



Respectful Inclusive Safe Kind



P1-3 Home Learning Grid

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/>

<p>Get To Know Me PICTURE FOR YOUR NEW TEACHER</p> <p>Create a picture/poem for your teacher that best describes you. Think about words that describe you for each letter of your name.</p> 	<p>Reading Challenge SILLY SQUAD</p> <p>We challenge you to join the “Silly Squad” this summer!</p> <p>Through this link 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.</p>	<p>Get To Know Me PICTURE THIS!</p> <p>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.</p>
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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
<ul style="list-style-type: none"> * 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. * Phone a grandparent/Aunt or Uncle and see how they are? Think of good questions to ask them to keep the conversation going. 	<ul style="list-style-type: none"> * 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. * Learn to ride a bike – remember to wear a helmet. * Even walking up and down the stairs can be good exercise! * Play a sport you haven't tried before. 	<ul style="list-style-type: none"> * Help an adult prepare dinner for your family. * Grow your own plants/vegaetables. * Try a new hobby, like painting or knitting. * Ask a family member if they have any skills they could teach you. 	<ul style="list-style-type: none"> * 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. * Make some cards for people you love, tell them what you love about them. 	<p><i>Sometimes when we get afraid and need courage it can be difficult to calm ourselves. One way of doing this and being mindful is Belly Breathing.</i></p> <p>Take some time each day to practice belly breathing. Then, when you really need it, it will come naturally. Follow this link to learn how.</p> <p>https://www.youtube.com/watch?v=xQJ2O4b5TM</p>

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