

AN EYFS PACK

From **KiddyCharts** and Dream, Believe, Read Children's Author
and Mental Health Advocate: **Leanne Brown**.

BE WELL READ

Summer Reading Programme

#BeWellRead



Encouraging positive emotional wellbeing through reading



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ACTIVITY 1 - EMOTIONS - WHAT ARE THEY?

Think about a character or characters in the books you have been listening to. How did they feel through the story? Point to the sloth's face that shows what they were feeling.



HAPPY



WORRIED

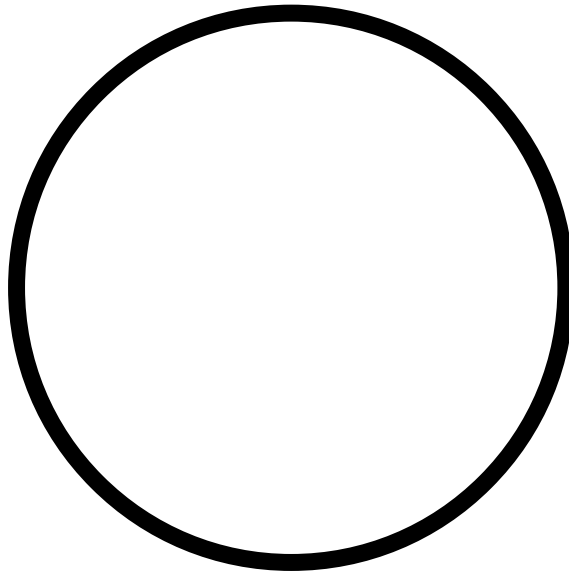


SAD



ANGRY

Draw how you felt after reading this book.



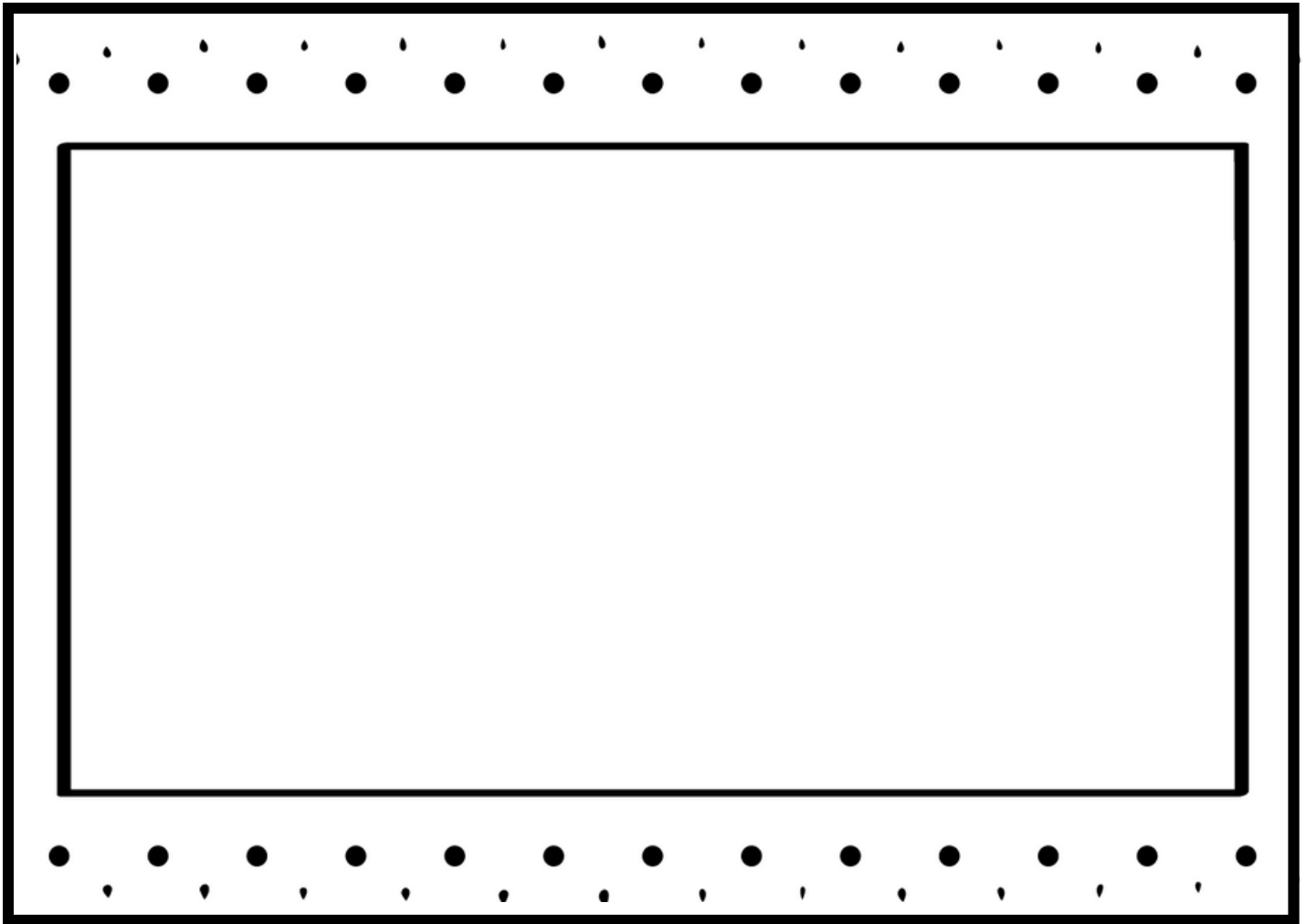
TIPS for TEACHERS:

