

## NATHAN BRYON & DAPO ADEOLA

### MAKING THE WORLD A BETTER PLACE:

NOTES FOR TEACHERS AND LIBRARIANS



### THINK BIG!

#### Before watching the video or reading the extract...

*Rocket Rules!* by Nathan Bryon and Dapo Adeola is a list of ten things we can do every day to THINK BIG and change the world. But if you could change anything about the world, what would it be? How would YOU like to make it a better place? Share your ideas with your friends, classmates, teachers and parents.

### DISCUSS THE EXTRACT!

#### TAKEN FROM PAGES 1-2.

Before you get into the detail of the discussion get the group's initial responses to the extract – how did they feel about it? Are they keen to read more? Do they have any questions?

1. Who is Rocket? What does she like to do?
2. What can you tell about Rocket's passions and interests from the objects on page 1?
3. What do you think might appear on Rocket's list of 'Rocket Rules'? Can you guess?

### FIND INSPIRATION

#### AFTER WATCHING THE VIDEO, DEVELOP NATHAN AND DAPO'S IDEAS

### INSPIRATION 1: WHAT ARE YOU GRATEFUL FOR?

In the video, Nathan and Dapo discuss how it is important to think about what you are grateful for each day. This helps to have a positive mindset and make the world a better place to be in!

- What are some of the things that Dapo and Nathan are grateful for?
- Nathan says that every day, when he wakes up, he writes down five little things that he is grateful for. For example the trees in the park, and the leaves all around him. Create your own Gratitude List of five things. Begin each sentence with '*I am grateful for* . . .' How does this exercise make you feel?

### INSPIRATION 2: NATHAN AND DAPO'S LISTS

In the video, Nathan and Dapo take inspiration from their character, Rocket, and share their own lists of things to do each day to make the world a better place. Can you incorporate some of their ideas into your daily life?

- CREATE A JOURNAL inspired by Nathan and Dapo's lists. Create a fun front cover for your journal inspired by the things you love. Use your journal to keep track of when you have managed to tick something off on their joint list – for example cooking, reading a new book, being generous to someone else, or even singing on the loo! Are there other things that you have done you think might have made a difference too – make a note of these too. Do these small actions make you feel more positive about yourself and the world? How does it feel to have a record of the things you have done?

### CREATIVE CHALLENGE FROM NATHAN AND DAPO

Go out and make your OWN list of rules. You can make ten rules, just one or two, or 20 if you like! Think about the things that YOU would like to do every day to THINK BIG and make the world a better place. Think about how you would like to present your list so you will remember them-do you want to add it as pages in your journal? Do you want to make a poster or a bookmark? Do you want to make a picture book like *Rocket Rules* or a concertina book you can keep in your pocket?