

BIG BONES

Laura Dockrill



LIVE OUT LOUD: RESOURCE PACK FOR AGES 12-14

This resource pack is based on *'Big Bones'*, a vibrant and bold teen novel from writer and performance poet Laura Dockrill. It is a coming-of-age story about self-appreciation, body-confidence and learning how to love yourself and others – and it will help young people to not only explore societal pressures around body image, but also to champion their own unique individuality.

The activities in this pack are an enticing introduction to the themes in Laura's book, but they also serve as a mini scheme of work with English and PSHE objectives, providing material for four or more KS3 lessons – perfect for classes already looking at the role of the media and advertising in influencing young people.

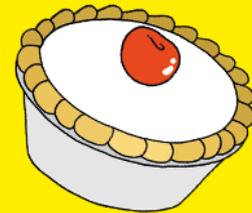
The final outcome is for everyone to produce their own empowering messages – championing the value of uniqueness in order to look after themselves and others.

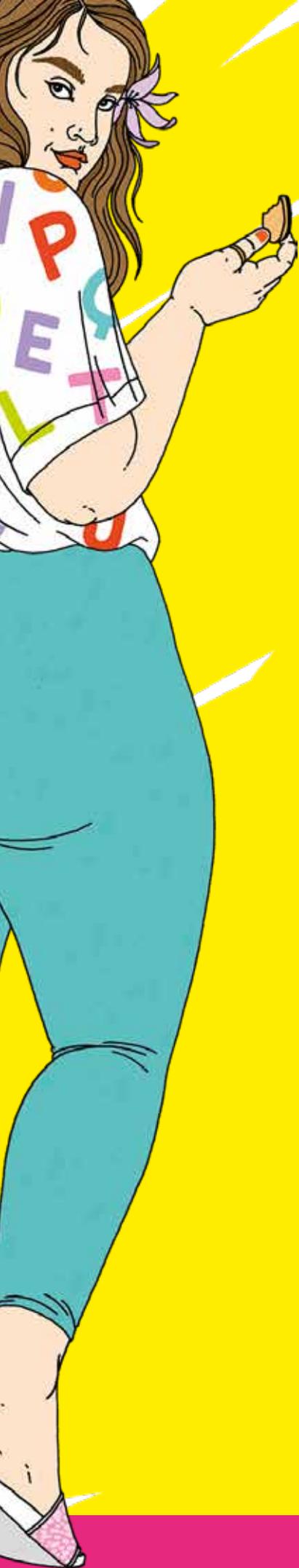
So it's time to step into BB's world – one of best mates, belly laughs and Bakewell tarts – and to tuck into her VERY (yes, very) hilarious life story.

As Laura Dockrill herself puts it:

'You are powerful. You are strong. You are taking care of yourself. You're here and alive and doing well. And living out loud.'

The Hot Key Books Team





The Aim

This Resource Pack is designed for students ages 12–14. It is based on *Big Bones* by Laura Dockrill and invites everyone to be bold and confident and to 'live out loud'. The activities included can be taught in the classroom or dipped in and out of at will. Each activity will guide young people through the different themes of the book – from body image to food to self-esteem – giving them the skills and confidence they need to draft, structure and write a body-confident campaign piece of their own. We hope you enjoy the ride – and don't forget the crumpets!

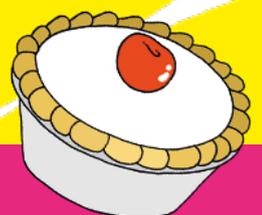
About The Book

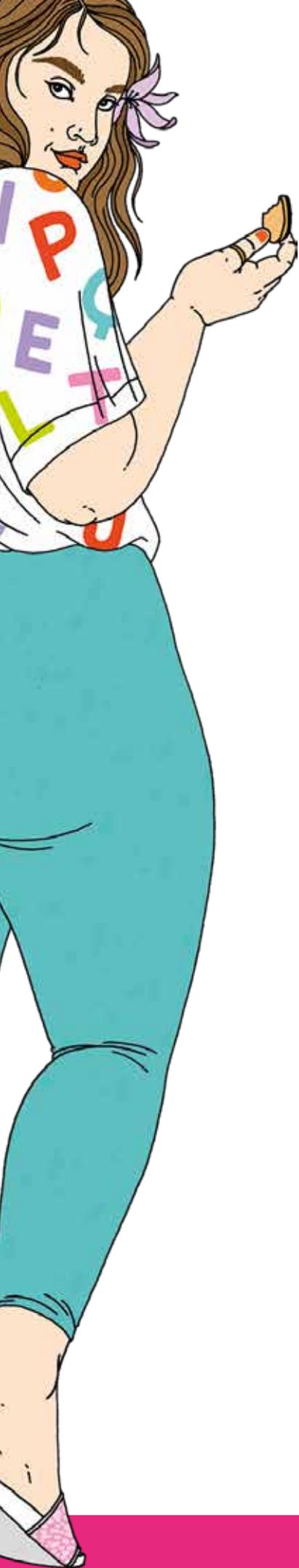
A heart-warming teen story from the unique voice of Laura Dockrill, about Bluebelle, aka BB, aka Big Bones – a sixteen-year-old girl encouraged to tackle her weight even though she's perfectly happy, thank you, and getting on with her life and in love with food. Then a tragedy in the family forces BB to find a new relationship with her body and herself. It's moving, memorable and hilarious.

