

# Friday 15<sup>th</sup> May 2020

## Hello from the year three team!

Well done for making it to Friday!

Please take some time over the weekend to exercise, get some fresh air and do an activity that you want to do.

In the Faber household we have been making rainbow Hama beads to give to neighbours to hang in their windows. And in the Wellings household we have been spending time in our garden and making bird treats (even though we only seem to be feeding the squirrels).



Please remember that the 'everyday' activities are on Monday's power point to save paper and ink.



# Friday Maths challenge!

As we write our power points a week or so in advance, the challenge we are doing today hadn't been released at the time of writing.

White Rose are working in conjunction with the BBC to produce Friday Maths challenges that you can dip in to and complete as much or as little as you want. The challenge has different parts that are aimed at different ages and are for families to complete together.

To access just follow the year 3 home learning link and it's at the bottom of the page. At the moment it looks like the picture below.

If you don't want to use the challenge or there isn't the time or technology I've added a few Maths puzzles on the next page for you to do instead.

<https://whiterosemaths.com/homelearning/year-3/>

## Friday Challenge - Coming soon!



### Friday Challenge

Join us on Bank Holiday Friday for a maths and cooking collaboration!

#MathsEveryoneCanAtHome  
#GetCooking

### Get the Ingredients List

Each recipe will have maths to go alongside it. We have a recipe each for KS1, KS2 & KS3, but feel free to choose any you like!



Share your progress

#WRMChallenge #BitesizeChallenge

# Emoji Code Breaking

# SALLY'S HEXAGON NUMBER PUZZLE 3

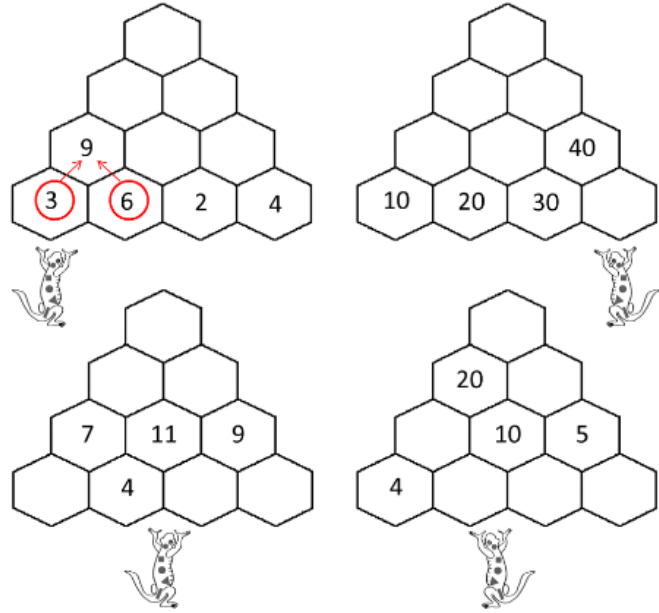


5	2	7	3	4	9	6	8	0	1	

Each hexagon is made by adding up the numbers in the two hexagons below it. Fill in the missing numbers in these puzzles.

+ + = 97

- + =
- =
- =
- + =
- + =
- =
- + =
- =
- + =
- =



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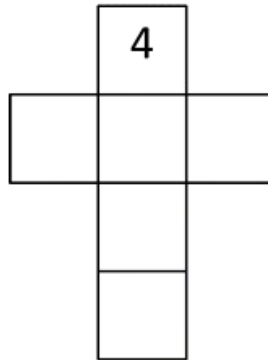
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Name \_\_\_\_\_ Date \_\_\_\_\_

# NEWTON'S CROSSES PUZZLE 3



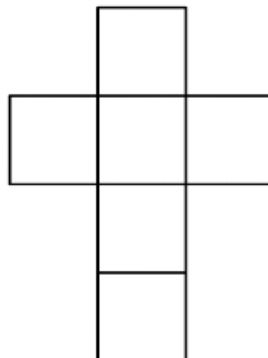
1) Write the numbers 2, 3, 5, 6 and 7 in the correct place so that each line of the cross adds up to 15.



