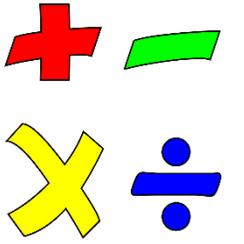


Primary 4

Learning at Home



Numeracy and Mathematics



- On the next few pages you will find various links which will help you to practise your numeracy and maths skills.
- You can choose which level of challenge suits you, depending on how confident you are feeling with each concept.
- There is a list of useful websites included. Remember you can use your Education City and Sumdog accounts at home too.

Numeracy

Addition – 2 digit numbers



Mild – Addition learn screens and examples. These links will take you to a screen with practise examples for addition, with and without carrying. There is a link on each to a learn screen.

Addition of 2 digit numbers without carrying –

<https://uk.ixl.com/math/year-3/add-two-two-digit-numbers-without-regrouping>

Addition of 2 digit numbers with carrying –

<https://uk.ixl.com/math/year-3/add-two-two-digit-numbers-with-regrouping>

Numeracy

Addition – 3 digit numbers



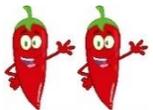
Medium – Addition learn screens and examples. These links will take you to a screen with practise examples for addition, with and without any carrying. There is a link on each to a learn screen.

Addition of 3 digit numbers –

<https://uk.ixl.com/math/year-3/add-a-three-digit-number-to-a-three-digit-number>

Addition of 3 digit numbers word problems –

<https://uk.ixl.com/math/year-3/add-a-three-digit-number-to-a-three-digit-number-word-problems>



Hot – What number is missing from these calculations?

<https://uk.ixl.com/math/year-3/complete-the-addition-sentence-up-to-three-digits>

Numeracy

Subtraction

Click on the *Video Vault* links to learn more about this key concept.

Please note –the *Video Vault* is a work in progress. We will share more videos for other concepts as they become available.

Numeracy –Subtraction



Mild -Here you will find videos demonstrating how to use concrete materials to subtract and revising the key language of subtraction using the terms *finding the difference* and *how many more?*

<https://drive.google.com/drive/folders/1M0WyddwzLZLmuh6p8JO5vwXzE9pAd3zq>

<https://drive.google.com/drive/folders/1iZ7413FqQEmYTLwdrRu1Op7B4o1KGPEl>

Numeracy

Subtraction -2 digit numbers from 3 digit numbers.



Medium - Use this link to find an example learn screen –

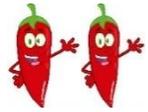
<https://uk.ixl.com/math/year-3/subtract-a-two-digit-number-from-a-three-digit-number>

This link will take you to practise examples –

<https://uk.ixl.com/math/year-3/subtract-a-two-digit-number-from-a-three-digit-number>

Numeracy

Subtraction - 3 digit numbers from 3 digit numbers.



Hot - Use this link to find an example learn screen –

<https://uk.ixl.com/math/year-3/subtract-three-digit-numbers>

This link will take you to practise examples –

<https://uk.ixl.com/math/year-3/subtract-three-digit-numbers>

Now use what you have learned to solve some word problems –

<https://uk.ixl.com/math/year-3/subtract-a-three-digit-number-from-a-three-digit-number-word-problems>

Money

Use these links to access videos and games for learning about coins and giving change for amounts up to £10.



Mild

<http://www.bbc.co.uk/guides/zcrq2p3>

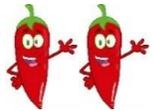
<http://www.bbc.co.uk/guides/z2s6hv4>

<http://www.ictgames.com/mobilePage/coinCalculator/index.html>

<http://www.ictgames.com/payForIt/index.html>

Money

Use these links to access videos and games for learning about coins and giving change for amounts up to £20.



Hot

<https://www.topmarks.co.uk/money/toy-shop-money>

<http://www.crickweb.co.uk/ks1numeracy.html>

Multiplication tables

Here are some links which will help you practise your times tables at home.

Hit the button – <https://www.topmarks.co.uk/maths-games/hit-the-button>

Coconut multiples – <https://www.topmarks.co.uk/times-tables/coconut-multiples>

Maths fishing – <https://mathsframe.co.uk/en/resources/resource/306/Maths-Fishing-Multiplication>

Learn your times tables – <https://www.timestables.co.uk/>

Times tables speed test – <https://www.timestables.co.uk/speed-test/>

P4 maths video vault links

Here are some links to videos which explain some other areas of maths. Choose one that you find tricky and watch the video to improve your skills.

