

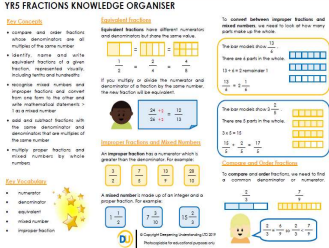
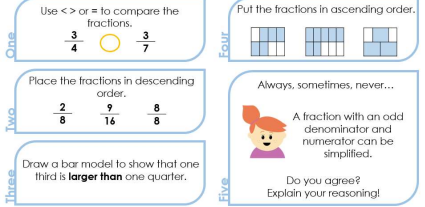
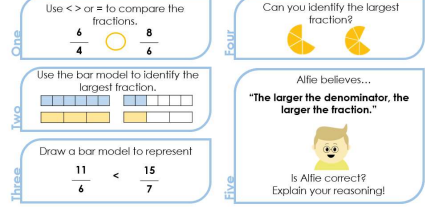
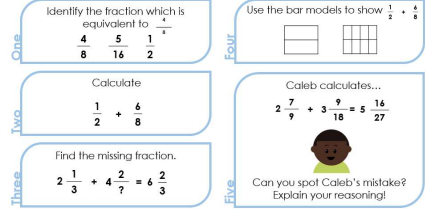


Subject:	Description of Task:	Resources:
<p>English Spelling</p> <p><b>Activity 1</b></p>	<p>Write a sentence containing the plural form of these nouns.</p> <ol style="list-style-type: none"> <li>1. Look at the ending of the singular word.</li> <li>2. Usually, add <b>s</b> unless the ending is <b>ch, sh, x</b> or <b>s</b> (add <b>es</b>), or <b>f</b> or <b>fe</b> (replace <b>f</b> or <b>fe</b> with <b>v</b>, and add <b>es</b>).</li> <li>3. Write the plural word and check that it looks correct.</li> </ol>	<p>church fox window lamp wolf wife ship life calf bush bus coach</p>
<p>English Comprehension</p> <p><b>Activity 2</b></p>	<p>Read the text – Counting</p> <p>Answer the questions about the text.</p>	 <p><b>Counting</b></p> <p>Today, I walked to school. I went a longer way than usual, I'm counting up my steps. I stopped at the newsagent and bought a bottle of water. My teacher says it's important to drink a lot to stay healthy. By the time I'd got to the front gate, I'd already done 5000 steps. What a big number, I thought to myself. But then I remembered what I'd heard on the news the day before. Apparently, there are only 5000 black rhinos left in the wild. Immediately, 5000 seemed insignificant.</p> <p>Our first lesson was English; we wrote a story. Mine was all about an astronaut blasting off into space to explore the universe. He was looking for another planet for humans to live on. Afterwards, I counted up my words. 800! I told my friend who said it was loads. Way more than they'd written. But then I remembered that there are roughly 800 mountain gorillas left in Africa. After that, the number seemed minuscule.</p>
<p>English Punctuation &amp; Grammar</p> <p><b>Activity 3</b></p>	<p><b>Relative Clauses</b></p> <p><b>Remember:</b></p> <p>Our neighbours, <b>who</b> are lovely people, have put their house up for sale.</p> <p>The relative pronoun '<b>who</b>' links, or relates, to the noun phrase 'our neighbours'.</p> <p>The <b>relative clause</b> it introduces gives us more detail about the neighbours: it behaves like an adjective.</p> <p>That day, <b>when</b> I first met Dave, was the happiest day of my life.</p> <p>'When' in this sentence refers to the noun phrase 'That day'. The relative adverb <i>when</i> means 'on which or in which' and is used to refer to time and dates.</p>	<p>Rewrite the sentences using a suitable relative pronoun in the correct place. Add punctuation if it is needed.</p> <ol style="list-style-type: none"> <li>a) This book is the best I've ever read won an award.</li> <li>b) Her aunt was born in France can speak many languages.</li> <li>c) Last night we had curry is my favourite meal.</li> <li>d) She is a famous artist paintings sell for millions.</li> <li>e) This is a song reminds me of last summer.</li> <li>f) Mike you met last year is living in America now.</li> </ol>
<p>English Writing</p> <p><b>Activity 4</b></p>	<p>Research and classify birds and bugs.</p> <p>Write an information text about the creature that you design.</p> <p>Do you remember our Liosp information reports?</p> <p>Take a look at the Liosp example information text in the pack and use it to help you.</p>	<p><a href="https://www.literacyshed.com/blackhat.html">https://www.literacyshed.com/blackhat.html</a></p> 

