

# Home Learning Pack

## Week 8

Term 3, 2021

Year 4



**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	<b>Word of the Day</b> - Complete the word of the day on Seesaw/Hard Copy and submit when complete				
Literacy	<p><b>Wellbeing – Activity 1:</b> Monday Meditation: Choose a meditation to follow or do one of your own.</p> <p><b>Father's Day: Activity 1</b> Reading Comprehension</p> <p><b>Reading:</b> Find a relaxing space to read. Read for 20 minutes and fill in your reading log. Send a pic of you in your space.</p>	<p><b>Wellbeing – Activity 2:</b> Teamwork Tuesday: work with someone in your family to do something together as a team.</p> <p><b>Father's Day: Activity 2</b> Newspaper article (choice of 3)</p> <p><b>Reading:</b> Find a relaxing space to read. Read for 20 minutes and fill in your reading log. Send a pic of you in your space.</p>	<p><b>Wellbeing – Activity 3:</b> Wellbeing Wednesday: What is wellbeing and what works for you?</p> <p><b>Father's Day: Activity 3</b> Abstract Nouns Poem</p> <p><b>Reading:</b> Find a relaxing space to read. Read for 20 minutes and fill in your reading log. Send a pic of you in your space.</p>	<p><b>Wellbeing – Activity 4:</b> Thankful Thursday: Record what you are thankful for.</p> <p><b>Father's Day: Activity 4</b> Word Search &amp; Acrostic Poem</p> <p><b>Reading:</b> Find a relaxing space to read. Read for 20 minutes and fill in your reading log. Send a pic of you in your space.</p>	<p><b>Wellbeing – Activity 5:</b> <b>Tech Free Friday</b></p> <p><b>Father's Day: Activity 5</b> Complete the offline activity – Make a card for dad. In the card remind him of one of your favourite memories with your dad.</p>
Outdoor Physical Activity	<p><b>Outdoor Physical Activity and Play</b></p> <p>You could post a picture or video of yourself getting out and getting active</p>				
Mathematics	<p><b>Maths</b> Complete the activity on Seesaw. Log onto Prodigy and complete 30 minutes of activities. <a href="https://www.prodigygame.com/main-en/">https://www.prodigygame.com/main-en/</a></p> <p><b>Science &amp; Technology:</b> Seesaw activity: Coding or the offline Paper Boat Challenge STEM activity (<u>or</u> if you can't decide feel free to do both!)</p>	<p><b>Maths</b> Complete the activity on Seesaw. Log onto Prodigy and complete 30 minutes of activities. <a href="https://www.prodigygame.com/main-en/">https://www.prodigygame.com/main-en/</a></p> <p><b>Geography:</b> Mapping skills – What are the features of places.</p>	<p><b>Maths</b> Complete the activity on Seesaw. Log onto Prodigy and complete 30 minutes of activities. <a href="https://www.prodigygame.com/main-en/">https://www.prodigygame.com/main-en/</a></p> <p><b>Personal Development and Health:</b> Complete the activity on Seesaw. Mindfulness – The Amazing Brain.</p>	<p><b>Maths</b> Complete the activity on Seesaw. Log onto Prodigy and complete 30 minutes of activities. <a href="https://www.prodigygame.com/main-en/">https://www.prodigygame.com/main-en/</a></p> <p><b>Creative Arts:</b> Seesaw activity: Father's Day Artwork (to give as a present).</p>	<p><b>Maths</b> Complete the offline Maths activities.</p> <p><b>Wellbeing – Activity 5:</b> Tech Free Friday Activity</p>
Other Key Learning Areas	<p><b>Mathematics</b> Log on to Prodigy and play <a href="https://www.prodigygame.com/game/start?find=1&amp;id=68192&amp;e=4144-9098-0040ac8a3033">https://www.prodigygame.com/game/start?find=1&amp;id=68192&amp;e=4144-9098-0040ac8a3033</a></p> <p>OR</p> <p><a href="https://www.youcubed.org/">https://www.youcubed.org/</a> <a href="https://rich.maths.org/">https://rich.maths.org/</a></p>				
Additional Optional Activities	<p><b>PM e-collection/Reading Eggs (Online English)</b> Log on to PM e-collection or Reading Eggs <a href="https://app.eggs-collection.com.au/login">https://app.eggs-collection.com.au/login</a> <a href="https://readin.eggs.com.au/">https://readin.eggs.com.au/</a></p>		<p><b>Mathematics</b> Log on to Prodigy and play <a href="https://www.prodigygame.com/game/start?find=1&amp;id=68192&amp;e=4144-9098-0040ac8a3033">https://www.prodigygame.com/game/start?find=1&amp;id=68192&amp;e=4144-9098-0040ac8a3033</a></p> <p>OR</p> <p><a href="https://www.youcubed.org/">https://www.youcubed.org/</a> <a href="https://rich.maths.org/">https://rich.maths.org/</a></p>		
	<p><b>Outdoor Physical Activity and Play</b> Post a picture or video of yourself being active. Department of Education - Learning from Home Resources <a href="https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home">https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home</a></p>				

