



Not Today, Celeste!

Activity Book



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



Draw arrows to show which feelings Rupert might have



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?



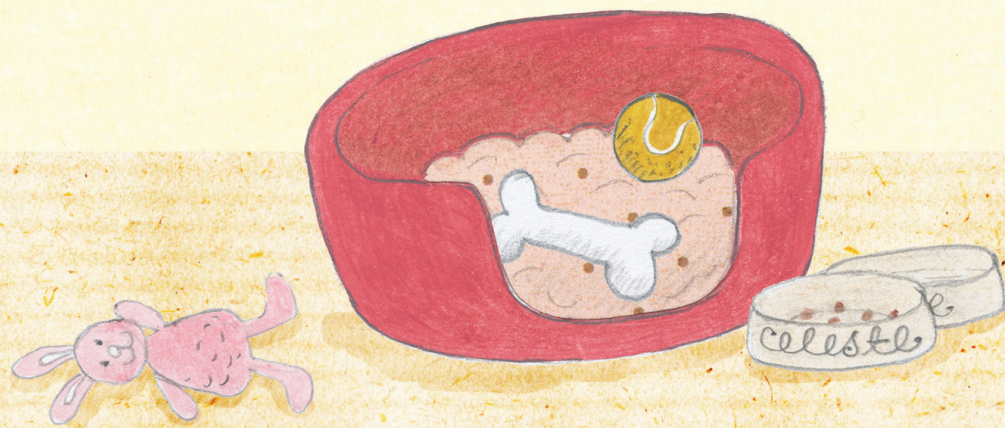
Write some words for how Rupert is feeling  
Choose which colour you think is best for each feeling



