

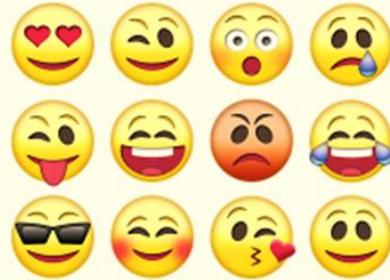
How are you feeling?

Changing feelings

Emotions and feelings change throughout the day and over time. Taking care of our mental health helps us to manage.

Feelings can grow or get stronger with time.

Some feelings seem to fade or pass over time.



Usually feelings that don't feel so good, don't last long.

© PSHE Association 2020

13

What else can YOU do to help YOU?

Activity sheet of ideas from home learning 04.05.2020

<https://www.johnrandallprimary.co.uk/wp-content/uploads/Year-6-wk5.pdf>

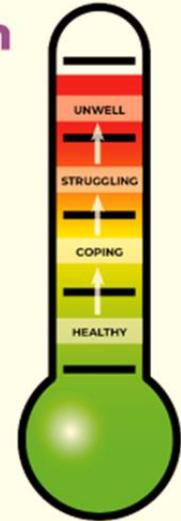
Thinking about mental health

Mental health can be thought of as a scale that can move up or down, a bit like a thermometer.

We can move along the scale at any time, between being healthy or unwell.

There are things we can do to help us stay healthy.

There are things that can be put in place if someone is not feeling so good, is struggling or unwell.



© PSHE Association 2020

7

Who can help?



Friend

Teacher

Parent

Childline website www.childline.org.uk

No-one

Childline text / phone line 0800 1111

Someone else

If your emotions feel all mixed up or you often have feelings that make you feel bad, talk to a trusted adult – they can help you find the right support.

© PSHE Association 2020

16

Tuesday 14th July 2020

Spelling

Week beginning 13.7.20 'mis' words	Week beginning 13.7.20 'mis' words	Week beginning 13.7.20 'mis' words
Group 1	Group 2	Group 3
1. mistake	1. mistaken	1. miscalculation
2. misfile	2. misbehaving	2. miscellaneous
3. misfire	3. misbelieve	3. misinformation
4. mishap	4. misconduct	4. misconstruction
5. misread	5. misconnect	5. misconstrued
6. misuse	6. misinterpret	6. miscorrelation
7. misspell	7. misjudge	7. misevaluations
8. misbelief	8. mismanage	8. misinterpretation
9. misplant	9. misplaced	9. mischievousness
10. misplace	10. mishandled	10. miscommunication

Check the spelling definitions in your dictionary and use your spellings within a sentence. Could you also use a thesaurus to find and locate better synonyms for these words.

Handwriting

Ssss Ssss

es

monkeys

Year 5

. C

?

!

: and , list

, clause ,

Fronted
adverbial ,

,"Speech."

' possess

' contract

' plural
possession

(extra info)

(clause)

-dash

Formality
change

Short

Compound

-although

-meanwhile

-despite

-on the

other hand

Complex 1

,embedded,

Complex 2

subordinate

-Despite

being

-Although

he

-In addition

to

Passive

With help

Paragraphs

Punctuation Ladder

Write an active sentence then turn it into a passive sentence.

Guided Reading: Northern Lights Pages 255-264

The Doctor was annoyed at having his experiments interrupted and snapped his fingers abruptly in irritation.

“I suppose this is just the sort of thing the practice is meant to show up,” he said.

Lyra explained, “When I came yesterday, Sister Clara put my clothes in a cupboard into two small tidy piles.”

1st / 2nd / 3rd person

Past/ present/ future tense

Noun	Pronoun	Subject	Verb	Adverb
Adjective	Article	Determiner	Preposition	Modal verb
Conjunction				

English ~ Use inverted commas to demarcate direct speech

L/o: Use inverted commas to accurately demarcate direct speech.

Success Criteria:

I know direct speech begins with a capital letter and punctuation marks are placed inside inverted commas.

I understand the need to use various synonyms for said and adverbs to add detail to my speech.

I can use inverted commas to accurately demarcate direct speech.

Speech Marks

In stories, characters often speak so we need to make sure we punctuate the way that they speak so that we know who says what and how they say it.