# 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:

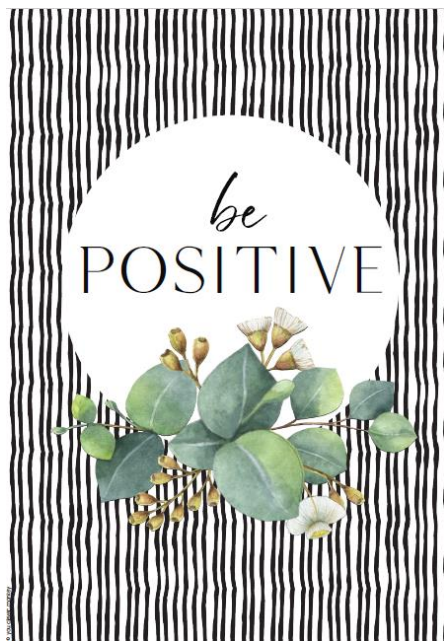
# Word of the Day - Week 8

	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/>
Antonym	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Word Origin	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Words in word	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

# Monday Activities



# Well-Being Activity I

## 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 voucher;
- 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. 4<sup>th</sup> September 1910.
  - b. 19<sup>th</sup> September 1910.
  - c. 19<sup>th</sup> June 1910.
  - d. 4<sup>th</sup> June 1910.
6. Make a list of the different gifts that can be given on Father's Day.

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# Monday - Maths

**PENN STATE  
WEEK 8 MATHS**

**LESSON 1**

## LEARNING INTENTIONS

**I CAN**



model division including  
with a remainder

**I KNOW**



I can use mental  
strategies to help me  
with division problems  
with remainders

**I UNDERSTAND**



why a remainder is  
obtained in answers  
to some division  
problems

## WARM UP ACTIVITY

Click on the link below to play a game of connect 4 with a twist. For you to get your turn, you have to answer a division question.

<https://www.multiplication.com/games/play/division-4-row>

# Monday - Maths

## LET'S RECAP

Strategies to work out division problems

### Use a Known Fact

Use number facts that you already know to help you.

$$27 \div 9 = ?$$

27 divided by 9 is the same as:

$$9 \times 7 = 27$$

$$9 \times 3 = 27$$

so

$$27 \div 9 = 3$$



Division Strategies

### Halving

Sometimes you can use halving to divide into 2s, 4s, and 8s.

$$120 \div 2 = 60$$

We can use this to divide by 4 by halving twice.

$$120 \div 2 = 60$$

then

$$60 \div 2 = 30$$

so

$$120 \div 4 = 30$$

We can use this to divide by 8 by halving 3 times.

$$120 \div 2 = 60$$

then

$$60 \div 2 = 30$$

then

$$30 \div 2 = 15$$

so

$$120 \div 8 = 15$$

Division Strategies

### Inverse

Use multiplication tables to work out a division question.

$$63 \div 9 = ?$$

You can work this out by knowing...

$$7 \times 9 = 63$$

So using the inverse, we know that...

