Here are some suggested activities for you to try at home. These will be updated on the website every fortnight. <https://blogs.glowscotland.org.uk/st/braeheadprimaryschool/>

 **P4-7 Home Learning Grid** 

Respectful Inclusive Safe Kind

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| --- | --- | --- | --- | --- | --- | --- |
| **Get To Know Me**  LETTER TO YOUR NEW TEACHER  Write a letter to your new teacher, in the letter you should introduce yourself, talk about your family and the things you like. It will also really help your new teacher to know what school subjects you really enjoy and the ones that you find tricky or don’t enjoy. | | . **Reading Challenge**  SILLY SQUAD  We challenge you to join the “Silly Squad” this summer!  Through this [link](https://summerreadingchallenge.org.uk) you can create an account that will give you access to exciting and free reading books, resources, games and activities! There will even be prizes for those who complete the challenge. | | | **Get To Know Me**  PICTURE THIS!  Collect a variety of your favourite things, this could be your favourite book or game, your favourite fruit or food or even a piece of sporting equipment like a tennis racket or football. Use the items to make a circle around yourself and ask someone to take a picture – post this for your new teacher. | |
|  | | | | | | |
| Over the next two weeks we would like you to focus on your mental well-being. To do this there are 5 key areas to work on, we have listed these below and included some ideas for you to give a try! Your teacher would love to see how you get on. | | | | | | |
| **Connect** | **Be Active** | | **Learn something New** | **Give to Others** | | **Be Mindful** |
| **\*** Plan to eat one meal per day as a family.  \* Call a friend from school that you have not spoken to for a while.  \* Have a family game night with no electronic devices.  \* Write a letter to a member of your family you haven’t seen since lockdown started, tell them how you are and ask how they are. | \* Make sure to try and exercise for at least 30 minutes per day.  \* Try an online exercise class.  \* Go for walks around your local area.  \* If you have a bike or scooter you could go out on those – remember to wear a helmet.  \* Even walking up and down the stairs can be good exercise!  \* Play a sport you haven’t tried before. | | \* Ask an adult to help you cook dinner for your family.  \* Help your family tend to the garden, you could plant some seeds and grow some plants or flowers.  \* Try a new hobby, like writing a blog, or painting or knitting.  \* Ask a family member if they have any skills they could teach you.  \* Online tutorials can be great for learning tricky skills like origami or card tricks. | \* Reach out to someone to thank them for something they have done for your (this could be a friend or family member or even your teacher!)  \* Offer someone in your house your help – you could do the dishes or tidy your bedroom. | | *Mindfulness is being aware of what is going on around us and how we are feeling about it. You can practice mindfulness by doing the following;*  \* Going for a walk and listening to nature around you.  \* Yoga or meditation  \* Colouring in  \* Silent personal reading  \* Taking 5 deep breaths |