



Home Learning

Look out for new ideas and resources on:

- Twitter **@stpatrickspri**
- School Website <https://blogs.glowscotland.org.uk/gc/stpatricksprimaryglasgow/>
- SeeSaw
- Microsoft Teams

Remember to tweet about your home learning

@stpatrickspri

Prayers

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.**



Morning Prayer

Father in heaven you love me
You are with me night and day.
I want to love you always
In all I do and say.
I will try to please you Father
Bless me through this day.
Amen.

End of Day

God our father, I come to say
Thank you for your love today.
Thank you for my family
and all the friends you give to me.
Guard me in the dark of night,
and in the morning send your light.
Amen.

Grace before Meals

Bless us O Lord as we sit together.
Bless the food we eat today.
Bless the hands that made the food.
Bless us O Lord.
Amen.

Grace after Meals

Thank you God for the food we
have eaten.
Thank you God for all our friends.
Thank you God for everything.
Thank you God.
Amen.

Act of Sorrow

O my God, I thank you for loving
me.
I am sorry for all my sins, for not
loving others and not loving you.
Help me to live like Jesus and not
sin again. Amen

The Lord's Prayer (Our Father)

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

Glory be

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.



**St Patrick,
pray for us.**

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.**

Suggested Daily Schedule

Remember to wash your hands regularly, especially before preparing and eating food.



Before 9.00am	Wake up	<ul style="list-style-type: none"> • Make your bed, eat breakfast, get dressed, tidy your room
9.00am – 10.00am	Exercise	<ul style="list-style-type: none"> • Make a workout or dance routine to go with your favourite song • Try some routines from YouTube – Joe Wicks, Just Dance • Fitness Bingo
10.00am - 10.30am	Home Learning Tasks	<ul style="list-style-type: none"> • Work on tasks set by your teacher • Glasgow Science Centre activities
10.30am – 10.45am	Take a break	
10.45am – 12noon	Creative Time	<ul style="list-style-type: none"> • Drawing, crafts • Baking, cooking • Lego, junk modelling • Invent something new • Listen to your favourite music • Sing a song, make music • Make up a dance • Act out your favourite story
12noon – 1.00pm	Lunch – help prepare and clean up after lunch	
1.00pm – 1.30pm	Quiet Time	<ul style="list-style-type: none"> • Read a book • Read aloud to people at home – use expression
1.30pm – 2.30pm	Home Learning Tasks	<ul style="list-style-type: none"> • Work on activities given to you by your teacher
2.30pm – 3.00pm	Together Time	<ul style="list-style-type: none"> • Board games, card games, have a chat about your day

My Weekly Plan

	AM – Before lunch	PM – After lunch
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Suggested Online Activities

- Sumdog <https://www.sumdog.com>
- Topmarks <https://www.topmarks.co.uk>
- CBeebies Stories <https://www.bbc.co.uk/cbeebies/stories>
- Scottish Book Trust Authors Live
<https://www.scottishbooktrust.com/learning-and-resources/authors-live>
- BBC Bitesize Early Level <https://www.bbc.co.uk/bitesize/levels/zf7hgwX>
- BBC Bitesize First Level <https://www.bbc.co.uk/bitesize/levels/zgckjxs>
- BBC Bitesize Second Level
<https://www.bbc.co.uk/bitesize/levels/zr48q6f>
- Oxford Owl <https://www.oxfordowl.co.uk/for-home/advice-for-parents/fun-ideas-learning-at-home/>
- Oxford Owl – Free e Books - <https://www.oxfordowl.co.uk/for-home/reading-owl/library-page>
- BBC Newsround <https://www.bbc.co.uk/bitesize/levels/zgckjxs>
- Starfall <https://www.starfall.com/h/>

Remember your teachers will be setting you different activities that you can access on **Microsoft Teams**. To read our Accessing Microsoft Teams Guide you can visit

<https://blogs.glowscotland.org.uk/gc/stpatricksprimaryglasgow/2020/03/19/how-to-access-work-set-by-teacher/> or just use the QR code below.



Fitness Bingo

Try to be active for at **least** 60minutes a day.

Complete each exercise for ___seconds/minutes.

Jumping Jacks 	High Knees 	Toe Touches 	Plank 
High Jumps 	Dance 	Sit Ups 	Lunges 
High Kicks 	Skipping 	Run on the Spot 	Squats 
Burpees 	Knee Push Ups 	Back Kicks 	Bear Walk 

Easter Family Learning Activity Ideas

Read, watch, listen to the Easter Story. Try some of these activities together.

