

### <u>St Margaret's-at-Cliffe CP School</u>

### <u> Timetable Class 5</u>

# Forest School

Week 5 <sup>th</sup> July	Monday	Tuesday	Wednesday	Thursday	Fr	iday
	5 <sup>th</sup> July	6 <sup>th</sup> July	7 <sup>th</sup> July	8 <sup>th</sup> July	9 <sup>th</sup>	July
Vocab Ninja	Synonym Stars Bay	You can also play some Vocab	y starting with Shinobi words fo pulary Ninja Mini Games here: <u>cabularyninja.co.uk)</u>	r year 5 can be found <u>here</u> .	HANDS FA	ACE SPACE
	Wed	re a class bubble and we will	dren of handwashing routine <u>not</u> be mixing with other bub ing the health and safety guid	bles.	KATHERIN	E RUNDELL
STORY			FVDI	<b>ODEB</b>		
		by Kather	ine Rundell		LALL	VRLN
	•••	egin reading an excellent boo r;Katherine Russell introduce		E am hoping you will all really Idell on food from The Explorer	Jacquel	
		ding the first chapter here: <u>Kather</u> d:	rer by Katherine Rundell - YouTub rine Rundell reading from The Exp			13A

English	Read	Read	Read	Read	Read
	The Explorer Chapter 3	The Explorer Chapter 3	The Explorer Chapter 3	The Explorer Chapter 3	The Explorer Chapter 3
	You can read the text :			You can read the text :	
	the-explorer-katherine-	You can read the text :	You can read the text :	the-explorer-katherine-	You can read the text :
	rundell-extract.pdf	the-explorer-katherine-	the-explorer-katherine-	rundell-extract.pdf	the-explorer-katherine-
	(booktrust.org.uk)	rundell-extract.pdf	rundell-extract.pdf	(booktrust.org.uk)	rundell-extract.pdf
		(booktrust.org.uk)	(booktrust.org.uk)		(booktrust.org.uk)
	WALT be able to use			WALT:be able to can	
	<u>apostrophes for plural</u>	WALT be able to use the	WALT:be able to use	compare, contrast and	WALT:be able to use
	possession.	<u>subjunctive form</u>	<u>formal and informal</u>	<u>evaluate different books.</u>	<u>formal and informal</u>
	First look at this power point	First look at this power	<u>speech</u>		<u>speech</u>
	about the use of apostrophes	point that explains how	First look at the	We are going to compare	First look at the
	for possession.	the subjunctive form is	powerpoint here:	and contrast our class	powerpoint here:
		used and written.	Access this lesson	reading books that we	Access this lesson
	Access this lesson	Access this lesson	using pin	have been reading over	using pin
	using pin	using pin	code: <b>GQ2314</b>	the last two terms.	code: GQ2314
	code: NM6093	code: <b>EM8326</b>	at Twinkl Go	Think of the ideas and	at Twinkl Go
	at <u>Twinkl Go</u>	at Twinkl Go	Now complete these	themes within 'The	In Chapter three the
		TASK	direct speech questions	Exploreres' that we are	children discover a
	WALT: be able to use some	Complete the 'was or were'	that require inverted	reading now and 'the train	collection of trees that
	ideas from authors I have	subjunctive verb agreenet	commas.	to impossible places' or	have been turned into
	<u>read in my own writing.</u>	questions below.	Access this lesson	Malamander or infact our	the shelter they call'The
		Challenge	using pin	first book Rumblestar.You	, Den'.
	Read the first three pages	Look at chapter 3 to	code: <b>MD0543</b>	make your choice to	Think about the
	of the story in Chapter 3	discover examples of the	at Twinkl Go	compare two of these	conversation they have
	looking for these clever	subjunctive form Perhaps	Reread the first three	books. If you prefer you	about whatto do. Your
	sentences below;	you could write your own	pages of The Explorer.	could compare 'The	task is to continue this
	He grimised and put	subjunctive senetence	Notice how Fred and Max	explorer ' with a book you	conversation between
	one in his mouth,the	that the author could of	are involved in a	have recently read. Use	the children as they are
	taste hadn't been	used in this chapter.	conversation as they	the comparison sheet	curled up in their fern
	improved	•	/		

Five year olds were	realise the danger of their		covered beds inside the
not easy to argue	situation.	ideas.	shelter for the night.
with, Fred thought	'Max ,"he roared		You may draw a picture
Fred looked at the girl	wildly staring around.		of this den when you
properly; she had a	"What,"Max looked		have edited your story.
scratch one side of	up.He was lying on		
her narrow face	his stamach in some		
TASK	fern like plants.		
Take each of these examples	"Max, you haven't		
and create your own ending	been drinking that		
to the sentence but keep the	water have you ?		
beginning part used by the	"Do you want a		
author to create your own	sweet?".		
useful pharses.	TASK		
<u>Challenge</u>	Write the conversation in		
Find other clever sentences			
in this chapter that the	your own words that		
author has used and magpie	describe not only what		
their idea to create your own	they are talking about but		
sentence.	their inner worries and		
A burning branch	feelings.		
cracked, spat red, and	5		
fell in a cascade of			
sparks.			