Curriculum Focus

Body image education is an important component of the National Curriculum. Body image and self-esteem run through all the PSHE Association Programme of Study's core themes, especially Health and Wellbeing, and Relationships. This Resource Pack covers the following objectives:

1. How to recognise personal strengths and how this affects self-confidence and self-esteem
2. How to maintain physical, mental and emotional health and wellbeing
3. How the media portrays young people; recognising its possible impact on body image and health issues
4. That identity is affected by a range of factors, including the media and a positive sense of self





LESSON ONE BLUEBELLE (AKA BB)

Lead-in questions:

- In the novel *Big Bones*, the main character is called Bluebelle, or 'BB'. Based on her name, what can you infer about the character? Is she young or old; friendly or unfriendly; quirky or quiet?
- In pairs, consider the title '*Big Bones*' – what does it make you think of? What are its connotations?

Task 1:

Yes, before you ask, I am fat.

Yes. I just called myself fat and that's allowed.

And . . .

I'm not greedy.

I just love food.

AND I'm not unhappy.

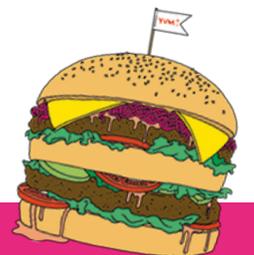
I just love food.

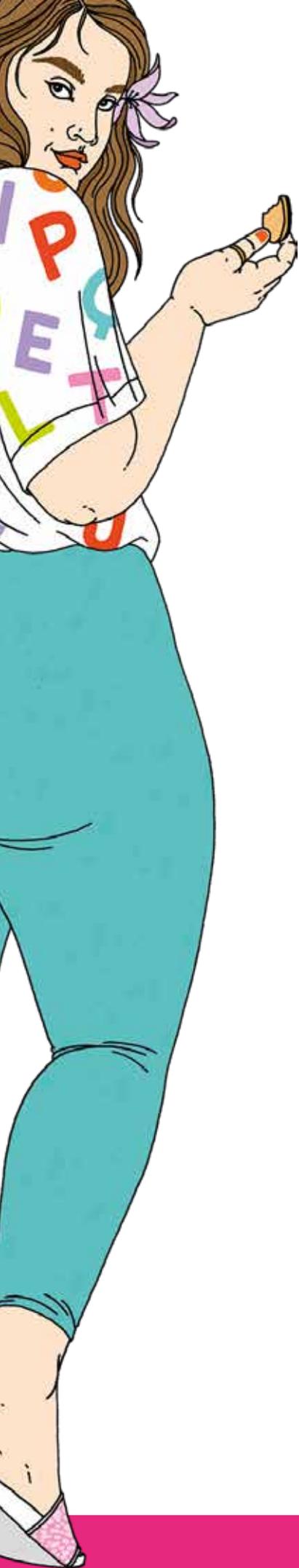
NO BIG DEAL.

In this extract, the main character, Bluebelle, is describing herself. What are your first impressions of her?

Task 2:

Try reading out the passage in BB's voice. How can you tell where to say words quieter or louder? How can you tell when BB is being funny or sarcastic? Share your impressions of BB with your friends or classmates.





Task 3:

Can you find evidence of the following things from the extract? (Pick out words or phrases to support your ideas.)

1. BB loves food
2. BB is proud of her own body

Task 4:

