## Tasks I must do:

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| Reading <br> Read your reading book or a book/magazine etc of choice for at least 10 minutes each day. <br> Note down 3 difficult or interesting words and use metalinguistics strategies to find the meaning within the context. | Spelling <br> Write 5 interesting sentences or a paragraph with your spelling words. Underline any nouns and circle any adjectives in your sentences. | Times tables <br> Practise your 7, 8, 9 times tables. You can chant them, write them down, get a family member to quiz you, or find and play a tables game on a tablet or computer. | Sumdog/IDL <br> Challenge yourself to use your Sumdog or IDL for 10 minutes each day, or 1 hour in the whole week. |
| Tasks I can choose do: |  |  |  |
| Research <br> Use the internet or the local library to find out 1 new fact about your topic. Bring this fact in to share with the class. | Physical activity <br> Get your heart racing by doing at least 10 minutes of exercise every day. Try skipping, football, dancing, walking up and down the stairs... even cleaning works up a sweat! | Art <br> Can you design a poster to encourage people to use less plastic? | Health and Wellbeing Set a timer for 5 minutes and practise your mindfulness breathing. Keep a diary for a week and write about the things you have done and how you feel. Do you feel any different after doing mindfulness breathing each day? |

## Family time

Ask a member of your family to play a board game with you at least once each week.

## Independence

In P6 we are trying to become more independent as we will soon be going to High School. To prepare for this we must try to more tasks for ourselves e.g pack our bags, bring P.E kit, remember reading book, prepare own packed lunch.
This month: Practise tying your tie. If you manage to do this successfully, choose another task from the list above to help with.

