



Week 5, Term 2, 2020

Mindful Monday 11th May

LET'S BE
positive today:)

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

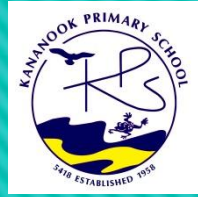


As per the guidelines of The Department of Education:

- 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	
Spelling and Daily 5 (reading)	
Numeracy - Mathletics	
Theme	
Mindfulness - meditation	
Reflection	

Spelling



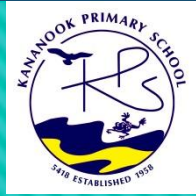
We are learning to use

- The prefix Hper- and Hypo- or
- the digraph /ch/ making 'sh'

- ❑ **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.

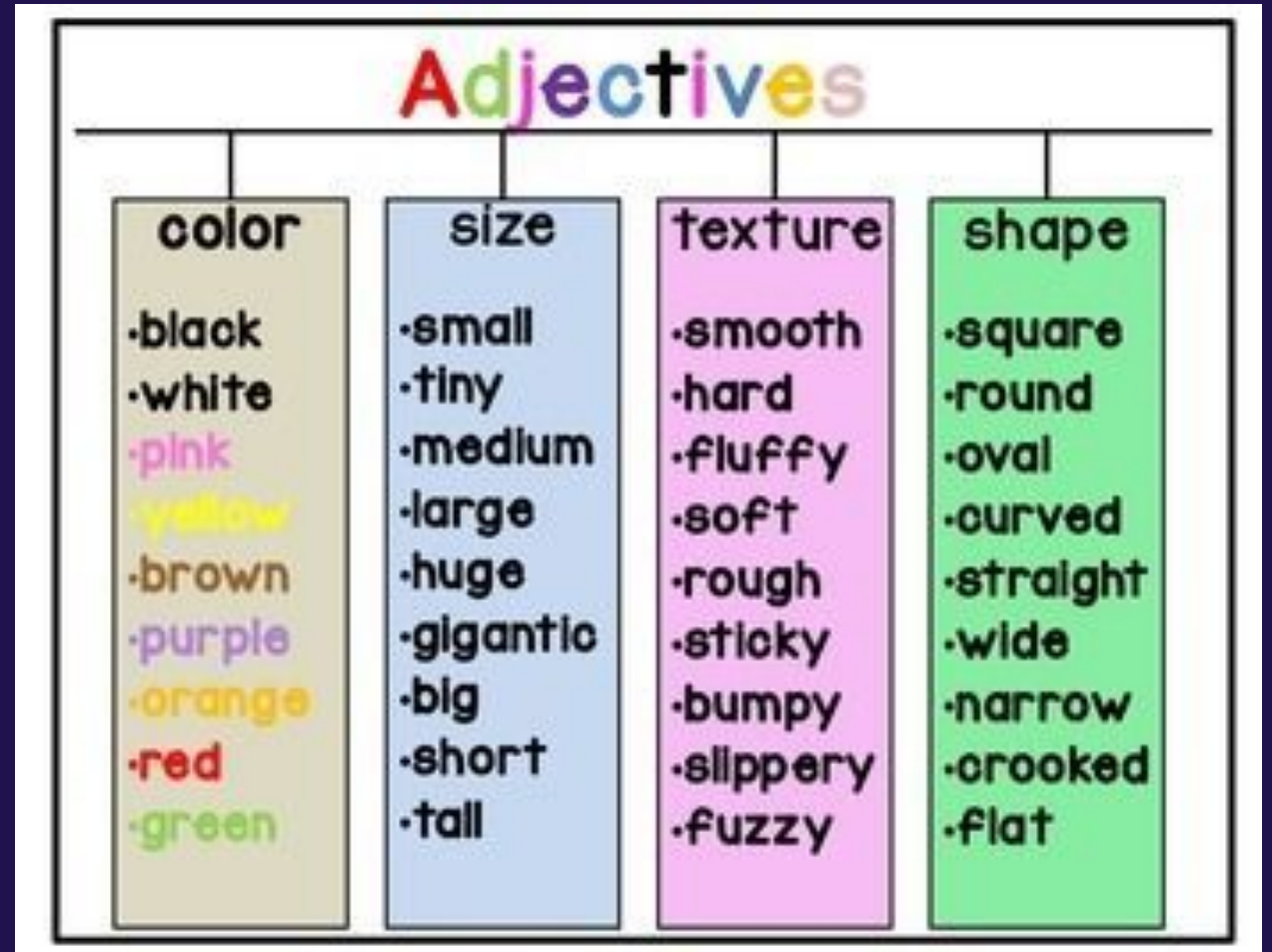


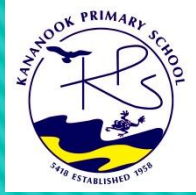
Daily 5 Fluency



We are learning to
identify descriptive language.