English Reading	<p><b><u>YEAR 5 (ONLY)– READING PLUS</u></b></p> <p>A new account has been set up for you. Please, follow this link...</p> <p><a href="https://student.readingplus.com/seereader/api/sec/login">https://student.readingplus.com/seereader/api/sec/login</a></p> <p>You will be asked for the site code which is <b>RPROWLA1</b></p> <p>You will be asked for your user name which is your first name and the initial of your surname. E.g. <b>BrandonG</b></p> <p>The password is <b>ReadingP</b></p> <p>You will be asked to complete an InSight assessment first. Once you have completed this you can read the books. Please, try to read for 30 minutes x5 per week.</p> <p>Any problems please get in touch.</p> <p>Read a book from <i>Oxford Owl</i> or read a book that you have at home. Try to read for at least 15 minutes per day.</p>	<p><b>YEAR 5 ONLY</b></p> <p><a href="https://student.readingplus.com/seereader/api/sec/login">https://student.readingplus.com/seereader/api/sec/login</a></p> <p><b>Year 5 and 6</b></p> <p><a href="https://home.oxfordowl.co.uk/">https://home.oxfordowl.co.uk/</a></p>
Maths Key Fact	<p><b>Daily 10 - Mental Maths Challenge - Topmarks</b></p> <p><a href="http://www.topmarks.co.uk/maths-games/daily10">www.topmarks.co.uk/maths-games/daily10</a></p> <p>How quickly you can recall your times tables?</p> <ol style="list-style-type: none"> <li>1. Follow the link</li> <li>2. Select level 6</li> <li>3. Select Division</li> <li>4.. Select 3, 5, 7 or 10 second intervals</li> </ol>	<p><b>iPad or laptop</b></p> <p><a href="http://www.topmarks.co.uk/maths-games/daily10">www.topmarks.co.uk/maths-games/daily10</a></p>
<p><b>Maths Revision 1</b></p> <p><b>Lesson 1</b></p>	<p>Use the Help Sheet to remind you about fractions.</p> 	
<p><b>Maths Revision 2</b></p> <p><b>Lesson 2</b></p>	<p>Please see the sheets included in your pack.</p>	
<p><b>Maths Written Method</b></p> <p><b>Lesson 3</b></p>	<p>Please see the sheets included in your pack.</p>	

Activity Grid for Foundation Subjects / Wider Curriculum Class: Y5/6 **Week: 12**

Select which activities you prefer to do or those that you have the available resources to do. You should complete at least 6.

<div> <div>Science</div> <div>HOW TO BUILD A SUN DIAL</div> <div> <div>1</div> <div>Creating the base: Draw and cut out a rectangular or circular shape onto a large piece of cardboard.</div> </div> <div> <div>2</div> <div>Creating the gnomon: Draw and cut out a right-angle triangle.</div> </div> <div> <div>3</div> <div>Using a protractor (if you don't have one visit <a href="http://www.ginilab.com/feeds/angle_measurement/">www.ginilab.com/feeds/angle_measurement/</a>), adjust the angle of the gnomon (triangle) to create one edge at an angle of 51 degrees.</div> </div> <div> <div>4</div> <div>Attach a long stick to the edge of the gnomon (triangle) so that the stick is also angled at 51 degrees.</div> </div> <div> <div>5</div> <div>Stick the gnomon to the centre of the cardboard base.</div> </div> </div>
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 History  Design a Greek vase | Geography  Compass Directions || Art / Design & Technology | PSHE | PE |
Framing Nature  You will need:   - Cereal box - Scissors - Camera  1. Cut out a cardboard frame from a cereal box. Ask an adult to help with the centre!  2. On a walk or in the garden, use your frame to capture nature.  3. Take a photograph and create a nature collage!  EXTENSION  Why don't you draw or paint what you have captured in your frame?  Use your images to create a book about nature. Label each flower, plant or tree and add a description.  Start a project about cloud formations and use your frame to capture the different cloud formations.  Take time to notice and appreciate the beauty of nature around you.  @MrsBpniSTEM	Try some of the relaxing activities included in the pack.  Brain Break Breathing  Bubble Breathe  Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it far next time. Repeat.  Brain Break Breathing  Bumble Bee Breathe  Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly open. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5. Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.  Brain Break Breathing  Balloon Breathe  Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, filling up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.  Brain Break Breathing  Starfish Breathe  Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, stretch hands and repeat.	Have you tried our virtual sports day from the school website?  Take part in #WRITEUNITE!  Sports Day Poem  I would like you to write a poem to celebrate your memories.  What do you enjoy most about sports day?  What are the important values that sports day teaches us?  Your poem can be in any style, any length and doesn't always have to rhyme!  Read some examples in the sheet below.  I would like you to share your sports day poems by emailing them to the school office by  Wednesday 8<sup>th</sup> July 2020!  There may be prizes! Good Luck!
Quiz Master	What if?	In the World...
Odd One Out  1. Which is the odd one out?  2. Which country is the odd one out?  3. Which is the odd one out?	What if you could change into any animal! Which animal would you want to be? Why?	<https://www.bbc.co.uk/newsround/news/watchnewsround>  Watch Newsround and complete 3 of the quizzes.



