the mettas
meet the mettas
By Mark Baker
Gee
Scoot
Ina
Lens
Tig
the mettas
Kind, Caring and Gentle
Each Metta has a kind superpower to help make the world a nicer place.
Which Metta and kind superpower will you like best?
Play the game. Can you find m through out this story? We believe you can.
Beam
Glow
www.the-mettas.com
Shift
Chip
Spin
Moppy
Servi

the mettas

Each Mettas character has been created from a face found in an everyday object.

Scoot

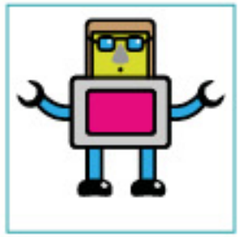
Moppy

Ina

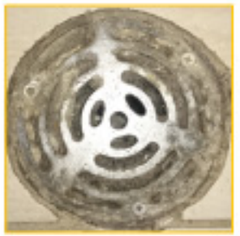
Lens

Shift

Glow

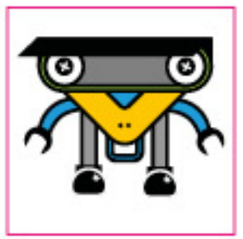

Chip

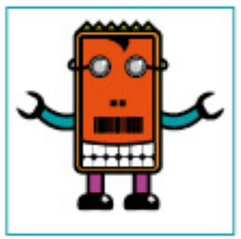
Beam



Spin

Servi


Gee

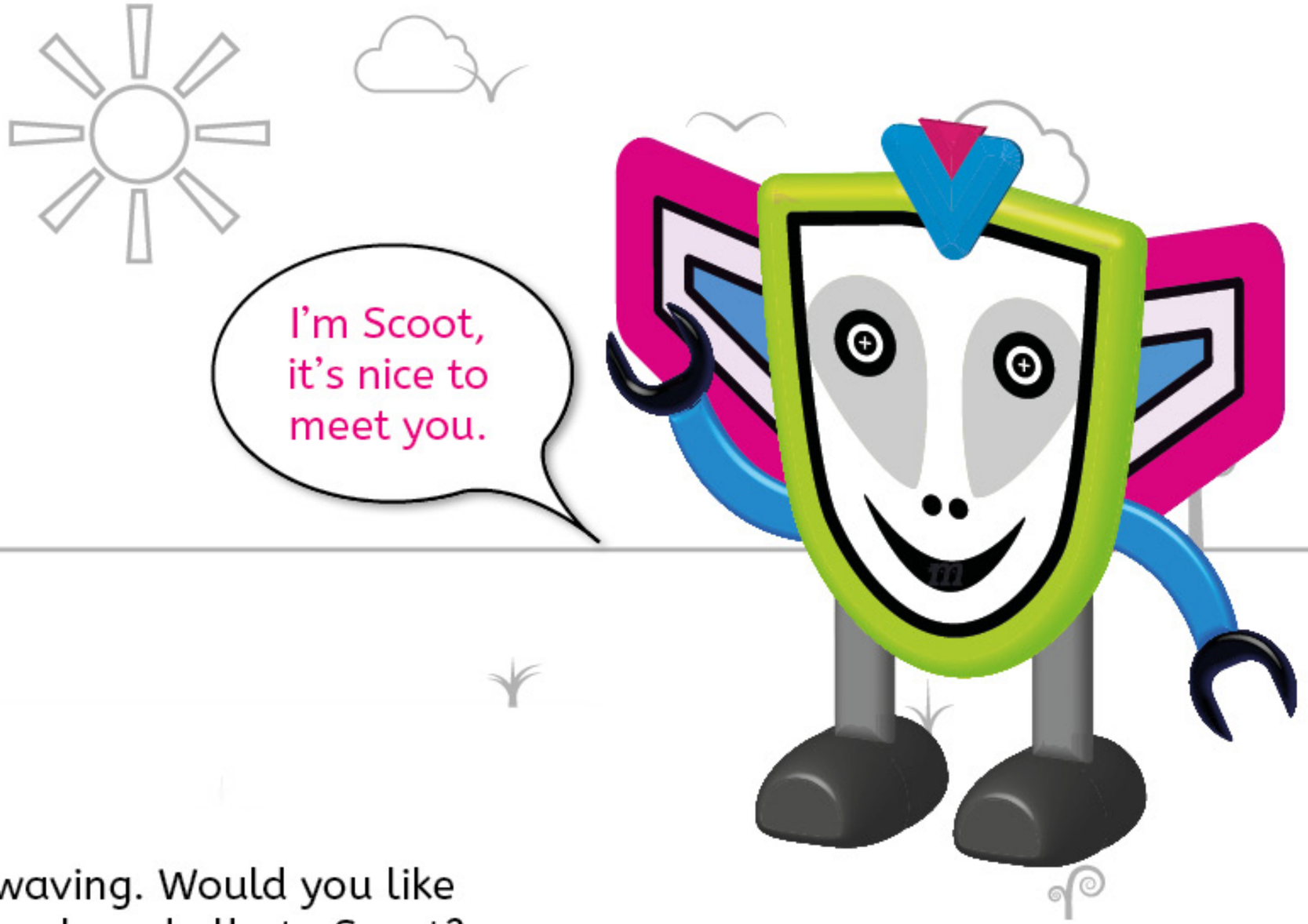

Tig

Meet The Mettas

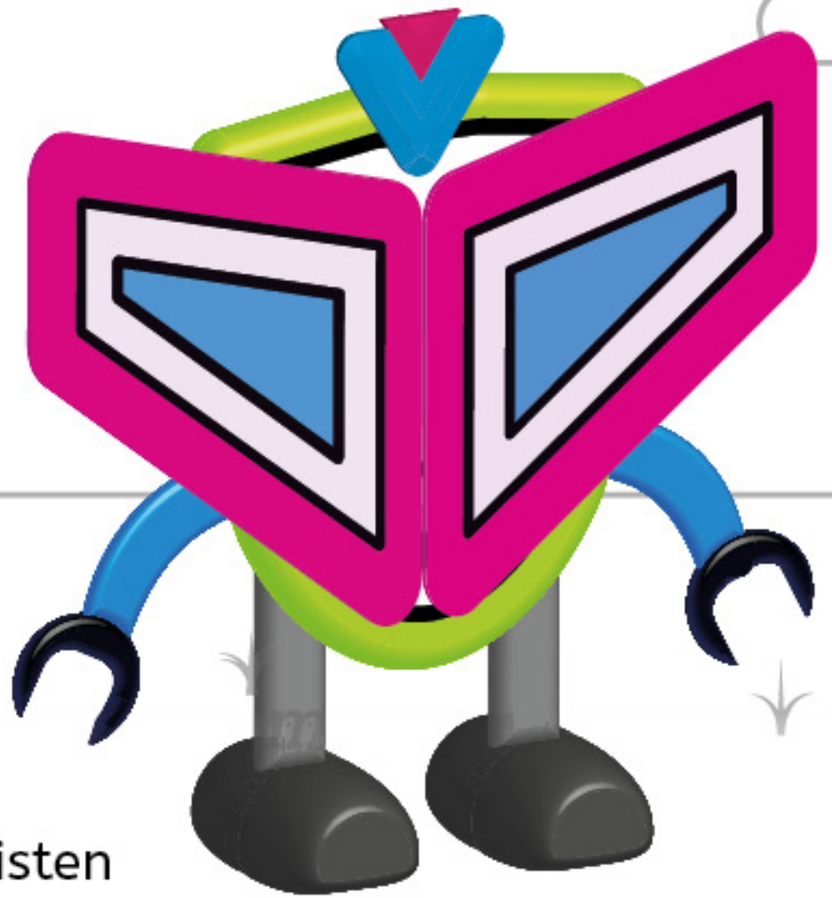
On Calma, an island far away, but nearer than you think live the Mettas.

The Mettas are kind,
caring and gentle.

Each Mettas has an amazing,
but ordinary, kind superpower.

