




Expressive Arts	Health and Wellbeing	IDL
<p style="text-align: center;">Art</p> <p>1) Create a jungle scene inspired by this painting by Pierre Maxo.</p> <p>Think about what is in the background, midground and foreground.</p> <p>Think about what materials you could use to make it bright and colourful.</p>  <p style="text-align: center;">2) Still Life</p> <p>Choose an object or photo of an animal to draw. Concentrate on detail, line and shape.</p>	<p style="text-align: center;">Physical Wellbeing</p> <p>1) Sports Day Plan a Sports Day event for you and your family. The PDF in Assignments has different tasks for you to complete to help you do this.</p> <p>2) Dice Exercise Challenge Follow the instructions on the PDF for a fun way to vary your exercise!</p> <p>3) Online Exercise Go online to find some exercise videos. You could try PE with Joe Wicks, Cosmic Yoga, Just Dance etc.</p> <p style="text-align: center;">Emotional and Mental Wellbeing</p>	<p style="text-align: center;">IDL</p> <p style="text-align: center;">Make your own Sun Dial</p> <p>Create a sun dial using an object and paper. Trace the shadow of the object at every hour and take a note of the time.</p>  <p style="text-align: center;">Weather Diary</p>  <p style="text-align: center;">Animal Study</p> <p>Watch the animals at Edinburgh Zoo on their webcams here:</p>

<p>You could ask an adult to give you feedback and then have another go to improve.</p> <p style="text-align: center;">Music</p> <p>Try making your own musical instrument. For example, you could make a maraca by filling a bottle with pasta or rice. Could you challenge yourself to make a string instrument? You could find out about how a guitar makes sound to help you.</p> <p style="text-align: center;">Drama</p> <p style="text-align: center;">Three Word Sentences With a partner or small group, improvise a scene where you can only speak in three-word sentences. For example: "Cup of tea?" "I'd love that." "Here you are." "May I sit?"</p>	<p>1) Jar of Happiness - Find a jar and decorate it. When something makes you happy, write it down and pop it in the jar. Have a look at all the lovely things that have happened to you at the end of the year to remind yourself of happy times.</p> <p>3) Mindfulness - Question Breath</p> <p>As you breathe in, ask yourself how you're feeling. As you breathe out, answer.</p> <p>4) Cloud Watching - Take some time to lie outside and watch the shapes in the clouds. Think about your thoughts as clouds and let them come and go.</p>	<p>Complete the animal study (PDF) about one of the animals you observed.</p> <p style="text-align: center;">Make a Kite</p> <p>Your job is to make a kite which can fly in the air for at least 30 seconds.</p> <p>Think about what materials you will need, what shape the kite should be, how will you create air resistance so it can stay in the air.</p>
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Primary 4 Learning from Home

Week Beginning 1st June - 12th June

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