2 3 5 6 7  
Total must be 15



2) Write the numbers 2, 3, 4, 5, 6 and 7 in the squares so that each line of the cross adds up to 17.



2 3 4 5 6 7  
Total must be 17



# Sudoku 4 x 4 Puzzles

Each row and column contains all the digits 1 to 4.

4			3
3	1		
2			1
		2	

	1		2
2		1	4
1	4	2	
	2		

4	1	3	
		1	
1			4

2	4	1	3
3	1		4
		4	

2	4	1	
	1		
4		3	

	4		
2			4
	1		2
4		3	1

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# Answers

## Sudoku 4 x 4 Puzzles Answers

4	2	1	3
3	1	4	2
2	4	3	1
1	3	2	4

4	1	3	2
2	3	1	4
1	4	2	3
3	2	4	1

3	2	4	1
4	1	3	2
2	4	1	3
1	3	2	4

2	4	1	3
3	1	2	4
1	3	4	2
4	2	3	1

1	3	4	2
2	4	1	3
3	1	2	4
4	2	3	1

1	4	2	3
2	3	1	4
3	1	4	2
4	2	3	1



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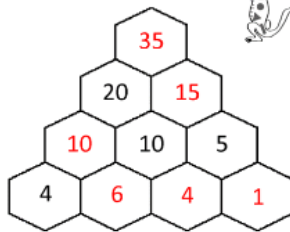
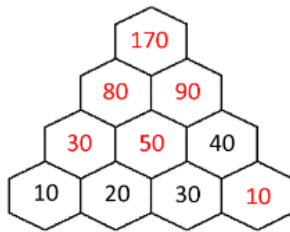
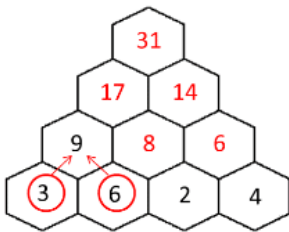


Name \_\_\_\_\_ Date \_\_\_\_\_

## SALLY'S HEXAGON NUMBER PUZZLE 3 ANSWERS



Each hexagon is made by adding up the numbers in the two hexagons below it. Fill in the missing numbers in these puzzles.



NAME \_\_\_\_\_

DATE \_\_\_\_\_

## NEWTON'S CROSSES PUZZLE 3 ANSWERS

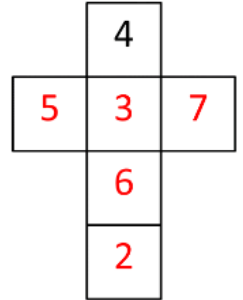


Please note that there are several solutions for each cross puzzle. As long as the number in the center of the cross is the same as the solution below, and the rows and columns contain the same numbers then the answer should work even if the numbers are in a different place.

One solution for each puzzle is given.

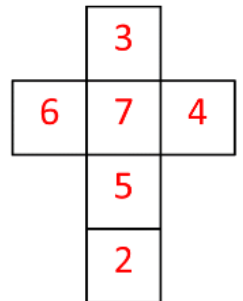
- 1)  
2 3 4 5 6 7

Total must be 15



- 2)  
2 3 4 5 6 7

Total must be 17



## Emoji Code Breaking Answers

5	2	7	3	4	9	6	8	0	1	

- + = 94
- = 33
- = 7
- + = 58
- + = 65
- = 18
- + = 85
- = 43
- + = 75
- = 9



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# Mental Health Wellbeing

Some children (and grownups) may be feeling worried, anxious, scared or even angry about the situation that we find ourselves in. Below are a few activities to help you to calm yourself that you can try when you are feeling anxious.

**Grown ups** - When children experience anxiety or struggle to gain control over their thoughts they may need to support to restructure or interrupt their thoughts that they are having at that moment. The following grounding techniques are techniques I have used with my own children (and myself) which interrupt anxious thoughts and reduce the chance of the worries spiralling out of control. It is about keeping the child in the here and now.

## ABC around the room.

This activity brings your thoughts to the here and now by asking you to identify objects that are in the room that you are in

Ask your child to look around the room that they are in and name something that they can see that begins with A, then B, then C. Letters can be missed out, but see how far you can get through the alphabet. You could also stop when your child tells you or you can see that they are calmer.



