



Shareosaurus's Home Learning Challenges

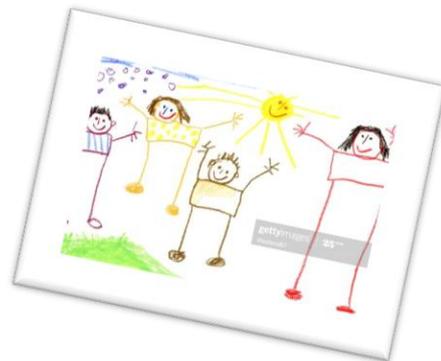


Shareosaurus is kind to others and thinks about how others may feel. He is able to work as a team, listening and responding to others' ideas.

Can you be like Shareosaurus?

It is fun to make friends and share experiences with other people.

Draw a picture of something fun you have enjoyed doing with your family. This might be playing a game, spending some time together at home or going somewhere exciting.



Making New Friends

Sometimes we can feel nervous about making new friends but the more you practise the better you get at doing something. Try being friendly wherever you go, smile at people, and say hello. Next time you go for a walk, to the park or to the shops try smiling at other children. Do they smile and wave back?



<https://www.bbc.co.uk/cbeebies/radio/poem-friends>

Recognising Emotions

To be a good friend we need to be able to recognise other 's feelings

☆ Faces and Feelings – choose a game ☆



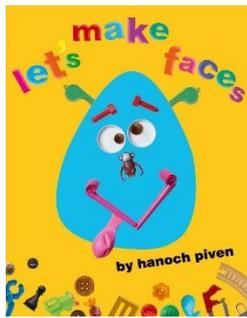
<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/faces-and-feelings/>

Can you recognise your own emotions? How do you feel now, and which zone are you in? Does this change throughout the day?

The Zones of Regulation

Blue Zone sad tired sick tired	Green Zone happy calm feeling ok focused ready to learn	Yellow Zone frustrated worried silly/wiggly excited loss of some control	Red Zone mad/angry terrified yelling/hitting elated out of control

Make a face



<https://www.youtube.com/watch?v=1OIhXhWijAY>

Can you make some faces out of different objects? Can you make 3 different faces showing 3 different emotions?

Role Play

Role play is a great way of practising social skills. We can pretend to be someone else and explore different situations. We can learn to cooperate and collaborate with others. Tea parties, doctors, hairdressers, cafes and shop role play are great because we practise asking questions and responding.



Construction Challenge

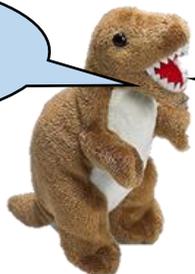
This 'challenge' will really test your listening and responding skills.
Go on give it a try.

Do you have lego, wooden bricks or another construction set at home?
You could always use recycled boxes.

1 person is the **designer** and the other person is the **builder**. The designer is not allowed to touch the construction materials. The designer tells the builder how to build their design and the builder has to listen and carefully follow their instructions.



It's good to work
as a team.



Remember to listen to
other people's ideas.

Teamwork

Projects where you can work together to create something together or achieve a goal can be really rewarding.

- Can you bake some treats for someone special?
- Can you play a game of bat & ball?
- Can you help to prepare a meal and set the table?
- Can you build a sandcastle together?
- Can you help with the gardening?

Friendly or Unfriendly Behaviour

Can you sort these pictures into friendly and unfriendly behaviour?
What do you think is happening here? How are the children feeling?



Stories & Songs About Feelings & Friendship

Sharing stories creates a fantastic opportunity for discussions. You can talk about characters changing emotions and support children to understand their own and others feeling. This can help children to manage their own feelings and be more empathetic to others in real life.



<https://www.youtube.com/watch?v=ttYQTqgwteI>

If You're Happy and You Know It



Happy

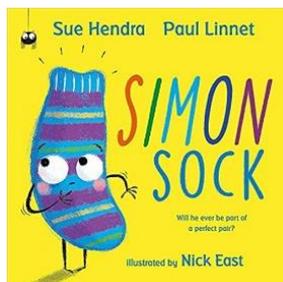


Angry

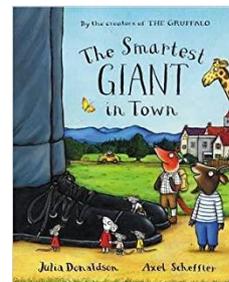


Sad

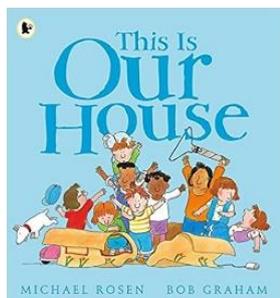
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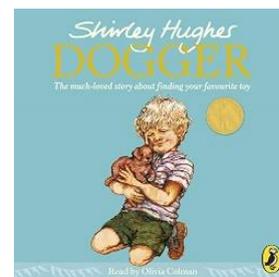
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<https://www.youtube.com/watch?v=cfiPrA8E3qE>



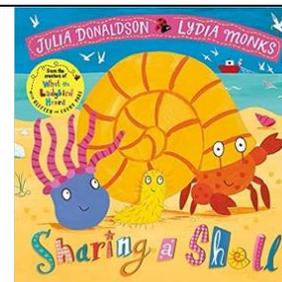
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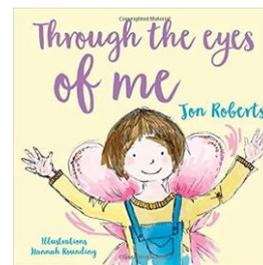
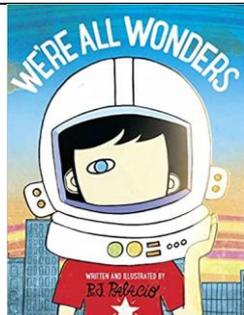
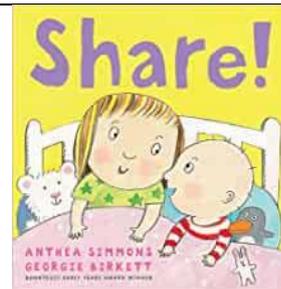
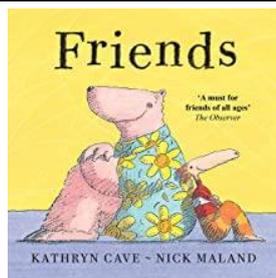
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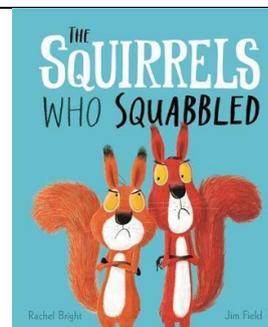
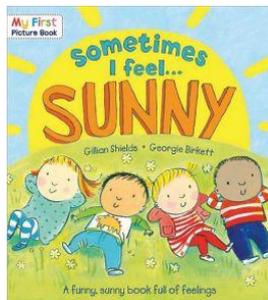
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<https://www.youtube.com/watch?v=VpJumAZx1t8>



https://www.youtube.com/watch?v=JhD5ZKH_Fy4



<https://www.youtube.com/watch?v=fAlkG7Zgk1c>

<https://www.youtube.com/watch?v=EUxkmQKdTwQ>

Information for parents

Making friends is an important part of primary school life, but it's not always easy if your child is shy. Vibha is a parent who had these worries when her daughter Anvi went to school. She helped Anvi settle in and make friends and now has some advice to share to help your child make friends and settle in at school.



<https://www.bbc.co.uk/bitesize/articles/z6qtqp3>

Congratulations

Shareosaurus Award



Date _____ Signed _____