



# Cuiken Primary Home Learning Grid - HEALTH WEEK



## Literacy

### Daily Activities

#### Read, Write Inc.

Please see tasks in Google Classroom - RWI  
If you are unable to access Google Classroom, you can follow the link below to watch the Daily Set Speed Sounds and Word Time Videos.

[Link](#)

There are also Literacy Tasks set for everyone in Education City.

#### Read/listen to a story every day.

You can read a book you have at home or if you have a library membership you can download the Borrowbox App and borrow a book electronically from the library. You can listen to some stories for free on Audible.

#### Grammar

We are going to practice joining sentences using the word "and"

e.g. I like eggs. I like chips.

You could make those two sentences into one by using the word and.

I like egg **and** chips. We have now written a much more interesting sentence.

There are activities for this in Education City called "Joining Sentences". There is also a worksheet which you can either print and do on the sheet or you can write the sentences into your jotter.

## Maths

### Capacity

This week we are working on capacity (Measuring liquids.)

There are tasks set for you in Education City. Please then look at the video below. (I would only watch the first 3 minutes as that is all that is relevant to what we are doing.)

Then complete the sheet below. (This can be written or you can do it orally)

[video](#)

**How Much Does It Hold?**  
Can you use the words in the box to label the following bottles?

full	nearly full	empty	nearly empty	half full
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Which container holds less? Please circle.

Which container holds more? Please circle.

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#### Now try this practical activity.

Find some old plastic bottles. Look to see how much they hold. (Try and find a 1 litre and a half litre one) Use a measuring jug and look at the

## Numeracy

### Daily Activities

Follow the Link below to complete Daily Ten. There are addition, subtraction and ordering number activities. Try a different one each day. This is designed to improve speed and accuracy and requires the child to write the answers. They can challenge themselves and move up levels.

[Daily Ten](#)

#### Focus for the week.

We will be continuing with our work on multiplication.

I would like you to continue with the same activities in Education City, as they are quite tricky and you need lots of practice. I would also like you to practice counting in 2s, 5s and 10s, both forwards and backwards. Begin with numbers to 20, if you are confident try up to 50, then if you like, you could go up to 100. Don't start at 1 each time, just get someone to call out a number and say "forwards" or "backwards" and start from there. Here is the link to the splat square, as I know that you like using this to help you.

[Splat Square](#)

## Writing

This week we are learning to write a set of instructions.

Watch the video below showing you how to clean your teeth.

[Brush your teeth song.](#)

Now discuss the correct way to do it with your family. What are the steps? Use the sequencing sheet below to help you.



Now, in your jotter, write step by step instructions on how to brush your teeth.

The title will be:

"How to Brush your teeth."

Number the steps and take a new line for each.

You can draw a picture to illustrate each step or you can use the pictures from the worksheet.

measuring gauge. Find 1 litre and  $\frac{1}{2}$  (500mils) then fill the bottles using either the measuring jug.

Try this with various bottles/containers. Do you think they are more or less than a litre. Try them.

Now in the garden, see if you can find a bucket. Guess what you think the bucket will hold. Try it using either the measuring jug or the 1 litre bottle.

*(You could incorporate this activity into the Family Challenge below.*

*What fun it would be to have two buckets and race to see who is first to get 5 litres into their bucket)*

## French

Tune into a Live French Lesson with Mrs Robertson, the Co-Ordinator for 1+2 Languages, at 11.30am on Thursday.

### French Lesson

Follow the link to try a fun French workout. Have fun dancing along while learning some new French.

Challenge yourself to learn three new French words or phrases.

### 5 A Day Disco Dance in French

## Mindfulness/Relaxation

### Mindfulness

Learning new things takes effort.

In your jotter, draw two big balloons.

In one of the balloons write something that you would like to get better at.

Now think about what you could do to achieve that. Talk about it, with your family.

Now, in the other balloon, write or draw how you are going to do it.

### Yoga

Yoga is a fantastic means of relaxation and meditation.

Here is the link to Cosmic kids. This will take you to the site and you can then choose whichever one appeals to you most. There are plenty to choose from.

