

Home Learning Pack

Week 8

Term 3, 2021

Year 3



Barramurra
Public School



Wellbeing Week

This week we are focusing on our wellbeing. Our aim is to take some time to look after ourselves and our emotions.



Home Learning Grid - Term 3 Week 8

Stage 2 - Wellbeing Week & Father's Day

Activities can be completed digitally on the Seesaw app or as a hard copy and uploaded as an image to Seesaw

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|---|---|--|--|---|
| Team Meetings | | | 9:30 - Michigan 10:15 - Penn State | | |
| Good Morning | Answer the question given by your teacher on Seesaw and say good morning! | | | | |
| Reading | Word of the Day - Complete the word of the day on Seesaw/Hard Copy and submit when complete Find a relaxing space in your house where you can read. Read a book, magazine, PM e-collection in your chosen space. Add the book you have read and a picture of where you read to your reading log. At the end of the week, share where your favourite space was to read. Some examples: in bed, on the lounge under a blanket, in a tree-pole, on a beanbag, outside on the grass, outside by the pool, on a chair outside. | | | | |
| Literacy | Wellbeing - Activity 1: Monday Meditation: Choose a meditation to follow or do one of your own. Father's Day: Activity 1 Reading Comprehension Reading: Find a relaxing space to read. Read for 20 minutes and fill in your reading log. Send a pic of you in your space. | Wellbeing - Activity 2: Teamwork Tuesday: work with someone in your family to do something together as a team. Father's Day: Activity 2 Newspaper article (choice of 3) Reading: Find a relaxing space to read. Read for 20 minutes and fill in your reading log. Send a pic of you in your space. | Wellbeing - Activity 3: Wellbeing Wednesday: What is wellbeing and what works for you? Father's Day: Activity 3 Abstract Nouns Poem Reading: Find a relaxing space to read. Read for 20 minutes and fill in your reading log. Send a pic of you in your space. | Wellbeing - Activity 4: Thankful Thursday: Record what you are thankful for. Father's Day: Activity 4 Word Search & Acrostic Poem Reading: Find a relaxing space to read. Read for 20 minutes and fill in your reading log. Send a pic of you in your space. | Wellbeing - Activity 5: Tech Free Friday Father's Day: Activity 5 Complete the offline activity - Make a card for dad. In the card remind him of one of your favourite memories with your dad. |
| Outdoor Physical Activity | Outdoor Physical Activity and Play You could post a picture or video of yourself getting out and getting active | | | | |
| Mathematics | Maths Complete the activity on Seesaw. Log onto Prodigy and complete 30 minutes of activities. https://www.prodigygame.com/main-en/ | Maths Complete the activity on Seesaw. Log onto Prodigy and complete 30 minutes of activities. https://www.prodigygame.com/main-en/ | Maths Complete the activity on Seesaw. Log onto Prodigy and complete 30 minutes of activities. https://www.prodigygame.com/main-en/ | Maths Complete the activity on Seesaw. Log onto Prodigy and complete 30 minutes of activities. https://www.prodigygame.com/main-en/ | Maths Complete the offline Maths activities. |
| Other Key Learning Areas | Science & Technology: Seesaw activity: Coding or the offline Paper Boat Challenge STEM activity (or if you can't decide feel free to do both!) | Geography: Mapping skills - What are the features of places. | Personal Development and Health: Complete the activity on Seesaw. Mindfulness - The Amazing Brain. | Creative Arts: Seesaw activity: Father's Day Artwork (to give as a present!). | Wellbeing - Activity 5: Tech Free Friday Activity |
| Additional Optional Activities | PM e-collection/Reading Eggs (Online English) Log on to PM e-collection or Reading Eggs https://app.pmeccollection.com.au/login | Mathematics Log on to Prodigy and play https://au.prodigygame.com/games/learn/maths/1684688-92ba-4144-9088-b0a040a38303 OR https://www.yousaided.org/ https://rich.maths.org/ | Outdoor Physical Activity and Play Post a picture or video of yourself being active. Department of Education - Learning from Home Resources https://education.nsw.gov.au/teaching-and-learning/learning-from-home/ | | |

Reading Log - Week 8

Reading Log - Week 8

Find a relaxing space in your house where you can read. Read a book, magazine or a book from the PM e-collection in your chosen space. Add the book you have read, a rating and a picture of where you read to your reading log. Be creative!

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-------------------|-------------------|-------------------|-------------------|-------------------|
| Book Title and Author | Title: Author: | Title: Author: | Title: Author: | Title: Author: | Title: Author: |
| Rating - give what you read a rating out of 5, where 1 is not very good and 5 is great! | ★ ★ ★ | ★ ★ ★ | ★ ★ ★ | ★ ★ ★ | ★ ★ ★ |
| Where I read | Where: Photo: | Where: Photo: | Where: Photo: | Where: Photo: | Where: Photo: |

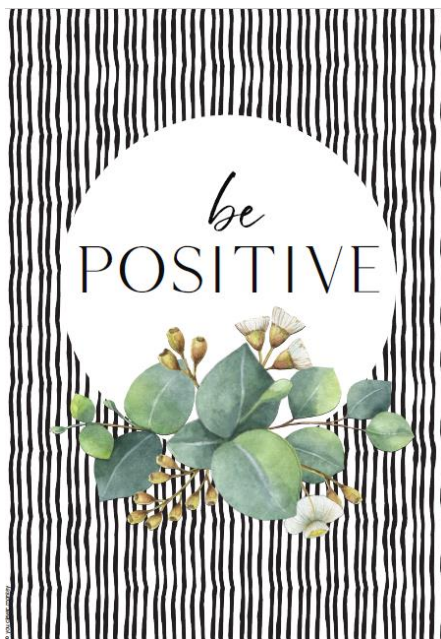
Word of the Day - Week 8

| | Monday | Tuesday | Wednesday |
|---------------|---|---|---|
| Word | qualification | ceremony | international |
| Definition | <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> |
| In a sentence | <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> |
| Synonym | <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> |
| Antonym | <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> |
| Word Origin | <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> |
| Words in word | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

Word of the Day - Week 8

| | Thursday | Friday |
|---------------|-------------------------------------|-------------------------------------|
| Word | mascot | competitive |
| Definition | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| In a sentence | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| Synonym | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
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| Words in word | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

Monday Activities



Well-Being Activity 1

Meditation Monday

Today you will be enjoying some time to complete a guided meditation or yoga. You can choose which one you think you'd enjoy most.



<https://www.youtube.com/embed/8rp5bpFIUpq>

Well-Being Activity 1



<https://www.youtube.com/embed/02E1468SdHg>



<https://www.youtube.com/embed/TCoUnEPeuQk>

Father's Day Activity 1

Father's Day

Father's Day is a day that is celebrated around the world. We celebrate all father figures, including fathers, step-fathers, uncles, grandfathers, godfathers, and carers.



The History of Father's Day

In 1908, a church in America held a ceremony for 362 men who died. The men died in an explosion at a mining company the previous December.

A year later, a young woman named Sonora Smart Dodd wanted to make a day to honour all the fathers. This was after she heard an American woman giving a Mother's Day sermon at church.

She was successful, and the first Father's Day was celebrated on the 19th June 1910.

When Does Australia Celebrate Father's Day?

Australia celebrates Father's Day on the first Sunday of September. We celebrate by showing our love and care for our fathers. We give thanks for our fathers, uncles, grandfathers, godfathers, stepfathers, carers, friends and even our teachers.

How do we celebrate Father's Day?

There are no set traditions on how people celebrate Father's Day, but it is a great time to show our appreciation to our father figures.



You may like to:

- have a day out in the park;
- go on a fishing trip;
- give presents like chocolates, clothes, ties, handkerchiefs, toiletries, socks, or even a gift vouchers;
- make breakfast in bed;
- go out to dinner;
- spend some quality time together as a family.

