

## A NURSERY PACK

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

# BE WELL READ

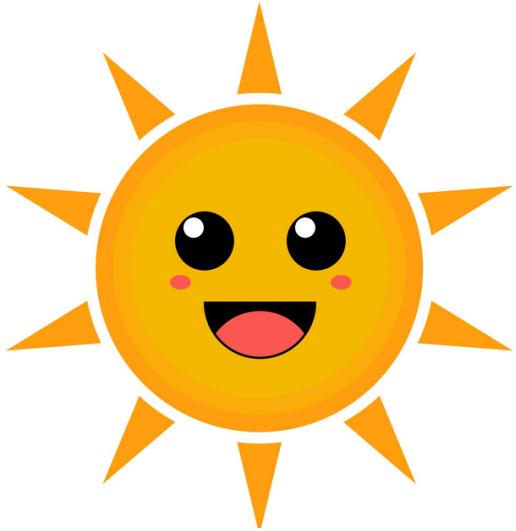
## Summer Reading Programme

#BeWellRead

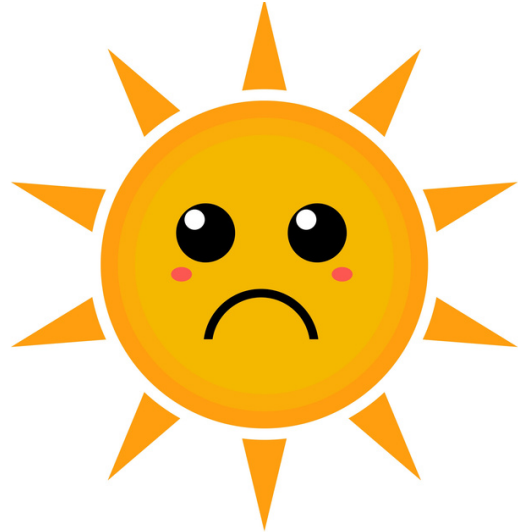


**Encouraging positive emotional wellbeing through reading**

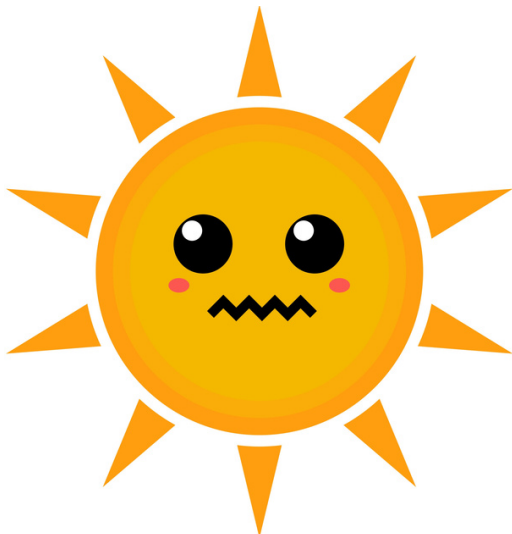
# ACTIVITY 1 - EMOTIONS - WHAT ARE THEY?