## English Reading Comprehension – Activity 2



### Counting

Today, I walked to school. I went a longer way than usual, I'm counting up my steps. I stopped at the newsagent and bought a bottle of water. My teacher says it's important to drink a lot to stay healthy. By the time I'd got to the front gate, I'd already done 5000 steps. What a big number, I thought to myself. But then I remembered what I'd heard on the news the day before. Apparently, there are only 5000 black rhinos left in the wild. Immediately, 5000 seemed insignificant.

Our first lesson was English; we wrote a story. Mine was all about an astronaut blasting off into space to explore the universe. He was looking for another planet for humans to live on. Afterwards, I counted up my words. 800! I told my friend who said it was loads. Way more than they'd written. But then I remembered that there are roughly 800 mountain gorillas left in Africa. After that, the number seemed minuscule.

I dreaded maths after break. We had a fractions test, and I hate fractions. I'd drunk a lot of water to make sure my brain was working well - I'd lost the bottle I bought before school, but luckily we had a pile of plastic cups for us to use at the water fountain. Our maths teacher was cold and had forgotten his coat, so we had the radiators on full. It was sweltering! In the end, the test wasn't too bad. We had 55 minutes, but I finished after half an hour. It felt like such a long time, so many minutes to waste. While I waited, I thought back to an advert on the television: 55 elephants are killed each day for their ivory. How awful! Now, 55 felt enormous. Far bigger than before.

At lunch, my friend reminded me that tomorrow was her birthday. As if I could forget! She always makes such a big deal of being one whole year older. It's only 365 days, I always tell her. 365 get-ups, it's not that big a number to get through. Then, I caught sight of a poster on the wall. It was battered and unloved, but I could just make out the message. Every hour, we dump 365 tonnes of plastic into our oceans. That's five times as heavy as a space shuttle! Or three-and-a-half blue whales! Every hour! Definitely not insignificant. In an instant, I looked down at the plastic cup in my hand - the fourth I'd used today - and thought back to the plastic bottle I'd bought from the shop. Where would they all end up? Would they be part of the 365?

Finally, it was time to go home. As I climbed into my mum's car to drive the half a mile to our

house, I thought back to how I'd started the day. I looked at my watch, I'd only hit another 2000 extra steps. Not as many as I'd wanted. As if by magic, the man on the radio chimed in with the news. Scientists have worked out that around 2000 species of animal are becoming extinct each year. Suddenly, 2000 seemed vast.

"That's 5 species a day!" my mother exclaimed.

I swallowed hard and thought back over all the things I'd done today that weren't helping the planet. I don't think I can live with losing 5 species a day, can you?



Answer these questions about the text...

## SUMMARY FOCUS

Summarise all of the things that she has done during the day that have an impact on the planet and climate.

Find three examples of vocabulary that tell you the size of a number.

How many plastic cups did she use over the day?

When is her friend's birthday?

Explain how the author makes it easier for the reader to understand the scale of the problem.

When she thinks about her day, how does the author feel?

### English Grammar – Activity 3

Rewrite the sentences using a suitable relative pronoun in the correct place. Add punctuation if it is needed.

- a)** This book is the best I've ever read won an award.
- b)** Her aunt was born in France can speak many languages.
- c)** Last night we had curry is my favourite meal.
- d)** She is a famous artist paintings sell for millions.
- e)** This is a song reminds me of last summer.
- f)** Mike you met last year is living in America now.