Maths					
	<u>Flashback 4</u>	<u>Flashback 4</u>	<u>Flashback 4</u>	<u>Flashback 4</u>	Flashback 4
	Find attached the <b>Flashback</b>	Find attached the			
	<b>4</b> . Today we will be	<b>4</b> . Today we will be	4. Today we will be	4. Today we will be	Flashback 4. Today we will
	completing week 6, day 1.	completing week 6, day 2.	completing week 6, day 3.	completing week 6, day 4.	be completing week 6, day
					5.
	Daily 10	Daily 10	Daily 10	Daily 10	
	This activity can be found	Daily 10			
	here:	here:	here:	here:	This activity can be found
	Daily 10 - Mental Maths	here:			
	Challenge - Topmarks	Challenge - Topmarks	Challenge - Topmarks	Challenge - Topmarks	Daily 10 - Mental Maths
					Challenge - Topmarks
	WALT: be able to calculate	WALT: be able to compare	WALT be able to estimate	WALT be able to estimate	
	<u>volume</u>	volumes	<u>volume</u>	<u>capacity</u>	WALT be able to find the
			First view the White Rose		<u>perimeter of a rectangle by</u>
		First watch White Rose	video here:	First watch the White Rose	using the formula 21+2b
	First watch the White Rose	video here	https://vimeo.com/56619377	video here:	<u>using standard units</u>
	video here:	https://vimeo.com/56614782	<u>5</u>	https://vimeo.com/5664640	
	<u>https://vimeo.com/56614572</u>	<u>3</u>	Look at this worksheet	<u>37</u>	First watch video here:
	<u>7</u>	Look at the worksheet where	where these ideas are	Look at the worksheet where	https://vimeo.com/477528
	Look at the worksheet where	you are comparing volumes	explored.	you are estimating capacity	<u>979</u>
	you are calculating volume:	https://resources.whiterose	https://resources.whiterose	here	Look at the worksheet
	https://resources.whiterose	<u>maths.com/wp-</u>	<u>maths.com/wp-</u>	https://resources.whiterose	where you are calculating
	<u>maths.com/wp-</u>	<u>content/uploads/2020/05/Y</u>	content/uploads/2020/05/Y	<u>maths.com/wp-</u>	perimeter and using the
	<u>content/uploads/2020/05/Y</u>	<u>5-Summer-Block-5-WO2-</u>	5-Summer-Block-5-WO3-	<pre>content/uploads/2020/05/Y</pre>	formula 2length +2bredth
	<u>5-Summer-Block-5-WO1-</u>	<u>Compare-volume-2020.pdf</u>	Estimate-volume-2020.pdf	5-Summer-Block-5-WO4-	https://resources.whiteros
	What-is-volume-2020.pdf			Estimate-capacity-2020.pdf	emaths.com/wp-
					content/uploads/2019/10/Y
					5-Autumn-Block-5-WO2-
					Calculate-perimeter-
					2019.pdf

Topic	Calanaa		Communities of		
Торіс	<u>Science</u>		<u>Computing</u>		PSHE
	WALT: be able to explain	WALT: Be able to hold body	<u>WALT: Be able to create</u>	WALT: Watch the ball all of	WALT: Be able know there
	the life cycle of a bird	<u>in different gymnastic</u>	<u>animations</u>	the time, get your heads up	are rights and
		shapes and balances		and be aware of what is	<u>responsibilities</u>
	First How do bird eggs	TASK	TASK	around you and concentrate	when playing a game online
	change over time?	Look at this video clip of	Last session we looked at the	Warm up – running in	We are all still thinking how
	The following video shows	some fun exercises and have	star of animating. Now watch	different directions,	to keep safe when playing
	how chaffinch chicks grow	a go yourself:	this short clip to explain how	skipping, hopping and	on line games. Sometimes
	until they fledge.		to add detail and extra	jumping. , How wide, tall and	we might worry about
	http://www.bbc.co.uk/learnin	THE LITTLE GYM 4 COP	features to your animation.	small can you be? Running in	comments from other
	gzone/clips/the-growth-and-		Watch here:	different directions bouncing	players.
	development-of-a-chaffinch-		<u>2Animate - YouTube</u>	and catching the ball.	We know we need to have
	no-narration/7521.html		Also refer to this video	Activity 1 – 'Turn about	enjoyment times while we
		The Little Gym UK at Home:	Purple Mash for Parents:	Catching 'Place 3 cones, 3	keep everyone safe from
	TASK	Primary School 6 to 12 years	Design a plant growing	metres apart in a straight	the Coronavirus.
	Investigate different birds and	Lesson 1 - YouTube	animation using 2Animate -	line.	What makes a good
	discover their life cycles.	Star and star jumps- Arms	<u>YouTube</u>	Player in the middle takes a	activity?
	Look at the example below of	and legs stretched out wide.		catch from first player and	Draw a picture of you
	a domestic chicken and its life	Pike - Sitting tall, with legs		returns the ball, then turns	enjoying your relaxing
	cycle.	together and straight, arms	DT	around and takes a catch	activity or just DO the
	Now create your own	stretched out above legs.	WALT: Be able to create	from the other player.	relaxing activity!
	information leaflet to explain	Straddle - Sitting tall, with	prototypes of design	Increase/decrease distances	NOW
	the life cycle of a common	legs out wide and straight,	products.	between cones	Sit quietly and relax to
	british bird. E.g. thrush,	arms stretched out above	Look carefully at the	One handed catching	listen to the calming script
	magpie, robin, sparrow	legs	picture of different	Use weaker hand to catch	below. This will help our
	morehen etc.	Arched shape- Your feet and	sandles below and choose	and throw	minds calm down so that we
	Remember to include	hands are the base of the	your design or change one	3 cones per group and 2 balls	are ready to learn.
	diagrams and labels.	arch and your body is in a	of the designs to create	per group	If you are at home please
		curved shape.	3		ask an adult to read the
		RE .	your own. Draw this design		Calming Script to you
		WALT: be able to describe	and label the pictures.		,
		how Muslims pray.	Drwa views of the frint		
			side and view from looking		
		Watch a video clip showing	down at the sandle .		
		Muslims performing salah,			

with the sound down. Ask pupils to look carefully at the prayer movements. Watch www.muslimkidstv.com/video/ learning-how-to-pray-prayer- basics-islam or http://muxlim.com/videos/za ckmatt/salah-animation- islamic-animation-muslim- cartoon Pupils design a poster illustrating one of the	What different ribbon/ strap fastenings are you going to include? Draw round your foot to create a template for the sole of the sandle. Mark on this template where the ribbons / straps are going to be attached.	French WALT be able to develop French conversation View this power point describing how to say different numbers in French. Access this lesson using pin code: AV5390 at Twinkl Go Look at the French worksheet below.	
before Allah. Alongside the illustration, pupils write down what they think the gesture in the rak'ah might mean. Display pupils' work in the correct order of the rak'ahs. Share with the pupils that this is only one type of prayer, many Muslims take time to pray more personally to Allah after the more formal prayer.			