Time (quarter past and quarter to) – <https://drive.google.com/drive/folders/1Xv5bar-Hvj8IhyrdYjmCQ-KdHiDK1HRP>

2D and 3D shapes – <https://drive.google.com/drive/folders/1EYBoRO3W8TvM9AivR6HrKQe8QrcoxStN>

Right angle turns – <https://drive.google.com/drive/folders/1tnQN9FFfzZjGRIvYPROY0y1TJTeRPwwW>

Symmetry – https://drive.google.com/drive/folders/1rXsJHt8HbDaNN3_EHOpMSc_qr-L7l32u

Estimating and measuring – https://drive.google.com/drive/folders/1VHUuF1IFOk0uC19sy_8VOefRDLns2tA4

Useful Numeracy Websites

Use these websites to keep your Numeracy skills sharp. You can play games, generate worksheets and access virtual versions of concrete materials.

<http://softschools.com/> You can generate your own worksheets of calculations here.

<https://www.topmarks.co.uk/> Wide variety of Numeracy games.

<http://www.ictgames.com/> Numeracy games. Also has virtual versions of some of the concrete materials we use in school.

<https://www.bbc.co.uk/bitesize/primary> Primary Bitesize - Lessons across whole curriculum.

<http://www.ictgames.com/mobilePage/hickoryDickory> Telling the time activity – can set level from very basic to 5 min intervals. Analogue only.

<https://www.bee-bot.us/emu/beebot.html> - Beebot emulator - fun and useful for practising skills related to position, direction and coding.

<http://www.multiplication.com/> - Multiplication games.

<https://www.educationcity.com/> Numeracy games and Learn Screens.

https://www.sumdog.com/user/sign_in - Play Sumdog games.

<https://uk.ixl.com/math/year-3> - lots of maths skills to explore and learn.

<https://uk.ixl.com/math/year-4> - lots more maths skills to explore and learn!

Maths at home ideas

Board games such as Snakes and Ladders, Scrabble and Battleships

Planning a trip with a focus on money, budget, reading timetables and maps.

Origami – Problem solving skills with symmetry and shape.

Baking – weight and volume.

Playing card games can support numeracy learning at home. Examples of games can be found at:

<https://www.theschoolrun.com/10-ways-playing-cards-helps-children-with-maths>
<http://mathengaged.org/resources/card-games/>

<https://www.weareteachers.com/math-card-games/>

<https://dreme.stanford.edu/news/10-family-card-games-support-early-math-skills>
<https://www.scholastic.com/teachers/blog-posts/nancy-jang/2017/3-Quick-Math-Games-With-Playing-Cards/>

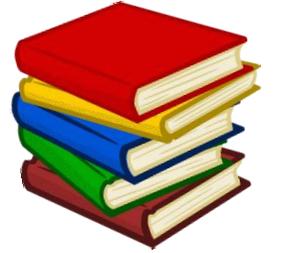
<https://mathgeekmama.com/best-math-card-games/>

Maths Dictionary

An animated, interactive online maths dictionary which explains over 630 common mathematical terms and math words in simple language with definitions, examples, activities, practice and calculators.

<http://www.amathsdictionaryforkids.com/>

Literacy and English



- On the next few pages you will find various activities to help you practise your literacy skills at home.
- These have been split into spelling, reading, writing and listening and talking.
- There is also a list of useful websites included.
- The best thing you can do at home to improve your literacy skills is lots of reading. This can be fiction and non-fiction texts. Talk to someone in your household about what you have read, and if you can, share recommendations of great books with friends and family.

Literacy and English - Spelling

➤ Each week we have a new spelling rule.

➤ Pupils are encouraged to think of other words which use this spelling rule and can then choose activities from the spelling menu (included on the next page) to help practise the spelling rule for the week.

➤ Look for patterns in the words which use the rule.

For example, does the sound come at the beginning, middle or end of the word? Can you chunk the words to make them easier to spell?



