

## Home Learning November Week 4



### Personal, Social and Emotional Development

Watch the video "[Kim joins in](#)"

Encourage your child to finish the sentence "I am special because...".



### Physical Development

Join Elmo from Sesame street dancing and guessing the feelings that are being shown?

[Emotions through dance](#)

Breathing and yoga can also help us calm any emotions. Join Cosmic Kids Yoga in a short mindfulness yoga session: [Thought Bubbles](#)



### Language Development

This is a fantastic book all about the different feelings  
["In My Heart"](#).

Listen to the story below.

["Grumpy Monkey"](#)

Can you name a time when you felt grumpy like the monkey in the story?



### Early Mathematical Experiences

Have a go at counting 😊 see the resource card.

How many happy faces do you see?

How many angry faces do you see?

How many sad faces do you see?  
Etc.



### The Arts

Sometimes remembering to be grateful about things can help us with our emotions as well. Why don't you create some care stones. You can give these as presents to help others feel better.

Here is a book about being thankful:

[Being Thankful](#)



### The World Around Us

Everyone will at times get upset, angry or stressed. There are different ways to cope with these feelings and emotions. Have you heard of a stress bottle or stress ball before? Maybe you would like to make one and see if that helps you. See resource card for instructions.



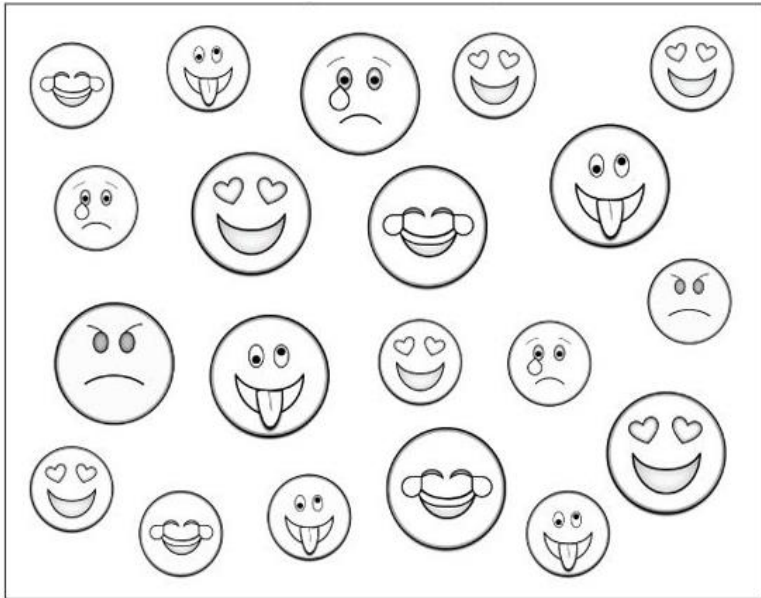
# Resource Card



Home Learning  
November Week 4



## Counting Activity



## Calm Down Bottle/Jar

### What to do:

1. Pour a dollop of glitter glue into the jar. How much depends on the jar that you're using, but don't worry, you can always add more if you need to.
2. Get a grown-up to help you add hot water to the jar and stir it with the spoon to dissolve the glitter glue. Do not use boiling water in the jar as it could break the glass.
3. Once all the glue has dissolved, wait for it to cool down before you screw the lid back on. When it's on tight (and make sure it's really tight) give it a shake and watch the glitter storm calm down.

Balloons + Flour = **DIY Stress Balls**



## Care Stones

Collect some stones, decorate them, and give them to the people you love and care about.



[Guess the Feeling game](#)

## Useful Links:

- [Patty Shukla-emotions song](#)
- [Ben and Holly's Little Kingdom-exploring sad emotion](#)
- [If you're happy and you know it.](#)
- [How are you? feelings song](#)