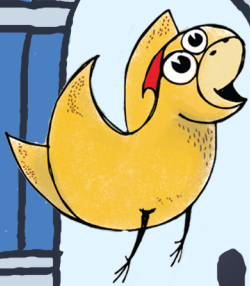




LEVEL 2 HOME KITS

WEEK #9

BIYU THE BRAVE PEA





BIYU THE BRAVE PEA

ACTIVITY 1

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Express self-confidence and self-esteem
- Discuss nature and the cycle of life

RESOURCES

- None needed

VOCABULARY

- Brave
- Afraid
- Alone

ACTIVITY

- Ask your child if they can remember the very first day they ever went to nursery school or school. How did they feel? Were they nervous? Maybe even scared?
- Explain that all new situations very often make us feel nervous, because the place and the people are new to us and we don't know what to expect.
- Try to remember with your child how the nervousness passed and how eventually they settled in and made friends. Focus on the positive way in which we work through our worries and fears about a new situation.
- Try to recall other situations where they or you may have felt nervous, uncomfortable or even scared and how you got over it.
- Explain what 'brave' means. For example: "When we are brave, it means we do something even though we are scared."
- Discuss times when both you and your child were brave - For example, at the doctor. *If they can't remember a time, please provide some suggestions and guide them to remember a situation.*
- End the activity by singing the song (below) together.

SONG (to the tune of "London's Burning" or chant it)

Verse 1:

When I don't know, or I feel low
To feel better, I can whisper
Be brave! Be brave!
I can do this. I'll get through this!

Verse 2:

When I'm worried or feel frightened
To feel brave, I can say:
Be Brave! Be brave!
I can do this. I'll get through this!

BIYU THE BRAVE PEA

ACTIVITY 2

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Express self-confidence and self-esteem
- Discuss nature and the cycle of life
- Overcome fear

RESOURCES

- None needed

VOCABULARY

- Brave
- Alone
- Afraid

ACTIVITY

- Remind your child about the time you discussed together in the previous session when they felt scared or afraid. *Ask them to go into more detail about what happened. What did it feel like? Did their heart beat fast? If they couldn't remember a time, please talk to them about a time when you felt scared.*
- Point out that we all get nervous and worried and even scared at times. At such times, we can be brave and speak to ourselves positively with words of encouragement) to help us feel better. For example: we can tell ourselves that we are strong and we will get through this. This will help us to believe in ourselves more and not focus only on what we are afraid of."
- Let your child know that this is something they can do too, and explain that they show themselves kindness and love by doing this. Remind your child of the positive words in the song: "I can do this! I'll get through this!"
- Now, invite them to think about what else they could say to themselves when they feel afraid to help them feel better and be brave. For example: "Think about what you want to be, what is "your best self"? and then tell yourself that this is exactly what you are. For example, you can say, 'I am strong, and I am safe'. This way, you can help yourself feel better by being kind and supportive to yourself."
- Tell your child that when they feel afraid or alone, they can repeat their positive statement and help themselves feel better, like Biyu.
- To end the activity, sing the song in Activity 1.

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Express self-confidence and self-esteem
- Discuss nature and the cycle of life

RESOURCES

- Internet (if possible)

VOCABULARY

- Brave
- Afraid
- Brain

ACTIVITY

- To start the activity, tell your child that today you will be a scientist and study the brain!
- If possible search for images on the internet which show the brain.
- Ask your child if they know what the brain does? It controls everything that happens in and to your body. It helps you move, think and feel. And it protects you.
- When you are scared - your brain protects you. It tells your body to be ready for action. It sends a signal to your heart to beat faster and to your lungs to breathe more air and to your body to tense up so that you can take physical action if you need to.
- Remind your child of the kind and supportive words they thought of to say to themselves if ever they get scared.
- You can always feel better and stronger by thinking positive thoughts when you are afraid. You can say: "I am brave and I am safe. I can do this. I can get through this".
- Tell your child that if they see that their friends are afraid, they could help them be brave by suggesting a nice and positive thought to help them feel better.
- Now sing the song together from activity 1. Remind your child that whenever they may feel scared or unsure, they can sing the song to themselves to help them remember to be brave.
- End the activity by giving positive words of encouragement to your child about how they participated in the activity today.

BIYU THE BRAVE PEA

ACTIVITY 4

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Express self-confidence and self-esteem
- Discuss nature and the cycle of life

