**RAINBOW DAY**

|  |  |  |
| --- | --- | --- |
| **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!!** |