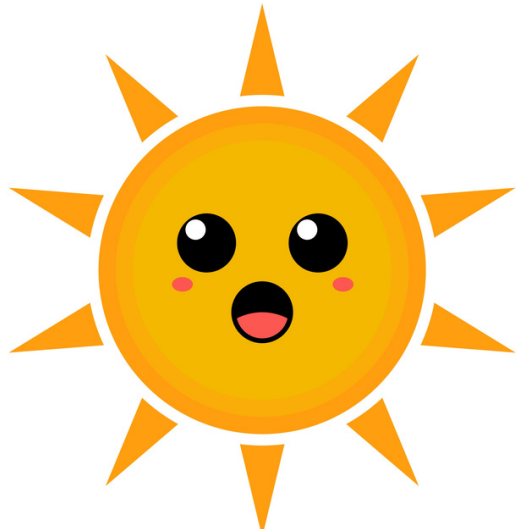
HAPPY



SAD



ANGRY

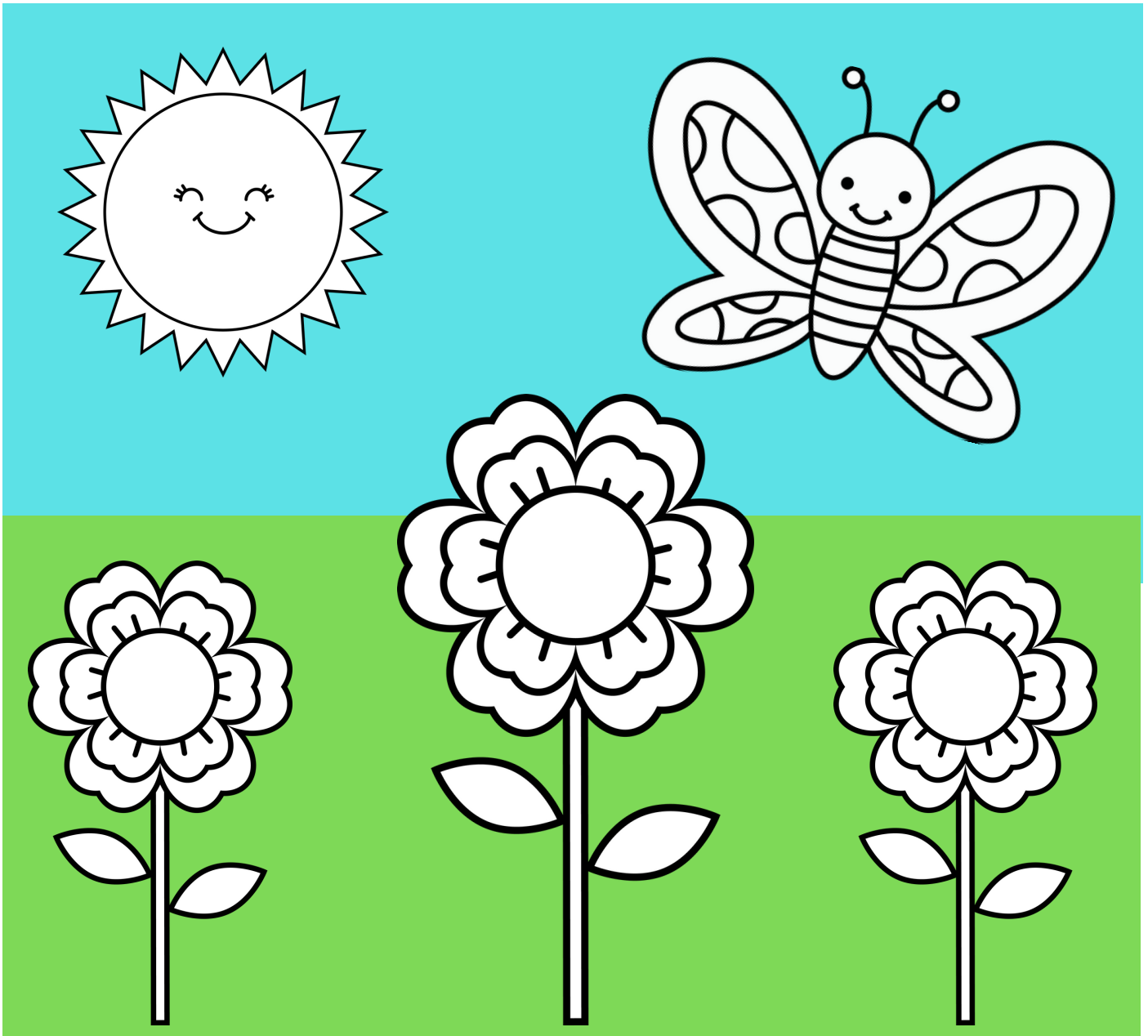


SURPRISED

## TIPS for TEACHERS:

- Model expressions seen on the faces of the characters in the book.
- Give each child a set of flashcards and ask them to point to the emotion when you read the book a second time through.

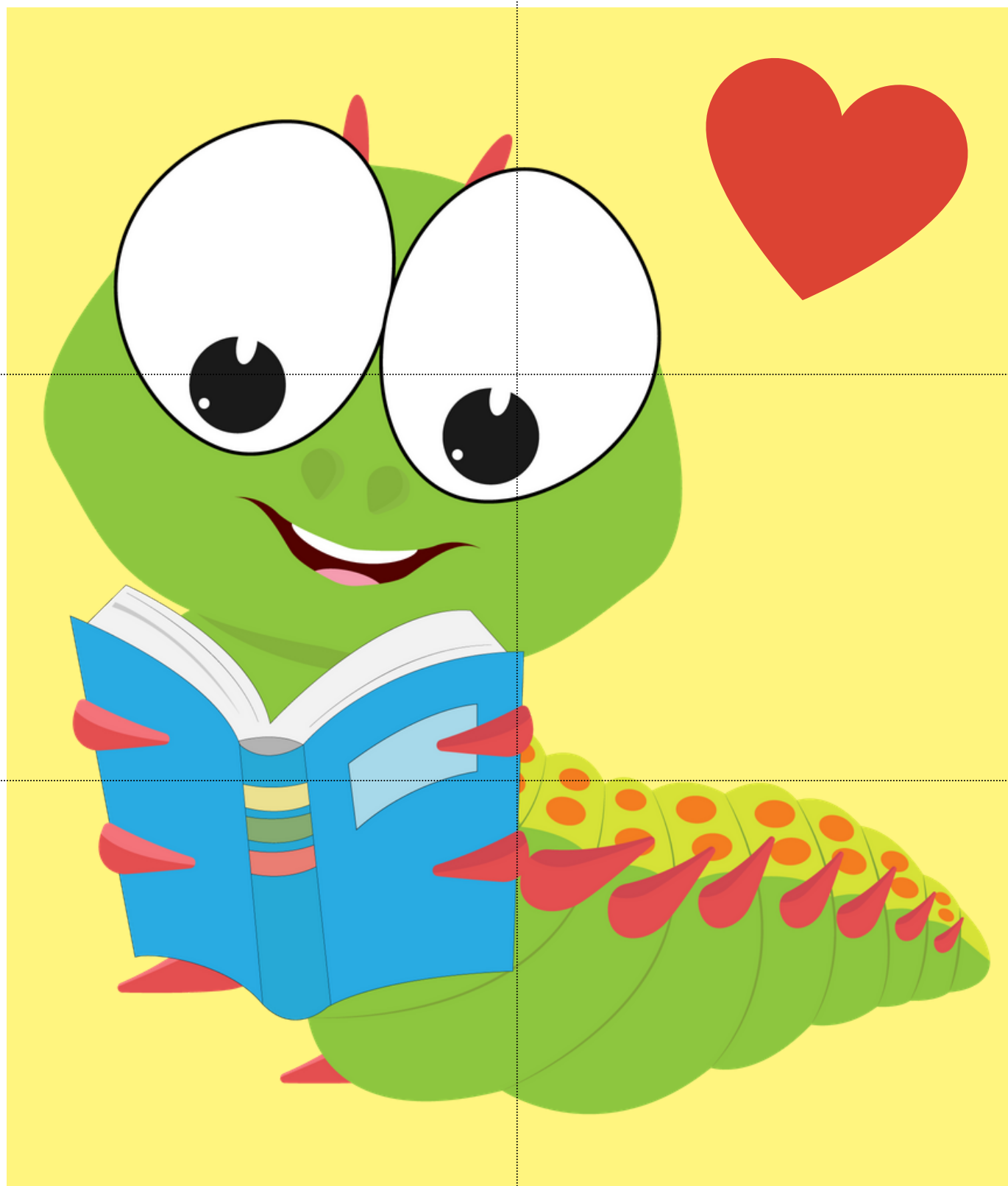
## ACTIVITY 2 – PLACES MAKE ME FEEL.