Forest school activities	Forest school activities	Forest school activities	Forest school activities	Forest school activities
Task 1	Task 2	Task 3	Task 4	Task5
Collect leaves and	Use hoop and create an	Take two small branches	Mini beast hunt with	Camouflage creation
calculate surface area.	area on ground by	about 30cm long. Create a	putters and sample dishes.	Using felts and pencils
First collect three leaves	dropping on to	weave between them of	Draw the creatures found.	create a paper square
from one plant (tree to	grass/forest floor area	about 7 or 8 lengths of	Identify creatures from	measuring 5 cm. Design
begin with)	and survey the area	string/wool.	different areas of the	and create a camouflage
Draw round the leaf on	within. Look for different	Create tapestry by	Forest school.	pattern that will blend
squared paper and	species of plants and any	weaving different threads		into background and not
calculate each leaf's area.	invertebrates. List the	of plant stems/ grasses/		be obvious from 2metres
Now calculate the average	number found. Identify	flower stems /leaves etc.		distance when it is
area of these three	species.			located in undergrowth/
leaves.	Draw examples			grassland/forest floor
Select three more leaves				/bramble area.
that are slightly smaller				Are different
surface area and repeat.				camouflage patterns
Arrange the leaves in				needed depending on the
ascending surface area on	XI		v*	location ?
a threaded thin twig.	La de	LA /	A.	What about if you
5	ALL IT		XXX	wanted to be noticed to
	NX Y	The strend ?		signal to a potential
	30. 1			mate? What colours
	5-	hast Oak		would be most useful?
		rest Sch		How could the
				invertebrate hide these
				colours and only use
				them at certain times?

There are four children in this story, which is set in the 1950's, are five year-old Max and his older sister Lila, together with the two British children; Con and Fred, who are about 11-12 years old. Each of the children characters are revealed slowly throughout the adventures in the explained in the book. Fred is resourceful, a natural leader who the others look to. Con is a feisty and assertive girl, who is also often angry .She comes across rather bossy and spoiled. Lila and Max are siblings. Max is very young, vulnerable and afraid. Lila is fiercely protective of him, acting maturely as a mother-figure in the absence of their own family.

# Was or Were Subject-Verb Agreement

I can use the standard English forms of verb inflections.

The basic rule is that a singular subject takes a singular verb, while a plural subject takes a plural verb.

- Read the sentence.
- Decide whether the subject is singular or plural.
- Circle the correct verb.

was = singular were = plural

- a) He (was/were) prepared for school.
- b) We (was/were) scared of thunder.
- c) I (was/were) excited about my new book.
- d) We (was/were) playing together as a team.
- e) She (was/were) my best friend.
- f) We (was/were) excited about the championship game.
- g) They (was/were) walking around the lake.
- h) He (was/were) a very sensible member of the class.
- i) Can you tell if they (was/were) prepared?
- j) Who (was/were) with us at the birthday party?

Write four of your own sentences, were correctly.	like the examples above	, which use the verbs was and
1.		
2.		
3.		
4.		

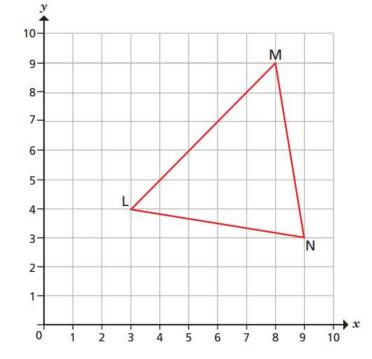
# **Stories Compare and Contrast**



Use this graphic organizer to compare and contrast the setting, plot, and theme of two similar stories.

Story 1	Setting	Story 2
-		
	Beginning	
	begunning	
	Middle	
	End	
	Theme	
		1
1		1

OBJECTIVES	QUESTIONS	ACTIVITIES
<ul> <li>Reading: Comprehension <ul> <li>Analyse an author's style of writing and identify different techniques and vocabulary used.</li> <li>Identify techniques the writer has used to evoke emotion.</li> </ul> </li> <li>Geography <ul> <li>Extend geographical thinking by researching a country's culture and history.</li> </ul> </li> <li>Maths <ul> <li>Convert between different units of metric measure.</li> </ul> </li> <li>Design Technology &amp; Art <ul> <li>Use a range of materials to create a 3D diorama of a rainforest setting.</li> </ul> </li> <li>Poetry <ul> <li>Retrieve information from the text and write a poem based on the setting.</li> </ul> </li> </ul>	<ol> <li>Create a spider diagram of words, ideas and themes linked to the word 'exploration'. What is the difference between exploring and being lost?</li> <li>Spend some time looking at the front cover of the book. What do you predict it will be about? Are there any clues as to what might happen? Draw or write about your ideas.</li> <li>Look at the chapter titled 'Flight'. Which words and phrases used by the author create a sense of excitement and tension?</li> <li>Why might Fred be both 'dizzy and desperate' on page ? Refer to both words in your answer.</li> <li>Read pages 6-17. What are your first impressions of Con? Do you like her? Use evidence from the story to support your opinion.</li> <li>What evidence is there that the den has been made by someone (or something) rather than being a natural creation?</li> <li>What do we learn about Fred and his relationship with his father on page 36? Which words and phrases tell us?</li> <li>Look at the words written in italics on page 45. Why are they written in italics? How should they be read? What clues do they give us about how the characters are feeling?</li> <li>Lila is the most practical and knowledgeable member of the group. Do you agree with this statement? Use evidence from the story to support your opinion.</li> <li>Can you explain the joke on page 65? Why do you think the children find it so funny at this point in their adventure?</li> </ol>	Present your findings to the class in the form of a large, engaging A3 poster. Carry out research into famous rivers around the world. Which is the longest? Which is the widest? Which is the shortest? Convert the length of each river from km to m. Can you find out the difference between the longest and shortest river in the world? Using a shoebox, create a 3D diorama of a rainforest setting. Carry out research into the different layers of the rainforest and add your ideas onto museum cards, to be placed around your diorama. Use the information on page 48 as inspiration to write a poem entitled, 'What else will we find in this rainforest?' For example:
Look at these maths problems ar <u>Fun maths games and activitie</u>	nd other activities found on the Oxford Owl website here: s   Oxford Owl	<ul> <li>Read the sentence.</li> <li>Decide whether the subject is singular or plural.</li> <li>Circle the correct verb. <ul> <li>a) He was prepared for school.</li> <li>b) We were scared of the thunder.</li> <li>c) I was excited about my new book.</li> <li>d) We were playing together as a team.</li> <li>e) She was my best friend.</li> <li>f) We were excited about the championship game.</li> <li>a) They were walking around the lake.</li> <li>h) He was a very sensible member of the class.</li> <li>i) Can you tell if they were prepared?</li> <li>j) Who was with us at the birthday party?</li> </ul> </li> </ul>