- Model expressions seen on the faces and ask kids about different parts in the story. Have them point out how they thought the character felt.
- Encourage kids to draw the emotion they felt after listening to the book. Use the blank face template above.

ACTIVITY 2 – PLACES MAKE ME FEEL.

Think of your favorite part from the book you just listened to.

If you were in the book, which scene would be your favourite? Draw your favourite scene in the photo frame below.



TIPS for TEACHERS:

- Help children identify the scenes in the book.
- Help them vocalize what their favourite scene was and then encourage them to draw that scene.
- When done ask them to tell you:
 - 1.What they can touch in that scene,
 - 2.What they can see in that scene,
 - 3.What they can hear in that scene, and
 - 4.What they can smell in that scene.

ACTIVITY 3 - MINDFULNESS PUZZLE

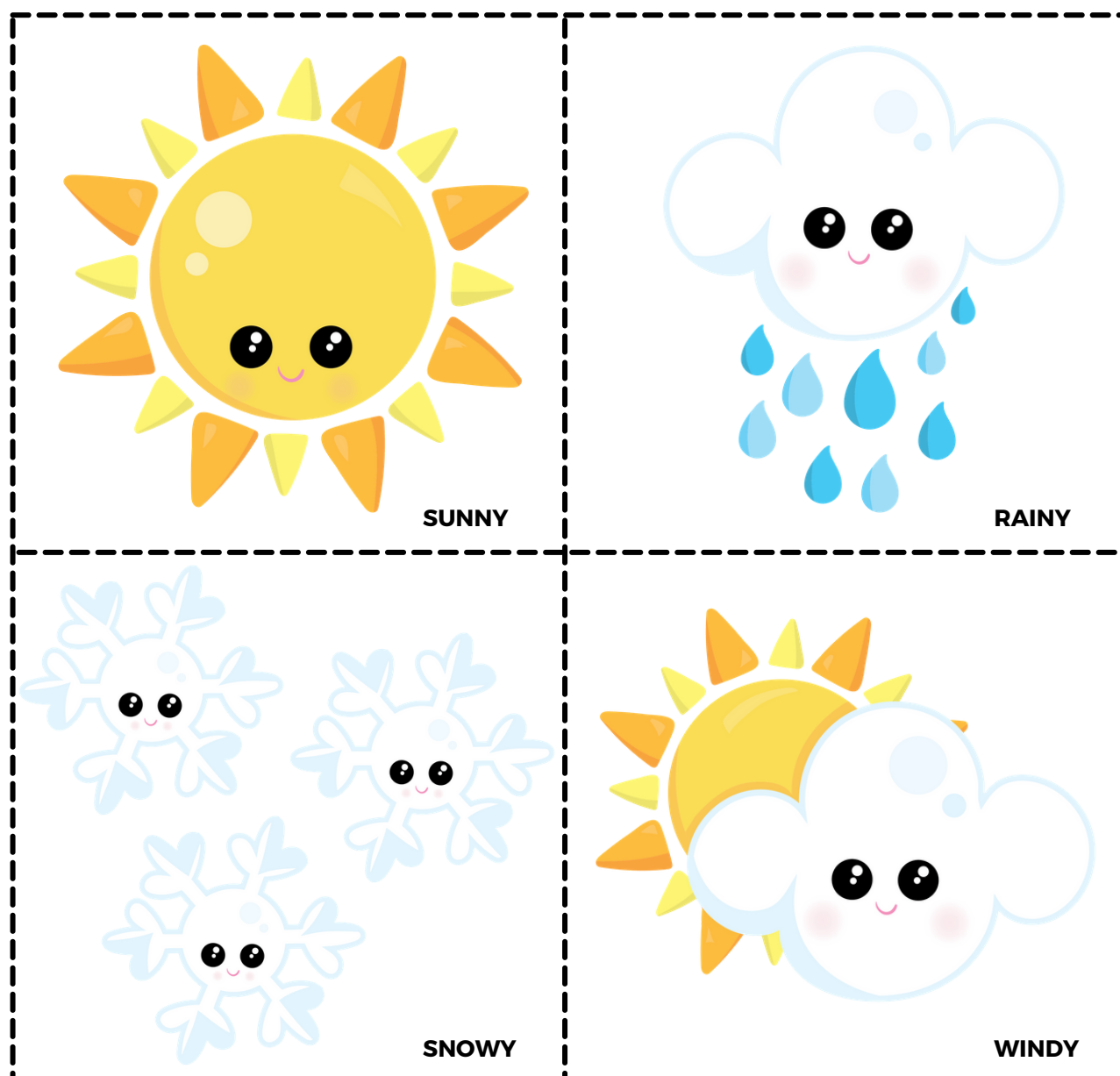
Cut along the dotted lines and mix up the pieces to put the "I LOVE BOOKS" puzzle together again.



ACTIVITY 4 - WHATEVER THE WEATHER

Weather can have an impact on how we are feeling, but if you had a weather chart then it gives you positive things to do whatever the weather.

Using the symbols of the weather, discuss activities, that make you happy, that you could do in those weather types.



TIPS for TEACHERS:

- Cut around the weather flashcards and hold up each flashcard to have children think about what activities they could do in each.

