

# **Holy Eucharist Catholic Primary School**

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# Grade 3 Remote Learning Pack

Week Beginning - Monday 6th September 2021

Name:		
Grade: _		

#### **Monday 6th September**

wonday 6th September					
9 am - 10 am	Reading: Spring in Australia Read the information text and answer the comprehension questions about spring in Australia.  1. Read the 'Spring in Australia' information slides below. Use a dictionary or <a href="https://kids.wordsmyth.net/we/">https://kids.wordsmyth.net/we/</a> to find the meaning of any unknown words.  2. View and answer the comprehension questions about spring in Australia below. Remember to answer the question in a full sentence.  3. Re-read and edit your sentences to check that they make sense. Set your work out like the example below to make it easier for your teacher to correct.  1. Spring is the season of the year which comes after winter and before summer.				
10 am	Google Meet with your teacher				
10 am - 11 am	Writing: Spelling- y words like in gym.  The grapheme (letter) y makes the phoneme (sound) i.  1) Look at the /y/ words below.  2) Read the words in your spelling colour group out a loud.  3) Practise saying the words a few times.  4) Choose any 2 activities from the Spelling Choice Board below.  5) Read the instructions carefully and complete the activities. Make sure you label the title of each activity in your book or paper.				
11 am - 12 pm	LUNCH				
12pm - 12:15 pm (15 mins)	Silent Reading Read a book that you have a home, read a website or article online or you might like to use one of the following websites: https://storyboxlibrary.com.au/ https://www.sunshineonline.com.au/ Story Box Library and Sunshine Online Login Details: Username and Password: heps3021				
12:15pm - 1pm	Maths: Mass and Capacity Speed & Accuracy: Go onto MFACT and practice your multiplication facts for 10 minutes  Activity:  1. Watch this video about kilograms and grams				
	Optional Extension: Open ended question- come up with 5 possibilities See Below				
1.30pm	Google Meet with your teacher				
1 pm - 2 pm	SEL: HIGHWAY HEROES- Feeling Your Way to Resilience on The Emotional Highway  We are all travelling along The Highway of Life meeting different experiences. It's not only a journey of events, we also experience emotions and interact with our travelling companions. We could say that The Highway of Life has a network of highways, and one of these is the 'Emotional Highway.' As you travel along you will have many different types of experiences to deal with: pleasant, boring, scary, funny, sad, interesting, challenging, exciting – and difficult. The funny, interesting and pleasant ones aren't hard to deal with, but the scary, exhausting, challenging and difficult ones can be. They are called 'BUMPS' and 'HAZARDS'. We can deal with these by using a Highway TOOL called resilience.				

	<ol> <li>Instructions:         <ol> <li>Read the definition of 'Resilience' below, along with three examples of people who displayed resilient behaviour (making them Highway Heroes!)</li> <li>What is helpful to building resilience is knowing about your 'emotions' or your 'feelings'. Our emotions provide a wealth of information about ourselves and others, they can be helpful in recognising danger and in helping us to stop and think before we act. Look at 'Families of Feelings' below. They are divided into two 'families': 'negative' and 'positive.' Positive emotions are those connected with feelings that involve happiness or contentment, whereas negative emotions usually involve some distress or unpleasantness.</li> </ol> </li> <li>Reflect on your own negative and positive emotions and create your own Families of Feelings clouds (one positive feelings cloud and one negative feelings cloud)</li> <li>Take a photo of your work and upload it to your portfolio on Class Dojo.</li> </ol>			
2 pm - 2:30 pm	RECESS			
2:30 pm - 3 pm	Off Screen Time It's time to get off your devices! You can play a game, play outside, read a book, have a chat with your family.			

# Reading: Spring in Australia



#### Seasons in Australia

Most people in Australia refer to the European four seasons: summer, autumn, winter and spring. Each season lasts for three months. However, there are six different climate zones in Australia. This means that the seasons vary across the country. In the tropical areas of Australia, particularly those closest to the equator, many people refer to the wet and dry season, which each last six months. Indigenous communities have their own descriptions of seasons based on the weather and the impact each season has on the animals, plants and land. Some communities have five or six seasons, which are more precise and detailed compared to the four standard seasons.

