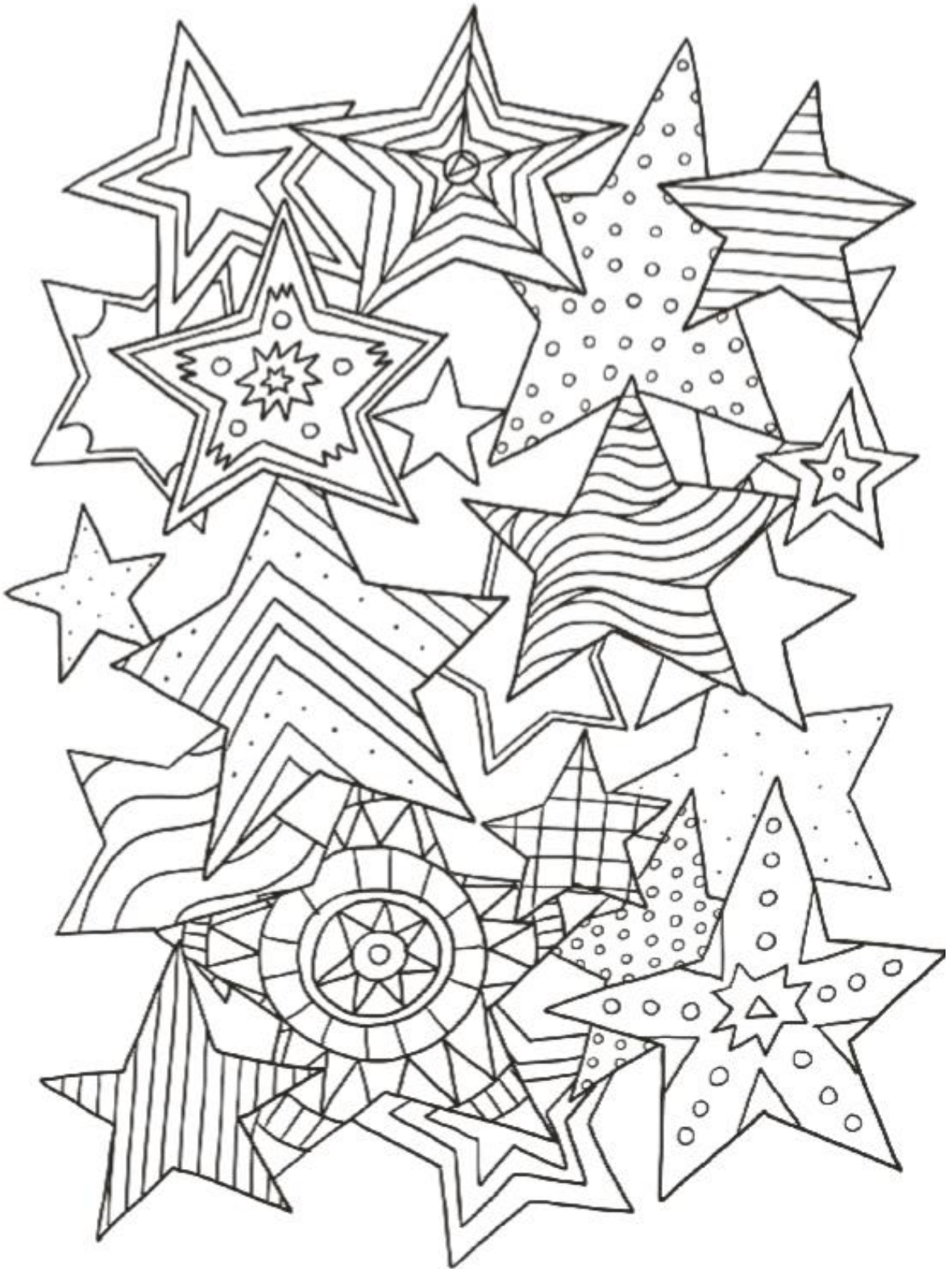


Wednesday 1st July 2020

Please refer to Monday's power point for the 'everyday' activities.

Welcome to July - the best month of the year!
You are all superstars so here are some stars to colour in.



Maths !

