



# Dashwood Banbury Academy

an Aspirations Academy

Growing together; succeeding together

## Working from home plans for Year Four

### 22nd June - 3rd July.

Staff have been working hard to create a proposed plan for you to work on with your child(ren) at home whilst the school is shut. Here is a suggested plan for spreading out learning over the period of closure. You will also find additional activities and ideas on our website under the news tab, letters to parents and your child's year group. Thank you for your support and understanding. We hope you stay safe and are able to continue to develop your child's knowledge and understanding.

**Accelerated Reader Information** - Pupils can log on at home to complete quizzes on the books they're reading, when finished. To do this they will need to go to

<https://ukhosted44.renlearn.co.uk/6702756/>

Here they can use their log in details and click the orange box titled 'accelerated reader' and find their book through the quiz pages. There may also be a linked vocabulary quiz they can complete too. If your child finishes their book / wants to complete more reading activities they can click on the second orange box titled 'accelerated reader articles' and find short pieces of text with linked quizzes too. They'll need to take note of the ATOS BL (book level), which will indicate how difficult the quiz is (The higher the number, the harder the quiz) If you look in the front of your child's book it should give you a rough indication on an appropriate level for them.

*Your child has brought home a Seesaw link (in their home learning book) to enable them to upload anything fun that they do at home onto their online portfolio. Miss Williams and Miss Rocher would love to see what you have been up to and will be able to give you feedback and comment on the brilliant things you've been doing! Take care, stay safe and we look forward to seeing you again!*

***Please remember to upload at least one item per week to seesaw so Miss Rocher and Miss Williams know you are okay :)***

22/06/20	Day 1	Day 2	Day 3	Day 4	Day 5
English	Follow the link : <a href="https://www.bbc.co.uk/bitesize/articles/zr8kwtv">https://www.bbc.co.uk/bitesize/articles/zr8kwtv</a>  Suffixes Watch the videos (if there are any) and do the activities.	Follow this link: <a href="https://www.bbc.co.uk/bitesize/articles/zkfvgrwx">https://www.bbc.co.uk/bitesize/articles/zkfvgrwx</a>  Using brackets  Watch the videos (if there are any) and do	Follow this link: <a href="https://www.bbc.co.uk/bitesize/articles/z7hxhbk">https://www.bbc.co.uk/bitesize/articles/z7hxhbk</a>  Revising apostrophes for contraction Watch the videos (if there are any) and do	Follow this link <a href="https://www.bbc.co.uk/bitesize/articles/znyf382">https://www.bbc.co.uk/bitesize/articles/znyf382</a>  Revising apostrophes for possession Watch the videos (if there are any) and do	Follow this link: <a href="https://www.bbc.co.uk/bitesize/articles/zbvd7sg">https://www.bbc.co.uk/bitesize/articles/zbvd7sg</a>  Mastering inverted commas  Watch the videos (if

	<p>Or you could write some sentences with ous and sion suffixes.</p> <p><b>Occasion</b> <b>Division</b> <b>Revision</b> <b>Enormous</b> <b>Furious</b> <b>Humourous</b></p>	<p>the activities.</p> <p>Or you could write sentences with brackets</p> <p>Brackets are used to add extra information</p> <p>E.g.</p> <p>Albert the alien (<i>who had no training</i>) was in charge of the wrecking ball.</p>	<p>the activities.</p> <p>Or you could write some sentences including apostrophes for contractions.</p> <p>Contractions are when two words are merged together and an apostrophe is used in place of the missing letter/letters.</p> <p>E.g.</p> <p>You are → you're</p> <p>Can not → Can't</p>	<p>the activities.</p> <p>Or you could write down sentences using apostrophes with possession.</p> <p>Apostrophes can also be used when something belongs to someone.</p> <p>E.g. The girl's toy. Albert's house was enormous. The child's ball was yellow and black.</p>	<p>there are any) and do the activities.</p> <p>Or you could write a dialogue between two people.</p> <p>E.g. "What is your favourite subject?" asked Jane. "I think I like literacy the most because I am great at writing. What about you?" replied Amanda. "I definitely prefer maths, writing takes so long!" Jane responded enthusiastically.</p>
<p>Maths</p> <p><b>Miss Williams and Miss Rocher will send the link for videos on Monday.</b></p>	<p><a href="https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check">https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check</a> Test yourself on your 4 x tables for 20 minutes.</p> <p>The following link is for the Monday worksheet: <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-1-Pounds-and-pence.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-1-Pounds-and-pence.pdf</a></p> <p>These are the answers: <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-1-Answers-">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-1-Answers-</a></p>	<p><a href="https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check">https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check</a> Test yourself on your 5 x tables for 20 minutes.</p> <p>The following link is for the Tuesday worksheet: <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-2-Ordering-money.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-2-Ordering-money.pdf</a></p> <p>These are the answers: <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06">https://resources.whiterosemaths.com/wp-content/uploads/2020/06</a></p>	<p><a href="https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check">https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check</a> Test yourself on your 6 x tables for 20 minutes.</p> <p>The following link is for the Wednesday worksheet: <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-3-Estimating-money.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-3-Estimating-money.pdf</a></p> <p>These are the answers: <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06">https://resources.whiterosemaths.com/wp-content/uploads/2020/06</a></p>	<p><a href="https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check">https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check</a> Test yourself on your 7 x tables for 20 minutes.</p> <p>The following link is for the Thursday worksheet: <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-4-Four-operations.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-4-Four-operations.pdf</a></p> <p>These are the answers: <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-4-Answers-">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-4-Answers-</a></p>	<p><a href="https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check">https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check</a> Test yourself on your 8 x tables for 20 minutes.</p> <p>Friday challenge! Use the PiXL app to practice times tables or you could write them down in your book.</p>

