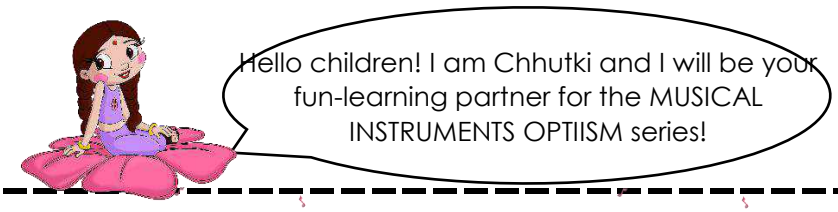
5-6 YEARS | WEEK 04

Stories - Optimism

1. Co-read the story
2. Calm down yoga
3. Conversation Starters
4. Palm Print- My family tree
5. I spy with my eye - Musical Instruments
6. Match - Musical play at Dholakpur
7. Circle - Things that make me sad
8. Colouring - Positivity Post-It
9. Memory Cards
10. Collage Making - Guitar
11. Colouring - Mandala
12. Choose and Colour - Helping Hands
13. Choose and Colour - Good Manners
14. Word Search - Power of Words
15. Poster Making - Optimism
16. Treasure Hunt - Friends
17. Gratitude Activity
18. Mood Sensors - Emoji Sudoku
19. Planner and Checklist - Developing oneself
20. Choose - Optimistic Thinking



Musical instruments optimism : co-read the story

Dholakpur was buzzing with excitement. Raja Indravarma had arranged a musical instrument competition for the children in the village. The king of the neighbouring village was coming to judge the competition.

Everyone was busy practicing their instruments. The competition was going to be held in the evening. In the morning, all the children picked chits to see who would go after whom. Chhutki was to go first, followed by Kalia, Bheem, Raju, Dholu-Bholu, and Jaggu.

In the afternoon, nobody could find Chhutki. All the other children went to search for her. Bheem found her crying in her house. "What's wrong, Chhutki? Why are you crying?" asked Bheem. "I don't want to participate in the competition because I will lose," said Chhutki sadly. "But Chhutki, how will you know you will lose if you don't even try?" asked Jaggu. "Because I am scared to go onstage in front of so many people," said Chhutki. "It's okay, Chhutki. Even I am scared," said Raju. "But we won't know if we will win or lose until we try." "Is it okay if I don't win?" asked Chhutki. "Yes, Chhutki. We just have to have fun playing our instrument," said Bheem. "Okay," said Chhutki, happily. "Now, let's all go have fun!" said Kalia.

Chhutki went first. She played the keyboard. Though she was nervous, she played very well. Next went Kalia and his flute. Bheem played his guitar. Raju played the drums. Dholu-Bholu played xylophones, and Jaggu played the violin.

At the end of the competition, the audience gave all the children a standing ovation! The king of the neighbouring village was so impressed by all of their performances that he could not decide who the winner was. Raja Indravarma came onstage and said, "Everyone performed so well today that we have decided there will be no winners in this competition! We will give all the children prizes." Everyone was very happy with this decision. "See, Chhutki? There is no reason to be afraid of performing onstage!" "Yes! All of us are winners," said Chhutki, happily.

