

Discovery Foundation activities Week 3 and 4 (20.4.20 – 1.5.20) – try to complete one activity for each subject per week. There will be a different range of subjects each fortnight.

	Research	Design or draw it	Make it	Question or test it
<p>PSHE</p> <p>World Health Organisation description,</p> <p>“Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community.”</p>	<p>Research different 'mindful activities.'</p> <p>How many different types of activities can you find? Try some out, which did you find more relaxing and calming?</p> <p>Remember when researching on the internet we stay safe by:</p> <ul style="list-style-type: none"> - Using kiddle.co instead of Google - Always have an adult nearby <p>Always asking a trust adult for their opinion if you are unsure about what you are reading online</p>	<p>Many people find drawing or colouring helpful to recreate a balance in their mind. We often call these activities 'mindful activities.'</p> <p>Complete one mindful activity for a minimum of 20 minutes. Remember, to be truly mindful, it should be away from distractions such as technology or loud noises. *It might be relaxing to play mindful music like we do in class.</p>	<p>Make a mindful activity for someone in your house and try to create the atmosphere needed to be truly mindful.</p> <p>This could involve making an adult their favourite drink, turning off all devices and disruptive noises and being quite long enough for them to complete the task you have set them.</p>	<p>Using the WHO description for mental health:</p> <p>Discuss with an adult what you think mental health means (it is different to a mental health problem).</p> <p>Challenges, stress and anxiety are a NORMAL part of life and alone they don't signify a mental health problem. Discuss with an adult what you find challenging, stressful or may make you a little anxious and what you might be able to do to recreate a balance.</p>

<p>Science Earth and Space/ States of Matter</p>	<p>Research what the Solar System consists of. Which planets? What amazing facts can you find about each planet?</p> <p>Present your findings in fact file or poster.</p>	<p>Look through the states of matter ppt. Then, draw a grid with 3 columns labelled Solids, liquids and gases. (I have included an example grid and pictures if your child would prefer to use that)</p> <p>In each column, draw objects that you can find in your house/ garden under the correct heading. e.g. Solids- draw a table/ clock/ dog/ sofa/ you!</p>	<p>Heating or cooling can cause materials to change state. Follow a recipe which requires you to change ingredients states (e.g. solid to liquid>> butter melting)</p> <p>Please complete this activity with an adult who can supervise you.</p>	<p>Flat Earth V Spherical Earth. There are two main theories about the shape of the Earth.</p> <p>Using the Twinkl Activity cards, discuss why the group of people may hold their belief, whether you agree or disagree and why.</p>
<p>Computing Exploring my world You will need access to Google Earth</p>	<p>Using Google Earth, try to find Horrington Primary School. What day was the satellite camera image taken? How do you know?</p> <p>Roll the dice to visit at least 5 different random locations. Where have you visited? How does that location differ from Horrington's landscape?</p>	<p>With an adult, using Google Earth, find the 'ruler' tool and practice setting points on the map.</p> <p>How far would a bird need to fly to get from your house to our school? It is 14.3km to my front door!</p> <p>How far would you need to go if you walked to school? Can you find any safe footpaths to reduce the distance?</p>	<p>Using the details found on Google Earth, make a map of an area of your choice. This could be your journey to school or you could research somewhere you would love to visit.</p>	<p>Discuss with an adult where their favourite location is. What did they like about that place?</p> <p>Try to find it on Google Earth and ask them to give you a guided tour. Can you find all of the landmarks and areas that they enjoyed visiting?</p> <p>Google Earth cannot capture smells, noises,</p>

	Record your findings in your purple book using a Similarities and Differences table.	How far would you need to go if you drove to school?		feelings and emotions. Ask your adult to recount those so that you can immerse yourself in that location.
e-safety Building good habits online		Using the ELIM poster, create a poster to demonstrate the good habits we should make when online.	Using the ideas on the ELIM poster, make yourself some top rules to follow when online.	Using the ELIM poster below, discuss with an adult the steps you can make to build good habits online.
French	Complete one task from the booklet a week			
PE Health related fitness Remember to do at least 30 mins of activity everyday. This could be a Joe Wick workout via YouTube, a cosmic yoga session or a walk in the fresh air	Research about what your body needs to keep fit. How are you going to ensure you get all of those things this week? Is there anything you may need to do differently this week or a normal week at school? This could involve adding things to your routine and reducing or removing some things.	Complete a Joe Wicks workshop and then design your own for a member of your family. It would be great to see pictures of your family exercising together!	Take part in one of the Tokyo 10 Activities www.getset.co.uk	Go for a planned walk. See if you can beat your time on another day. Draw a map of your walk and record the time.



Building habits when I use technology

I am kind and responsible

I am safe and secure

I am healthy



I ask a trusted adult before I use technology



I check I can see a trusted adult, and a trusted adult can see me



I share and enjoy what I do with technology with other people



I use technology at the right time. I stop at the agreed time



I am always kind and polite



I tell a trusted adult if I am worried or upset



I stand up and move about every 30 minutes



I do a mix of activities at home and in school