

Literacy - Health and Wellbeing Grid

Mild	Spicy	Hot
<p>Healthy Reading Habits 5 a week reading</p> <ol style="list-style-type: none"> 1. Be read to 2. Read aloud to a teddy B.E.A.R everywhere you possibly can (Be excited about reading) 3. Solve word muddles 4. Investigate word meanings 5. Answer questions <p>Activities will be posted on the blog about these books.</p> <p>‘What’s The Time Mr Wolf’ By Debi Gliori Listen to the story on YouTube. https://bit.ly/2Af8u1Z</p> <p>‘The Bad Tempered Ladybird’ By Eric Carle. Listen to the story on YouTube. https://bit.l/35V48ZV</p> <p>Book BEARS! Please share a book that you love to read to your bear. Send your teacher a photo of the book and a message about why you love the book. We will make a ‘Book BEAR’ list to share with everyone.</p>	<p>Reading for Mental Wellbeing Read the poem, My Worry Box. You can also listen to it being read aloud here.</p> <p>Both the poem and the audio link will be posted on the blog, together with a set of questions for you to reflect on and discuss. Answers to the questions should be written in your Home Learning Journal.</p> <p>A follow-up poem on a different aspect of staying healthy will be posted on the blog next week, together with another set of questions for you to answer.</p> <p>Additional poems on a wide range of topics may be found at: https://www.kidspoetryclub.com/kids-poems Meet the Mood Monsters! Click on this interactive reading activity to find out more about the Mood Monsters. Once you have read it, go to the Writing grid below for a follow-up activity.</p> <p>Keep on reading for pleasure this fortnight and lose yourself in a good book! Don’t forget that you can also access the free book from the Literacy Trust, The Book of Hopes.</p>	<p>Reading for Mental Wellbeing For Health Fortnight, we will be reading for enjoyment. If you do not have a book, a link to free online reading materials will be provided on the blog.</p> <p>Activities will be posted on the blog each Monday. This will include, but not limited to:</p> <ul style="list-style-type: none"> • Discussing plot and main characters • Sharing your thoughts and feelings on the book <p>On Fridays, we will meet on the blog to share what we have been reading and our responses to questions. This will be called ‘Methlick’s Book Club’</p>

Personal Writing

Under the same sky

Let's start a sky journal.

It is lovely to think that we are all under the same sky even though we may be far away from those we care about and miss.

Use a **calendar** and **clock** to **check the date and time**

Inside and outside look up to the sky!

Talk about what you see:

- colours, shapes, movements, position of the sun (never look directly at the sun)

Think and wonder why you:

- feel, hear, smell and possibly even taste something!

In your journal

Draw, paint or collage what you saw.

Write about what you did and saw and how the sky made you feel

When you are finished

If you can - call someone in your family and ask them to tell you what they see in the sky.

Ask them how it is making them feel.

Miserable Monday, Terrific Tuesday, Worrying Wednesday,

How do you feel today?

Now and again in your journal write about what is happening in your life and how it is making you feel. We will share examples.

What does Methlick mean to you?

Write a personal reflective piece about what school and the community of Methlick means to you. Can you include:

- How you felt about these before lockdown?
- How it feels during lockdown?
- What you hope it will be like when you return to school?

What is happiness?

Write a poem about what happiness means to you. You can choose the style of poem, but free verse or an acrostic are probably most suitable. Here are some ideas to get you started:

Happiness is a warm hug ... toasting marshmallows by the fire ... lying on the grass watching the clouds go by.

The Mood Monsters

Once you have read all about the Mood Monsters (link in the Reading grid), think about what the monsters could do to help get themselves out of their unhappy moods. Discuss it with your family first, then write your suggestions for each monster in your Learning Journal.

Happy News Report

News reports are often based on worrying or sad events. You are going to change all that! Pretend you are a reporter who is covering a happy story. Write your report about a happy

Listening and Talking: Podcast

Create your own podcast, podcasts are becoming increasingly more popular especially at the moment. Podcasts can be any form of topic and generally contain discussions individually or they sometimes have guests on. Be as creative as you can with simply a voice recorder on your ipad or phone. Let us know how you get on!

Reflective Writing Piece

This time in the year is a time to reflect on the year of schooling you have had, or if you're in P7, write a reflective piece of "Memories" about your time at Methlick School.

Remember when writing a reflective piece you use "I" and other reflective language.

As always there will be inputs on the blog.

event, either in your own life, something that has happened to a family member, or simply a good-news story that you have watched on TV.

Ask someone to take a video of you reading your news report aloud. Don't forget to upload it to Seesaw for your teacher to see you being a newsreader!