Father's Day Activity 1

1. Father's Day is a day only celebrated in Australia.
 - a. True
 - b. False
2. In 1909, a young woman named Sonora Smart Dodd wanted to make an official day to:
 - a. Honour only the men who had died in the explosion.
 - b. Honour the women who had helped during the explosion.
 - c. Honour all the fathers in the world.
 - d. Celebrate Father's Day.
3. In what month does Australia celebrate Father's Day?
 - a. May
 - b. June
 - c. August
 - d. September
4. What is the purpose of Father's Day?
 - a. To remember all the men and fathers who have died.
 - b. To show our appreciation, love and care for our father figures.
 - c. To buy lots of presents.
 - d. To spend quality time with our family.
5. What was the date of the first official Father's Day?
 - a. 4th September 1910.
 - b. 19th September 1910.
 - c. 19th June 1910.
 - d. 4th June 1910.
6. Make a list of the different gifts that can be given on Father's Day.

Monday– Maths

This lesson will be pre-recorded and uploaded on Seesaw. Watch the video for additional explanations and examples.

Problem a Day:

Paul bought two jars of paste for \$2.50 each and a pair of scissors for \$3.50. How much did he spend?

Learning Intentions:

- We are learning about factors and multiples of numbers.

Success Criteria:

- I can list the factors and multiples of a given number.

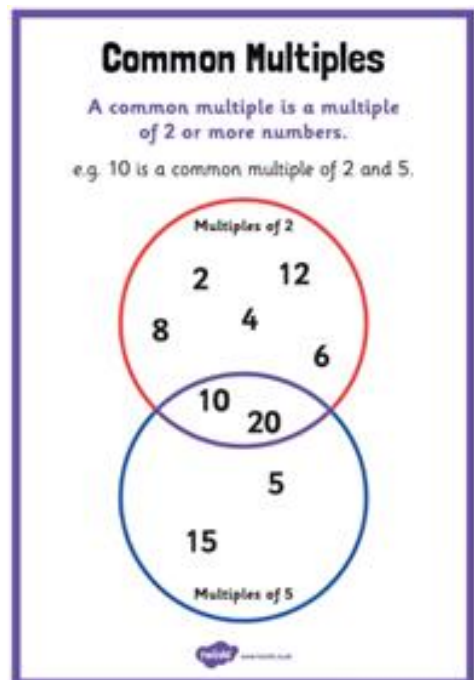
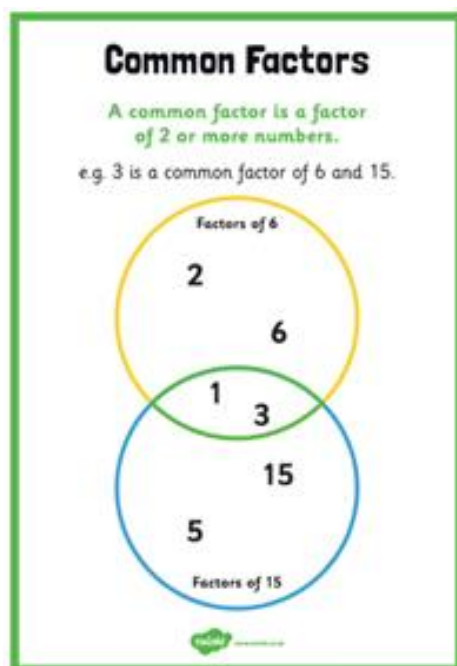
Activities:

Warm up- While listening to the 3 times tables song, write out your 3 times tables. Sing along with the song, repeating your 3 times tables. (Song on Seesaw).

- Record yourself saying your 3 times tables.
- Time yourself and see how fast you can correctly write them out

Time: _____

Today we are going to start looking at factors and multiples of numbers. Factors are numbers which can be multiplied to make a certain number, and multiples are numbers that can be multiplied by a given number.



Monday– Maths

Find the factors of the following numbers-

10-

15-

24-

30-

Find the first 5 multiples of the following numbers-

3-

4-

6-

10-

Log onto nRich and play the Factors and Multiples game. You can play with a partner, or you can play by yourself.

<https://nrich.maths.org/factorsandmultiples>

Don't forget to log onto Prodigy and complete 30 minutes of math tasks.

<https://www.prodigygame.com/main-en/>

Monday – Science & Technology



STEM – Paper Boat Challenge



Learning Goal:

We will be able to carry out the STEM engineering process to create a paper boat that floats with weight placed on it.

Success Criteria:

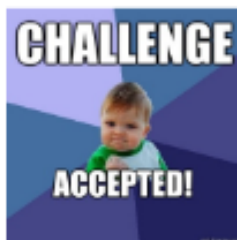
We have:

- Understood the question being asked
- Imagined some ideas to solve the challenge
- Created a plan to address the challenge
- Created a paper boat
- Test and record our first attempt
- Explain and made a second boat with improvements
- Measure the new improved boat and record your findings



If you have access to a device, scan or take photos of these worksheets and upload to Seesaw and include photos for each of the steps.

The most weight in a boat Ms Clark has seen completed by students in a Primary class was just over 170g (using 5c pieces).



1. What is the problem?

You will have two attempts to create your boat using:

- Only **one** pieces of A4 paper (cut in half. One half used for each attempt)
- Sink / bucket (something to test your boat in)
- Small items for measuring (e.g. marbles, coins, LEGO – consistent size/weight)
- Scale (optional)

When you make your second paper boat with improvements to your design remember you are using the other half of the one piece of paper.

Monday – Science & Technology

2. Imagine. What are some ways to solve this problem?

You can be as crazy or as simple as you like with your ideas (remember these are ideas not your plan, you might not end up using any of them).

3. Plan. What are you going to do to solve the problem?

You can: write or draw your plan.

4. Create your paper boat. You can only use $\frac{1}{2}$ a piece of paper.

If you don't have access to A4 paper (new or scrap) you could use a magazine page, quarter of a newspaper, etc.

Take a photo.

Monday – Science & Technology

5. Test. How much can it hold?

Place your boat in water and then start to load it up slowly.

If you have access to a scale, once complete weigh your items to see how many grams your boat was able to hold.

Take a photo and record what you used as weights and how many of them. If you were able to weigh them also record this in grams.

6. Improve. Describe what could be better and explain any changes you could make to improve how much your boat can hold.

7. Test again. Now how much can it hold?

Use the same method of measurements as your first boat

Take a photo and record what you used as weights and how many of them. If you were able to weigh them also record this in grams.

WINNER

Which boat could hold the most weight?

Monday – Science & Technology

REFLECTION:

Did you enjoy this STEM activity? Why/Why not?

What was challenging about this activity?

How did you overcome your challenges?

Tuesday

Activities

be
HAPPY



Well-Being Activity 2

Teamwork Tuesday

Today you will be working together with someone in your family to do something as a team. You could play a game, complete a job around the house or even just spend some quality time together.

It makes us happy when we do things with people who are special to us!

LET'S GET ALONG!



It's
Great to
Work
Together

Teamwork can make a Dreamwork



Father's Day Activity 2

NEWSPAPER ARTICLE

YOUR TASK:

Choose one of the newspaper article templates and complete the article showcasing your dad, grandfather/pop or even uncle and why you think they are the world's best.

Think about the qualities that make your dad/grandfather/uncle special and unique and what you love most about them.

Give a copy of this to your special someone on Father's Day 😊

REMEMBER TO CHECK:

Have I included a photo of my special person or drawn a picture?

Does my writing makes sense?

Have I spelt words correctly?

Have I remembered my basic sentence punctuation?

Optional:

You can choose to do more than one newspaper article.