Spelling Menu

Choose any of the tasks below to practice your spelling:



<p><u>Alphabetical Order</u> Write all of your spelling words in alphabetical order. (ABC...)</p>	<p><u>Ambidextrous</u> Write all of your spelling words using both your left and right hand.</p>	<p><u>Backwards Writing</u> Write your spelling words forwards and then backwards. (e.g. dance ecnad)</p>	<p><u>Bubble Writing</u> Write your spelling words in bubble writing.</p>	<p><u>Calligraphy</u> Write your spelling words using your fanciest handwriting.</p>	<p><u>Chalk Writing</u> Use some chalk to write your spelling words outside.</p>
<p><u>Dictionary Flashcards</u> Make flashcards using your spelling words - the word on one side and its meaning on the other.</p>	<p><u>Dot Writing</u> Write your spelling words using dots.</p>	<p><u>Garden Spelling</u> Use things you find in your garden/local park like sticks and stones to spell your words.</p>	<p><u>Hidden Words</u> Draw and colour a picture - try to hide as many of your spelling words as you can inside it.</p>	<p><u>Magazine Spelling</u> Cut out the letters you need from an old magazine and use them to make your spelling words.</p>	<p><u>Make Your Own</u> Create your own activity to help learn your new spelling words.</p>
<p><u>Pasta</u> Use pasta to make your different spelling words.</p>	<p><u>Picture</u> Draw a picture of each of your spelling words to show what each one means.</p>	<p><u>Playdough</u> Use playdough to make the letters of your spelling words, you could even try making your own playdough!</p>	<p><u>Rainbow Writing</u> Write your spelling words with coloured pencils, a different colour for each letter.</p>	<p><u>Sand/Foam Writing</u> Get some sand or foam and try writing your spelling words in it.</p>	<p><u>Silly Sentences</u> Write silly sentences, including your spelling words.</p>
<p><u>Singing</u> Sing your spelling words one letter at a time.</p>	<p><u>Story Writing</u> Write a story using all of your spelling words.</p>	<p><u>Torch Writing</u> Find a dark room, and use a torch to practice writing your spelling words on the wall.</p>	<p><u>Typing</u> Use different fonts to type out your spelling words on a computer or tablet.</p>	<p><u>UPPER and lower</u> Try writing your spelling words in upper case and then lower case.</p>	<p><u>Word Search</u> Create your own word search using your spelling words.</p>

Spelling rules

Week	Sound + examples	Common words
19/10/20	y gym mystery pyramid cygnet crystal rhythm	through sing morning colour
26/10/20	u (as in put) put bush pull awful push bull cushion full	kind put different sentence
2/11/20	gn sign gnaw gnome design gnarl gnash	light stop list most must

9/11/20	ture future capture mixture signature nature adventure creature	high late Monday Tuesday
16/11/20	dge fudge judge bridge badger edge fridge hedge ledge	Wednesday Thursday Friday does animal
23/11/20	o (as in some) some none come son done nothing month worry mother work brother	Saturday Sunday changes show air

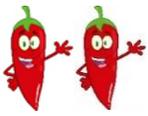
30/11/20	ch (as in chef) chef machine chalet brochure	think same month together talk
7/12/20	tion station operation collection portion ration nation creation	try real eye low such

Literacy and English - Reading

- The best thing you can do is read lots and lots of books.
- Your teacher will provide you with login details for Oxford Owls and tell you which level of book to read. Have a go at the activities once you have finished reading the book.
- On the next few pages you will find some more ideas to help you to practise your reading skills at home.

Questions to ask during reading

- What is the main event of the story? Why do you think this?
- How did you think it would end/should end?
- Why did the author choose this title?
- Can you find examples of powerful adjectives? What do they tell you about a character or setting?
- Can you find examples of powerful verbs? What do they tell you about a character and their actions?
- Find an example of a word you don't know the meaning of. Using the text around it, what do you think it means?
- Can you think of another story that has a similar theme e.g. good over evil, weak over strong, wise over foolish?
- What was the most exciting part of the story? Explain your answer as fully as you can.
- How could the story be improved or changed for the better?



Grammar Hunt

Read and find nouns, verbs and adjectives. Make a list for each.

Quiz

Write a quiz to go with your reading book.

Research

Research the author/illustrator/publisher on the internet. Write a detailed report about what you find out.

Illustrator

Draw an illustration for your chapter. Use quotes from the book to describe it.

Letter

Write a letter to your friend telling him or her a bit about the book. Explain why you think they ought to read it.