### TIPS for TEACHERS:

- Help children identify the scenes in the book.
- Help them vocalize what their favourite scene was and then encourage them to use playdough to complete this playdough mat 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

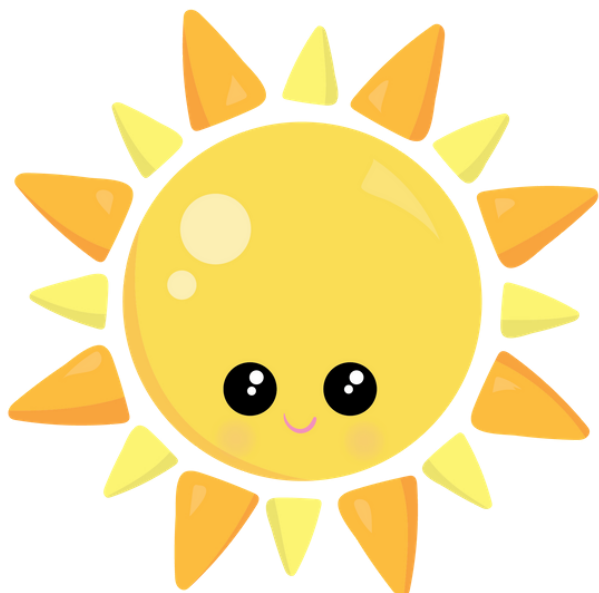


**TIP for TEACHERS:** Cut along the dotted lines and mix up the pieces. Guide each child to put the puzzle together again.



## ACTIVITY 4 - WHATEVER THE WEATHER

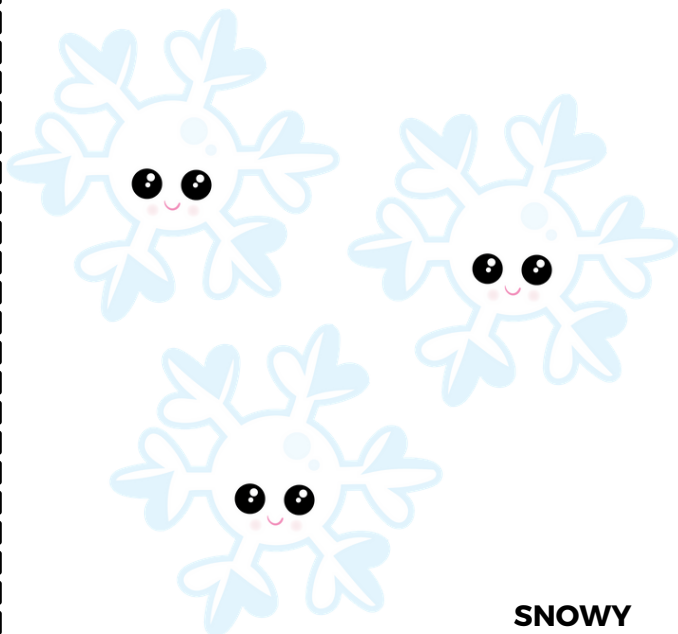
Weather can have an impact on how we are feeling, but if you had a weather chart then it gives you positive things to do whatever the weather.