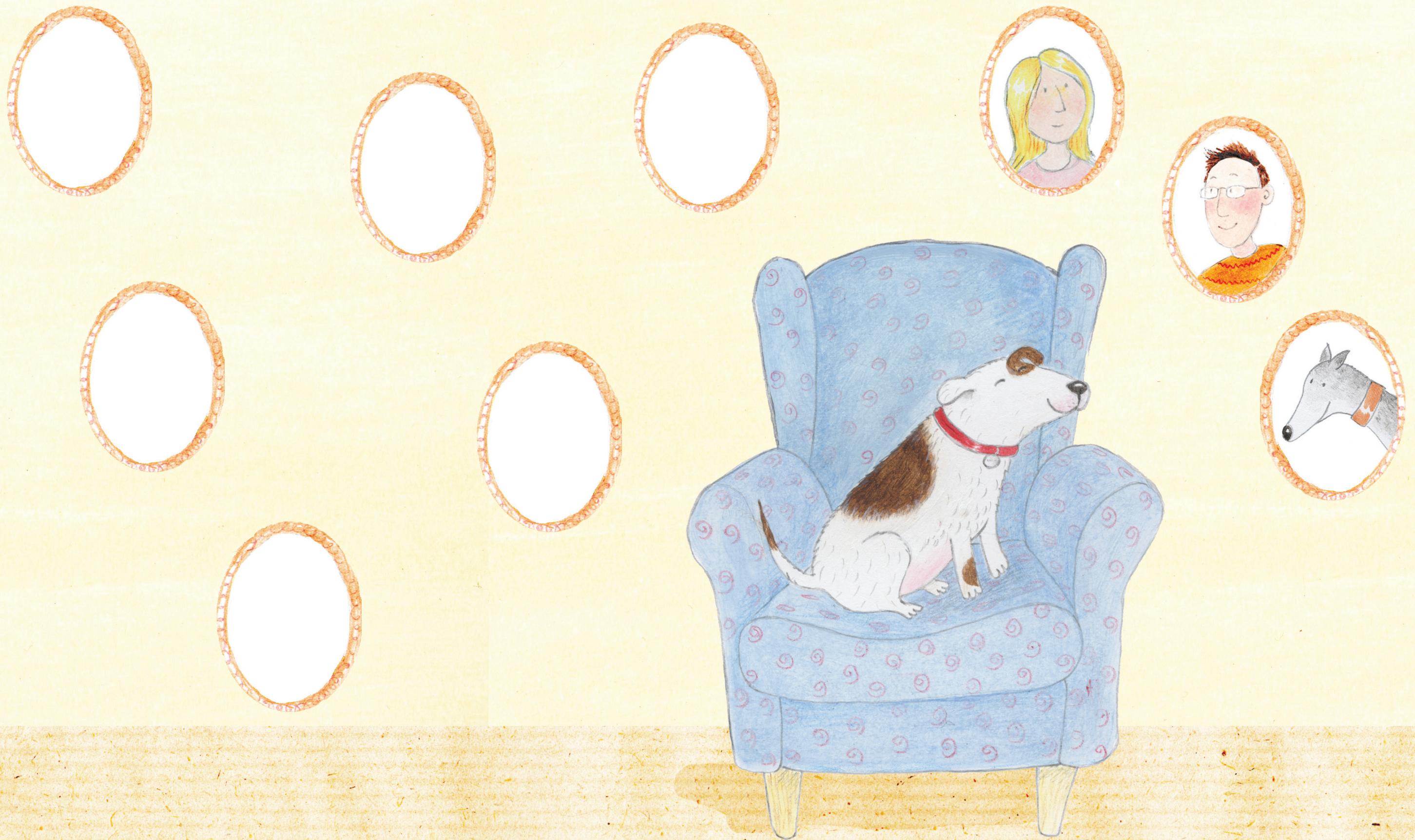


Draw YOUR special place

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



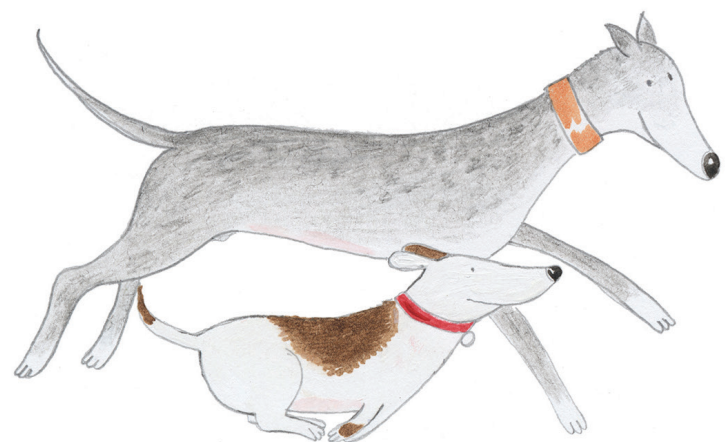




Rupert, Lily and Henry help Celeste

Use the other frames to draw those who might help YOU

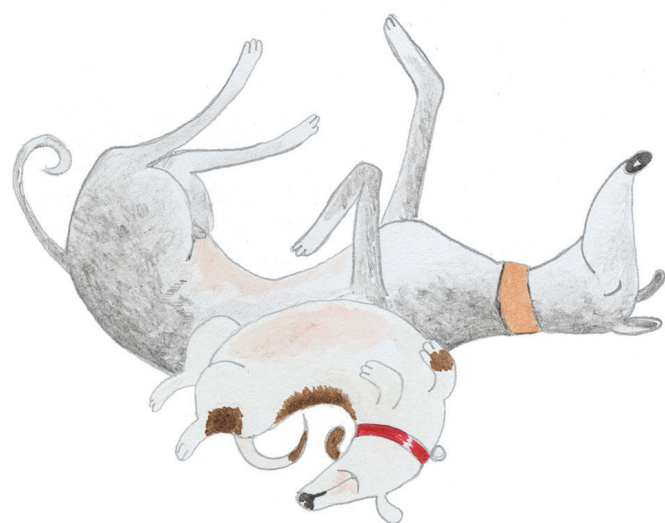




Lily tells Celeste to play



How did Celeste feel before?