Summariser

Select the key events from your reading and summarise these into a detailed paragraph.

Character's View

Recount an event from another character's point of view.

Predict

Predict what might happen next. Include detail in your answer and reasons why.

Newspaper

Write a newspaper article about a problem in your story.

Play script

Re-write a section as a play script. Remember to include the correct features of a play script, including setting, props, stage directions and names of characters.

Front Cover

Design a new cover and title for the book – front and back including a blurb of the book.

Poster/Advert

Make a poster/advert for an event in the text.

Cartoon Strip

Make a cartoon strip showing the sequence of events in chapter.

Glossary

Make a glossary for tricky words; you may need to use a dictionary to find out the meaning.

Main Character

Write about the main character in the story. Choose 5-10 words to describe his or her behaviour. Give an example for each one. E.g. Sally is foolish when she goes to the mill by herself.

Synonyms & Antonyms

Pick 5 descriptive words from the text and use a thesaurus to find five synonyms and antonyms.

Diary Entry

Pretend you are one of the characters in the book. Who will you be? Write your diary for one day in the story.

Telephone Conversation

Write a telephone conversation between two characters about a main event.

Opener

Rewrite the opening of your book. How can you improve the story opener to be more engaging?

Interview

Think of 5 questions you would like to ask one of the characters in your book. Then swap these with another person in your group and write the answers as if you were that character.



<p><u>WHAT NEXT?</u> Predict what might happen in a sequel to the story. Write down what happens to each character.</p>	<p><u>MIME</u> Choose a part of the story and mime it to a friend. Can they guess what part of the story it was?</p>	<p><u>TIMELINE</u> Using pictures explain the order of events in your guided reading book. Label each picture.</p>
<p><u>HOLIDAY DESTINATION</u> Describe where and when the story took place. Explain why you would (or wouldn't) like to have a holiday there.</p>	<p><u>CHARACTER PROFILE</u> Write a description of the main character in your book. Include their appearance and likes or dislikes.</p>	<p><u>POSTER</u> Make a poster to advertise your book. It should encourage people to read it.</p>
<p><u>FIVE TRUE, FIVE FALSE</u> Write down five true things about your book and five false things</p>	<p><u>CHANGE THE ENDING</u> Write a new problem and new solution for your story. How does the ending change?</p>	<p><u>DRAW</u> Draw a picture of your favourite part of the story. Write 1 or 2 sentences to explain it.</p>



<p><u>PLAY</u> Write a play about part of the story. Act it out.</p>	<p><u>NEW COVER</u> Design a new cover for the book. Include a picture, title, author and illustrator.</p>	<p><u>SONG OR RAP</u> Make up a song or rap about your book.</p>
<p><u>DRAW</u> Draw a picture of your favourite character. Add a description and the character's name.</p>	<p><u>KEYWORDS</u> Write down ten keywords that are important to your guided reading book. They may include characters, setting, what happens.</p>	<p><u>BOOK REVIEW</u> Did you like or dislike your book? Explain why. Who do you think would like it?</p>
<p><u>WRITE A LETTER</u> Write a letter to one of the characters in your guided reading book. Include at least one question you want to ask them.</p>	<p><u>THE GOOD AND THE BAD</u> Write down three good things and three bad things about each of the main characters in your guided reading book.</p>	<p><u>STORY MAP</u> Make a story map for your guided reading book. Label it.</p>

The 3 sharings

This activity is designed to help you share your thoughts and opinions about a book you have read.

<p>Likes and dislikes</p> <p>What do you like/dislike about the book? Why?</p> <p>Do you like/dislike a certain character Why?</p> <p>Did you like/dislike a particular part of the story? Why?</p>	
<p>Puzzles</p> <p>What is still puzzling you about the book? What are you wondering about?</p> <p>Is there something that you are confused about?</p> <p>Maybe you are just wondering what will happen in the end!</p>	
<p>Connections</p> <p>Can you make any connections with this book to other books that you have read or any experiences of your own?</p>	

Reading comprehension

Use this website to practise your reading comprehension skills.

You can sign in using the Google button and your Glow username and password.

Change the ending of your username to @er.glow.scot

<https://readtheory.org/auth/login>

Literacy and English - Writing

- In writing lessons, we use VCOP to make our writing as interesting and engaging as possible.
- This stands for Vocabulary, Connectives, Openers and Punctuation.
- On the next few pages there are some activities you can do to practise adding these to your writing. There are also some ideas for pieces of writing you can do at home.