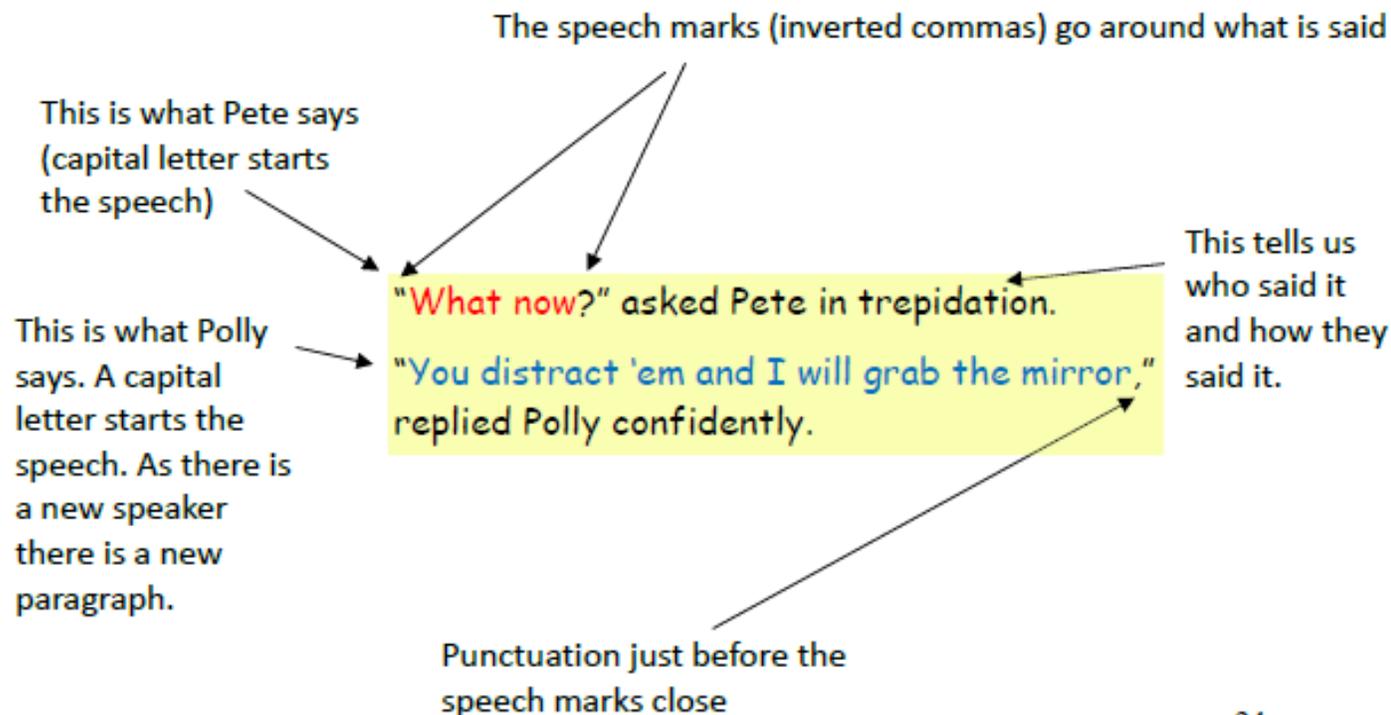
There are some golden rules for speech:

- 1) Put inverted commas (" ") around what is actually said.
- 2) Begin a new line (paragraph) for every new speaker.
- 3) Always begin a new piece of speech with a capital letter.
- 4) Always put some punctuation at the end of the speech – it could be a . , ! or ? depending on what you've written.



"What now?" asked Pete in trepidation.

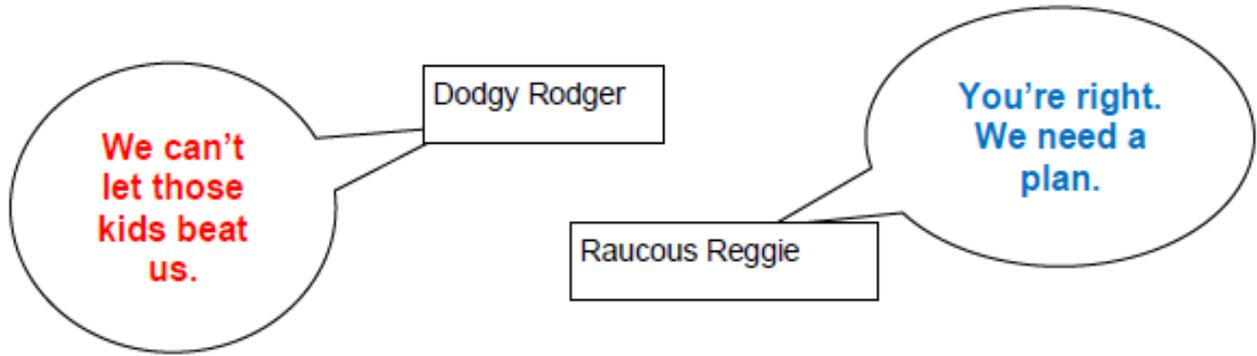
"You distract 'em and I will grab the mirror," replied Polly confidently.



Using the example and golden rules, can you punctuate these sentences correctly.



Blank rectangular box for writing dialogue.



"What time is it?" asked Bob loudly.
"It's twelve o'clock." replied Ben quietly.
"When are we going?"
"In a few minutes."

Now try to write dialogue between two characters like the example above.

Remember to explain who is speaking the first two lines using a synonym of said as well as an adverb.

Also try to remember that a new speaker starts on a new line not once but everytime.