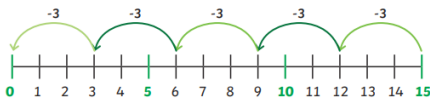
$$63 \div 9 = 7$$

Division Strategies

### Repeated Subtraction

You can use repeated subtraction to see how many times a smaller number goes into a bigger one.

$$15 \div 3 = ?$$



The number of times you can take 3 from 15 is 5.

$$15 - 3 - 3 - 3 - 3 - 3 = 0$$

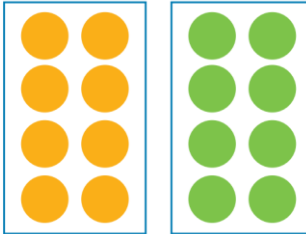
$$15 \div 3 = 5$$

Division Strategies

### Sharing

$$16 \div 2 = 8$$

16 shared equally between 2 gives you 8.



Division Strategies

### Partitioning

$$84 \div 4 = ?$$

$$\begin{array}{r} 80 \div 4 = 20 \\ 4 \div 4 = 1 \\ \hline 21 \end{array}$$

Partition the number into tens and ones.

Divide the tens and ones.

Combine your totals.

$$84 \div 4 = 21$$

## DIVISION

Sometimes when we divide, we have items left over. These are called remainders. Watch the below video to learn more about remainders.

[https://www.youtube.com/watch?v=p\\_g58RKfJF8](https://www.youtube.com/watch?v=p_g58RKfJF8)

## DIVISION WITH REMAINDERS

You are going to make your own division number sentences with a 2-digit number by a 1-digit number.

Roll a dice 3 times to create a 2-digit number and a 1-digit number. Use any concrete materials you have (pasta, lego, shells, pom poms, etc) to model your number sentence and record your number sentence and solution.

Can you make the number sentence into a worded problem?

# 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:

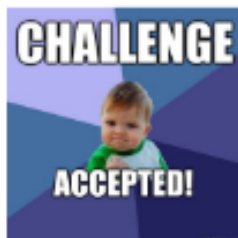
We have:

- 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?

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What was challenging about this activity?

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How did you overcome your challenges?

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# 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!

## Grandad Times

Special Edition

Grandad Checklist

- Funny
- Caring
- Brave
- Cool
- Crafty
- Happy
- Smiley
- Brilliant
- Wise
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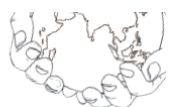
### World's Best Grandad



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!

## MY NEWS



### WORLD'S BEST

The award for best goes to

Written by \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

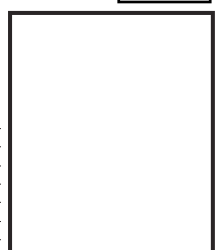
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# Father's Day Activity 2

## Dad Times

Special Edition

### Dad Checklist

- Funny
- Caring
- Brave
- Cool
- Crafty
- Happy
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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!

# Father's Day Activity 2

# Grandad Times

Special Edition

## Grandad Checklist

- Funny
- Caring
- Brave
- Cool
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## World's Best Grandad



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When asked about this prize, his grandchild said:

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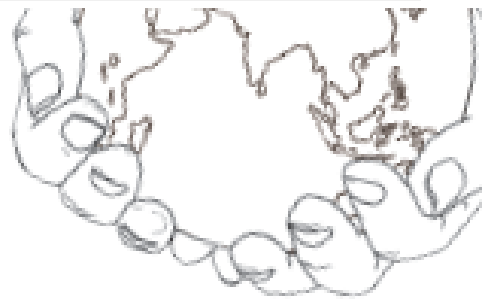
doing \_\_\_\_\_.