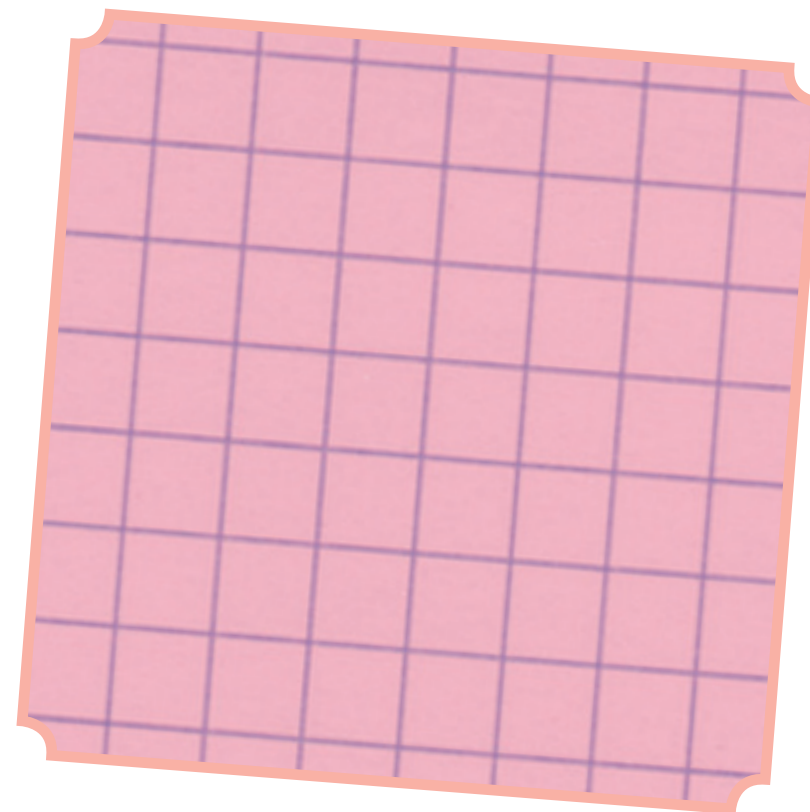
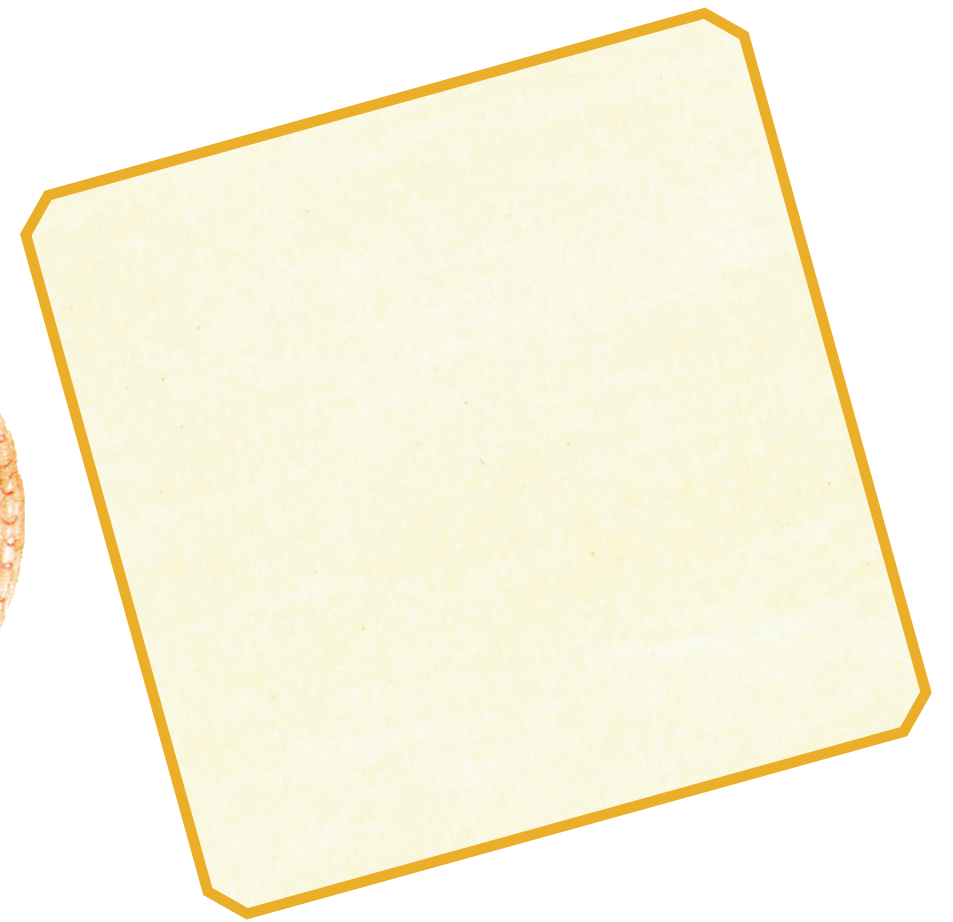