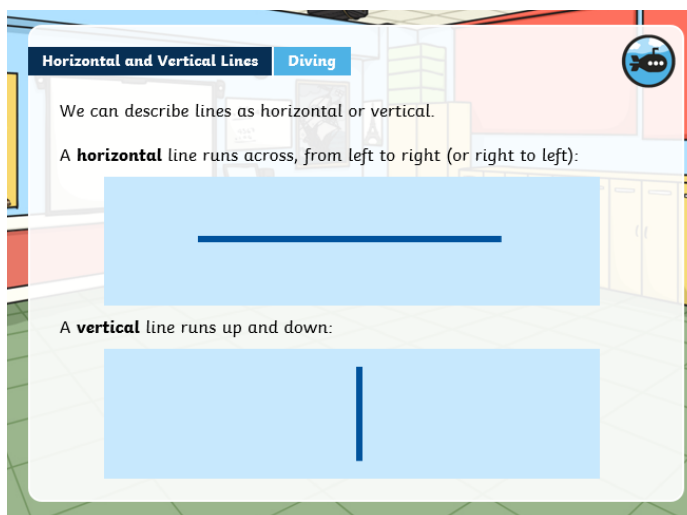
- **First** complete the Mental Maths sheet
- **Grown ups** - this week the White Rose videos are back. Yay! I will continue to use various resources for the 'work'. Don't worry if I don't include all of the White Rose sheets everyday.
- **Children** - the videos are back, I hope that you enjoy them.
- This week is all about angles and lines.
- **Finally** check your answers and correct any mistakes, just like we do in class. You can even use a pink and green pen if you want to. (Bonus points if you find a mistake!)
- **Maths this week**
 - Monday - comparing angles - right angles
 - Tuesday - comparing angles, right angle, acute and obtuse
 - **Wednesday - horizontal and vertical lines**
 - Thursday - parallel and perpendicular lines
 - Friday - Friday challenge

Missing number multiplication

$\underline{\quad} \times 8 = 16$ <small>(1)</small>	$4 \times \underline{\quad} = 48$ <small>(11)</small>	$6 \times \underline{\quad} = 42$ <small>(21)</small>
$10 \times \underline{\quad} = 120$ <small>(2)</small>	$\underline{\quad} \times 2 = 20$ <small>(12)</small>	$12 \times \underline{\quad} = 36$ <small>(22)</small>
$\underline{\quad} \times 3 = 30$ <small>(3)</small>	$6 \times \underline{\quad} = 30$ <small>(13)</small>	$\underline{\quad} \times 4 = 20$ <small>(23)</small>
$5 \times \underline{\quad} = 60$ <small>(4)</small>	$10 \times \underline{\quad} = 120$ <small>(14)</small>	$\underline{\quad} \times 3 = 36$ <small>(24)</small>
$10 \times \underline{\quad} = 80$ <small>(5)</small>	$6 \times \underline{\quad} = 36$ <small>(15)</small>	$12 \times \underline{\quad} = 36$ <small>(25)</small>
$\underline{\quad} \times 2 = 12$ <small>(6)</small>	$\underline{\quad} \times 10 = 50$ <small>(16)</small>	$10 \times \underline{\quad} = 40$ <small>(26)</small>
$6 \times \underline{\quad} = 42$ <small>(7)</small>	$11 \times \underline{\quad} = 110$ <small>(17)</small>	$10 \times \underline{\quad} = 80$ <small>(27)</small>
$5 \times \underline{\quad} = 40$ <small>(8)</small>	$\underline{\quad} \times 6 = 60$ <small>(18)</small>	$9 \times \underline{\quad} = 90$ <small>(28)</small>
$8 \times \underline{\quad} = 80$ <small>(9)</small>	$\underline{\quad} \times 3 = 21$ <small>(19)</small>	$8 \times \underline{\quad} = 56$ <small>(29)</small>
$\underline{\quad} \times 4 = 36$ <small>(10)</small>	$4 \times \underline{\quad} = 36$ <small>(20)</small>	$\underline{\quad} \times 7 = 84$ <small>(30)</small>

Missing number answers

•2	12	7
•12	10	3
•10	5	5
•12	12	12
•8	6	3
•6	5	4
•7	10	8
•8	10	10
•10	7	7
•9	9	12



Watch the White Rose video first.

<https://whiterosemaths.com/homelearning/year-3/> watch the horizontal and vertical video.