# The Liosp

Non-chronological report

Y5

Meet the Liosp - the most visually intimidating mammal/insect to inhabit the world's tropical rainforests. With an upper body of a lion and the lightweight tail-end of a wasp, this creature is perfectly adapted to survive within the competitive realm of its habitat.

## Appearance

This unique creature is an obvious hybrid: its large muscular head is an exact replica of a female lion (maneless) and its body too, is identical to that of an everyday house wasp. Dominating its face, an enormous jaw houses four razor-sharp teeth which protrude from each corner. Its two large wings, extending from the centre of its body, provide efficient propulsion (pushing forwards) through the different layers of the rainforest. At the end of its adjoining tail, which surprisingly can extend up to one metre long, is a single spike with only one purpose- to sting!

## Diet

Liosps, like Badgerhogs, are omnivorous meaning they eat both plant and animal matter. Forest floors are tremendously rich in animal life so the Liosp will feast on decaying leaves along with insects, arachnids (spiders) and reptiles (snakes and lizards).



Advantaged by its ability to fly, the Liosp can reach the canopy of the rainforest in search for larger prey such as toucans and parrots. Using its sharp teeth, it can tear apart its prey destructively.

### Defence

Because of their menacing jaws and deadly stings, Liosps are adept at defending themselves. When threatened, it will strike its tail from left to right to warn the predator of the danger they may face. The Liosp's ability to fly, enhanced by its over-sized wings and aerodynamic body, usually enables it to escape from dangerous situations. Amazingly, if a predator does capture a Liosp, it will release its tail from its body, hoping the predator will then be distracted by the severed limb in order for it to escape.

Fortunately, the Liosp has regenerative genes which means it can grow its tail back within just one week.

So, next time you visit one of our world's tropical rainforests  
(don't look out for them in the temperate ones- they don't  
inhabit those) look out for the Liosp  
because it's not every day  
(thankfully) that you will  
see one flying past  
your window.





# YR5 FRACTIONS KNOWLEDGE ORGANISER

## Key Concepts

- compare and order fractions whose denominators are all multiples of the same number
- identify, name and write equivalent fractions of a given fraction, represented visually, including tenths and hundredths
- recognise mixed numbers and improper fractions and convert from one form to the other and write mathematical statements > 1 as a mixed number
- add and subtract fractions with the same denominator and denominators that are multiples of the same number
- multiply proper fractions and mixed numbers by whole numbers

## Key Vocabulary

- numerator
- denominator
- equivalent
- mixed number
- improper fraction



## Equivalent Fractions

Equivalent fractions have different numerators and denominators but share the same value.



$$\frac{1}{2} = \frac{2}{4} = \frac{4}{8}$$

If you multiply or divide the numerator and denominator of a fraction by the same number, the new fraction will be equivalent.



$$\frac{24 \div 2}{26 \div 2} = \frac{12}{13}$$

## Improper Fractions and Mixed Numbers

An improper fraction has a numerator which is greater than the denominator. For example:

$$\frac{3}{2}, \frac{7}{5}, \frac{13}{9}, \frac{28}{10}$$

A mixed number is made up of an integer and a proper fraction. For example:

$$1\frac{1}{2}, 7\frac{3}{10}, 15\frac{2}{3}$$



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# Help Sheet

To convert between improper fractions and mixed numbers, we need to look at how many parts make up the whole.

The bar models show  $\frac{13}{6}$ .

There are 6 parts in the whole.

$$13 \div 6 = 2 \text{ remainder } 1$$

$$\frac{13}{6} = 2\frac{1}{6}$$



The bar models show  $3\frac{2}{5}$ .

There are 5 parts in the whole.

$$3 \times 5 = 15$$

$$15 \div 5 = 3$$



## Compare and Order Fractions

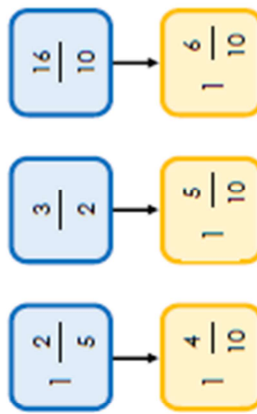
To compare and order fractions, we need to find a common denominator or numerator.



$$\frac{2}{3} = \frac{6}{9} \text{ so } \frac{2}{3} < \frac{7}{9}$$

# YR5 FRACTIONS KNOWLEDGE ORGANISER

These fractions have been ordered from smallest to greatest. Their equivalent fractions using common denominators are shown beneath.