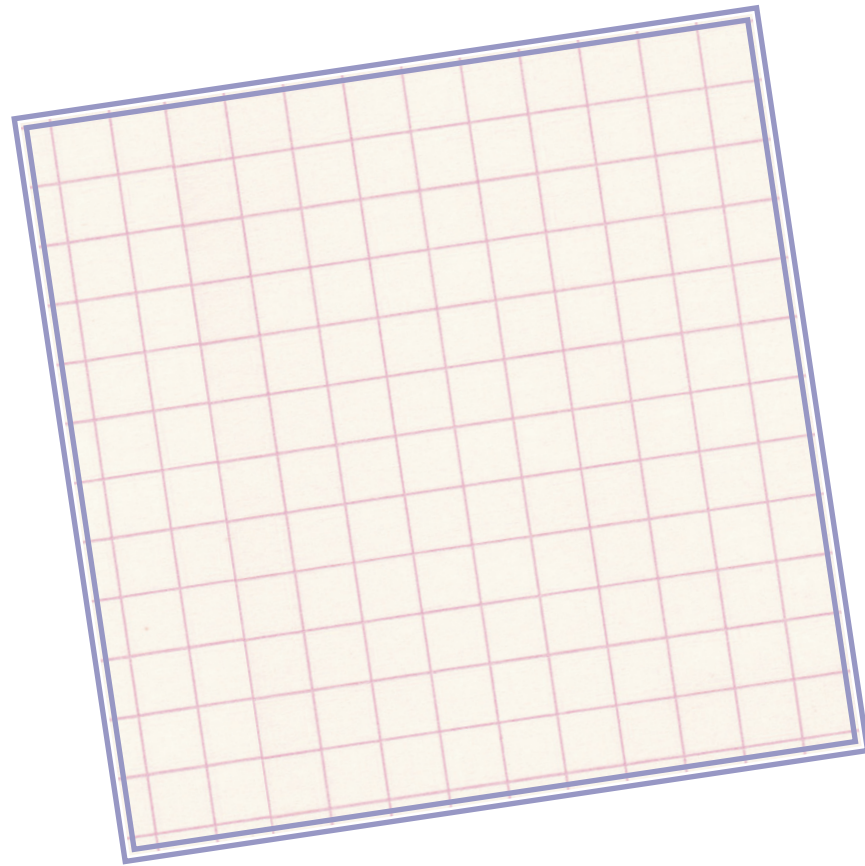


