

## WEDNESDAY 3 FEBRUARY HOME LEARNING

This week is Children's Mental Health week- today is Well-being Wednesday.

This year's theme is 'Express Yourself'.

Remember also that Friday is 'Wear Something Wacky' day

8.45-9.00 – Reading home book and recording in Reading Record

9.15-10.30 – WARM UP POWERPOINT – Arithmetic, Handwriting, Spellings, Vocabulary

ENGLISH – Working from [Children's Mental Health Week - Place2Be](#), watch virtual assembly:

<https://www.childrensmentalhealthweek.org.uk/news/watch-our-children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/>

Working from Express Yourself resources, make notes on the first 2 sections – What is Self-Expression and Why is it Important?

Make notes on ideas suggested to encourage self-expression. Which would each of you choose?

Try the callout questions as a class, to get you started. If time, explore the site yourself following some of the links provided.

**10.30-10.45 BREAK**

**10.45-12.00 MATHS**

**PSR POWERPOINT**

**WHITE ROSE MATHS ALGEBRA FIND A RULE UNIT**

Watch INTRODUCTION to Activities, completing problems presented

Complete AA FIND A RULE worksheet (today's online presentation work)

**EXTN ACTIVITY: MATHSWHIZZ**

Mark work as a class.

**12.00-1.00 LUNCH**

**1.00-2.30 WELL BEING FOCUS AFTERNOON:**

You might continue to explore the options suggested this morning. You might also choose:

Mindful colouring

Physical activities

Cooking

Creating artwork or building something

You might even want to explore meditation

Alternatively, we received this message which was sent to the school:

'In Cumbria, we are asking children, young people and others to share with us the ways they express feelings, and thoughts about what has helped them cope or what they have learned in this time from the COVID pandemic or maybe what they wished they had known at the start. There are a number of ways to get involved:

- Draw a picture
- Write a poem
- Produce a short piece of writing (200 – 400 words)
- Make music, write a song (audio only)
- Send us a photo of an object that helped you cope with ups and downs (something you made; your goldfish; houseplant; favourite book/game)

Please send your contributions in digital format to [Lucy.Pye@cumbria.gov.uk](mailto:Lucy.Pye@cumbria.gov.uk) by the end of Thursday 4th February. All entries received will be entered into a prize draw.'

**Have an expressive afternoon everyone! 😊**