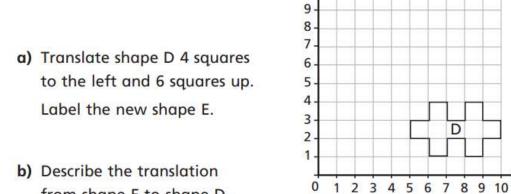


A triangle has been drawn on the coordinate grid.

Write the coordinates of each vertex of the triangle.



A shape has been drawn on a coordinate grid.

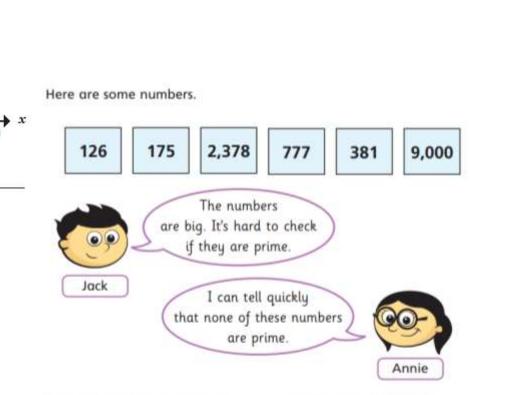


10-

D

from shape E to shape D.

What do you notice? Does this always happen?



How does Annie know that none of the numbers are prime?

Maths ANSWERS for the White Rose worksheets can be found here:

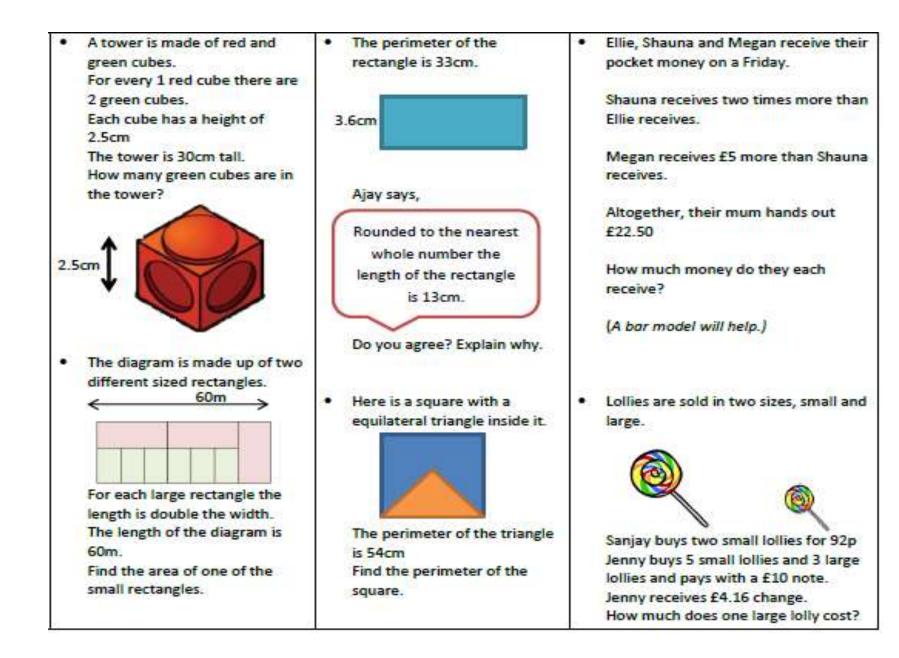
Monday Volume <u>https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Y5-Summer-Block-5-</u> <u>ANS1-What-is-volume\_-2020.pdf</u>

Tuesday Comparing volume <u>https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Y5-Summer-</u> Block-5-ANS2-Compare-volume-2020.pdf

Wednesday Estimating volume <u>https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Y5-</u> <u>Summer-Block-5-ANS3-Estimate-volume-2020.pdf</u>

Thursday Capacity <u>https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Y5-Summer-Block-5-</u> <u>ANS4-Estimate-capacity-2020.pdf</u>

Friday calculating perimeter <u>https://resources.whiterosemaths.com/wp-content/uploads/2020/08/Y5-Autumn-</u> Block-5-ANS2-Calculate-perimeter-2019.pdf





- Who is this woman?
- What do her clothes tell you about her?
- What is she doing?
- What are the lights?
- Have you ever seen anything like this? Is this real or fantasy?
- Why is she doing this? Why at night time?
- Is anyone else with her?

"At the close of each day she spun the night sky."

- Now what do you know about her?
- What is her job?

• Does she have to spin the night sky? Who told her to do it? How long has she been doing it? What happens if she doesn't spin the night sky? What happens at sunrise?

• Write a short story about a time she doesn't spin the night sky. Will it have a positive resolution or not? Why?



Where are the girl and the dragon?

What can they see from this place? What are they looking at?

• Why are they here?

•

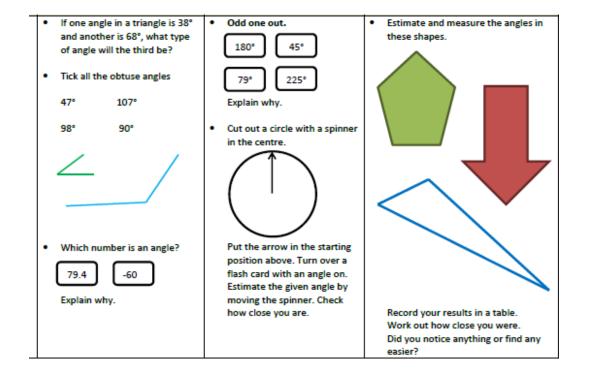
• Are they friends? Does the girl own the dragon as a pet? Or does the dragon own the girl as its pet?