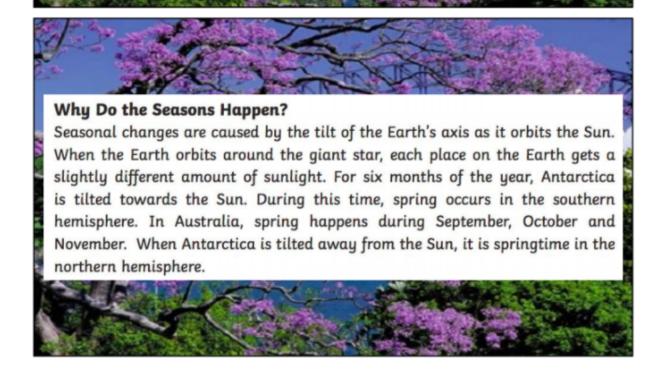
#### The Weather in Spring

During spring, there is more daylight, which increases on a daily basis. In spring the weather can vary dramatically. Although there may be some warmer weather, it can also be a wet season as frost, wind, rain, sun and even snow can be experienced.

#### **Animals in Spring**

In Spring, many animals and birds reproduce. There is an abundance of food and the days are longer for the parents to find their food. Animals may also start to shed their winter coat in preparation for the warmer weather. Creatures that hibernate will start to wake up and become active. Hibernation is the way some animals survive during the colder months by lowering their body temperature, not moving or eating. Native Australian animals that hibernate are some types of possums, bats and echidnas.





### Spring in Australia (Comprehension Questions)

Read Slide 2 (Seasons in Australia) and answer the following question.

#### 1. How long is spring?

Read Slide 3 (The Weather in Spring, Animals in Spring) and answer the following questions.

#### 2. Describe the weather in spring.

3.	Why is	spring	an i	important	season t	for	animals?
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Read Slide 4 (Plants in Spring) and answer the following question.

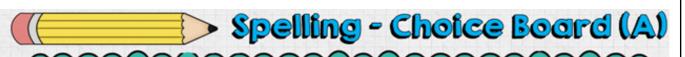
- 4. Why does spring provide a perfect environment for new growth?
- 5. Out of the four seasons (Summer, Autumn, Winter & Spring) what is your favourite season and why?
- 6. Find 3 words from the text that you don't know the meaning of. Paste the words into the first box and use a dictionary or <a href="https://kids.wordsmyth.net/we/">https://kids.wordsmyth.net/we/</a> to find the meaning of each word.

WORD	<u>MEANING</u>

#### Writing: spelling words

FOCUS: The graph /y/ making the sound "i" as in pyramid.

RED	BLUE	GREEN	
pyramid	physics	homonym	
gym	mystery	synonym	
myth	mythology	mysterious	
lyric	gymnastics	mythical	
Egypt	Egyptian	mythology	
crystal	crystal	gymnastics	
symbol	symbol	synthetic	
mystery	lyric	syllable	



# **Pyramid Words**

Spell each of your words adding just one letter at a time, so you make a pyramid.



# Add Em Up!

Write your spelling words. Total up the value of each spelling word.

Vowels = 5 points Consonants = 2 points

# Ask A Question?

Use each of your spelling words to write a question. Make sure you use a question mark!

# Silly Story

Write a silly story
(a paragraph) using all
of your spelling words.
Underline your spelling words.



Assign each letter of the alphabet a number. Write each word using your code.

## Follow the Swirl

Draw a swirly line. Write your words over and over along the line.



#### **Colour Code**

Write the vowels in blue and the consonants in red.

create

# **Picture Perfect**

Write each word and draw a picture to represent each word.



# Thesaurus Dig

Choose 5 of your spelling words and find antonyms for them.

Choose 5 of your words and find synonyms for them.

<u>Maths</u>					
<u>Item</u>	Kilogram or gram Kg or g	Order smallest to largest	Estimate the weight		
Instant Noodles					
Bonus Question: I have an object that weighs between 1kg and 2kg. What could it be?					

**Extension:** Open ended question- come up with 5 possibilities

**Question 1:** Can you find two objects that have the same sizes but different weights?

**Question 2:** Can you find two objects that have the same weights but different sizes?

# Resilience

is the ability to **bounce back** when life at home, at school, in the playground, on the sports field gets:

- Tough
- Boring
- Repetitive
- Lonely
- Scary
- Horrible

"Resilience is the ability to bungee-jump through the pitfalls of life." Andrew Fuller, Psychologist



#### Three stories of people who have displayed resilient behaviour (SEL)

Andrea's family moved to a new country to live last year. Andrea was so miserable when her Mum told her that they wouldn't be living near Grandma anymore – and that she'd be going to a shool where everyone spoke a different language. Andrea said she wasn't going, and that she would live with Grandma. But of course, Andrea did go, and she's been at her new school for 1 year – it's gone so fast! Andrea can now understand another language; she's made heaps of friends, and when her Grandma visits, she stays at their house - so they see her everyday. Andrea loves living in a new place – it's so exciting.