How is she feeling now?

Draw YOU doing  
your favourite thing!



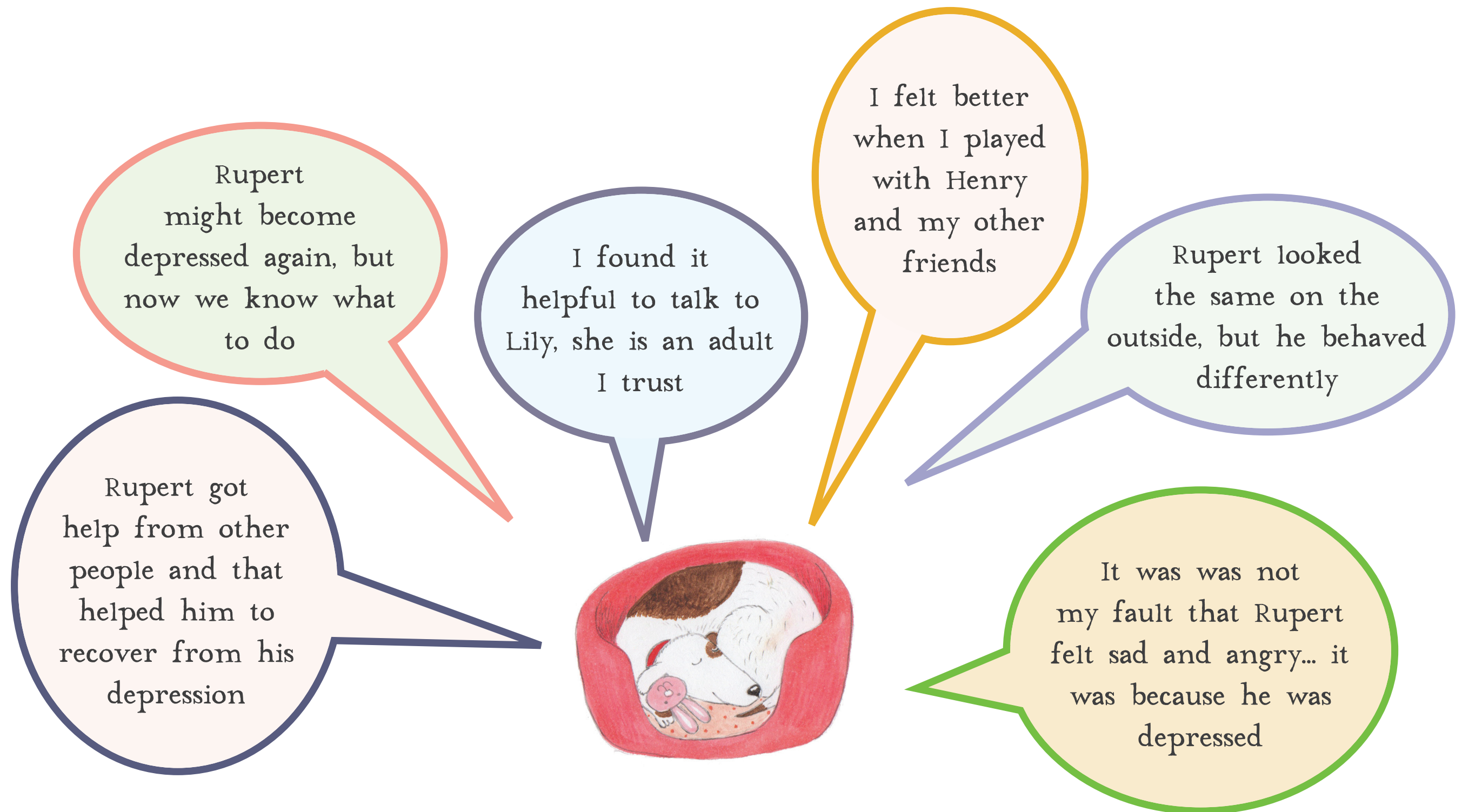
Send a message to...



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....



# Colouring Sheet



This Activity Book was written and produced by **Teresa Day** for the **Charlie Waller Memorial Trust's Book Club**

It was written to accompany the book '**Not Today, Celeste**' by **Liza Stevens**, published by **Jessica Kingsley Books**

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This booklet may be printed and reproduced for use with children and young people

There is an accompanying guide for teachers, carers and others to use when working with children and young people

The **Charlie Waller Memorial Trust** enables people to understand and talk openly about depression, stay mentally well and access appropriate treatment: we do this through training, research and raising awareness

Visit **[cwmt.org.uk](http://cwmt.org.uk)** for further information

