

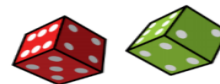


Year Four answers 15/5/20

Maths

Maybe you could try making up your own Maths game over the weekend if you'd like to!

Game



The aim of the game is to get a number as close to 5,000 as possible.

Each child rolls a 1-6 die and chooses where to put the number on their grid.

Once they have each filled their grid, they add up their totals to see who is the closest.

	Th	H	T	O
	?	?	?	?
+	?	?	?	?

English

League: 1. a collection of people, countries, or groups that combine for mutual protection or cooperation or 2. a group of sports clubs which play each other over a period for a championship

Rogue: Someone who is dishonest or someone who doesn't follow the crowd and instead causes destruction

Vague: Uncertain, indefinite or unclear

Technique: skill or ability

Unique: the only one of its kind. Unlike anything else

Antique: a collectable object such as a piece of furniture or work of art that has a high value because of its age and quality

The words end in either a 'g' sound or a 'k' sound. They use 'ue' at the end because they are French words which our language has borrowed.

Foundations Subject – PSHE (Happy Schools) – Coping Skills

I hope you enjoyed thinking about your Power Poses last time! This week we are still thinking about ways to help us cope when things get difficult or if we feel angry or frustrated. I have included some cards with suggestions on how you can calm yourself down if you are struggling to cope or are getting stressed about things.

This week you will need a grown-up to help you as I would like you to take part in a mindfulness session (see Happy Schools resource for definition). Included in the resource is a mindfulness script. All you need to do is find a place to relax and listen carefully to the person's voice and think about every word. Your grown-up then needs to read the script out to you in a calm voice. Think about how you feel afterwards and how this could help you in future. Maybe you could then read it to your grown-up and see how they feel after.

I have also included some mindfulness colouring sheets that you could print out (if you are able to) and colour in as this is another good way of helping to calm you down. If you can't print them, please don't worry – you could try to design your own!