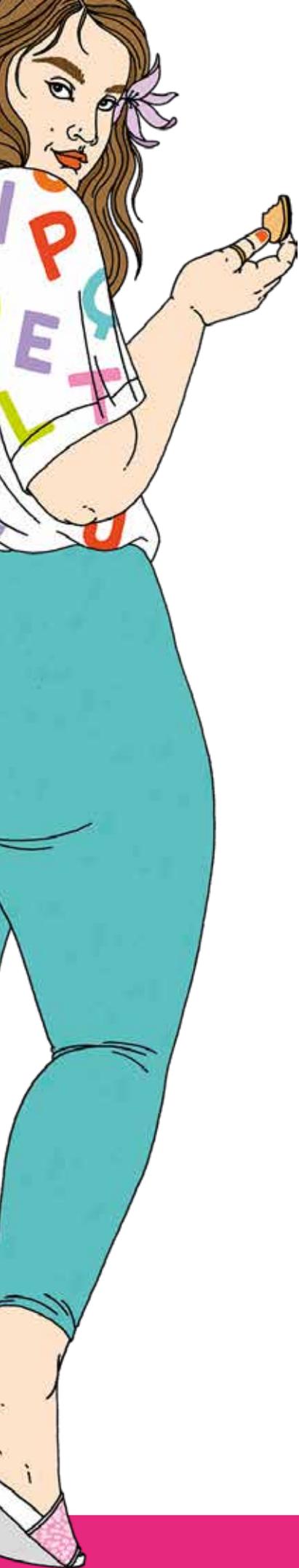
Now, read the blurb on the back of the book:

Meet Bluebelle, aka BB, aka Big Bones. She's bold, beautiful and beginning her long summer holiday. But instead of relaxing she's being forced to write a food diary – and she has a lot to say. Then an accident upturns her family, and BB finds it's not just the diary bringing unexpected change into her life. And Max with the dimples – will they ever move beyond latte art and camomile tea?

From Bakewell tart to best friends, via sushi and sisters, lasagne and a love interest, her life is here in all its delicious, hilarious glory.

What do you think of this description of BB? Does it match up to what you expected of her?





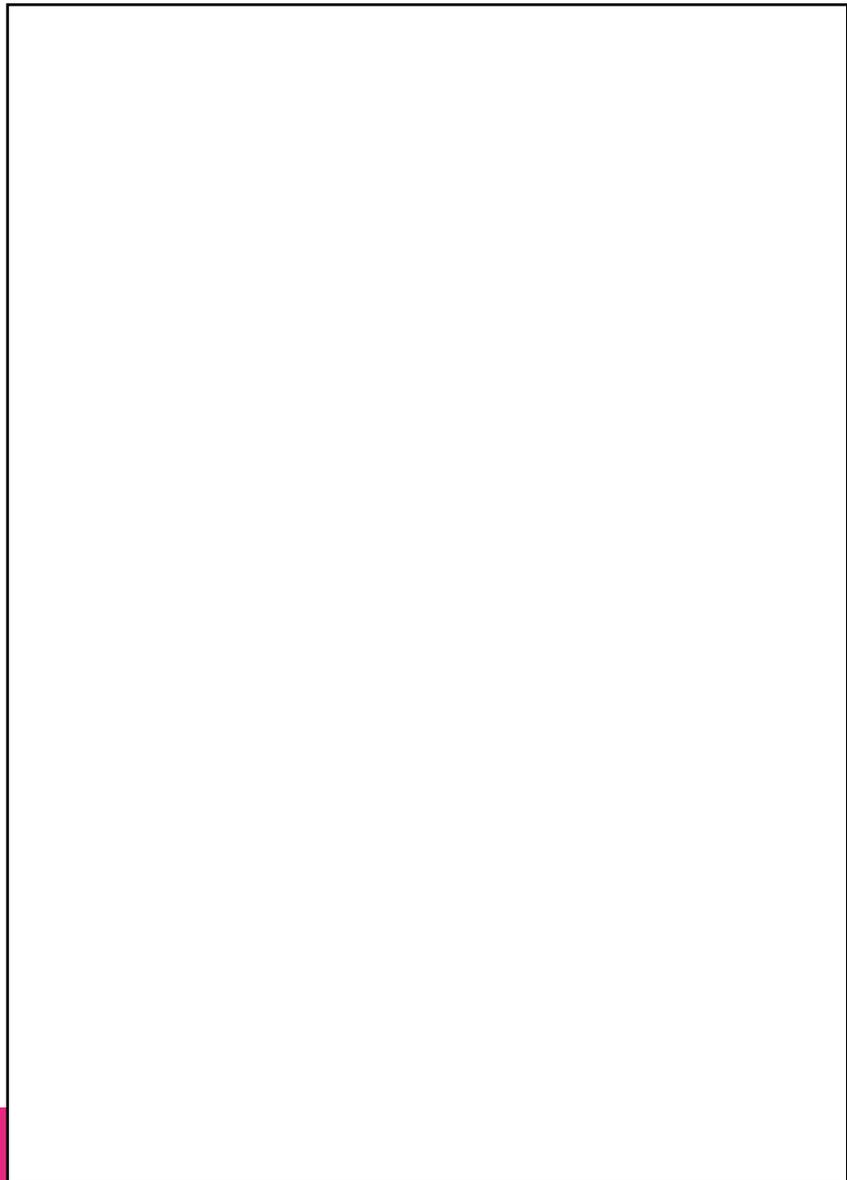
Task 5:

