

This Activity Book Belongs To

.....



# Today I feel...

Happy



Okay



Sad



Not sure



**Draw an emoji in the box that matches your mood:**

Happy

Okay

Sad

Not Sure



# REWARD PROMISE

If I ..... today.

As a reward I will:

.....

.....

.....

Signed: ..... (**child**)

Signed: ..... (**parent/ guardian**)



## Create Your Own Hank Story

## Hank Finds A New Home

A cartoon illustration of a purple, fuzzy creature with large eyes and a small orange beak. It is wearing a yellow hat with green spots and a yellow scarf with green spots. The creature is holding a black suitcase in its right hand and a black bag in its left hand. It is standing on a white background with horizontal dotted lines.

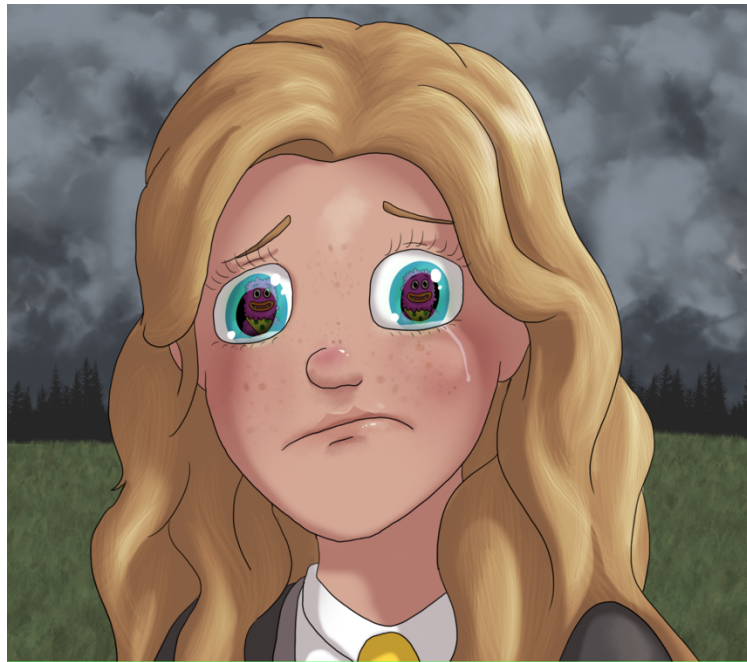
## Unscramble the letters

Some of the characters from the Hank The Hungry Monster have got muddled up.

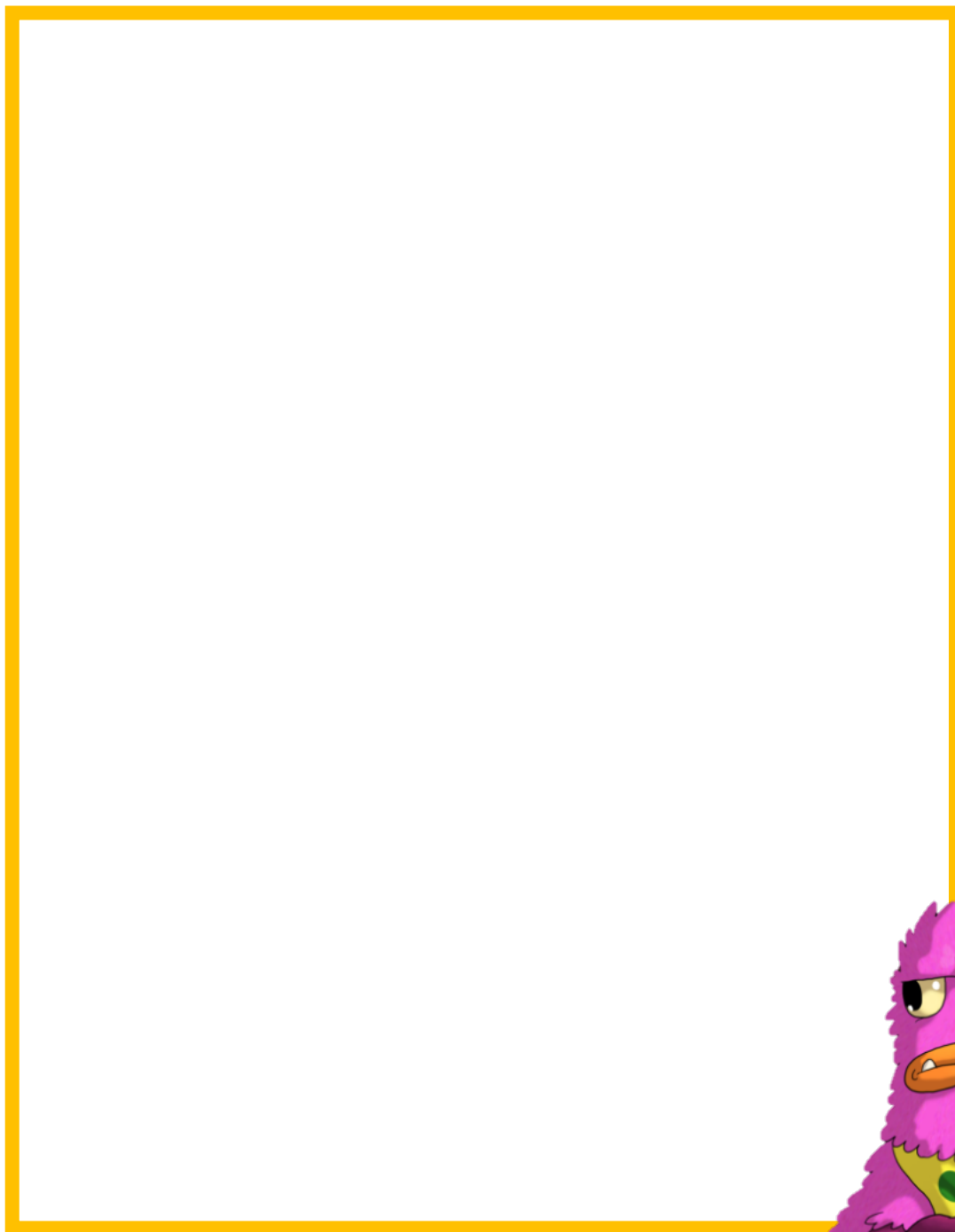
Can you unscramble them to reveal the character's names?

