













<p>Practise your spellings each week, ready for the spelling test on Fridays. Also, complete the weekly Spelling Shed activity, and hand this in each week.</p> <p></p>	<p>Read at least 3 times a week. Remember to record this in your School Planner.</p> <p></p>	<p>Practise your time-tables or play on Timetables Rockstars at least twice a week.</p> <p></p>	<p>Each week, I will be handing out maths arithmetic activities (15 mins max) and the short grammar and punctuation booklets (just 10 questions). Please ensure these are completed and brought in on Friday morning.</p> <p></p>
<p>Acts of Kindness: perform one act of kindness each day, whether it's helping a classmate, doing a chore at home, or complimenting someone. Make a note of some of the things you have done.</p> <p></p>	<p>Spend some time playing a board game with friends or family.</p> <p></p>	<p>Complete your individualised maths target booklet.</p> <p></p>	<p>Mindful colouring: some examples of mindful colouring has been posted on Teams (you do not need to complete them all) but feel free to find/use your own mindful colouring pages for this.</p> <p></p>
<p>Find a time each week to do some physical activity: this could be playing a sport, going for a run or anything else that simply increases your heart rate. Last term we learnt about both the physical and mental health benefits of this.</p> <p></p>	<p>Create a piece of art linking to evolution and inheritance.</p> <p></p>	<p>Have a go at drawing and colouring cartoon faces. See the instructions in the Teams assignment for details.</p> <p></p>	<p>Nature Walk: spend some time outside, observing nature and taking a short walk in your neighbourhood or local park. If possible, take some photos and bring these in to show the class.</p> <p></p>
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<p>Extra stars:</p>			