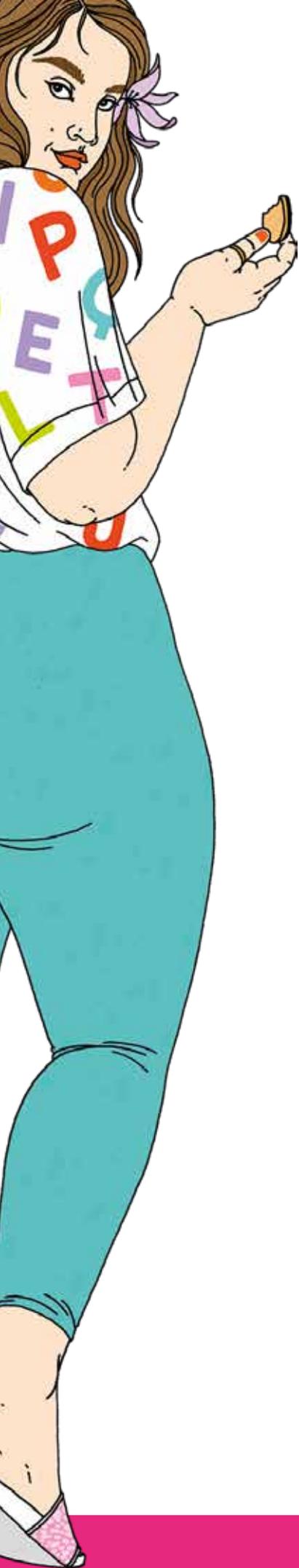
In this lesson, you've been thinking about the main character and themes in Laura Dockrill's novel *Big Bones*. Now it's your turn to create a front cover for the book based on what you've found out. Imagine that you're a designer and you've been asked to come up with a concept that reflects the story. First of all, make a list of things that a good front cover must have.

FRONT COVER SUCCESS CRITERIA:

1. Strong, bold colours
2.
3.
4.
5.

Don't forget to share your cover with us on Twitter at @HotKeyBooks! And if you want to see the real cover, have a look after you've created yours! How do they compare?





LESSON TWO POSITIVE BODY IMAGE

Lead-in questions:

- What is 'body image'?
- How is body image linked to self-esteem?

Task 1:

Imagine you are the boss of an advertising campaign and you need to choose two models, one male and one female, to advertise your new range of jeans. Consider the following questions:

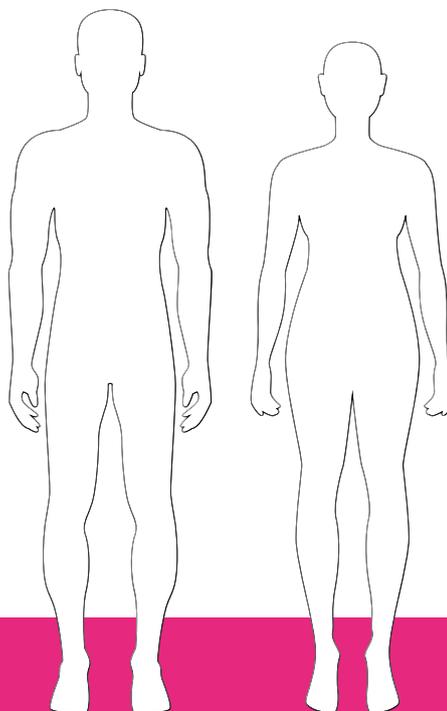
1. What sort of models would you choose to wear the jeans? Why?
2. How you would edit the photo or advert before it was shared?
3. What advertising techniques would you use? Why?

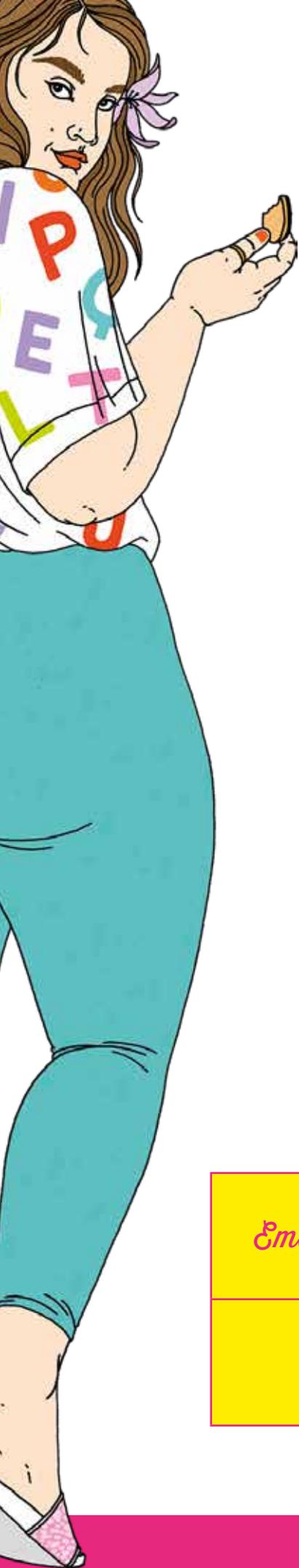
Share your ideas with your friends or classmates – make sure you explain why you have made your choices. Have any of you had the same ideas?

