



## P2/3, P3, P3/4, P4 Home Learning Activities

Week beginning:					
<b>Health and Wellbeing</b>	<b>PE:</b> Create an obstacle course or a circuit session for you and your family to take part in.	<b>Mindfulness and Relaxation:</b> Participate in some daily yoga, mindfulness and relaxation <a href="#">click here</a> (Cosmic Yoga)	<b>Zones of Regulation</b> Do a daily check in with an adult? What zone are you in?  Create a self-regulation toolkit! What can you do to stay or move into the Green zone?	<b>Taking time for yourself:</b> Take some time to do something that makes you happy and you enjoy.  It could be colouring in, playing with someone in your house or reading. .  It's important during this time we take chances to relax and unwind.	
<b>Literacy</b>	<b>Reading:</b>  Log in to Midlothian Library Borrow Box.  Find a book to read for enjoyment.  Where do you like to read? Can you find somewhere unusual to read?  Send us a photo!	<b>Spelling:</b>  Find as many words as you can that have these spelling patterns: <b>ay , ai and a_e</b>  Can you create a spelling spider? Draw a spider and put your spelling words as his legs.  Good luck!	<b>Listening and Talking:</b>  Watch Newsround online or on CBBC. Can you take notes on one of the top stories?  Can you now explain it to someone in your house? Or phone a friend or family member and tell them!	<b>Up-levelling Sentences</b>  Can you up level this sentence?  The cat sat on the mat.  Can you use interesting adjectives, verbs and connectives?	<b>Writing:</b> Use this link to find a picture that you like: <a href="#">Autumn Forest</a> .  Write a description.  Can you add WOW words to make it even more interesting?
<b>Numeracy</b>	<b>Daily Maths Practice:</b>	<b>Numeracy:</b>	<b>Measurement</b>	<b>3D Shape</b>	<b>Time</b>



	<p>Play maths games on Sum Dog daily for 15 minutes.</p>	<p>Can you create a number pattern and get someone at home to guess the rule? You could make it as easy or tricky as you like.</p> <p>Can they continue your pattern!? They could also create you a number pattern to solve.</p> <p>EXAMPLE: 1,3,5,7,_,_,_ - what is it counting up in and what comes next?</p>	<p>Can you bake a yummy treat such as cupcakes or chocolate crispy cakes?</p> <p>When you are baking, take time to read the instructions. What measurements are you are using? How are you making sure you are getting the right amount of each ingredient?</p>	<p>Go on a shape hunt in your house and garden.</p> <p>What 3D shapes can you find?</p> <p>Can you draw them or describe them for someone at home?</p>	<p>Create a visual timetable of your day.</p> <p>Include when you get up, have breakfast, lunch and dinner.</p> <p>How long is it between each of these activities?</p>
<p><b>Learning Across the Curriculum</b></p>	<p><b>Expressive Art</b></p> <p>Create a nature picture using outside resources.</p> <p>Collect lots of outdoor natural resources such as leaves, stones and sticks.</p> <p>Use these to create a collage picture.</p>	<p><b>Art &amp; Health and Wellbeing:</b></p> <p>Create a rainbow using whatever materials you wish to and display this in your window to support home learning and hope.</p> <p>Send me pictures on Twitter or Google Classroom so I can share the hope!</p>	<p><b>STEM:</b></p> <p>Create a mini marble run!</p> <p>Use things in your house to design and build a marble run.</p> <p>How long can you make it?</p>	<p><b>Music</b></p> <p>Get creative using this website: <a href="#">Chrome Music Lab</a></p> <p>Use the website to create your own songs!</p>	<p><b>Science &amp; Art:</b></p> <p>Can you boil some eggs - what happens to an egg when it boils? What happens to the water when it boils?</p> <p>Once the eggs have boiled you can decorate them. You could choose to do your family, someone famous, a sports team or your friends?</p> <p>Post some pictures on Twitter or Google classroom to show me!</p>