SUNNY



RAINY



SNOWY



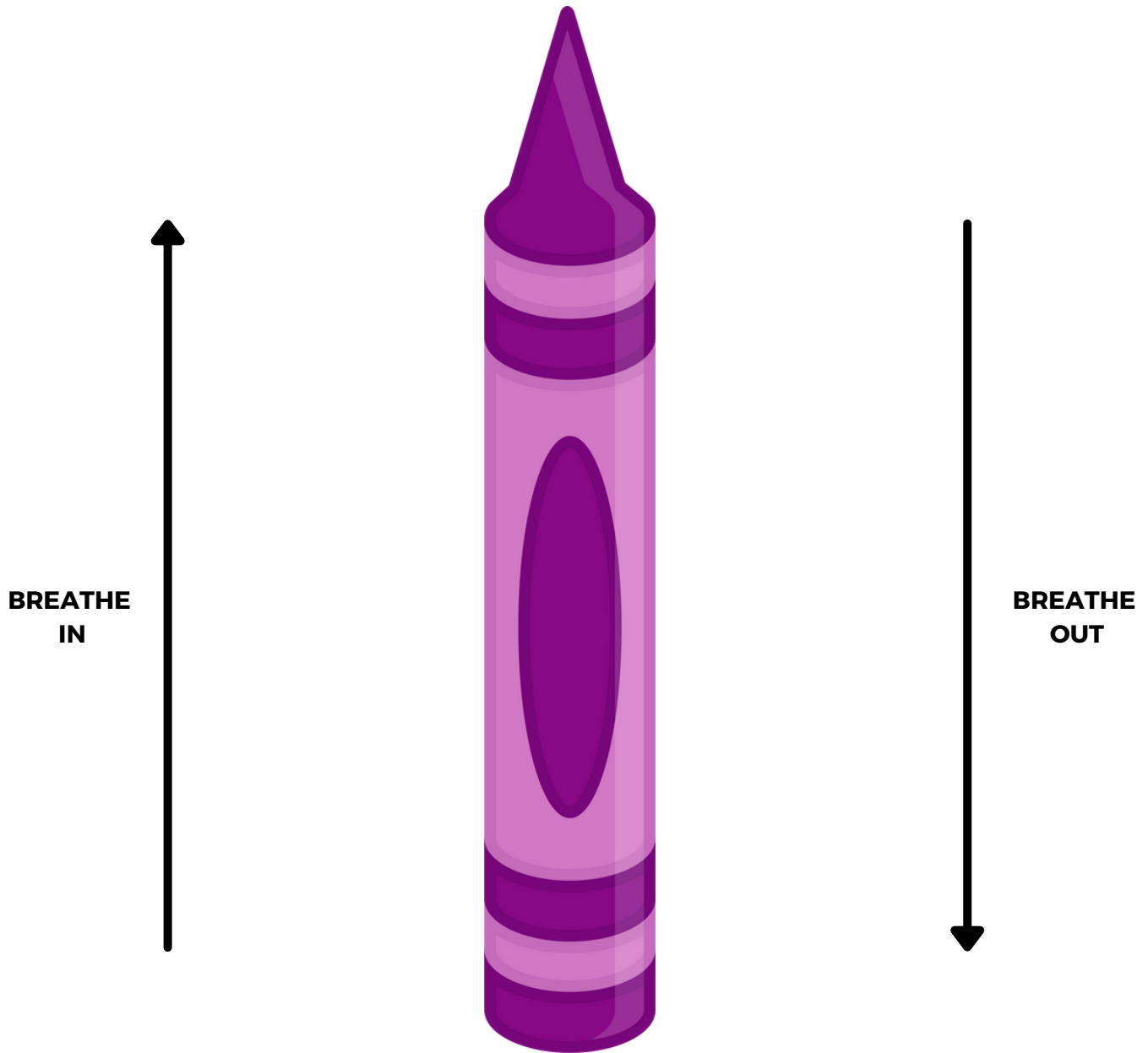
WINDY

### TIPS for TEACHERS:

- Cut around the weather flashcards and hold up each flashcard to have children think about what activities they could do if it is sunny, rainy, snowy or windy.
- Read a book with most of the story set in one weather scenario. Follow that with a weather-themed craft.

# ACTIVITY 5 - BREATHING TECHNIQUE

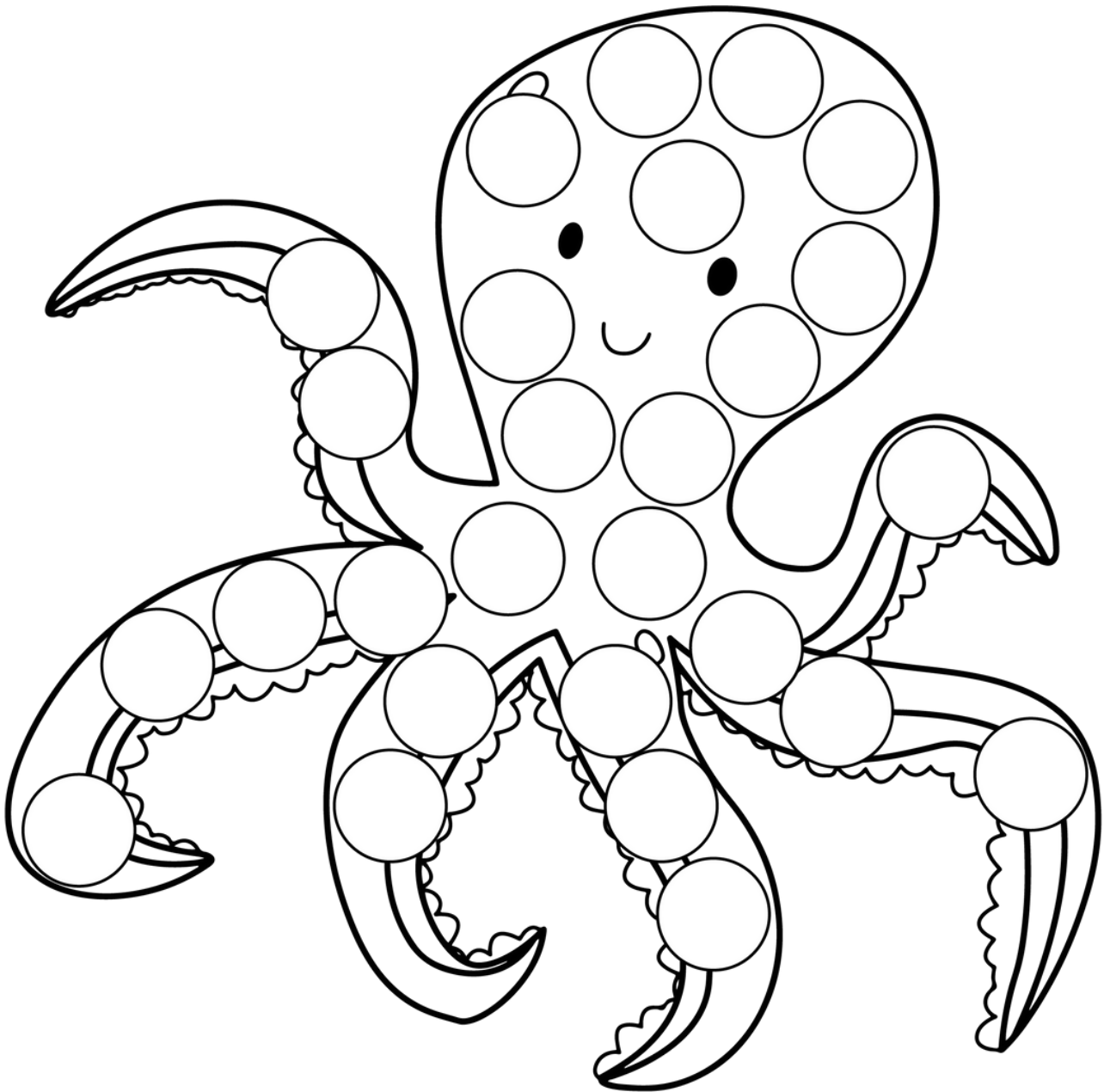
## Crayon Breathing Activity



1. Guide children to practice a breathing technique to help them calm down when angry, worried, or sad. Encourage them to repeat this till they feel better.
2. Teach them to breathe in through their nose as they run their finger up the crayon.
3. Follow this by beginning the exhale through their mouth as they run down the crayon with their finger.