- **Why this matters:** to increase our vocabulary and improve our writing
- **What it looks like:** identifying descriptive language in text (adjectives)
- **Activity:** Complete the activity on Seesaw.





Numeracy

We are learning to

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

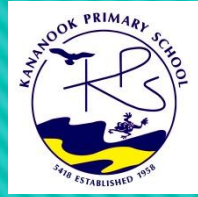
- ❑ **Why this matters:** Because we use subtraction in our day to day lives and in many jobs.
- ❑ **What it looks like:** Using different strategies to solve subtraction problems
- ❑ **Activity:** Log in to **Mathletics AND Seesaw**



Mathletics



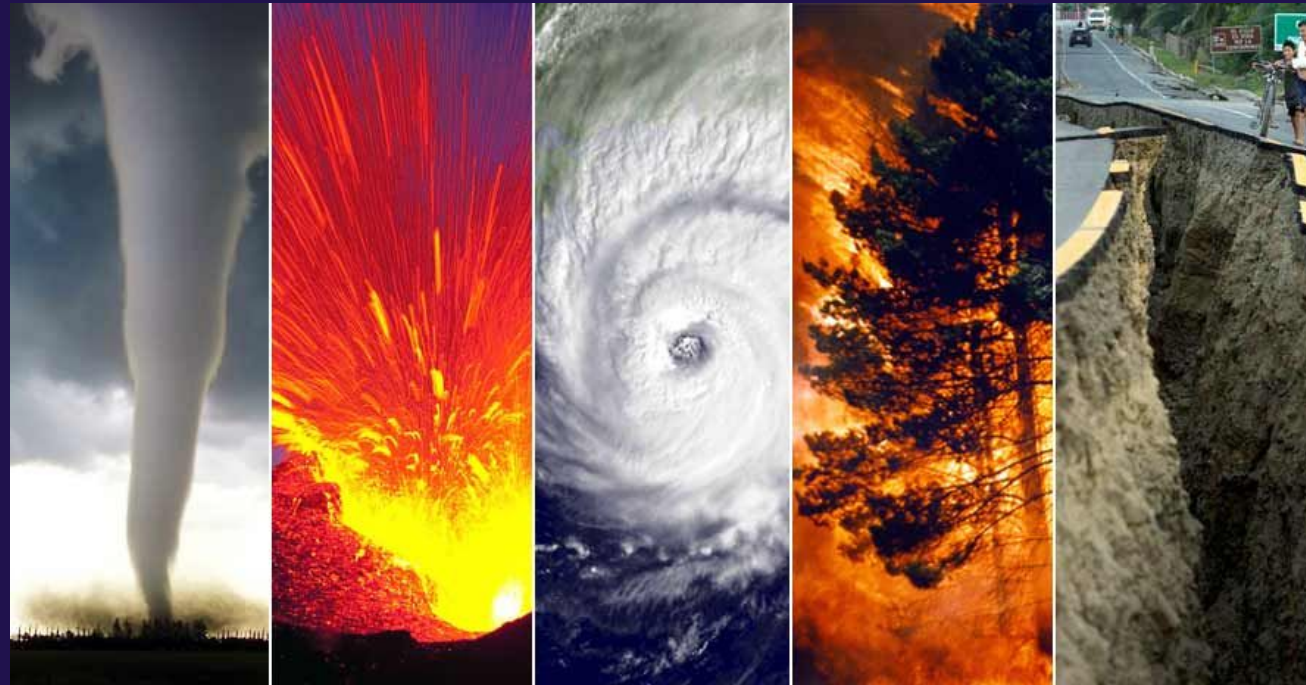
Theme

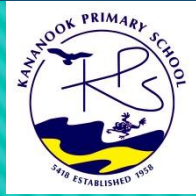


We are learning to

investigate natural disasters and extreme weather events

- ❑ **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 an activity of your choice from the **Theme grid** or complete the **Seesaw** HANDOUT that Miss. Bull has posted on Monday.