Horizontal and vertical




1 Circle the line that is horizontal.

2 Circle the line that is vertical.

3 Use a ruler to draw the lines.

a) Draw a horizontal line 5 cm long.

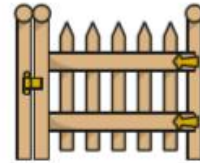
b) Draw a line that is not horizontal or vertical.



c) Draw a vertical line 5 cm long.



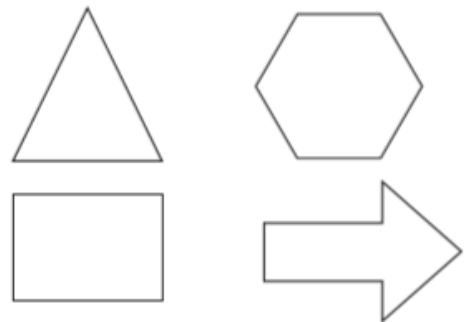
4 Tick two horizontal lines on the gate.



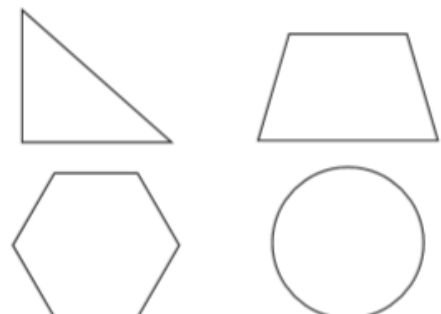
5 Tick three vertical lines on the chair.



7 Tick the shapes that have a vertical line of symmetry. Draw on the shapes to show the line of symmetry.

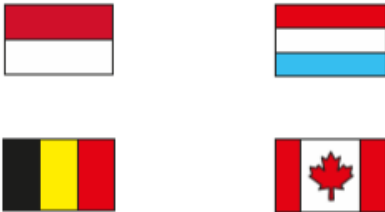


8 Tick the shapes that have a horizontal line of symmetry. Draw on the shapes to show the line of symmetry.



6 Here are some flags.

a) Circle the flags that have horizontal stripes.



b) Circle the flags that have vertical stripes.



c) Is the statement true or false?

This flag has vertical and horizontal stripes.



Challenges for all, they get trickier as you go down the page. See how far you can get down the page.

1) Label these lines as horizontal or vertical:



Now, find two examples of:

horizontal lines in the classroom _____

vertical lines in the classroom _____

2) Use a red colouring pencil to trace over the vertical lines and a blue colouring pencil to trace over the horizontal lines in this shape.

How many of each type are there? How many lines in the shape are neither horizontal nor vertical?



Vertical _____ Horizontal _____ Neither _____

1) Circle the images which have a vertical line of symmetry.

Tick the images which have a horizontal line of symmetry.

Remember that some could have both.



2) Find three items in the classroom that have both a horizontal and vertical line of symmetry.

1) Scott sorts the letters in this word into two groups:

SYMMETRICAL

He says:

The letters Y, M, T, I and A are the only symmetrical letters.

What mistake has he made?

2) Use squared paper to create a picture using **only** horizontal and vertical lines.

3) Investigate: Can you find a word, written in capitals, that has six vertical lines?

Write it here: _____

How many horizontal lines does it have? _____



Answer time!

1) Label these lines as horizontal or vertical:

_____ - - - - - |

horizontal horizontal vertical

Now, find two examples of:

horizontal lines in the classroom: *multiple answers possible*

vertical lines in the classroom: *multiple answers possible*

2) Use a red colouring pencil to trace over the vertical lines and a blue colouring pencil to trace over the horizontal lines in this shape.

How many of each type are there? How many lines in the shape are neither horizontal nor vertical?

Vertical 5 Horizontal 4 Neither 2

Colouring as shown, with diagonal lines left blank



1) Circle the line that is horizontal.



2) Circle the line that is vertical.



3) Use a ruler to draw the lines.

a) Draw a horizontal line 5 cm long.



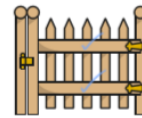
b) Draw a line that is not horizontal or vertical.



c) Draw a vertical line 5 cm long.



4) Tick two horizontal lines on the gate.



5) Tick three vertical lines on the chair.



1) Circle the images which have a vertical line of symmetry.