## ACTIVITY 6 -THE SOUND OF MUSIC

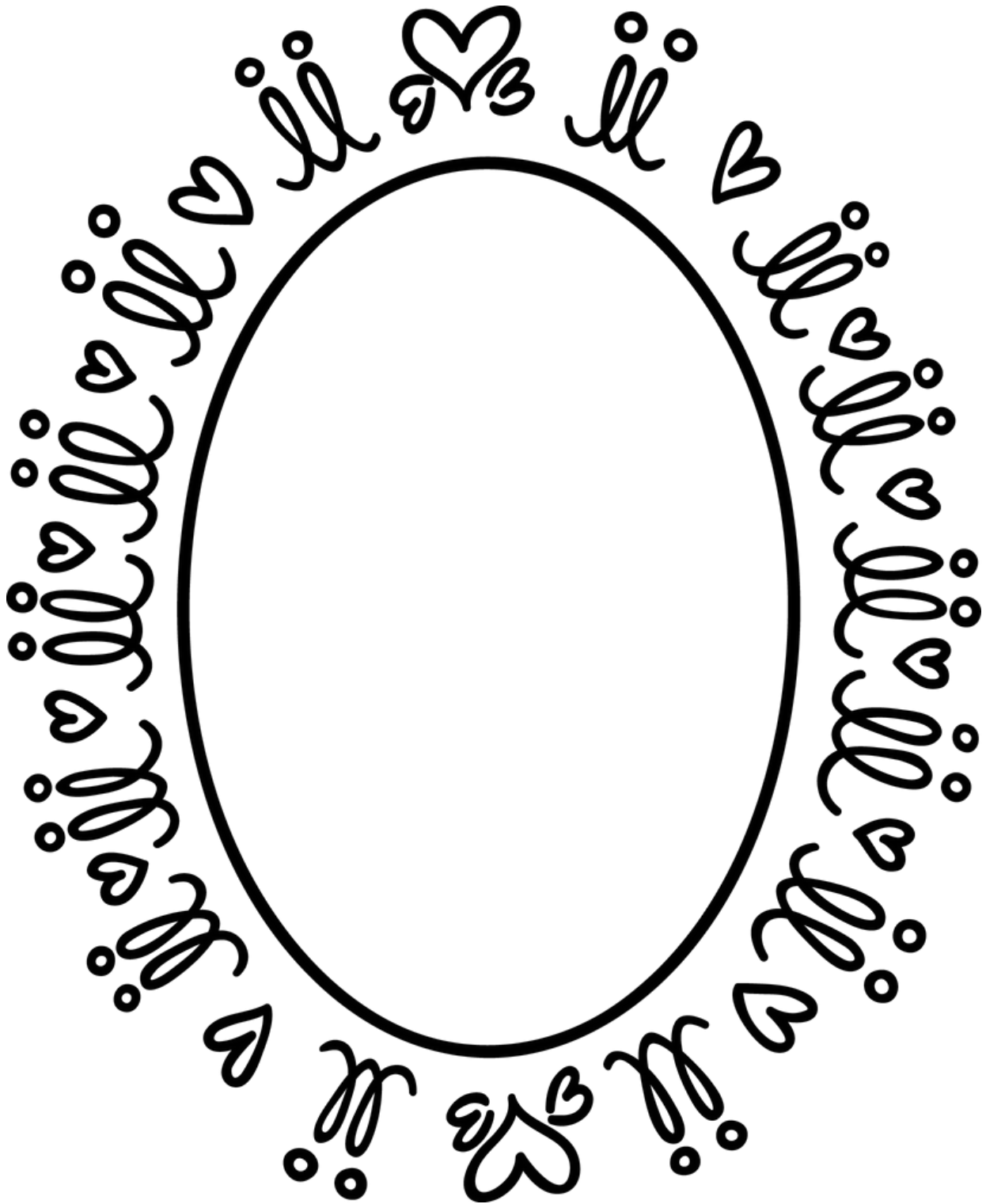
Listening to music makes us feel happy and better when we're angry or even sad or worried.



### TIPS for TEACHERS:

- Ask each child to name their favourite song. Ask them how they feel when they hear that song.
- Play music as children use a dot marker or finger paint the happy puppy. Ask each child what they think makes the dancing octopus happy.
- Give each child a ribbon or a handheld instrument. Play happy, upbeat music and encourage children to express their joy through dance.