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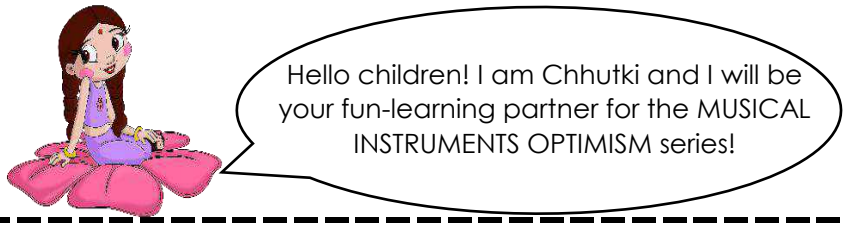
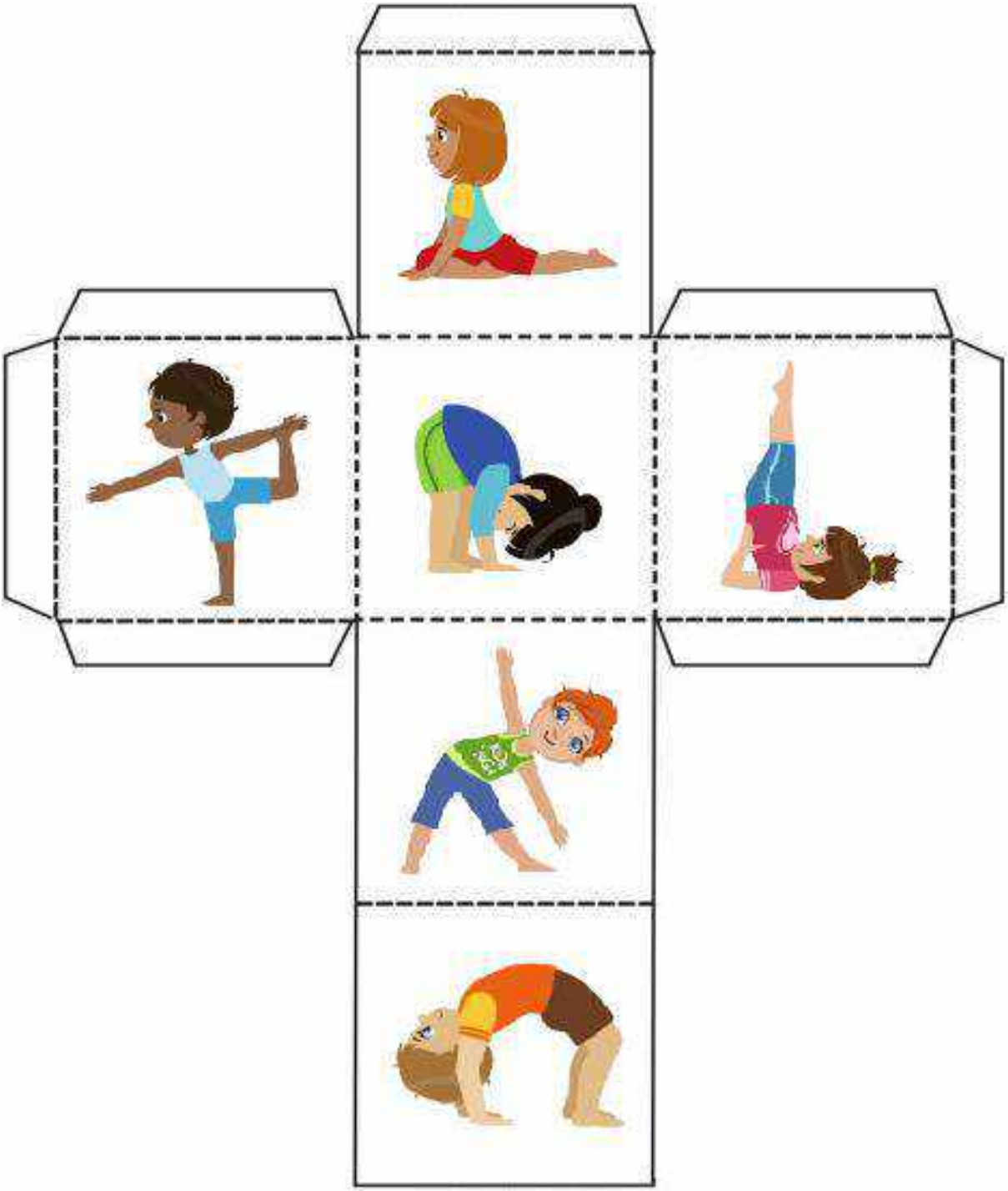


Calm down yoga

Cut on the solid lines and fold on dotted lines.Stick the flaps to make a cube.Throw the cube and do the yoga pose that comes up.



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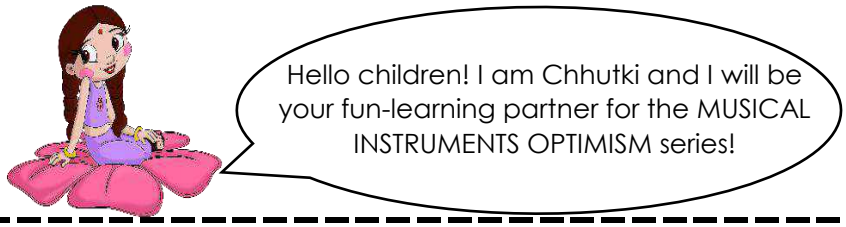


