**Activities for Shy**

This week we will be learning all about the emotion ‘shy’. We’ve used the colour Pink to represent feeling shy.

There are a selection of activities that you could do throughout the week if you wish. You might want to listen to or read the story again to remember all the different emotions and colours.

**Art: Decorating your puzzle piece**

There are some suggestions on the website as to how you might want to decorate your puzzle piece. You could use marshmallows, you could paint using cling film, you could use pom poms or sponges.

Once you have decorated your puzzle piece, you may then also want to use the marshmallows, cling film, pom poms or sponges to make other pieces of art work - you can be as creative as you want!

**Music:** Listen to the music played by Andy and play along with the instruments of your choice. If you do not have any instruments in the house you could use household items such as saucepans or wooden spoons. Or you could even create your own instruments by following some of the instructions on the Expressive arts webpage.

**Movement:** Watch the movement video and follow the movements for the emotion shy. There are some movements for those more active and some for more sensory learners. You may even want to create your own movements.

**Other activities you could do:**

* You could go on a pink colour hunt - find as many things as you can either in your house or outside that is pink
* Pink messy play - for example you could use jelly, pink angel delight, cornflour and pink food colouring or pink icing.
* Decorate cupcakes or biscuits using pink icing - you could even use sweets to make a face on your cake!