Dad Times

Special Edition

Dad Checklist

- Funny
- Caring
- Brave
- Cool
- Crafty
- Happy
- Smiley
- Brilliant
- Wise
- Trustworthy
- Considerate
- Loving
- Cuddly
- Kind
- Silly
- Thoughtful
- Smart
- Awesome

World's Best Dad



The winning dad and his family (Draw a picture of you and your dad)

When asked about this prize, his child said:
My dad is amazing! He is _____.
When he _____, it makes me so happy.
I love spending time with him, especially
doing _____.
He is brilliant at _____.
He really is the best dad ever!

twinkl www.twinkl.co.uk

Grandad Times

Special Edition

Grandad Checklist

- Funny
- Caring
- Brave
- Cool
- Crafty
- Happy
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World's Best Grandad

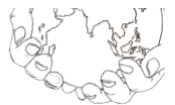


The winning grandad and his family (Draw a picture of you and your grandad)

When asked about this prize, his grandchild said:
"My grandad is amazing! He is _____.
When he _____, it makes me so happy.
I love spending time with him, especially
doing _____.
He is brilliant at _____.
He really is the best grandad ever!

twinkl www.twinkl.co.uk

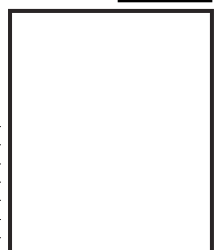
MY NEWS



WORLD'S BEST

The award for best
goes to

Written by _____



Father's Day

Dad Times

Special Edition

Dad Checklist

- Funny
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Father's Day

Grandad Times

Special Edition

Grandad Checklist

- Funny
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World's Best Grandad

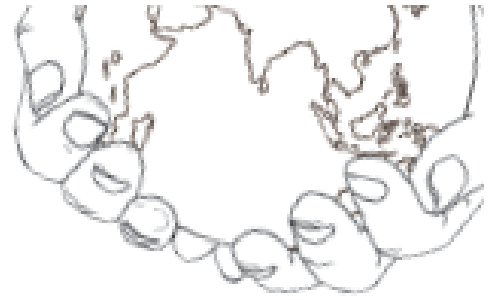


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Father's Day

MY NEWS

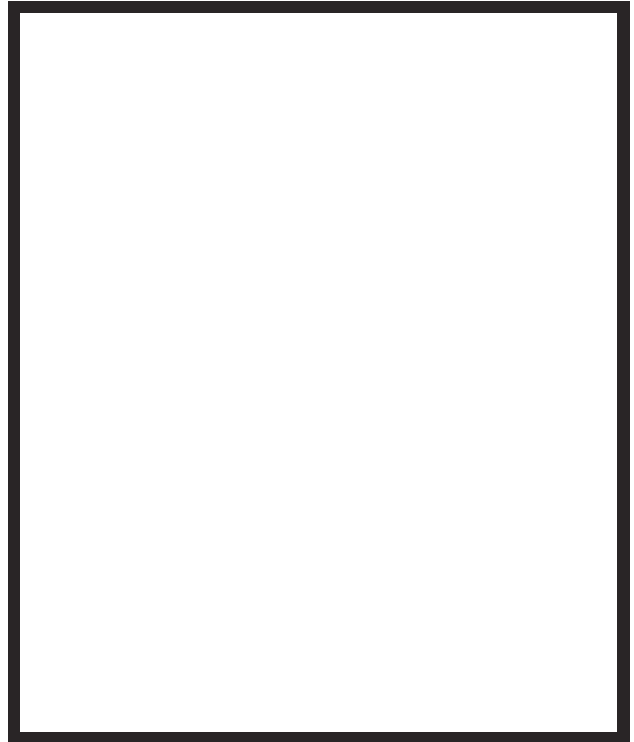


WORLD'S BEST



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Tuesday– Maths

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Learning Intentions:

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Activities:

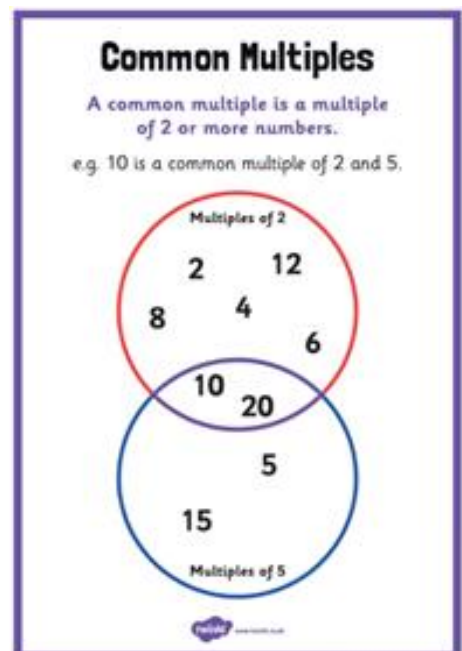
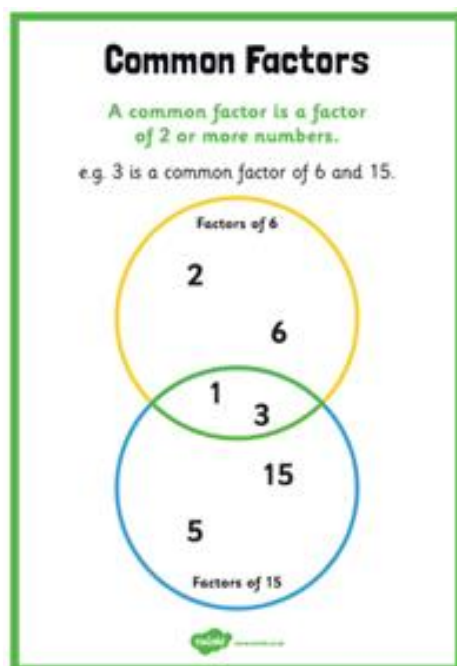
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Record yourself saying your 4 times tables.

- Time yourself and see how fast you can correctly write them out

Time: _____

Yesterday we began looking at factors and multiples of numbers. Factors are numbers which can be multiplied to make a certain number, and multiples are numbers that can be multiplied by a given number.



Tuesday– Maths

Click on the link to play the factors game **Zap-A-Zoid**.

<https://www.roomrecess.com/mobile/Zap-A-Zoid/play.html>

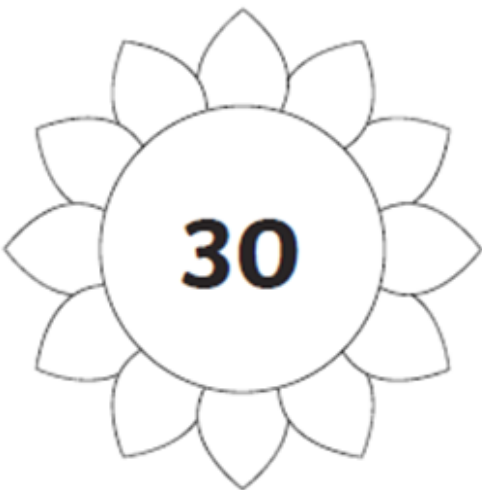
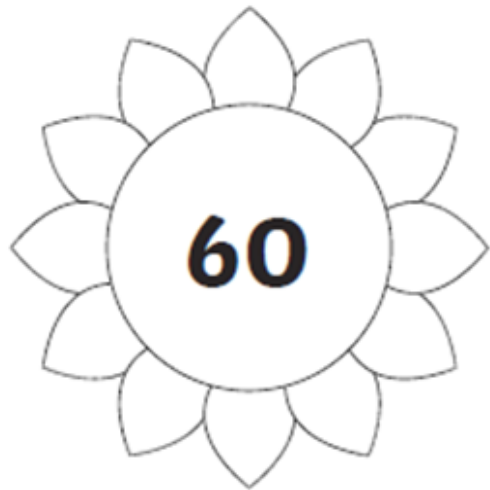
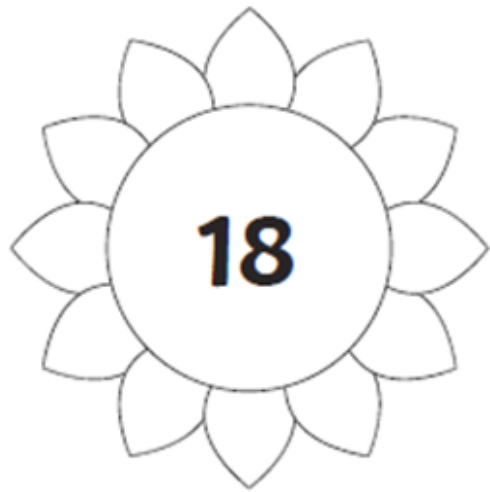
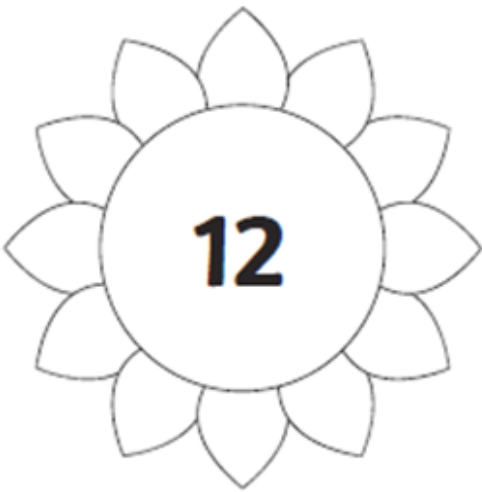
Below is a multiplication chart. Use the chart to complete the Factor Flowers on the following page.