ACTIVITY 5 - BREATHING TECHNIQUE

Finger Painting Breathing Activity

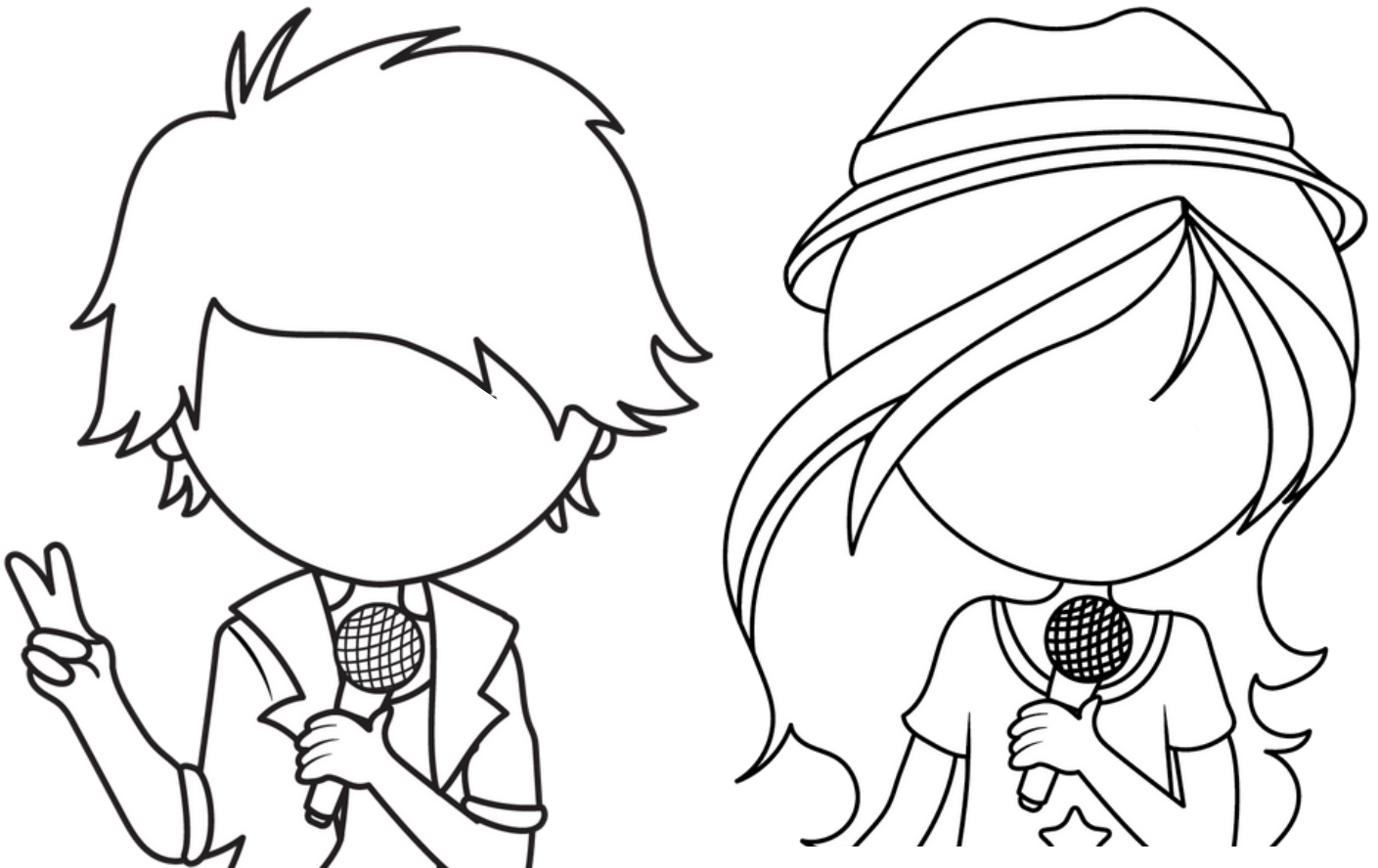


1. Begin finger painting the kitty.
2. Breathe in through your nose as you place your finger in the paint
3. Begin the exhale through your mouth as you paint a dot, with your finger.
4. Repeat with each dot, or until you feel calm and peaceful.

ACTIVITY 6 -THE SOUND OF MUSIC

Listening to music makes us feel happy and better when we're angry or even sad or worried.

Do you have a favourite song? Imagine you are singing your favourite song. How does that song make you feel? Draw the emotion on the singers' faces.