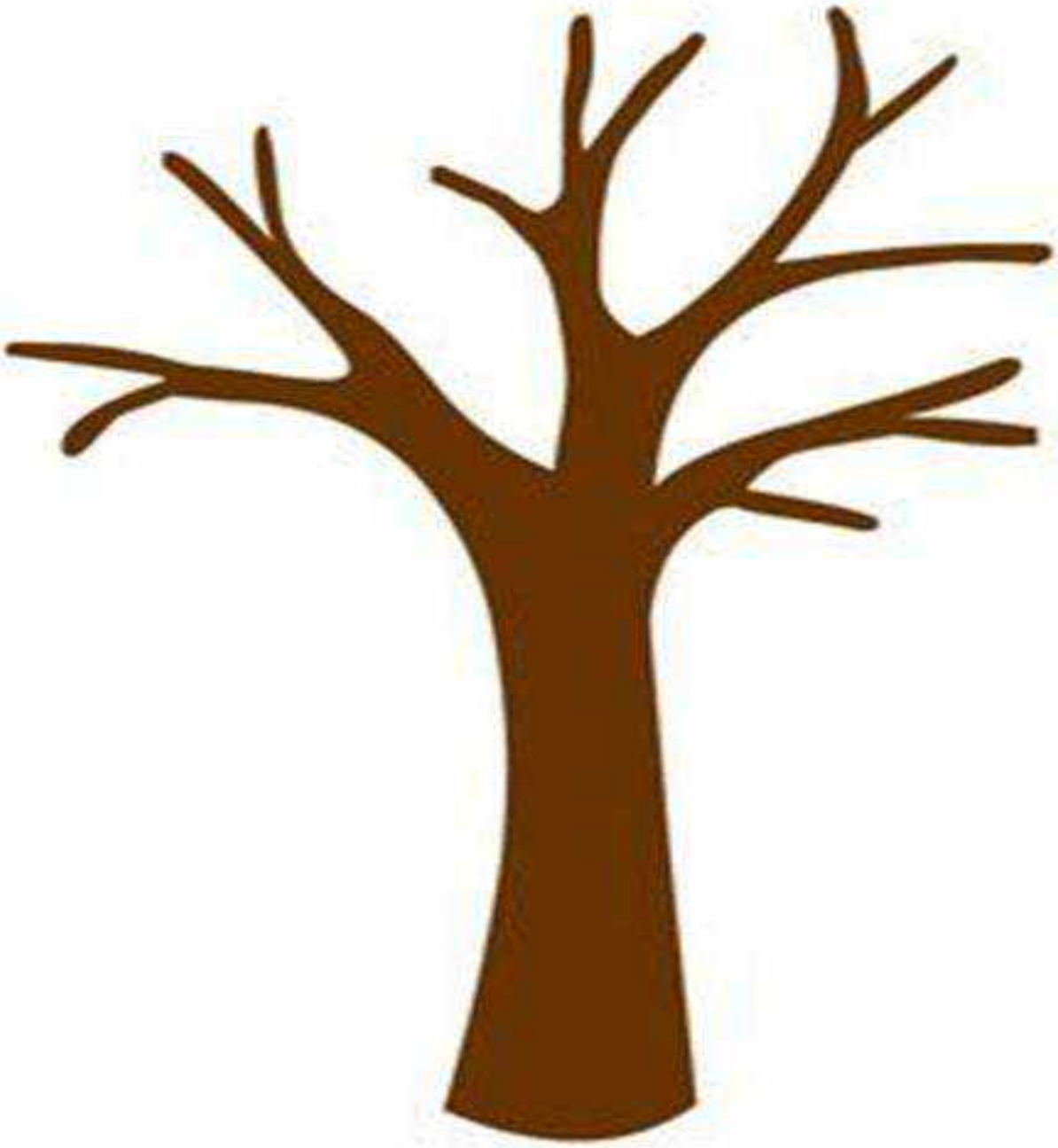
Conversation starters

Take a printout of the following flash cards and pick one to talk.

Hello children! I am Chhutki and I will be your fun-learning partner for the MUSICAL INSTRUMENTS OPTIMISM series!

My family tree

Dab your and your family's palm and print it with different colours on the family tree shown below.



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Hello children! I am Chhutki and I will be your fun-learning partner for the MUSICAL INSTRUMENTS OPTIMISM series!

I spy with my eye

Look at the the musical instruments given below and count how many there are of each kind. Write down the numbers in the boxes at the bottom.

☐ ☐ ☐ ☐ ☐

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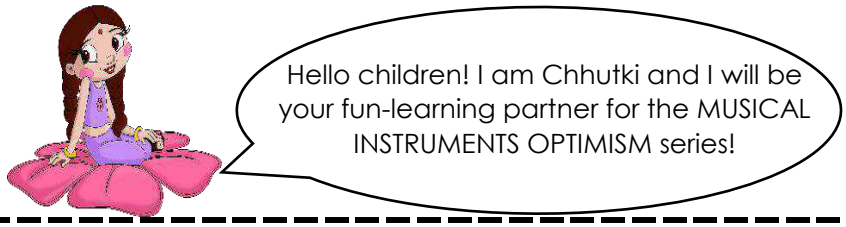

Musical play at Dholakpur

Match each character to the musical instrument that he/she played at the competition.

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Hello children! I am Chhutki and I will be your fun-learning partner for the MUSICAL INSTRUMENTS OPTIMISM series!

Things that make me sad

Circle the things that make you sad.

