



<p><b>RME (approx. 30 mins )</b></p> <p>Watch the video story about ‘The Good Samaritan’ Link - <a href="https://www.bbc.co.uk/bitesize/clips/zcyr87h">https://www.bbc.co.uk/bitesize/clips/zcyr87h</a></p> <p>Discuss the message in the story (we call it the moral of the story). The story is about helping people in need. Think about people you can help, what can you do to help them?</p> <p>Draw around your hand, write or draw 5 people, one in each finger, who you can help.</p>	<p><b>Health and Wellbeing - PE</b></p> <p>Set up an obstacle course in your garden which will test different skills like hopping, throwing, dribbling etc.</p> <p>Access links below to keep yourselves fit and active.</p> <ul style="list-style-type: none"> <li>Youth Sport Trust Challenges <a href="https://www.youthsporttrust.org/pe-home-learning">https://www.youthsporttrust.org/pe-home-learning</a></li> <li>Go Noodle (for movement breaks and mindfulness) <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></li> <li>Cosmic Yoga - <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></li> </ul>	<p><b>Art – Explore Patterns in Nature (as long as you would like)</b></p> <p>Choose a leaf, flower, pinecone, stick, or stone, and bring it home to examine. If you cannot get outside, look online, or find a picture. Take time to observe and talk about the patterns you see. What shapes/ colours can you find? How are they organized? Why might these patterns exist? Then, draw/ recreate the patterns. What do the patterns make you think of? What other things in the world have you seen that are similar? Finally, have fun, and make your own picture with the same shapes and colours!</p> <p>Check out the following website <a href="https://www.wildernesskids.net/activities-2">https://www.wildernesskids.net/activities-2</a></p>
<p><b>Outdoor Learning-</b> <i>to show an appreciation for nature (As much time as you like ☺)</i></p>  <p>Make a nature crown out of leaves, flowers and twigs Make a new home for Broccoli out of sticks and leaves. Make a den with the help of an adult</p> <p>Don't forget to send us pictures of your creations!</p>		<p><b>Health and Wellbeing – Emotional literacy</b> Listen to the story ‘The Colour Monster’ using the link: <a href="https://www.youtube.com/watch?v=Ih0iu80u04Y">https://www.youtube.com/watch?v=Ih0iu80u04Y</a></p> <p>Take an empty bowl/box/jar or similar and ask your child to use it to record their emotions. Each time they feel a “feeling”, pop an item of that colour into the jar. Look and sort items at end of the week. Discuss the colours.</p> <p>Often we recognise the strong or unusual feelings more than calm or happy. Encourage the children to catch themselves feeling happy or calm over the weekend and into the next week.</p>

### Health and Wellbeing –Mindfulness (10 mins☺)

Emotions are powerful: they can either overwhelm you, or become your best friend. Take your child on a journey to understand how they can manage their powerful emotions through mindfulness. This set of activities was created in partnership with Yale University's Center for Emotional Intelligence.

- <https://ideas.classdojo.com/b/mindfulness>



### Music- to make a percussion instrument

(As much time as you like ☺)

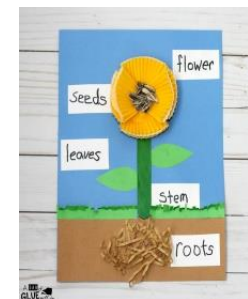


Percussion instruments are those that you shake, tap/hit or scrape to make a noise like a tambourine, maracas or a triangle.

Use junk materials/dried food/natural objects etc. to make your own percussion instrument. Does it shake, tap or scrape? Can you make it play loud and soft? Play along with your favourite song.

**Living things-** to name the parts of a plant (stem, root, leaf, flower) and consider the life cycle of a plant

- Watch this video to learn the names of the different parts of a plant  
[www.bbc.co.uk/bitesize/topics/zpxnyrd/articles/z3wpsbk](http://www.bbc.co.uk/bitesize/topics/zpxnyrd/articles/z3wpsbk)
- Explore plants in your garden/on your daily exercise, can you spot all the different parts?  
• Draw, colour and label a picture of a plant  
Watch and learn about the life cycle of a plant



at [www.bbc.co.uk/bitesize/topics/zpxnyrd/articles/z2vdjxs](http://www.bbc.co.uk/bitesize/topics/zpxnyrd/articles/z2vdjxs)