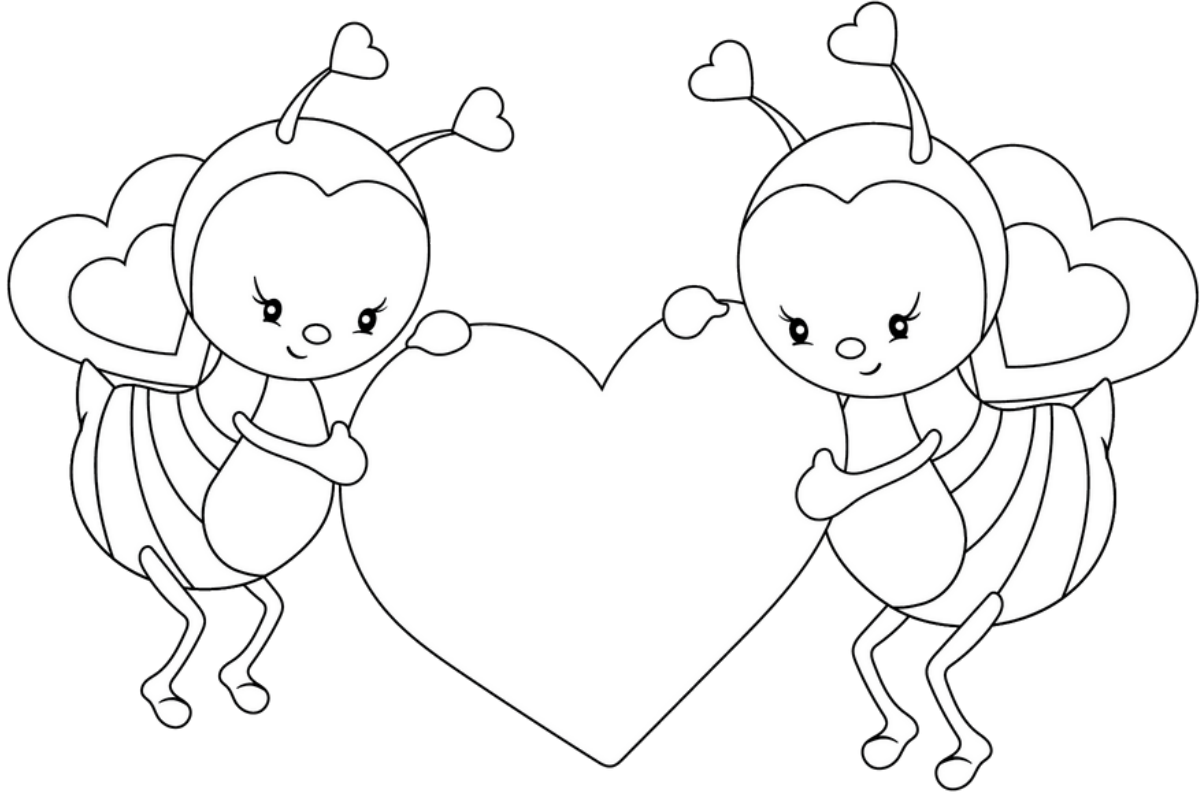
MY FAVOURITE SONG IS

TIPS for TEACHERS:

- Help children write their favourite song and if time permits, play each child's favourite song and then ask them how they feel after listening to the song. Guide them to draw that emotion on both faces.

ACTIVITY 7 - GRATEFUL FOR...