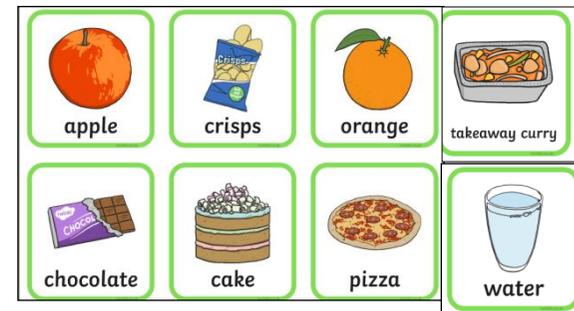
### Cosmic Kids

## Food Technology

We are learning about healthy food and making good choices in what we eat.

There is a PowerPoint for you in Google Classroom. (If you can't access GC, don't worry, just go to the Expressive Arts section below and learn the Healthy Food Vs Junk Food song.)

Now look at the pictures below and sort them into healthy foods and unhealthy foods.





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		<p>I would now like you to make a <b>healthy</b> sandwich ..... but it also has to be "fun" Watch this video to get some ideas!!!! Have fun, but take care. <a href="#">Fun Sandwiches</a></p> <p><b>This one was in the video, but see how imaginative you can be. Try and Create your own!</b></p> 



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## Mental Health

### Self Praise Jar

Mental Health is important. Good mental health means that you feel good about yourself.



To make a self praise jar, you need to write all the things you are good at on slips of paper. You then have to find a jar which you can use. As it's a special jar you should decorate it and make it look pretty. Fold all the slips and keep them in your jar. Whenever you want to be reminded of how special you are, just look at the slips!

You could write things such as:

I am really good at.....

I'm special because.....

My Mum says I'm.....

My teacher would say.....

I am working hard to be.....

My friends would say I am.....

I know I am.....

Ask your family for other ideas.....

### Things I enjoy!

It is important that everyone has time to do things that they enjoy.

Make sure that you do at least one thing every day that **you** enjoy.

Make a grid in your jotter like the one below.

## Family Fitness Challenge

Here is this week's task from Lauren.

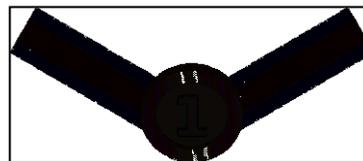
"Hi guys!

This week's task is for you to create your own race! This can be done in your garden or indoors in a safe space. Use as many objects as possible and time yourself every day to beat your score! Make sure all photos and videos are posted on the classroom and twitter and I'll be looking out for them! Stay safe, Lauren ☺"

This is the time of year when we all look forward to our School Sports. This year, why don't you make up your own Family Fitness Challenges?

As well as Lauren's challenge, and the water challenge from the capacity task, you could have other challenges such as a skipping race, an egg and spoon race, see who can do the most star jumps in a minute, running on the spot etc. I am sure that you could think up lots of your own. You could even make your own medals and/or have prizes.

Have fun and remember to send us your photos.



## Expressive Arts

### Music

There is a super song in the link below.

Watch it several times and try to learn it.

It is fun to do with others in your family, with one person singing about the healthy foods and the other person the junk foods.

[Healthy Food Vs Junk Food.](#)

### Art

Colours are often linked to our feelings and emotions. If we are sad, we might say that we are feeling blue. Think about how we use colours for The Zones of Regulation.

Listen to the Colour monster story below.

[The Colour monster.](#)

After, listening to the story, think about how you are feeling today. What zone are you in?

Now draw or paint a picture, using only one colour, (whichever colour you think best describes how you are feeling.) You can use coloured pencils, crayons, felt pens or paint. You can copy an idea from the story, or create your own.

When you have finished do a little drawing of yourself and stick it onto your picture. There's a picture below to give you an idea.





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Monday	Monday	Monday	Monday	Monday

Each day record one thing that you have enjoyed. You can either write or draw.

## Zones of Regulation

Remember to go into Google Classroom and say which Zone you are in.

The Zones of Regulation

<b>Blue Zone</b>	<b>Green Zone</b>	<b>Yellow Zone</b>	<b>Red Zone</b>
sad sick tired	moving slowly bored	happy calm feeling ok focused ready to learn	frustrated worried silly/wiggly excited loss of some control
			mad/angry terrified yelling/hitting elated out of control



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