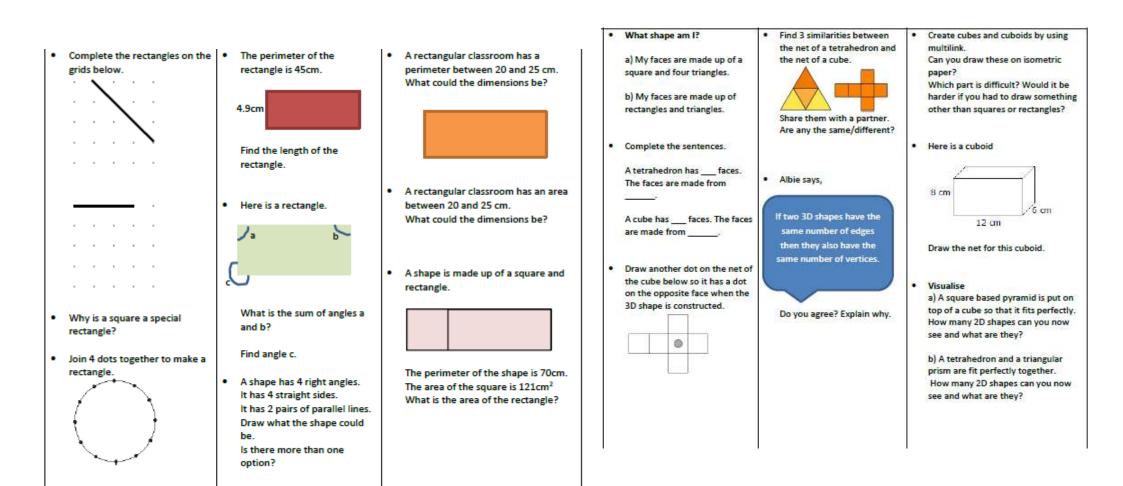
• What species of dragon do you think it is? Is it friendly?

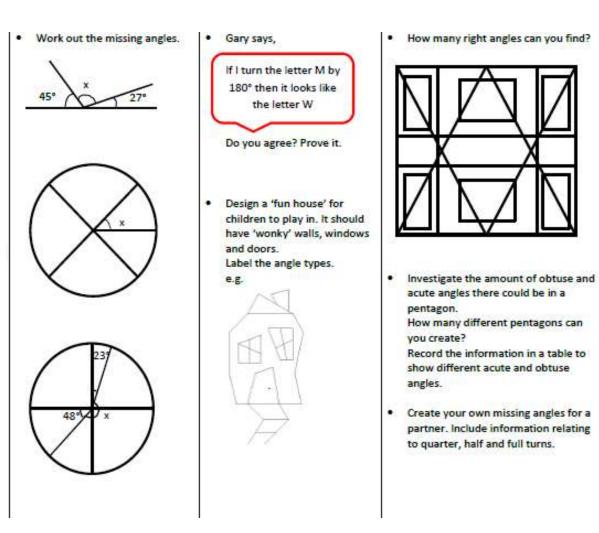
• Does anyone else know that they're up here? What might other people say about their friendship?

• Give this picture a new title. Explain your choices and persuade others that yours is the best title.

• Write about the adventures of the girl and the dragon.







### How old is Hector?

Using this list of facts, work out how old Hector is.

- Lottie was four when Hector was born.
- Archie was six when Hector was born.
- Henry was ten when Hector was born.
- Last year Archie was  $\frac{4}{5}$  the age of Henry.
- Next year Hector will be <sup>1</sup>/<sub>4</sub> the age of Mum.
- Mum is above the age of 38 and below the age of 60.
- Last year Hector was <sup>1</sup>/<sub>2</sub> the age of Henry.
   How old is Hector?



Always look for the relevant information. The ages of Lottie and Archie are not going to help but the ages of Mum and Henry are critical. Begin by writing down the ages that are possible then cross out the ages that do not fit with the rest of the information provided.



# Answer

### Hector is 11 years old.

To solve this you can start with Hector being  $\frac{1}{4}$  the age of Mum **next** year. We know that next year Mum must be an age divisible by 4. Her possible age **next** year is (40, 44, 48, 52, 56) so this year Mum must be 39, 43, 47, 51, 55 and Hector must be 9, 10, 11, 12, 13.

Last year Hector was  $\frac{1}{2}$  the age of Henry so Henry must be (16, 18, 20, 22, 24) last year so this year Henry must be (17, 19, 21, 23, 25). You know that Henry was 10 when Hector was born so there must be a difference of 10 years.

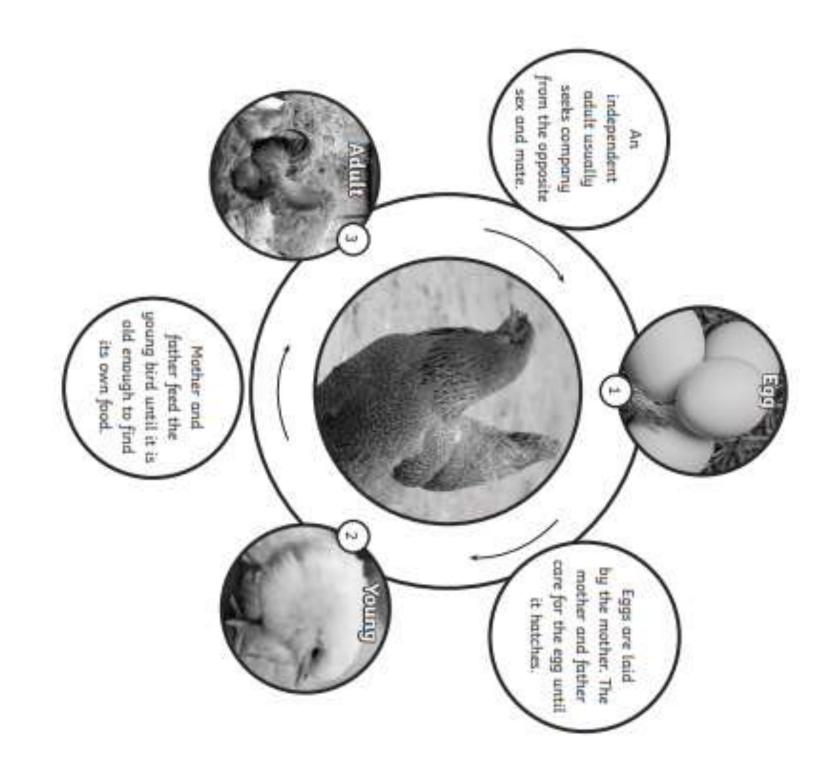
HECTOR	9	10	11	12	13
HENRY	17	19	21	23	25
Age difference	8 years	9 years	10 years	11 years	12 years