| x | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|
| 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 2 | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
| 3 | 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | 27 | 30 | 33 | 36 |
| 4 | 4 | 8 | 12 | 16 | 20 | 24 | 28 | 32 | 36 | 40 | 44 | 48 |
| 5 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 |
| 6 | 6 | 12 | 18 | 24 | 30 | 36 | 42 | 48 | 54 | 60 | 66 | 72 |
| 7 | 7 | 14 | 21 | 28 | 35 | 42 | 49 | 56 | 63 | 70 | 77 | 84 |
| 8 | 8 | 16 | 24 | 32 | 40 | 48 | 56 | 64 | 72 | 80 | 88 | 96 |
| 9 | 9 | 18 | 27 | 36 | 45 | 54 | 63 | 72 | 81 | 90 | 99 | 108 |
| 10 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 | 110 | 120 |
| 11 | 11 | 22 | 33 | 44 | 55 | 66 | 77 | 88 | 99 | 110 | 121 | 132 |
| 12 | 12 | 24 | 36 | 48 | 60 | 72 | 84 | 96 | 108 | 120 | 132 | 144 |

Tuesday– Maths

Factor Flowers

Write the factors on petals that belong to the number in the flower.



Tuesday – Geography

What are the features of places?

LEARNING INTENTION

Students will be able to:

Represent Australia as states and territories.

Develop an understanding of the representation of Australia as Country/places of Aboriginal and Torres Strait Islander Peoples. (rubric)

Identify major places in Australia, both natural and human.

SUCCESS CRITERIA

I can:

Recognise and name natural and man-made features.

Identify places that are important to me and how to respect them.



Tuesday – Geography

What are the features of places?

Youtube: Why I love Australia by Bronwyn Bancroft

What did you like about this book?

Can you match the natural feature to the word?



river

desert

beach

hill

mountain

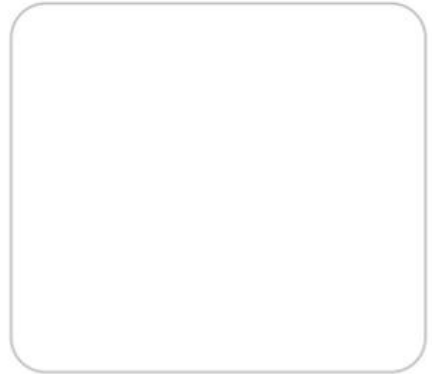
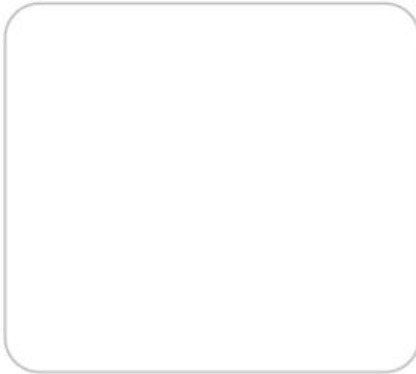
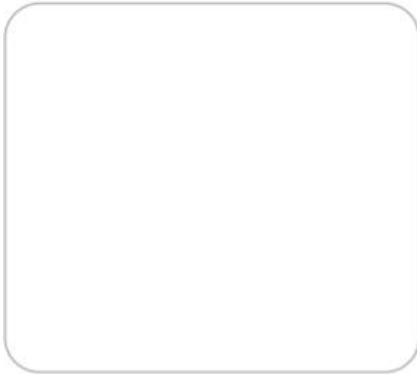
How many natural features can you name?

Tuesday – Geography

Some words such as saltpan, scrub and plains may be new to you.

Choose three natural features that are new to you.

Draw a picture and name each one.



The person in the corner of each spread in *Why I Love Australia* is welcoming you to Country or Place. Place is very important to Aboriginal and Torres Strait Islander Peoples. They also believe you should always show respect for other people's places.

What places are important to you?

How can people show respect for your place?

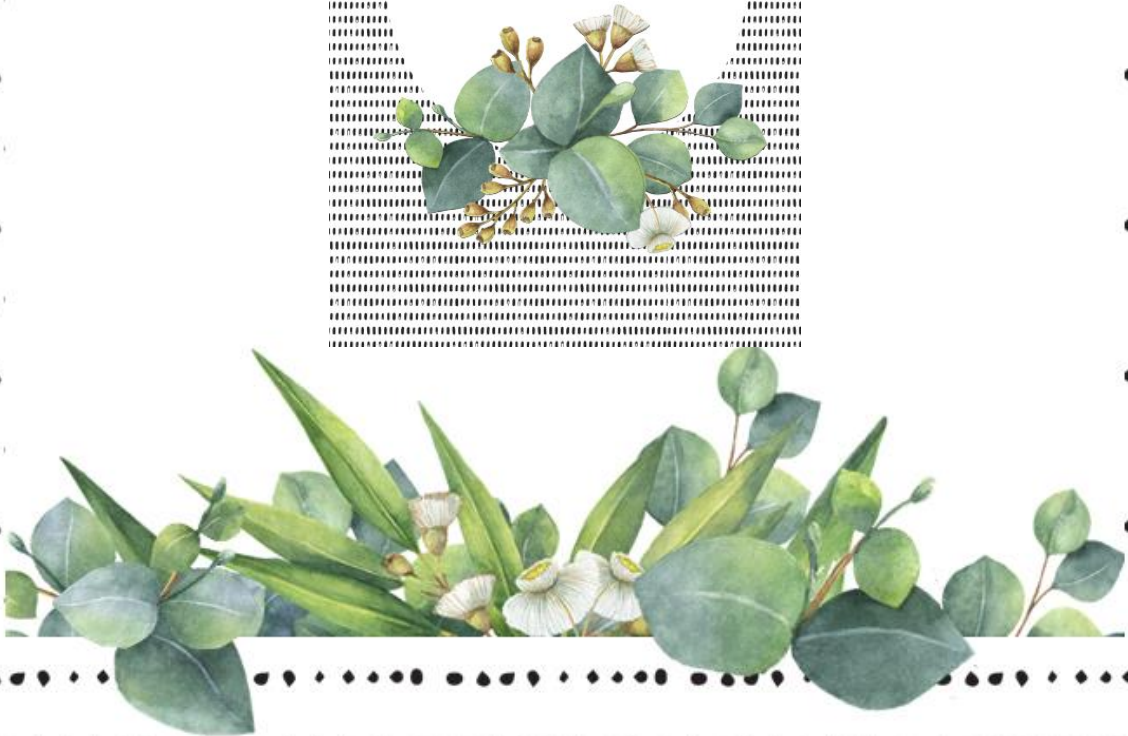
Tuesday – Geography

You will now know many of the features of Australia. Some are natural and some are human (man-made). Use your atlas to find the natural and human features of Australia. Write them in the table below.

| Natural Features | Human Features |
|------------------|----------------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Wednesday

Activities



Well Being

Wellbeing Wednesday

Today we are going to talk about what wellbeing is and how we can improve it. What works for you may not work for someone else. We are all different!



