

Mortlach Primary School  
**Week 2 Self-isolation Grid for Primary 4**

<p style="text-align: center;"><b>Reading</b></p> <p>Scan the first few pages of a new reading book or one you haven't read before. Predict the type of story and what it might be about. What words or phrases helped you come to this decision? Read the book to find out if your predictions were correct.</p>	<p style="text-align: center;"><b>Numeracy and Mathematics – Counting in 10s</b></p> <p>Pick any number between 1 and 100. Count forward jumping up in 10s, e.g. 20, ..., 30, 40, 50, 60, ...  <b>Challenge:</b> When you have finished counting forwards in 10s can you go backwards to get back to your starting number?</p>	<p style="text-align: center;"><b>Health and Wellbeing</b></p> <p>Look back on your time in lockdown. Write down three things that you would love to do again. These can be as simple as spending more time with your family, taking the dog for a walk or learning to ride a bike.</p>
<p style="text-align: center;"><b>Vocabulary and Spelling</b></p> <p>Use a dictionary or thesaurus (online version is fine). Find 8 interesting words which you may not have used before. Find out what they mean and use them in sentences to show you understand them. Look for other opportunities to use these words with the people around you.</p>	<p style="text-align: center;"><b>Numeracy and Mathematics – Addition</b></p> <p>Roll two dice (or write the numbers on paper and pick two). What is the total number of dots? Can you work it out a different way?  <b>Challenge:</b> Can you roll 3 dice and find the total? How many different ways can you work out the total?</p>	<p style="text-align: center;"><b>STEM</b></p> <p>Create your own board game. Think of how you would like to design it, how many people can play and what the rules might be. Use card and Lego figures to make your game last longer!</p>
<p style="text-align: center;"><b>Emotions Writing</b></p> <p>List as many emotions as you can think of. Write a sentence about what makes you feel each one <i>ie I feel anxious when I meet someone for the first time There is a sheet for writing these on in this pack.</i></p>	<p style="text-align: center;"><b>Numeracy and Mathematics – Ten More</b></p> <p>Choose a starting number between 1 and 100. What number is 10 more than your number?  <b>Challenge:</b> Can you work out 20 more than your number? Can you find 10 less?</p>	<p style="text-align: center;"><b>Expressive Arts</b></p> <p>Follow an origami tutorial and practise your folding skills. <a href="https://www.easypeasyandfun.com/easy-origami-for-kids/">https://www.easypeasyandfun.com/easy-origami-for-kids/</a></p>
<p style="text-align: center;"><b>Write a Letter</b></p> <p>Choose one of your emotions sentences from the above task. Write a letter to someone to let them know the way you feel. It might be to a parent to tell them of your worries or to a friend to tell them how they have helped you feel secure during lockdown. You might want to use the lined paper provided.</p>	<p style="text-align: center;"><b>Numeracy and Mathematics – Bonds to Ten</b></p> <p>Write the numbers from 0 to 10 on pieces of paper. Turn one over at a time. What number do you add on to make 10?  <b>Challenge:</b> Turn them all face down and play a memory game. You keep a pair if they make 10.</p>	<p style="text-align: center;"><b>Social Studies</b></p> <p>Can you draw your route to school? Start at your own home and draw a map, marking any key features like shops or parks on the way to help you.</p>
<p style="text-align: center;"><b>Talking and Listening</b></p> <p>Gather information about something which interests you eg find information in a book, on the internet or watch an episode of a nature programme. Take notes – record the main points (on sheet provided) plan how you would share this information with others.</p>	<p style="text-align: center;"><b>Problem Solving – Symmetry Hunt</b></p> <p>Search your house for lines of symmetry. How many symmetrical objects can you find in your bedroom? Do any of them have more than one line of symmetry? Which shapes have you found lots of? Why these shapes in particular?</p>	<p style="text-align: center;"><b>Modern Foreign Languages</b></p> <p>Practise your French numbers using the below link or by searching 'Les chiffres de 1 à 20' on YouTube: <a href="https://www.youtube.com/watch?v=UsEz58BblMY">https://www.youtube.com/watch?v=UsEz58BblMY</a></p>

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I can:-

- Use the correct layout (address on the right)
- Include the date
- Begin with 'Dear.....' (on the left)
- Start body of letter under 'Dear'
- Sign off with 'Yours .....
- Sign your name
- Include emotions

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Emotions



I feel excited when...



I feel worried when...



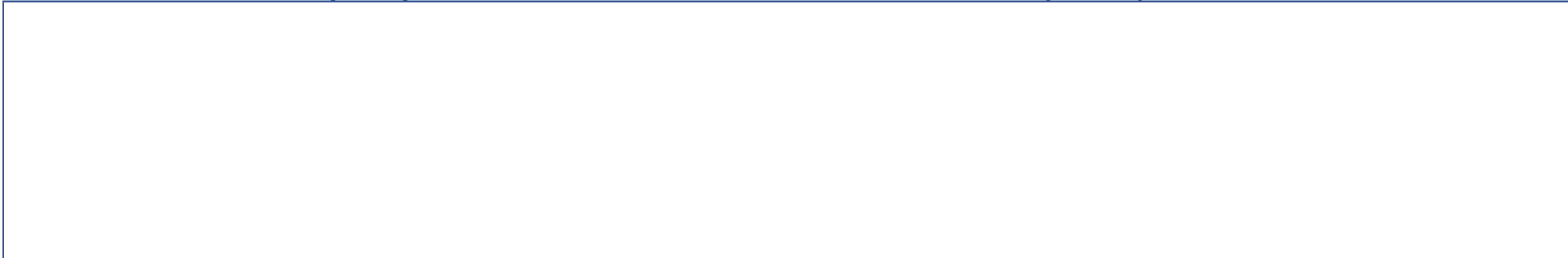
I feel excited when...



I feel....



I feel ...



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**Talking and Listening**

Make your notes here.

How long will my talk last?

Who will I ask to hear my talk?

When is the best time for it to take place?

How can I get them interested in my subject?

How will I keep them interested during the talk?

Use the back of this sheet to plan what you will say.

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**Self-reflection Plenary**

At the end of a day of learning you might like to choose a row (A, B or C) and roll a die to select some self-reflection questions. You can look at them by yourself or, even better, discuss them with someone else.

	1	2	3	4	5	6
A	Were there any tasks today that I found too easy? Why? Could I have added my own challenge?	Were there any tasks today that I found too difficult? What made it difficult? Did I give up straight away or keep trying?	Did I estimate correctly how long each task would take? If not did I under estimate or <u>over estimate</u> ?	Did I start with the easiest bits of the task or the hardest? Did I work through tasks in a specific order?	Did I try going back to a tricky task later and reading it again? Did it make a difference?	Did any of yesterday's tasks make more sense today now that my brain has had time away from it?
B	Which parts of today's tasks used knowledge I felt confident about remembering?	Which tasks had new learning in them? What did I learn?	Thinking of one of my tasks. Did I understand the concept that I was working on?	Did I find it easy to stay on task today? What helped/hindered this? Is it different depending on the task?	Can I think of ways to improve my motivation for tomorrow?	Do I need to practise anything to make tomorrow's learning easier?
C	Did I have everything I needed to complete the tasks? Did I use anything to help me?	Did I get stuck? How did I get past that? Did I give up or try something else? What did I try?	What made my learning stick today? What did I do that helped me understand a <u>particular task</u> ?	How can I make sure I remember what I learned? What have I done in the past that has worked?	How long do I think I will remember what I learned? How could I check next week, next month?	Am I worried about anything after today's work? What can do if I am worried?

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