## ACTIVITY 7 - GRATEFUL FOR...

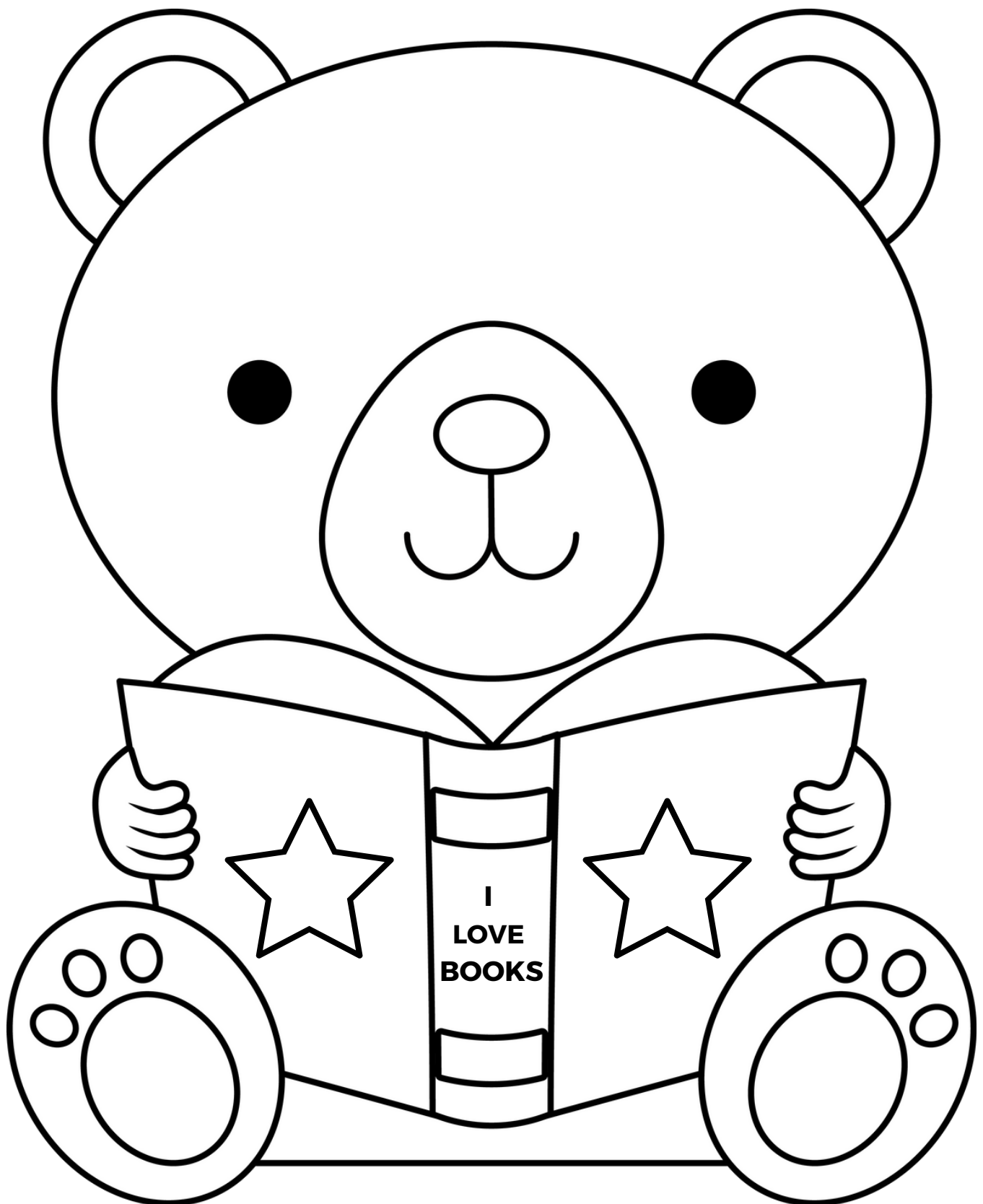


### TIPS for TEACHERS:

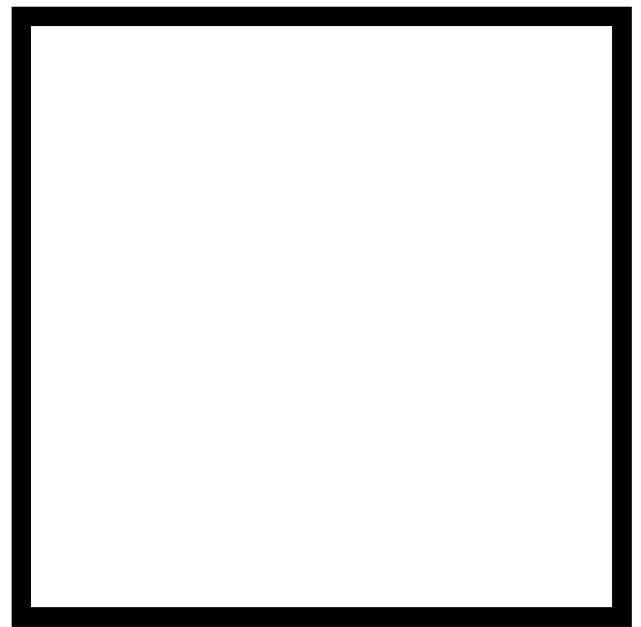
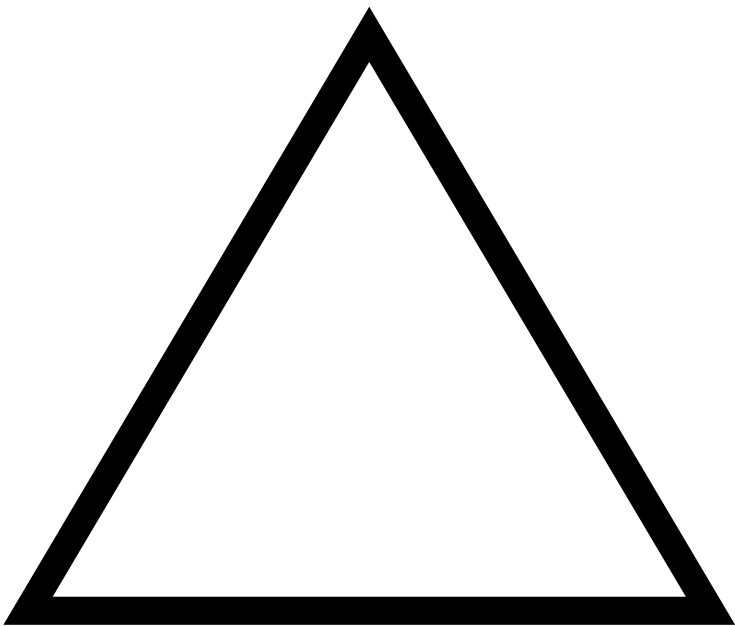
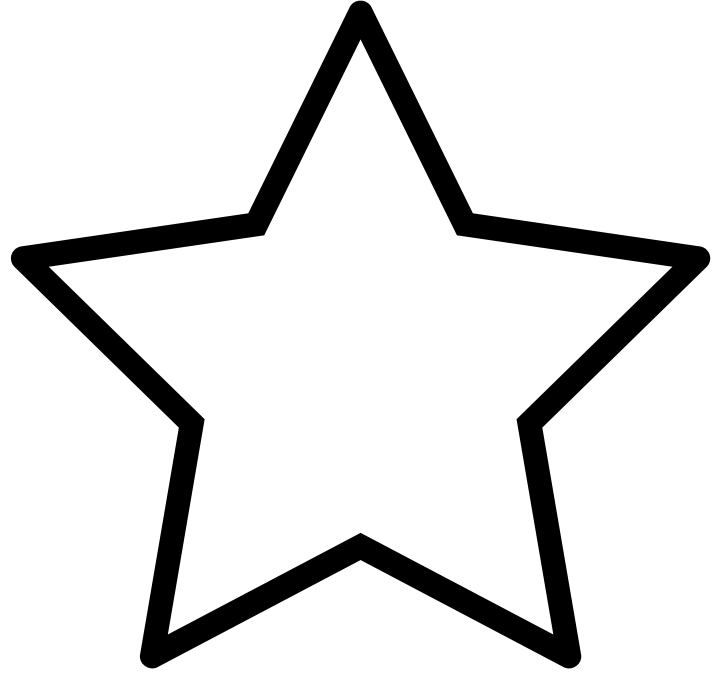
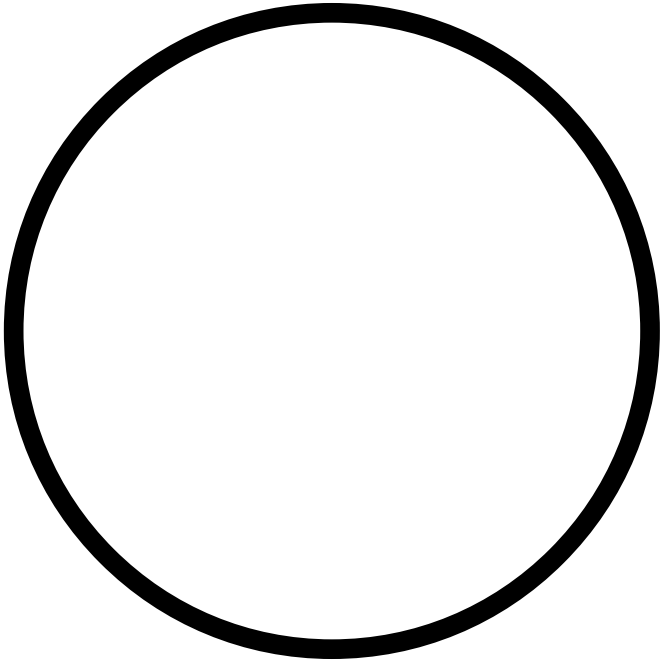
- Ask each child to name one person they are thankful for. Follow this question by asking them to name one thing they are thankful for.
- Encourage them to draw the one thing they are thankful for in the photo frame.



## ACTIVITY 8 - MINDFULNESS COLOURING



## ACTIVITY 9 - EVERYTHING THAT MAKES ME HAPPY OR CALM.



### TIPS for TEACHERS:

- Ask each child to name one colour that makes them feel happy. Encourage them to use a crayon or paint all four shapes with the same colour.
- During circle time, allow each child to share one thing that makes them happy.