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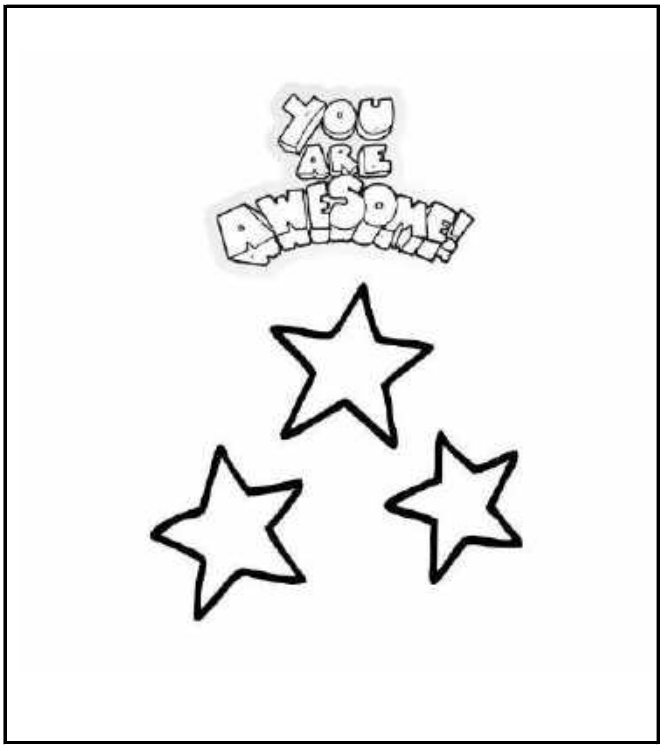
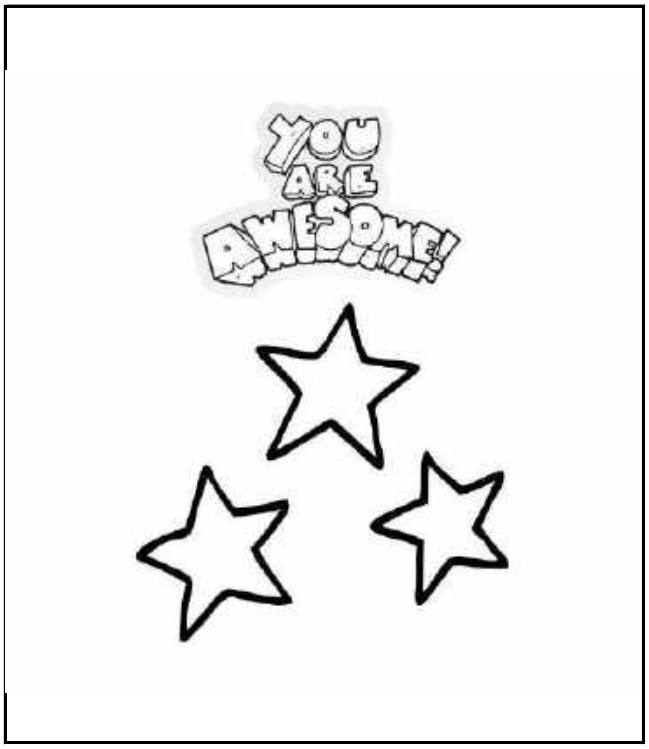
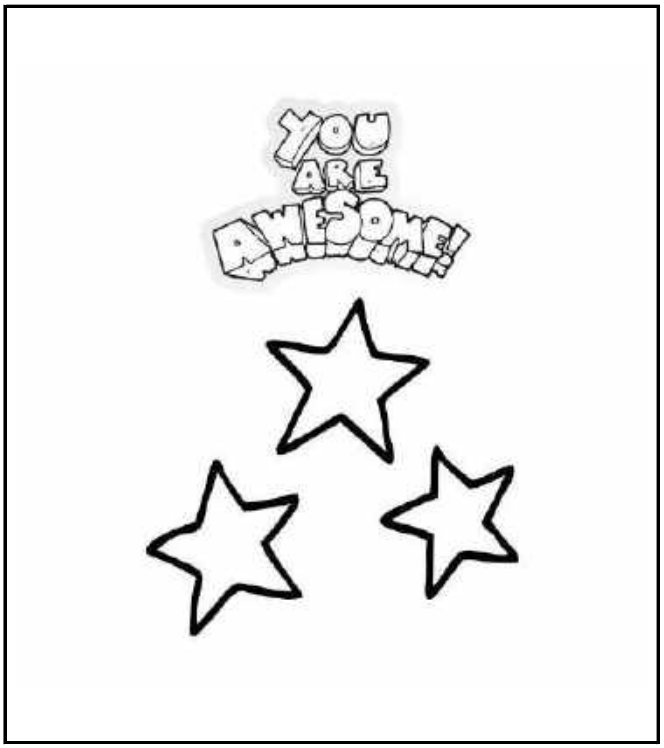
Hello children! I am Chhutki and I will be your fun-learning partner for the MUSICAL INSTRUMENTS OPTIMISM series!