## Stomp, stomp blow

If you want a more active grounding exercise then try stomp, stomp, blow.

To do this ask your child to stamp their left foot, then their right foot and then take a big breath in and then exhale slowly. Repeat several times. The stomping makes your feet feel connected with the floor and the breathing out is blowing away the anxious thoughts.



# Free Writing Friday



Take some time today to do some free writing. This could be anything, with anything on anything (ask a grownups permission first).

Ideas below:

A recipe

A diary

A postcard

A poem

A report

A fact file

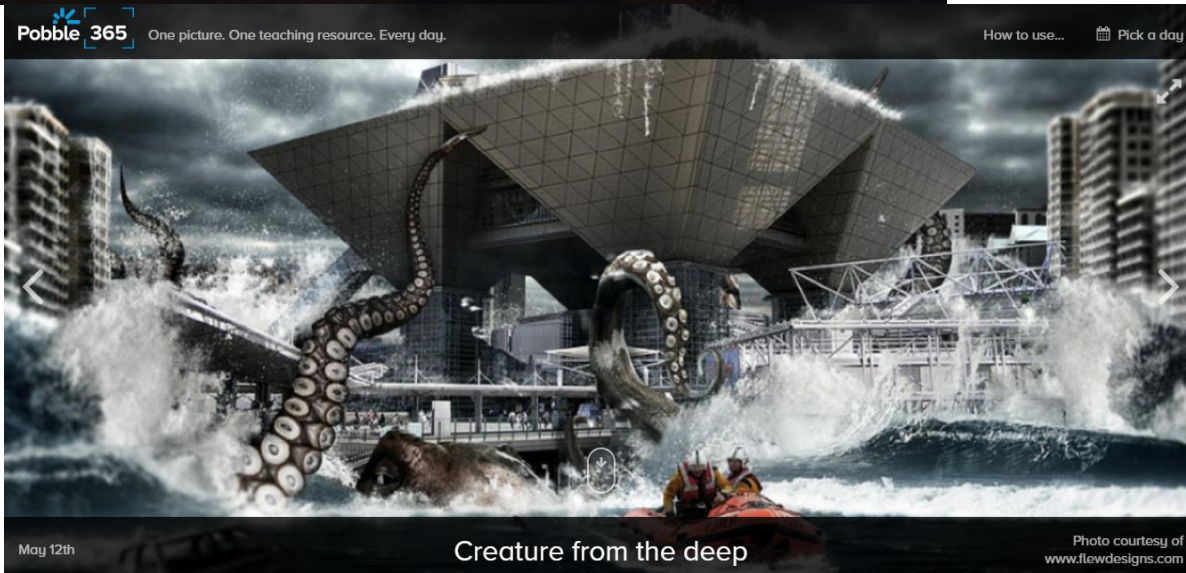
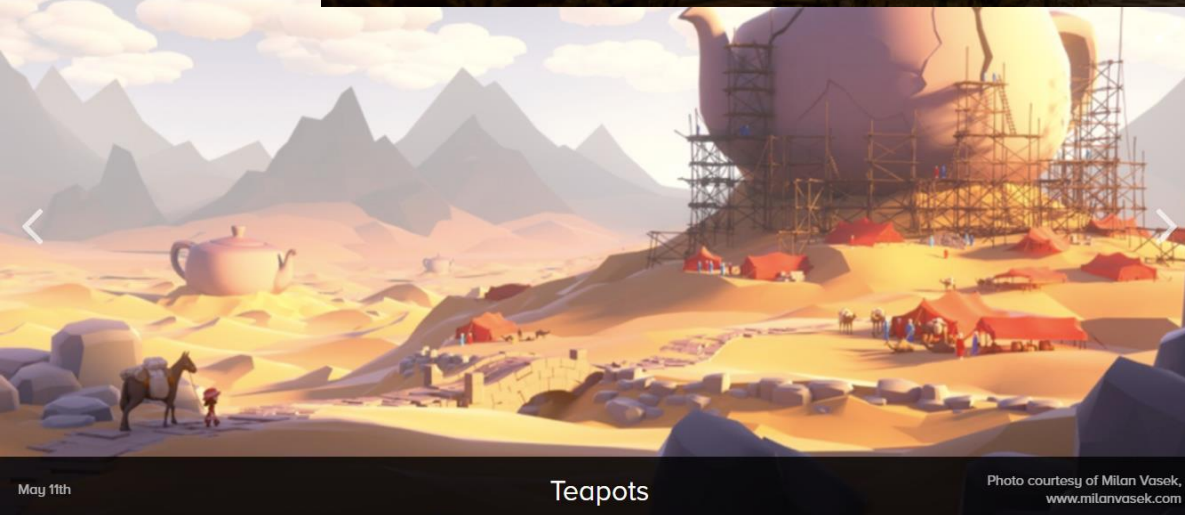
A story