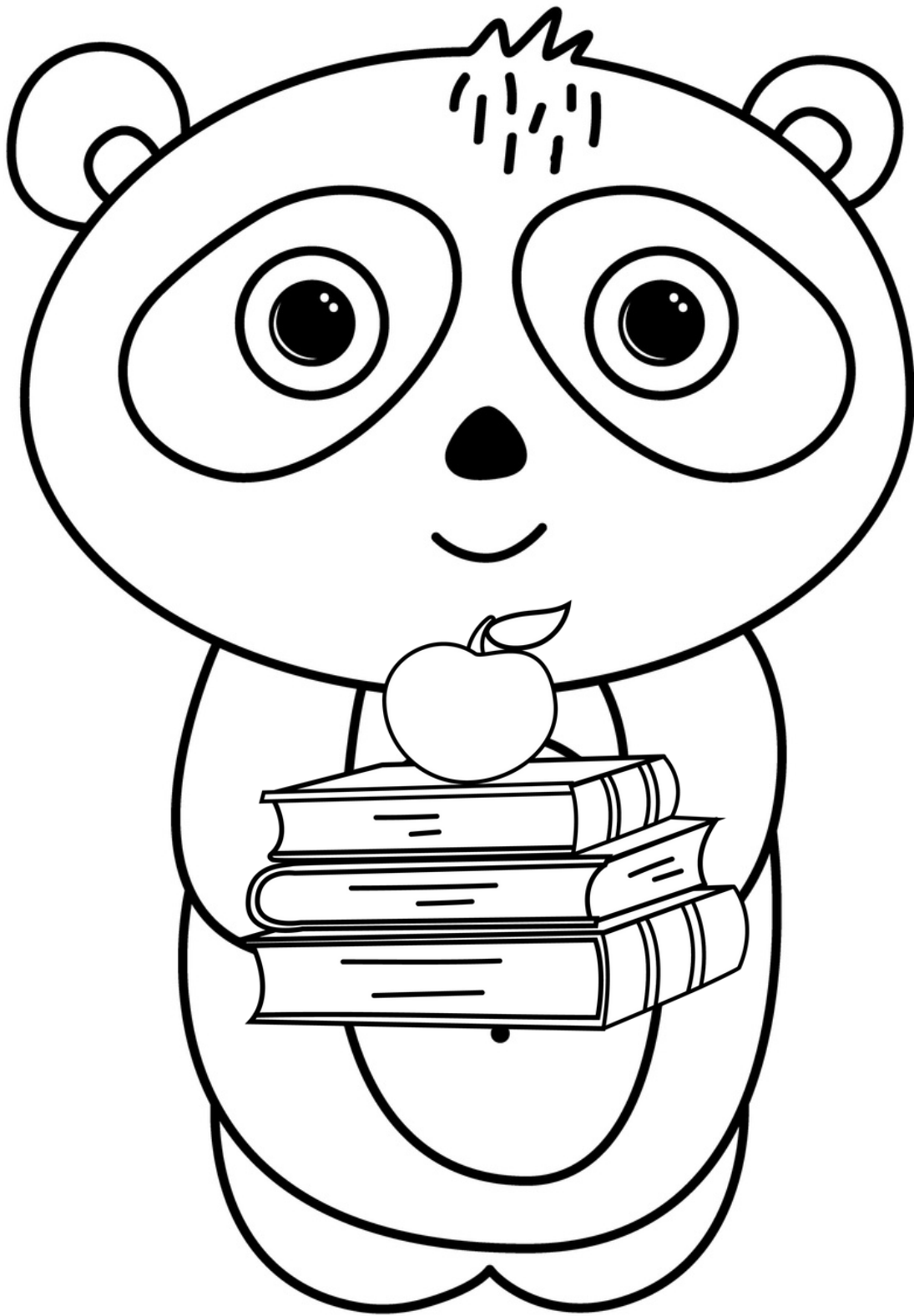
When you read your book, what were the characters grateful for? Write or draw in the heart one thing you remember, then colour the picture when done,



What are **you** grateful for? Write or draw your answers, then colour the pictures.



