



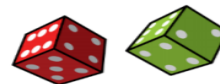
**Year Four 15/5/20**

**Maths**

To finish off the work on addition and subtraction, I would like you to play a game! We have had a similar game before. You can play this game with your grown-up or an older brother or sister. You can change the game slightly to play different versions. You may change the target number, use addition or subtraction or aim for the smallest or largest number. You can even change it so that you put in your opponent's digits and vice versa. Because a dice only goes up to 6, you might be able to find an app that will randomly generate numbers 0-9.

Don't forget, there are also 'Problems of the Day' available in the additional resources, if you would like to have a go at those as an extra challenge!

**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**

On Wednesday I gave you the spelling rule and asked you to find words to match it. Today we're going to do it in reverse.

Here is a list of words. I'd like you to use a dictionary to find the definition of these words. Ideally I'd prefer you to use a book dictionary rather than an online dictionary if you have one so that you can practise your skill of using the first four letters of a word to find it, but if you haven't got one, you'll just have to use one online. We've all just got to do our best with what we've got at the minute haven't we! There are two groups of words here. Look at the last three letters. What sounds do they make? If you're feeling particularly clever, see if you can find out WHY this is the spelling rule for all of these words. Usually you know I love to see your work, but keep this one a secret and don't put it on Facebook- I'd like everyone to be able to try this on their own!

Here are the words:

League

Rogue

Vague

Technique

Unique

Antique

**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!