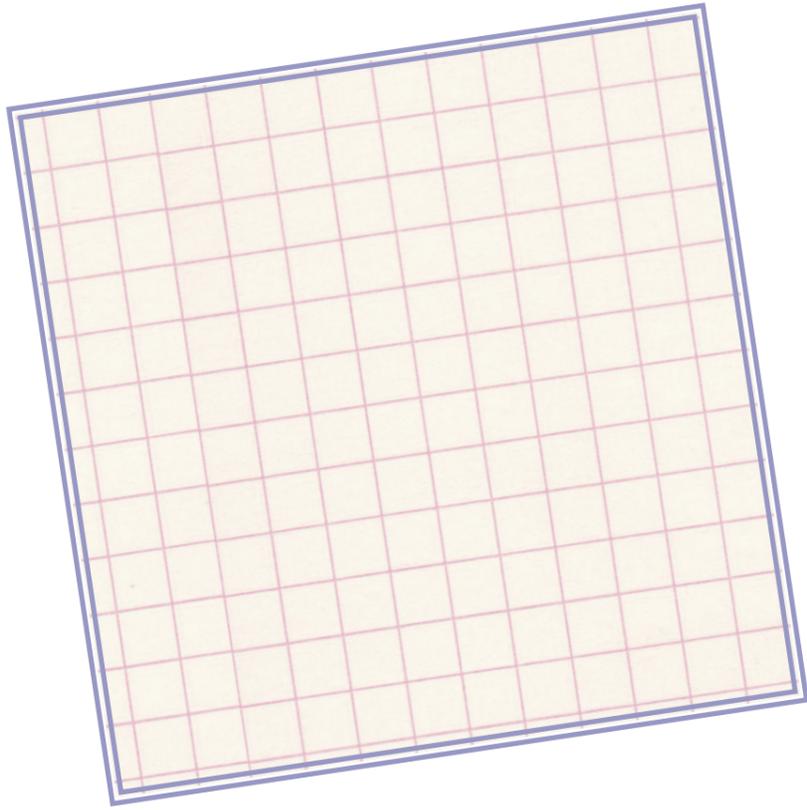
How did Celeste feel before?



How is she feeling now?

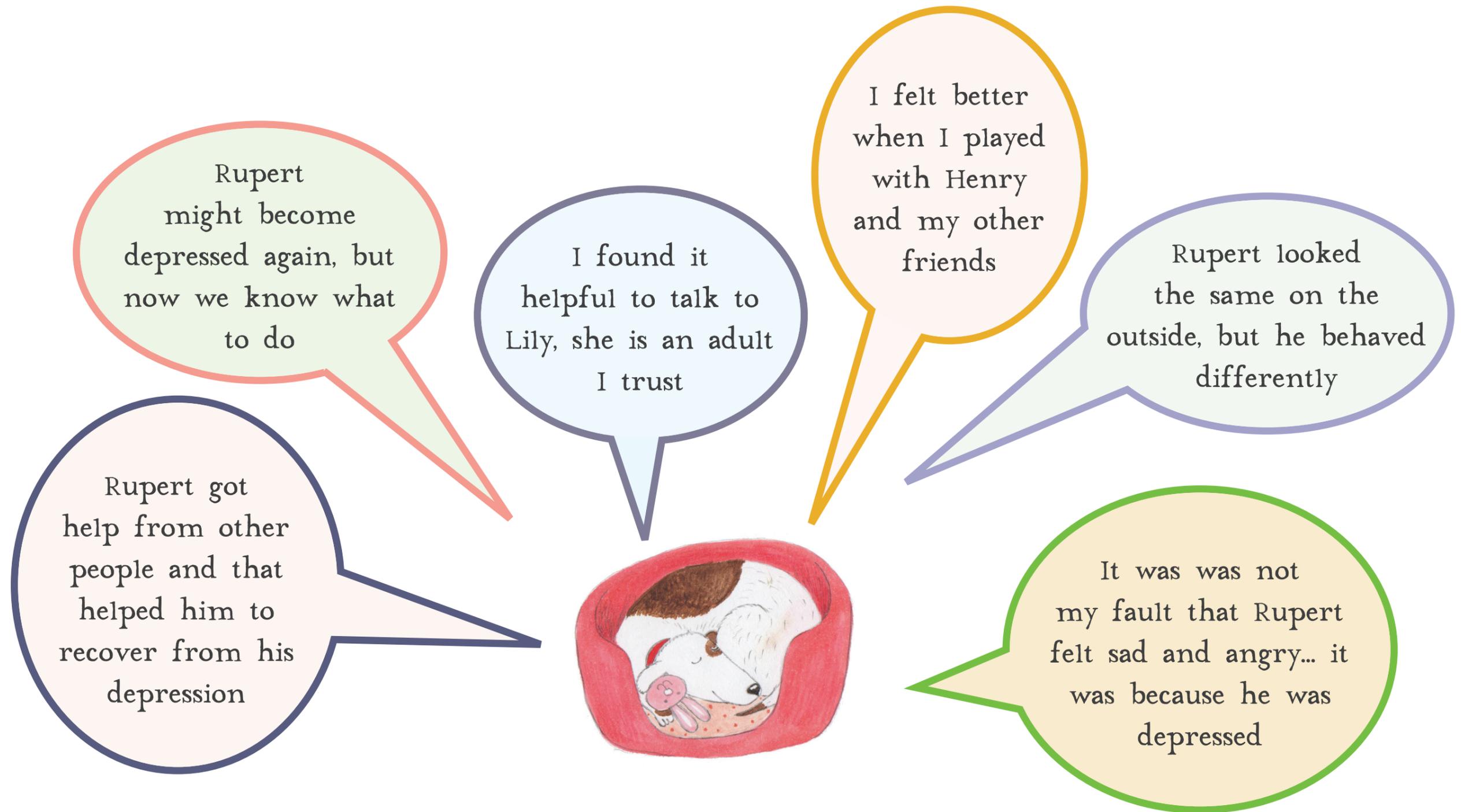
Draw YOU doing  
your favourite thing!