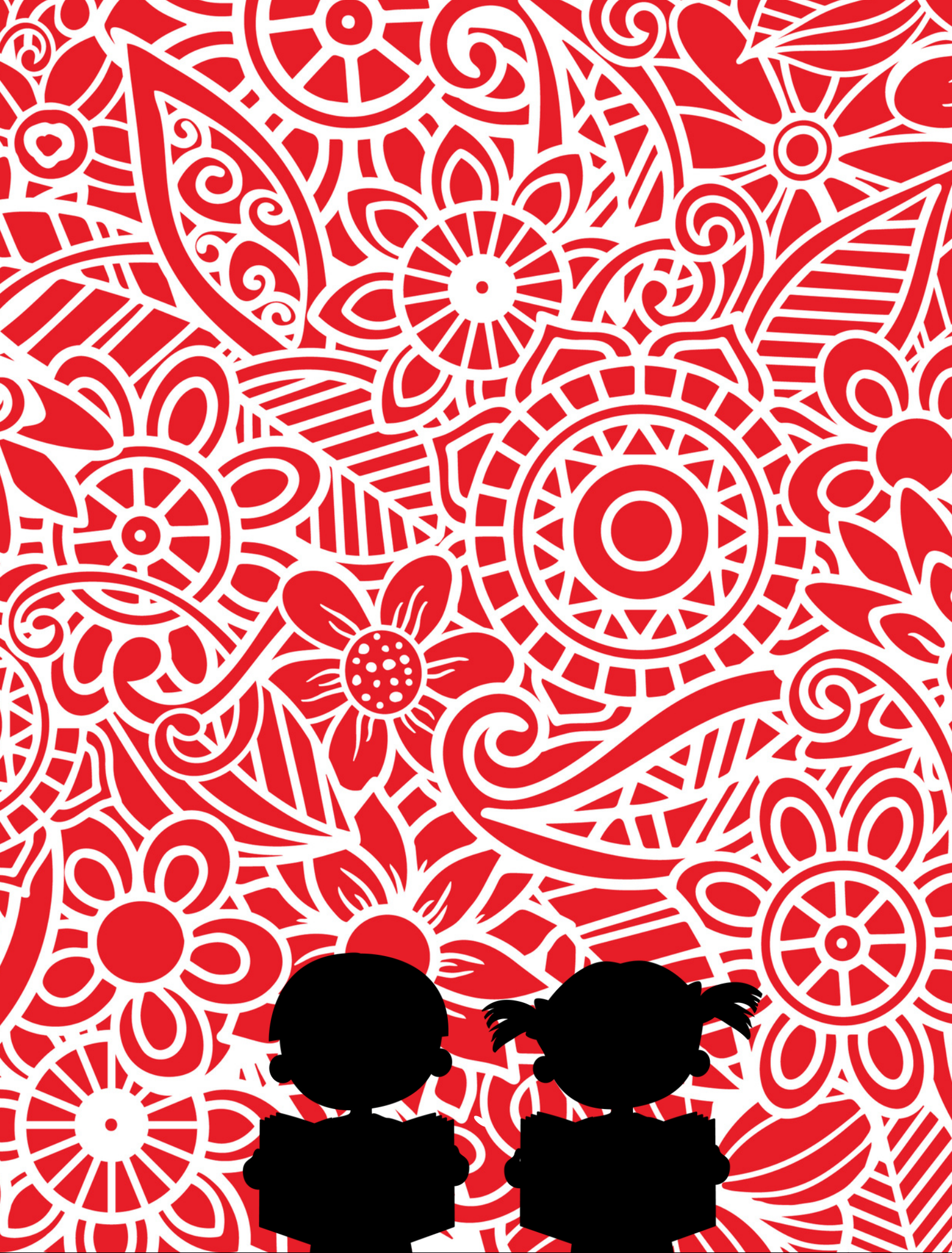
## ACTIVITY 10- BE CREATIVE



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 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 drawings. 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

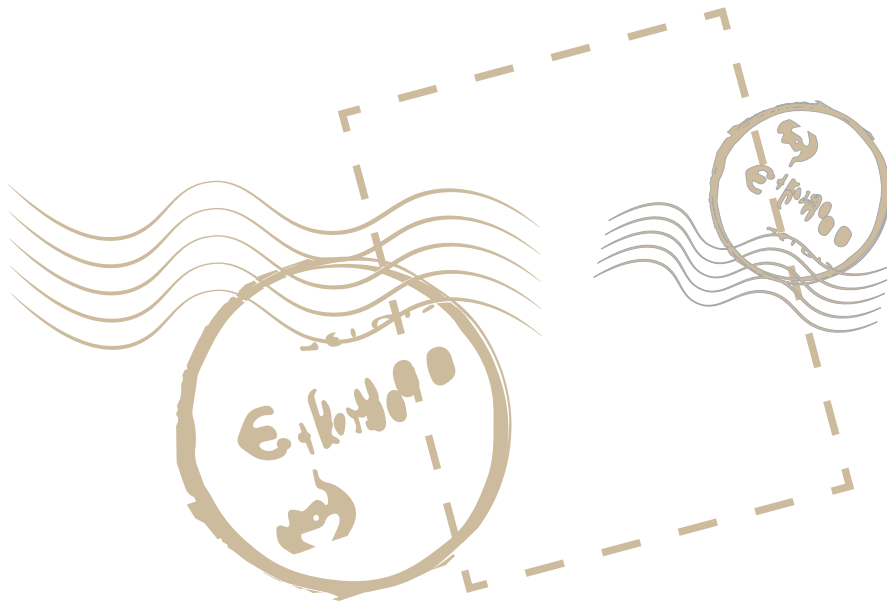


GOLD

# My Summer Reading Challenge Passport

KiddyCharts Summer Reading Challenge 2021

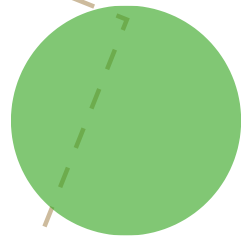
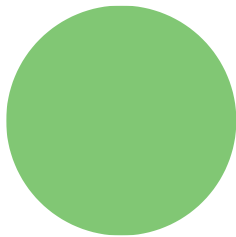
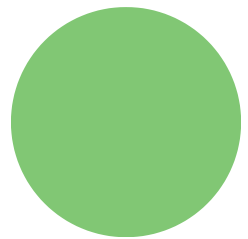
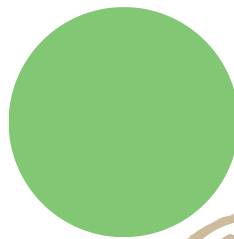
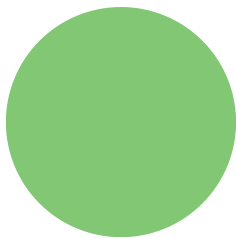
**Colour in / stamp as you read!**



**BRONZE**

**SILVER**

**GOLD**



**When you reach GOLD - email us:**  
**[bewellread@kiddycharts.com](mailto: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)



# SUMMER READING CHALLENGE



kiddycharts.com #BeWellRead

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

*H. Neale*

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Helen Neale

CEO, KIDDYCHARTS.COM

*L. Brown*

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Leanne Brown

AUTHOR, AND MENTAL HEALTH ADVOCATE





# SUMMER READING CHALLENGE



kiddycharts.com #BeWellRead

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*H. Neale*

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Helen Neale

CEO, KIDDYCHARTS.COM

*L. Brown*

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Leanne Brown

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# SUMMER READING CHALLENGE



kiddycharts.com #BeWellRead

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*L. Brown*

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