RESOURCES

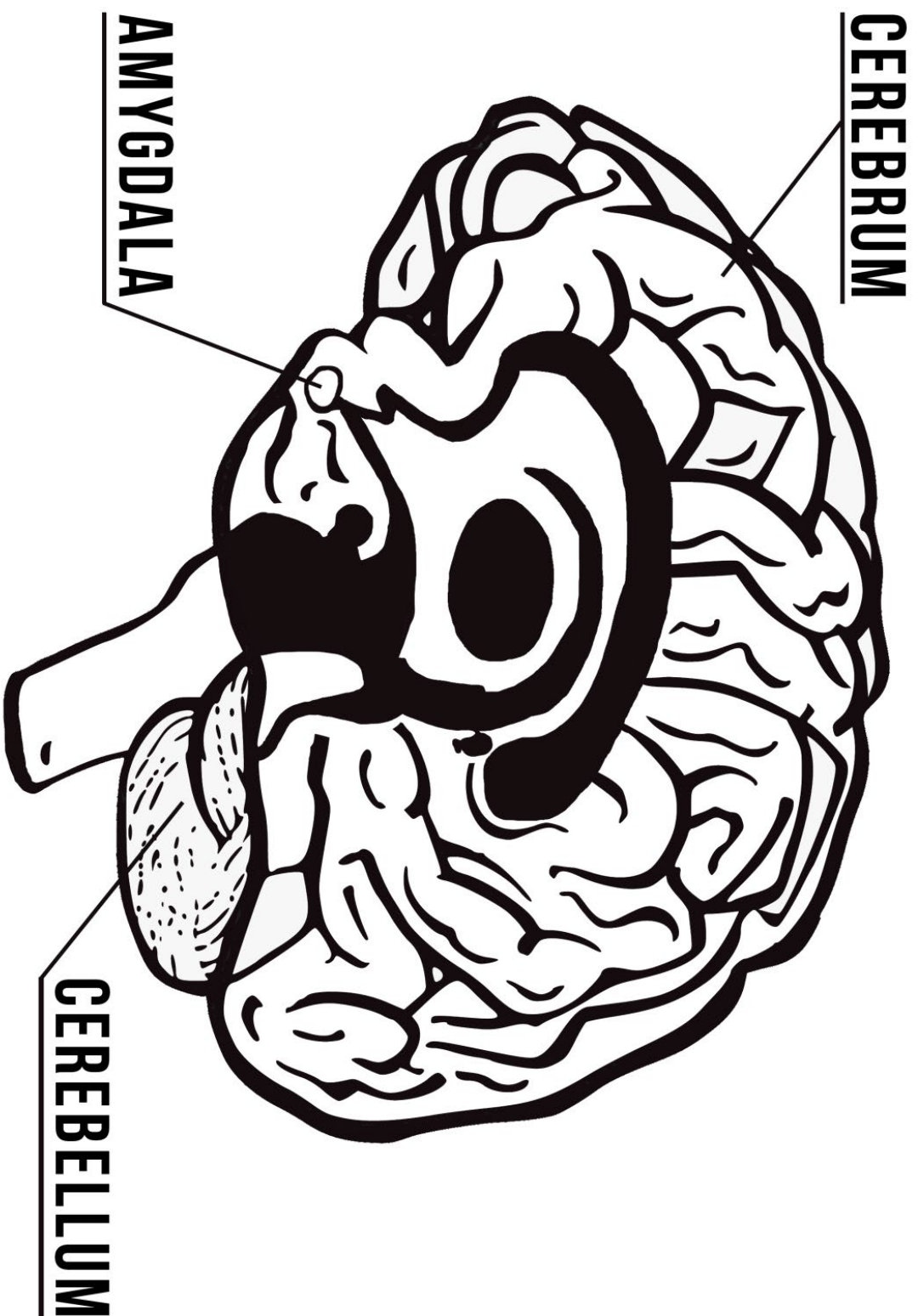
- Paper
- Markers/Crayons/Pencils

VOCABULARY

- Brave
- Afraid
- Brain

ACTIVITY

- To start the activity, tell your child that they are going to learn more about the brain.
- Ask them if they know where their brain is, and if they do, ask them to show you where it is.
- Now ask them to share with you what they already know about the brain. You can remind them that the brain helps us move, feel and think.
- When they have finished talking, point out to them that they are using their brain right now to tell you these things!
- Tell your child that we use our brains in everything we do. We use our brain to walk, to talk and to learn for example. Our brain controls everything we do, such as breathing, being happy or remembering where something is.
- The brain also controls how we behave to others. Whether we are kind and helpful and whether we are good friends to others.
- Using the brain outline below, now work with your child to make a pencil outline drawing of the brain on paper, being guided by the image below. Invite your child to colour in the various areas of the brain as you name them and write their names on the paper.
- End the activity by singing the song in Activity 1 together. Let your child know that you are proud of them today and every day.



LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Express self-confidence and self-esteem
- Discuss nature and the cycle of life

RESOURCES

- Soil
- Seeds of your choice
- Cardboard egg carton/Recycled container
- Small shovel
- Water

VOCABULARY

- Soil
- Cycle of Life
- Seed

ACTIVITY

- Invite your child to plant some seeds today!
- Discuss together what they would need to do to take care of a seed and help it grow.
- Then, talk about what you will need for the activity.
- To plant the seeds, take an empty cardboard egg carton or a recycled container (such as a yoghurt pot). Invite your child to put some soil in the container, leaving approximately 1cm of space from the top. Now, ask your child what they should do next (add the seeds). Then cover the seeds with more soil up to the top of the carton and place the carton on a saucer. Now add some water and place the pot somewhere where it can receive sunlight.
- In the following days, bring your child's attention to the plant. If the soil feels dry, ask them if they think it needs a little more water, and together, observe how it grows!
- End the activity by talking to your child about self-love and care. Point out that for the plant to grow, we must take care of it and give it what it needs to help it grow. Explain that like a plant, for them to grow well, they must take care of themselves too, so they grow to be strong and brave. Explain that not only do we need food and water like the plant, but we also need to be kind and supportive to ourselves, especially when we feel alone or afraid. Remind your child of the drawing they made in Activity 4, and tell them that saying nice things to ourselves helps us feel better and believe in ourselves more.
- End the activity by singing the song from Activity 1 and with you and your child, telling yourselves the positive words of encouragement you decided on.