A song

A playscript

# Free Writing Friday: Story Stimulus

For those of you wanting to write a story but don't know where to start, here are some pictures that might get your imaginations rolling.



Here are some great tips to help you to get a good night's sleep.  
Your task is on the bottom of the next slide.

## Getting a Good Night's Sleep

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can make you feel poorly, unable to learn and not want to go out with your friends and family.

If you are struggling to get a good night's sleep, follow these top tips:

- Think about your bedtime routine – What time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing your bedtime forward by 30 minutes at a time.
- Make sure you are really tired before you go to bed – the less time you spend awake in bed, the better.
- Have at least 15 minutes' quiet time before trying to go to sleep so your body and brain can relax and prepare to sleep.
- Don't use your phone or computer before bed – this can stimulate your brain and make it more awake.
- Try having a lukewarm bath (not too hot or cold) – this can relax your body more.
- Try to go to bed at the same time every day once you have settled on a routine.



- Try to get up at the same time every day. An occasional sleep in on a weekend is fine, just try not to sleep late every day.

- Choose a relaxing activity before bed, such as reading or listening to music.

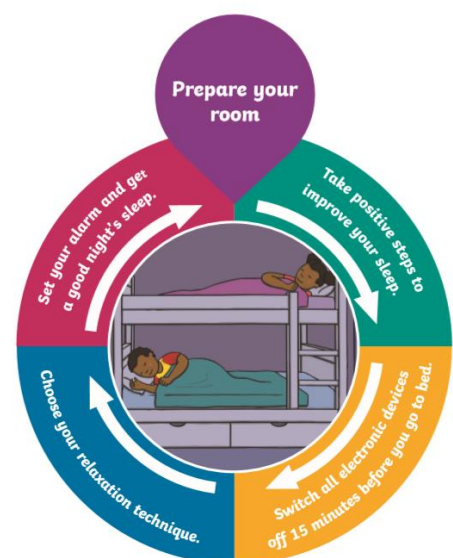
- Try a few relaxation activities until you find the one that works for you.

- If you find it hard to switch off from your thoughts, keep a diary at the side of your bed and write down these thoughts. Try to give yourself an extra 10 minutes before bed to do this so it doesn't cut into your sleeping time.

- Make sure you are comfy in your sleeping environment. Is it dark enough? Are you the correct temperature... not too hot and not too cold?

- Put your phone onto silent at night so it doesn't wake you up. It can be difficult then to switch off and get back into a deep sleep.

- Your activity for PSHE this week is to write down your bedtime routine and try to stick with it. Use the ideas above to help you to have 'down time' before bed. This week I am going to try really hard not to use my phone before bed and to try using the ABC around the room activity and see if it relaxes me and helps me to get to sleep. Feel free to create a poster or draw pictures to go with your routine.



## Optional fun sleep activity - you can make a dream catcher just like this one below.

All you need is a paper plate or piece of cardboard that you can use to make a circle. (a cereal box will do)

Then ask an adult to help you to punch holes around the edge and then you can thread wool, string or ribbons through the holes to make a web.

On the end of the wool you can add feathers and beads to make it look pretty.

Don't forget to tie a piece of wool to the top so that you can hang it by your window in your bedroom.