Vocabulary

Try using some of these adjectives in sentences.

People	Objects	Comfortable Feelings	Uncomfortable Feelings	Size	Time
adorable	bright	brave	angry	big	ancient
adventurous	clear	calm	annoyed	colossal	brief
aggressive	distinct	cheerful	anxious	enormous	early
annoying	drab	comfortable	ashamed	gigantic	fast
beautiful	elegant	courageous	awful	great	late
caring	filthy	determined	bewildered	huge	modern
clumsy	gleaming	eager	bored	immense	old
confident	grotesque	elated	confused	large	quick
considerate	long	encouraged	defeated	little	rapid
excitable	magnificent	energetic	defiant	long	short
glamorous	precious	enthusiastic	depressed	mammoth	slow
grumpy	sparkling	excited	disgusted	massive	swift
happy	spotless	exuberant	disturbed	meagre	young
helpful	strange	fantastic	dizzy	mighty	
important	unsightly	fine	embarrassed	mini	
intimidating	unusual	healthy	envious	minuscule	
obnoxious	valuable	joyful	frightened	petite	
odd		pleasant	hungry	puny	
talented		relieved	lonely	short	

Connectives

1	and
2	then
3	because
4	or
5	but
6	so



Take it in turns to roll the dice.

Use the connective you roll to make the best sentence you can.

Give your partner feedback on how they can make their sentence even better.

Openers

Choose your chilli challenge and make the best sentences you can.



