

Year Group: Rainbow *Please look at Year 1 and 2 home learning pages for other activities.

Date: Monday 30th March

Subject	Lesson focus/objective (I can....)	Activity and/or instructions
Reading/Phonics		<ul style="list-style-type: none">• Please go to Year 1 or Year 2 home learning pages for phonics activities.• Story of the day: Amazing Grace https://www.youtube.com/watch?v=DYOfKypLWmk
Mathematics (including times tables)	I can measuring length using non-standard units.	Look at the power point Length power point on the Rainbow home learning page on the website. It shows how objects can be measured using different things. Find something in your home you can use to measure, e.g. spoons, pencils, your hands, your feet. Measure different things in your home using your chosen object, e.g. how many spoons long is the table? How many pencils long is your T.V.? How many hands tall is your brother? Draw what you measure and write down the measurements.
Writing	I can write for different purposes (a poster).	Think about the work you did yesterday about the Panicosaurus. How can Smartosaurus stop us being tricked by Panicosaurus? Design a poster to show some of the ways Smartosaurus helps us feel better when Panicosaurus tricks us. Have a look on page 2 for some ideas.
Other	Keeping our minds healthy	Practise some mindfulness. Find a quiet place either in your home or outside in your garden if you have one. Make sure it is a safe place. Close your eyes and listen to your breathing. What else can

you hear? What can you smell? What can you feel in your body? Sit still and quiet for 2 minutes, using your senses to notice what is around you. Try this a few times throughout the day, especially if you're feeling sad or worried.

Reading:

Please read daily and complete your reading record. You can access Accelerated Reader clicking here and putting in your user name and password:

<https://ukhosted2.renlearn.co.uk/1894742/>

You may find that some of your books at home are also on Accelerated Reader, so re-read them and give the quiz a go.

*You can hear 'the first part of The Panicosaurus' book if you follow these links (there is a story but this part is all you need to help understand what the Panicosaurus is): https://www.youtube.com/watch?v=wrel3iPHC_4

Smartosaurus might tell us to...

Talk to a grown up or friend about your feelings.

"Smell the flowers then blow out the candles."

Sing your favourite song out loud or in your head.

Play the '5,4,3,2,1' senses game.

Be kind to yourself by doing an activity you enjoy.



Can you think of any other ways to help you feel better? Try them out!