

Good Morning Year 3 and 4.

It is Thursday and today we have a special focus on our mental health and mindfulness across the school. Our mental health is just as important as our physical health but involves our emotions. When we have good mental health we can achieve our potential and enjoy life and be positive with the people around us. Ms Caplan will have emailed some information for today so please complete our mindfulness tasks below.

Today's Challenges:

1. Year 3 MyMaths – Today we are looking at Symmetry - this is a tricky one so please just have a go and do your best. Use the link to help

you <https://www.loom.com/share/8f21177994a44bbfa005a3f63e7dd21e>

Year 4 My Maths – Today we are looking at Fractions - we have had some great results on MyMaths.

Use the link to help you <https://www.loom.com/share/1e8125b13c074d6284a9bbe3749ef4a2>

2. Today we are reading the next chapters of Varjak Paw – chapters 7 and 8. Use the link <https://www.loom.com/share/1cefe27697e544dea969d1af2c8ac97f> , watch the video and answer the questions and activities below

a. How does Varjak react to the Old Cat in his dream?

b. Why does Varjak fight the old cat? What happens?

c. What is the first secret skill that Varjak learns? Do you think this is an important skill? Why?

d. Find all of the descriptions of the city. What does Varjak think of it?

e. What does Varjak mistake for a dog? Why does he think this?

f. Writing Challenge – Write a diary entry of your first day having managed to climb over the wall.

Describe what has happened and how you feel about it. Was this what you expected? What are you going to do next?

3. Mindfulness – We would like you to complete the three challenges below.

a. Complete a yoga activity or mindful exercise.

b. Create your own map of your heart. Draw a heart and split it into sections. In each section write something you are grateful for or something that makes you happy. You can decorate it in any way you wish, including using colouring and pictures. Thinking about things to be grateful for can help make us happy and think positively.

c. I am, I can, I have – Write the things that you can do, that you have and that you are. It could be as simple as I can do all of my 3 times tables. This is a time to celebrate our successes and think about the things we have achieved this year. You could decorate each section with colours and pictures of the activities.

Whilst we are spending time being mindful, remember how important having good mental health is and how important it is to talk to others about our feelings. You might want to share how you feel with someone at home or ask how they are finding things. As always, please share all the amazing learning you are doing at home. We would love to include it in our newsletter.

Mrs Keddy, Mrs Kent and Ms May