Mile Track / Break / Snack

Home Learning Task ~ 10 minutes physical activity



14.07.2020

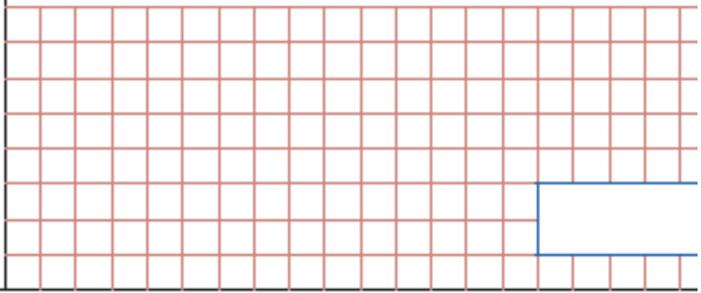
Fluent in five

Four operations:

1. $5145 + 7474 =$
2. $6476 - 5245 =$
3. $7263 \times 8 =$
4. 5264 divided by 8 =

5 and 6 timestable
practise

1 $625 \div 25 =$



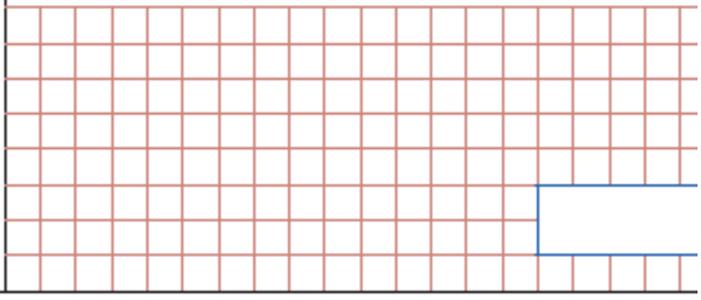
A grid for problem 1 with a small box for the answer.

4 + 399 = 981 (M)



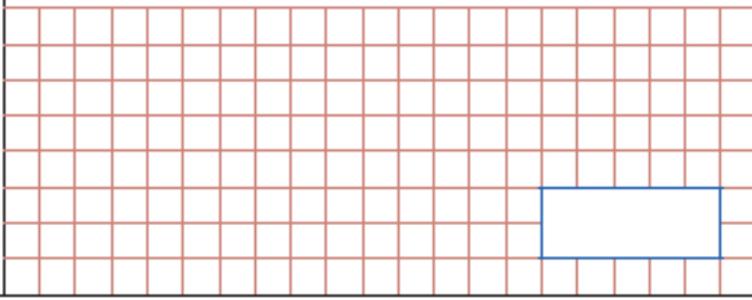
A grid for problem 4 with a small box for the answer. 1 mark

2 $4078 \times 54 =$



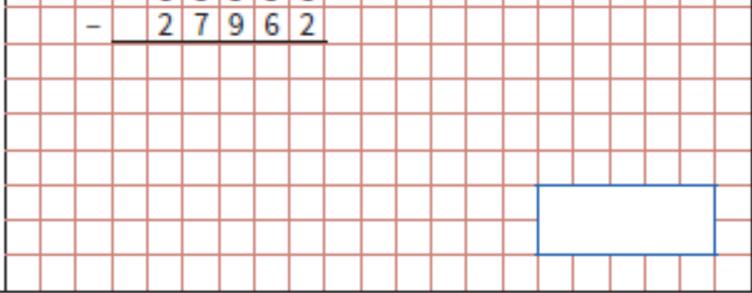
A grid for problem 2 with a small box for the answer.

5 $\frac{1}{2} \times 5 =$



A grid for problem 5 with a small box for the answer. 1 mark

3

$$\begin{array}{r} 83553 \\ - 27962 \\ \hline \end{array}$$


A grid for problem 3 with a small box for the answer. 1 mark



<https://classroom.thenational.academy/lessons/decimals-to-solve-three-by-two-digit-multiplication>

Please click on the link above to access the lesson below.

Share this lesson:



Decimals: To solve three by two digit multiplication

In today's lesson, we will be representing and solving 3-digit x 2-digit multiplication calculations.

Your challenge is to make the number in the pink box.
To do this, you need to choose one number from the orange box and one
number from the purple box and multiply them together.

278 653
852

32 65
76

20 896

**Keep a note of any answer even if they don't reach 20 896 so that we can
mark them anyway!**

PSHE- Healthy me

With parental permission, please access the website below and read which unhealthy foods should be avoided in a healthy diet. Then see if you can answer these questions by using your reading retrieval skills

<https://www.healthline.com/nutrition/20-foods-to-avoid-like-the-plague#section1>

1. What are two alternatives to drinking sugary drinks?
2. What vitamin do a lot of fruit juices contain?
3. What can some cereals be compared to?
4. What are the better breakfast cereals to choose?
5. What are the best ways to consume potatoes?
6. What is ice-cream loaded with?
7. What is healthy in moderation?
8. What have fast food chains been starting to offer?
9. What is the simplest way to lose weight and eat healthily?
10. Processed food are often loaded with what?

Forest School / Home Learning Outdoor Ideas



<http://www.wildforestschool.org.uk/wild-activities>



2) Mix some Mud Paint

- This needs to be a thinner consistency but not too runny or it will look faint and run off the page.
- Use a paintbrush or feather to make marks on paper or on a stone floor.

End of the day reading

Northern lights or home reading book.