<https://www.youtube.com/embed/xIfLgHBwYx>

4



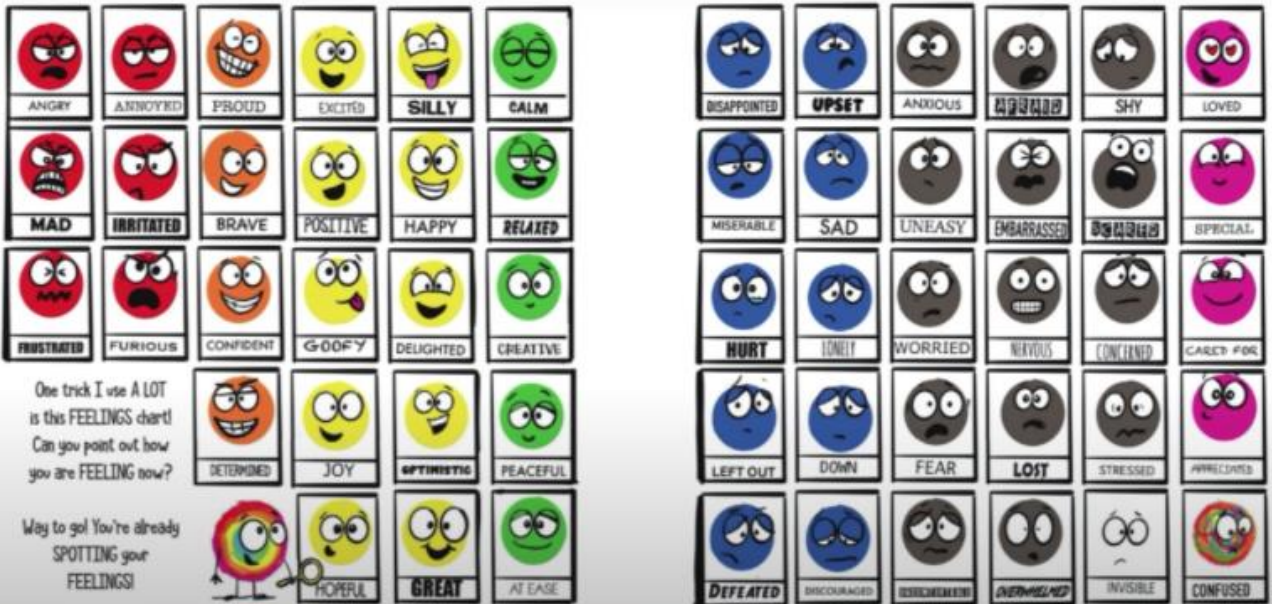
<https://www.youtube.com/embed/YC3SQno>

ggiM

Well Being

Tell us how you are feeling. We know that things feel different for everyone at the moment and that's okay. It's normal to feel lots of different feelings at the same time.

Today I feel...



YOUR TASK:

Look at the different feelings and finish the sentence.

Today I feel _____

Well Being

Now lets look at ways we can improve how we feel!

| | | | | | | |
|---|--|---|--|---|---|--|
|  Read a Book or Magazine |  Play Board Games or Do a Puzzle |  Garden or Do Yardwork |  Create Origami |  Stretch or Practice Yoga |  Discover Treasures in Nature |  Take a Shower or Bath |
|  Hug or Climb a Tree |  Use Positive Affirmations |  Use a Stress Ball or Other Fidget Tool |  Take a Walk or Go Jogging |  Make Art |  Visualize a Calm & Peaceful Place |  Ride a Bike or Skateboard |
|  Help Others |  Journal or Write a Letter |  Cuddle or Play with Your Pet |  Jump On A Trampoline |  Get Plenty of Sleep |  Clean, Declutter or Organize |  Smile & Laugh |
|  Take Care of the Earth |  Make & Play with Slime or Clay |  Make Feel-Good Lists |  Listen to Music |  Cook or Bake |  Weave, Knit or Crochet |  Take or Look at Photographs. |
|  Make a Collage or Scrapbook |  Take Slow Mindful Breaths |  Blow Bubbles |  Play Sports |  Build Something |  Talk to Someone You Trust. |  Cry |

YOUR TASK:

Even if you are happy, there are always things we can do to make us feel great!

What are you going to do today to improve the way you are feeling?

Father's Day Activity 3

ABSTRACT NOUNS POEM

YOUR TASK:

You need to write an abstract noun poem about your dad/grandfather/uncle. Abstract noun poems are very interesting. They incorporate our senses into poems.

These poems follow a formula:

1st line: Colour

2nd line: Smell

3rd line: Taste

4th line: Sound

5th line: Feel

6th line: Looks like

7th line: Where it lives or can be found

Think about the qualities that make your dad/grandfather/uncle special and unique and what you love most about them.

Give a copy of this to your special someone on Father's Day 😊

REMEMBER TO CHECK:

Does my writing makes sense?

Have I used the 5 senses to describe my special person?

Have I spelt words correctly?

Have I remembered my basic sentence punctuation?

Optional:

You can choose to do more than one abstract noun poem.

Father's Day

My Father

Abstract noun poems are very interesting. They incorporate our senses into poems. Here is a breakdown of how an abstract noun poem is written:

1st line: Colour

Here! Check these examples out!

He's the colour of the brightest star.

2nd line: Smell

He smells like fresh aftershave.

3rd line: Taste

He tastes like a sausage sandwich.

4th line: Sound

He sounds like the birds chirping in the trees.

5th line: Feel

He feels like a big warm hug.

6th line: Looks like

He looks like a knight in shining armour.

7th line: Where it lives or can be found

He lives inside my heart.

Dad



Father's Day

My

Abstract noun poems are very interesting. They incorporate our senses into poems. Here is a breakdown of how an abstract noun poem is written:

1st line: Colour

Here! Check these examples out!

He's the colour of the brightest star.

2nd line: Smell

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He sounds like the birds chirping in the trees.

5th line: Feel

He feels like a big warm hug.

6th line: Looks like

He looks like a knight in shining armour.

7th line: Where it lives or can be found

He lives inside my heart.



Wednesday– Maths

This lesson will be pre-recorded and uploaded on Seesaw. Watch the video for additional explanations and examples.

Problem a Day:

- Did one person score more points than the other? Jacob batted six times and scored 4 runs each time. Tahlia batted four times and scored 6 runs each time

Learning Intentions:

- We are learning about factors and multiples of numbers.

Success Criteria:

- I can list the factors and multiples of a given number.

Activities:

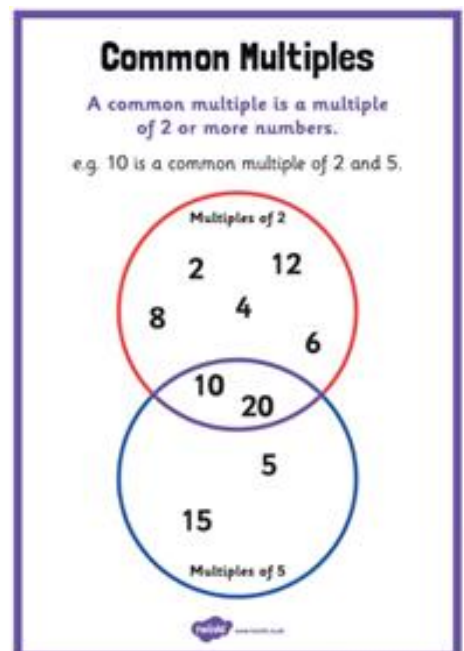
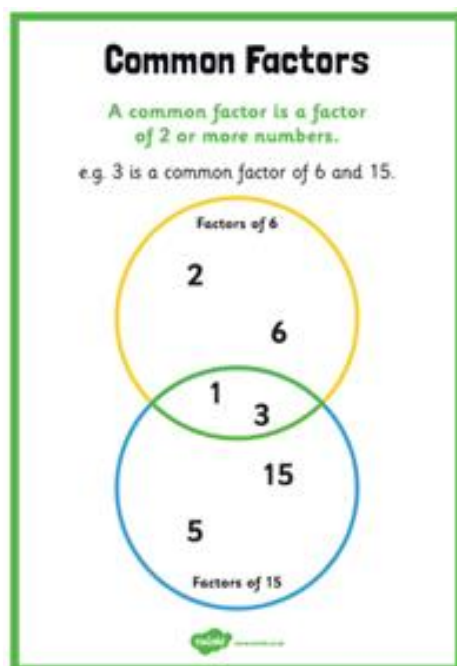
Warm up- While listening to the 6 times tables song, write out your 6 times tables. Sing along with the song, repeating your 6 times tables. (Song on Seesaw).