First

Next

Then

Finally

Soon

One day



Before

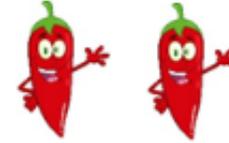
At last

A moment later

Suddenly

Far away

At the end of



Despite

Meanwhile

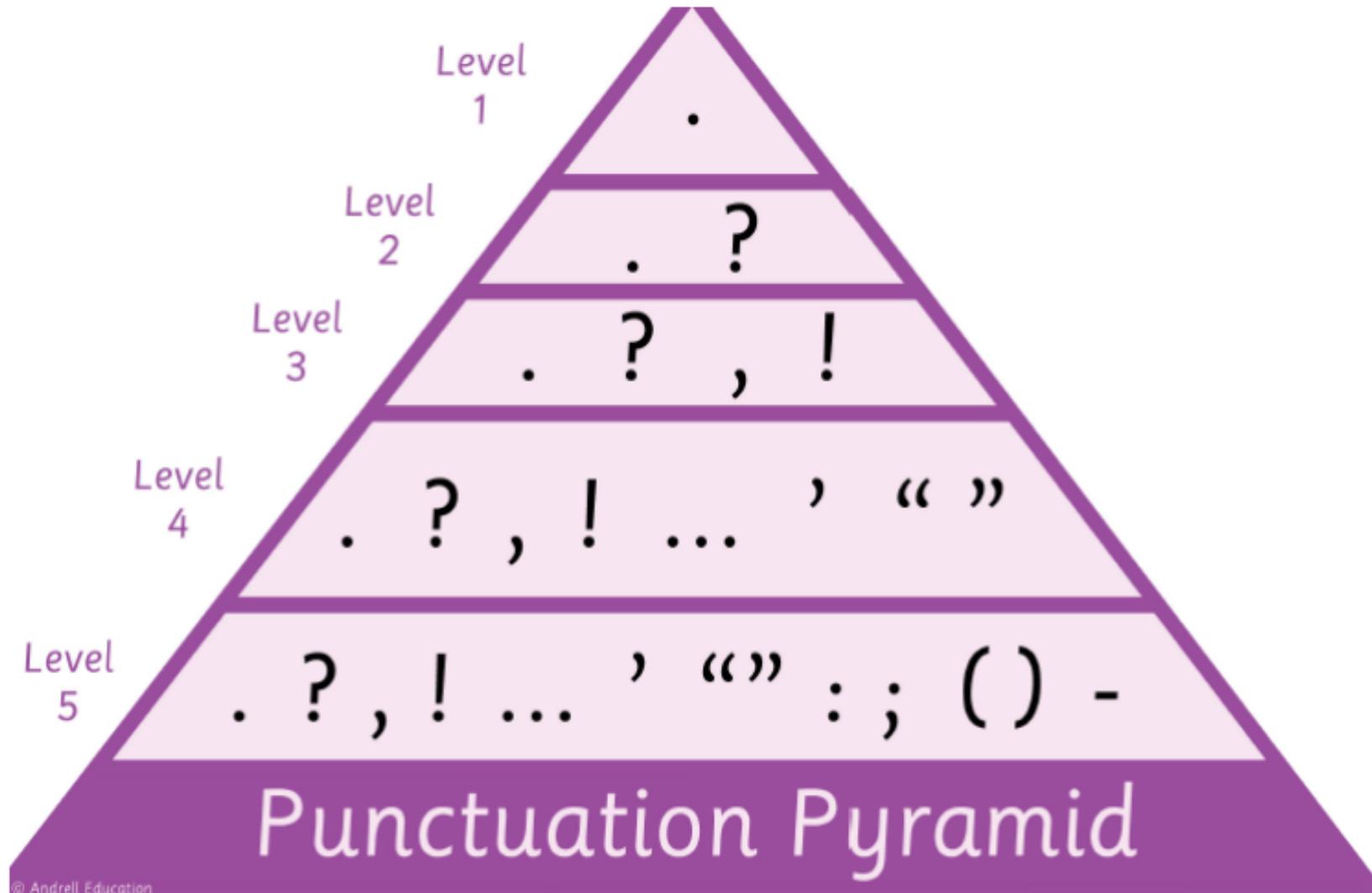
Although

In the distance

Nearby

Afterwards

Punctuation



Here are some links to videos which will help you with creating a piece of writing.

Creating a setting –

https://drive.google.com/file/d/1b4gA4Z4sjPrEveLq9Y_l5Xnl_Sj5Iwkk/view

Creating a character –

<https://drive.google.com/file/d/1kPJSeDtnZxQDMd0XBeZG-YSdtnyXQuOt/view>

Developing a character –

https://drive.google.com/file/d/1Js9Cr6Ie_tGmQgtv2jjEza4RsP3fqZYP/view

Inspiration for writing

Here are some links to short video clips you can use to help you to create a piece of writing. There are some suggested activities but feel free to let your imagination run wild!

The Little Boat - <https://www.literacyshed.com/little-boat.html>

Write a short paragraph from the point of view of the boat, describing some of the amazing sites it sees on its journey. Be as imaginative and creative as you can. Try to use as many different connectives in your writing as you can.

The Way Back Home - <https://www.literacyshed.com/thewaybackhome.html>

Write a recount of the adventure. Use different connectives to tell the story in order and include interesting vocabulary to describe feelings.

Something Fishy - <https://www.literacyshed.com/something-fishy.html>

Can you write a similar story about an everyday object which transports the main character to a fantasy land? What happens when they get there? Include lots of detail and descriptive vocabulary in your writing.

Once in a Lifetime - <https://www.literacyshed.com/onceinalifetime.html>

Can you write the ending to the story? Where do the turtles take him? Use lots of interesting vocabulary to engage your reader.

The Clock Tower - <https://www.literacyshed.com/the-clock-tower.html>

Write a back story or prequel to describe how the girl became the dancer. Was she cursed by a witch? Tricked by an evil prince? Use your imagination!

Cloudy Lesson - <https://www.literacyshed.com/cloudylesson.html>

Can you write instructions for 'How to Make Clouds'? Use verbs to start each step.

Some more writing at home ideas

Imaginative	Personal	Functional
Superhero Comic Story	Poems about someone special	Daily diary of being at home (Include emotion)
Big Adventures	A time where you visited somewhere special	A letter to a friend/neighbour
Magical Powers/Spells	What you'd like to do when you're older	Newspaper based on current events
Dreams/Mystical Land	Postcards	Poster explaining how to wash hands
Changing the plot of a fairytale	About your role model	"How to" guides/leaflets
	Best/Worst day of your life	
	If I could change the world...	