Task 2:

Look at the templates of the two bodies below (one male, one female). Can you annotate them with the key features of a 'perfect' body image, according to advertising agencies and the media? Share your annotations with the class.

Examples: Long, glossy hair, white teeth.





Task 3:

In *Big Bones*, BB waits to see a nurse in order to talk about her weight. While she waits, she flicks through some magazines. Read the extract and answer the comprehension questions below:

I HATE these types of magazines. The way they hoop those red rings around women's bodies on the beach, individually isolating their body parts like a line-up of cream cakes being judged on a baking show. Too fat. Too thin . . . Too cellulite-y. Too wobbly.

Too real.

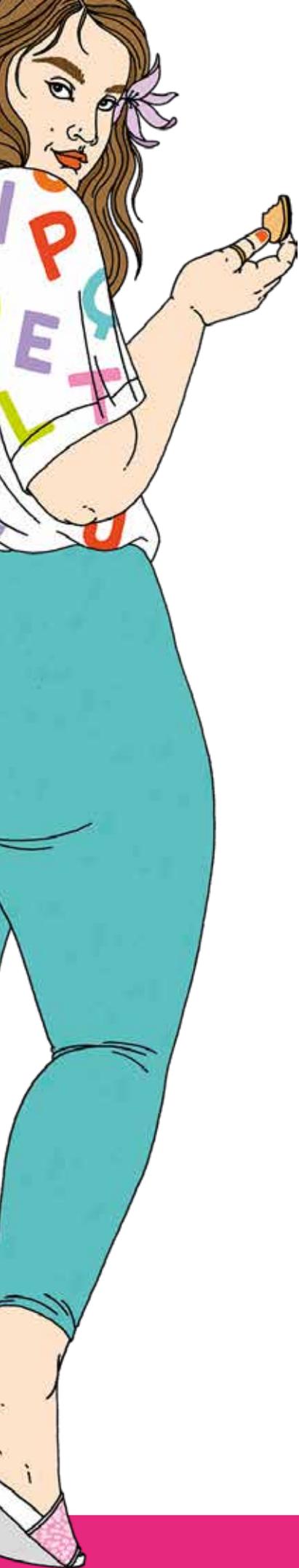
1. How does BB feel about the magazines?
2. What does she hate about them?
3. What is BB's opinion of the women's bodies pictured in the magazine?
4. How might BB feel when she looks at these images?

Task 4:

If you were BB, how would you feel looking at these images in the magazines? Put the emotion cards below in order from 1–5 (1 being the emotion you'd feel the most and 5 being the emotion you'd feel the least).

There is a blank emotion card for you to add your own ideas. Is there any emotion not listed that you think you might feel?

<i>Embarrassment</i>	<i>Anger</i>	<i>Determination</i>
<i>Sadness</i>	<i>Self-disgust</i>	



Task 4:

Imagine that you are BB's friend and she has sent you a text message from the doctor's waiting room, telling you all about how she feels after looking at the magazine. How would you reply? How would you offer your empathy and support?

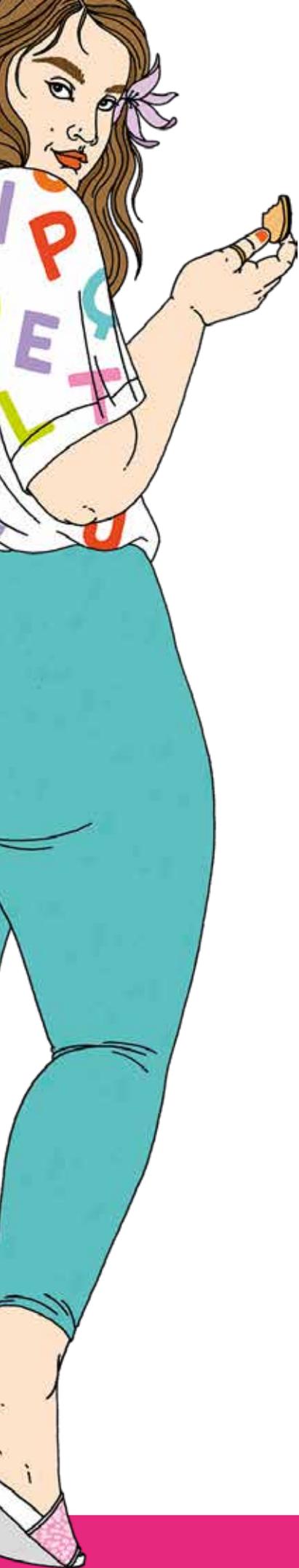
Draft your message and cover the following points:

- How you feel about the red circles in the magazine
- Why you think the magazine includes these images
- What you think about how body image is portrayed in the media
- How you think BB should react

A large, empty, light green rounded rectangular box intended for drafting a text message. It has a soft gradient and a small tail at the bottom right corner, resembling a speech bubble or a text input field.

Don't forget to share your messages to BB with us on Twitter at @HotKeyBooks.





LESSON THREE MOUTH-WATERING FOOD DIARIES

Lead-in questions:

- What is your favourite food item? Why?

Task 1:

On your own, think about your favourite food. Spend ten minutes free-writing or drawing, considering why you like your chosen food item so much.

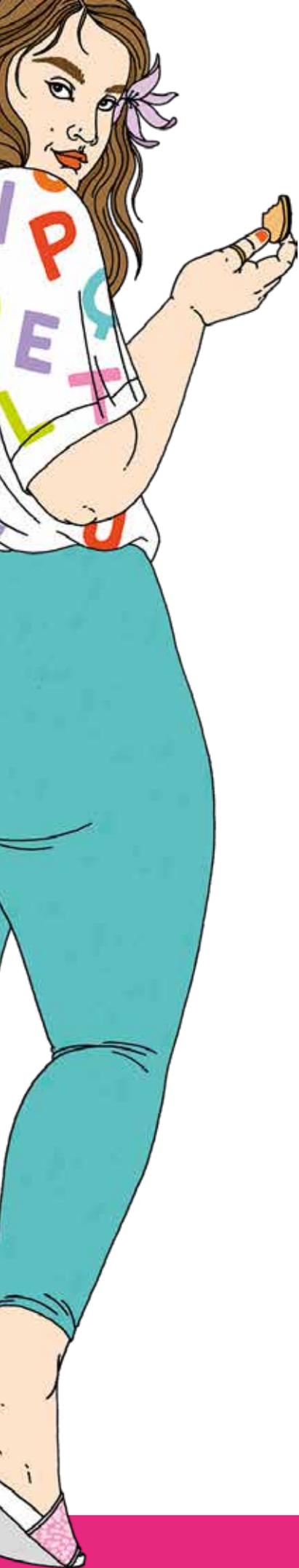
Task 2:

Look at these two extracts from *Big Bones*:

I like my crumpets really toasted and slathered in thick butter. I like it when all the butter trickles into the holes of the crumpet and leaks through the bottom and puddles onto the plate. Then you get to soak up the salty yellow pond with a warm sponge of crumpet innards.

Our king prawn phos arrive. Big, steaming bowls of fragrant broth full to the top with prawns and rice noodles and then you get to dress it yourself, which is my favourite bit. Beansprouts, chilli, leaves of coriander and Thai basil and a big squeeze of lime. I shove everything on mine and every mouthful is soothing and sharp and sweet and spicy. It makes your nose run and your eyes water and gives your throat a serious massage. We slurp and spiral noodles together, splashing tails of whipping chopsticks. I am full-blown addicted to pho.

Which of the extracts do you prefer? Give reasons for your choice.



Task 3:

Look again at the two extracts. These are examples of descriptive writing. Good descriptive writing includes powerful words, adjectives and adverbs, as well as sensory description. Can you find words or phrases in the extracts that evoke the following senses?

SIGHT

SOUND

TOUCH

SMELL

TASTE

Task 4:

Now it's time to write your own food diary entry. Write a paragraph describing your favourite food item and the experience of eating it. Don't forget to include some sensory description like in the examples from Task 2. Make it sound as TASTY as possible! You can even include an illustration of your chosen food, just to make our mouths water even more . . .