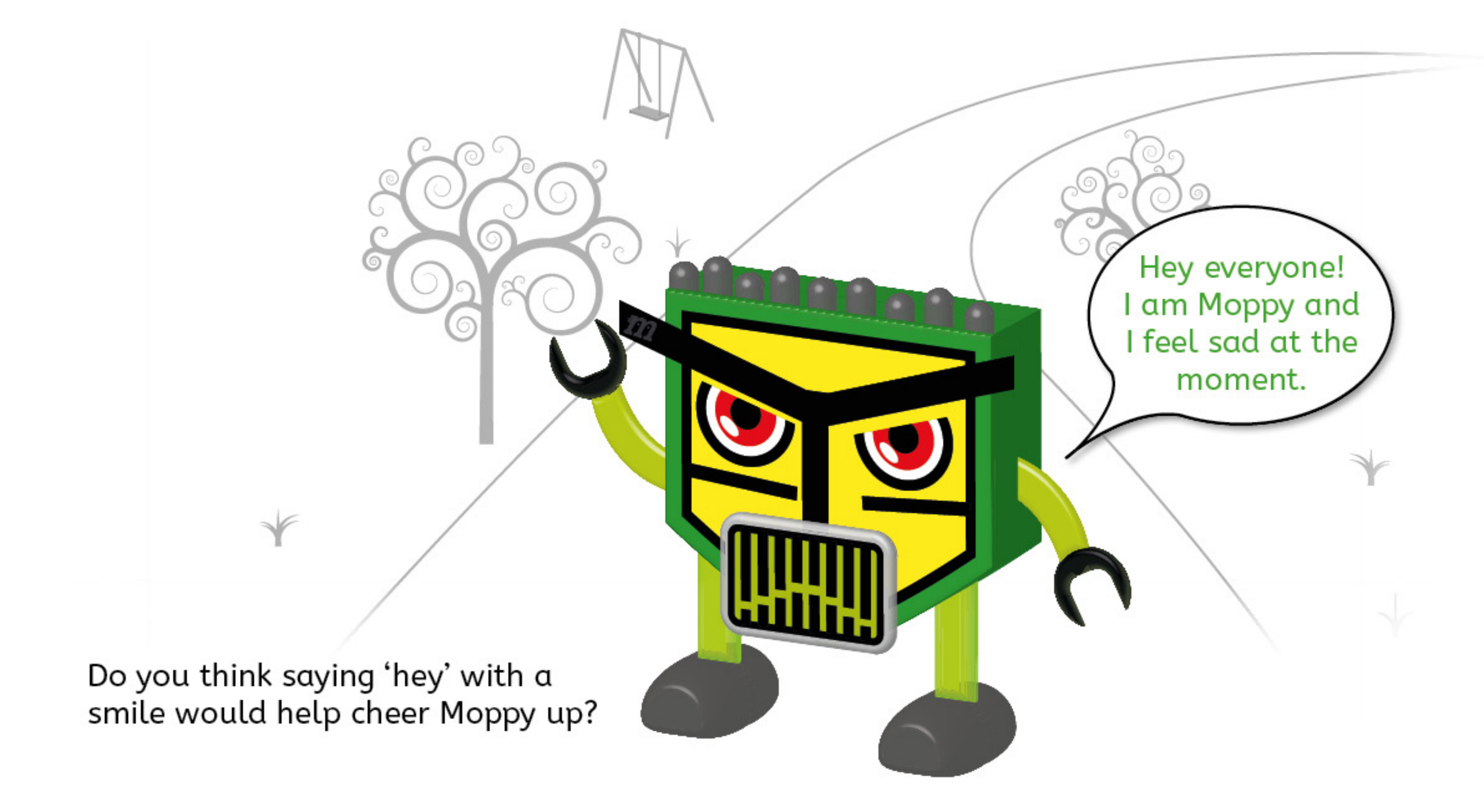


Scoot is waving. Would you like to wave and say hello to Scoot?



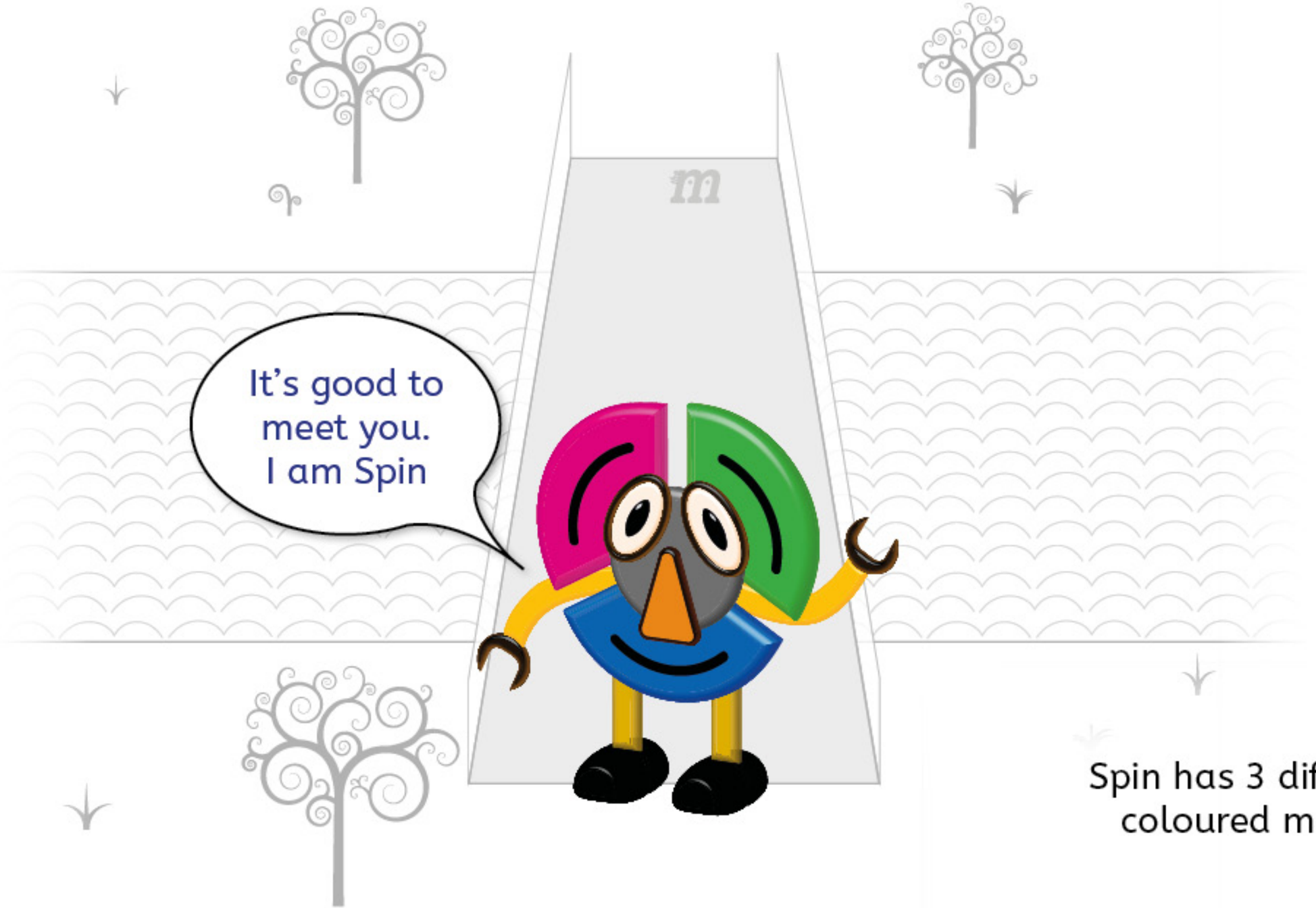
My kind superpower is listening to others by bringing my ears to the front.

Can you use your ears to listen to something far away? What can you hear?



Do you think saying ‘hey’ with a smile would help cheer Moppy up?

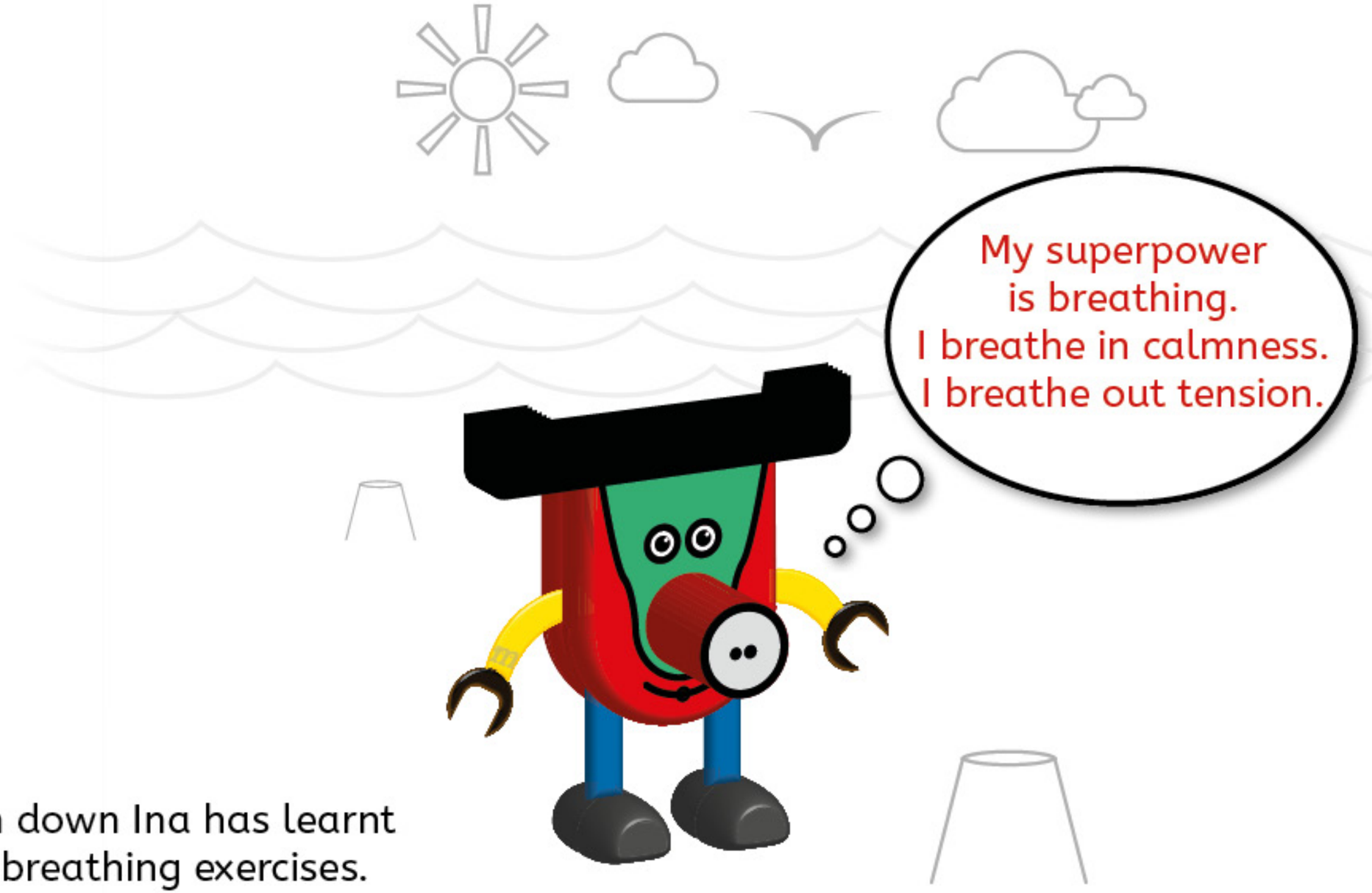
Thank you for making Moppy
happy with your kindness.



Spin has 3 different coloured mouths.

Spin's superpower is kindness.