He is brilliant at \_\_\_\_\_.

He really is the best grandad ever!

# Father's Day Activity 2

## MY NEWS



## WORLD'S BEST



The award for best  
 goes to

\_\_\_\_\_

Written by \_\_\_\_\_

\_\_\_\_\_

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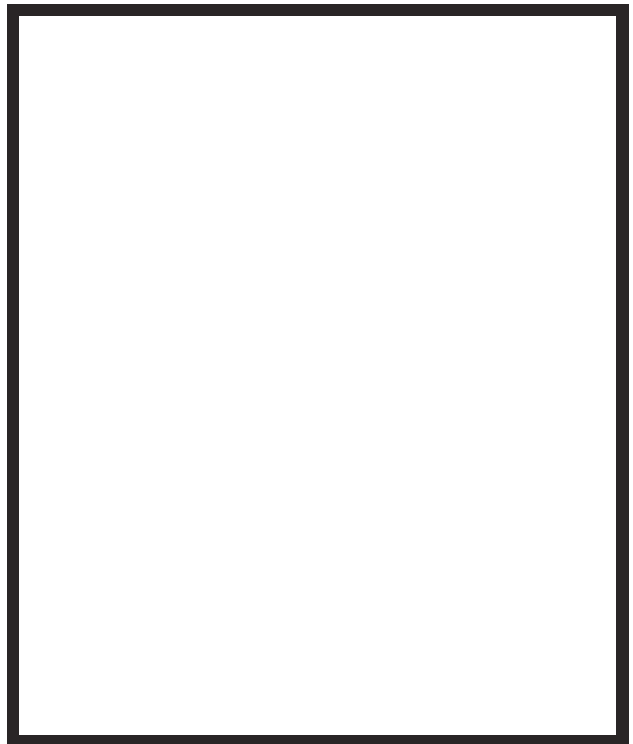
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# Tuesday - Maths

**PENN STATE  
WEEK 8 MATHS**

**LESSON 2**

## LEARNING INTENTIONS

**I CAN**



model division including  
with a remainder

**I KNOW**



I can use mental  
strategies to help me  
with division problems  
with remainders

**I UNDERSTAND**



why a remainder is  
obtained in answers  
to some division  
problems

## WARM UP ACTIVITY

Click on the link below to play a game called tricky ball. You need to answer some division questions to start the level. Then you get to play tricky ball. See what level you can get up to.

<https://www.multiplication.com/games/play/tricky-ball-division>



# Tuesday - Maths

## MENTAL STRATEGIES FOR DIVISION

Look back at the strategies from yesterday that you can use to mentally work out division problems.

## DIVISION WITH REMAINDERS

Now it's your turn. Think about what mental strategy is easiest for you to use. Record the one you used the most with the following questions.

### Delicious Division with Remainders

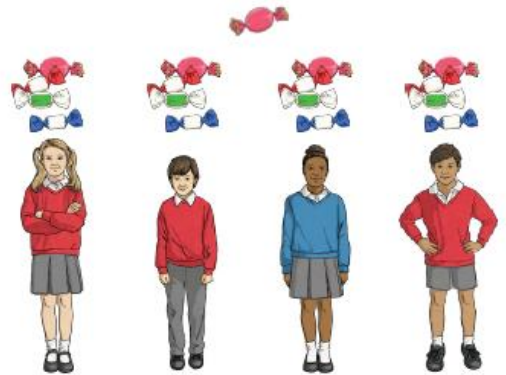
Use your times tables to help you find how many times the factor will divide equally into the multiple. Then work out how many will be left over.

Example:  $17 \div 4 =$  \_\_\_\_\_

$$4 \times 4 = 16 \text{ remainder } 1$$

$$17 \div 4 = 4 \text{ r.1}$$

You might want to imagine you are dividing sweets between some friends to help you check your answers for these questions.



