



Welcome to Elderbank Primary's “Thankful Thursdays”



We know that the home learning and lockdown has been a challenging time for our families and school staff. Balancing work, childcare and other family commitments can be demanding. Home learning/working has caused us all to spend a lot more time in front of screens and let's not mention the rocketing stress levels when the technology refuses to work!

Thankful Thursday is a day where no additional home learning tasks will be posted for your child. A day where we acknowledge the need for everyone to get some high quality together time away from our computer screens. We need to ensure that our own wellbeing and stress levels are kept in check so that we can continue to nurture the young people in our care.

Each Wednesday afternoon the school will post 15 exciting and fun family activities. These progress from a rating of 1 to 3 chilies as they become more taxing and you engage with them as a family. We encourage you to get outdoors! We don't expect every activity to be completed. Remember you could link some challenges. Just remember to follow covid guidelines and stay safe !

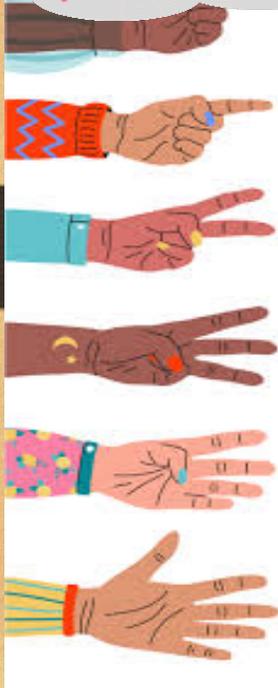
Pupils in school will also experience these activities. All school staff will be encouraged to take time away from screens and complete some challenges. We hope that these tasks will highlight the importance of family time and reflect the school's commitment to everyone's wellbeing and mental health.

We hope that you recognise the importance of quality family time and choose to join us on Screen Free Thursdays.
We hope you take this opportunity to be thankful for family and enjoy time without the pressure of being online.

Please send us some photographs of family activities on Friday morning.

Thankful Thursdays

WORLD BOOK DAY SPECIAL



<p>Stretch up to the sky as high as you can and then touch the ground. Shout “touchdown” every time you do- repeat 10 times. Squat 10 times without stopping- make sure your knees stay inline with your toes. Walk like a crab from one side of your garden to the other 10 times.</p>	<p>Stretch up to the sky as high as you can and then touch the ground. Shout “touchdown” every time you do- repeat 20 times. Squat 20 times without stopping- make sure your knees stay inline with your toes. Walk like a crab from one side of your garden to the other 10 times, then like a bear 10 times.</p>	<p>Stretch up to the sky as high as you can and then touch the ground. Shout “touchdown” every time you do- repeat 30 times. Squat 30 times without stopping- make sure your knees stay inline with your toes. Walk like a crab from one side of your garden to the other 10 times, then like a bear 10 times, then move like a snake 10 times.</p>
<p>If you have some books you are finished with make a please take one poster highlighting World Book Day. Put the books outside on your doorstep for passers by to enjoy.</p>	<p>Design a new Character to add to an existing story :- Invent the next DC or Marvel Super Hero What does an adult Charley Bucket do now?</p>	<p>FAN FICTION – This is when you add to a story. You keep the character names and genre. Could you write the sequel to a well known story?</p>
<p>Create a reading den in your bedroom using your duvet or a blanket, invite in your toys. Don't forget your favourite book.</p>	<p>Create a reading den in your living room/dining room using a table and blankets. Invite in a younger sibling if you have one. Don't forget your favourite book.</p>	<p>Create a reading den outdoors/in your garden. You will need an adult to help with this. You will also need a blanket to lay on the ground. If you have a flask, ask an adult if you can take some hot chocolate. Don't forget a book.</p>
<p>Author Alphabet - Look through your books can you find a list of Authors whose surnames spell out E.L.D.E.R.B.A.N.K.</p> <p>Toy Tea Party. Select a favourite text and read it softly to some toys.</p>	<p>Book Alphabet: A to Z. Can you think of the title of a book that you like or know of for each letter of the alphabet? Get a parent to commit to reading you a bedtime story, if you have a younger family member why not read them to sleep !</p>	<p>Mr Potato Head: Can you design on paper or using real vegetables a well known book character? Stir It Up: Can you dress up a wooden spoon or clothes peg as your favourite book character?</p>
<p>Share your favourite story with a friend or family member. Can you list other works by that author?</p>	<p>Illustrations matter too ! Can you illustrate your favourite scene from a book? Try and mimic the style of the illustrator.</p>	<p>Dress Up as your favourite character. Use your drama skills to act out a scene to the rest of your family.</p>

Please upload a photograph to gw09bighamailsa@ea.n-ayrshire.sch.uk