Jaxon lives on a small farm with his Mum and Dad. Jaxon's Dad had an accident two months ago and now he can't do much of the work. Mum has been helping out and his Uncle also comes most days, but it's meant that Jaxon has to do more work. He gets up at 5am now, and before he goes to school he helps his uncle milk the cows, collects the eggs from the chook pen and feeds the pigs. Jaxon loves the bus ride to and from school – it takes 1 hour each way and he can have a little sleep on the bus.

Phoebe was excited – she'd been chosen to be Cinderella in the school play. Phoebe's Mum had made her costume; twirling around in that big skirt was so much fun! Aunty June was coming to the play also, and Phoebe couldn't wait. When Phoebe woke up with two red spots on her arm the week before the play, her Mum said that it looked like chicken pox. When they spread to her legs, stomach and face, her Mum said it definitely **was** chicken pox. Phoebe couldn't go to the school play, she was home in bed. Aunty June said Alison, the new Cinderella, remembered all her lines, and did a good job twirling around in her big skirt.

#### Families of feelings (SEL)



#### **Tuesday 7th September**

Tuesday /th September					
9 am - 10 am	Reading: Language Conventions Today you are going to practise identifying spelling mistakes in different sentences.  1. View the language conventions activity below. 2. In your book or on a piece of paper, number and rewrite the following sentences identifying and fixing the misspelt words. Write the words in red pencil which you have corrected.  Example,  1. I will have a peach for afternoon tea.				
10 am	Google Meet with your teacher				
10 am - 11 am	Writing: Irregular Verbs  Last week we started looking at how to change verbs (doing words) into past tense. It is easy with some verbs because you just add -ed to the end. We call these regular verbs.  The irregular verbs are much harder as there is no 'rule.' We learn how to say and transform these irregular verbs through reading, speaking and listening. We also learn through activities like we will do this week.				
	<ol> <li>See below for the list of words that are irregular verbs in categories.</li> <li>Choose 4 from each line and change them to the verb stem (12 in total)         E.g. cut, cut teach, taught swing, swung</li> <li>Put each of these words in past tense sentences, if it helps start the sentence with "yesterday." e.g. Yesterday I cut some material to make a dress. (12 in total)</li> </ol>				
11 am - 12 pm	LUNCH				
12pm - 12:15 pm (15 mins)	Silent Reading Read a book that you have a home, read a website or article online or you might like to use one of the following websites: https://storyboxlibrary.com.au/ https://www.sunshineonline.com.au/ Story Box Library and Sunshine Online Login Details: Username and Password: heps3021				
12:15pm - 1	Maths: Mass and Capacity				
pm	Speed & Accuracy: Go onto MFACT and practice your multiplication facts for 10 minutes				
	Activity: When we measure liquid, we don't measure in grams or kilograms we measure in milliliters and liters. There are 1000ml to a liter.  1. Fill in the table belowwill you measure in litres and millilitres  2. Order the item from smallest to largest and put an estimated weight next to them				
	<b>Optional Extension:</b> Open ended question- come up with 5 possibilities See Below				
1.30pm	Google Meet with your teacher				
1 pm - 2 pm	Religion: Jesus making choices  Last week you completed activities about choices. Today we will look at a story about how Jesus made choices about how he treated someone who had a horrible disease, leprosy.  1. Please watch <a href="https://www.youtube.com/watch?v=Zkhh7KM-KuM">https://www.youtube.com/watch?v=Zkhh7KM-KuM</a> 2. What choices did Jesus make? 3. Why do you think he didn't want the leper to tell anyone? 4. What do you think the story tells us about how Jesus wants us to treat				

	others? 5. How can you relate this to your own life? 6. Write a letter to yourself when you are 30 about what choice you are going to make about how you treat people.		
2 pm - 2:30 pm	RECESS		
2:30 pm - 3 pm	Off Screen Time It's time to get off your devices! You can play a game, play outside, read a book, have a chat with your family.		

