



Week 17: 13.07.2020: Learning Project - Wellbeing

Age Range: Year 5

Weekly Reading Tasks	Weekly Spelling Tasks
Monday - Explore Read Theory , completing at least three texts.	Monday - Challenge your child to complete an alphabetical list of emotions.
Tuesday - Ask your child to make a short quiz about fairy tales or other familiar stories. They can share it with the rest of the family.	Tuesday - Ask your child to record the meaning, an example sentence using the word, synonyms (word with the same/similar meaning), antonyms (word that has the opposite meaning) and a dictionary definition of five words from their list yesterday.
Wednesday - Ask your child to look at different book covers, then design one of their own.	Wednesday - Give your child a short spelling test using some words from their word bank.
Thursday - Encourage your child to read the world news section of a newspaper, such as First News. Discuss with them what they have found out.	Thursday - Complete at some spelling games on Sumdog . The longer they are on, the trickier the questions.
Friday - Ask your child to make up some new headlines for some of the articles in a newspaper. They will need to read the articles so that the headlines are relevant.	Friday - Practise spelling 5 common exception words from the Year 5/6 spelling list .
Weekly Writing Tasks	Weekly Maths Tasks - Position and Movement
Monday - Using your spelling list from today, choose five interesting words to write in sentences.	Monday - Get your child practise their speed and accuracy on TTRS or Sumdog .
Tuesday - Using the five words from yesterday, write a short, imaginary diary entry including each of them.	Tuesday - Watch this video and the related videos at the bottom of the page. Use this as a starting point for your revision journal.
Wednesday - Ask your child to think about a time when they were happy or excited, ask them to recount the events around this feeling.	Wednesday - Encourage your child to try out some of these online games .
Thursday - Write a poem about an emotion .	Thursday - Watch these videos about coordinates and add the information to your revision journal.
Friday - Ask your child to create a poster showing different emotions.	Friday - Ask your child to answer the position and movement questions set on MathsWatch .

Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about physical and mental health.

- **My Happy Place** - Imagine a place where you feel completely happy and safe. What does it look like? Where is it? Is anyone else there? Draw a picture showing your happy place. Why not encourage other people in your home to do the same?
- **Wellbeing Plan** - Lots of adults have thought of ideas to help with children's wellbeing, but do they really work for you? Read these [suggestions](#), then come up with a short list of your own. You could use them for yourself, or share them to help others.
- **Physical Health** - We all know the importance of staying physically healthy, but that isn't always easy. Why not come up with a way to encourage your family to exercise in a fun way? You could create a new game, set up a circuit training session or even an obstacle course in the garden!
- **Meditation** - We all got very good at meditating in class, clearing our minds and relaxing our bodies, but have you managed to keep that up? [Here](#) are some free guided meditations for you to try. Feel free to find or make some of your own.
- **Share a Smile** - Think of some of the lovely things that people have done that have made you smile. Now share your smile with the people in your home! Set yourself a challenge to do something that will make each member of your family smile, but don't let them know anything about this challenge. Can you do even more lovely things the next day?

The Learning Projects are based on the **National Curriculum expectations** for the key stage which your child is in.

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