The Homunculi

Episode 4

To be continued...
We begin with Moody & Mackay going to the Gadget store....

Meanwhile Ian's skull outside he's getting into trouble in listening class.

To be continued...
The Hannunculi

Episode 4 cont.

We still have a problem for lan, but what about

strange mobile phone

Meanwhile Chatterbox checks the thoughts &

feelings...

Hazzy found a

Moody Moody

THOUGHTS

They are all bullies!

To be

continued

Chatterbox shouts to hurry then takes cover

with couch potato

& gaffa... and

aspie plays with gods
Aspie is not trained in gadget handling—we MUST investigate!

RUN

Meanwhile outside, the skull...

He's not worth it.

THINK

Aspie's getting back to you?

It's working...

I'm in control.

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HOMUNCULI INFORMATION SHEET
FOR PARENTS AND SCHOOL STAFF

The Homunculi

THOUGHTS
SCREEN

FEELINGS
SCREEN

ALARM

GADGET STORE

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At times of sudden change, and also during normal life transitions such as moving to a new school, children and young people can experience stress and need to be prepared and supported during the process. *The Homunculi* is a creative project for young people, preparing them to manage better the stresses in their lives. It is essentially a package that develops social and emotional resilience through thinking skills. It helps participants to develop cognitive skills by teaching them the links between thoughts, feelings and behaviour, how to stop, think and plan before acting, how to solve social problems, how to cooperate with others in a learning task and how to make good choices. They also learn a lot about technology. Participants are given typical problem scenarios they may encounter at the new school (for example, exam and homework stress, peer pressure, bullying, feeling alone, getting lost, making friends, getting detention). They will usually make a cartoon film of this scenario. They work with a giant poster of a head and cartoon characters that live in it (‘Homunculi’ means ‘little people’) – they each have a mission and gadgets that help them to solve the problems. The film switches between actual role play outside the head, and what is happening as a result inside the head, and vice versa. The cartoon people in the head have an alarm that stops them and makes them think and plan when there is a problem outside the head. They also have Thoughts and Feelings Screens that need to be consulted after role play. The story format always has a basic scripted format that they must follow and the story always has to be appropriately and happily resolved. The participants may download and edit their clips and put them on to a secure site (or email them) to take home.
SOCRATIC QUESTIONING

- What do you know about this problem?
- Would your thoughts be accepted by others as correct?
- How can you find out whether or not your thoughts are correct?
- Are there other interpretations that fit the facts just as well?
- How might a friend of yours feel or think in the same situation?
- If facts are gloomy, does it help you to think this way?
- How does this type of thinking affect you?
- Does your behaviour make it worse?
- Do these thoughts help or hinder you in achieving your goal?
- Are you worrying about things you can’t change?
- When you are not feeling this way, do you think about the problem differently?
- Is the problem really as bad as you seem to think it is?
- Are you over-reacting to small problems?
- Are you blaming yourself for things you can’t control?
- Are you imagining the worst possible outcome?
- Are you jumping to conclusions without evidence?
- Are you thinking in extremes, black and white?
- Are you attaching too much importance to the problem?
**MISSION SOLUTIONS**

**Mission:** (e.g., to deal with being bullied and teased)

<table>
<thead>
<tr>
<th>What I could do...</th>
<th>Good outcome...</th>
<th>Bad outcome...</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g., hit them OR</td>
<td>Makes me feel good</td>
<td>I get into trouble, suspended and they hit me back</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e.g., find an adult OR</td>
<td>Adult sorts it out and it stops</td>
<td>Maybe can’t find an adult and the bullying gets worse</td>
</tr>
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<td></td>
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<tr>
<td>e.g., ignore them OR</td>
<td>If I don’t react they will get bored and give up</td>
<td>They may try harder and I get hurt</td>
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<td></td>
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<tr>
<td>e.g., stay away from them at the breaks OR</td>
<td>They can’t tease me, I don’t get into trouble or hurt and they do other things</td>
<td>They might try to find me</td>
</tr>
</tbody>
</table>

**Solution:** (e.g., on balance, it seems best to solve the mission problem by keeping away from them at break times and to tell an adult)

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My name is Agent

This is how I look:

It is my mission to:

Homunculi
Agent Dr Spex
at your service!
My special gadget is ........................................
This is how it looks:

It works by:
.................................................................
.................................................................
.................................................................

Mmm! What to play with?
In the beginning:

He has been pushed into a fence. Oh help!
In the middle:

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MY STORY RECORD: END

In the end:

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Hurray! Let’s celebrate!

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My name is Finder
My job is to look for the truth with my Magic Magnifier

My name is .................................................................
My job is to .................................................................
ARE YOUR HOMUNCULI WORKING FOR YOU?

BEFORE You Make Your Cartoon/Film

Can you plot on the scale how you feel you are coping with the problem of:

.................................................................
.................................................................
.................................................................
.................................................................

right now? Put a circle around the number:

Not very well 1 2 3 4 5 6 7 8 9 10 Brilliant

Now can you plot where you would like the Homunculi to help you to be? Put a X through the number.
ARE YOUR HOMUNCULI WORKING FOR YOU?

AFTER You Make Your Cartoon/Film

Now that the Homunculi have tried to help you, can you plot on the scale how you feel you are coping with the problem of:

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now? Put a circle around the number:

Have the Homunculi helped you with this problem?

☐ No, it’s worse

☐ It’s about the same

☐ Yes, it’s a bit better

☐ Yes, it’s much better

☐ Brilliant, I can retire the Homunculi!