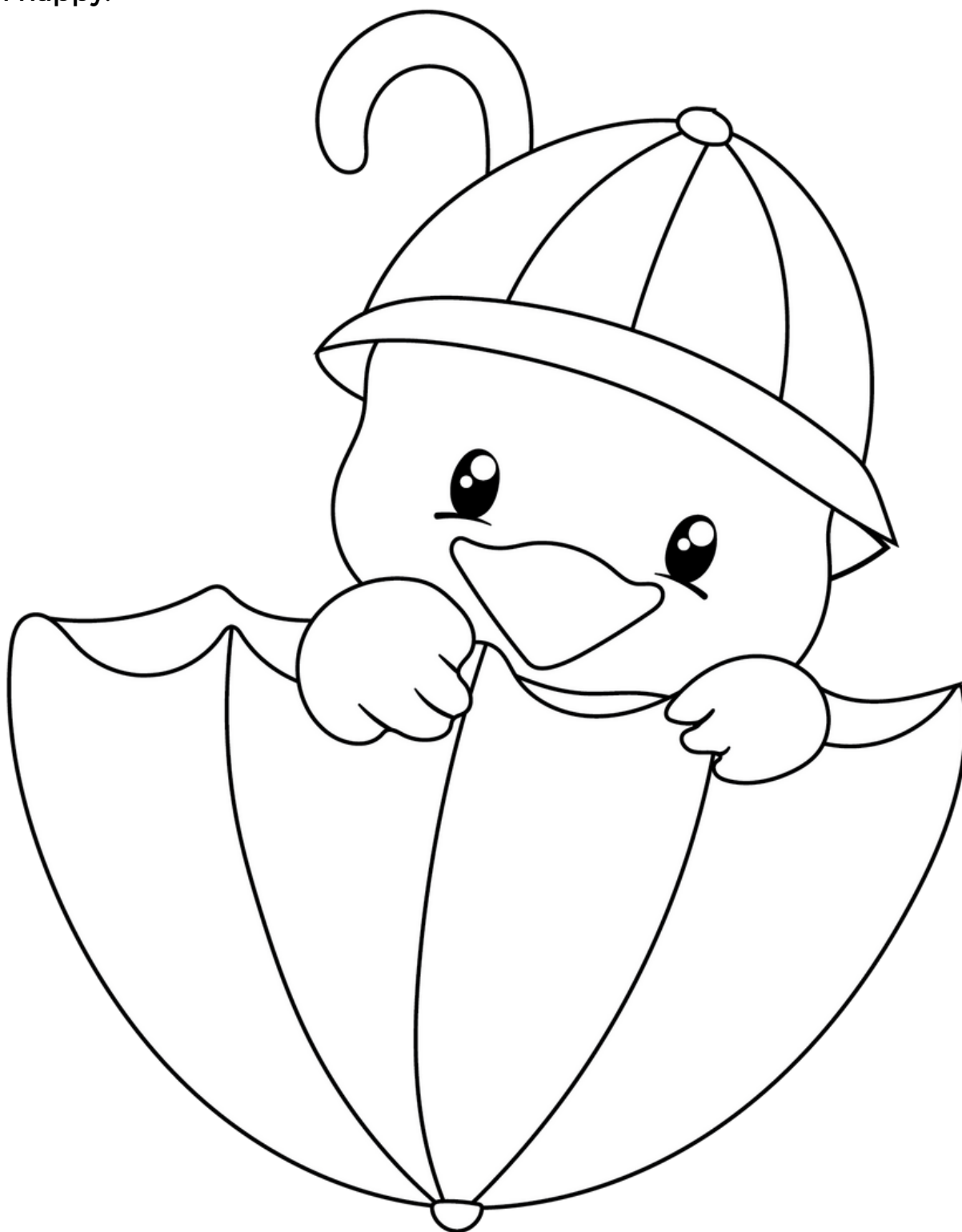
ACTIVITY 8 - MINDFULNESS COLOURING



I love to read.

ACTIVITY 9 - EVERYTHING THAT MAKES ME HAPPY OR CALM.

Write your name below the happy little ducky. Use the spaces in the ducky's umbrella to draw or cut pictures from magazines to decorate what makes you feel happy.



ACTIVITY 10- BE CREATIVE



Tips for Teachers: It's time to celebrate! Your children have listened to you read the book and completed the activities. Use the space below to encourage them to write, draw or illustrate how they felt during the programme from start to finish.

Encourage each child to be as creative as he can. They can use pictures and words.

