

Week 6, Term 2, 2020

Mindful Monday 18th May

NO MATTER
HOW YOU FEEL.
GET UP, DRESS
UP, SHOW UP
AND NEVER
GIVE UP.

Please note that specific times for each activity have not been given. This is to enable children to settle into the activities at times that best suit the family.

We do suggest you give your children a routine that is consistent each day, however routines will vary depending on households.

Monday's Schedule

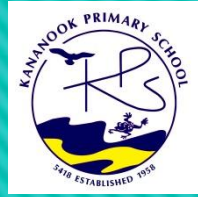


As per the guidelines of The Department of Education:

- The learning program delivered on-site will be the same as the learning program delivered to students undertaking remote learning.
- For students in Grades 3 to 6 schools will provide learning programs allocated as follows:
 - Literacy: 45-60 minutes
 - Numeracy: 30-45 minutes
 - Physical activities: 30 minutes
 - Additional curriculum areas: 90 minutes

Checklist	
<u>Activity</u>	<u>Tick</u>
Check in on SeeSaw	
Read to self – log in planner	
Literacy Planet	
Spelling	
D5 - Reading	
Numeracy - Mathletics	
Theme Activity	
Mindfulness	
Reflection	

Spelling



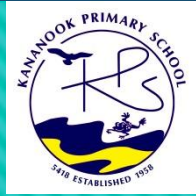
We are learning to use

- The digraph /ai/ making the “A” sound

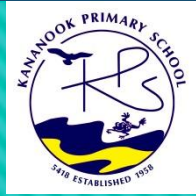
- ❑ **Why this matters:** This matters because we need to be accurate when we write words.
- ❑ **What it looks like:** I know how to break my Spelling words into syllables.
- ❑ **Activity:** Watch the Spelling video and pick 8-10 words for the week.



Daily 5
Literacy Planet

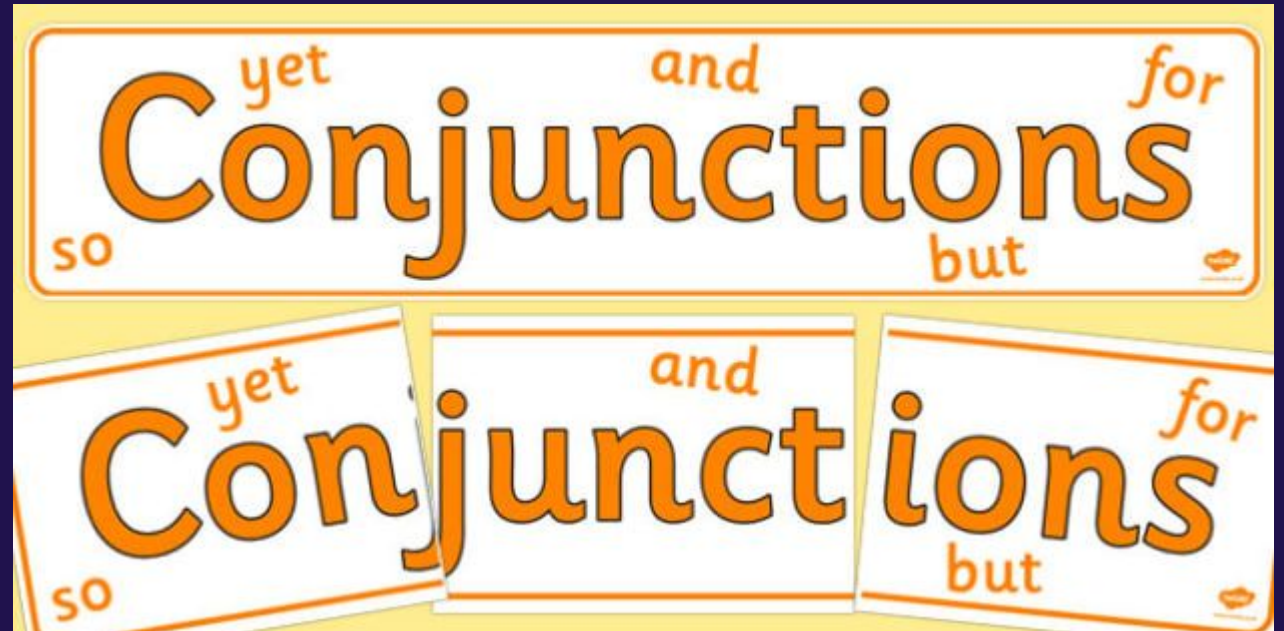


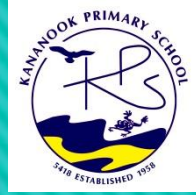
Daily 5 Fluency



We are learning to read fluently and identify conjunctions.

- ❑ **Why this matters:** Fluency is important because it allows students to focus on what the text is saying (comprehension)
- ❑ **What it looks like:** Reading text with expression (not like a robot) and highlight the conjunctions you can find
- ❑ **Activity:** Complete the activity on Seesaw.





Numeracy

We are learning to






calculate the difference of two or more numbers using different strategies.