Getting so excited, Ina sometimes behaves like a Bull 'Ina' china shop which is how this little Metta was named.



To calm down Ina has learnt special breathing exercises.

Beam has a very special nose.
Shall we find out more?

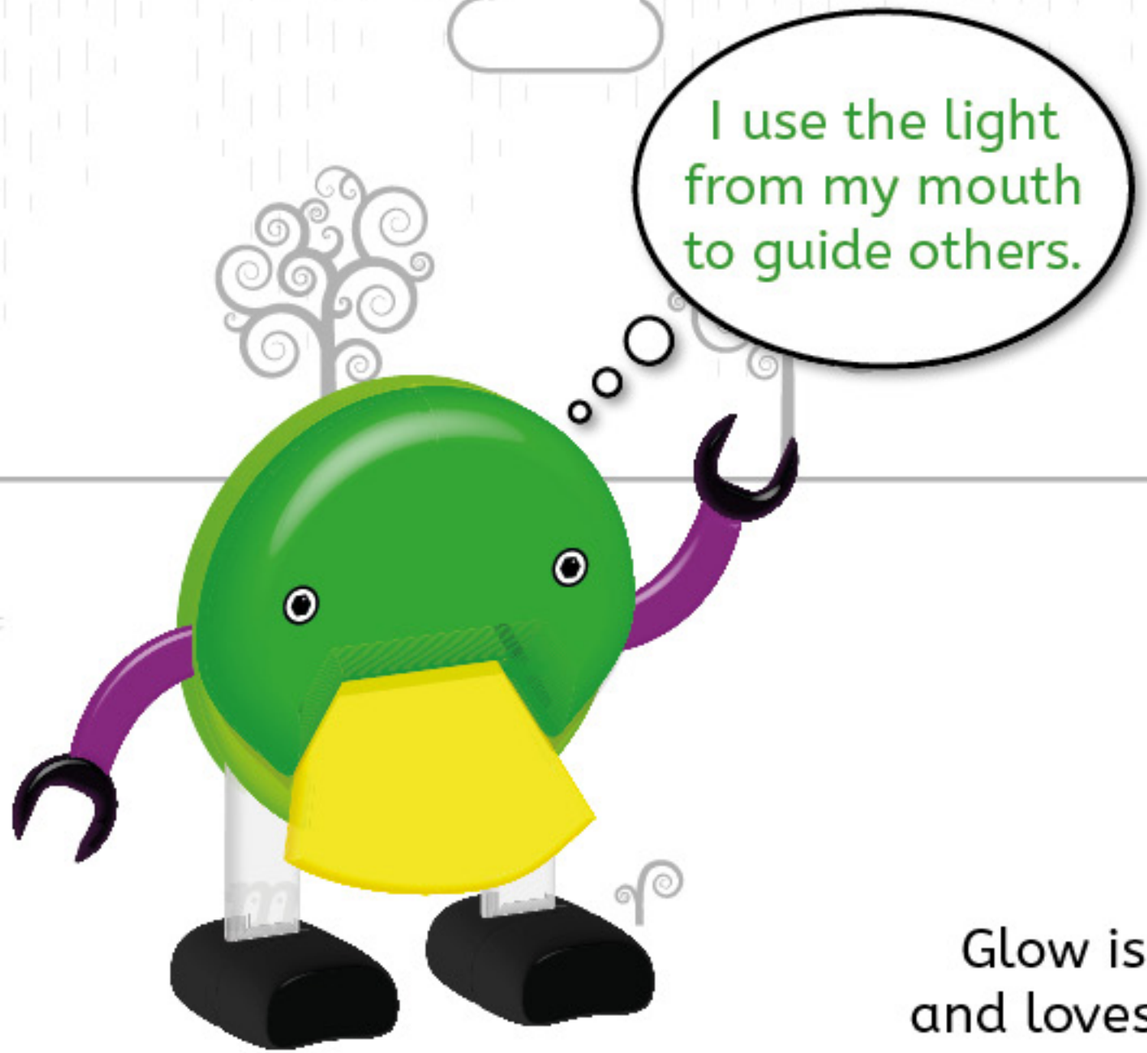
Beam's superpower is mindfulnessness.

What is Beam thinking ?

Gee is easily distracted.

Concentrating helps Gee to finish any jobs and tasks.

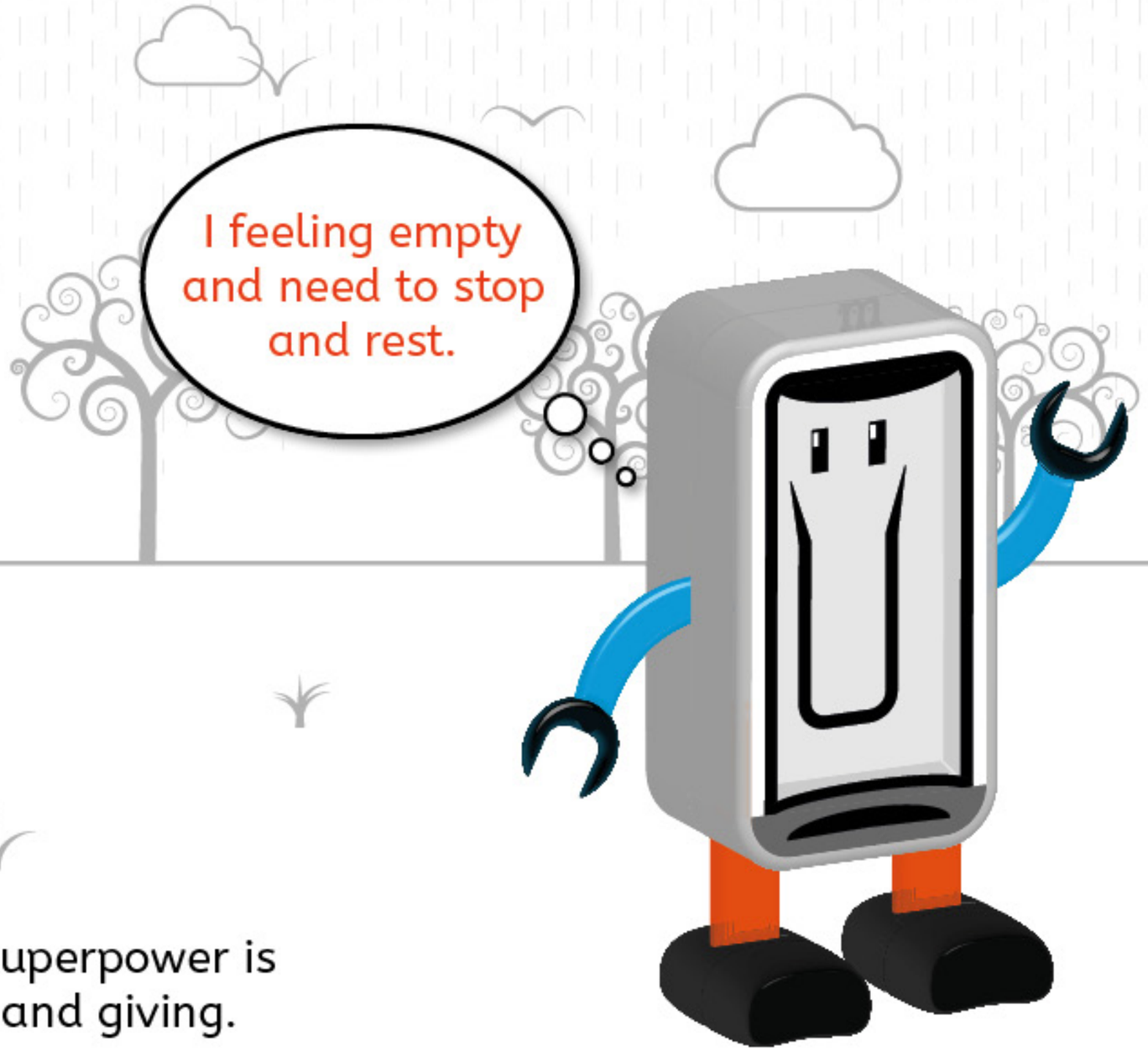
Shall we say "Howdy"
back to Glow?



Glow's superpower is being loving.