1. HITEAT .....
2. KHAN .....
3. CAN REM SIMS .....
4. BEAN NEAL .....

**GOOD LUCK!**



# Draw Your Own Hank



# Bake Some Hank Cakes

## Ingredients

For the cakes:

100g	Butter
2	Eggs
2 tsp	Vanilla extract
100g	Caster sugar
100g	Self-raising flour

For the icing:

150g Icing sugar  
Decorations of choice

Makes 10-12 cakes

## Method

1. Preheat oven to 170°C (150°C fan) gas mark 3.
2. Line a muffin tray with 10-12 paper cases.
3. Beat the butter and sugar together, then add the eggs, one at a time: mix well after each egg is added.
4. Add the vanilla extract.
5. Fold in the flour until all mixed in.
6. Spoon the mixture into paper cases and bake for 15-20 minutes, until golden on top. Insert a cake skewer into the cake to make sure that they are cooked through.
7. Take out of the oven and allow to cool.

## **Making the icing**

Put the icing sugar into a bowl.

Add a few drops of water, until the icing is smooth and shiny.

**Tip:** If the icing mixture is too thick, add a bit more water.

If the icing mixture is too runny, add a bit more icing sugar to thicken.

## **To Decorate**

Spoon the icing on to each cake. Then design your own Hank creation.

### **Suggestions include:**

Colour some icing with food colouring then drizzling it over the top to create your own “blobby” Hank.

Use some rolled icing and cut out some Hank shapes to put on top.

Create a Hank shape using some coloured sprinkles.

Add edible icing googly eyes.

The options are endless.

Get inventive and have fun with your baking.

**Please feel free to post your creations on to my Facebook Mind Monsters Page, which you can access on the following link:**

<https://www.facebook.com/themindmonsters>



**Hope that you had fun going through Hank's Activity book.**

Please feel free to post any of your stories, pictures or cake creations on my Facebook page, which you can access on the link below:

<https://www.facebook.com/themindmonsters>

Please "LIKE", "COMMENT" and "SHARE" my page if you (or anyone else that you know) would like regular updates on ways to reduce child anxiety and for information about any up and coming books.

Meanwhile, here are the unscrambled answers for the anagrams on **page 5:**

1. Hattie
2. Hank
3. Miss Carmen
4. Annabelle

Did you get them all right?

If you didn't, don't worry, it's only a bit of fun 😊

Meanwhile, stay calm and be good....and above all else be kind.

Julie 😊