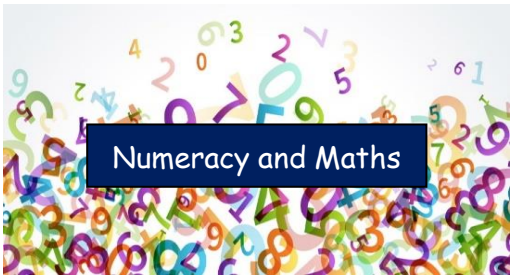






Curricular Area	Tasks
 <p>Numeracy and Maths</p>	<p>Numeracy</p> <ul style="list-style-type: none"> Game - Memory Maths - https://flashmaths.co.uk/viewFlash.php?id=1 . Choose arithmetic. Make a 4x4 grid and try to answer all the questions in 1 minute. Remember they will flash up intermittently. Play 5 rounds and see if you can complete them all in less than 1 minute. Activity – complete the textbook pages (Exercise 1 continued) – mixed money problems. Game – Guess the Change - https://flashmaths.co.uk/viewFlash.php?id=63/. Calculate how much the pile of coins is worth then click “show total”
 <p>Literacy and English</p>	<p>Writing</p> <p>Write an informal letter to an imaginary S1 pupil from your high school. Tell them all about yourself and explain your thoughts and feelings about moving on to high school. This is your chance to ask them questions about things you’re nervous about.</p>
 <p>Spelling</p>	<p>Chilli Challenge Spelling Rule: “a” followed by a double letter Activity: Choose a different activity from the P7 Active Spelling Strategies sheet.</p>
 <p>Other Curricular Areas</p>	<p>P.E</p> <p>Watch one of Joe Wicks’ live P.E. lessons on his YouTube channel.</p> <p>Activity – create an indoor obstacle course using things you can find around your house. Get your family to complete the course. Maybe time them and see who can do it the fastest.</p>
 <p>Health and Wellbeing</p>	<p>Mindfulness</p> <p>Visit https://family.gonoodle.com/channels/flow. Do some mindfulness exercises alone or with family.</p> <p>Positive Affirmations are positive messages or mantras that you repeat to yourself. They can help you reach a goal, change a mindset or improve self-esteem. An example is “I am determined. I know I can always improve”.</p> <p>Create 5 positive affirmations of your own and remind yourself of these every day. You could say them to yourself in the mirror, or write them on post it notes to display somewhere!</p>