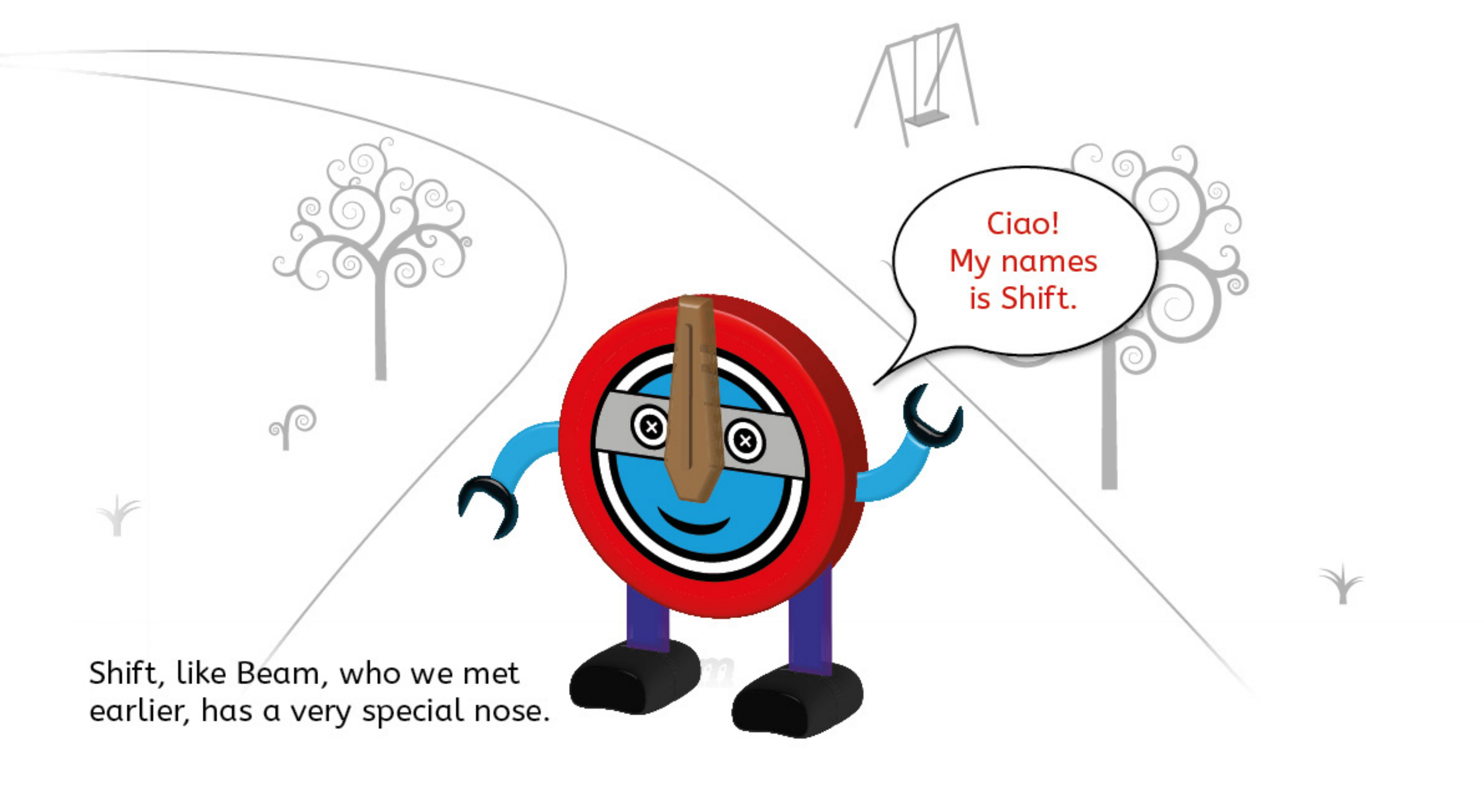
Glow is very supportive and loves helping others.

Servi always thinks
of helping others.



Servi's superpower is helping and giving.

Sometimes Servi has nothing left to give.

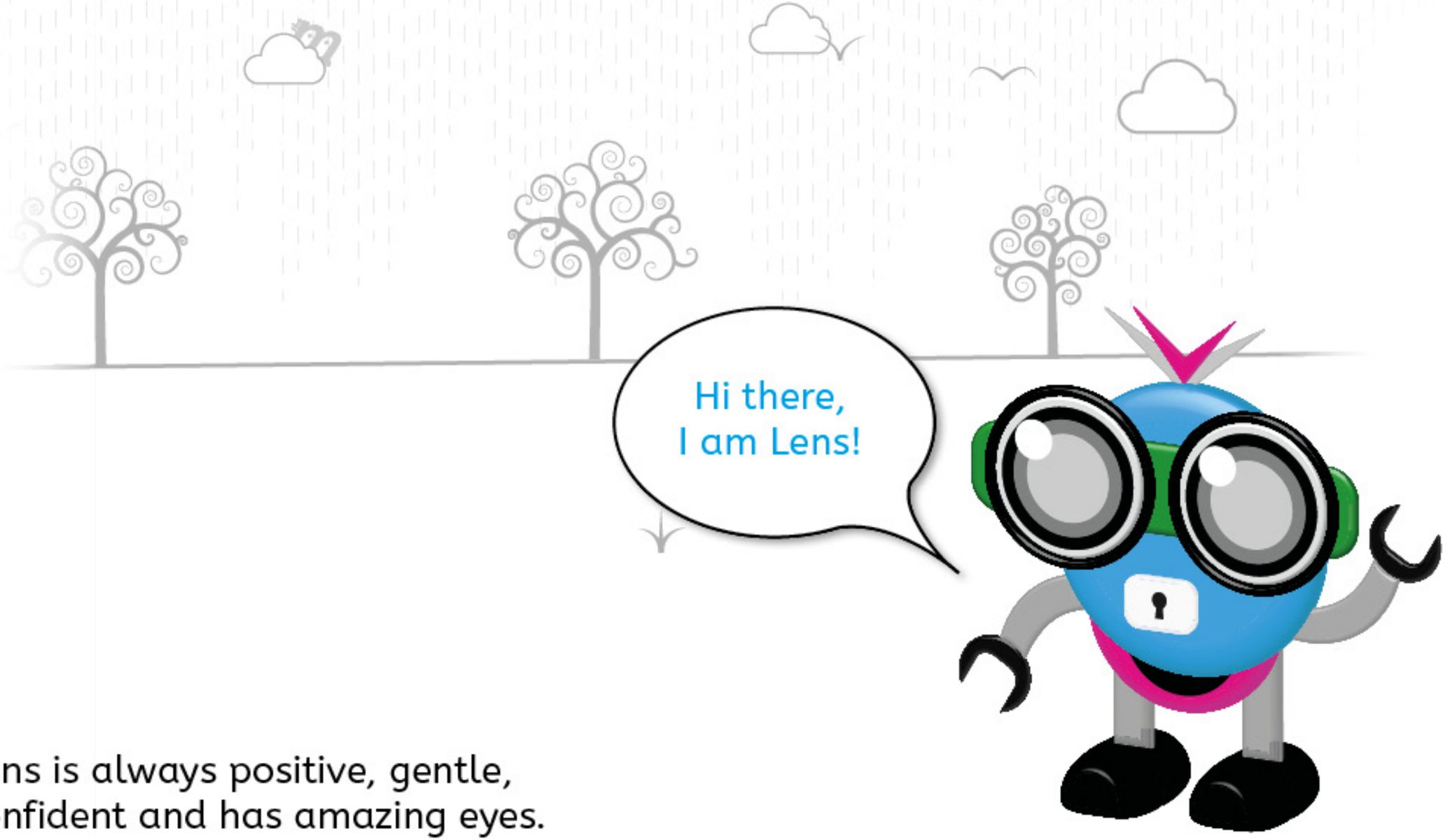


Shift, like Beam, who we met earlier, has a very special nose.

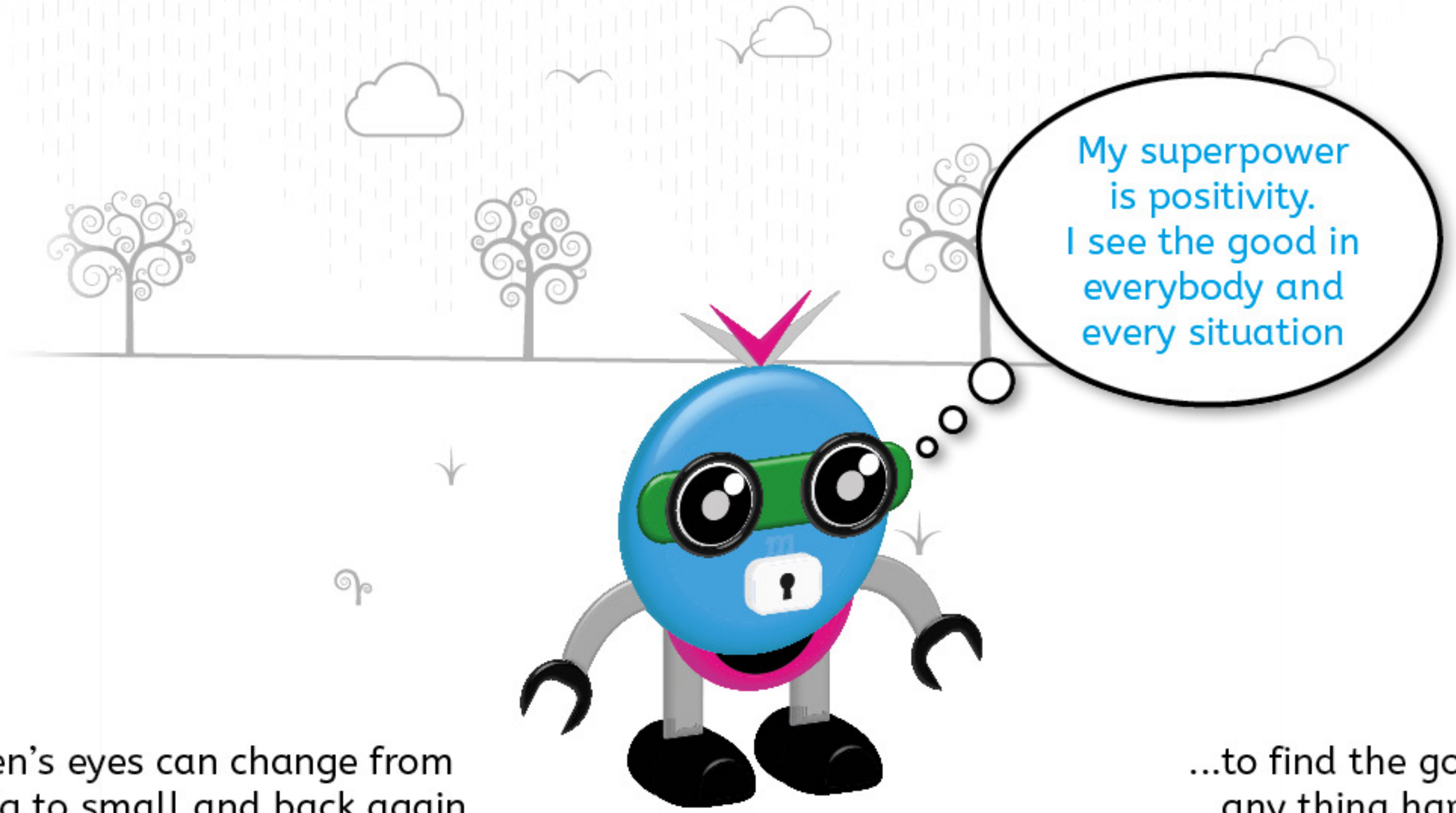
I see both sides of everything by covering each eye with my nose.