**Reading:** Language Conventions

# Language Conventions

- I will have a peech for afternoon tea.
- 2. I get two dollars pocket muney.
- 3. My favourite food is fride rice.
- I wish I had a super pouwer.
- 5. My brother and I fort over the last chocolate.
- 6. My legs are num from sitting for so long.
- 7. That was a fabulus show!
- 8. Did you notis the sign on the way in?
- 9. Do you now where it is?
- 10.Did you ring the water out of the mop before mopping the floors?
- 11. Did you hear the ecko across the valley?
- 12.I was triming the bushes in the garden over the weakend.
- 13.We found a cool spott under a tree.
- 14.I will was and dri the plates.
- 15.I went to the supamarket with my family on Sundae

<u>Maths</u>					
<u>Item</u>	Litres or millilitres L or mL	Order smallest to largest	Estimate how much liquid there is		
JOO% ANSTRULIAN MILK MILEUM  THEREIN					
	you find some containers				

<u>**Bonus Question:**</u> Can you find some containers that have the same capacity (amount of liquid) but different shapes?

Maths Extension: Open ended question- come up with 5 possibilities

**Question1:** At the supermarket Mum bought exactly 10L of drink. She bought some soft drink and some fruit juice. What drinks might she have bought?

**Question2:** Sam poured 1L of water into some containers so that each container was full. How many containers did he use and how much might each container hold?

#### Writing: Irregular Verbs

- -ew: blew, grew, knew, flew, drew, threw
- -t: slept, felt, left, spent, met, spent, kept, swept

long /o/: spoke, drove, woke, broke, awoke, wrote, rode, froze

#### Wednesday 8th September

Today you will have your specialist classes. If you have any questions or problems about your tasks, please message your specialist teachers on ClassDojo or at the following email addresses:

- P.E (Mr. Herrera): <a href="mailto:Herrera@hestalbanssth.catholic.edu.au">Heribert.Herrera@hestalbanssth.catholic.edu.au</a>
- Music (Mr. O'Bree): <u>Damian.OBree@hestalbanssth.catholic.edu.au</u>
- L.O.T.E/Chinese (Miss Sun): Miyi.Sun@hestalbanssth.catholic.edu.au
- Art (Mrs. Hickey): Shobha.Hickey@hestalbanssth.catholic.edu.au
- Digital Technologies (Ms. Faraj): <u>Vivian.Faraj@hestalbanssth.catholic.edu.au</u>

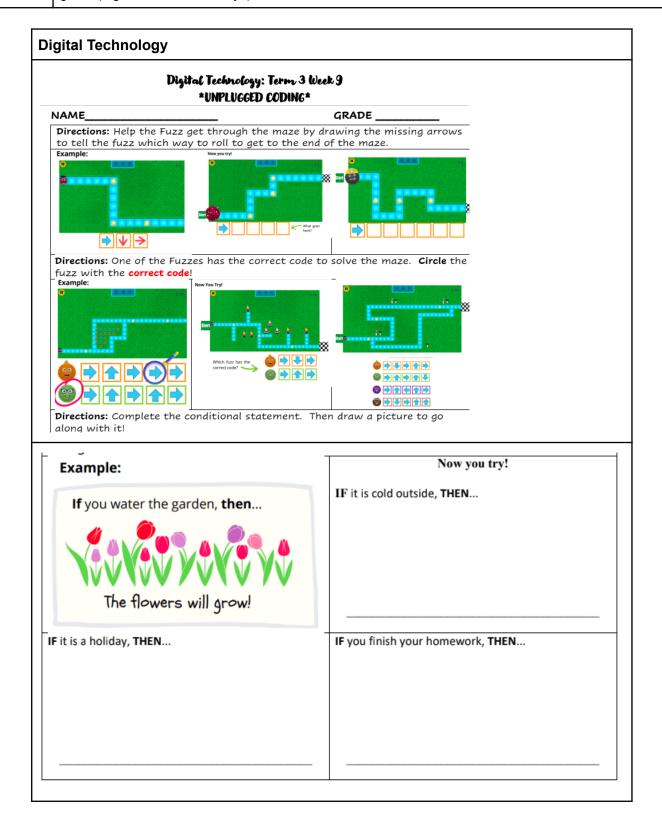
2 pm - 2:30 pm	SNACK
1:20 pm - 2 pm	NO GOOGLE MEETS TODAY
12:40 pm - 1:20 pm	<u>Digital Technologies</u> Please complete the Digital Technology task for Ms. Faraj on ClassDojo. If you have finished this task, please catch up on any unfinished tasks.
12:00 pm - 12:40 pm	Specialists You will be participating in your specialist classes. Please check ClassDojo for your lesson from your specialist teacher or complete the worksheet in your Homework pack.  3S0 - LOTE (Miss Sun) 3CL - P.E (Mr. Herrera) 3DX - Music (Mr. O'Bree) 3TN - Art (Mrs. Hickey)
11:00 am - 12 pm	LUNCH
10:20 am - 11 am	Specialists You will be participating in your specialist classes. Please check ClassDojo for your lesson from your specialist teacher or complete the worksheet in your Homework pack.  3S0 - P.E (Mr. Herrera) 3CL - Music (Mr. O'Bree) 3DX - Art (Mrs. Hickey) 3TN - LOTE (Miss Sun)
10 am	NO GOOGLE MEETS TODAY
9:40 am - 10:20 am	3TN - Music (Mr. O'Bree)  Specialists You will be participating in your specialist classes. Please check ClassDojo for your lesson from your specialist teacher or complete the worksheet in your Homework pack.  3S0 - Music (Mr. O'Bree) 3CL - Art (Mrs. Hickey) 3DX - LOTE (Miss Sun) 3TN - P.E (Mr. Herrera)
9 am - 9:40 am	Specialists You will be participating in your specialist classes. Please check ClassDojo for your lesson from your specialist teacher or complete the worksheet in your Homework pack.  3S0 - Art (Mrs. Hickey) 3CL - LOTE (Miss Sun) 3DX - P.E (Mr. Herrera)