Knowledge about language activities

<p><u>Nouns</u></p> <p>Go on a noun hunt around your house or local area.</p> <p>Categorise the nouns into people, places and things.</p> <p>Remember proper nouns start with a capital letter.</p> <p>Proper nouns include the names of people and pets, places and landmarks, days of the week, months of the year and company names (e.g. Sam, Glasgow, Tuesday, June, Asda).</p>	<p><u>Verbs</u></p> <p>Think of as many different verbs which mean the same as the following as you can:</p> <p>walk say eat run</p>
<p><u>Adjectives</u></p> <p>Think of as many interesting adjectives which mean the same as the following as you can:</p> <p>big small happy sad angry scary</p>	<p><u>Punctuation</u></p> <p>Rewrite these sentences with the correct punctuation:</p> <ol style="list-style-type: none">1. when i go to the shop I will buy oranges lemons pineapple and strawberries2. toby and mark are going to spain in july3. did you buy sweets at the market4. on sunday she went to the park5. my brother's dog is called rover

Literacy and English - Listening and talking

Listening and talking skills are used and practised every day.

These include:

- Listening and responding appropriately to others in a respectful way. For example, by nodding or agreeing, asking and answering questions.
- Communicating clearly and audibly.
- Contributing to group/class discussions and engaging with others for a range of purposes.
- Selecting and sharing ideas/information using appropriate vocabulary.
- Taking notes about the main idea(s) of a spoken text.

You will find some ideas and activities to help practise these skills on the next few pages.

Conversation starters

Use these prompts to spark discussions with members of your household. Or you could phone or video call a friend or family member. What other questions could you ask?

If you could have any super power, what would it be?



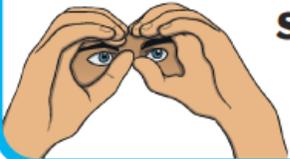
Who is your favourite TV character?



If you could be an animal, what would you be?



What is the most amazing thing you have ever seen?



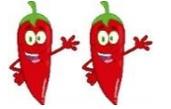
If you could be invisible for the day, what would you do?

What do you want to be when you grow up?



Taking notes

This video explains how to take notes:



<https://drive.google.com/file/d/1RpooiXprHbb8QnjiRE8sRNTgbqD8lDRU/view>

Use the following link to access some short video clips. As you listen to the story, take notes about the main ideas. You do not need to write down every single detail.

Discuss your thoughts about the story with someone at home.

<https://www.bbc.co.uk/bitesize/topics/zcfv4wx/resources/1>

The template on the next page will help you to organise your notes.

Listening for Information

Listen to a story or watch a short clip and complete the following activities to help you understand what the story is all about.

Purpose

Key Ideas

Key Words

Any Other Notes

Presenting information

- Choose a topic you are interested in.

This might be something you already know lots about, or maybe you would like to do some research.

- Create a short presentation about your chosen topic (about 3 to 5 minutes). You might want to make a poster or PowerPoint as well.
- Once you are feeling confident about presenting the information, you could video yourself and upload it to Seesaw for your teacher to see.

Literacy and English – Digital Literacy

Watch a film or short video clip and complete this grid analysis to record your thoughts and opinions.

Similarities	Surprises
<p>Does this film remind you of any other films, books or stories?</p> <p>Are there any familiar characters you have seen in other stories?</p> <p>Who do you think the film was made for?</p> <p>And why?</p>	<p>What were the main surprises in the film?</p> <p>Did anything happen that you were not expecting?</p> <p>Were there moments where you thought something was going to happen but didn't?</p>
Puzzles	Patterns
<p>Are there any points in the story where it is not clear what is going on, or why the characters are doing what they're doing?</p> <p>Thinking about the whole story, is there anything that doesn't make sense or isn't believable?</p> <p>Is there anything else you would like to know about this film or its characters?</p>	<p>Is anything repeated in the film? For example characters doing/saying the same things or similar events or situations.</p> <p>Are there any repeated colours, camera shots, camera angles or movements?</p> <p>Are there any repeated sounds or music on the soundtrack?</p>

Useful literacy websites

<https://spellingframe.co.uk>

<https://www.onceuponapicture.co.uk>

<https://wordtamer.co.uk>

<http://softschools.com>

<https://www.topmarks.co.uk>

<https://www.bbc.co.uk/bitesize/topics/zd63xyc/articles/zdp4pg8>

<https://www.bbc.co.uk/bitesize/primary>

<https://www.educationcity.com>

<https://www.pobble365.com>

<https://www.intofilm.org/resources/all>

<https://literacytrust.org.uk/resources/free-writing-friday-resource>

<https://classroommagazines.scholastic.com/support/learnathome.html>

<https://www.ercultureandleisure.org/libraries> East Renfrewshire Library Services

<https://www.literacyshed.com>

Health and Wellbeing



- On the next few pages you will find various activities and links to support your physical and emotional wellbeing at home.
- Remember it is important to take time each day to relax and play.