	<p><a href="#">Pounds-and-pence.pdf</a></p> <p>Or you could count up your pocket money.</p>	<p><a href="#">/Lesson-2-Answers-Ordering-money.pdf</a></p> <p>Or you could make your own shop at home and begin to price all your items.</p>	<p><a href="#">/Lesson-3-Answers-Estimating-money.pdf</a></p> <p>Or you could invite visitors to your shop. Have a pen and paper handy to add the money up.</p>	<p><a href="#">Four-operations.pdf</a></p> <p>Or you could start giving change from your shop, working out how much you need to give your customers.</p>	
<p>Creative Curriculum/topic</p>	<p>Follow the link: <a href="https://www.bbc.co.uk/bitesize/articles/zdqybdm">https://www.bbc.co.uk/bitesize/articles/zdqybdm</a></p> <p>Mountains</p> <p>Watch the videos (if there are any) and do the activities.</p> <p>Or you could write the name of the 7 continents and as many oceans as you can remember.</p>	<p>Follow the link: <a href="https://www.bbc.co.uk/bitesize/articles/z6xckmn">https://www.bbc.co.uk/bitesize/articles/z6xckmn</a></p> <p>Friction</p> <p>Watch the videos (if there are any) and do the activities.</p> <p>Or you could create an experiment at home. Try rolling a toy car (or something with wheels) across a hard floor and a carpet.</p> <p>Which goes faster? Why do you think this is, try to use friction in your answer?</p>	<p>Follow the link: <a href="https://www.bbc.co.uk/bitesize/articles/zbk6pq8">https://www.bbc.co.uk/bitesize/articles/zbk6pq8</a></p> <p>How to use search engines</p> <p>Watch the videos (if there are any) and do the activities.</p> <p>Or you could write some instructions to someone who has never used the internet on how to use a search engine like google.</p>	<p>Follow the link: <a href="https://www.bbc.co.uk/bitesize/articles/z6bpf4j">https://www.bbc.co.uk/bitesize/articles/z6bpf4j</a></p> <p>Music- dynamics</p> <p>Watch the videos (if there are any) and do the activities.</p> <p>Or you could create a song or some music that represents your experiences of lockdown.</p>	<p>Follow the link: <a href="https://www.bbc.co.uk/bitesize/articles/zrv4dtj">https://www.bbc.co.uk/bitesize/articles/zrv4dtj</a></p> <p>What it was like to live in the Iron Age.</p> <p>Watch the videos (if there are any) and do the activities.</p> <p>Or you could think about what the Iron Age tools pictured below tell us about Iron age people.</p> 
<p>Reading</p> <p>If you have access to the internet you can go onto seesaw each day and Miss Rocher and</p>	<p>Follow the link: <a href="https://cdn.oxfordowl.co.uk/2019/07/30/08/32/31/36/Comprehension_7_years_Pugs_Questions.pdf">https://cdn.oxfordowl.co.uk/2019/07/30/08/32/31/36/Comprehension_7_years_Pugs_Questions.pdf</a></p>	<p>Follow the link <a href="https://www.oxfordowl.co.uk/api/interactives/24507.html">https://www.oxfordowl.co.uk/api/interactives/24507.html</a></p> <p>Have a go at the vocab</p>	<p>Follow the link: <a href="https://cdn.oxfordowl.co.uk/2018/03/02/14/18/38/9/PWO_Age_8_9_english.pdf">https://cdn.oxfordowl.co.uk/2018/03/02/14/18/38/9/PWO_Age_8_9_english.pdf</a></p>	<p>Follow the link: <a href="https://www.oxfordowl.co.uk/api/interactives/24496.html">https://www.oxfordowl.co.uk/api/interactives/24496.html</a></p> <p>Have a go at the</p>	<p>Follow the link: <a href="https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/">https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/</a></p> <p>Have a go at reading</p>