My Food Diary

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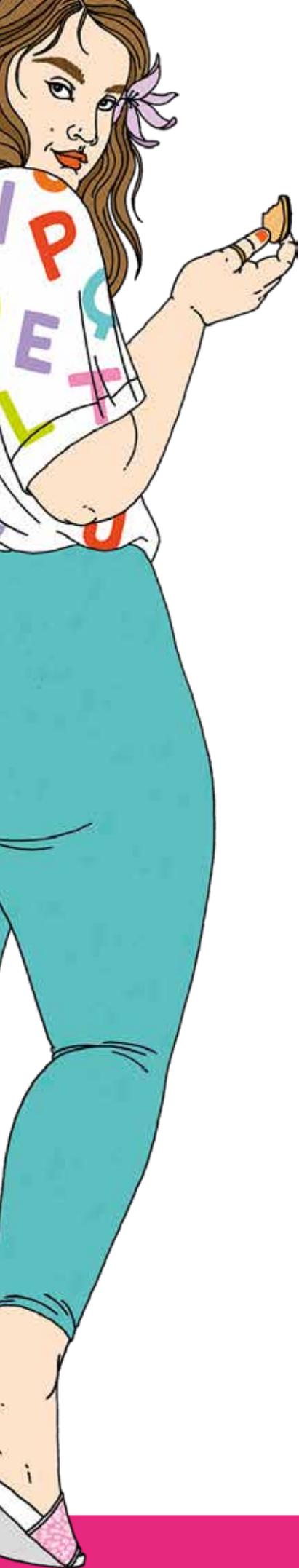
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LESSON FOUR LIVE OUT LOUD CAMPAIGN

Lead-in questions:

- What makes an effective slogan?
- How do newspapers persuade readers?
- What makes a powerful campaign poster?

Task 1:

Imagine you are one of BB's friends and you want to help her create a campaign against the media spreading negative body images. First of all, try to think of a good slogan. Below are some examples of slogans from real advertising campaigns:

<i>For the many, not the few</i>	<i>Be bold for change!</i>	<i>Don't throw it away, recycle for another day</i>
<i>See it. Say it. Sorted.</i>	<i>Kick racism into touch</i>	<i>Eat Sleep Recycle</i>

Think about what descriptive techniques make these slogans effective.

Can you find examples of the following?

RHYME

SPEAKING DIRECTLY TO THE READER/AUDIENCE

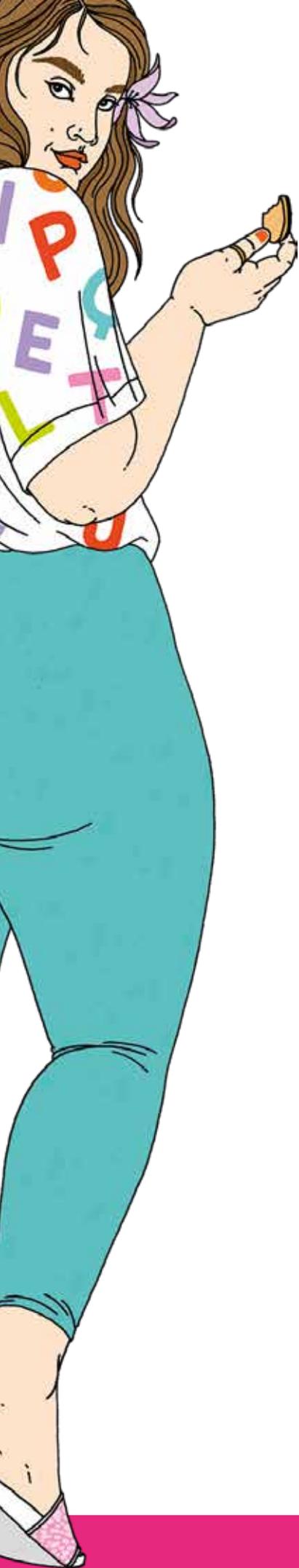
USE OF THREE NOUNS, VERBS OR ADJECTIVES FOR EFFECT

STRONG STATEMENT

POWERFUL WORDS

WORDPLAY





Task 2:

Look at Laura Dockrill's slogan for *Big Bones*:

*'You are powerful. You are strong.
You are taking care of yourself.
You're here and alive and doing well.
And living out loud.'*

Can you see any examples of the features from Task 1?

Task 3:

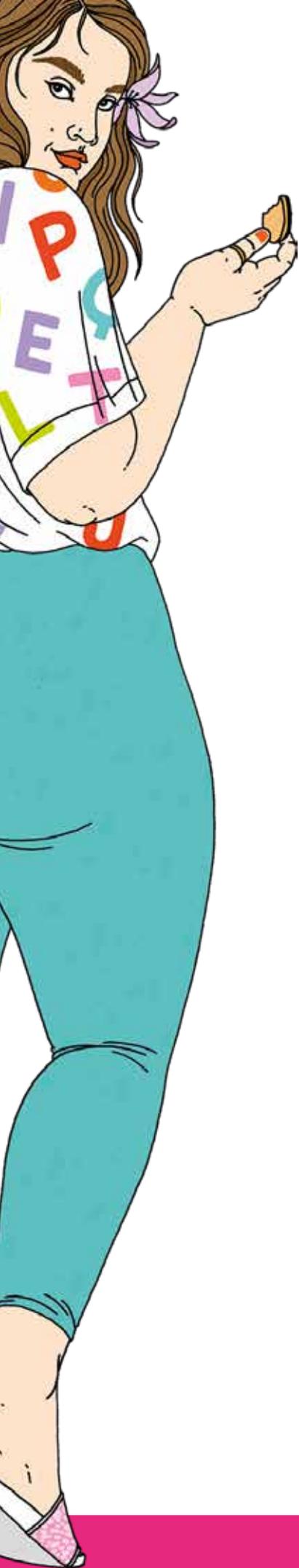
Now it's time to get LOUD! Create a campaign poster that advocates positive body image instead of negative stereotypes in magazines. Make sure that it's as bold and unique as possible. You can follow these steps to help you:

