

Literacy

Listening and Talking

Watch the Newsround clip about Mental Health Week:

<https://www.bbc.co.uk/newsround/52557800>

Have you carried out any acts of kindness recently? Share your acts of kindness on our Google Classroom page if you have something you're proud of.

Novel Study and AR

- Read Chapter 7: *Grandma Gets the Medicine* and complete the task below.
- Keep going with your personal reading and completing AR quizzes where you can and keep sharing your successes on Google Classroom :)

Writing Instructions

Your task this week is to write a set of simple, clear instructions for preparing a healthy snack. That could be a healthy sandwich, a salad, fruit salad, etc. Watch the following funny clip:

<https://www.youtube.com/watch?v=FN2RM-CHkuI>

this will hopefully help you remember why it is important to be clear and concise whilst writing instructions. When you're ready, use the writing template or your jotter and remember to share your work in Google Classroom if you can.

Numeracy

Outdoor Maths

A magic number square is a grid in which every row, column and diagonal adds up to the same number (the magic number.) It is a way for you to **problem solve** through trial and error, consolidate **number bonds** and work as a team. Try using materials outside to make your own and if you can get outside use stuff around your house.



1. 15 is the magic number for a 3x3 magic square in which the numbers 1-9 are all used only once.
2. 34 is the magic number for a 4x4 magic square in which the numbers 1-16 are all used only once.

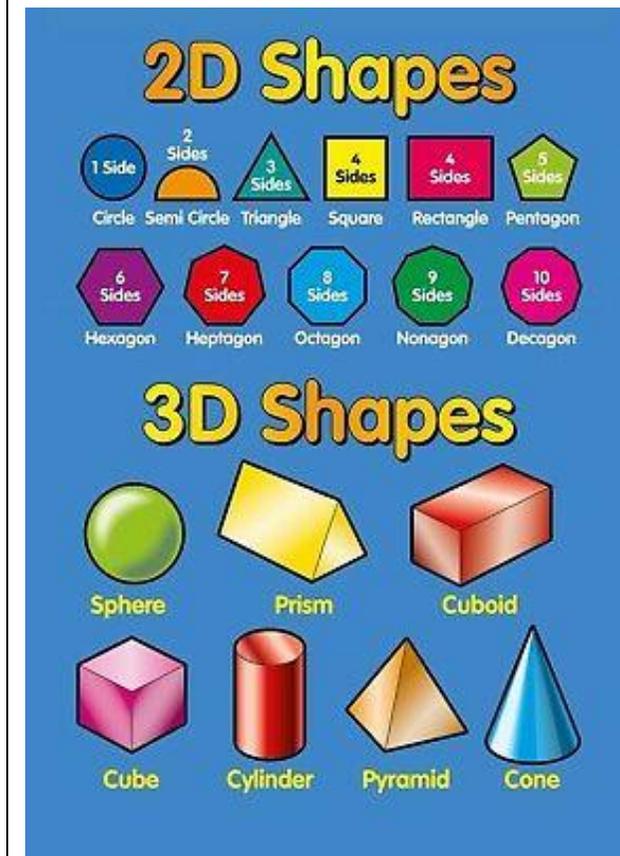
Challenge : 65 is the magic number for a 5x5 magic square in which the numbers 1-25 are used only once. Can you solve this tricky one?

Maths

Shape

Let's have a look at 3D shapes and objects this week. Complete the activity on Education City homework which will get you to match up *3D shapes* with their *nets*. Watch the clip and use the reminder picture below to help you:

<https://www.bbc.co.uk/bitesize/topics/zt7xk2p/articles/z247tv4>



Challenge: can you make your own net of a 3D shape by cutting and folding paper?

Cuiken Primary Home Learning Grid - HEALTH WEEK

SumDog Competition

It's time for a little healthy P4/5 Competition this week! The SumDog competition will run from 10am on Monday to 12pm on Friday and I will announce the top 5 finishers in the Google Classroom on Friday. Good luck and have fun! :)

Challenge: can you manage to log into SumDog and play a little on each day, Monday to Friday?

Outdoor Maths

Can you collect stuff from outside to have a go at making some interesting 3D objects? You'll need your problem solving skills to do this. You could keep it simple and make a cube or you could add different 3D sections together to make different structures. You could also do this inside with stuff around the house. Here are some ideas to get you started, and share photos on Twitter and Google Classroom if you can.



Challenge: Can you take a picture and label all the 3D shapes and objects you have used?