# **Reading Activities**



Choose one of these activities to go alongside your reading book each day!

Hear Hear Tell someone the favourite part of your book and why.	brow a speech bubble - what was a character thinking during the events of the page?	Incredible Illustration Choose the favourite page you've read today and create an illustration for it.	In a nutshell Write a ten-word summary of the pages (or book!) you have just read.
Time to Create a timeline for your book with 5 main events on.	Find 5 words which add atmosphere to the book. Use them in your own sentence.	Perfect Prediction If you're starting a new book, before you begin write three predictions you can make from the front cover!	bear diary In first person as the main character, write a diary entry about the main event.
In the news Write a newspaper report of an event from your book.	Write down 10 questions you'd want to ask the characters from the book.	Front Cover When you finish the book can you create a front cover? Remember- don't give the stary away!	Sam-I-Am How are you similar to the character in the book? How are you different? Create a table.
Valiant values How did a character show our school values?	Choose a decision the character has made and write reasons 'for' and 'against'.	Act out a scene from the book - can someone guess what's happening?	Word Detective Find 10 words that you are unsure of the meaning and, using the sentence, find the definition.



# The Bird Life Cycle

### HOW WELL DO YOU KNOW YOUR SPELLING?

## Statutory Spelling List for children of Year 5 and Year 6

accommodate	conscience	explanation	neighbour	shoulder
accompany	conscious	familiar	nuisance	signature
according	controversy	foreign	оссиру	sincere
achieve	convenience	forty	occur	sincerely
aggressive	correspond	frequently	opportunity	soldier
amateur	criticise	government	parliament	stomach
ancient	curiosity	guarantee	persuade	sufficient
apparent	definite	harass	physical	suggest
appreciate	desperate	hindrance	prejudice	symbol
attached	determined	identity	privilege	system
available	develop	immediately	profession	temperature
average	dictionary	interfere	programme	thorough
awkward	disastrous	interrupt	pronunciation	twelfth
bargain	embarrass	language	queue	variety
bruise	environment	leisure	recognise	vegetable
category	equipped	lightning	recommend	vehicle
cemetery	equipment	marvellous	restaurant	yacht
committee	especially	mischievous	rhyme	
communicate	exaggerate	muscle	rhythm	
community	excellent	necessary	sacrifice	
competition	existence		secretary	

nday, Sam ate the amount of toffee shown amount of toffee shown shaded in B.		
r of toffee, did Sam eat on Tuesday?	A Sam says he ate $\frac{7}{4}$ of a b	e same. On Monday, Sam ate the amount of toffee shown y, Sam ate the amount of toffee shown shaded in B.
, make this sum have the smallest possible	Jo says Sam ate $\frac{7}{16}$ of the Explain why Sam and Jo	ne toffee.
six pizzas.		= = is serving pizzas at a party. Each person is given $\frac{3}{4}$ of a pizza. e table below to show how many pizzas he must buy for each number
sentence.	Guests Pizza 4 6 8	15 
n	in sentence.	

When will he have pizza left over?

### Calming script

Calm, quiet minds feel better... so, let's see if we can quieten our minds down.

Take your Calm Me positions... sit nice and straight on the floor, see if you can sit up with a straight and dignified spine. Both feet are out in front of your and your eyes are closed if you feel comfortable to help your mind focus.

Your hands can rest on your tummy to help focus on your breathing...

So feeling calm, breathe in with a slow, relaxed and gentle breath... in through your nose... feeling your tummy expand as the air enters the lungs.

Then breathe out slowly and gently, through your mouth, feeling your tummy go in again as the air leaves your body.

Breathe in... breathe out... gently blowing air through your lips.

Keep breathing like this and focus your sense of hearing of the sounds around you...

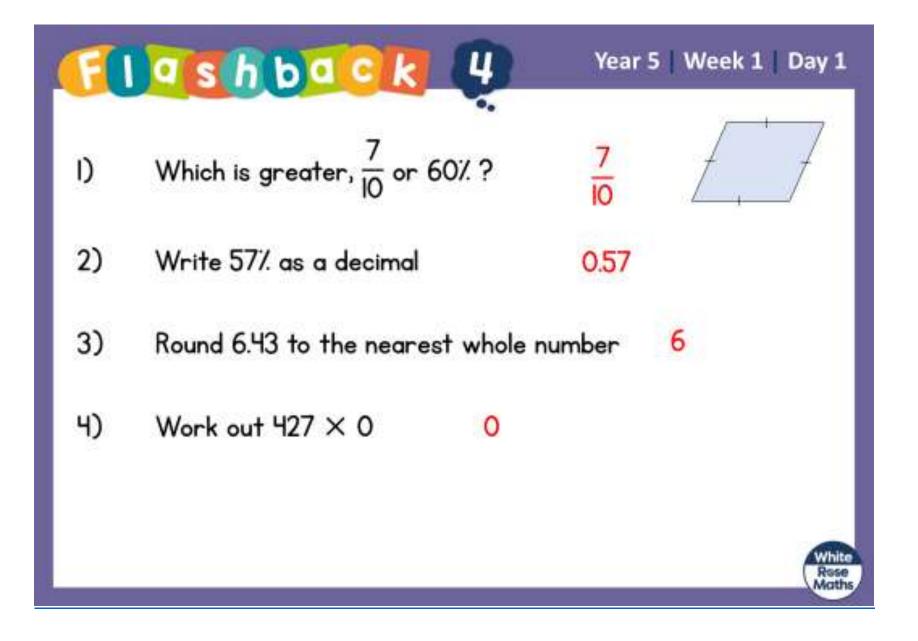
Notice how calm you feel when you just focus on your breathing...