Miss Williams will read you a chapter of our class story.	Pugs of the frozen North Read the text and complete the questions. Or you could read your accelerated reader book for at least 20 minutes	activities. Or you could read your accelerated reader book and pick out some key vocab and write the meanings.	Fact Finding Read the text and complete the questions. Or you could read your accelerated reader book for at least 20 minutes	activities. Or you could read your accelerated reader book for at least 20 minutes.	one of the e-books. Or you could read your accelerated reader book for at least 20 minutes.
PHSE/ E-safety	<b>PHSE:</b> Make a list of people that make you feel happy. Draw them and write something special about them. <b>E-safety:</b> Write down a list of the things you can and can't share to people online.				
Mindfulness: If work gets all too much, then have a go at some of these activities to keep you calm and happy.	For at least 5 minutes, focus on your breathing. Think about how deep your inhales and exhales are. You breathe in positivity and exhale worries and negativity.	Using your hand, breathe in as you trace up your finger and breathe out as you trace down.	Sitting in a seat, hold on to the sides and stretch your spine up as you breathe in and relax as you breathe out.	Draw a picture of something that makes you feel happy.	Sit back to back with an adult at home. Describe to them how to draw the object that you're drawing. Compare how they look.

29/06/20	Day 6	Day 7	Day 8	Day 9	Day 10
English	Follow this link <a href="https://www.bbc.co.uk/bitesize/articles/z7xb42p">https://www.bbc.co.uk/bitesize/articles/z7xb42p</a> Using a dictionary Watch the videos (if there are any) and do the activities. Or you could pick some words from your reading book and put them in alphabetical order. Remember if the first	Follow this link <a href="https://www.youtube.com/watch?v=-45TbOGadro">https://www.youtube.com/watch?v=-45TbOGadro</a> Watch the videos on you tube (A cloudy lesson) <a href="https://www.literacyshedplus.com/en-gb/resource/a-cloudy-lesson-ks2-activity-pack">https://www.literacyshedplus.com/en-gb/resource/a-cloudy-lesson-ks2-activity-pack</a> Download the activity pack and complete the	Follow this link <a href="https://www.youtube.com/watch?v=-45TbOGadro">https://www.youtube.com/watch?v=-45TbOGadro</a> Watch the videos on you tube (A cloudy lesson) <a href="https://www.literacyshedplus.com/en-gb/resource/a-cloudy-lesson-ks2-activity-pack">https://www.literacyshedplus.com/en-gb/resource/a-cloudy-lesson-ks2-activity-pack</a> Download the activity pack and complete page	Follow this link <a href="https://www.youtube.com/watch?v=-45TbOGadro">https://www.youtube.com/watch?v=-45TbOGadro</a> Watch the videos on you tube (A cloudy lesson) <a href="https://www.literacyshedplus.com/en-gb/resource/a-cloudy-lesson-ks2-activity-pack">https://www.literacyshedplus.com/en-gb/resource/a-cloudy-lesson-ks2-activity-pack</a> Download the activity pack and complete page	Follow this link <a href="https://www.youtube.com/watch?v=-45TbOGadro">https://www.youtube.com/watch?v=-45TbOGadro</a> Watch the videos on you tube (A cloudy lesson) <a href="https://www.literacyshedplus.com/en-gb/resource/a-cloudy-lesson-ks2-activity-pack">https://www.literacyshedplus.com/en-gb/resource/a-cloudy-lesson-ks2-activity-pack</a> Download the activity pack and complete page