1. Decide on a catchy slogan
2. Plan the layout of your poster
3. Decide on pictures/artwork to include (e.g. images of different body types)

When you've finished, share your poster with your friends and classmates. Discuss what is effective about the different posters that you see – and don't forget to share with us on Twitter @HotKeyBooks!







REFLECTION ACTIVITIES

Take a moment to think about the work that you have completed in this resource pack.

Complete the following statements:

- My favourite activity was . . .

- One thing I learned about myself was . . .

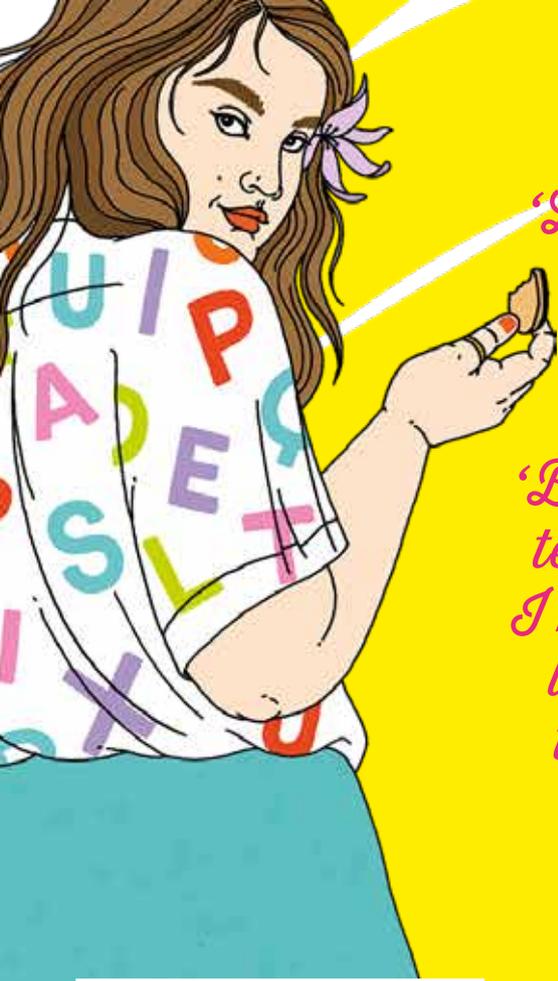
- One thing I learned about another person was . . .

- I would like to help others create a positive body image by . . .

- I feel positive about my own body because . . .

- I have enjoyed learning about the book *Big Bones* because . . .





‘Laura Dockrill is a very talented writer.’

Mhairi McFarlane

‘Big Bones is the book I wish I’d had as a teenager and Bluebelle is a friend I wish I had today. Laura has written a beautiful love letter to some of the most important things in life: friends, family and food.’

Lindsey Kelk

© Sonny Malhotra



LAURA DOCKRILL is a performance poet and novelist whose wonderfully inventive and vibrant approach to life is reflected in the rich and vividly imagined worlds she creates. Laura grew up in Brixton and attended the Brit School. Laura has always had a vivacious spark, finding creativity in words – from poetry to novels and scripts to song lyrics. She is author of the Carnegie Medal-nominated YA novel *Lorali*, as well as the *Darcy Burdock* series (Random House) for younger readers, which was also nominated for the Carnegie Medal and shortlisted for the Waterstones Children’s Book Prize in 2014. Other books include *Echoes* (HarperCollins), a collection of poems and short stories. Laura has appeared on Blue Peter and CBeebies and is a frequent poetry performer at festivals including Glastonbury, Hay, Edinburgh, London Literary Festival and Latitude.

You can follow her on Twitter @LauraDockrill and Instagram @lauraleedockrill

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BIG BONES

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CONGRATULATIONS!

**YOU'VE COMPLETED THE
BIG BONES LIVE OUT LOUD
RESOURCE PACK**

Now, don't forget to hold on to everything that you've created. It might come in handy one day . . . and we can't wait to see your amazing, bold, LOUD and creative talents at work.

The Hot Key Books Team

 @HotKeyBooks