A lot happens between <i>Palm Sunday</i> and <i>Holy Thursday</i> . Can you write about this (or draw this) in your own words?	Palm Sunday was a glorious day and they celebrated by waving palms. Can you make your own palm?	What happened on <i>Good Friday</i> ? Can you list or illustrate the 14 Stations of the Cross?	Retell the Easter story in your own words.
Look at Leonardo da Vinci's <i>Last Supper</i> . What can you see? What questions do you have?	Create your own Last Supper art work.	Can you find out what <i>Easter Triduum</i> means? When does this start and end?	Create a story map of the Easter Story. You could illustrate this.
Ask and answer questions about the Easter story.	Write an Easter card for someone in your house. This could be a pop up card!	Listen to, speak and sing some well-known Easter songs and rhymes.	Design an Easter bonnet.
Make decorations for an Easter tree.	How many people can you remember from the Easter story? Can you make a list and describe/draw them?	Make up your own short Easter prayer.	Design an Easter egg with 1 or 2 lines of symmetry.
Research why people roll eggs down a hill at Easter time.	Create a map/clues for an Easter egg hunt.	Act out the Easter story.	Research how countries around the world celebrate Easter.



Keep a Diary

During your time learning from home, you might want to think about keeping a diary about what you have been doing, how you have been feeling etc.

This could include:

- Written information
- Illustrations
- Pictures (if you have access to your iPad or other technology – remember to ask permission from an adult at home to do this)
- Film clips (if you have access to your iPad or other technology - remember to ask permission from an adult at home to do this)

Be Mindful

Take some time during the day to relax. You could:

- Take time to pray
- Think of 5 people you would like to pray and send good wishes to
- Have a mindful snack: describe the smell, texture, taste of the food
- Listen to some music and talk about what instruments/sounds you hear
- Focus on feeling your heart beat
- Focus on breathing in and out: try lying on your back with your hands (or soft toy) on your tummy. Breathe in for “1...2...3” then breathe out for “1...2...3”. Continue this for 3-5 minutes.

Memory Builder Games

“I went to the shop and bought...”



Start with the sentence above and add an item e.g. *“I went to the shop and bought an apple.”*

The next person would say this and add another item e.g. *“I went to the shop and bought an apple and a carton of milk.”*

Keep moving on to the next person and add an item each time e.g.

Person A: *“I went to the shop and bought an apple.”*

Person B: *“I went to the shop and bought an apple and a carton of milk.”*

Person C: *“I went to the shop and bought an apple, a carton of milk and a pencil.”*

This can be played with two or more players and is great for boosting short term memory.

Word Association



Start with a random object e.g. tree, the other player then has to say a word that comes into their head e.g. green, grass, flowers. Then the game continues e.g.

Person A: Tree

Person B: Tree, green

Person C: Tree, green, grass

This can be played with two or more players.

What’s missing?



Lay out a variety of objects (3 or more), ask players to look at them for 5 seconds (can be built up as the number of objects increases). Cover 1 (or more) of the objects and ask the players to identify what is missing.

Indoor Ideas

- Baking
- Build a den
- Indoor scavenger hunt – hide 20 things around the house, give the children a list of them and see how many they can find
- Shaving foam play – put some shaving foam on a tray/in a basin, what patterns/letters can you make?
- Build some Lego
- Drawing/colouring
- Play doh – get creative...remember to avoid the carpet!
- Play *Simon Says* – only follow the instruction when “*Simon Says...*”
- 20 Questions – choose a person (famous or not), only answer *yes* or *no* to your partner’s questions
- Go on an alphabet hunt around the house – can you find something beginning with every letter of the alphabet?
- Pick your favourite book and rewrite the ending
- Pictionary – take turns to draw an object/film/book/TV programme and get your partner to guess what it is

Remember...

Wash your hands well and regularly. NHS advice tells us to wash for the length of time it takes to sing *Happy Birthday* twice (around 20 seconds):



1. Wet your hands with water.



2. Apply enough soap to cover your hands.



3. Rub your hands together.



4. Use 1 hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.



5. Rub your hands together and clean in between your fingers.



6. Rub the back of your fingers against your palms.



7. Rub your thumb using your other hand. Do the same with the other thumb.



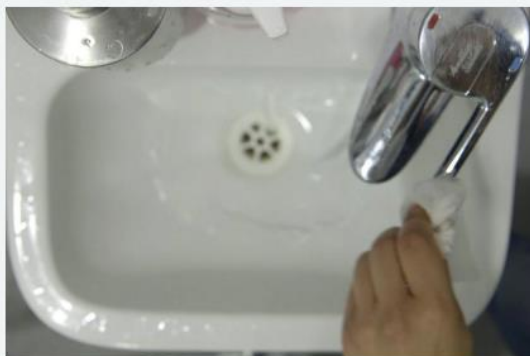
8. Rub the tips of your fingers on the palm of your other hand. Do the same with other hand.



9. Rinse your hands with water.



10. Dry your hands completely with a disposable towel.



11. Use the disposable towel to turn off the tap.