



St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan

Express Yourself -Children's Mental health week

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

<p>As a family, design outfits that express who you are individually!</p>	<p>Put on your favourite music and sing your favourite song!</p> 	<p>Talk to someone at home about how you're feeling.</p> 	<p>Spend time doing something that makes you happy!</p> 	<p>Draw/paint your emotions – what colour are the different emotions to you?</p>
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <h2>Children's Mental Health Week – Express Yourself</h2> </div>  </div>				
<p>Spend time with your family – play games, go for a walk or do something creative together.</p> 	<p>Spend time doing something that helps make you calm.</p> 	<p>Dress up in your favourite outfit!</p> 	<p>Create (draw or build) a place you'd like to visit!</p> 	<p>Draw a picture of yourself and write on it the things that you like about yourself!</p> 

Dear Elders,

This week is Children's Mental Health Week. We are all going through a difficult time so it's even more important that you take time to enjoy the things that you love and find time in the day to relax.

On Friday you may wish to "dress to express" yourself for our zoom call-you could wear something that reflects your personality or hobbies.

I also wanted to say please don't worry if there is a lesson or a topic that you have found particularly difficult. Do what you can and then take a break if you are finding it tricky. The last few questions of the Maths worksheets are usually for the high challenge and are very tricky don't worry if you can't do these, you can leave these if you want to.

Please will you thank your parents/carers for me, they are all doing a fabulous job.

Take care,

Mrs Nolan

Elders@constablelee.lancs.sch.uk



#staysafe #bekind #wearamask



St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan

Express Yourself -Children's Mental health week

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

Mindfulness Breathing Techniques/Activities

Counting breaths 1-2-3

- Encourage the children to focus on their breathing by counting the number of 'in' breaths and 'out' breaths.
- "I am breathing in 1, I am breathing out 1, I am breathing in 2, I am breathing out 2...". Encourage them to continue do this until they reach number 10.

Attitude of gratitude

- Ask the children to focus on their breathing. If they want to, they can close their eyes.
- Encourage them to think of one thing that they are grateful for and encourage them to keep this image in their mind.
- Ask them to notice any feelings or sensations that arise.
- Continue this for a few minutes.
- You could also run this as a writing activity, using the following sentence starters:
 - Something I am grateful for today is...
 - The best thing that happened today was...
 - Something I did well today was...
 - I'll make the rest of the day great by...

Using the senses

- Remind the children of the five senses (seeing, hearing, smelling, touching and tasting).
- In this order, ask children to focus on one sense at a time, noticing:
 - Five things they see
 - Four things they hear
 - Three things they smell
 - Two things they can touch
 - One thing they can taste
- By focusing on one sense at a time, children will be able to reduce their anxiety.

Colour breathing

- Ask the children to sit or stand in a comfortable position. They can close their eyes if they wish.
- Ask the children to imagine their favourite colour, or a colour which helps them to feel calm.
- They are now going to take a breath in and imagine that they are breathing in this colour.
- As they breathe out, they are going to imagine blowing a bubble made of this colour.
- You can repeat this process for a few minutes and encourage the children to see if they can take longer, slower, deeper breaths (both in and out) and blow larger imaginary bubbles.

The 5-4-3-2-1 Coping Technique

Use your skills of mind in stressful moments.

- 5 x Eye
- 4 x Ear
- 3 x Nose
- 2 x Mouth
- 1 x Tongue



#staysafe #bekind #wearamask



St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan Express Yourself -Children's Mental health week

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

	Spelling/Grammar	English	Break	Maths fluency	Maths	Lunch	Topic session 1	Topic session 2
Mon	<p>Spelling: Challenge words Complete the activities on Spelling Shed. Write each of your words from spelling shed in your own sentence. Use an online dictionary such as Word Hippo if you need help understanding a word.</p> <p>Thesaurus and Word Tools WordHippo</p>	<p>*Read any chapters that you have left Space School*</p> <p>Last week we read Space School. If you haven't read it please finish that first.</p> <p>Today we are going to think about and plan the different parts of a story. First, you will use the sheet to think about the different parts of Space School story and then plan your own Sci-Fi story.</p> <p>Think about your main idea for your story.</p> <p>You will need to have a Beginning - intro characters, setting, a</p>		<p>Year 4 Maths on the Move Quiz 3. Maths on the Move LIVE - Year 4 - Quiz 3 - Progressive Sports - YouTube</p> <p>Get active you will need a bit of space around you it's a maths warm up combined with PE. or try Year 5 Maths on the Move Quiz 3. Maths on the Move LIVE - Year 5 - Quiz 3 - TLE Sports Coaching - YouTube</p>	<p>Maths- Multiplication and area Spr4.1.2 - Multiply 3 numbers on Vimeo</p> <p>Watch the videos and pause it and re-watch it where you need to. Then print the work sheet or you could screenshot it and write over it in notes or write your answers on paper. There's a questions sheet for everyday this week.</p>		<p>ICT-</p> <p>Log on to Purple Mash and complete a typing activity on 2Type. Passwords are in your reading record.</p> <p>Work is set as a 2do</p>	<p>Art</p> <p>Photography: https://classroom.thenational.academy/lessons/an-introduction-to-photography-6wrkct</p> <p>You will need a device with a camera such a phone, tablet for part of this session make sure you ask permission from your grown up.</p>