Tick the images which have a horizontal line of symmetry.

Remember that some could have both.



2) Find three items in the classroom that have both a horizontal and vertical line of symmetry.

Multiple answers possible.

1) Scott sorts the letters in this word into two groups:

SYMMETRICAL

He says:

The letters Y, M, T, I and A are the only symmetrical letters.

What mistake has he made?

He has only spotted vertical lines of symmetry. C and E both have horizontal lines of symmetry.

2) Use squared paper to create a picture using **only** horizontal and vertical lines.

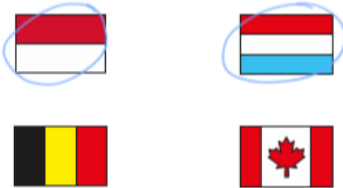
3) Investigate: Can you find a word, written in capitals, that has six vertical lines?

Multiple answers possible for both of these questions.



6) Here are some flags.

a) Circle the flags that have horizontal stripes.



b) Circle the flags that have vertical stripes.



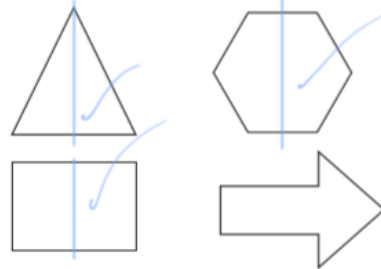
c) Is the statement true or false?

This flag has vertical and horizontal stripes.



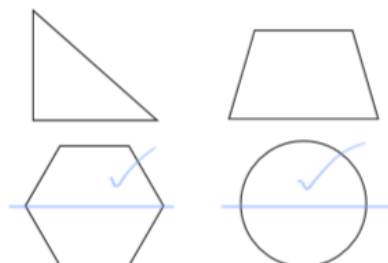
7) Tick the shapes that have a vertical line of symmetry.

Draw on the shapes to show the line of symmetry.



8) Tick the shapes that have a horizontal line of symmetry.

Draw on the shapes to show the line of symmetry.



Wednesday 1st July: English

The last activity this week focusing on the poem by Mark Cowen is:

3. Descriptive Writing!

Journey back to the top of the poem and top of the Rainforest. Imagine you are climbing one of the emergent trees. Write a descriptive story of your climb back through the layers to the very top. Think about how you can include all five of your senses in the story. There is a planning sheet on the next slide to help you with this: Five Senses Planning

Watch these short videos about how to make sure your descriptive writing is the best it can be.



<https://www.youtube.com/watch?v=IwQIR2uyMJg>



<https://www.youtube.com/watch?v=kWIGhiOIVmw>

After you have wrote your descriptive story using 'show not tell' and your five senses I would like you to self assess your work. You will need some coloured pencil crayons or felts and I would like you to read your work and underline any examples of the five senses and show not tell. I have used coloured outlines in the boxes for the five senses for you to use with your key.

Hopefully this will help you spot some improvements.

Five Senses Planning

Sights:

Sounds:

Tastes:

Five Senses Planning

Touch: _____

Smells: _____

Feelings: _____

Young minds calm box ideas.

Over the past few years I have struggled with feelings of anxiety and panic.

A couple of years ago I was introduced by a mental health professional to the idea of a self-soothe box. This is a box you can make that contains things that ground you, make you feel more relaxed and reduce symptoms of panic, anxiety or low mood. I loved the sound of it and made one immediately; it's a tool I still turn to frequently.

If you find yourself struggling with similar feelings, then I would really recommend putting together a self-soothe box.

What should be in my self-soothe box?

It's recommended to have a range of sensory things and something to focus your mind on. You could include something to smell, something to touch, something to look at and maybe even something to taste. For some inspiration, below are some of the things I have included. You can change yours depending on your preference. I often take a miniature, more travel-friendly version when going on holiday also, which I would recommend if you find travelling stressful or anxiety-provoking.