Record yourself saying your 6 times tables.

- Time yourself and see how fast you can correctly write them out

Time: _____

Remember the difference between Factors and Multiples.



Wednesday– Maths

Circle the factors.

Factors of 15

2 3 6 5
1 15 7 10

Factors of 20

2 4 6 5
20 15 1 10

Factors of 48

3 7 4 6
2 8 10 12
25

Factors of 36

2 8 4 6
10 12 15 18

Write the next four multiples.

| | | | | | | |
|-----|-----|-----|---------|---------|---------|---------|
| 6, | 12, | 18, | _____ , | _____ , | _____ , | _____ , |
| 27, | 36, | 45, | _____ , | _____ , | _____ , | _____ , |
| 20, | 25, | 30, | _____ , | _____ , | _____ , | _____ , |
| 21, | 28, | 35, | _____ , | _____ , | _____ , | _____ , |

Write the multiples of 8 that are greater than 20 but less than 60.

Write the multiples of 3 that are greater than 14 but less than 35.

Write the multiples of 4 that are greater than 10 but less than 41.

Wednesday– Maths

Colour the common factor for 12 and 15.

12

5

6

15

3

10

Colour the common factor for 20 and 24.

10

12

20

6

4

42

Colour the common factor for 36 and 45.

30

5

15

9

6

18

Wednesday – PD/H

Week 8 – Mindfulness

Did you know that you can think better and more clearly if you are calm? It is true! We are going to learn how feelings change the way we learn and how calming our brains can help us improve on new things.

Watch the Mind Yeti video 'Your amazing brain' :

<https://www.youtube.com/watch?v=sMtMgGZHqC4&list=PLiaUKiwbiHMQDQLCxoPaMMYotldKIUQCw&index=7>

Think back to a time when you tried something new and it didn't go well. What happened? How did you feel? Did you try again or give up? So how could breathing and calming your brain help you?

Activity:

1. Draw a picture of a time you were trying something new that didn't go as well as you expected.
2. Label your feelings around the drawing. Were you angry, sad, frustrated, determined?
3. Explain more about your drawing. Explain what you were doing, how you felt, and how breathing and concentration could have helped you.

Remember, if something you are learning feels difficult at first, try to calm your brain and keep practicing. You are teaching yourself and your brain to strengthen yourself and learn new things.

Thursday

Activities

be
INSPIRED

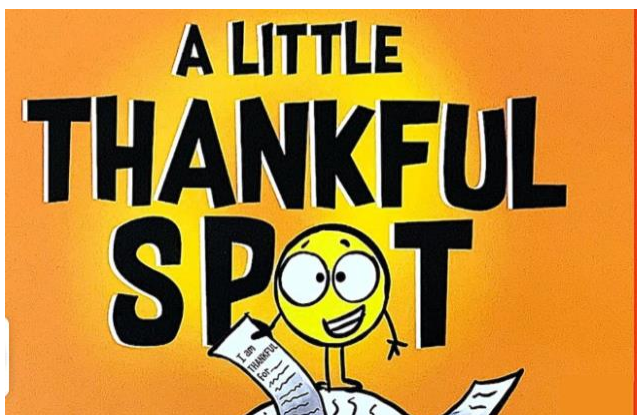


Well Being Activity 4

Thankful Thursday

Today you will be listening to a story about being thankful. When we are thankful we think of things that we are happy for or feel lucky to have.

You will complete an activity to identify things you are thankful for.

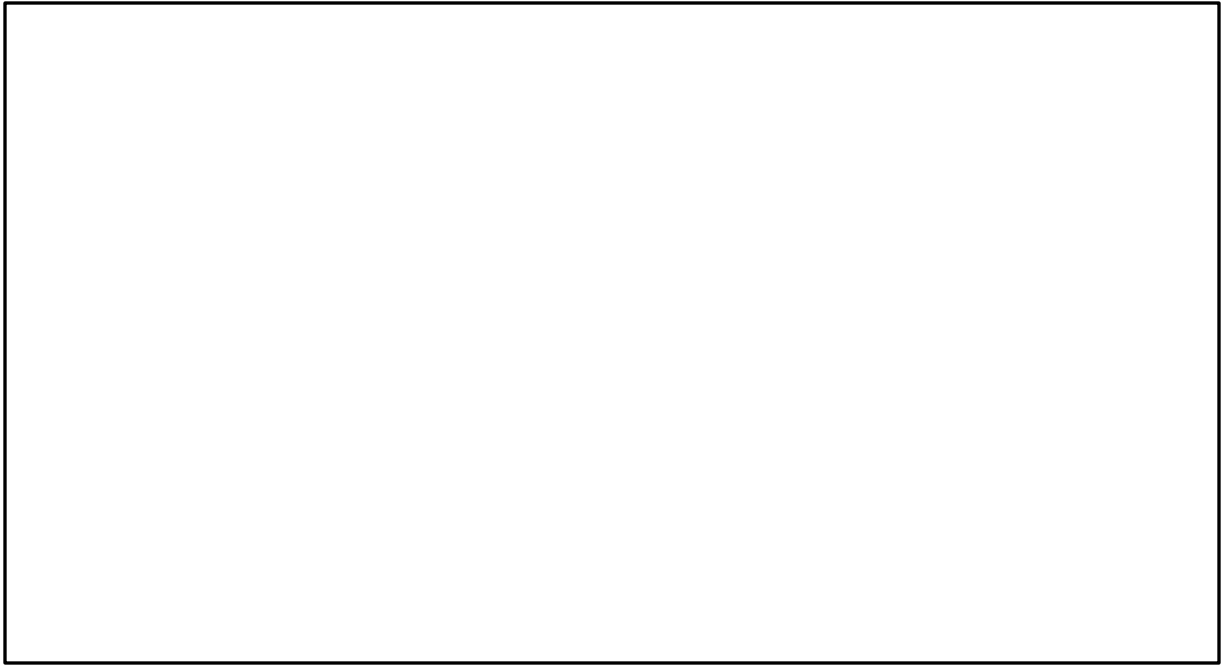


<https://www.youtube.com/embed/GXUoQ5MugCY>

Well Being Activity 4

YOUR TASK:

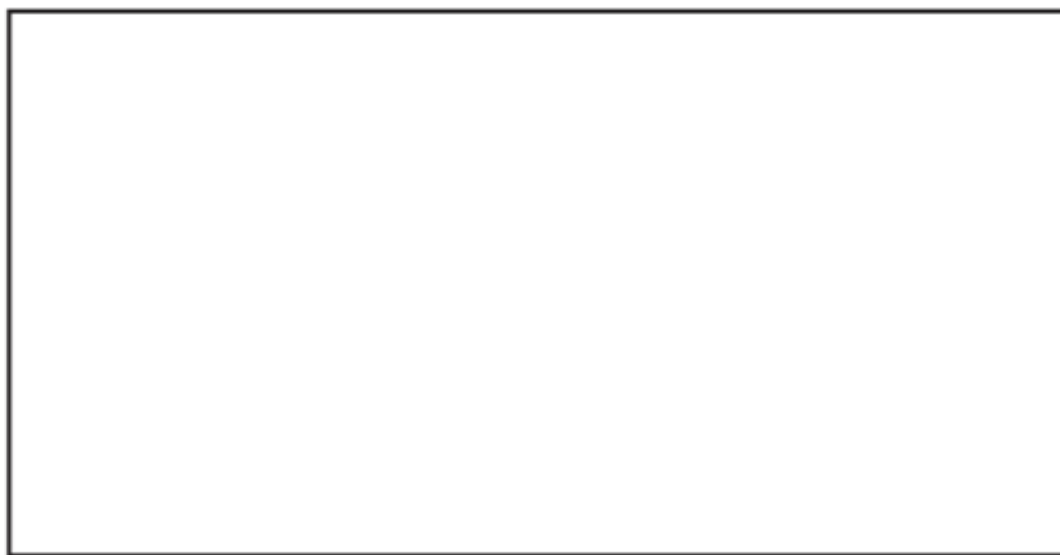
Write down all the things you are thankful for inside the box.