- ❑ **Why this matters:** Because we use subtraction in our day to day lives and in many jobs.
- ❑ **What it looks like:** Using different strategies to solve subtraction problems
- ❑ **Activity:** Log in to **Mathletics** and complete your activities





- ❑ **Why this matters:** Because we need to understand how these events affect the Earth's surface.
- ❑ **What it looks like:** I will be able to use this information to complete Theme grid activities.
- ❑ **Activity:** Work on the Theme grid or complete the Theme activity that is posted on SEESAW

Sudden Geological Changes and Extreme Weather Events								
Bloom's Taxonomy: Six Thinking Levels								
	Verbal / Linguistic I enjoy reading, writing & speaking	Mathematical Logic I enjoy working with numbers & science	Visual/Spatial I enjoy painting, drawing & visualizing	Body / Kinesthetic I enjoy hands-on activities	Musical / Rhythmic I enjoy making & listening to music	Interpersonal I enjoy working with others	Intrapersonal I enjoy working by myself	Naturalist I enjoy caring for plants & animals
Remembering 20	Natural Disaster Words. Brainstorm and list at least 10 natural disaster words. Provide definitions for each word. Try to list words that you may not have heard before.	HANDOUT #12 Measuring earthquakes. *Will be posted on SeeSaw in week 3	The Sky Watch the video https://www.youtube.com/watch?v=5Xt0v4S_uA and then create a picture of what you see in the sky during a hurricane or tornado.		Two Verses Make up two verses of a poem, song or limerick. Think out who and what is involved. Write at least 50 words to explain this. https://www.wps.com/natural-disasters-typhoon	Tsunami Recovery Research Tsunami recovery. Find out who and what is involved. Write at least 50 words to explain this. https://www.wps.com/natural-disasters-typhoon	List and Draw 10 useful things you would save if you knew a natural disaster was coming.	HANDOUT #8 Natural Disasters Word Scramble. *Will be posted on SeeSaw in week 5.
Understanding 30	Write an explanation about a natural disaster of your choice. Consider how you will present your report – This will be completed in Writing.		Water Cycle Draw, label and give a brief explanation of the water cycle. https://classmate4u.com/2016/03/01/water-cycle/	Thunderstorms Explain how and why thunderstorms can affect someone with asthma. Write between 50-100 words. https://www.nationalallergies.org.au/livest-with-asthma/resources/patient-career-fact-sheet/Thunderstorms-and-asthma	HANDOUT #7 A world of disasters.	*Will be posted on SeeSaw in week 4.	*Will be posted on SeeSaw in week 3.	Forces List and describe at least 4 forces that can change the face of Earth. For example one force is Erosion. https://www.beyondscience.com.au/edu/issue/earth-science/forces-that-change-the-face-of-earth/
Applying 40	HANDOUT #1 Investigate Volcanoes. Pick a major volcano to research. *Will be posted on SeeSaw in week 1.	HANDOUT #2 Flood Vocabulary *Will be posted on SeeSaw in week 2.	HANDOUT #4 Volcanoes around the world. *Will be posted on SeeSaw in week 3.	Fire Fighter Create a fire fighter fitness program for 1 training session. https://www.youtube.com/watch?v=1Tnne3b3U7Q	Natural Disaster Song Find a song written about a natural disaster. Handwrite the first verse and the chorus neatly in your book.	Disaster Aid List and explain 5 things Disaster Aid Aus have done http://www.disasterdisaster.org.au/about-disasteraid-what-we-do/	HANDOUT #10 Surviving a bushfire handout.	HANDOUT #6 Surviving a bushfire handout. *Will be posted on SeeSaw in week 6.
Analyzing 50	Flood Safety Poster handout???	Create a timeline of the natural disasters that occurred between 1970 and 2017 in Australia. https://www.abc.gov.au/news/2017-07-24/1970-2017-australia-natural-disasters/4358398	HANDOUT #3 Cross-section of a volcano. *Will be posted on SeeSaw in week 2.	Kahoot Create a Kahoot about natural disasters. https://www.kahoot.it/	Venn Diagram Compare and contrast two natural disasters. Create a Venn Diagram to help explain. https://www.youtube.com/watch?v=45Rn6p8p8	The CFA Research and write a mini report on the CFA, include a picture or drawing. https://www.cfa.vic.gov.au/about-the-cfa	HANDOUT #8 A classification of disasters.	HANDOUT #9 A classification of disasters. *Will be posted on SeeSaw in week 4.
Evaluating 60	Speech Create a speech about what will happen to the Earth if we don't look after it (i.e global warming, pollution). Approx. 200 words			Script Create a script of an interview between a journalist and a fire fighter. Reporting on a recent bush fire.	Bushfire Article Write your own Newspaper article about the Bushfires that occurred in Australia in 2020.	HANDOUT #11 The Impact of Bushfires	*Will be posted on SeeSaw in week 6.	*Will be posted on SeeSaw in week 5.
Designing 70	Survival Craft Draw and label a craft that could survive a natural disaster of your choice. You must use labels and think about what materials you might use and why.	Bunker Design a bunker that you could go into during a fire. Think about what you would need in there to survive. Draw it from a bird's eye view perspective. https://www.youtube.com/watch?v=2Iab5UwZis		Aid Worker Create an advertising campaign including poster, logo and speech to become an Aid worker.	HANDOUT #13 Floods.	*Will be posted on SeeSaw in week 7.		