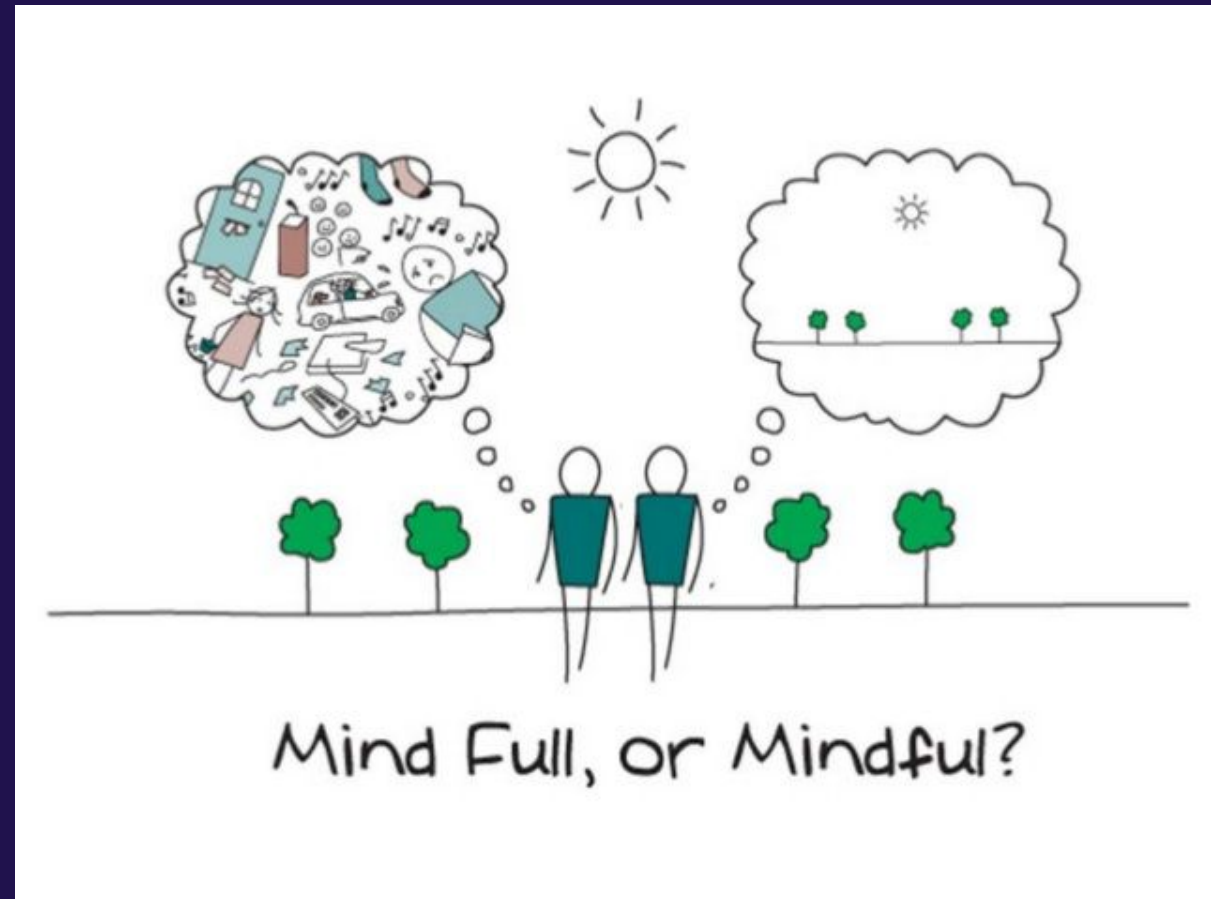


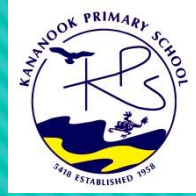
Mindfulness

- ❑ **Why this matters:** to teach students how to recognise emotions in themselves and others.
- ❑ **What it looks like:** Find a space and time to tune into your emotions
- ❑ **Activity:** Find activity on SeeSaw "My Internal Weather"

We are learning to

To develop the ability to recognise emotions and understand their transient nature; thereby building emotional intelligence.





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!

