Learning at Home 29/4/2022-27/5/2022

As you know, in school we have been learning more about the Four Capacities. These are at the heart of the curriculum in Scotland and are aimed at helping children and young people to become:

Successful learners Confident individuals Responsible citizens Effective contributors

The activities on this sheet will all help you to develop these capacities. Over the next four weeks, you should try to choose at least one activity a week to engage with at home. Please bring any completed tasks into school each Friday (some of the tasks might just be something that you can talk about in class). If you can, see if some of your family will join in with your learning and you can complete some of the tasks together.

EARLY LEVEL ACTIVITIES

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| **Successful Learners**  Choose a story to read with someone at home. Before you begin to read; look at the front cover. Try and predict what is going to happen in the story. If you know the story then tell what is going to happen. | **Confident Individuals**  Confident individuals understand their emotions. Talk to an adult or older family member about how you feel and see if you can say why you feel that way. Then ask them to tell you how they are feeling. Draw a picture to explain. | **Responsible Citizens**  Find something that needs taking care of. A plant or something in the garden that needs watered or a little brother or sister that needs attention. Or find an object that can be cleaned/ or reused in a new useful way. | **Effective Contributors**  Help an adult at home tidy up. Choose a room or an area at home and put things neatly away. Make sure there is nothing on the floor or on surfaces that shouldn’t be. You tidy the classroom every school day, impress your adult at home with your skills! |
| **Effective Contributors**  Think about people that have helped you this week. How have they helped you? Choose one person and, with an adult, write them a thank you card or draw them a picture explain how you feel. | **Successful Learners**  Ask if you can help to make breakfast, or a snack with one of the adults at home. Before you start, think about what you will need and make sure you are organised by washing your hands and getting plates, cutlery and helping get food ready. | **Confident Individuals**  Confident individuals know when to talk and when to listen. Play a game with someone at home where you have to take turns and listen to the other person. A board game, a card game or word guessing game like eye spy or 20 questions. | **Responsible Citizens**  Help with the recycling this week. Choose one colour bin to be in charge of. Maybe rinsing out the plastic before putting it into the green bin or folding the paper and carboard up small before it goes in the black bin. Do this for a whole week. |
| **Responsible Citizens**  Teach someone at home 3 things that you’ve been learning about in school. Have you learned a new sound or song or to count up in 2s? Can you re-tell a story you have been told? What have you been doing in P.E? | **Effective Contributors**  Get active! Inspire the other members of your family to move their body. Get up and dance, go outside and play or take the dog for a walk. | **Successful Learners**  Work with someone to complete a task at home. This might be planning a trip or day out, completing a jigsaw or making dinner – it’s up to you what task you do, the important thing is working together to complete the task successfully. | **Confident Individuals**  Confident individuals are healthy and take care of their bodies. Too much sugar is bad for our teeth. Go into the kitchen with an adult and see if you can find 5 things. Decide if they have a lot of sugar or a little. Group these foods into things we should eat: OFTEN, SOMETIMES and RARELY. |