


	Expressive Arts	Health and Wellbeing	IDL
<p>Primary 4 Learning Grid</p> <p>Week beginning: 20th April 2020 and 27th April 2020</p> <p>Here are some suggested activities for the next 2 weeks.</p> <p>Please note Literacy and Numeracy tasks will be uploaded weekly onto Glow.</p> <p>Please do what you can and enjoy!</p>	<p>Art</p>  <p>Look at this picture by famous artist David Hockney. He created this artwork of daffodils on his iPad during self-isolation.</p> <p>Can you recreate this using a material of your choice? Eg, paint, pencils, iPad, collage.</p>	<p>Physical Wellbeing</p> <p>1) Roll a dice and see what number it lands on. Do the exercise for 30 seconds.</p> <p>1 = Star Jumps 2 = High Knees 3 = Burpees 4= Running on the spot 5= Lungees 6 = Your Choice!</p> <p>2) Get moving and dancing by following a Just Dance video on Youtube. Why not create your own dance and make a tutorial to teach us how to do it.</p>	<p>Outdoor Learning</p> <p><u>A-Z Scavenger Hunt</u></p> <p>Go on a walk with your family and try to spot something for each letter of the alphabet.</p> <p>Eg, A - Animals, B - Bricks...</p> <p>You could take photos to record what you found.</p> <p>STEM</p> <p>1) Make a bird feeder using recyclable materials. Hang it in your garden and watch the birds.</p> <p>2) Visit code.org and take part in an Hour of Code.</p>

Outdoor Art

Use natural objects found in your garden or on a nature walk to create a piece of outdoor art.

Music

- 1) Look at the Burnbrae Music Grid for resources.
- 2) Create your own rhythm patterns using clapping, tapping knees and stamping. Could you get an adult to copy you?

Emotional and Mental Wellbeing


- 1) Make your own inspirational quote/picture. Decorate it and put it in your window.
- 2) Make a list of things you can't wait to do when things return to normal. You could write them on slips of paper and put them in an idea jar. Encourage your family to do the same.
- 3) Random act of kindness - Leave a nice note for someone in your house to find.
- 4) Mindfulness - Hugging Breath

- 3) Have a paper plane competition with your family. Try out different designs to see who can make their plane go furthest. You could even set up targets to aim for.

Research

Paddington has sent a postcard from Brazil. Can you find out some facts about Brazil?

What continent is it in?
What language do they speak?
How many people live there?
What is the weather like?
What is Brazil famous for?

	<p>Drama</p> <p>1) Choose a short story or a chapter from your book. Make a drama retelling the story. You could even use toys, props or puppets instead!</p>	<p>Close your eyes, give yourself a hug and gently breathe in and out.</p>	 <p>Anything else!!</p>
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