Shift's superpower is making sure everything is fair.

Shift becomes sad if things are not fair.

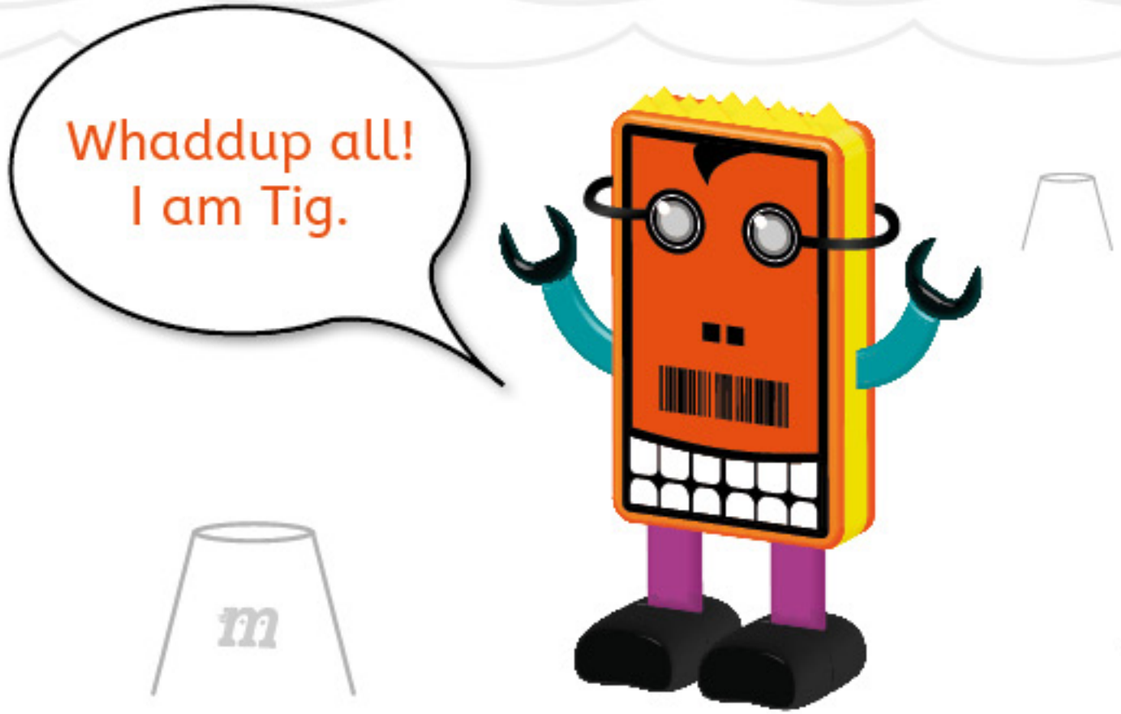


Lens is always positive, gentle,
confident and has amazing eyes.

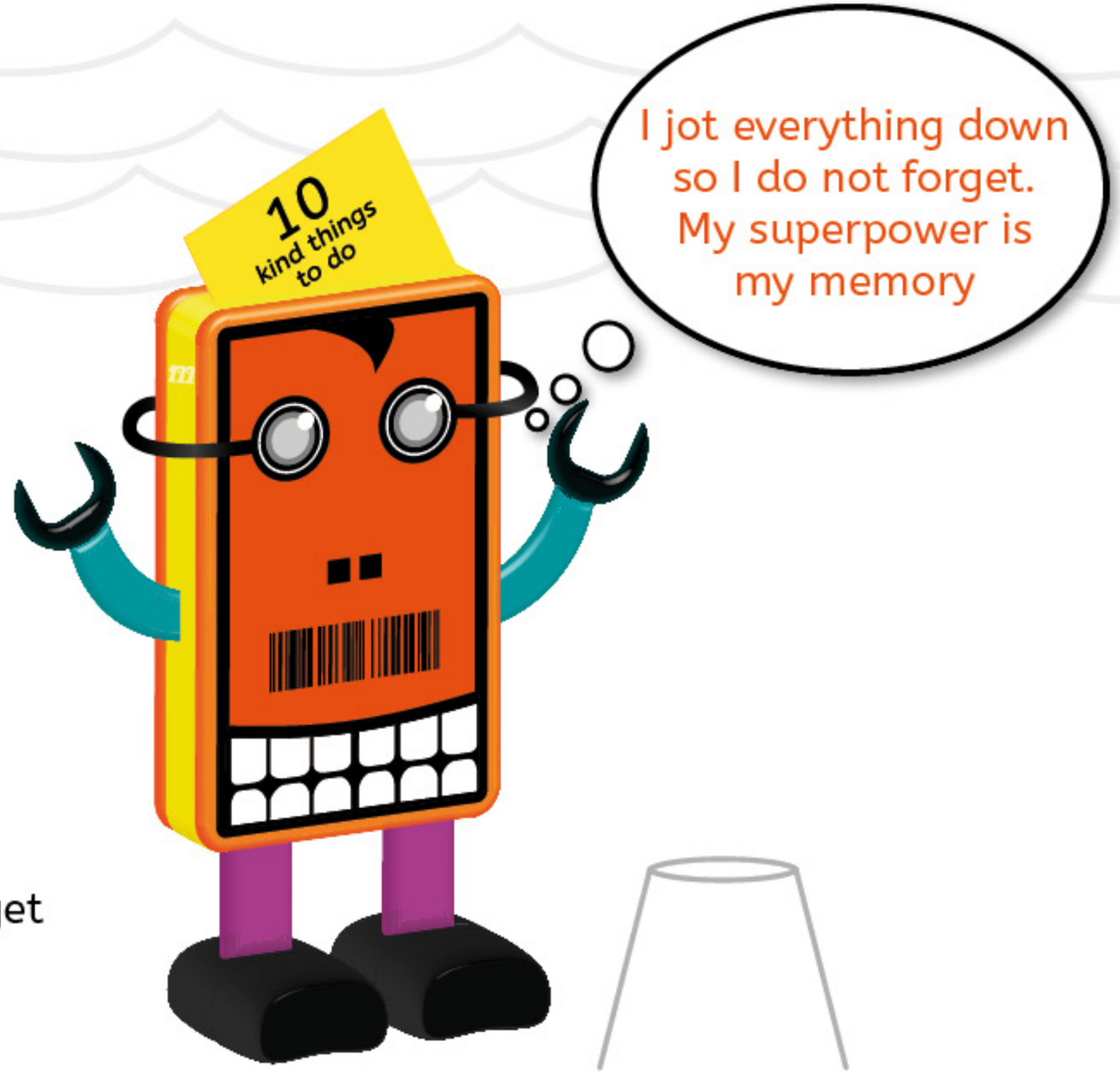


Len's eyes can change from
big to small and back again...

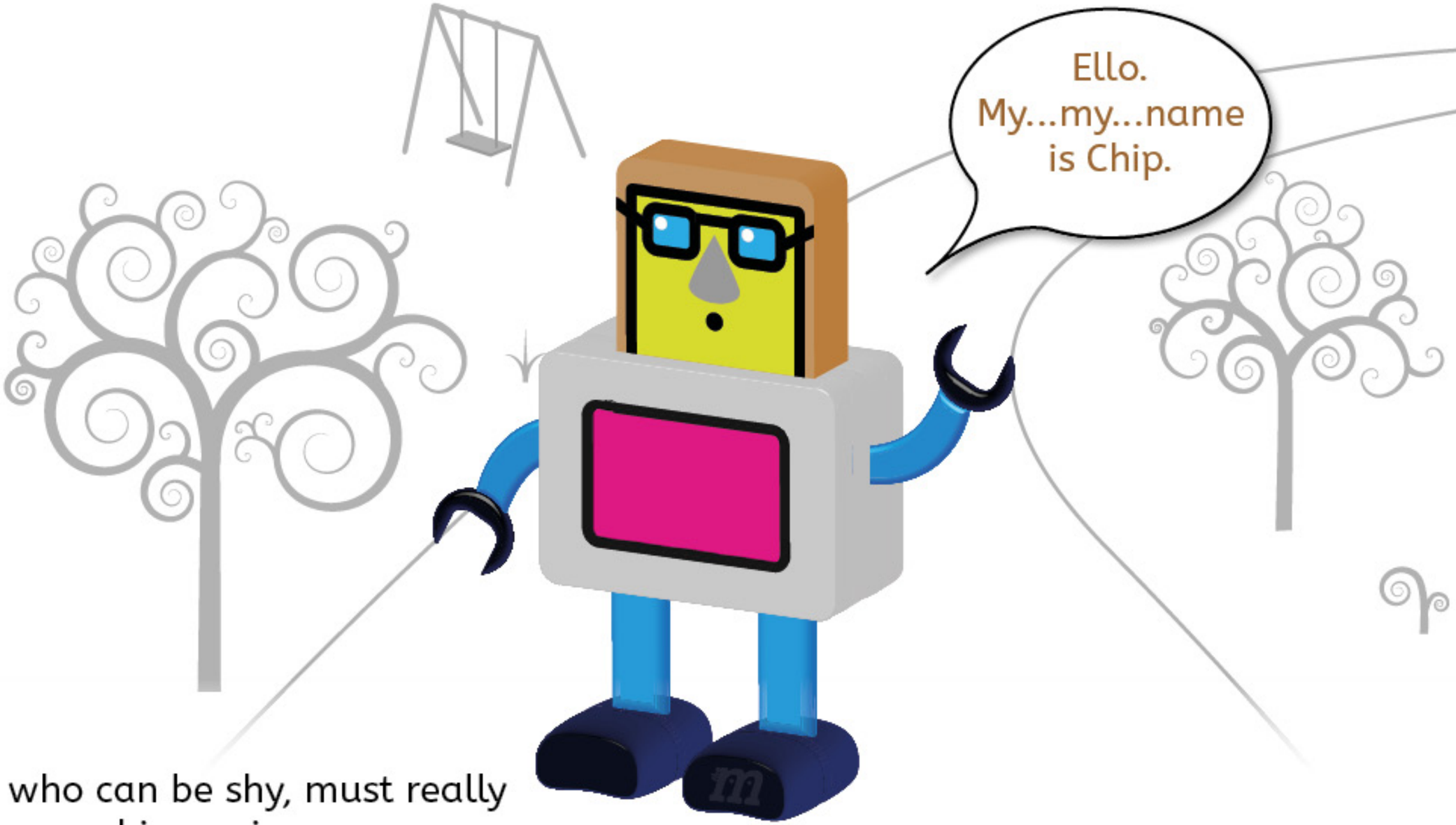
...to find the good in
any thing happens