Why do these things make you feel this way?

Father's Day Activity 4

My Father



F

A

T

H

E

R



Father's Day Activity 4

Happy Father's Day!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| s | a | l | u | c | k | c | t | j | r |
| m | u | d | s | t | i | a | o | c | o |
| f | b | p | k | d | n | r | g | g | l |
| a | e | n | e | b | d | i | e | u | e |
| t | s | f | i | r | z | n | t | f | m |
| h | t | b | q | a | h | g | h | j | o |
| e | o | d | a | d | y | e | e | e | d |
| r | f | r | i | e | n | d | r | v | e |
| p | e | l | o | v | i | n | g | o | l |
| s | p | e | c | i | a | l | x | h | w |

Words to find:

dad loving superhero best
father together us friend
caring kind special role model

Thursday– Maths

This lesson will be pre-recorded and uploaded on Seesaw. Watch the video for additional explanations and examples.

Problem a Day:

- Monday's temperature was 27°C . If Tuesday's was 4°C higher, what was the temperature on Tuesday?

Learning Intentions:

- We are learning about factors and multiples of numbers.

Success Criteria:

- I can list the factors and multiples of a given number.

Activities:

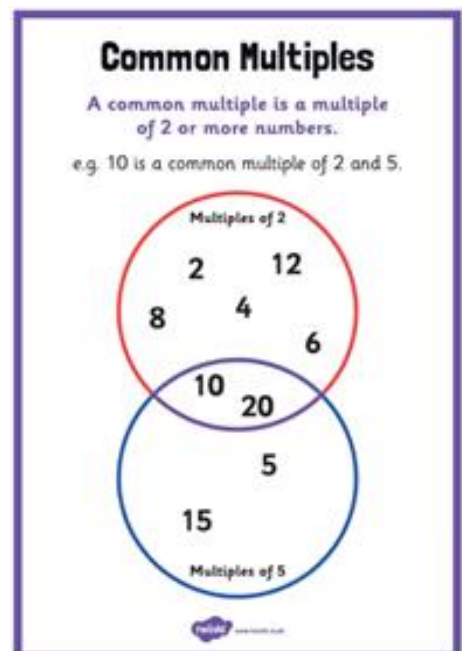
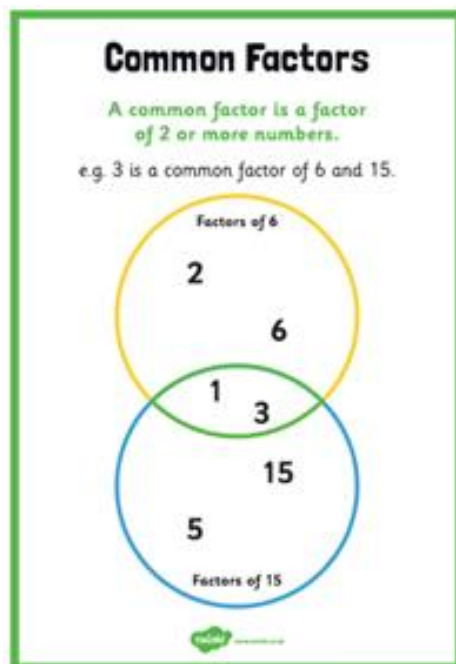
Warm up- While listening to the 7 times tables song, write out your 7 times tables. Sing along with the song, repeating your 7 times tables. (Song on Seesaw).

Record yourself saying your 7 times tables.

- Time yourself and see how fast you can correctly write them out

Time: _____

We can use our knowledge of factors and multiples to help us solve multiplication and division problems.



Thursday– Maths

Today we are going to look at multiplication word problems. Remember that you can draw pictures or use counters- like pasta, coins or buttons, to help you work out the answer. For each problem, take a photo of your working out and share it to Seesaw.\

1.



Bees have 2 antennae.
They have 6 legs.
They have 4 wings.

There were 10 bees flying around.

How many antennae altogether?
How many legs altogether?
How many wings altogether?

2.



There were 5 beehives at Random Guy's farm.

Each hive was home to 32 bees (very small hives, obviously).

How many bees did Random Guy have on his farm altogether?

Thursday– Maths

3.

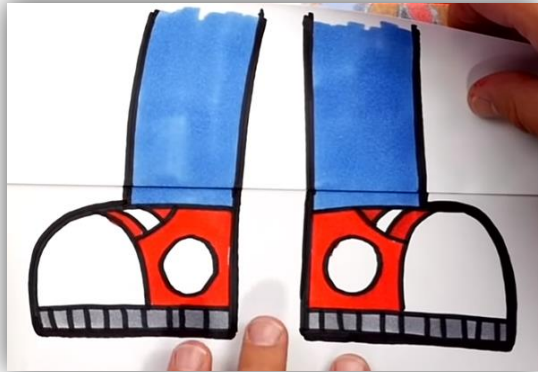
No lockdown
for me!
Yippee!



On a sunny day, a honeybee flies out of the hive around 30 times a day, and visits about 100 flowers each time.

How many flowers would be visited by 15 bees?

Thursday – Creative Arts



HAPPY
FATHER'S
DAY



Scan the QR code or type in the URL for a video tutorial on how to make your own transforming picture!

<https://qrgo.page.link/1f38P>



Happy
FATHER'S
DAY



Create your own Father's Day artwork for your Dad or someone special in your life!

Friday

Activities

be
THANKFUL



Well-Being Activity 5

Tech Free Friday

All the activities today will be **SCREEN FREE!**

Spend time away from devices and pick activities that interest you.

Outline of today's activities

ALL ACTIVITIES ARE TECH FREE AFTER YOUR MORNING CHECK IN

Father's Day Activity 5

Complete the offline activity – Make a card for dad. In the card remind him of one of your favourite memories with your dad.

Maths

Complete the offline Maths activity

Wellbeing Activity 5:

Complete any of the screen free activities on the following pages.

Complete one of the Random Act of Kindness tasks

Father's Day Activity 5

MEMORY OF DAD OR A MALE FIGURE IN YOUR LIFE

Father's Day is a time to recognise the fathers and father figures in all our lives. Your task today is to write down your favourite memory of your dad or a male figure in your life. Use the plan below to write out your memory as a draft. You can then put this together to write your memory on the inside cover of your card.

MY FAVOURITE MEMORY

When:

Where:

How old were you:

What were you doing:

Why is this your best memory:

Father's Day Activity 5

GET CREATIVE!

Use any resources you have at home to create a card for Dad or your significant male role model in your life. Below are some ideas that you could use as inspiration. There is also a mindfulness colouring in card on the following page if you would like to use that. Once you have created your card, write your memory inside your card. Your card should open like a book so make sure your fold is in the correct place when you begin making your card. Your memory can be written on the inside left side of the card. The inside right side is used to write your message to your dad, eg.