1.  $25 \div 4 =$

2.  $46 \div 5 =$

3.  $25 \div 6 =$

4.  $23 \div 7 =$

5.  $18 \div 8 =$

6.  $64 \div 10 =$

7.  $22 \div 6 =$

8.  $27 \div 4 =$

1.  $57 \div 8 =$

2.  $64 \div 7 =$

3.  $75 \div 10 =$

4.  $47 \div 9 =$

5.  $146 \div 12 =$

6.  $48 \div 7 =$

7.  $30 \div 8 =$

8.  $58 \div 12 =$

1.  $63 \div 8 =$

2.  $48 \div 7 =$

3.  $71 \div 9 =$

4.  $35 \div 6 =$

5.  $59 \div 12 =$

6.  $47 \div 9 =$

7.  $140 \div 12 =$

8.  $120 \div 11 =$

# 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?

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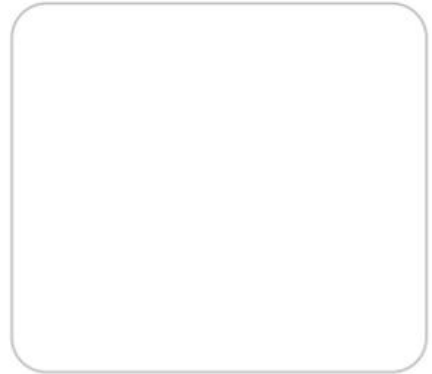
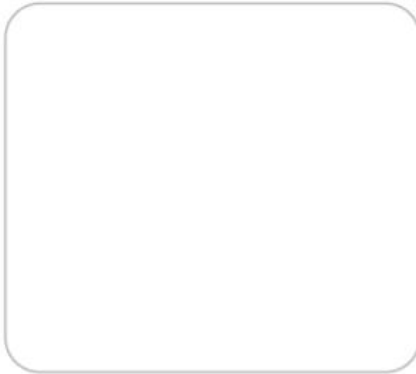
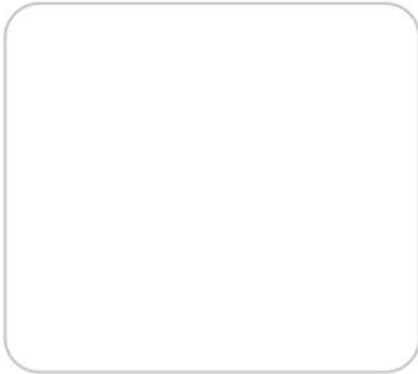
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# Tuesday – Geography

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?

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How can people show respect for your place?

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# 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

*be*  
STRONG



# Well Being Activity 3

## 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/xIfLgHBwYx4>



<https://www.youtube.com/embed/YC3SQnoggjM>

# Well Being Activity 3

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...

ANGRY	ANNOYED	PROUD	EXCITED	SILLY	CALM
MAD	IRRITATED	BRAVE	POSITIVE	HAPPY	RELAXED
FRUSTRATED	FURIOUS	CONFIDENT	GOOFY	DELIGHTED	CREATIVE
DETERMINED	JOY	OPTIMISTIC	PEACEFUL		
HOPEFUL	GREAT	AT EASE			

DISAPPOINTED	UPSET	ANXIOUS	NERVOUS	SHY	LOVED
MISERABLE	SAD	UNEASY	EMBARRASSED	SURPRISED	SPECIAL
HURT	LONELY	WORRIED	NERVOUS	CONCERNED	CARED FOR
LEFT OUT	DOWN	FEAR	LOST	STRESSED	APPRECIATED
DEFEATED	DISCOURAGED	OVERWHELMED	OVERWHELMED	INVISIBLE	CONFUSED

One trick I use A LOT is this FEELINGS chart! Can you point out how you are FEELING now?

