HWB

Create a poster showing what we need to do to keep healthy.

Things to think about: What changes happen inside our body when we exercise?

What do we mean by a 'balanced' diet?
Is there anything else that we need to make us feel happy and healthy?

PE

There are lots of online PE lesson to help us keep fit like Joe Wicks, Oti Mabuse, GoNoodle or Cosmic Kids Yoga! Take part in some of these lessons to stay active.



Art

Drawing challenge -

how many of these things can you draw during your time at home? Make your drawings as colourful and detailed as you



HWB

Kindness Connect 4

Kindness Connect 4
For the week starting Monday 20th April 2020

Smile at someone to cheer them up	Write a note or draw a picture to thank the NHS - post online or put on your window	Write a nice note to your feacher	Give someone in your home a high five or give a virtual high five
Ask someone how their day is going	Draw a thank gou picture for the bin collectors and put if on your window	Write a note or draw a picture to thank aperturket workers and put it on your window or plant ordine	Draw or write about three things you are grateful for
Offer to help someone who is struggling uith something	Compliment someone	Create your own kindness act	Volunteer to do a chore that isn't yours
Draw or write about your top 3 qualities	Write an acrostic poem about someone you admire	Tell someone a reason why you are proud of them	Ask someone you live with choose what they would like to watch on tu.

Languages

Create a poster to teach your family the colours in French.



Drama

Act out your favourite fairy tale or story. Think about how the characters in the story would talk and move. Use facial expressions to show your characters' feelings. Can you video your performance?



STFM

Float or sink experiment

Using objects around your house, predict which ones you think will float/sink - giving reasons why. Use a piece of fruit - what will happen if you half it or take off the skin? Do you notice anything about the items that float/sink?

PF

Make up your own game/sport.

Ideas:

- how many socks can I 'score' into the washing basket
- 'tin can' bowling Get creative! Take photos/videos of your game.

Research project

Think about a topic you would like to learn about - it might be a different country, it could be animals, or it might be a famous role model, or it could be a historical event.

Consider what you want to learn and research it. You could

- create a poster showing what you have learned
- create a play showing the events that happened
- make a news report about what happened film it!

Be as creative as you can!

This task can be stretched over a few weeks as the children deepen their knowledge.

Virtual Museum Tours

Take part in a virtual museum tour online. Write down what you learn and anything interesting you see whilst on the tour.



STEM Build a Model

You could use lego/building bricks/ recycled materials - be creative! Each person should pick a job. Engineer: describe the pieces and give the instructions
Builder: listen carefully

and build the model

HWB

Create a quiz all about yourself for your family to complete!
Did they learn anything new about you?



RME

Research a religion of your choice. Create a poster about it.

What is the religion?
Are there any holidays or celebrations?
When do they happen?

Technology

Practise your typing skills by typing up a story you have written.



Art

Create a comic strip about an animal who turns into a superhero.

Which animal will you choose?

Music

Create your own musical instruments.

Use them to play along to some music! You can google 'DIY musical instruments' for inspiration if needed.

STEM

Do some experiments!

A variety of STEM experiments can be found online and completed with objects from around the house.

Try accessing the Dundee Science Centre website.
The James Dyson
Foundation has lots of amazing challenge cards.
Give it a go!

Drama

Make some puppets and create a show!
Think about the different materials you can use from around the house.

Consider the different characters you can create? Can you name them and think about what they like/dislike and how they act.

HWB Cook a meal with your family. Remember to wash the vegetables before you use

Remember to wash the vegetables before you use them. Take care when chopping!
Do you need to weigh any ingredients? How could you do this?

Technology Top marks games

Access the top marks games website. There are lots of games for different areas of the curriculum.

PE 'What's your name' game

Can you spell out your name using the exercises? Challenge yourself can you spell a family member's name, or some of your spelling words?



Art Create your own piece of outdoor art.

You could paint leaves/create patterns using what you find.
Anything!



HWB a family kindn

Create a family kindness jar. Every time someone does something kind, write it down and put it in the jar. When the jar is full you all deserve a special treat!

Kindness Connect 4

Smile at someone to cheer them up

Write a note or draw a picture to thank the NHS post online or put on your window Write a nice note to your teacher

Give someone in your home a high five or give a virtual high five

Ask someone how their day is going

Draw a thank you picture for the bin collectors and put it on your window Write a note or draw a picture to thank supermarket workers and put it on your window or post online Draw or write about three things you are grateful for

Offer to help someone who is struggling with something

Compliment

Create your own kindness act Volunteer to do a chore that isn't yours

Draw or write about your top 3 qualities Write an acrostic poem about someone you admire Tell someone a reason why you are proud of them

Ask someone you live with choose what they would like to watch on tv.



Best Virtual Museum Tours for Kids:

The Louvre

Via their website: www.louvre.fr/en/visites-en-ligne/

The British Museum

Via their website: https://britishmuseum.withgoogle.com/

The Metropolitan Museum of Art

Via their website: www.metmuseum.org/art/online-features/metkids/

Van Gogh Museum

Via th€ir ₩€bsit€: https://artsandculture.google.com/partner/van-gogh-museum

Roald Dahl Museum and Story Centre

Via their website:
www.roalddahl.com/museum/visit/virtual-museum-tour

NASA Glenn Research Center

Via their website: www.nasa.gov/glennvirtualtours



DRAWING CHALLENGES FOR KIDS

- Draw a cover for your favourite book
- 2. Draw a dinosaur in modern times
- Draw something you can see right now
- Design a robot to help you with some tasks
- Make a picture, using three colours only
- 6. Draw a fantastical animal
- 7. Design your coat of arms
- 8. Draw a short comic
- 9. Make a zentangle doodle
- 10. Engineer an amazing treehouse
- 11. Draw your name in fancy letters
- Make a drawing in the style of your favourite cartoon
- 13. Draw what happiness looks like
- Draw yourself if you lived a long time ago
- 15. Draw an imaginary friend
- 16. Draw an underwater world
- Go outside and draw something there
- Draw yourself ten years in the future

- 19. Make a treasure map
- 20. Design a cool invention
- Draw a house inhabited by tiny people
- Make an impromptu squiggle, then turn it into a drawing
- Draw an animal with superhero abilities
- Draw your preferred mode of transportation
- 25. Draw your favourite season
- 26. Draw your ideal pet
- Draw a fairy based on your favourite flower
- 28. Design a perfect birthday cake
- Draw your dream travel destination
- 30. Draw yourself dressed in an extravagant costume
- 31. Draw an anthropomorphic vehicle
- Draw an amazing ride in an amusement park
- 33. Draw life on a different planet
- Design a new statue for the city/ town you live in
- 35. Draw the most beautiful flower

- Draw a ship that would take you on a trip around the world
- Draw a landscape of a magical world
- 38. Make a draw-by-number picture
- Draw the things you would pack for an adventure
- Draw your friends as a team of superheroes
- 41. Draw a house of a wizard
- Draw an animal dressed in historical attire
- 43. Design a maze
- Draw a memory from when you were very small
- 45. Design a new video game
- Engineer a bridge that will connect two islands together
- 47. Draw a castle for yourself
- Draw a tree that bears something unexpected
- 49. Make a drawing in a cave-art style
- Draw a logo for a business you would like to start
- 51. Make a drawing just with dots
- 52. Draw your favourite recipe





for a count of 10

for a count of 12

for a count of 20

do 3 somersaults

march like a toy soldier

pretend to jump rope

for a count of 15

for a count of 15

walk on your knees

for a count of 10

do 10 push-ups

try and touch the clouds