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| Plan and prepare a healthy meal. Make sure it includes some of the following:   * Carbohydrates (pasta, tatties etc.) * Fruit or Veg * Protein (meat, fish.) * Dairy (milk, cheese etc.) | Image result for sumdogTake part in the Sumdog maths challenges. | Find a comfortable space near a window or in your garden. Sit quietly and look at everything there is to see. Notice the colours, the patterns, the shapes and the movements. You should try and see the world as if you’d never seen these sights before. Try not to be distracted. After 5 minutes tell someone in your family what you noticed or write them down on a piece of paper. | Fitness Circuit  Can you create a fitness circuit with 7-10 stations.  Exercise Physical Fitness Plank Fitness Boot Camp Training PNG ...Free Sit Ups Cliparts, Download Free Clip Art, Free Clip Art on ...Complete the exercise for 30 seconds. Rest for 30 seconds. Could you complete it 2 or 3 times? |
| Find out about the Braer Disaster in Shetland by asking someone that might know or using the internet to help you find information. Draw a picture of it and if you wish, share it on Microsoft teams. | Help sort the washing and learn how to load the washing machine.  Washing Machine | Seni | Image result for writingChoose a photo from a special time and write about it either on a piece of paper or on a computer. | Find your favourite book, and draw the front cover.  Take your time adding all the details, and add colour if you can.  **\*\*Challenge\*\***  Come up with your own idea for a story, and design a front cover for it! |
| Set out your times tables in arrays using buttons, toy cars, lego bricks or similar. Like this: 2 x 3 = 6 | Write a list of things that make you happy, things you’re grateful for or things you are good at. | Watch the following programme all about the Easter Story.  https://www.youtube.co m/watch?v=0PSgoPdKQFQ  Library of easter clip free library for kids png files ... | This term, we're going to be learning about instruments of the orchestra and the families they belong to.  Click on the link below to learn about the percussion family.  <https://youtu.be/6BVeOFmgmuA>  Once you've learned how to play some percussion instruments, watch them in action in the following videos.   The first piece of music is called "Mambo" and was composed by Leonard Bernstein.  It's a really lively tune from a famous musical called West Side Story - watch out for the audience participation!  <https://youtu.be/NYvEvP2cmdk>  The next video is "Hoe-Down" by Aaron Copland.  A hoe-down, which originated in America's mid-west,  is a community party where people dance to lively folk tunes.   It's a really jaunty piece of music - watch out for the close-ups of musical instruments!  How many can you name?  <https://youtu.be/ey7KgmHTQfI>  If you want, you can try the attached word search.  There are 21 names of percussion instruments/types of beaters and you will find the answers horizontally, vertically and diagonally.  You can find all these instruments, except for the marimba and timpani, in the Bell's Brae Music Room! |