# 2:30 pm - 3 pm

#### Off Screen Time

It's time to get off your devices!

Complete a physical activity of your choice (e.g. sport game, riding bike, skipping, Just Dance) or play a game (e.g. cards, marbles, toys).



Warm up video Link: https://www.youtube.com/watch?v=-dxSA1JD47U Activity video link: https://www.youtube.com/watch?v=War13La6JL8 Warm down video link: https://www.youtube.com/watch?v=4SL-FI9H32Y

# Term 3 Week 9 Grade 3 & 6 Physical Education Remote Learning

Hello 3-6 students, parents and carers,

Here are WEEK 9 activities, students can access the websites using a device. Some activities require sports equipment, use something from around the house that would do the same job as the sports equipment. You need a small space to do most of these activities, if you have outdoor space then use that.

#### STUDENTS:

If you don't have access to a digital device or internet, go for a bike ride, walk, little jog, kick to kick with siblings or adults (if weather permits).

Please do these activities or get outside and get active with siblings or adults. (If weather permits).

Remember to HAND IN your work by posting a picture on Google Classroom and answering the two questions for the main activity. (Class Dojo for Grade 3 students).

Students and Parents, please don't hesitate to contact me for any help or support on:

heribert.herrera@hestalbanssth.catholic.edu.au



Stay Safe and take care of your family.

Mr. Herrera Physical Education Teacher.



#### Activity or Skill:

Workout

#### Learning Intention:

I'm learning not to give up and workout for 10 minutes straight.

(Short and sharp exercises)

Give each exercise a go, push yourself and be confident:)

Time: 20 minute work-out

Link: Intermediate Full Body Workout | Train With Leroy 🥠



#### Questions:

- 1: Which of these exercises was easy? Why?
- 2: Which of these exercises was hard? Why?

MAKE SURE YOU HAND IN THESE QUESTIONS WITH YOUR PICTURE ON GOOGLE CLASSROOM OR (CLASS DOJO for Grade 3 students)

#### Warm-Down

10 Minutes Stretching is important to help us recover and cool down our body.

#### Learning Intention:

 I'm learning to cool down correctly after my workout.

#### Warm down for 10 minutes:

Link: Kids 10 Minute Daily Stretch Routine



Art https://www.youtube.com/watch?v=BIM9KUESGLs

Learning Intention: Today you are learning to make a paper plate night and day craft

Watch this video to get ideas https://www.youtube.com/watch?v=BIM9KUESGLs

You will need: a paper plate or round piece of paper (Trace around a round tin) black/blue/white coloured paints brush split pin or screw coloured markers



For people who haven't got a paper plate, please draw and colour the bottom worksheet creatively. You can also draw on coloured paper and then cut them out and stick them on the plate to create day and night.

You can create your own design of the night and day if you like.