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French	Mindfulness/Relaxation	Food Technology
<p><u>Mrs Duncan's French Lesson</u> As it is health week, we are going to try a more active French lesson. I am sure you have all played traffic lights at some point (probably in PE!). I would like you to try this in French. You will need someone to play this with you. So when you or someone else shouts 'rouge' (red), you would freeze. When someone shouts 'orange' (which is the same in French), you would run on the spot and when someone shouts 'vert', you would run. Ask someone to see how quick your reaction times are. You could challenge yourself by changing what you do when the colours are called (e.g. vert might be run backwards, rouge might be spin around). Or if you really want to challenge yourself, choose different colours. You can find out how to pronounce all the colours in the slideshow attached. Have fun! Miss Duncan. https://docs.google.com/presentation/d/1jpUZqfbH5mtpRpMJG0x5M03V7tDmKibg6Ugw4WFJzkU/edit?usp=sharing</p> <p><u>Ann Robertson's French Lesson</u> Join Ann Robertson for live French fun on Thursday at 11:30 on YouTube: https://www.youtube.com/watch?v=HLmkMmTTvME You can also find her on Twitter - @aroblingo</p>	<p><u>Mrs McKie</u> Can you think of something you were not very good at but got better through effort and practice? Create a picture in your jotter of an activity you found hard. Write the advice you would give someone else to help them if they find something difficult. Take a look at YouTube- Sesame Street: Bruno Mars: Don't Give Up</p> <p><u>Mindfulness and Relaxation</u> Mindfulness can mean different things, but they can all help you to relax and focus. From dancing and stretching, to colouring, drawing and playing games, exercises often relax your mind and can help improve your attention and awareness. Check out this short clip to learn more: https://www.bbc.co.uk/newsround/47243692 What helps you? Chose something from what you've learned about and give it a go to see if it helps you relax and find your chill :)</p>	<p><u>The Eatwell Guide</u> Use this website to help you answer the following questions and complete the task: https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/ What is the eatwell plate? Why is it important to consider what it tells us? What are the 5 different areas of the plate? Can you list 3 things from each area? Create your own <i>Eat Well</i> plate to show your understanding about healthy eating. Try to include the foods you love and maybe a couple of foods you want to try too</p> <p><u>Family Cooking</u> Try to help grown-ups out in the kitchen this week and see what you can learn. If you learn how to make something, share your recipe in our Google Classroom. If you don't manage to actually make anything, maybe you could find a recipe for something really tasty and share it.</p>



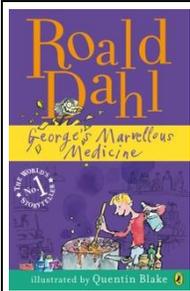
Cuiken Primary Home Learning Grid - HEALTH WEEK



Mental Health	Family Fitness Challenge	Expressive Arts
<p><u>The Learning Brain</u> Why is it so important that we keep our brains healthy? Re-watch the short film all about The Learning Brain and take some notes in your jotter: https://www.youtube.com/watch?v=cgLYkV689s4 Now try to answer the question above to tell me what you understand about the brain. You could present your findings in your jotter, a poster, a PowerPoint, whatever you think works best.</p> <p><u>Looking after ME</u> There are lots of different ways we can look after ourselves. How do you look after yourself? Try to think about what makes you feel good and happy, maybe it's a walk in the sun or brushing your teeth so they're all nice and shiny or relaxing reading a book. Once you have some ideas create a picture of all the things that make you feel happy and good. Maybe you could keep it on display as a reminder if you're ever feeling a bit low.</p>	<p><u>Lauren @Box Football</u> Your task this week is to design your own warm up game! When we had our block of Box Football you guys were excellent at expressing yourselves and using your knowledge to design your own drills so I'm looking forward to seeing your creativity. Use any objects in the house like empty bottles, tins, plant pots, anything you can find and try this out with anyone at home! Keep us updated via twitter! Good Luck, Lauren ☺</p> <p><u>Family Yoga</u> Have you tried yoga recently? It can be a great way to de-stress and keep fit. This class is for kids, but see if you can get grown-ups involved too. If you enjoy it and do some great yoga moves, why not share some pictures on twitter or our Google Classroom. You can find the 15 minute beginner class here: https://www.youtube.com/watch?v=4ZpkRAcqws4</p>	<p><u>Exploring Patterns in Nature</u> This is an opportunity to explore the beautiful and amazing patterns in nature. Choose a leaf, flower pinecone, stick or stone whilst out on a walk and bring it home to examine. If you can't get outside, look online and find a picture. Then, take time to observe the patterns you see. What shapes and colours can you see? How are they organised? Why might these patterns exist? Then draw and recreate the patterns. What do the patterns make you think of? What others 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><u>Music for your Ears</u> Music can be great for your health and happiness, read more here: https://www.bbc.co.uk/teach/bring-the-noise/childrens-mental-health-week/zkfywscw This week is all about enjoying your favourite music. Having music around you can do lots of positive things, so find your favourite tunes and get them on loud and make sure your dance and sing your heart out :)</p>



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Chapter 7: Grandma Gets the Medicine



Who said that?

1. Write each statement under the name of the person who said it. (Use the "..."). Then discuss what was happening in the story when the words were spoken.

Grandma

George

"You're late!"

"I don't think I am"

"Be careful"

"Open your mouth wide"

"Don't be rude to me"

"Please don't"

"Is there something wrong?"

"I'm slowing down"

"What's the time?"

"The fire is out now"



Cuiken Primary Home Learning Grid - HEALTH WEEK



"This will be good for you"

"Give me some more"

"I want some fresh air"

"You need to stop growing now"

2. What simile does Dahl use to describe Grandma growing?

3. Why was George worried so much that Grandma was going to go through the roof?