

# Self Help Guide

## Communication



This booklet is to think about our own character, the way we behave towards other people and the way they behave towards us.

- How do people normally behave towards you?
- Think about how you normally talk to other people?



# Monkey Bob has four different ways of behaving.

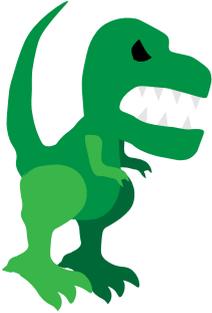


**Bossy**  
(In Charge)

**Angry**  
(Scary)

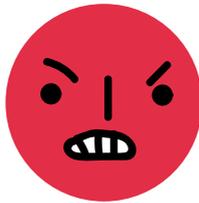
**Friendly**  
(Playful)

**Quiet**  
(Timid)

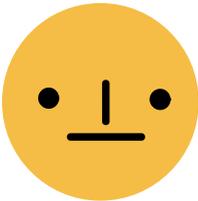


The way Monkey Bob behaves towards his friends may make his friends feel one of the following:

Happy, Angry, Sad or Bossy

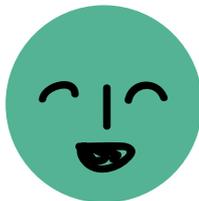


HAPPY



ANGRY

SAD



BOSSY

Can you match the word to the correct feeling face?

When Monkey Bob's sister wants him to do something she can be bossy with him.



What animal is Monkey Bob's sister being?

How might Monkey Bob behave when his sister is being bossy?

You can draw a picture or write down your answer here.



When Monkey Billy is cross he sometimes shouts at Monkey Bob.

What animal is Monkey Billy being?

How might Monkey Billy behave back when Monkey Bob shouts at him?

.....

.....



Sometimes Monkey Bob's mum is tired at the end of the day.

What animal does Monkey Bob's mum feel like?

How would Monkey Bob feel if he really wants mum to play with him? What might he do to try and get her to play?

You can draw a picture or write down your answer here



When Monkey Bob is feeling friendly and happy he will play with his little brother.

How might his little brother behave back to Monkey Bob?

What animal will his little brother act like?

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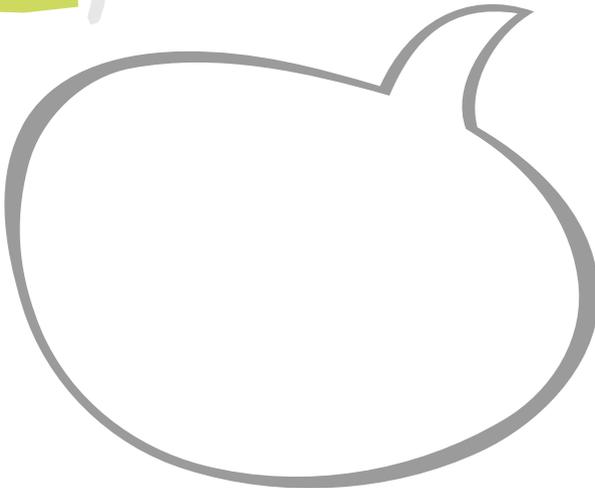
Monkey Bob had been having a really good day, he had been at school and chatted to Monkey Billy at play time about their favourite TV show. In class Monkey Billy asked if he would like to share the pencils to design a postcard together.

Can you make a postcard here about working together?



# How do you talk to your friend?

How does your friend talk back to you?



Write in the speech bubble what you both say.

# Scribble Your T

Thoughts Here



Monkey Bob wants us to know that sometimes when we are bossy and shout at people they may still do what we tell them.



Circle the face that shows how people feel if Monkey Bob is being bossy.



When Monkey Bob is friendly and kind, how might Monkey Bobs brother be feeling?



Think of 2 things the bossy person could do instead to get someone to help?

1

---

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2

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Monkey Bob wants us to know that his friends are always happy to help out when he is friendly and kind.



**Now let's draw a picture of a  
Superhero character that is most  
like you?**

**Draw a picture in the box**

**Why do you think this character is most like you?**

.....

# Monkey Bob works hard to be friendly most of the time.

Tick the boxes where Monkey Bob is being friendly. How will the other person feel in each picture? Draw a face.



Monkey Bob pushes Monkey Billy



Monkey Bob shares with his little brother



Monkey Bob reading to Monkey Billy



Monkey Bob not sharing

Think about something  
you can do...



to show people you can be friendly  
and kind.

.....

.....

to make friends with someone you do  
not get on with.

.....

.....

to show someone important to you  
how you feel.

.....

.....

On this page you can add important telephone numbers or people who can help you.

Now take a look at other myCWA self help booklets.



## Links for extra help and support

**MyCWA** ✉ [info@mycwa.org.uk](mailto:info@mycwa.org.uk) ☎ 01270 250390

**Live Well Cheshire East** 🌐 [www.cheshireeast.gov.uk](http://www.cheshireeast.gov.uk)

**Starting Well Cheshire East and Chester**

🌐 [www.cheshirewestandchester.gov.uk](http://www.cheshirewestandchester.gov.uk)

**Safety Guide and visual guide Bullying** 🌐 [www.safetyguide.co.uk](http://www.safetyguide.co.uk)

**Healthy Teen Relationships** 🌐 [www.actonitnow.co.uk](http://www.actonitnow.co.uk)

**Kooth Free safe advice for children and young people**

🌐 [www.kooth.com](http://www.kooth.com)

**Childline** ☎ 0800 1111 🌐 [www.childline.org.uk](http://www.childline.org.uk)

**Anti Bullying, includes cyber bullying information**

🌐 [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**24 hour helpline 0300 123 5101**

**www.mycwa.org.uk**

**#myCWAalivefree**

We work closely with behavioural psychologist Emily Alison. Emily has a wealth of experience of therapeutic behaviour change and has designed many of the tools we use. Emily also oversees our expert staff team, developing resources based on their work with families and individuals affected by domestic abuse.

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