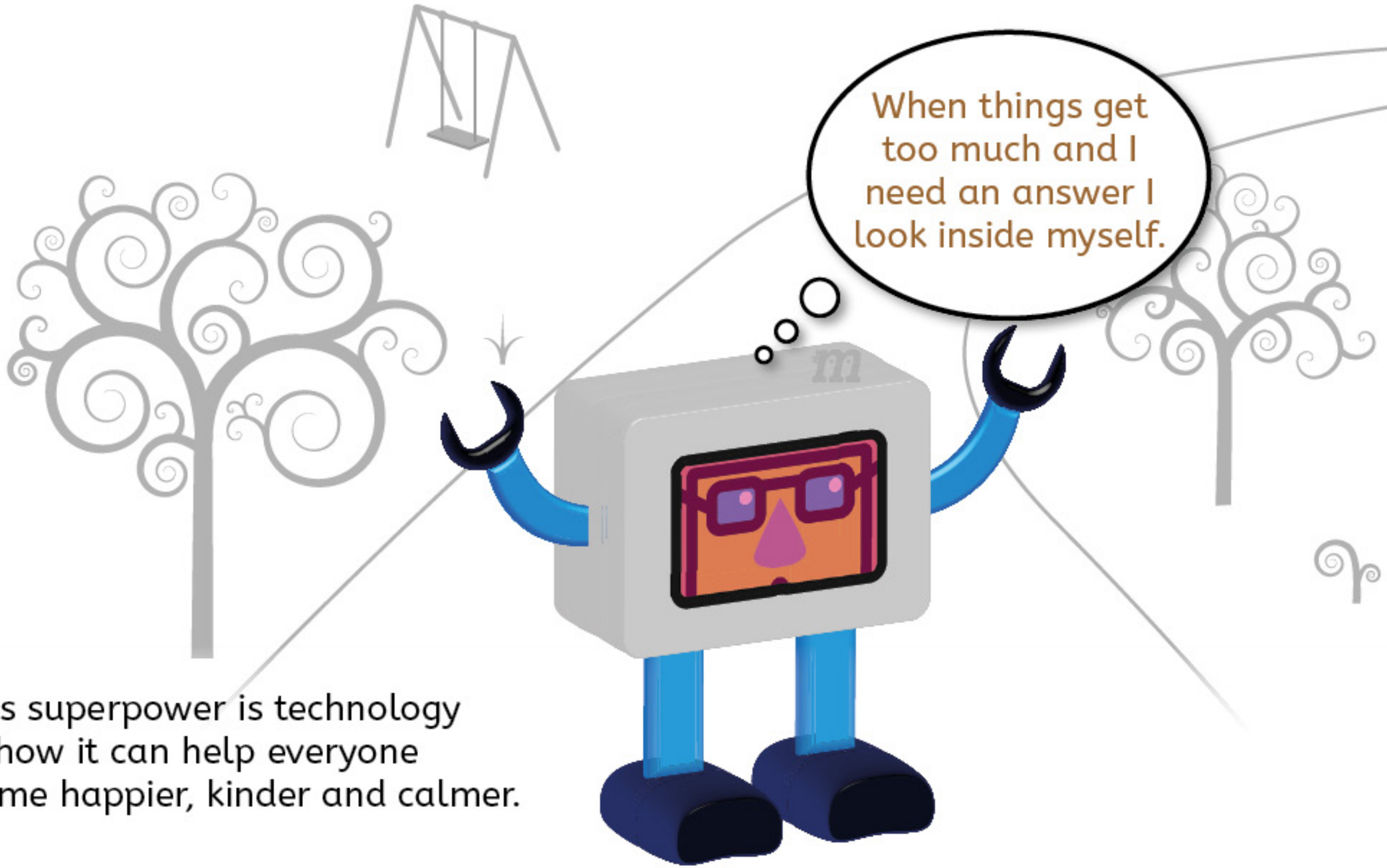
Would you like to say a big
or small hello to Tig?



If the other Mettas ever forget something they ask Tig.

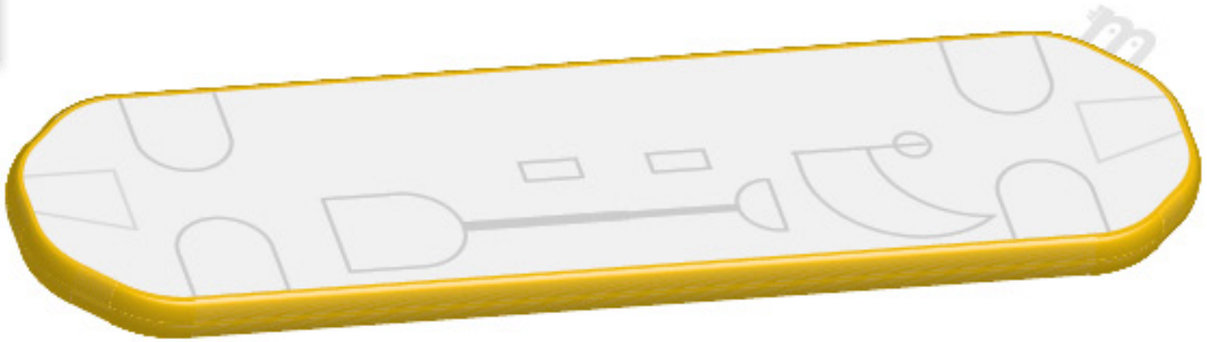


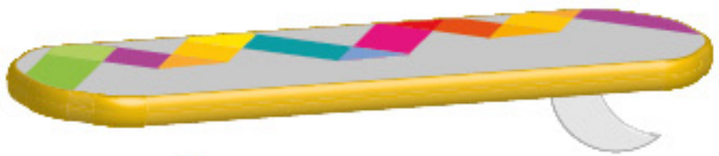
Chip, who can be shy, must really like you and is waving.



Chip's superpower is technology and how it can help everyone become happier, kinder and calmer.

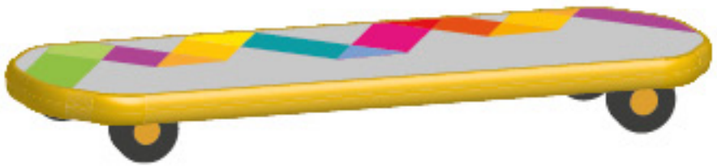
This is the WAG.