P.E. at home

Cosmic Kids Yoga Activities - <https://www.youtube.com/c/CosmicKidsYoga/videos>

The Body Coach Kids workouts - <https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k>

Go Noodle activities to keep you active - <https://www.gonoodle.com/>

Make your own exercise routine / gym at home – Ideas include run up and down the stairs, hop on the spot, star jumps, chair dips, plank, step ups, lifting bean cans, squats against the wall.

Hula hooping - how long can you hula for?

Put on your favourite music / song and make up your own dance routine.

Go for a walk.

Headstands - A great activity for your core muscles and to get blood going to the brain.

Skipping rope - Can you skip and count / chant a rhyme?

Wheelbarrow, crab, and bear-walk races - Holding one of these tough positions gives you a real workout.

Animal races - Hop like a bunny or frog; squat and waddle like a duck; and so on.

Balloon ball - There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch. Mix it up with balloon tennis!

Follow the leader: Add to the workout with energetic movements such as jumping, stomping, and squatting.

Wellbeing at home

- Write down 3 things each day that you are grateful for. It can be people, things and experiences – anything!
- It is important to get fresh air, especially if you are feeling a little under the weather. Try the 5-4-3-2-1 grounding exercise when you are outdoors. Working backwards, find 5 things you can hear, 4 things you can see, 3 things you can touch from where you are sitting or standing, 2 things you can smell and one thing you can taste.
- Put on your favourite piece of music and listen. What instruments can you hear? How does the music make you feel? Where in your body can you feel it?
- Listen to an audio book or find a quiet space and read a book.
- Ask the adults at home how you can help.
- Drawing meditation – Choose an object and look at it very carefully for 60 seconds. Place the item under a cloth and see how well you can draw the item from memory! Don't worry if it isn't very accurate, just try again with something else!
- Each day, listen to an inspirational talk! Which was your favourite? How did it change your thinking?
<https://www.lifehack.org/785441/inspiring-ted-talks-for-kids>
- Listen to a mindfulness story called magic bubbles using this link: <https://www.youtube.com/watch?v=SPpTqqHVRKQ>
- Showing kindness to others is proven to help you feel better too! Can you think of something kind you can do for someone else in your home? Or send a lovely message to a friend or family member.
- Complete a mindfulness colouring activity. Try to notice what you are thinking about while you do so.



Home Photo Challenge

Can you photograph something that fits for each day? You can use a camera, phone, or device.

Day 1 Favourite toy	Day 2 Nature	Day 3 Water	Day 4 Something Yellow	Day 4 Animal
Day 5 Vegetable	Day 6 Outside the window	Day 7 Something big	Day 8 Something silly!	Day 9 Something down low
Day 10 Something blue	Day 11 Family	Day 12 Something round	Day 13 Numbers	Day 14 Clothes
Day 15 Shadows	Day 16 Art and Craft	Day 17 Something green	Day 18 Mess	Day 19 Something up high
Day 20 Something small	Day 21 Metal	Day 22 Words	Day 23 Black and White	Day 24 Clouds

Useful websites for Health and Wellbeing

<https://www.growthmindsetyeti.com/>

<https://roadsafety.scot/learning/first/>

<https://www.jumpstartjonny.co.uk/free-stuff>

<https://lifeliveit.redcross.org.uk/>

<https://www.healthforkids.co.uk/>

Useful websites for other curricular areas

<http://www.primaryhomeworkhelp.co.uk/Religion.html>

<https://mysteryscience.com/school-closure-planning>

<https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/>

<https://www.scienceforkidsclub.com/>

<https://www.stem.org.uk/teaching-science-through-stories>

<https://artprojectsforkids.org/>

http://www.bbc.co.uk/northernireland/schools/4_11/music/mm/index.shtml

<https://world-geography-games.com/world.html>

<https://www.typingclub.com/>

<https://www.french-games.net/frenchgames>

<https://www.tresbienfrench.com/>

<http://www.bbc.co.uk/history/forkids/>