



ROYAL  
COLLEGE  
OF MUSIC  
*London*



RCM Sparks: Mr Big  
Book and illustrations by Ed Vere  
Activity pack by Katie Teage

RCM Sparks is the Royal College of Music's learning and participation programme.  
To find out more and get involved visit [www.rcm.ac.uk/sparks](http://www.rcm.ac.uk/sparks)

Join Katie Teage and band for this jazzy, sing-a-long musical resource for Key Stage 1, with PSHE focus and activities.

## Listen

Watch the RCM Sparks Mr Big video and learn and sing along to the songs whilst the story is read.

## Explore

People think that Mr Big is strong and that Mr Big is tough because Mr Big is . . . well . . . BIG! But, he has just one small problem - because of the way he looks, he just can't get people to stick around and be with him. They always have something else to do. How can he show them that although he may look a little scary, he is just a great big softy inside?

Feeling left out happens to everyone and for many different reasons. It can be hard to children to empathise and think about how others might feel when they leave them out. In a circle time and using a cuddly toy or talking piece, invite the children to discuss what it feels like to be left out. If they have trouble with this, ask them to think about the characters in the story.

- How does Mr Big feel?
- How do the other characters feel when they see Mr Big?
- How do they feel when they hear him play the piano?
- What do you think they are thinking when they realise that its Mr Big who plays so beautifully?

Talk about how some people might not realise they are leaving people out and how they can adapt their behaviour to help people when they look lonely or sad – for example if children decide a game is just for 2 people and a friend wants to join in. Encourage the children to discuss why people get left out of different games etc. Also discuss how you can tell someone that you feel left out.

# Song words

## Mr Big's All Alone

I'm a lonely primate people ignore me because of my size  
they don't understand the pain they cause one day I hope they realise  
I see all the people move away when I'm walking around  
I've started to think it's better if I just hide in the background

Mr Big's all alone  
All alone in the town  
Without someone to call a friend  
He ends up feeling down  
Mr Big's all alone  
All alone in the world  
He's standing there his eyes just stare  
As he just wants a friend of his own  
He just wants a friend of his own

Everywhere that I go people ignore me and run and hide  
They think I'm not a person that they can walk with side by side  
I see all the people look away when I walk in a room  
I've begun to feel so sad but I know that life's not full of doom

Mr Big's all alone  
All alone in the town  
Without someone to call a friend  
He ends up feeling down  
Mr Big's all alone  
All alone in the world  
He's standing there his eyes just stare  
As he just wants a friend of his own  
He just wants a friend of his  
He just wants a friend of his  
He just wants a friend of his own

## We're At The End

We're at the end  
With our new friend  
The fun has just begun

We're at the end  
With our new friend  
The fun has just begun

We like what you're playin'  
And hey the fun has just begun



## PHSE activities

To help children that are being left out, create a 'growth mindset' table of thoughts to help them explore different thought patterns and feelings when they are feeling left out. Having an alternative thought to turn to can help the children move on and have the courage to speak about how they are feeling.

Growth mind set table with some examples:

I'M THINKING	I COULD BE THINKING
My friend is leaving me out	My friend wants to do something different from me today
I have no one to play with	I can find a new person to play with today



## Write

Mr Big receives his first ever letter in the book. Write a letter to a friend that has been left out inviting them to join you in an activity with you. Be sure to include details of why you would like them specifically to come. Think of things that you can do to be a better friend and include them in the letter so that the recipient feels encouraged to come.



Within an outline of a body, write words and emotions of how you would feel if you have been left out or felt like you didn't fit in and colour in with colours to reflect these emotions. On a second outline write how it feels when you are included and feel part of something with your friends. Colour in to reflect these feelings. These could then be joined to make a 'chain of friends helping each other out'.