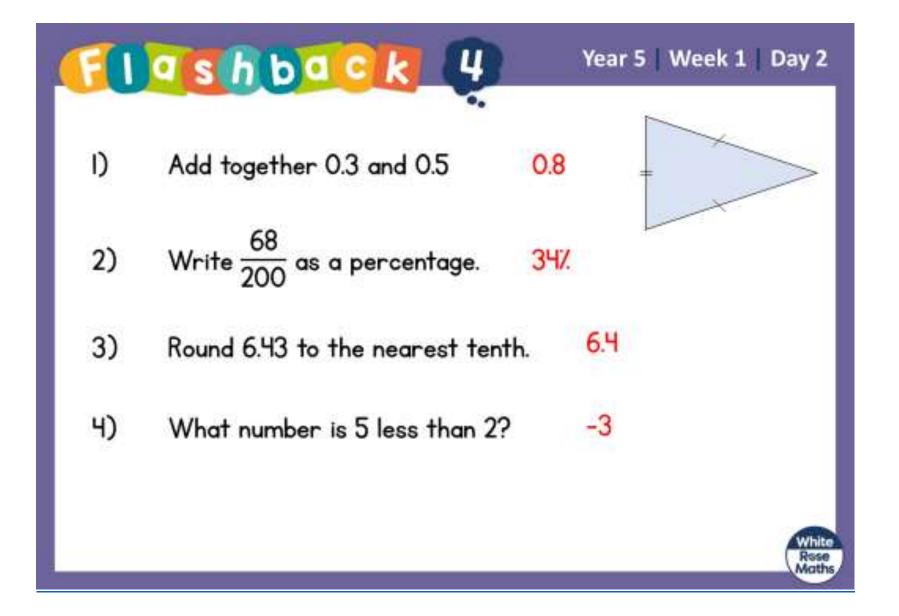
In... Out...

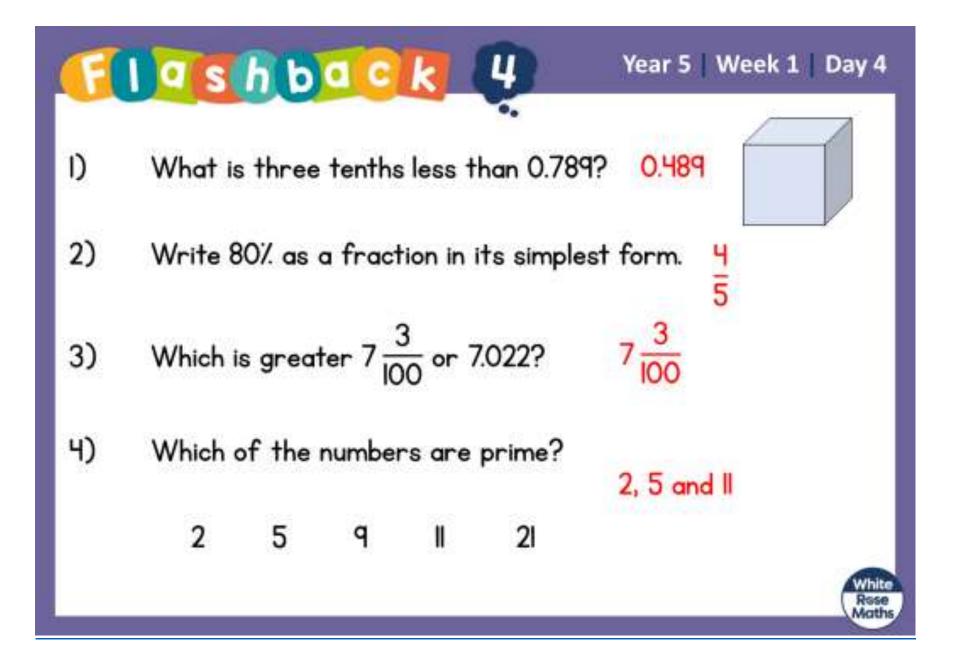
In... silently counting 1,2,3,4... Out... silently counting 1,2,3,4,5, 6.

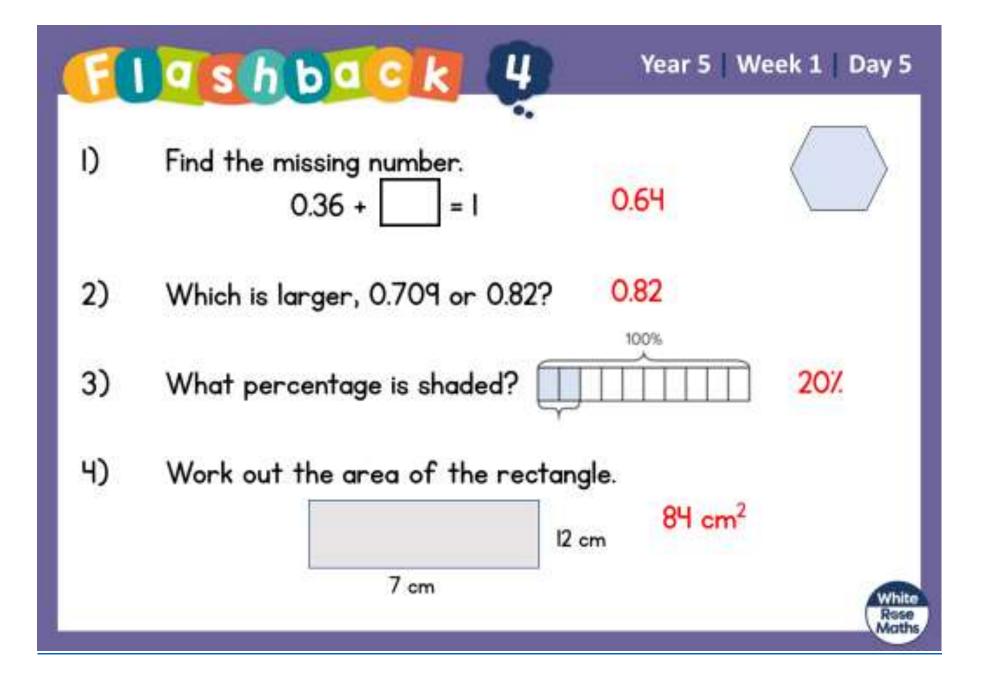
Repeat several times...