	<p>letter is the same use the 2nd letter.</p>	<p>zones of relevance sheet (page 5)</p> <p>Or you could write some sentences about emotions. Include a variety of emotions.</p>	<p>6/7 - Diary entry as the boy.</p> <p>Or you could write a diary entry of a day in the life of lockdown.</p>	<p>12 - Comic strip</p> <p>Or you could create a comic strip for a section of the book you are reading.</p>	<p>13- Poem</p> <p>Or you could write an acrostic poem about something you love.</p> <p>E.g.  Fouls are not allowed  Own goal they scream  O  T  B  A  L  L</p>
<p>Maths</p> <p><b>Miss Williams and Miss Rocher will send the link for videos on Monday.</b></p>	<p><a href="https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check">https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check</a> Test yourself on your 9 x tables for 20 minutes.</p> <p>The following link is for the Monday worksheet:  <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-1-Interpret-charts.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-1-Interpret-charts.pdf</a></p> <p>These are the answers:  <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-1-Answers-Interpret-charts.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-1-Answers-Interpret-charts.pdf</a></p> <p>Or you could draw a bar</p>	<p><a href="https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check">https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check</a> Test yourself on your 10 x tables for 20 minutes.</p> <p>The following link is for the Tuesday worksheet:  <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-2-Comparison-sum-and-difference.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-2-Comparison-sum-and-difference.pdf</a></p> <p>These are the answers:  <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-2-Answers-Comparison-sum-and-difference.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-2-Answers-Comparison-sum-and-difference.pdf</a></p>	<p><a href="https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check">https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check</a> Test yourself on your 11 x tables for 20 minutes.</p> <p>The following link is for the Wednesday worksheet:  <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-3-Introducing-line-graphs.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-3-Introducing-line-graphs.pdf</a></p> <p>These are the answers:  <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-3-Answers-Introducing-line-graphs.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-3-Answers-Introducing-line-graphs.pdf</a></p>	<p><a href="https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check">https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check</a> Test yourself on your 12 x tables for 20 minutes.</p> <p>The following link is for the Thursday worksheet:  <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-4-Line-graphs.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-4-Line-graphs.pdf</a></p> <p>These are the answers:  <a href="https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-4-Answers-Line-graphs.pdf">https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-4-Answers-Line-graphs.pdf</a></p> <p>Or you could roll and</p>	<p><a href="https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check">https://mathsframe.co.uk/en/resources/resource/477/Multiplication-Tables-Check</a> Test yourself on all of your times tables!</p> <p>Friday challenge!  Use the PiXL app to practice times tables or you could write them down in your blue book.</p>

	chart to show your family and friend's favourite TV shows.	Or you could roll and dice and make 2 4 digit numbers. Then add the numbers.	Or you could make some column multiplication sums for you to practice.	dice and make 2 4 digit numbers. Then subtract the numbers. (hint: make sure your biggest number is on top)	
Creative Curriculum/topic	<p>Follow this link <a href="https://www.bbc.co.uk/bitesize/articles/zbwckmn">https://www.bbc.co.uk/bitesize/articles/zbwckmn</a></p> <p>Weather and Climate</p> <p>Watch the videos (if there are any) and do the activities.</p> <p>Or you could write about the four seasons and why our weather changes throughout the year.</p>	<p>Follow this link <a href="https://www.bbc.co.uk/bitesize/articles/zhnny9q">https://www.bbc.co.uk/bitesize/articles/zhnny9q</a></p> <p>Food Chain</p> <p>Watch the videos (if there are any) and do the activities.</p> <p>Or you could create some food chains for animals you know. Remember the arrows point in the direction on the energy flow.</p>	<p>Follow this link <a href="https://www.bbc.co.uk/bitesize/articles/ztryxbk">https://www.bbc.co.uk/bitesize/articles/ztryxbk</a></p> <p>Romans</p> <p>Watch the videos (if there are any) and do the activities.</p> <p>Or you could design a Roman shield</p>	<p>Follow this link <a href="https://www.bbc.co.uk/bitesize/articles/z4qfbwx">https://www.bbc.co.uk/bitesize/articles/z4qfbwx</a></p> <p>Biomes</p> <p>Watch the videos (if there are any) and do the activities.</p> <p>Or you could write some facts about a hostile climate (you could use the one you researched in school). Explain why it is hostile and what animals are adapted to live there.</p>	<p>Follow this link <a href="https://www.bbc.co.uk/bitesize/articles/z9b3trd">https://www.bbc.co.uk/bitesize/articles/z9b3trd</a></p> <p>Sculpture</p> <p>Watch the videos (if there are any) and do the activities.</p> <p>Or you could make your own playdough sculpture.</p> <p><b>You will need (per ball of play dough):</b></p> <ul style="list-style-type: none"> <li>● 4 tablespoons of plain flour</li> <li>● 1 tablespoon of salt</li> <li>● 4 tablespoons of warm water</li> <li>● 1 tablespoon of vegetable oil</li> <li>● food colouring</li> </ul>
Reading If you have access to the internet you can go	Follow the link: <a href="https://cdn.oxfordowl.co.uk/2020/03/13/08/48/24/fb03cb45-922f-477f-">https://cdn.oxfordowl.co.uk/2020/03/13/08/48/24/fb03cb45-922f-477f-</a>	Follow the link: <a href="https://cdn.oxfordowl.co.uk/2020/03/13/08/48/24/fb03cb45-922f-477f-">https://cdn.oxfordowl.co.uk/2020/03/13/08/48/24/fb03cb45-922f-477f-</a>	Follow the link: <a href="https://cdn.oxfordowl.co.uk/2020/03/13/08/49/07/41ba3a3d-d6de-">https://cdn.oxfordowl.co.uk/2020/03/13/08/49/07/41ba3a3d-d6de-</a>	Follow the link: <a href="https://cdn.oxfordowl.co.uk/2020/03/13/08/49/07/41ba3a3d-d6de-">https://cdn.oxfordowl.co.uk/2020/03/13/08/49/07/41ba3a3d-d6de-</a>	Follow the link: <a href="https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/">https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/</a>