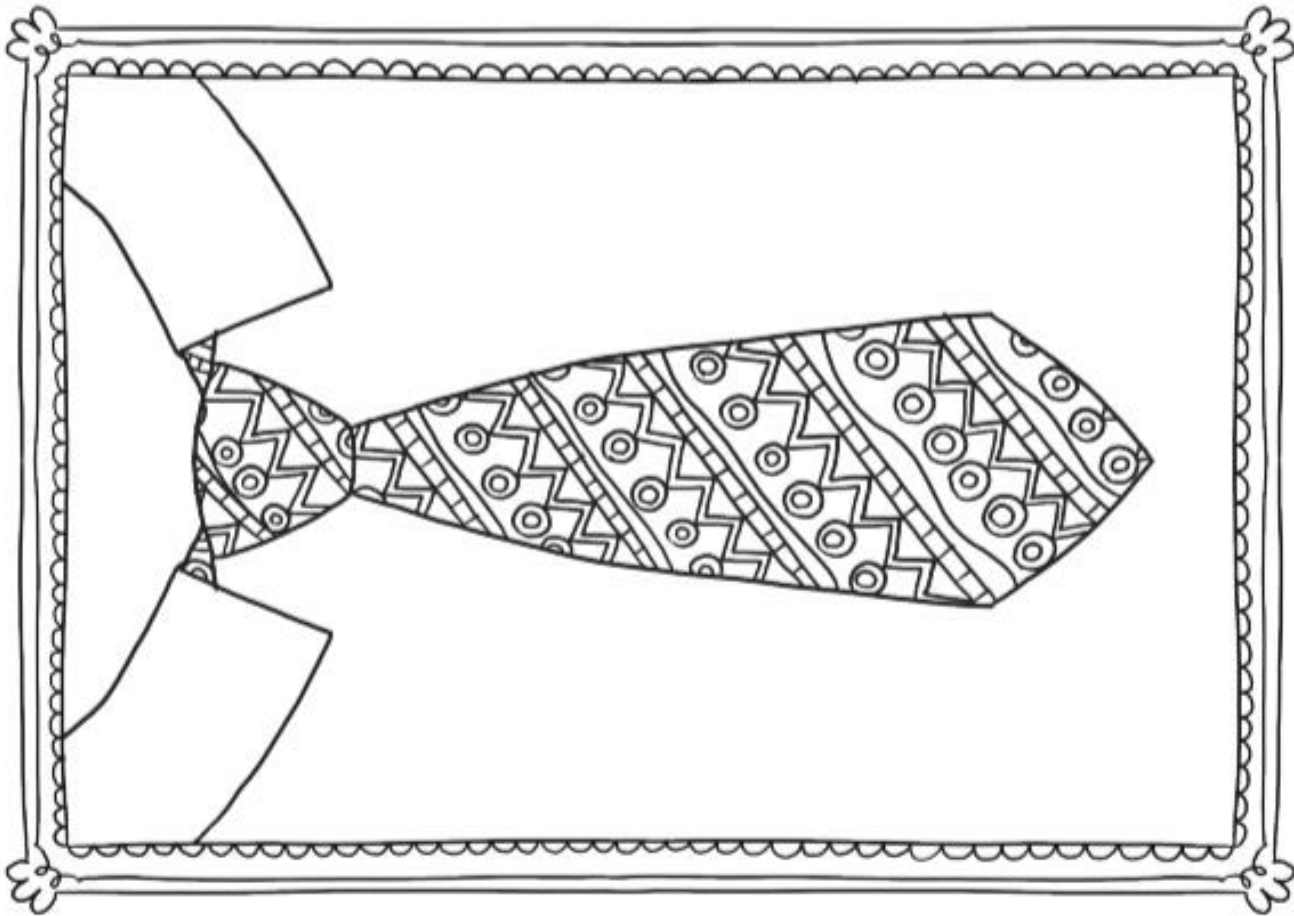
To dear Dad,

Happy Father's Day

Thank you for everything you do for me.

Love _____





Friday– Maths

Problem a Day:

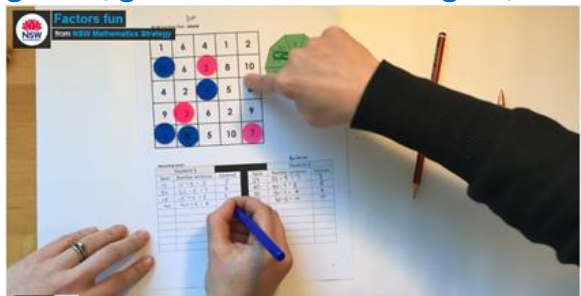
- If one side of a square is 5cm long, what is the perimeter?

Games: Factors Fun!

Follow the link to watch the video and learn how to play 'The Remainders Game'.

You can play this game with a family member, friend or by yourself.

<https://sites.google.com/education.nsw.gov.au/get-mathematical-stage-2/contexts-for-practise/factors-fun>



You will need:

3 pencils

- Paper
- a game board (next page)
- a paper clip
- 4-6 pink counters (or another colour) and 4-6 blue counters (or another colour).
- You can also use a dice rather than making a spinner.

How to play

- Get your game board, spinner, recording sheet, counters, and pencils ready.
- Take it in turn to spin the spinner and divide the number by the chosen divisor (for example, 5).
- Players work out the solution and explain their thinking to their partner.
 - The partner records their thinking and if they agree, the player is able to place one of their counters on the number on the game board, claiming that place.
 - If the number is taken, students miss a turn.
 - If there are no new counters that can be added to the game board, players have to move an existing counter to a new place.
- Players win by getting four counters in a row (in any orientation, including a square).
- If preferred, students can use 5 or 6 counters, looking for 4 in a row.

Take a photo of your game and materials and upload to Seesaw.

Well Being Activity

| | | | | |
|--|--|--|---|--|
| <p>English Write a letter/s to someone who doesn't live with you and send it to them!</p> | <p>PDHPE Play outside! Go for a walk or play your favourite game.</p> | <p>TECH FREE FRIDAY</p> | <p>PDHPE Design a healthy café. Design a menu and a poster to get people to come eat there!</p> | <p>Mathematics Cook a recipe with your family. Look out for all the measurements that will ensure it tastes right!</p> |
| <p>English Read for one minute per year you are old! 5 years = 5 minutes</p> | <p>History Look back at family photos and share family stories. How much do you know about your family?</p> | <p>FREE CHOICE from the Ideas page!</p> | <p>Science Do some gardening! What can you do in your garden to help your plants grow bigger and stronger.</p> | <p>Mathematics Create your own maths problems to test your family. They can make some to test you too!</p> |
| <p>Dance Pick a song and make up your own dance. Perform it for your family.</p> | <p>Art Create an artwork using a medium of your choice. Give it a name as if you were going to put it in a gallery.</p> | <p>Drama Create your own skit with your family! Give yourself characters and a scenario to act out.</p> | <p>Music Spend time listening to your favourite songs OR create your own music!</p> | <p>STEM Using only materials from your house build a car and a ramp. Your challenge is to make the car roll. (No toy cars!)</p> |

Well-Being Activity 5

Playful ideas

- Play charades
- Play a card game
- Watch old home videos
- Indoor scavenger hunt
- Have paper airplane races
- Play "20 questions"
- Play "Simon says"
- Play "I spy"
- Have an "egg and spoon" race
- Have a wacky photoshoot
- Play "Red light, green light"
- Play a board game
- Build a card tower
- Play dress up
- Put together a puzzle

Active ideas

- Play musical statues
- Create a family dance
- Build an obstacle course
- Dance in the living room
- Have a "sock fight"
- Play freeze dance
- Play the "hot lava" game
- Have a pillow fight
- Play "basketball" with a laundry basket
- Play "hot potato"

Creative ideas

- Draw a family portrait
- Make a collaborative drawing
- Design cards for your friends
- Make sock puppets
- Build playdough sculptures
- Create a collaborative story
- Paint a self-portrait
- Make a collage
- Make creative costumes from things you have at home
- Make your own music video
- Have a "talent show" at home
- Design bookmarks
- Invent a new recipe together

Other ideas

- Have a family story time
- Build a blanket fort
- Sing along to your favorite songs
- Create a family playlist
- Make a bird feeder
- Have a tea party
- Prepare a meal together
- Camp in the living room
- Watch a documentary
- Listen to an audiobook

YOUR TASK:

What was your favourite activity today? _____

Random Act Of Kindness

Ask if you can vacuum the house.

Ask someone at home how you can help them.

Give someone a genuine compliment.

Ask someone in your family about their day. Then really LISTEN to their response.

Ask if you can take some gloves, tongs and a plastic bag on a walk to pick up rubbish in your suburb.

Tell a family member how much you love them and why.

Set the table and clean your room without being asked.

Write a 'Thank you' letter for a member of your family and and leave it somewhere for them to find.