#### Music

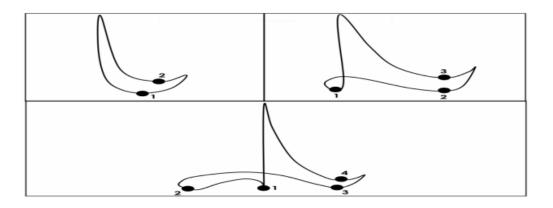
https://www.youtube.com/watch?v=z\_vln8V3UcU

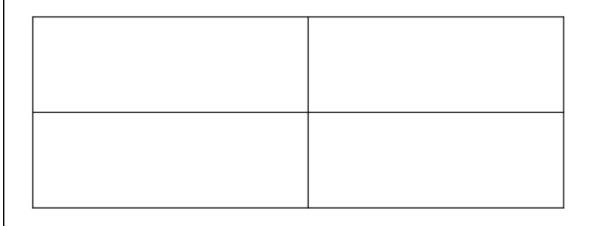
# Music Term 3 Week 9 Gr. 3-6 THE ORCHESTRA -THE CONDUCTOR

https://www.youtube.com/watch?v=z\_yIn8V3UcU

In this video, you saw the conductor move his hands in different patterns, depending on the beat of the music. Copy the conductor patterns in the box below (or on another piece of paper), then watch this conductor - Mirga Gražinytė-Tyla -and tell me 2 things about her conducting. Maybe you can practice conducting some of your favourite music at home using these patterns!

https://www.youtube.com/watch?v=DF8 qGI5VI0

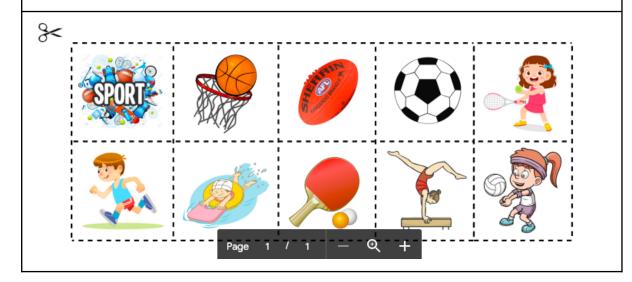




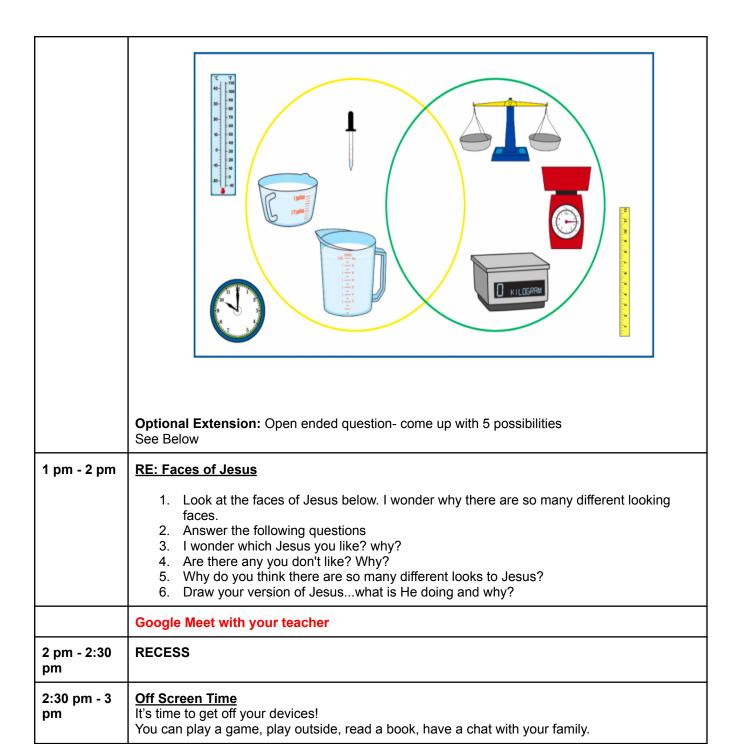
Name:	Class:	Date:	
Activity 1: What is your favor	rite sport? (answer in Chine	ese using "wŏ xĭhuān")	

#### Activity 2: cut and paste the images to match the Chinese words.

găn lăn qiú	yóu yŏng	tǐ cāo	pǎo bù	pái qiú
lán qiú	yùn dòng	zú qiú	pīng pāng qiú	wăng qiú



