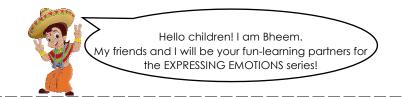




3-4 YEARS | WEEK 32

Stories-Expressing Emotions

1.Expressing emotions : co-story reading	11.Colouring mandala
2.Nature elements	12.Helping
3.Colouring the faces	13.Dot activity
4.Trace your hand	14.Power of feeling better
5.Know yourself	15.I spy with my eye
6.Tracing positive affirmations	16.Tracing maze : emojis
7.Tracing positive affirmations	17.Kindness
8.Being thankful	18.Checklists : galaxy of good habits
9.Find the hidden objects	19.Story activity
10.Match the following	20.Nature craft





Expressing emotions: co-story reading

Bheem and his friends were playing football in the park. Bheem, Jaggu, and Chhutki were in one team, and Kalia, Raju, and Dholu-Bholu were in the other team. During the game, Bheem kicked the ball hard so that it went straight into the goal! Bheem and his team had won the match.

Dholu-Bholu, Raju, and Kalia were sad that they had not won. When Bheem and his friends went to talk to them, Dholu-Bholu said, crying, "We wish we could also play as well as them and we were good enough to win." "Yes, I wish I was as strong as Bheem," said Raju. "I wish I could kick like Bheem," said Kalia.

"Boys! Cheer up," said Bheem. "Just because you lost in this game does not mean you are not good enough." "Yes. Raju, you are the kindest of us all," said Chhutki. "And Kalia, you always take care of all of us," said Jaggu. "And Dholu-Bholu, no one is funnier than you!" said Bheem, laughing. All the boys cheered up. "Come on, let's do something now where everyone can be the winner," said Bheem.

"Let's draw something of ourselves we really like," said Chhutki. "Okay!" said all the children, excited. Bheem drew himself with strong muscles, Chhutki drew her smile, Raju drew himself with a big heart, Jaggu drew his long tail, Kalia drew himself helping others, and Dholu-Bholu drew themselves laughing.

When the children showed their drawings to each other, they all agreed that they had drawn their best qualities! They were all very happy that they could express themselves in such a nice way through drawing. They all understood that participation and enjoying it is more important than winning a game.

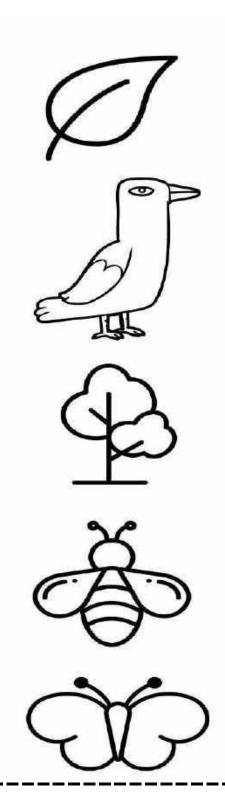


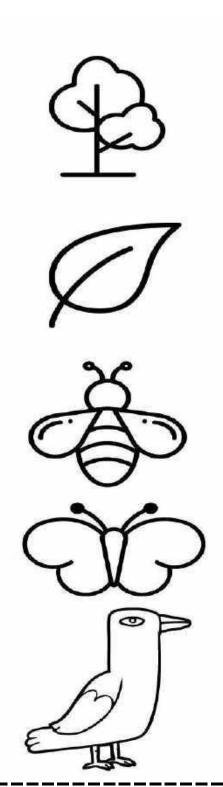




Nature elements

Raju and his friends were playing in the park. They found some of the nature elements while playing. Can you match the similar nature elements by drawing a line from the left side of the object to the right side of the object. You can even colour them.







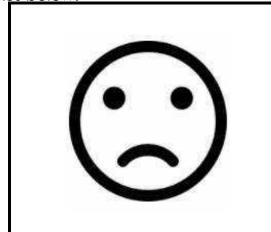


Colouring the faces

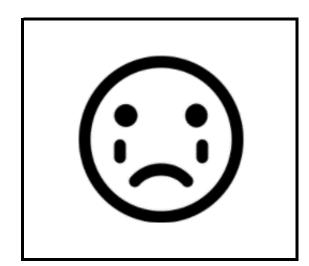
Help Bheem and his friends identify the feelings shown by each face and colour them

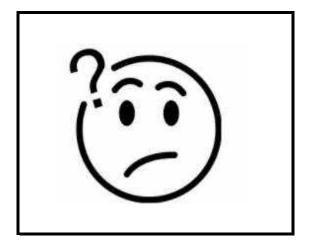
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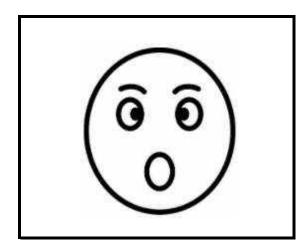












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