Tell us your experience and what you got out of the programme.



Summer Reading Challenge Reading Log

DATE

BOOK TITLE

BOOK REVIEW



BRONZE

SILVER

Summer Reading Challenge Reading Log

DATE

BOOK TITLE

BOOK REVIEW



GOLD



SUMMER READING CHALLENGE



kiddycharts.com #BeWellRead

Fantastic work - you have earned your GOLD passport in the Summer Reading Challenge with Dream Believe Read and KiddyCharts in 2021.

H. Neale

Helen Neale

CEO, KIDDYCHARTS.COM

L. Brown

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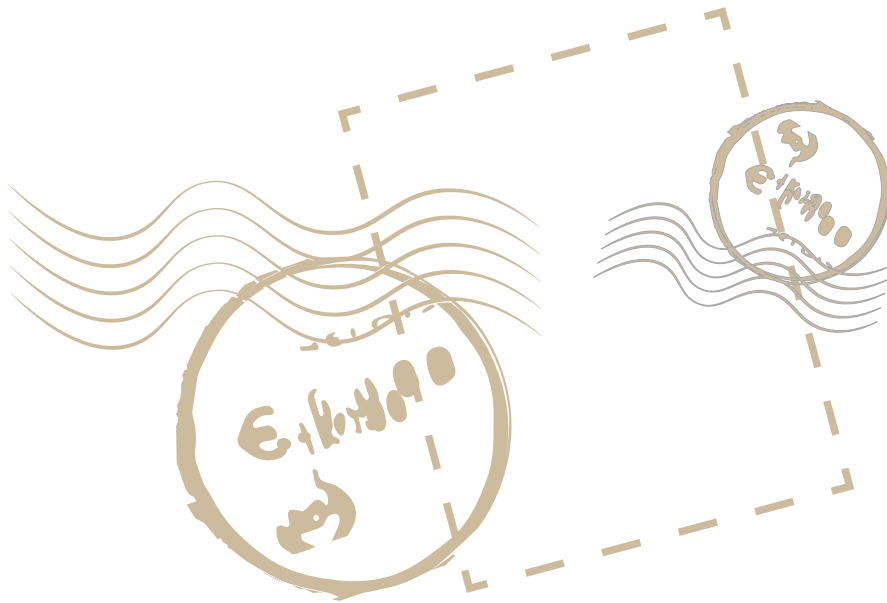
Leanne Brown

AUTHOR, AND MENTAL HEALTH ADVOCATE

My Summer Reading Challenge Passport

KiddyCharts Summer Reading Challenge 2021

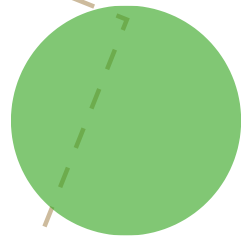
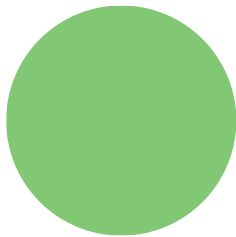
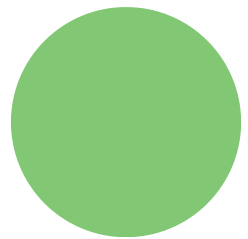
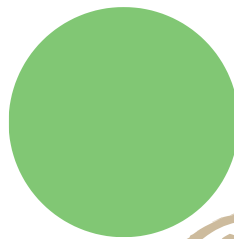
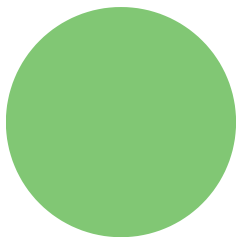
Colour in / stamp as you read!



BRONZE

SILVER

GOLD



When you reach GOLD - email us:
bewellread@kiddycharts.com

You need to let us know which books you read,
and share a review with us too!

For more details, including terms:
visit [kiddycharts.com/summer-reading-challenge](https://www.kiddycharts.com/summer-reading-challenge)