#### 9 am - 10 Reading: The Animal Games Today we are going to practise the skill of 'Inferencing'. am Remember, to infer means to use the clues in the text or picture to make a sensible conclusion about what you think is happening or going to happen. Instructions: 1. View the picture titled 'The Animal Games' below. 2. Read the following questions and use the skill of inferencing to answer them. Remember to answer the question in a full sentence. Questions: 1. Who will win the race between the tortoise, the antelope and the cheetah? 2. Why is the horse upset? 3. What will happen when the rabbit lands? 4. Is the alligator a good gymnast? Why do you think this? 5. What is the rooster thinking? Why do you think this? 6. What will happen next, after the rhinoceros throws the javelin? 7. What racing event are the tortoise, the antelope and the cheetah taking part in? 8. What are the fox and the giraffe doing? 10 am Google Meet with your teacher 10 am - 11 Writing: Irregular Verbs We are going to continue the lesson from yesterday with a different set of irregular verbs am 4. See below for the list of words that are irregular verbs in categories. 5. Choose 4 from each line and change them to the verb stem (12 in total) E.g. blow, blew sleep, slept speak, spoke 6. Put each of these words in past tense sentences, if it helps start the sentence with "yesterday." e.g. Yesterday was Vincent's birthday and he blew out 6 birthday candles. (12 in total) 11 am - 12 **LUNCH** pm 12pm -Silent Reading 12:15 pm Read a book that you have a home, read a website or article online or you might like to use one (15 mins) of the following websites: https://storyboxlibrary.com.au/ https://www.sunshineonline.com.au/ Story Box Library and Sunshine Online Login Details: Username and Password: heps3021 12:15pm - 1 Maths: Mass and Capacity Speed & Accuracy: Go onto MFACT and practice your multiplication facts for 10 minutes pm Activity: 1. Have a look at this picture. 2. What should be the title of the yellow and green circles? 3. Why is there nothing in the middle? 4. What are the 'measuring tools' on the outside of the circles for? 5. See below and fill in the chart



#### Reading: The Animal Games



#### Writing: Irregular verbs

- -ew: blew, grew, knew, flew, drew, threw
- -t: slept, felt, left, spent, met, spent, kept, swept

long /o/: spoke, drove, woke, broke, awoke, wrote, rode, froze

Maths			
Item	What tool would you use to measure it?	What unit would you measure it in?	Estimate how much it is?
510 E 50 E			
¥f Recipe			
Panadol Children 12 VEAIS Received this. Warman Allers  Warman All			
VALUE PACK  OF THE PACK  FIRST			
EXTRA VALUE PICK  GEOGRAPHICA  TO PRODUCE THE STATE OF TH			

Maths Extension: Open ended question- come up with 2 possibilities

**Question 1:** Go to your cupboard and find 5 different things that add up to a total of 5kg. Take a photo

If you can't find 5kgs exactly, what total did you get to?

# R.E. Faces of Jesus



## Friday September 10th

Triday September Total			
9 am - 10 am	Reading: Making Inferences - Sam's Party Remember- Making inferences when reading is using what you already know in your head and clues from the text to figure out what will happen next.  Instructions:  1. View the invitation to Sam's party below. Read and take note of the details on the invitation.  2. Answer the questions below using the skill of inferencing. Questions:  1. Sam is making a splash for his 8th birthday! Come get soaked as we celebrate! What type of party is Sam having? How do you know?  2. Food: Italian food What food might Sam be serving at his party?  3. Sam's party is due to finish at 5 pm. Why do you think this end time was chosen?  4. Bring: Everything you need to jump in and get wet. Draw some items you would need to take to the party.  5. Based on the information on the invitation, underline the events that will probably happen at Sam's birthday party.  a) Sam's dad will read Sam and his friends a bedtime story.  b) Sam will blow out the candles on his birthday cake. c) Sam's sister will be given presents. d) The guests will be served fried rice for afternoon tea.		
10 am	Google Meet with your teacher		
10 am - 11 am	Writing: Irregular Verbs		
	When you were in prep you learnt the 100 most common verbs. Some of these words are irregular verbs and there is a list below.  Choose one of the pictures and write a narrative or a letter using as many of these past tense verbs as possible. Please count them up and write the number at the bottom of your piece of writing.		
11 am - 12 pm	LUNCH		
12pm - 12:15 pm (15 mins)	Silent Reading Read a book that you have a home, read a website or article online or you might like to use one of the following websites: https://storyboxlibrary.com.au/ https://www.sunshineonline.com.au/ Story Box Library and Sunshine Online Login Details: Username and Password: heps3021		
12:15pm - 1 pm	Maths: Mass and Capacity  Speed & Accuracy: Go onto MFACT and practice your multiplication facts for 10 minutes  Activity: Kitchen Scavenger Hunt  1. Go into the kitchen cupboard or pantry or fridge and start to read the labels. All containers for food that have been bought have either their weight in grams, kilograms or capacity in millilitres or litres.  2. Fill in the worksheet below- remember to return everything you got out neatly		