Way to go! You're already SPOTTING your FEELINGS!

## YOUR TASK:

Look at the different feelings and finish the sentence.

Today I feel \_\_\_\_\_

\_\_\_\_\_



# Well Being Activity 3

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



## 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?

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# 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.





# Wednesday - Maths

**PENN STATE  
WEEK 8 MATHS**

**LESSON 3**

## LEARNING INTENTIONS

**I CAN**



model division including  
with a remainder

**I KNOW**



I can use mental  
strategies to help me  
with division problems  
with remainders

**I UNDERSTAND**



why a remainder is  
obtained in answers  
to some division  
problems

## WARM UP ACTIVITY

Click on the link below to play a game called watercraft rush division. You need to answer some division questions to start the level. Then you get to play drive the jet ski through the water. You need to complete the course before the timer runs out.

<https://www.multiplication.com/games/play/watercraft-rush-division>

# Wednesday – Maths

## RECORDING DIVISION WITH REMAINDERS IN WORDS

When we are working out division problems, our answers need to be written correctly.

### One-Step Division With Remainders Word Problems

1. A teacher asks some children to organize a box of 37 rings by hanging them in threes on some hooks. How many hooks are needed?

Answer written in word form

working out


Handwritten work for the problem:

$$37 \div 3 = ?$$

30     7  
 $\div 3 = 10$       $\div 3 = 2 \text{ r } 1$

12 r 1

They will need 12 hooks with 1 ring left over.



Use the above example to help you work through the problems on the next page. Make sure you work out the problem and then write your answer in a sentence, including any remainders.

# Wednesday – Maths

## One-Step Division With Remainders Word Problems

2. Forty-six pieces of apple are shared equally among 9 children. How many pieces of apple do each receive?



## One-Step Division With Remainders Word Problems

3. In an office, there are 8 desks. A pack of 35 sets of sticky notes need sharing equally among the desks. How many sets of sticky notes are on each desk?



## One-Step Division With Remainders Word Problems

4. A group of 57 dancers are organized into groups of nine. How many full groups of nine can be created?



## One-Step Division With Remainders Word Problems

5. A factory makes 67 cars in one day. Each car transporter can carry 8 cars. How many transporters are needed to carry all the cars away?



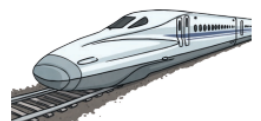
## One-Step Division With Remainders Word Problems

6. Bananas are sold in packs of five. How many complete packs of five bananas can be made from 136 bananas?



## One-Step Division With Remainders Word Problems

7. A school party of 86 children are to travel on a steam train. 9 children can fit into each compartment. How many compartments will be needed?



# 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

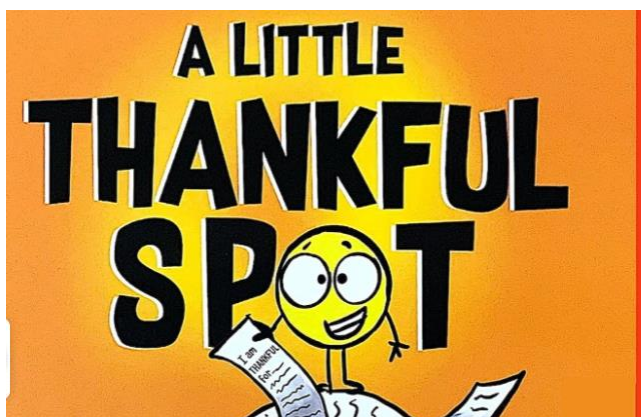


# Well Being Activity 4

## 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?

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# 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

**PENN STATE  
WEEK 8 MATHS**

**LESSON 4**

## LEARNING INTENTIONS

**I CAN**



model division including  
with a remainder

**I KNOW**



I can use mental  
strategies to help me  
with division problems  
with remainders

**I UNDERSTAND**



why a remainder is  
obtained in answers  
to some division  
problems

## WARM UP ACTIVITY

Click on the link below to play any of the games using division.

