



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



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



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.



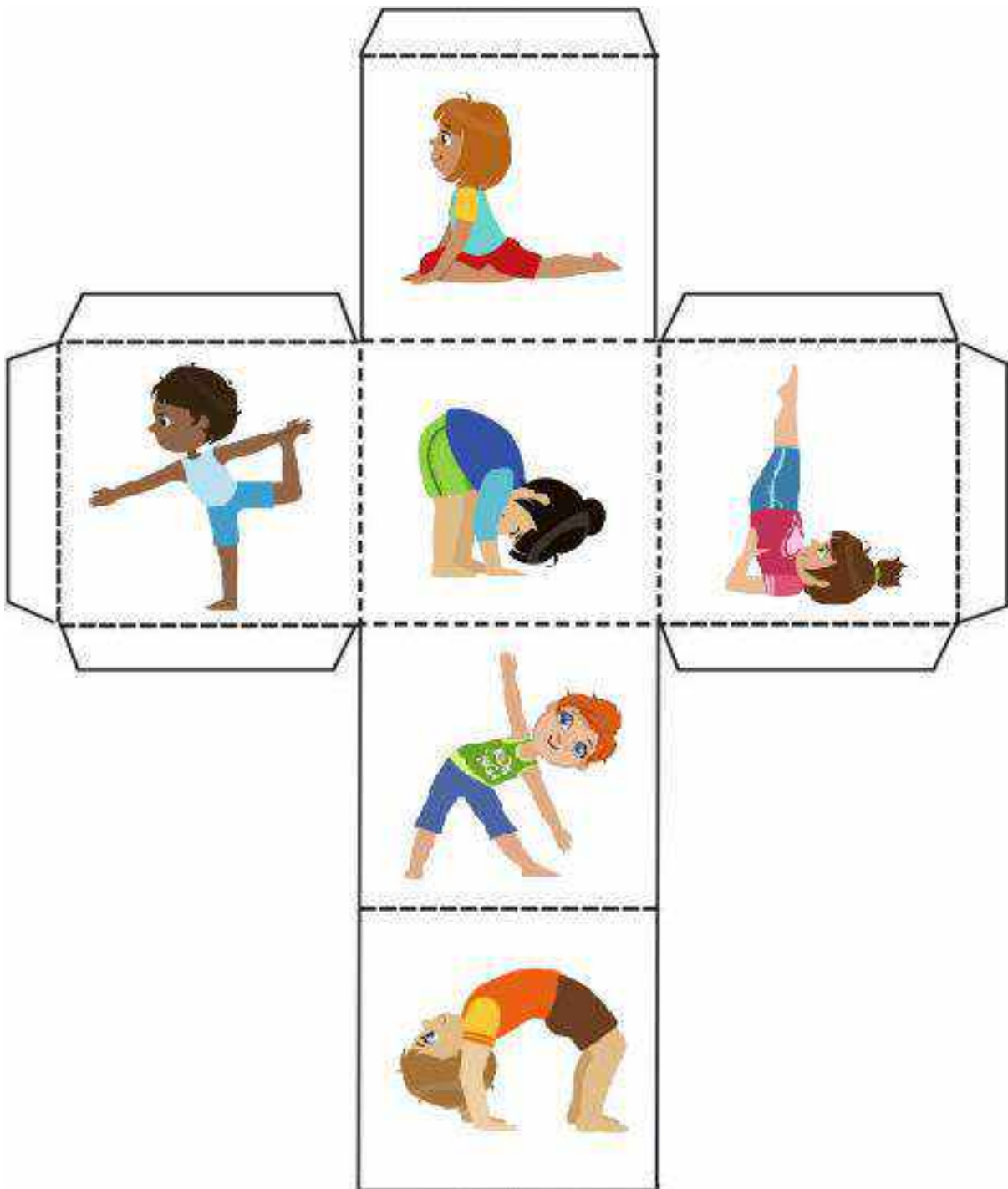


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Calm down yoga

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

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