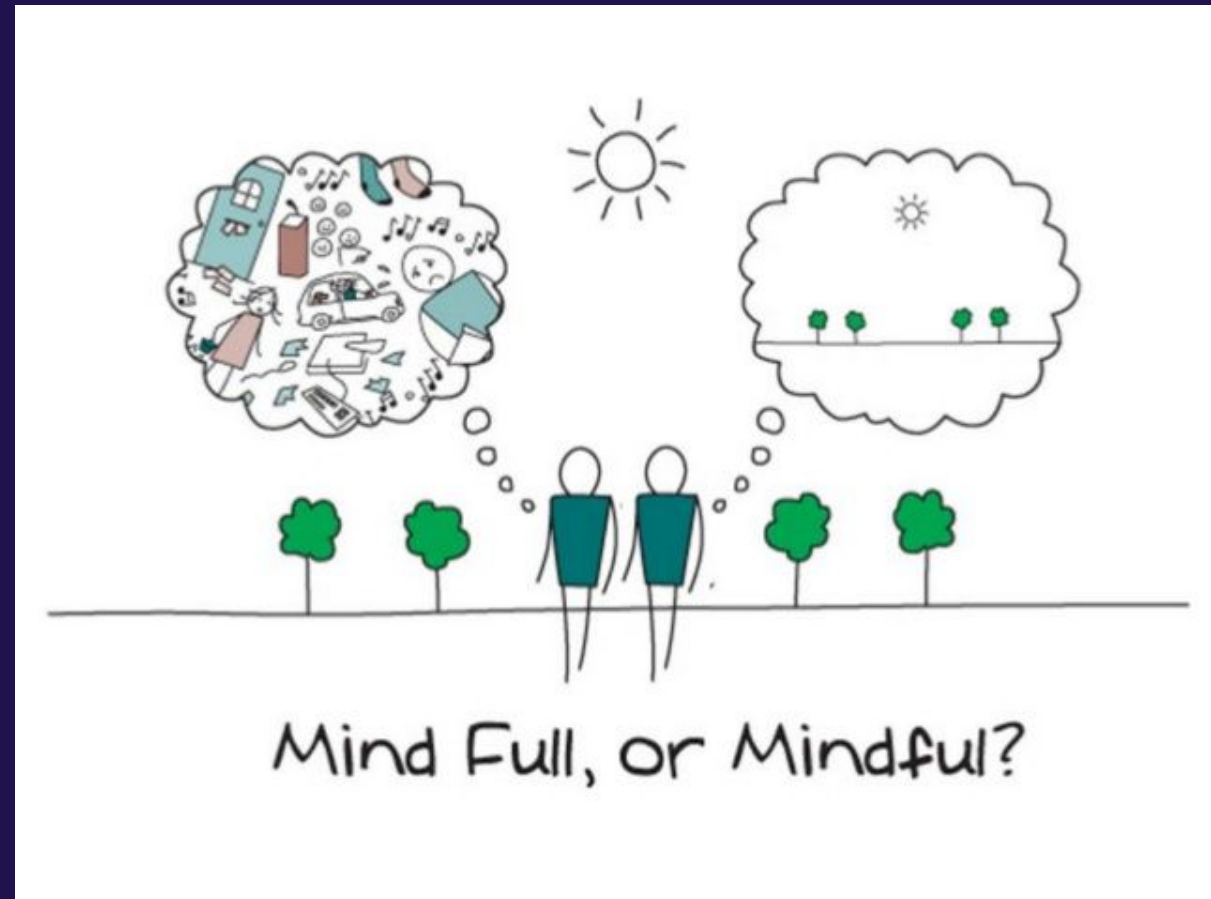


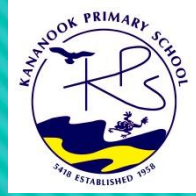
Mindfulness

- ❑ **Why this matters:** self-compassion in students, which is an important skill for being a healthy adult later in life and building healthy relationships.
- ❑ **What it looks like:** Find a space and time to tune into your emotions
- ❑ **Activity:** Find activity on SeeSaw "Monday Mindfulness"

We are learning to

To foster self-compassion and develop skills to manage difficult thoughts, emotions or experiences.





Reflection

? At the end of each day do the following:

1. Make sure you logged your read to self in your planner (Title of book read and how many minutes you read for).
2. Complete the Resilience Project question for the day.
3. Make sure you have posted all your work on SeeSaw.
4. Do some mindfulness for the day.
5. Send through any questions you have for your teacher via SeeSaw.

Mindfulness Suggestions...

- Colouring in
- Drawing
- Knitting/Crocheting
- Gardening
- Lego building
- Listen to music
- Yoga
- Listen to Smiling Minds
- Write a letter to a friend or family member

*If you think of some other mindfulness activities, let your teacher know and we can include it in our suggestion list!

