

Elm Weekly Tasks (6.7.20)

Task 1 (Mindfulness Monday) Starfish hand meditation

Find a comfortable peaceful spot, play some gentle calming music in the background if you would like to. Then close your eyes and breathe in deeply, spread your fingers out like a starfish. Using the index finger from your other hand trace around your fingers and hand. Inhale as you move up a finger and exhale as you move down a finger. Concentrate only on how it feels and let other thoughts float away. Switch hands and repeat focusing on deep breaths and full exhalations. Repeat until you feel relaxed and calm.

Task 2 Memories

As all of you will be moving up a year and some of you moving on to a new class, it is an important time to cherish your favourite memories. Can you create a drawing or art piece of a special memory and frame it in a hand-made photo frame. You could choose to draw a favourite lesson, a funny moment with friends, a school trip or a whole school activity. There is a link on the blog for some frame making ideas.

Task 3 Achievements

You are all unique and special and over the last year, you have all achieved so much. An achievement is something accomplished through great effort, skill, perseverance or courage. It could be you have learned to tie your shoelaces, you swam a target distance, you became a free reader or you learned a times table you were focusing on. Can you mind map all of your achievements, these can be in or out of school. Can you choose your greatest one and write about this special achievement. How did you accomplish this? What barriers did you face? Who helped you? You could record this as a story featuring you as the main character or as a newspaper report.

Task 4 PE

For PE this week you can join in with the school virtual games (see last week's newsletter for more information).

Task 5 Individual Qualities

Art is a great tool for self-expression, I would like you to create a piece of artwork that represents your personality and highlights your individual qualities. This could be a picture or something more abstract using materials you might have at home. Once completed, can you write me a few sentences to tell me what you wanted to represent in your piece and how you tried to show off your personality through your artwork.

Suggested Timetable

Monday	Task 1	Choice of other activities + online Tasks
Tuesday	Teams Session + Task 2	Choice of other activities + online Tasks
Wednesday	Task 3	Choice of other activities + online Tasks
Thursday	Teams Session + Task 4	Choice of other activities + online Tasks
Friday	Task 5	Choice of other activities + online Tasks

Remember, this is only a suggestion, you can complete the tasks in any order you choose.

Other Activities to complete

Don't forget you have your packs/workbooks to continue working through.

Online tasks to complete

Reading Eggs - Spelling and Reading Comprehension

Spelling Shed - New pattern and challenge words

Maths Shed - Times table practice

Sumdog - Class competition

Reading

It is important to keep reading every day, if you are running out of books, remember reading Eggs Library has a huge range of books for you to choose. In addition, you can access free books here.

<https://home.oxfordowl.co.uk/books/free-ebooks/>

Teams Meetings

Tuesday groups are below and Thursday altogether for Kahoot at 11am

11.00-11.30	11.30-12.00
Athena	Harrison
Willow	Edward
Joshua	Tom
William	Joe
Georgia	Felicity
Imogen	Toby S
Tor	Martha
George A	Louis
Lola	Thomas
Neve	Heidi
Vale	Toby B
George D	Jack
	Sophia
	Avnesh
	Kayla

Have a great week, any questions please just ask! I look forward to seeing all of this week's transition work.