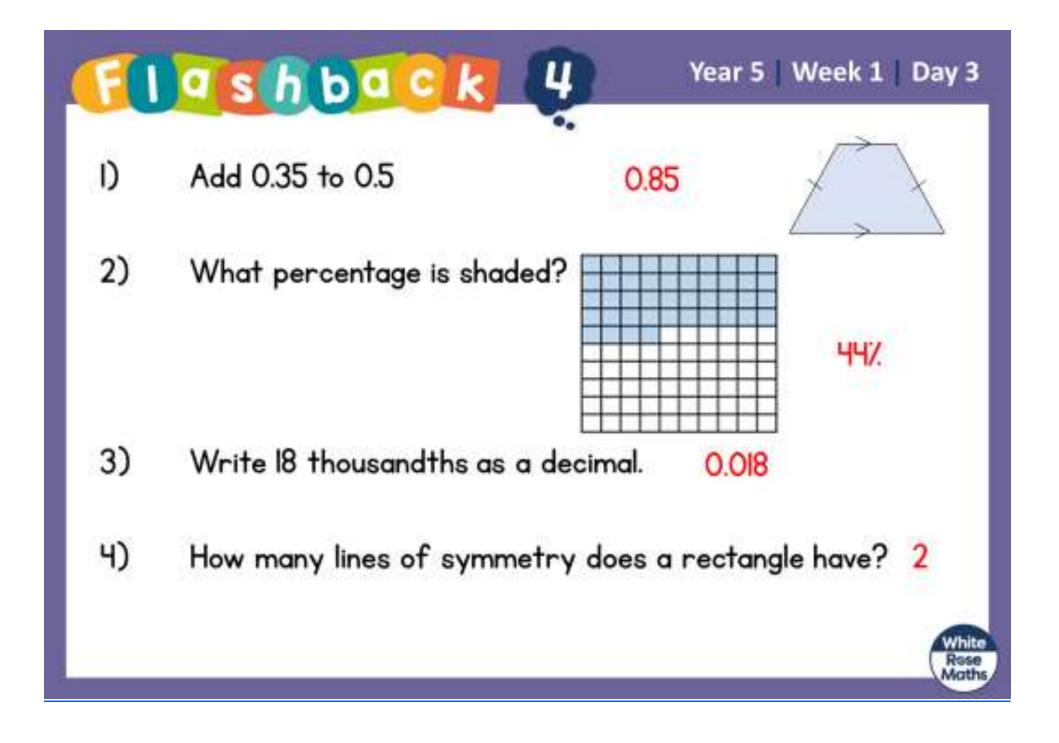
Then when you are ready, I invite you to start to bring your awareness back by wiggling your fingers and toes, perhaps having a stretch.... and to bring your quiet mind back into this present moment, right here, right now.

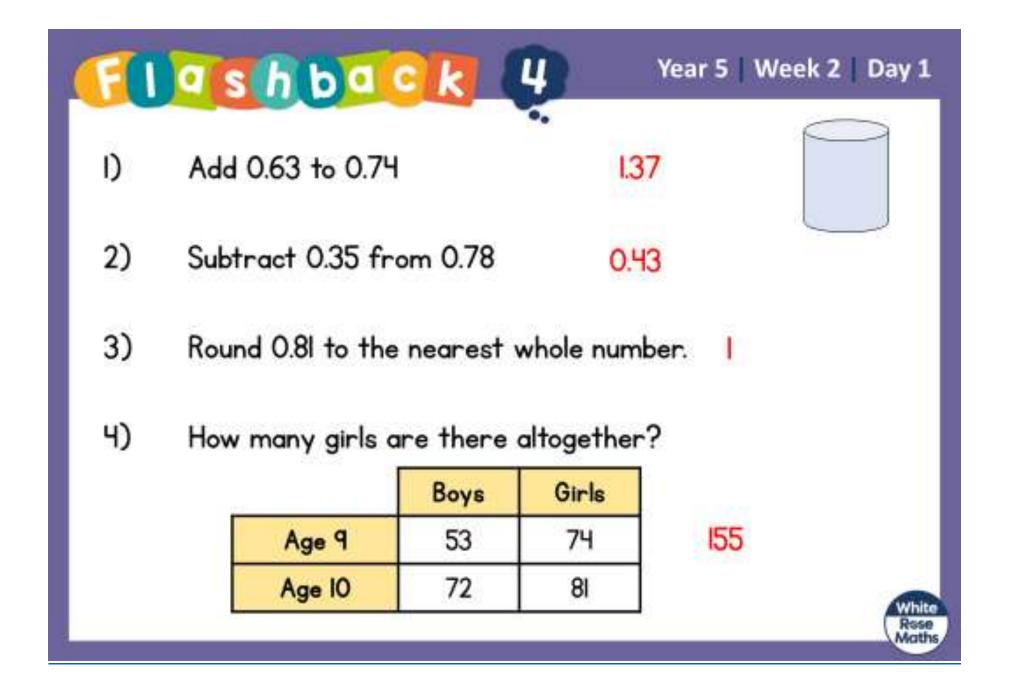












# FRENCH

<u>Use colours to match the French number in words with its number in digits</u>

100	8000	800
3000	200	9000
300	5000	2000
7000	1000	400
4000	500	6000
700	900	600

cent	deux-cents	trois-cents			
quatre- cents	cinq-cents	six-cents			
sept-cents	huit-cents	neuf-cents			
mille	deux-mille	trois-mille			
quatre- mille	cinq-mille	six-mille			
sept-mille	huit-mille	neuf-mille			