#staysafe #bekind #wearamask



St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan

Express Yourself -Children's Mental health week

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

		futuristic gadget, resolution and ending. Use the Sheet "chunk a sci fi story" to plan your own sci fi story. Please could you ask a grown up to email your plan to elder@constablelee.lan cs.sch.uk			The last few questions on the Maths worksheets are the high challenge you can leave these if they are too tricky.			
Tue	English- Reading comprehension Sir Tim Peake Print out or just write your answers in your book/on paper.			Tuesday fluency sheet Print out or just write your answers in your book/on paper.	Maths- Spr4.1.5 - Written methods on Vimeo		PHSE: Draw Your Feelings - Children's Mental Health Week 2021 - YouTube	PE: https://classroom.thenational.academy/lessons/an-introduction-to-running-jumping-and-throwing-cgvkqc
Wed	Recap: Relative clauses https://classroom.thenational.academy/lessons/to-develop-knowledge-of-relative-clauses-6mu6ae	English - Use Roll on the wall sheet		Wednesday fluency sheet Print out or just write your answers in your book/on paper.	Maths- Spr4.2.2 - Multiply 2-digits by 1-digit on Vimeo		Science- Forces What are contact forces? https://classroom.thenational.academy/lessons/what-are-contact-forces-74t3gc	Music- https://classroom.thenational.academy/lessons/exploring-5-beats-in-a-bar-cnj3je



#staysafe #bekind #wearamask



St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan

Express Yourself -Children's Mental health week

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

		Use role on the wall to model your character's appearance (what they look like- on outside) and qualities (personality- on the inside). Think about how your main character would think, act, move.						
--	--	---	--	--	--	--	--	--



#staysafe #bekind #wearamask



St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan Express Yourself -Children's Mental health week

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

Thu	Using your setting description from last week. Plan where your story is going to take place. You could do this as a drawing, by drawing the setting and labelling it or as a written plan or mind map.	<p>English - In this lesson you are going to write a story opening.</p> <p>Think about how actions, speech and thoughts are used to introduce characters in the opening of Space School- crash course. Write your story opening thinking about how you can introduce your characters with action and a little bit of speech. Make sure you use inverted commas that we practised last week. Think about how you can use different sentence openers (ly, ed and ing) to make your story interesting. Use your plans to help you. I've attached a support sheet to help with sentence structure ideas.</p>	Thursday fluency sheet Print out or just write your answers in your book/on paper.	Maths- Spr4.4.1 - What is area? on Vimeo	Science- Forces What are non-contact forces? https://classroom.thenational.academy/lessons/what-are-non-contact-forces-6djkqd	RE Buddhism https://classroom.thenational.academy/lessons/which-festivals-do-buddhists-celebrate-cdhk0d
-----	--	--	---	---	--	--



#staysafe #bekind #wearamask



St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan **Express Yourself -Children's Mental health week**

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

		<p>Here's my story opener I'm sure yours will be much better!</p> <p>With her head in her hands, Lucy stared out of the reinforced glass at the galaxy beyond. Brushing a strand of dark, curly hair from her eyes she tried to listen to her Dad. "Look at me when I'm speaking to you!" her father said gently. He explained that he knew she was missing her friends on earth but she might enjoy her time on the Peake spacecraft if she gave it more time.</p> <p>I'd love to read your story openings please email to elders@constablelee.lan cs.sch.uk</p>						
--	--	---	--	--	--	--	--	--



#staysafe #bekind #wearamask



St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan

Express Yourself -Children's Mental health week

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

--	--	--	--	--	--	--	--	--



#staysafe #bekind #wearamask



St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan

Express Yourself -Children's Mental health week

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

Fri	<p>Spelling quiz: On paper or using Spelling Shed. How many of your spelling words can you remember? Practice the words you spell incorrectly.</p>	<p>English-</p> <p>Read through and edit and improve yesterday's story opening.</p> <p>Today you are going to write the build up, resolution and ending of the story. Remember you can magpie ideas from space school. Keep looking at your plan.</p> <p>I've attached a support sheet to help with sentence structure ideas.</p>		<p>Complete a TT Rockstars soundcheck to test your knowledge of your times tables.</p> <p>Play online or Print out the Soundcheck sheet.</p> <p>Want to practice your timestables more? Go on Topmarks website and play daily 10 or Hit the Button.</p> <p>Daily 10 - Mental Maths Challenge - Topmarks</p>	<p>Maths-</p> <p>Spr4.4.4 - Comparing area on Vimeo</p>		<p>Feelgood Friday: Wellbeing afternoon Choose an activity you love (Try to avoid screens!).Do something you enjoy!!</p> <div> </div>	
------------	--	---	--	---	---	--	---	--



#staysafe #bekind #wearamask




St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan

Express Yourself -Children's Mental health week

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

							<p>Look through a family photo album. Discuss who the people are.</p> 	
							<p>Bubble balloon game Blow up some balloons and play don't-touch-the-floor game, but focusing on gentle movements. Pretend that the balloons are bubbles that could pop, so you can only touch them gently.</p>	
							<p>Squish some playdough. When a child plays with playdough, the brain's electrical impulses begin firing away from the areas associated with stress. Try a store bought putty or make your own.</p>	



#staysafe #bekind #wearamask



St. Paul's home learning -

Y4/5 w/c Monday 1st February 2021 Mrs Nolan

Express Yourself -Children's Mental health week

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

							<div>Walk in nature. Walking in nature has been proven to improve cognition and reduce stress. Taking a 15 minute walk in nature works can be just what your child needs.</div>	
--	--	--	--	--	--	--	---	--

Send a photo of a piece of completed work once a week to Elders@constablelee.lancs.sch.uk (any day, once a week)



#staysafe #bekind #wearamask