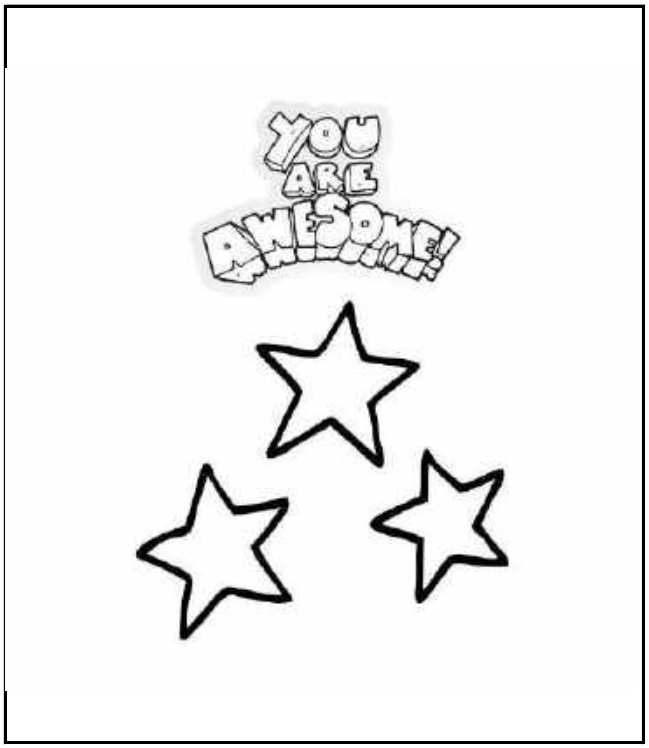
Positivity post-it

Spread some positivity. Colour these notes and share them with someone.





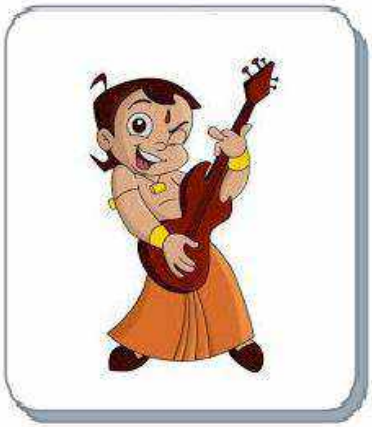


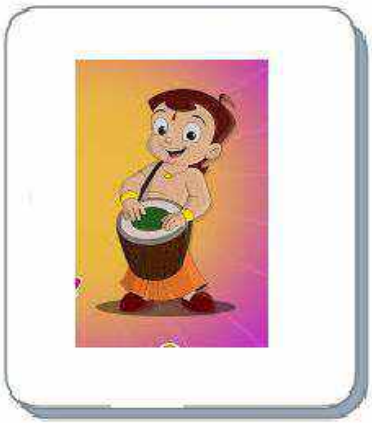


Hello children! I am Chhutki and I will be your fun-learning partner for the MUSICAL INSTRUMENTS OPTIMISM series!

Memory cards

Cut out the following cards. Print 2 or more copies for fun. Place them face down, flip them during your turn. If they match, collect both matching cards, if not place them face down again and wait for your turn.





Hello children! I am Chhutki and I will be your fun-learning partner for the MUSICAL INSTRUMENTS OPTIMISM series!

Collage making

Cut small pieces of coloured paper and stick it below to make Bheem's guitar.

