



Literacy	<p>Draw a picture or build a simple Lego building. Then sit with someone in your home, but make sure they cannot see your drawing/ building. Your task is to then describe your drawing/ building whilst they also draw/ build. For example, draw a medium sized black circle in the centre of the page or take a pink brick with 6 bumps on the top and place onto of the yellow brick.</p> <p>Then swap, this will help with your listening and talking skills.</p> <p>Challenge: Describe without using name shapes.</p>
	<p>Instruction writing Watch the following funny clip: https://www.youtube.com/watch?v=FN2RM-CHkuI this will hopefully help you understand why it is important to be clear and concise whilst writing instructions. Please also refer to the bottom of the grid for further information on how to write instructions.</p> <p>Task: To write clear and concise instructions on how to make a healthy sandwich.</p>
Numeracy	<p>Choose a times table of your choice, that you find tricky and write it out every day in your jotter. Get a grown up at home to 'test' you on that times table on the Friday.</p> <p>Choose a game from the link below to play https://www.multiplication.com/games/all-games</p>
Maths	<p>Budgeting Plan and budget to make a meal for everyone in your house, Grown ups might even let you try it out! Use the internet to research which supermarket you would buy from.</p> <p>Think about what you would make. What ingredients would you need? How much would this cost to buy? How many people would it feed? How much per person would this be?</p>



Numeracy

1. Fill in the missing terms in these sequences

0 8 16 24 32 ___ ___ ___

18 24 30 36 42 ___ ___

2. What is the rule of each sequence?

6 12 18 24 30

250 275 300 325 350

3. Nia is counting in sevens. Will 80 be in Nia's sequence?

4. Poppy counts in sixes

36 42 48 56 60 which number is incorrect?

Hot: All of the above, plus

1. Fill in the missing terms in these sequences.

18 24 30 36 ___ ___ ___

150 175 ___ ___ 250 275

2. What is the rule for each sequence?

70 77 84 91 98

400 425 450 475 500

Sizzling: All of the above, plus

1. Fill in the next three terms in this sequence

99 108 117 126 ___ ___ ___

2. Fill in this sequence add the same number. Fill in the missing terms.

54 ___ ___ ___ 78

3. Polly is counting in nines:

45 54 63 71 81 90

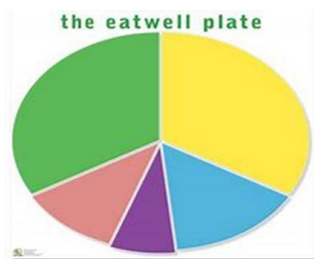
Which number is incorrect?



Health and Wellbeing

Eat well Plate

The food we eat can be divided into five food groups. To keep healthy, we should follow a balanced diet. That means eating a variety of different types of food in the right proportions. The 'Eatwell Plate' below is divided into the five food groups. We should try to eat more of the two largest food groups and less of the food groups which have a smaller section on the plate.



- Label each section of the Eatwell Plate with one of these labels, use the internet to help you. Draw the plate in your jotter, remember to draw it large so you can write in each section.

- bread, rice, potatoes, pasta and other starchy foods
- fruit and vegetables
- meat, fish, eggs, beans and other non-dairy sources of protein
- milk and dairy foods
- foods and drinks high in fat and/or sugar

-Look at this list of foods. Write each one in the correct section of the Eatwell Plate.

crisps

cheddar cheese

cous cous

roast beef

ciabatta

peas

cauliflower

fromage frais

cabbage

nuts

muesli

mushroom

haddock

doughnut

cheese spread

wholemeal loaf

chocolate



Strathesk
Primary School

Chill Skills - Choose one of the following each day and take some time to learn to relax.

Squeeze and Relax

Take in a deep breath and as you breathe in, squeeze all the muscles in your body. Now, breathe out and relax all the muscles in your body. You can try this exercise going round the body and squeezing each limb separately. Squeeze your face into a tight ball and release, pull your shoulders up and release, pull your tummy in and release, squeeze your arms against your body and release, squeeze your legs together and release, squeeze your toes together and release. As you release, feel all the tension melting away.

Benefits: increases self-awareness and decreases anxiety and tension

Big Balloon

Close your eyes, be very still and imagine that you are holding a big balloon. It is very light. It feels very smooth. The balloon is in your favourite colour. Now hold the bottom of your balloon, and feel the balloon gently rising into the sky. Each time you breathe in and out, you gently glide further and further into the warm summer sky. The deeper your breath is, the further you can travel. Enjoy this feeling of weightlessness. Enjoy the feeling of being completely free. Your body feels weightless and free and your mind feels totally free.

Benefits: improves concentration, reduces stress and mental

When we decide we want to do something, things don't always work out the way we would want. Research your favourite person/sports person/musician/artist or someone else who you like. Find out about their journey to success, noting any setbacks they may have had and how they overcame them.