<p>onto seesaw each day and Miss Rocher and Miss Williams will read you a chapter of our class story.</p>	<p><a href="https://www.bondskills.com/9-10/Unit1.pdf">94db-f0c9a18980df/BondSATsSkills Comprehension 9-10 Unit1.pdf</a></p> <p>Cactus Garden</p> <p>Read the text and have a go at half the questions.</p> <p>Or you could read your accelerated reader book for at least 20 minutes (Remember you can quiz online when you've finished and look for any vocabulary quizzes that are open for you!).</p>	<p><a href="https://www.bondskills.com/9-10/Unit1.pdf">94db-f0c9a18980df/BondSATsSkills Comprehension 9-10 Unit1.pdf</a></p> <p>Cactus Garden</p> <p>Read the text and have a go at the second half the questions.</p> <p>Or you could Read your accelerated reader book for at least 20 minutes.</p> <p>Have a go at a quiz on the website: <a href="https://ukhosted44.renlearn.co.uk/6702756/">https://ukhosted44.renlearn.co.uk/6702756/</a></p>	<p><a href="https://www.bondskills.com/9-10/Unit9.pdf">47c6-98c2-e0a85cc13b04/BondSATsSkills Comprehension 9-10 Unit9.pdf</a></p> <p>Pirate Attack</p> <p>Read the text and complete half of the questions.</p> <p>Or you could read your accelerated reader book for at least 20 minutes.</p>	<p><a href="https://www.bondskills.com/9-10/Unit9.pdf">47c6-98c2-e0a85cc13b04/BondSATsSkills Comprehension 9-10 Unit9.pdf</a></p> <p>Pirate Attack</p> <p>Read the text and complete the second half of the questions.</p> <p>Read your accelerated reader book for at least 20 minutes.</p> <p>Have a go at a quiz on the website: <a href="https://ukhosted44.renlearn.co.uk/6702756/">https://ukhosted44.renlearn.co.uk/6702756/</a></p>	<p>Have a go at reading one of the e-books.</p> <p>Or you could read your accelerated reader book for at least 20 minutes.</p>
<p>PHSE/ E-safety</p>	<p>PHSE: Write down the best and worst parts of lockdown and how you can help yourself cope with the things you aren't enjoying.</p> <p>E-safety: write some short instructions on how to deal with pop ups or unwanted things when you are online.</p>				
<p>Mindfulness: If work gets all too much, then have a go at some of these activities to keep you calm and happy.</p>	<p>Lay on the floor and let your body begin to feel heavy. Imagine you are sinking into the floor.</p>	<p>Draw any shape you please on a piece of paper. Listen to a piece of music and colour it.</p>	<p>Take your pen for a walk by drawing on a piece of paper and not taking your pen off.</p>	<p>Meditation: Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.</p>	<p>Lay on the floor outside and look at the clouds. What shapes can you see?</p>

- BBC has also launched an education package with loads of learning activities for all ages, here's the link: <https://www.bbc.co.uk/bitesize>
- Here are more resources you could try: <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

Spelling: To help with any spelling activities you could use this year 3/4 spelling list: <https://www.twinkl.co.uk/resource/t2-e-2064-new-curriculum-spelling-list-years-3-and-4-word-mat>