What game did you play?

<https://www.multiplication.com/games/division-games>

# Thursday - Maths

## GET THINKING

Click on the below link to take you to the Nrich website. There are some questions about division to get your Brains Sweaty. Use the Number Sieve to help you look for the patterns of the multiples. If you don't have access to the website, the questions are below.

<https://nrich.maths.org/1783>

I'm thinking of a number.

My number is both a multiple of 5 and a multiple of 6.

**What could my number be?**

**What else could it be?**

**What is the smallest number it could be?**

I'm thinking of a number.

My number is a multiple of 4, 5 and 6.

**What could my number be?**

**What else could it be?**

**What is the smallest number it could be?**

**Here are some more questions you might like to consider:**

I'm thinking of a number that is 1 more than a multiple of 7.

My friend is thinking of a number that is 1 more than a multiple of 4.

**Could we be thinking of the same number?**

I'm thinking of a number that is 3 more than a multiple of 5.

My friend is thinking of a number that is 8 more than a multiple of 10.

**Could we be thinking of the same number?**

I'm thinking of a number that is 3 more than a multiple of 6.

My friend is thinking of a number that is 2 more than a multiple of 4.

**Could we be thinking of the same number?**

**Here's a challenging extension:**

We know that

When 59 is divided by 5, the remainder is 4

When 59 is divided by 4, the remainder is 3

When 59 is divided by 3, the remainder is 2

When 59 is divided by 2, the remainder is 1

Can you find a number with the property that when it is divided by each of the numbers 2 to 10, the remainder is always one less than the number it is has been divided by?

**Can you find the smallest number that satisfies this condition?**



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

<https://qr.go.page.link/1f38P>



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.