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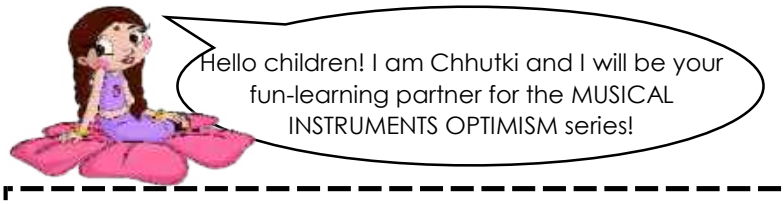
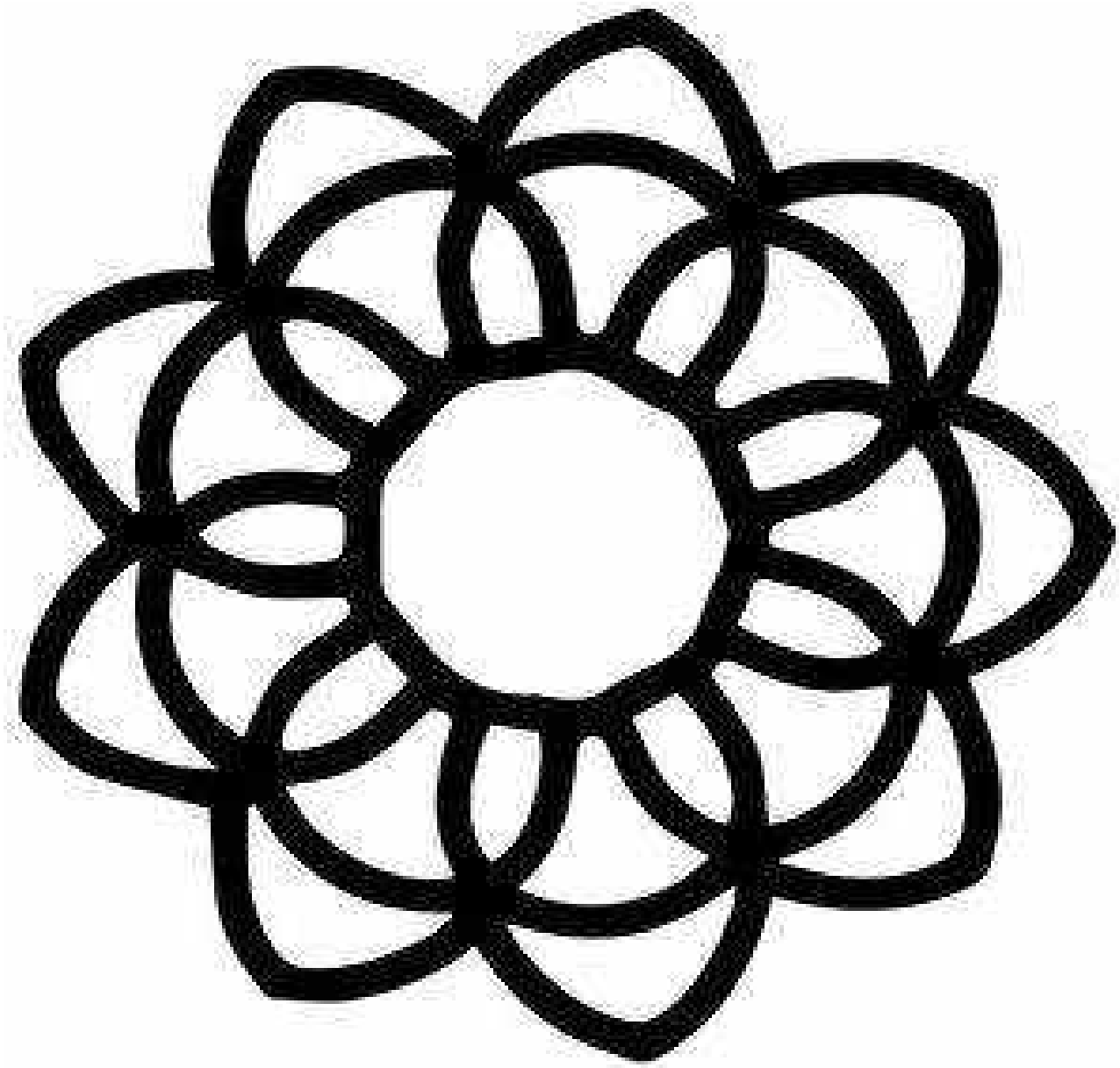
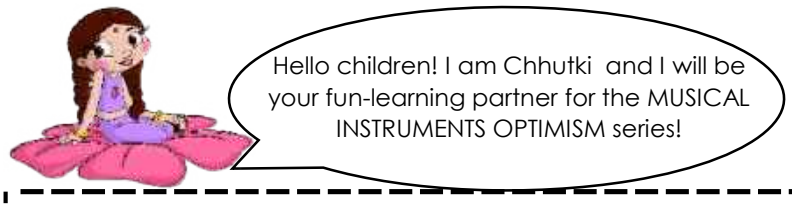


Colouring mandala

Colour the mandala below with crayons or colour pencils. Use different colours to make a colourful mandala.





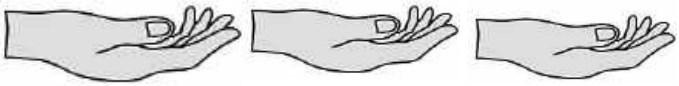
Helping hands

If you have helped anyone in the same way as shown in the picture, then colour the helping hands.

Share your things

Help mummy

Clean up



Help elderly

Give a hand to your friend

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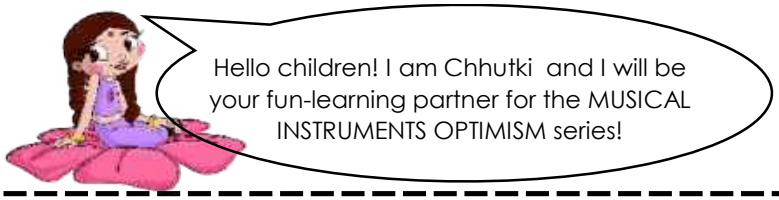
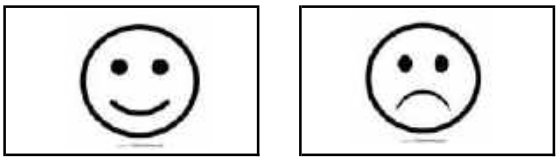


