



Tryosaurus's Home Learning Challenges



Tryosaurus is resilient. He always tries his best and perseveres when something is ticky. He isn't easily distracted and pays attention to details.

Can you be like Tryosaurus?



How do you think this boy is feeling?

I think he is feeling frustrated. Why do you think he might be frustrated?
Can you make a frustrated face? What makes you frustrated or annoyed?

Ask your family what makes them frustrated.

It can be frustrating when things don't go as we would like.

Can you practise doing these things independently?

- Use a knife and fork to cut up your own dinner.
- Take off and put on your own jumper.
 - Zip up your coat.
- Put on your own shoes.
- Wash your hands.
- Learn a new skill.



What can't you do yet? What would you like to learn to do?

Set yourself 3 personal goals. Maybe it could be to put on your own shoes, sing the alphabet song, count to 20. The more you practise the better you get!



My Goals

1. _____

2. _____

3. _____

name _____

date _____

Self-Portrait

Draw a picture of yourself and maybe try to write your name.
What are you proud of?

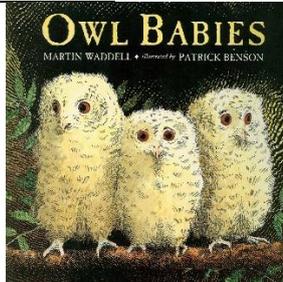
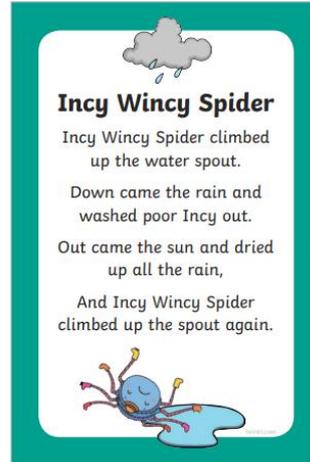
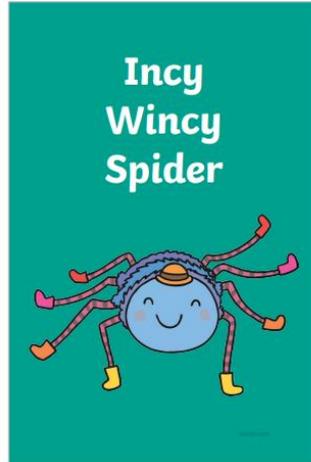
1st attempt

Which bit is the best? How could you make your picture or writing even better?
Go on, try again. Make a picture you are even prouder of.

2nd attempt

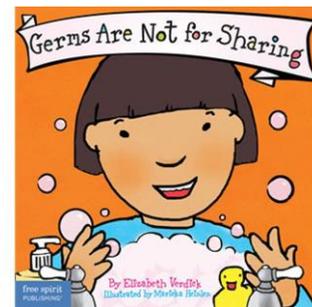
Stories & Songs About Resilience

Incy Wincy Spider is like Tryosaurus because he doesn't give up!
Can you sing this song to your family? What are the actions?



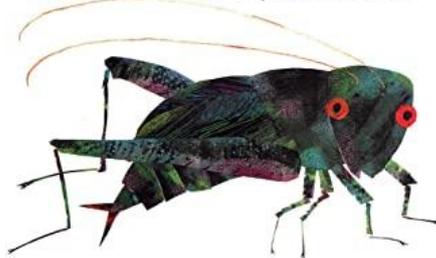
<https://www.youtube.com/watch?v=TPQRiSTYFH0>

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



<https://www.youtube.com/watch?v=QciOv7Lazw>

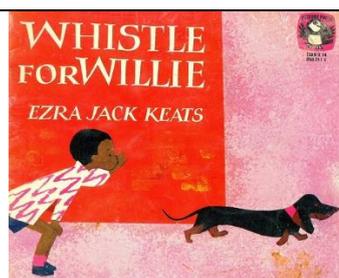
Eric Carle The Very Quiet Cricket



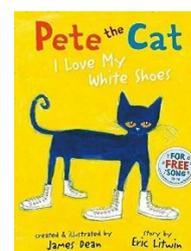
<https://www.youtube.com/watch?v=taDxllhL3mU>



<https://www.youtube.com/watch?v=t9WhpSxZE9Y>



<https://www.youtube.com/watch?v=umbWnSOi0iQ>



https://www.youtube.com/watch?v=fj_z6zGQVvYM



Tryosaurus is a positive thinker. He always believes that he can. It might just take a little bit more effort or a different approach.

<p>Instead of saying...</p> <p>I'm rubbish at this.</p>	<p>Try thinking...</p> <p>What can I do to improve?</p>	<p>Instead of saying...</p> <p>I just can't do this.</p>	<p>Try thinking...</p> <p>I am going to try a different strategy.</p>
<p>Instead of saying...</p> <p>This will do.</p>	<p>Try thinking...</p> <p>Is this my best work?</p>	<p>Instead of saying...</p> <p>I'm not clever enough to do this.</p>	<p>Try thinking...</p> <p>I will learn how to do this.</p>
<p>Instead of saying...</p> <p>I'll never do it, it's too hard.</p>	<p>Try thinking...</p> <p>This may take some time and effort.</p>	<p>Instead of saying...</p> <p>How come my friend can do it?</p>	<p>Try thinking...</p> <p>I will learn from them.</p>

Information for parents

Helping your child to believe they can achieve with effort and hard work will help them when they start primary school. Clinical Psychologist Dr Hazel Harrison has some top tips to help you begin.



<https://www.bbc.co.uk/bitesize/articles/zf3vvk7>



<https://www.bbc.co.uk/bitesize/articles/zbbrj6>

Congratulations

Tryosaurus Award



Date _____ Signed _____