


**Braehead Primary Rainbow Races and  
Fit Fortnight Home Learning Grid**



**Spelling**  
(on SeeSaw)

Words with 'ea'




<https://www.youtube.com/watch?v=pnvFd9B3XqE>

Separate the sounds into ea like head or ea

cream	bead
bean	ready
healthy	beak
seal	speak
teacher	feather

Write sentences using as many ea

**Literacy – Writing**  
(Templates on SeeSaw)



This week we're asking you to write a journal for each day. Here are some suggestions of questions you can answer.

**Monday** – What did you do? What did you eat and drink? Who were you with? Who did you speak to? Write about some things going well in your life just now and something you worry about. Draw a picture of the best thing that's happened to you today.

**Tuesday** – Draw three things you would like to do today. Write about a favourite memory and think about who was with you. Where did it take place? Why is it such a good memory? What activity makes you happiest and why?

**Literacy – Writing**

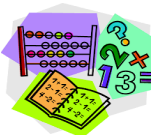
**Wednesday** – What are your three favourite songs? How do they make you feel? When do you feel calm? What can you do to help yourself stay calm? Write three new things that are good in your life.

**Thursday** – Think about a time where you've helped others. What did you do? How did the other people feel thinking about it? When have you helped yourself feel calmer?

**Friday** – Draw three things you'd like to do to be different to make the world a better place. What do you do to help make that happen? When were you excited? At the end of the day, draw and write about one of your favourite things that's happened to you.

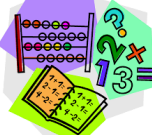
**Art and Maths**

Using a square, rectangle or circle in cardboard box that is recycled and use it to make a box. Cut a piece of paper by drawing lines several times without leaving any gaps. Fill the tiles carefully or fill them with patterns (dots, stripes, zigzags).



**Numeracy and Maths**

**Practicing Tally Marks**



Look out of a window at the cars parked in your street and make a chart using tally marks to show how many of each colour there are.

Look into the recycling box and make a chart using tally marks to show how many tins, packets and jars there are.

**Numeracy and Maths**

**Zoo Tally Chart**

1. How many penguins are there?
2. Which creature does the Zoo have the most of?
3. How many lions are there in the Zoo?
4. Which creature does the Zoo have the fewest of?
5. How many more monkeys are there than giraffes?





and Wellbeing challenges as part of our challenges can be accessed by clicking on

[Health-Challenge-Grid](#)



activities for you to try at home as part of our Fit Fortnight.  
<https://www.scotland.org.uk/sf/braeheadprimaryschool/>

<p><b>Stay Hydrated</b></p> <p>Our bodies need lots of water to run properly especially when it is hot outside. It is recommended that you drink between six and eight glasses of water a day. Keep this in mind when taking part in our fit fortnight challenges.</p> 	<p><b>Move it!</b></p> <p>Regular movement breaks improve our concentration, mood and fitness. Try to move every hour for at least 5 minutes. To help with this you could set a timer to keep you on track in this challenge. A few of our favourite movement breaks are linked below:</p> <p><a href="https://www.youtube.com/watch?v=HrQe8Iag-a">https://www.youtube.com/watch?v=HrQe8Iag-a</a>  <a href="https://www.youtube.com/watch?v=Vf7aqb0Dw">https://www.youtube.com/watch?v=Vf7aqb0Dw</a></p> 
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## Creativity



### Fit Fortnight

Let's get creative for fit fortnight!

Here are some challenges that could earn you some house points.

Could you...

- Create a house song or chant and perform it for your teacher.
- Design a house poster or winning certificate for our rainbow races.
- Create a team mascot.
- Build your own obstacle course for your family.
- Make your own medal.
- Research the Olympics.

You could be creative by using recycling, pens, paint, or natural materials you find on your walks!

Each task you submit will earn you 1 house point.

Good luck!

## Outdoor / Active



### Rainbow Races

Take part in our rainbow races. Don't forget to take participation photos with your class teacher and Google Classroom apps. The house with the most participation wins the house cup! Click on the link below to access our activities: <https://tinyurl.com/Braehead-Rainbow-Races>



You can use Sumdog  and TTRS  at anytime too.