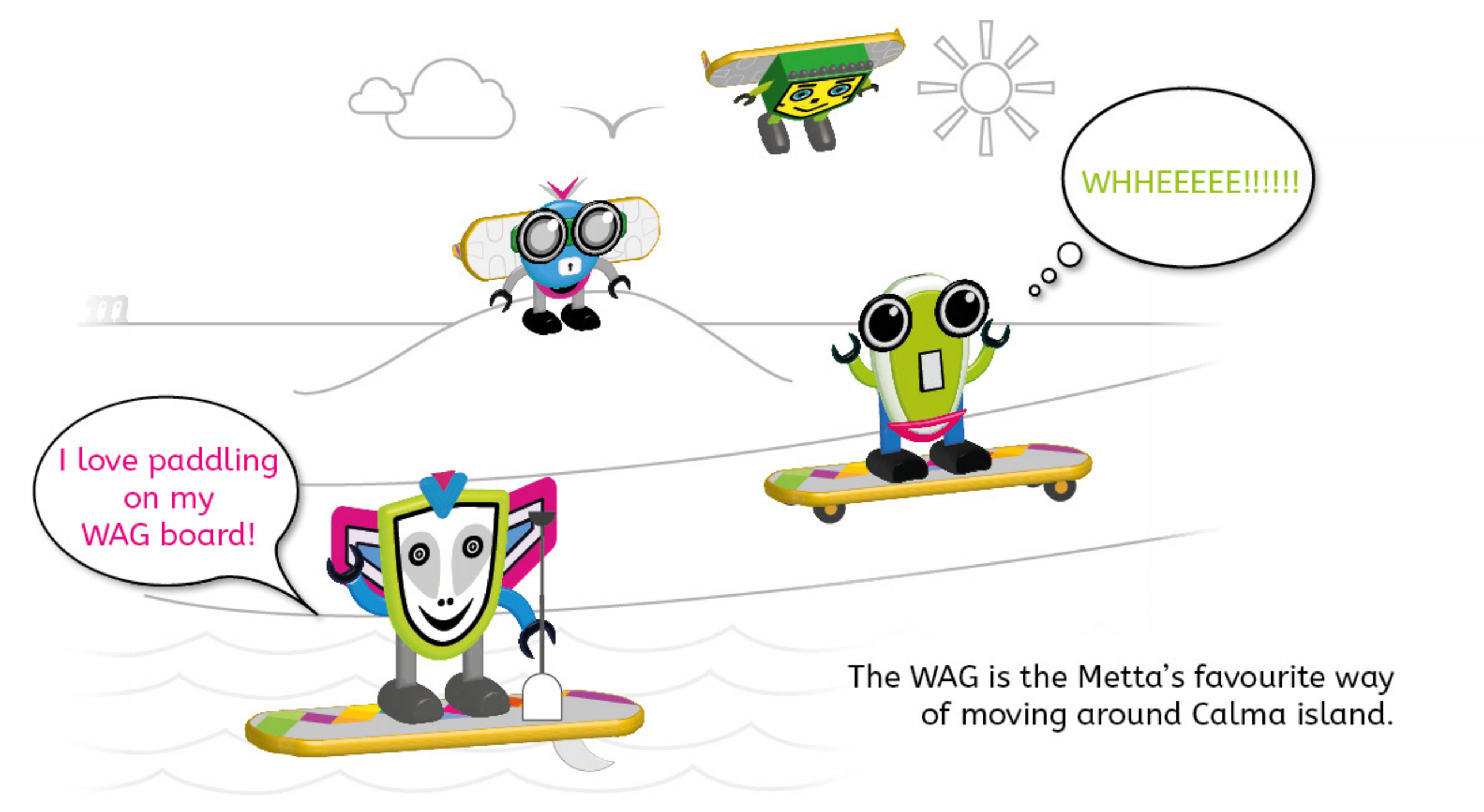
Water

Air



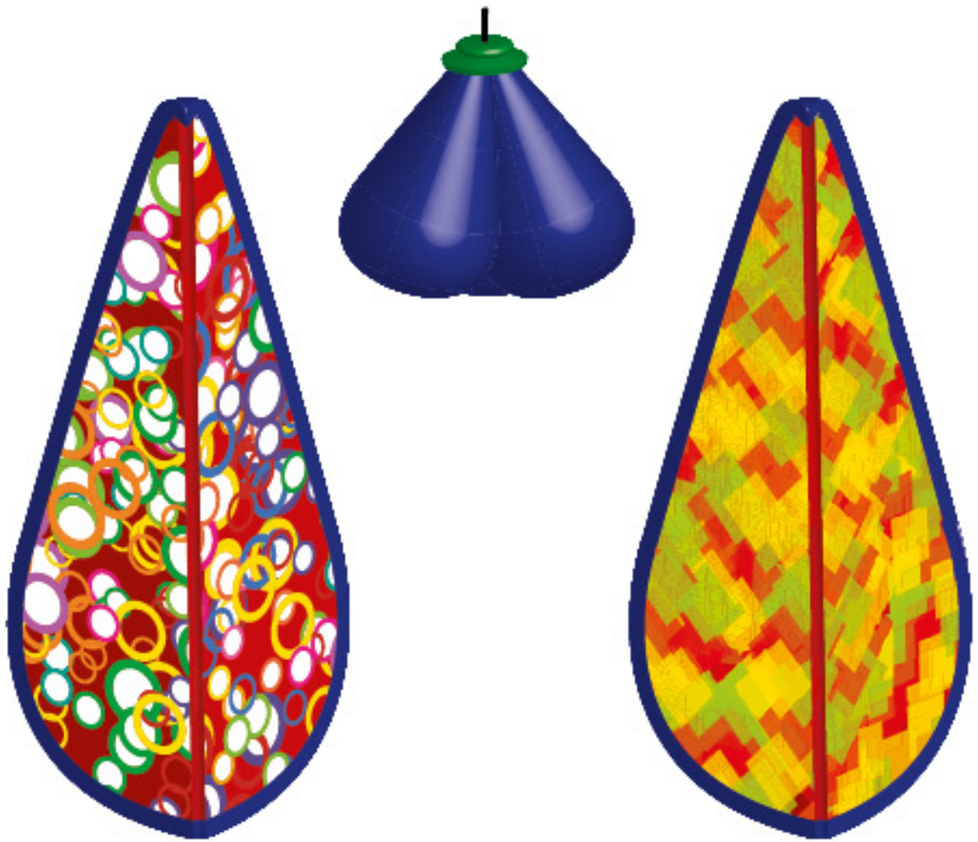
Ground

This one board travels on Water,
in the Air and on the Ground by
folding out the fin, wings or wheels.

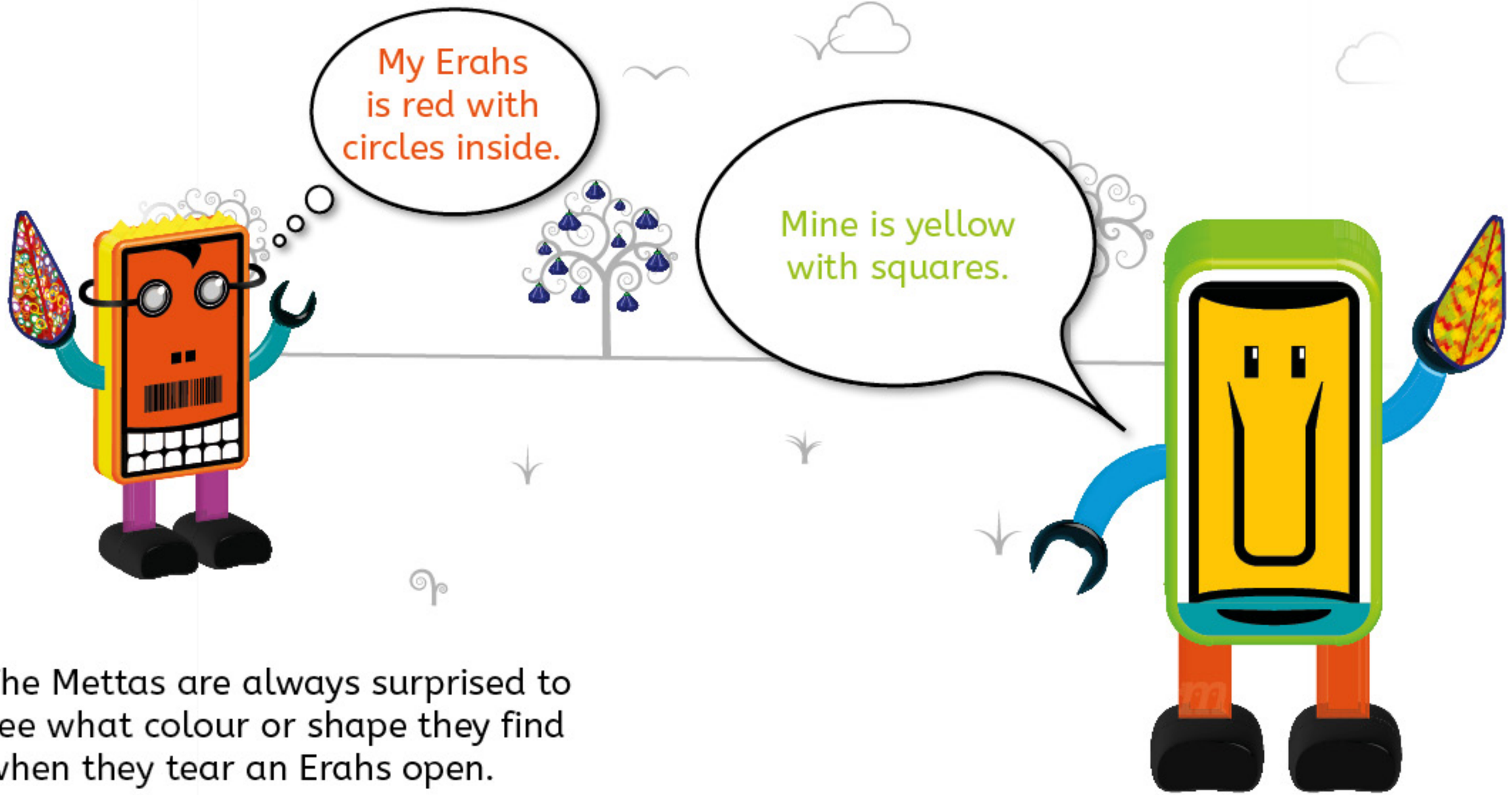


The WAG is the Metta's favourite way of moving around Calma island.

The Mettas love to eat Erahs.

