**RAINBOW DAY**

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| **Team: Mrs McWhirter’s Rainbow Team** | **Week beginning:** **Monday 01/03/2021** |
|  **Numeracy****Get the Measure of your Garden!****You may choose:*** **A Ruler**
* **A Tape Measure**
* **Kitchen Scales (get permission & make sure they are kept clean!)**

You can print off a paper ruler or tape measure using the links below OR use non-standard units of measure like your hands! [Printable cm Ruler](https://www.printablerulers.net/click2.php)[**CM Tape Measure to print**](https://www.trutex.com/media/wysiwyg/Trutex_Printable_Measuring_tape_20_5_20.pdf)**Explore your garden or head out on a family walk with your measuring devices.****Measure different items that you find. Think about:*** **Height**
* **Width**
* **Circumference (the measurement around a curved object – like a tree!)**
* **Diameter**
* **Weight**

Write a list, draw pictures or take photos of what you measured and don’t forget to include the units too – probably centimetres (cm)**\*P6/7:** If you are being really accurate or measuring something very small you might use millimetres (mm). | **ECO POCKET GARDEN CHALLENGE****This is An ECO COMPETITION from Keep Scotland Beautiful!**Your Design Deadline is: 12-03-2021 so that we can choose one to progress in school & submit by 5pm on 17-03-2021.This year’s interlinked themes are:* 2021 Year of Coasts and Waters
* Celebrating Nature on our Doorstep
* One Planet Picnic
* Wildlife gardening

You can choose how to use them in your design using the 5 Design principles:1. Locally sourced
2. Seasonal
3. Waste reduction
4. Organic
5. Ethically sourced

Use the links below to find out more…[Pocket Garden HOME Activities](https://www.keepscotlandbeautiful.org/media/1566979/activities-at-home-for-2021-pocket-garden-design.pdf)[Pocket Garden Competition Guide](https://www.keepscotlandbeautiful.org/media/1567077/opp-pocket-garden-comp-guide-2021-240221.pdf)**Don’t forget to share your ideas on TEAMS as we will need to choose a design to develop in school!** | **COPING TOOLKIT****Everyone can suffer from worries, frustrations or any negative emotion in life!****In Emotion Works have talked about EMOTIONS: how to recognise and name them and to identify what triggers these feelings in us.****We also need to explore what helps us to cope or deal with these emotions and this can be different for everybody.****Think about things that help you if you are feeling negative emotions. What helps you to relax, calm down & gather your thoughts?**It might be…* A special object
* A sensation
* An exercise – like breathing
* A place
* An activity

**CHALLENGE:** **Can you create a Coping Toolkit or Box full of ideas or objects that you can use to help yourself in times of difficulty?****Upload your photos to Rainbow Team.**  |
| HEALTH & WELLBEING **1. Don’t forget about your** **#DGRepItUp** **Challenge!**[You can access the TRACKING sheet and VIDEO CLIPS here](https://www.actify.org.uk/module/1365)[A&E Active Schools Facebook](https://www.facebook.com/annandaleeskdale.activeschools.communitysport/)**2. Fitness Coach**Using the exercises from the #DGRepItUp Challenge…1. **Design a short ‘work out’ session to develop strength & fitness.**
2. **Rehearse & then get someone to video you teaching your session.**

Think about how you will demonstrate the exercises and encourage your students!**Joe Wicks had better watch out!!** | **Literacy****Long Distance Letter****Write a postcard or a letter to remind someone that you are thinking of them.****It could be a friend or a family member that you haven’t seen for a while.****You can print off the templates from the links below or just use them to remind yourself of the postcard or letter layout.****Remember this is a ‘friendly’ or INFORMAL letter.****POSTCARD: You could decorate the front to show things from your local community and write…** **‘A Postcard from…..?’ on the front!****On the reverse you will need to think careful about how you are going to fit in everything you want to say!****LETTER: You should try to use the correct layout, including your address in the top right corner, but if you don’t wish to include your address that is fine too!****Once your letter or postcard is ready take a picture and upload it to the Rainbow Team** **BUT****it would also be lovely if you actually sent it to someone special!** | **Rainbow Languages****French Café** **Thinking about the Community, who doesn’t love a visit to the café BUT, would you know what to say in France?!****Set up a Café with some pretend or real snacks!****Using the sound files (& video clip) below practise saying….**[**Bonjour...**](https://www.lightbulblanguages.co.uk/resources/audio/bonjour.mp3) **(Hello…)**[**Je voudrais...**](https://www.lightbulblanguages.co.uk/resources/audio/je%20voudrais.mp3) **(I would like….)**[**Some Food and Drink in French**](https://www.lightbulblanguages.co.uk/resources/audio/food-and-drink.mp3)[**S'il vous plaît**](https://www.lightbulblanguages.co.uk/resources/audio/silvousplait.mp3) **(Thank you)**[**Merci beaucoup - video clip**](https://www.youtube.com/watch?v=q67CRGU6cQs)[**Au revoir**](https://www.lightbulblanguages.co.uk/resources/audio/aurevoir.mp3) **(Goodbye)** **in your best French accent!****CHALLENGE: You could find out the name of your favourite food in French and ask for them in your Café.****DON’T FORGET TO POST PHOTOS OR VIDEO CLIPS IN THE RAINBOW DAY TEAM FRENCH POST!!**  |