Send a message to...



Think about how the characters in the story might be feeling. If you could send a message to Rupert, Celeste, Lily or Henry what would it say?

# The things Celeste discovered when Rupert became ill with depression



Look back through the story and see if you can find when you think Celeste discovered these things...

Why not colour in this picture of Celeste and Rupert?



*Draw a picture of Celeste here...*

**Some suggestions to talk and think about during each activity in this activity booklet, adults may like to help with this:**

- **The front page:** shows Rupert and Celeste riding on a bike – they are moving forward. Return to this image at the end of the activities and talk about where Rupert and Celeste might be going to... what adventures they might have in store... and how are they feeling now?
- **Rupert in grey:** a chance to think about, name and explore difficult feelings. All of the 'feelings' words could equally apply to all of the pictures of Rupert; even when he appears 'angry' Rupert is almost certainly feeling scared and anxious on the inside. Drawing arrows from all of the feelings to all of the pictures is okay – there are no right answers. This is an opportunity to talk about times when people might not always show on the outside what they are feeling inside.
- **Celeste crying:** Celeste is worried about Rupert, she might also be thinking that it is her fault that Rupert is angry. When we don't understand why someone is angry we can think it's our fault, even when it isn't.
- **Rupert getting help:** thinking about what Rupert and Celeste may be saying will help to put words to feelings and worries. If it is too difficult to write down worries, then think about what Celeste is worried about and write those worries down (post worries in a 'worry box' or 'worry bear' if there is one).
- **Rupert and Celeste in colour:** when Rupert is depressed he is 'empty' of colour... here we can think about how colours might relate to how people feel – think about whether feelings might have particular 'colours', or if colours might affect feelings, for example, "purple helps me to feel calm".
- **Celeste's special place:** the warm cosy basket, with its blanket, soft toy to cuddle, ball to play with and bone to chew are the things that help Celeste to feel happy and safe. Think about your own special place – or the chance to create an imaginary one – and draw it.
- **Celeste's photo wall:** think of safe, trusted adults who you know, and who you might be able to talk to about a worry (parents, grandparents, carers, teachers, lunchtime assistants, aunts, uncles, older siblings, neighbours etc.) and draw some faces in the empty frames.
- **Celeste playing with her friends:** think about all the things that you can do that can help you to feel good (playing, walking, baking, building, skating, etc.) and then draw some of those activities.
- **Send a message to:** an opportunity to think about what it might feel like to be around someone who is living with depression or other problems.
- **Celeste dreaming:** a chance to recap the things that Celeste learnt during the story - read back through the book and find the part in the story when Celeste discovered these things.

This activity book was written and produced by  
**Teresa Day** for the **Charlie Waller Memorial Trust's Book Club**  
to accompany the book  
**'Not Today, Celeste'** by **Liza Stevens**  
published by **Jessica Kingsley Publishers**

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