## Add Fractions

When we add fractions with different denominators, we need to find a common denominator.



$$\frac{1}{6} = \frac{2}{12}$$

$$\frac{2}{12} + \frac{5}{12} = \frac{7}{12}$$

Remember, when we have found the common denominator, we only need to add the numerators.

We can use this method to add three fractions

$$\frac{3}{7} + \frac{12}{21} + \frac{10}{14} = \frac{3}{7} + \frac{4}{7} + \frac{5}{7} = \frac{12}{7} = 1 \frac{5}{7}$$

To add mixed numbers, we add the wholes then the parts.

$$2 \frac{10}{15} + 4 \frac{2}{3}$$



$$2 + 4 = 6$$

$$\frac{10}{15} + \frac{2}{3} = \frac{2}{3} + \frac{2}{3} = \frac{4}{3}$$

$$6 + \frac{4}{3} = 6 + 1 \frac{1}{3} = 7 \frac{1}{3}$$

## Subtract Fractions

To subtract fractions with different denominators, we again find a common denominator. We can convert mixed numbers to improper fractions when we need to exchange.



$$1 \frac{7}{12} - \frac{3}{4} = 1 \frac{7}{12} - \frac{9}{12} = \frac{10}{12}$$

Converting mixed numbers to proper fractions also helps us when we subtract mixed numbers where exchanging is needed.

$$2 \frac{1}{5} - 1 \frac{7}{10} = 2 \frac{2}{10} - 1 \frac{7}{10} = \frac{22}{10} - \frac{17}{10} = \frac{5}{10}$$

## Multiply Fractions by Integers

To multiply a fraction by an integer, we multiply the numerator by the integer.

$$\frac{3}{7} \times 2 = \frac{6}{7}$$

To multiply a mixed number by an integer, we can multiply the whole and part separately or convert to an improper fraction.

$$2 \frac{4}{9} \times 5$$

$$2 \times 5 = 10$$

$$\frac{4}{9} \times 5 = \frac{20}{9} = 2 \frac{2}{9}$$

$$10 + 2 \frac{2}{9} = 12 \frac{2}{9}$$

$$2 \frac{22}{9} \times 5 = \frac{110}{9} = 12 \frac{2}{9}$$

## Fractions as Operators

We can multiply fractions by integers to find fractions of amounts.

$$\frac{2}{11} \text{ of } 4 = \frac{2}{11} \times 4 = \frac{8}{11}$$



# Maths Lesson 1

Use  $<$  or  $=$  to compare the fractions.

$$\frac{3}{4} \quad \bigcirc \quad \frac{3}{7}$$

One

Place the fractions in descending order.

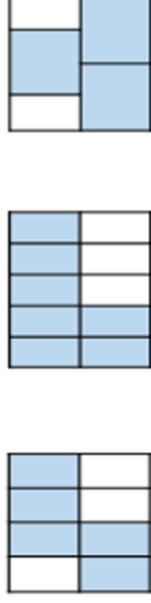
$$\frac{2}{8} \quad \frac{9}{16} \quad \frac{8}{8}$$

Two

Draw a bar model to show that one third is **larger than** one quarter.

Three

Put the fractions in ascending order.



Four

Always, sometimes, never...



A fraction with an odd denominator and numerator can be simplified.

Do you agree?  
Explain your reasoning!

Five



## Maths Lesson 2

Use  $<$  or  $>$  or  $=$  to compare the fractions.

$$\frac{6}{4} \quad \bigcirc \quad \frac{8}{6}$$

One

Can you identify the largest fraction?



Four

Use the bar model to identify the largest fraction.



Two

Draw a bar model to represent

$$\frac{11}{6} < \frac{15}{7}$$

Three

Alfie believes...

**“The larger the denominator, the larger the fraction.”**



Is Alfie correct?  
Explain your reasoning!

Five

## Maths Lesson 3

Identify the fraction which is equivalent to  $\frac{4}{8}$

$$\frac{4}{8} \quad \frac{5}{16} \quad \frac{1}{2}$$

One

Calculate

$$1\frac{1}{2} + \frac{6}{8}$$

Two

Find the missing fraction.

$$2\frac{1}{3} + 4\frac{2}{?} = 6\frac{2}{3}$$

Three

Use the bar models to show  $1\frac{1}{2} + \frac{6}{8}$



Four

Caleb calculates...

$$2\frac{7}{9} + 3\frac{9}{18} = 5\frac{16}{27}$$



Can you spot Caleb's mistake?  
Explain your reasoning!

