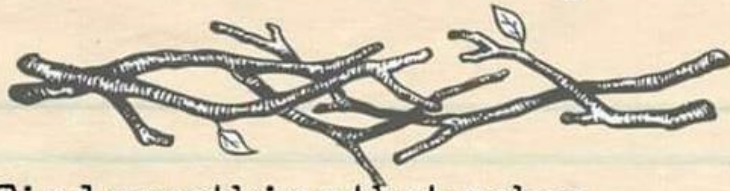


Discovery Grid

<p>Talking and listening</p> <p>Uniform or non-uniform? Watch the video and decide whether you are for or against wearing uniform. Remember to explain your ideas!</p> <p>https://www.bbc.co.uk/bitesize/clips/zjpmhyc</p>	<p>Physical Education</p> <p>Try some GoNoodle dance activities on:</p> <p>https://www.gonoodle.com/</p>
<p>Gratitude Scavenger Hunt</p> <p>Let's be super detectives!</p> <p>Use the resource provided to go on a gratitude scavenger hunt.</p>	<p>Health and Wellbeing</p> <p>Play Sugar Smart Trumps! Instructions, clue sheets and templates provided!</p>
<p>Science</p> <p>Snow, ice, and water. Investigate changes in water in different environments. What do you notice?</p> <p>https://www.bbc.co.uk/bitesize/clips/zpvfb9q</p>	<p>Art</p> <p>Decorate your home with some Sunflower Fork Painting!</p> <p>All instruction provided.</p>
<p>French</p> <p>Recap French greetings and practise with your friends and family</p> <p>https://youtu.be/NXkJ88ygPY0</p>	<p>Digital Literacy</p> <p>How to make a video on a computer, I-pad or laptop.</p> <p>https://www.bbc.co.uk/bitesize/topics/zbhjxs/articles/z2cmxnb</p>
<p>Social Studies</p> <p>How does the weather affect your life? Do you feel the same in the sun and in the rain? Does the weather make a difference to the activities you do? Questions and pictures provided.</p>	<p>Social Studies</p> <p>Investigate different parts of the world. What is the same? What is different?</p> <p>https://www.bbc.co.uk/bitesize/subjects/zcdqxb</p>

Discovery Resources

Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



Sunflower Fork Printing

You will need:

- a piece of white card (A4 or A3)
- a fork
- yellow paint
- green paint
- brown paint
- a paint brush
- water pot
- a tooth brush



Get a piece of card and place it in front of you in portrait.



Carefully paint the underneath of a fork with yellow paint using a brush.



Pressing down with the fork, repeat creating a circular pattern leaving a space in the middle. You may need to apply more paint to your fork and go over the circle.



Wash your brush in the water pot and dip it on to the green paint. Paint a stem from the flower head down to the bottom of the page. Paint a leaf on to each side too.



Wash your brush using the water pot and dip it into brown paint. Apply the brown paint to the toothbrush.



Carefully print in the circle inside the yellow fork printing using the toothbrush. You may need to keep applying brown paint to the toothbrush.

Top Tip:

You could choose to create a different flower using the same printing method. You could try daffodils or tulips.



Sugar Smart Trumps

Your challenge is to make a set of six Sugar Smart Trump cards. To get you started, two cards have been done for you.

On the blank cards, you will need to draw two high-sugar and two lower-sugar choices, recording on the line how much sugar there is in the high-sugar items. Use the [Sugar Smart Clue Sheet](#) sheet to help you. When you are finished, cut out each of the cards. You may need help from a grown-up!

Here's how to play:

- play with a friend (the game will be even better if you make more cards and include more players)
- shuffle the cards and share them out
- take turns to lay the cards facing up
- the player who puts down the card with the smallest number of sugar cubes or a lower-sugar item wins and may pick up all the cards. A lower sugar item always wins. If the amount of sugar is the same, leave the cards on the table and carry on taking turns

Don't forget, you can go to the [Change4Life](#) website for more ideas.

The game ends when all the cards are on the table or when one player holds all the cards and is the Sugar Smart Trumps Champion!





Sugar Smart Trumps

..... cube(s) of sugar

Lower-sugar item

..... cube(s) of sugar

Lower-sugar item

Sugar Smart Clue Sheet

In school, we have been learning how to become sugar smart.
Use this handy Sugar Smart Clue Sheet to make your Sugar Smart Trump cards.

 <p>Over 2 cubes of sugar</p>	 <p>Over 6 cubes of sugar</p>	 <p>5 cubes of sugar</p>	 <p>9 cubes of sugar</p>
 <p>Over 5 cubes of sugar</p>	 <p>Over 4 cubes of sugar</p>	 <p>6 cubes of sugar</p>	 <p>Lower-sugar items</p>
 <p>Lower-sugar items</p>	 <p>Lower-sugar items</p>	 <p>Lower-sugar items</p>	 <p>Lower-sugar items</p>
 <p>Lower-sugar items</p>	 <p>Lower-sugar items</p>		

How does the weather affect how you feel and the activities that you do?

Have a look at the images below and think about the following questions:

- What do you think the weather is like?
- How would the image change if the weather were different?
- What type of weather do you prefer? Why?