Touch

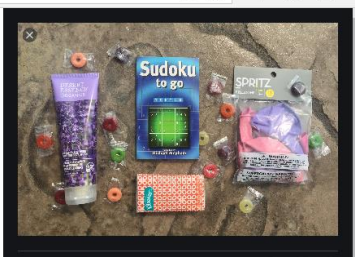
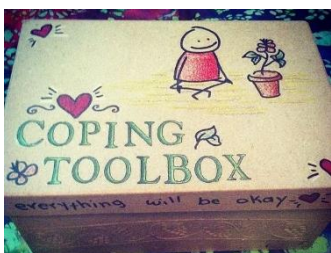
Include something that you can touch; this serves as a good distraction for your hands. Playdough, fidget cubes or spinners, and stress balls are great for this; they're satisfying to touch, and easy to put force into and relieve some stress. It can encourage your muscles to relax, which is what many methods to reduce anxiety involve.

Memories

I always keep a few photos of people or places that have only positive memories attached to them. This acts as a reminder that my life is made up of different elements – not just the mindset that I find myself in at that specific time. It reminds me that there are people who I can turn to and also that new opportunities await. If you don't have pictures, you could keep a nostalgic item that encourages a similar thought process. In my box is a book that I wrote when I was four years old, filled with accounts of my favourite things and days out with friends and family. It's a really nice way to remind yourself how far you have come and how far you are capable of going. Recognising the simplicity of growing older and progressing can help to reduce the pressure to constantly achieve and improve, which often helps with the initial feelings of anxiety or panic.

Smell

This can be personalised depending on what scents you prefer; a few of the typical ones include: peppermint for grounding, and lavender or rose for relaxation and tranquillity. I always keep a bottle of essential oil as it is a strong, concentrated scent; you can put a few drops on your clothing, stress ball or playdough. Another great item is a candle. The scent of a candle is perfect to focus your senses on and has the ability to make you feel much more present. If you can't have candles in your home, room sprays or essential oils work in a similar way. If you try to keep the scent fairly simple and consistent, you can end up associating this scent with relaxing, which increases its effectiveness.



Music

I find that music alone can have a really positive affect on my emotional wellbeing. I keep a little wind-up music box in my kit; it's a really simple way to play music that doesn't require access to a phone or laptop. Of course, it's advised to pick music that is calming and has a solid beat to help you breath slowly and steadily. Slowing your breathing to a steady pace can help you relax if you are feeling stressed. Alternatively keeping some earphones and making an easy-to-access, calming playlist on your phone is a nice, easy way of finding music to listen to.

Water

Drinking water can be such a vital way of reducing symptoms of panic. Not only is it important to stay hydrated, but the regular sipping is a good way to keep a steady rhythm to your breathing. I also find it keeps you fresh-minded, and the coolness of water can often give you something to focus on and have a grounding effect. I keep a cup or water-bottle in my self-soothe box, which acts as a gentle reminder to keep drinking.

Calming technique cards

In my box is a postcard with some steady breathing techniques written on it. It acts as a reminder to keep calm and focused. There are a variety of techniques available; once you find one that works particularly well for you, write it down as a card to remind you. I also have some muscle relaxation exercises written down on other postcards. The NHS website has a few breathing exercises for stress which can be used for anxious thinking and panic also.

Positive affirmation/quote cards

This is entirely personal to each individual. I made up a load of little cards and wrote down my favourite uplifting quotes from films, books, poets and accounts that I follow on Pinterest and Instagram. Some people like to read their positive affirmations out loud to themselves. I also keep letters and postcards that I have received from friends, family and teachers. Being able to see your positive attributes written down in physical form from the perspective of others can be really reassuring. This is particularly helpful if you are prone to feeling strong emotions around attachment and detachment of loved ones when struggling.

Activity

Having an activity to complete can really help you self-soothe. Reading and colouring in are the more obvious options and both of these work for me. You can find plenty of inexpensive beautiful colouring books, pretty much anywhere nowadays - The Works, Amazon and Waterstones all have a good variety to choose from. You can also find a lot of printable colouring sheets online. I keep some colouring pencils and a pad to fill in.

Colouring is a very simple task and having something beautiful that you made can feel very rewarding. You might like to write about how you are feeling, or try some creative writing or poetry; for that you can include a pen and notepad. I also keep a book that is an easy, light read.

I would recommend avoiding books that could be potentially triggering, particularly if you are in a vulnerable mindset. However, this can vary from person to person. I know for some people, emotionally dense poetry or literature can help reduce feelings of loneliness or isolation. Other activities can include: word searches, word games, sudoku, knitting, crocheting, collaging, games on your phone etc.