

Over the next 5 weeks you need to complete one activity from each column; Mental Health and Well-being, Transition and Challenge.

Mental Health and Well-being

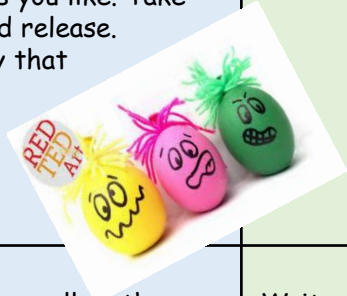
Worry Jar

You may be worrying about a lot of things right now- health, school, friends, family and more. A worry jar is a place for you to put your worries so you don't have to think about them all the time. Find a jar or any container, and decorate it if you like. If you haven't got a spare jar, you can copy this picture of a worry jar and write your worries on this jar. Don't forget to talk to an adult about any worries you might have.



Making our own stress ball

Being in lockdown can be stressful, and lots of us are feeling anxious and on edge right now and this is okay. This activity can help you to relax - try doing it with someone. Make your own stress balls by filling balloons with dry rice, flour or pulses. Tie a knot in it and decorate as you like. Take the balls in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like. This exercise is designed to release muscle tension and massages your hands.



Feelings Diary

Feelings - everyone has lots of different feelings all of the time and that's okay. Create a feelings diary (like the one below). Can help you to identify different feelings and help to understand that feelings change. Try to spend time talking about one or two feelings you have with an adult each day. Remember it's okay to feel in different ways and completely normal, especially because of everything that is happening.

Today I felt
(Write a sentence)

Today I felt
(Draw a picture)

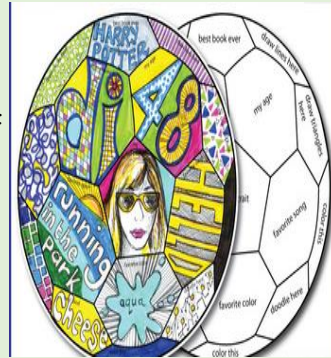
One thing that made
me happy
(draw or write a sentence)

Monday

Transition

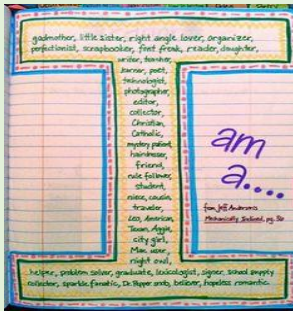
Ball about me

Your new teacher is really looking forward to teaching you. Create a personal ball to tell your new teacher all about you. Tell them about your character, your family, your favourite subject and your favourite things to do outside of school. Draw a picture of yourself in the middle. Be creative!



I am a.... poem

Fill a page with all the things you are in an 'I am a.....' poem, Use the writing "I am" poem as a guide.



Writing an "I Am" Poem

MODEL

FIRST STANZA
I am (2 special characteristics you have)
I wonder (something of curiosity)
I hear (an imaginary sound)
I see (an imaginary sight)
I want (an actual desire)
I am (the first line of the poem repeated)

SECOND STANZA
I pretend (something you actually pretend to do)
I touch (an imaginary touch)
I worry (something that bothers you)
I cry (something that makes you sad)
I am (the first line of the poem repeated)

THIRD STANZA
I understand (something that is true)
I say (something you believe in)
I dream (something you dream about)
I try (something you really make an effort about)
I hope (something you actually hope for)
I am (the first line of the poem repeated)

EXAMPLE

I am polite and kind
I feel an angel's wings
I touch a summer's cloud
I worry about violence
I cry for my Gram
I am polite and kind

I pretend I am a princess
I feel an angel's wings
I touch a summer's cloud
I worry about violence
I cry for my Gram
I am polite and kind

I understand your love for me
I say children are our future
I dream for a quiet day
I try to do my best
I hope the success of my children
I am polite and kind.

Challenge

Food Miles

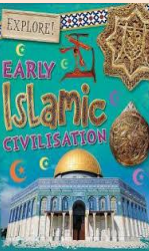
When the food shopping is done collect the wrappers from the fruit and vegetables you have. Many of the items bought cannot be grown in the UK because of our climate. Create a table like this and identify where the food has come from and how many miles it has travelled to get to the UK. For an extra challenge find where the country is on a world map and draw a line to the UK.

Name	Country	Number of Miles Traveled
pineapple		
banana		
coconut		

History

I'd like you to research Baghdad Civilisations. Have a look at <https://www.bbc.co.uk/teach/class-clips-video/history-ks2-baghdad-in-900ad/zjfxpg8> and <https://www.theschoolrun.com/homework-help/baghdad-c900> you can present your research however you choose: a news report, poster, or PowerPoint presentation.

Don't forget to e-mail
year-5@mossgate.lancs.sch.uk



A letter

Write a letter to your new teacher. Tell them some of the things you have been doing over the last few weeks. Tell them how you feel about coming back to school and what you are looking forward to in your new class. Remember to tell them who it is from.

21 Linden Street
Dunstable, LU5 4WE
April 24, 2007

Dear Mr. [Name],
I am writing to you on behalf of the Wikipedia project (<http://www.wikipedia.org/>), an online encyclopedia. We are currently seeking volunteers to help with the project.

That said, unless you are able to verify that your material will be used in the public domain, it is not possible for us to use your material in the public domain. Please do not use your material in the public domain unless you are able to verify that your material will be used in the public domain.

Thank you for your time and consideration.
I look forward to your reply.

Yours Faithfully,
[Name]

P.S. You can find the full text of GDPR. Please see <http://www.gdpr.eu/> for more information.

Art

Create the alphabet from images you see on your daily exercise. Don't forget to send me a picture of your finished piece to our Year 5 e-mail.

Year-5@mossgate.lancs.sch.uk