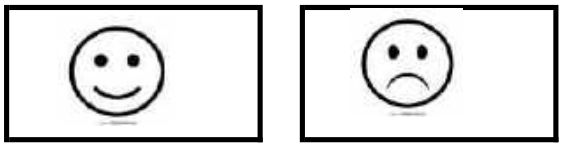
Good manners

Colour the smiley face for good manners and sad face for bad manners

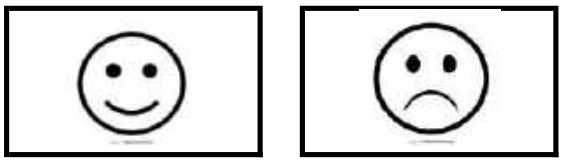
Taking care of pets



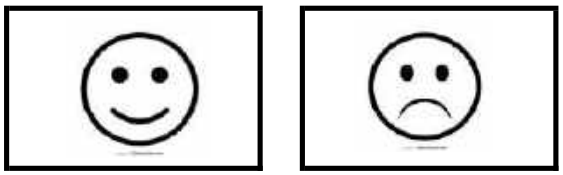
Helping others



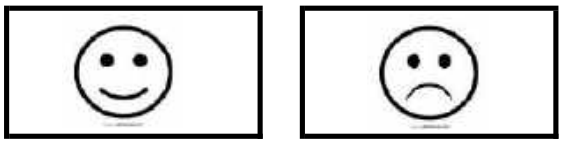
Snatching things from others



Saying thank you



Fighting



Good manners

Bad manners

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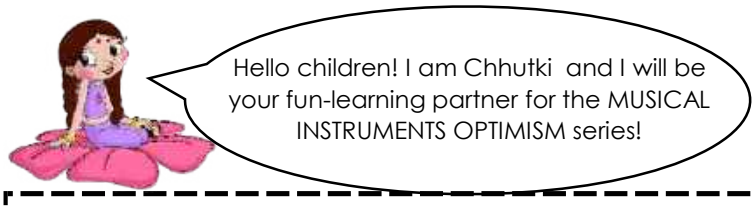

Word search : power of words

Read the words given below. Search those words in the grid and circle them.

k	l	t	g	b	v	n	j	r	y	t	o	p	w
i	t	u	c	r	z	c	o	a	p	s	p	t	z
b	r	n	v	a	m	h	y	n	s	m	a	r	t
g	i	i	t	v	i	o	f	g	o	f	t	s	j
g	n	q	g	e	c	w	u	m	o	t	h	m	r
v	k	u	n	g	f	m	l	l	l	g	o	o	d
e	s	e	d	l	w	a	l	l	p	v	j	r	l
w	t	n	l	m	b	c	d	e	u	i	p	t	f
h	e	a	l	t	h	y	w	e	r	k	t	p	s
u	v	h	a	a	f	u	p	e	t	i	m	s	v
p	a	a	s	i	e	e	t	s	d	n	e	i	a
q	l	o	v	e	d	r	e	q	u	d	e	n	g
n	c	i	t	y	r	e	s	p	e	c	i	a	l

healthy	brave	loved
kind	smart	unique
good	joyful	special

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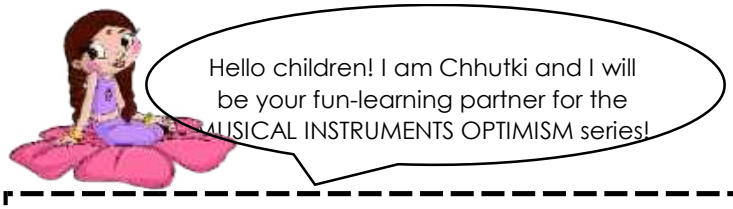
Optimism poster

Stick your photo in the circle below and put this poster on your wall. You can even colour in the poster.



Friends - treasure hunt

Find a friend who matches the clue. Try to find a different friend for each box.

Who has a brother / sister?	Who likes to play cricket?	Who has same birthday month as you?
Whose name starts with R?	Who is not in your school?	Who loves ice-cream?
Who stays near your house?	Who is the best in painting?	Whose name starts with the same letter as your name?

