

Good Morning everyone and welcome to another day here on Planet Earth!!

I hope you all had a great weekend doing whatever lockdown activities you were doing.

What were you doing?

I managed a dog walk one day and a bike ride the next for my exercise.

I also managed to re-putty a window, persuade Danny to finish painting the garden gate which he started 8 years ago, ate some of Rose's fantastic cinnamon whirls and beat everybody at table tennis.

Any good family games going on at your place?

Any sporting family challenges?

Let us know and share any good ideas.

OK What are we doing today?

English

Today we have two tasks.

Firstly, we are going to do an ERIC with a difference. This ERIC is based on a song - Big Yellow Taxi by Joni Mitchell.

Just below this message you will find links firstly to the song - give it a listen, it's a 60s classic!

Next, have a read through the lyrics.

Now, to do this you want to have both the lyrics and the question sheet open in different windows so you can flick between them.

Go through the different question sheets and answer them (probably easiest to write it on paper).

All the sheets are about the song, but none of the questions are too hard so it should not take you long.

Secondly, there is a small task on the English Planning sheet below to introduce this week's literacy. This only involves inventing a map so again, should not take too long.

Maths

Standard procedure.

Do It Now

Video

Questions

Mark it

PSHE (Mindfulness) Healthy Mind Challenges to have a go at at home.

During these strange and challenging times, I feel that it is so so important for us all to focus on what is important to us as well as the many things that we can be thankful for.

Mindfulness is all about keeping your mind calm, happy and settled. With schools being closed and us all finding our routines very different to what we're used too, it can make us feel anxious, worried, unsettled and sometimes even annoyed, angry or upset. For these reasons, I have put together a range of activities for you to have a go at. Feel free to have a look through them and choose which suit you best or have a go at everything!

You will also find a powerpoint explaining what mindfulness is and how it might be useful to you.

1. Create a poster, explaining all of the things in your life that you are grateful for;
 - people in your life?
 - where you live?
 - material things that you have?
 - friends?
 - hobbies?
2. Have a look through the Mindfulness Challenge Cards (attached) and have a go at some of them. Note down how they make you feel and perhaps save them for days where you're not feeling your best?
3. 'I am an amazing person' activity sheet (attached). Print this off or just design in on paper or your iPad however you like.