Five

## Art/DT Activity

# Framing Nature

You will need:

- Cereal box
- Scissors
- Camera



1. Cut out a cardboard frame from a cereal. Ask an adult to help with the centre!
2. On a walk or in the garden, use your frame to capture nature.
3. Take a photograph and create a nature collage!



### EXTENSION

Why don't you draw or paint what you have captured in your frame?

Use your images to create a book about nature. Label each flower, plant or tree and add a description.

Start a project about cloud formations and use your frame to capture the different cloud formations.

Take time to notice and appreciate the beauty of nature around you.

@MrsBpriSTEM



## PE Activity - Sports Day Poetry Examples

The sound collectors came to

visit

Our school sports day.

They took all our favourite  
sounds away.

The laughing of the children,

The thudding of the Dad's Race,

The plop of the welly,

The thud of a child falling.

The shouting of the children,

The cheering of the parents,

The ringing of the bell,

The tweeting of the singing of  
the birds.

The sound collectors came today.

Now they've taken all the sounds  
away.

Now the field is quiet.

By Anya

**S**upporting your team

**P**articipating in all sports

**O**rganising down to the last second

**R**unning, leaping, jumping, hopping

**T**ime running short

**S**unny weather

**D**aring to push our limits

**A**lways supporting, never criticising

**Y**ielding the victory cup!

by Willow in P6/8

Fasten your laces,  
Toes behind the line,  
The sun is shining,  
It's Sports Day time!

It's time to have races,  
It's time to have fun,  
On your marks, get set...

Jump!  
Skip!  
Run!

It's time for a cold drink,  
It's time for a rest.  
Well done everyone,  
You've all done your best!

A sunny day, a clear blue sky  
The pupils came out.

Their heads held high!

Four different colours,

Excitement to come,

All supported

By their dads and mums!

Pupils are strong, determined and fast

Here comes the parents' race,

Hope mine isn't last!

But who are the winners

Red, blue, yellow or green?

Hurrah it's a victory

For Callendar's team!

Examples of Sports Day Poetry

## Science Activity

### HOW TO BUILD A SUN DIAL

- 1 Creating the base:**  
Draw and cut out a rectangular or circular shape onto a large piece of cardboard.
- 2 Creating the gnomon:**  
Draw and cut out a right-angle triangle.
- 3** Using a protractor (if you don't have one visit [www.ginifab.com/feeds/angle\\_measurement/](http://www.ginifab.com/feeds/angle_measurement/)), adjust the angle of the gnomon (triangle) to create one edge at an angle of 51 degrees.
- 4** Attach a long stick to the edge of the gnomon (triangle) so that the stick is also angled at 51 degrees.
- 5** Stick the gnomon to the centre of the cardboard base.

### HOW TO USE YOUR SUN DIAL

- 1** Take your sun dial outside at 12 o'clock (midday).
- 2** Using a compass find north and rotate the base around until the gnomon is pointing towards north.
- 3** Use a marker pen to draw on the base where the tip of the shadow is on the base. This will record where 12 o'clock is.
- 4** Each hour, on the hour, observe where the shadow has moved to and place a marking point onto your base.
- 5** If you can, keep the sundial in the same position so that on the following day you can add the time intervals for before 12 o'clock (midday).

#### Brain Break Breathing

##### Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



#### Brain Break Breathing

##### Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

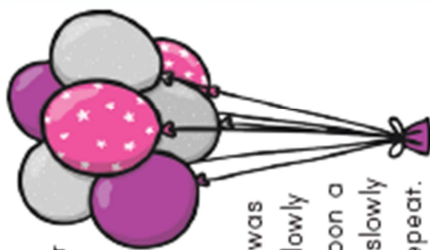
Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