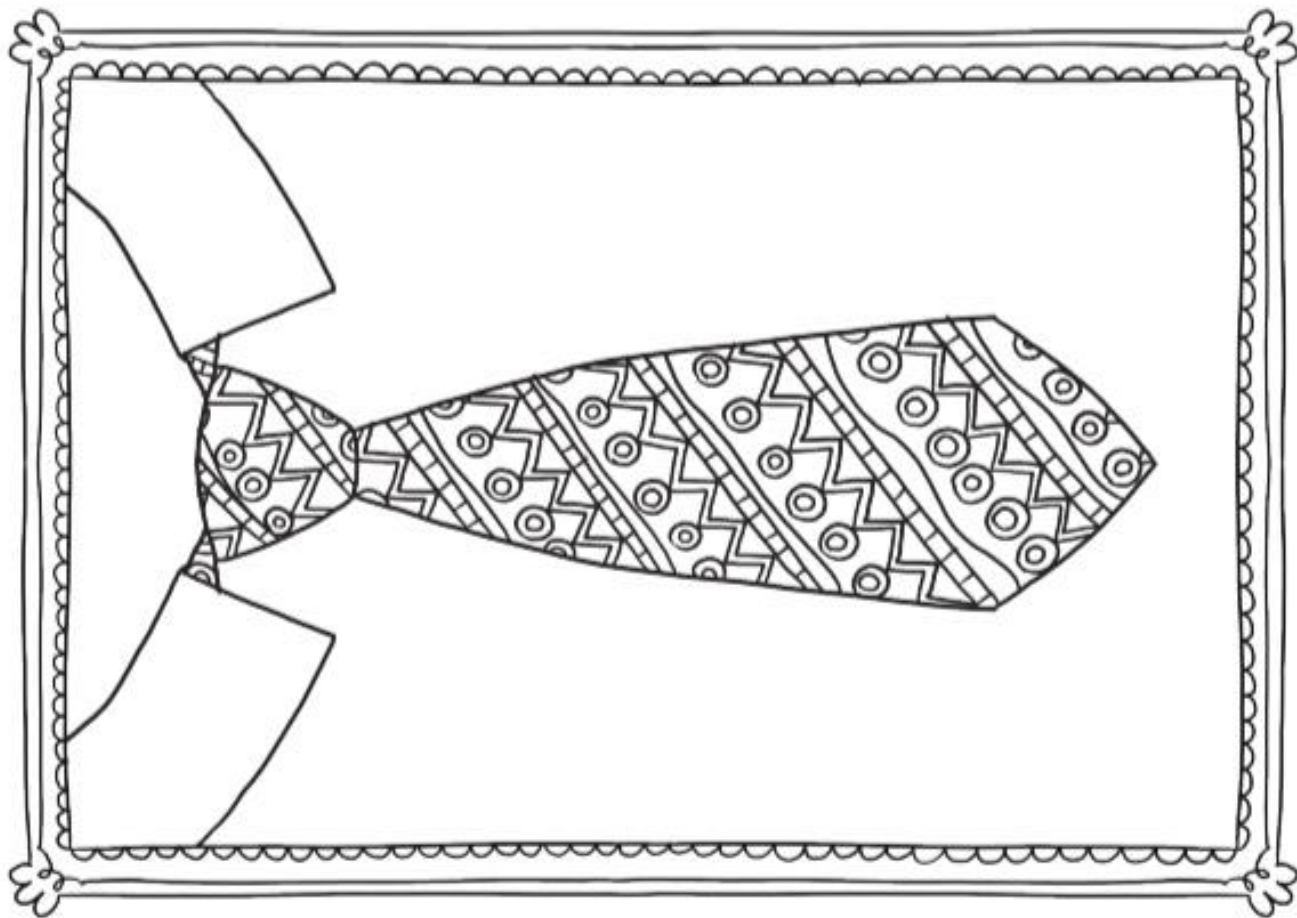
To dear Dad,

Happy Father's Day

Thank you for everything you do for me.

Love \_\_\_\_\_





# Friday – Maths

## Remainders Wanted Long Division Game

Directions: Players take turns covering a number on the game board with a counter, rolling the die and dividing the number covered by the number on the die. The remainder is the students' score for that round. Play continues until all of the students' counters have been used (ten rounds). Students add their scores for all of the rounds. The student with the highest score wins.

25	810	154	74	981	152
589	14	37	256	35	802
745	10	77	63	658	746
81	409	250	83	98	87
522	45	612	30	214	870
118	632	407	48	175	333

## Remainders Wanted Score Sheet

Player 1      Player 2

Round 1:

Round 2:

Round 3:

Round 4:

Round 5:

Round 6:

Round 7:

Round 8:

Round 9:

Round 10:

TOTAL:



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# Well Being Activity 5

<p><b>English</b> Write a letter/s to someone who doesn't live with you and send it to them!</p>	<p><b>PDHPE</b> Play outside! Go for a walk or play your favourite game.</p>	<p><b>TECH FREE FRIDAY</b></p>	<p><b>PDHPE</b> Design a healthy cafe. Design a menu and a poster to get people to come eat there!</p>	<p><b>Mathematics</b> Cook a recipe with your family. Look out for all the measurements that will ensure it tastes right!</p>
<p><b>English</b> Read for one minute per year you are old! 5 years = 5 minutes</p>	<p><b>History</b> Look back at family photos and share family stories. How much do you know about your family?</p>		<p><b>FREE CHOICE</b> from the Ideas page!</p>	<p><b>Science</b> Do some gardening! What can you do in your garden to help your plants grow bigger and stronger.</p>
<p><b>Dance</b> Pick a song and make up your own dance. Perform it for your family.</p>	<p><b>Art</b> 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><b>Drama</b> Create your own skit with your family! Give yourself characters and a scenario to act out.</p>		<p><b>Music</b> Spend time listening to your favourite songs OR create your own music!</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"

## 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

## 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

## 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.