QEGS BLACKBURN KS1 Home Learning Project: Mental wellbeing and mindfulness

This home learning grid has been designed in a different way. We are hearing more and more in the media about the mental health of our nation. This grid is to get pupils talking, reflecting and sharing with their family and friends during Lockdown. We challenge you to complete as many of the activities as possible, record them in your own way You can tick them off as you do them if you wish

Maths and English have a more specific focus for 8 lessons. Once you have done the maths, we would like you to do a Dive Deeper Challenge for at least one of your maths questions everyday – Draw it, explain it, Write a word problem, make a mistake or prove it!

Maths

Lesson 1	Lesson 2	Lesson 3	Lesson 4
IXL: Year 1: M.9 Add with pictures sums up to 20 Year 2: D.17 Add a one-digit number to a two-digit number – with regrouping	BBC Bitesize daily lesson	**The challenge!** You need numbers 0-9 all cut up as number cards 1. Pick three cards with a total of 12. You can do it in 10 different ways. See if you can record them all. 2. Now pick four cards with a total of 12. How many different ways can you do it? 3. Can you pick five cards with a total of 12?	Oak Academies daily lesson
Lesson 5	**Lesson 6**	**Lesson 7**	**Lesson 8**
Oak Academies daily lesson	Maths activity on Purple Mash set by your teacher	**Time to think** Alesha bought a monster using only silver coins. It cost her 45p. There are nine different ways to pay 45p exactly using only silver coins. Find as many as you can. What if the monster cost 50p? How many different ways are there to pay now?	Draw around your foot, measure the around edge of the biggest room. Measure your foot in cm. How big is the room in: The number of your feet? CM? MM? M?

TTRockstars

Week 01.06.2020 – Your teacher has challenged you!
Week 08.06.2020 - Challenge your teacher and 2 friends!

English

Lesson 1	Lesson 2	Lesson 3	Lesson 4
Write a story using this from Onceuponapicture. 10 min: Plan it. 30 min: Write it. 5 min: Break. 10 min: Read it again and edit it. 15 min: Write it up in your neatest handwriting.	Write a poem about the weather today.	Design a book token for next year's world book day. https://www.nationalbooktokens.com/create-a-national-book-token-for-your-class?utm_source=facebook&utm_medium=social&utm_content=create&utm_campaign=create Parents/careers can submit these on the link above! Good luck, let's get QEGS to win this!	BBC Bitesize Daily lesson.
Lesson 5	**Lesson 6**	**Lesson 7**	**Lesson 8**
Read 'Good Days and Bad Days During Lockdown' here For each page write down: 1. What you think is happening? 2. How is each person feeling? 3. What are they doing to help themselves or not doing?	Now write down all the emotions you have been feeling and write a sentence about it, for example: Excited – The sun is shining so I can sit outside all day. Anxious – I saw a man coughing today and I was worried. Now split this into positive feelings and negative feelings.	Now that you have completed lots of the PSHEE activities and read the book 'Good Days and Bad Days During Lockdown'. Can you write a reflection about your emotional rollercoaster? If you were sad, what did you do to feel better?	Draw a poster to help someone stay positive.

Leave some positive messages for people around the house. Can you find the most obscure place to put one which can be found? ☐	Arrange a virtual night with your family. Why not make a quiz? Do karaoke? ☐	Do a circuit like Mrs Bamber: High knees x 1 minute Sit ups x 1 minute Jumping x 1 minute Star jumps x 1 minute Running x 1 minute Hopping x 1 minute Rest x 3 minutes Repeat ☐	What happens when you make someone laugh? What happens when you laugh? ☐	Get a box, what can you do with it? ☐	Send a message on Class Dojo to your teacher and tell them how you are. ☐
NSPCC Speak out stay safe assembly should have been delivered in April. Think about how you feel safe. Think about Panatosaurus here Create a pair of pants ☐	Tidy your bedroom without being asked. ☐	Make a sentence a day diary for 7 days. ☐	Create a picture of how you feel using colours to show your mood. ☐	Lie in the garden and watch the clouds go by. After 10 minutes what were you thinking about? ☐	Find a quiet space and draw or colour something for 15 minutes. ☐
Have fun with food. ☐	Talk to someone every evening and tell them what you have done. Ask them questions about their day. Ask them why they chose to do it and how it made them feel? ☐	Get a bucket or draw one. Make a bucket list for what you want to do when things go back to 'normal'. ☐	Spend 10 minutes looking out of the window, what do you see? ☐	Can you resist technology for 3 hours? No TV, no iPad, no phone, no laptop etc. What did you do instead? ☐	Draw a picture for one of your class mates who you haven't spoken to. ☐
Find out about what job you want to do in the future. Why do you want to do that job? ☐	Create a jar full of things you enjoy more now. ☐	Write as many silly sentences in 10 minutes. They all need to include the words: Tree Slug Spinach Wheelchair Storm ☐	Get up early. Have breakfast. Have a shower. Brush your teeth. Put on clothes which make you feel good. Do your hair. Make yourself look good. Tell someone how this makes your feel throughout your daily activities. Do the next task (->) tomorrow. ☐	Get up late. Do not leave the house today. Have breakfast. Brush your teeth. Stay in your PJs until lunch. Have lunch. Get changed into lounge wear. Tell someone how this makes you feel today. Compare it to yesterday. Which is better? Why? ☐	When we go back to 'normal' pick only 2 things you really want to do and talk to someone in your house about why you miss them. ☐
Record how you feel for a whole week. ☐	Find an old toy you haven't played with for ages, can you play with it in a new way? ☐	Finish this off in a positive way I am… ☐	Set a timer for 1 minute. Draw something unusual, can anyone guess what it is in 30 seconds? ☐	Make a kindness box. Every time someone does something kind add it to the jar then collect and share them after one week. ☐	Make up your own exercise routine and get as many people to join in for 5 minutes – at home, in the park (2m away!), virtually… ☐