#### Brain Break Breathing

##### Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



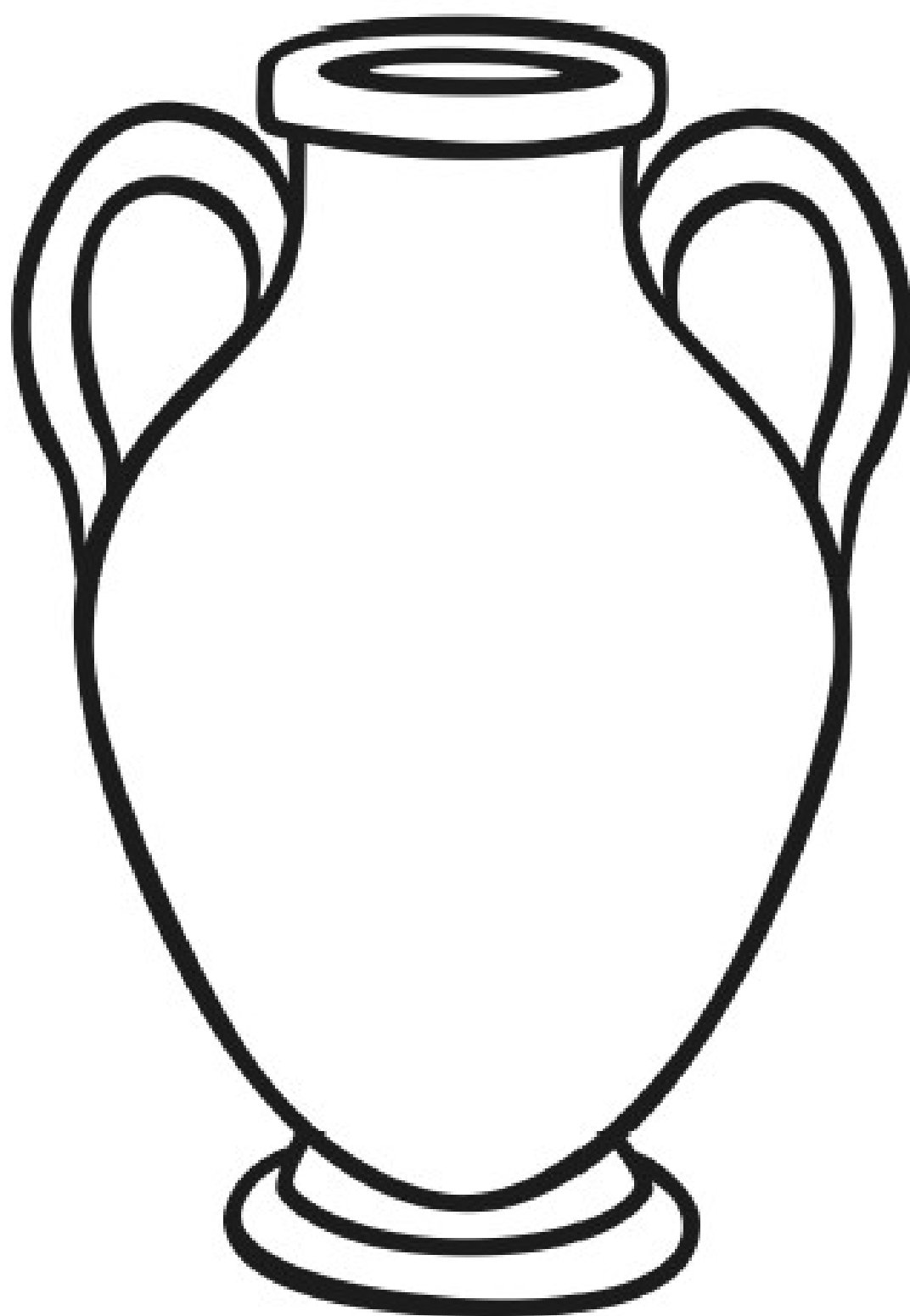
#### Brain Break Breathing

##### Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.







# Odd One Out

1. Which is the odd one out?



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2. Which country is the odd one out?



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3. Which is the odd one out?



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4. Which is the odd one out?



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7. Which is the odd one out?



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8. Which is the odd one out?



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9. Which is the odd one out?























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10. Which is the odd one out?



## Compass Directions

		bakery 			mosque 	
church 		park 		hospital 		
	taxi rank 		post box 			café 
fire station 		toy shop 		airport 		
	school 		vets 		pool 	
fair 		police station 				beach 
bus stop 		dentist 	<b>Start</b>		supermarket 	

### Compass directions: the town

1. From the start , go NORTH 4 squares. Where are you now?
2. Go NORTH-EAST 1 square. Where are you now?
3. Go SOUTH 2 squares. Where are you now?
4. Go WEST 4 squares. Where are you now?
5. Go SOUTH-EAST 2 squares. Where are you now?
6. Start at the school. How do you get to the fair?
7. Direct someone from the fair to the hospital.
8. Write directions from somewhere on the map to another place.