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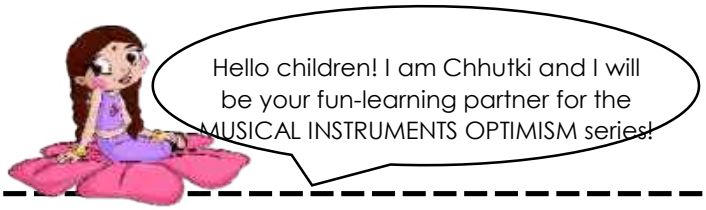
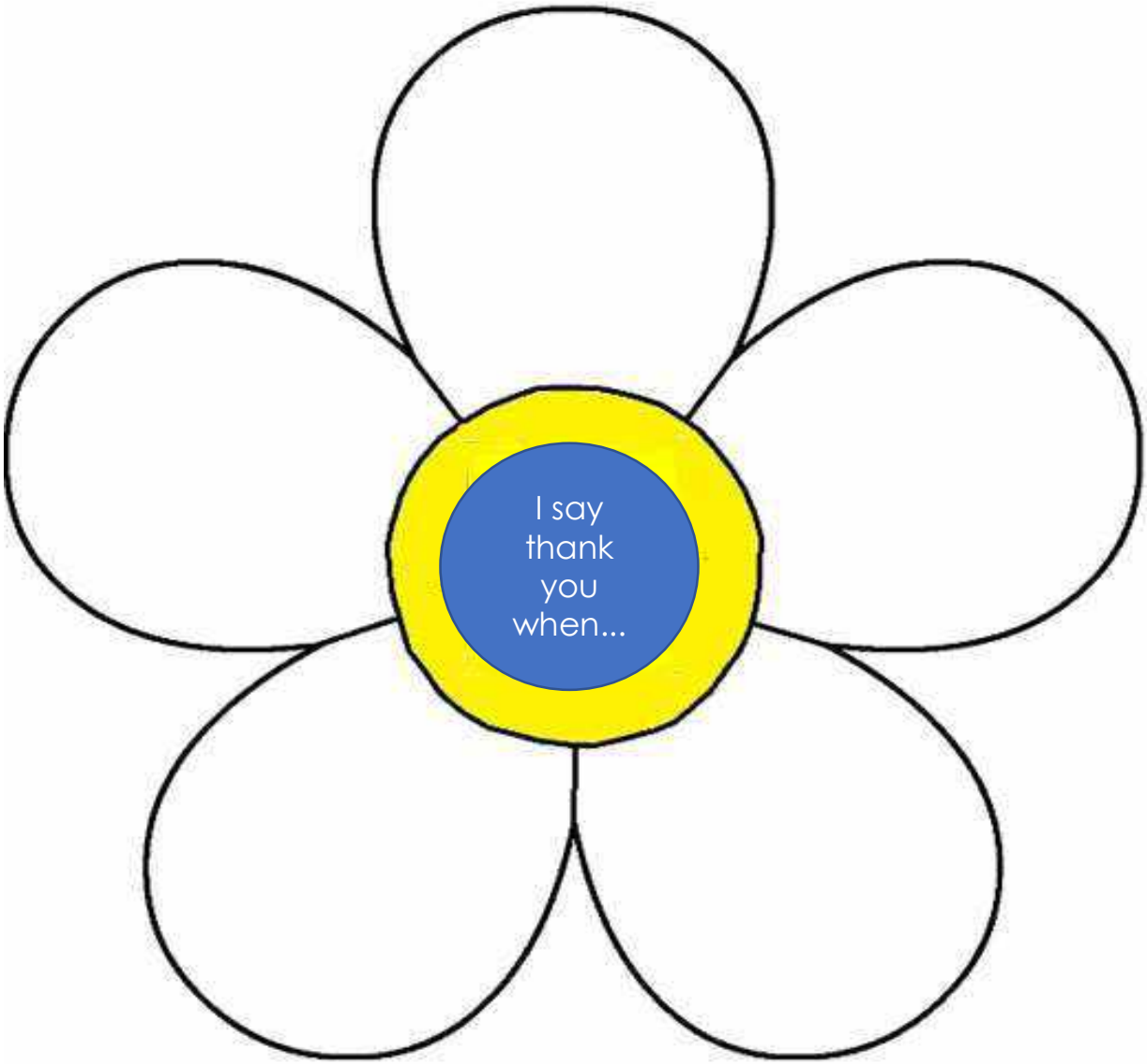


Gratitude Activity

Write down all the things you say thank you for in the petals.



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Mood sensors : emoji sudoku

Chhutki decided to play some mind games with her friends. There are four different emojis to be placed in each of the boxes such that the same emoji is not repeated in the same row or the same column. Complete the remaining boxes with suitable emojis. Cut and paste the emojis given below the sheet in the appropriate columns.

1	2	3	4

1	2	3	4

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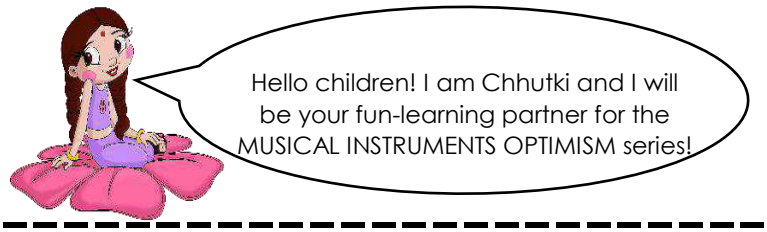

Planner and checklist : developing oneself

Daily work chart

S.No.	Task	S	M	T	W	Th	F	S
1	Do you dress by yourself?							
2	Do you follow rules?							
3	Do you feel happy?							
4	Do you cry?							
5	Are you brave?							
6	Do you feel shy at times?							
7	Do you hug your mother?							
8	Do you take care of your pet?							
9	Do you play with toys?							
10	Do you like to colour?							
11	Do you exercise?							

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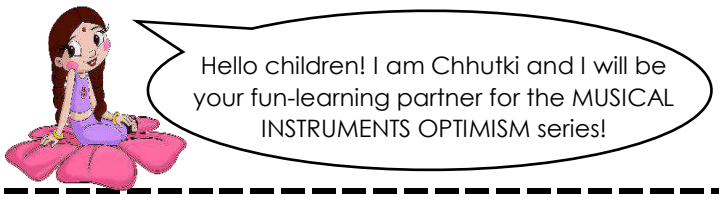

Optimistic thinking

Get help from your elders. There are both positive and negative statements given below within the circles. You can choose four statements which you feel positive about and draw lines from the circles to the tick mark given at the centre.

I am getting better!

I can't do it!

I will give it a try.

I will keep trying.

I will never be able to do it.

Things will work out!

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