	Optional Extension: Same and Different; Weighty Numbers See Below	
1.30pm	Google Meet with your teacher	
1 pm - 2 pm	SEL: Turning Negative Thoughts into Positive Thoughts  Today we are going to look at managing our thoughts. Often, we think negatively about a situation or an event that has happened or is about to happen. When we think negatively, we are likely to carry on thinking negatively, which helps to make the thought more powerful. When this happens, it is really difficult to find positive thoughts. This can lead to a one-sided view of a situation or event which is often not a true judgement.  Instructions:  1. Watch the following clip  https://www.youtube.com/watch?v=_XLY_XXBQWE  2. Complete the table below, practising changing negative thoughts into positive thoughts. One is done for you as an example.	
2 pm - 2:30 pm	RECESS	
2:30 pm - 3 pm	Off Screen Time It's time to get off your devices! You can play a game, play outside, read a book, have a chat with your family.	

Reading: Making Inferences - Sam's Party



#### Writing: Irregular Verbs

- Said
- Made
- Went
- Took
- Came
- Saw
- Knew
- Got
- Gave

- Found
- Thought
- Told
- Left
- Felt
- Put
- Brought
  - Held
  - Wrote

- Stood
- Heard
  - Let
  - Met
- Ran
- Sat
- Read
  - Lost
  - Fell

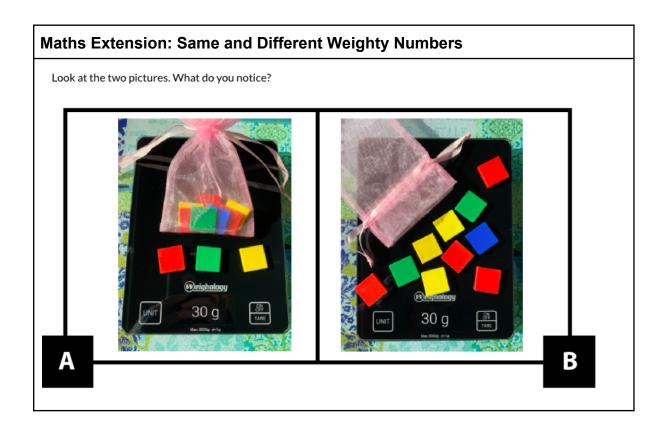
- Built
  - Drew
  - Broke
  - Cut
  - Bought
    - Wore
  - Chose
  - Ate







Maths: Kitchen Scavenger Hunt			
Find two containers that have the same mass (weight) but are different sizes		Find two containers that have the same amount of liquid	
Find something less than 100g		Find something less than 100ml	
Find something more than 100g but less than 500g		Find something more than 100ml but less than 50ml	
Find something more than 500g but less than 1kg		Find something more than 500ml but less than 1L	
Find something that is 1kg		Find something that is 1L	
Find something more than 1kg		Find something more than 1L	



- 1. How are pictures A and B mathematically the same, and how are they different?
  - A and B are the same because ...
  - A and B are different because ...
- 2. Use numbers or an equation to show what is happening in the pictures.
- 3. Make a third picture that shows a scale with some tiles on it. Explain how your picture is the same as pictures A and B, and how it is different.

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#### **SEL:** Turning Negative Thoughts into Positive Thoughts

Negative Thoughts	Positive Thoughts
My friends don't like me anymore because I can't go to the party on Saturday night.	
I am not good at maths because I only got 16 out of 20 correct in my test.	I enjoy maths. I can look at the questions which I got wrong and recognise what errors I made that lead to the wrong answer. I can then practise this question and use learnt strategies to answer it correctly next time.
I don't want to move house as I won't make any new friends and I will be lonely.	
My new school won't be as good as my current school.	