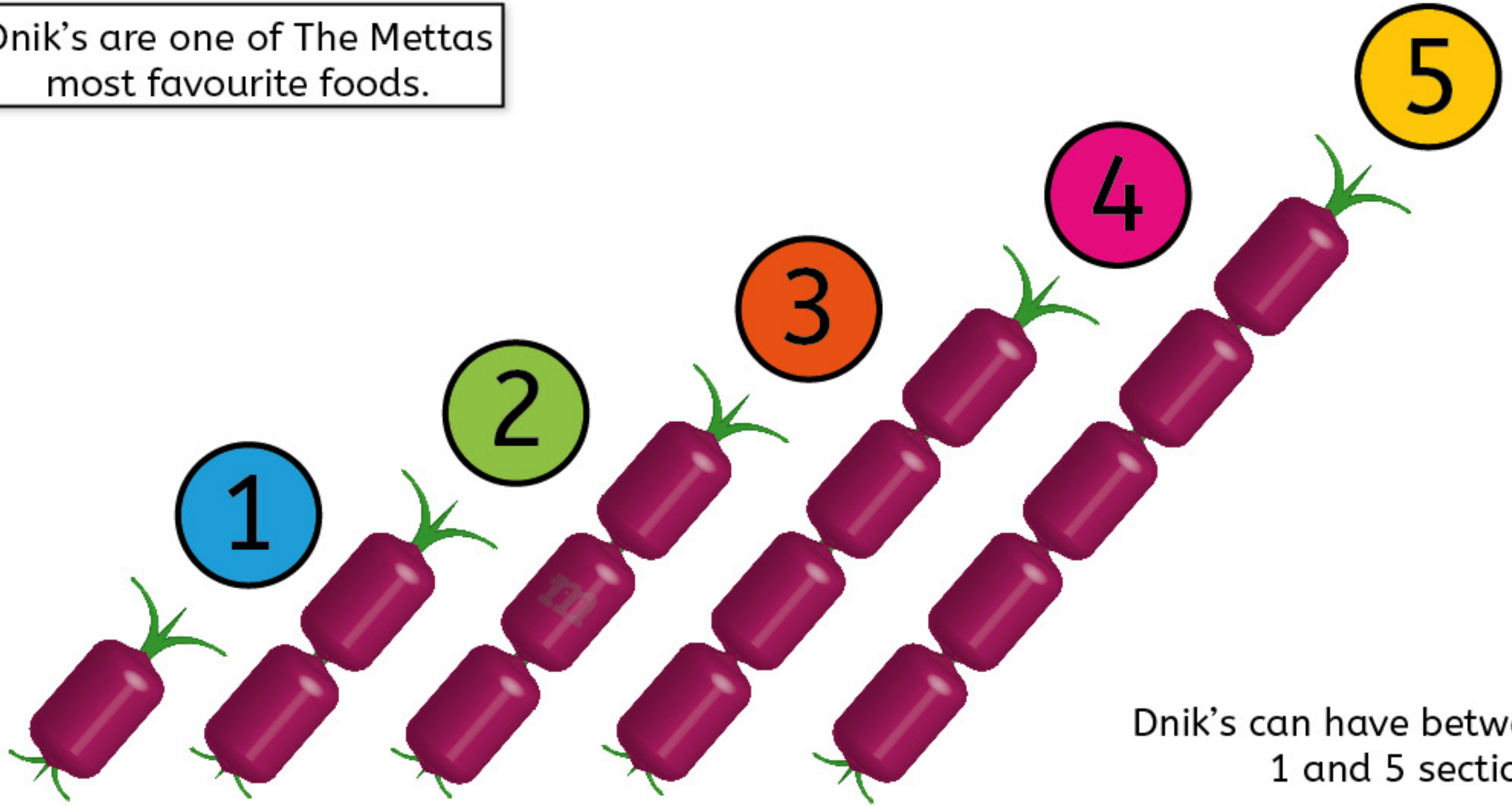


These healthy snacks are the perfect tear and share way for the Mettas to get energy for their busy days.



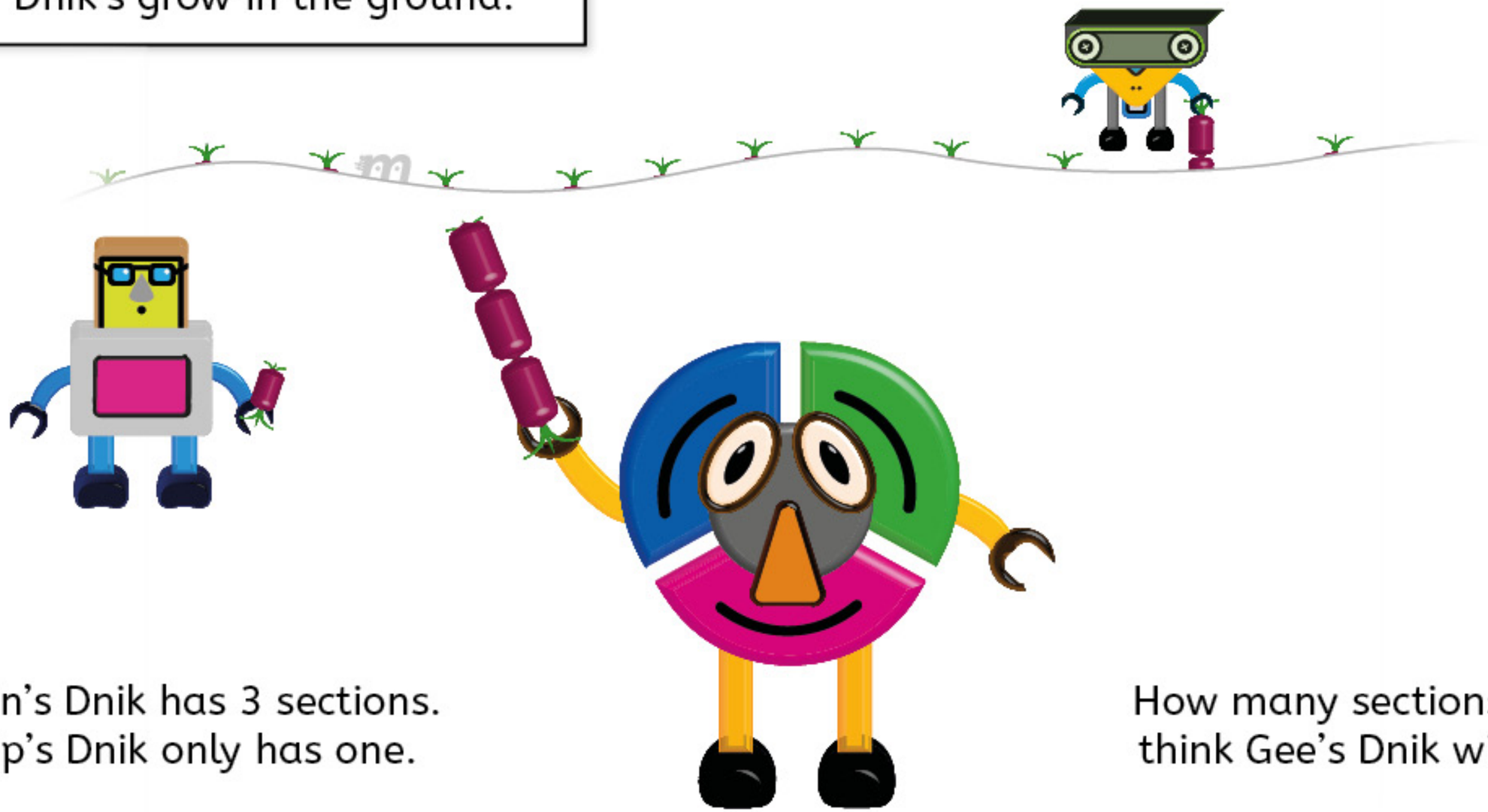
The Mettas are always surprised to see what colour or shape they find when they tear an Erahs open.

Dnik's are one of The Mettas most favourite foods.



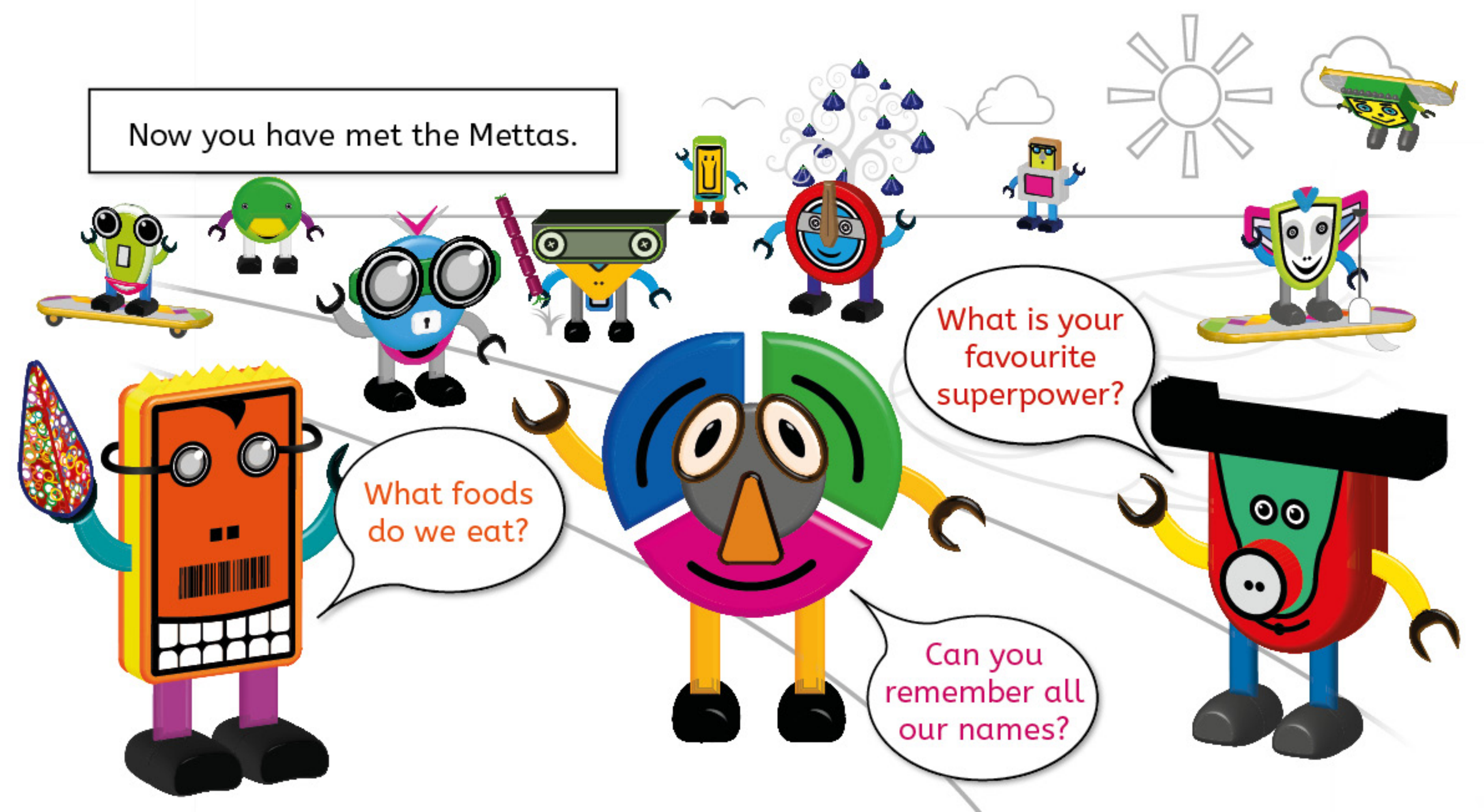
Dnik's can have between 1 and 5 sections.

Dnik's grow in the ground.



Spin's Dnik has 3 sections.
Chip's Dnik only has one.

How many sections do you think Gee's Dnik will have?


Now you have met the Mettas.
What foods do we eat?
What is your favourite superpower?
Can you remember all our names?

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