


	Expressive Arts	Health and Wellbeing	IDL
<p>Primary 4 Learning Grid</p> <p>Week beginning: 4th May 2020 and 18th May 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>Art</p> <p>1) Printing - Find different objects to print with - eg leaf/flower printing, lego printing, bottle tops. Experiment with ways you can create different patterns and effects.</p>  <p>2) Make a nature journal. Take pictures and/or draw what you notice in nature (either from your window/garden or out for a walk).</p> <p>3) Make your own shadow puppets and put on a show for your family. You can look at this</p>	<p>Physical Wellbeing</p> <p>1) Help an adult to plan a meal for your family. Try to include different food groups to make a balanced meal. You could even help an adult prepare and cook the meal.</p> <p>2) Wacky Races - set a start and finishing place in your house/garden. Think of different ways to move from start to finish. What's the quickest way? The slowest way? Could you move on your hands and feet? Could you move backwards? Be creative!</p> <p>3) Go online to find some exercise videos. You could try PE with Joe Wicks, Cosmic Yoga, Just Dance etc.</p>	<p>1) Movie Night</p> <p>Plan a movie night for you and your family. The PDF in Assignments has different tasks for you to complete to help you do this.</p> <p>2) French</p> <p>Make up a game to practise French counting eg hopscotch</p> <p>Try the French counting challenge in Assignments. What number can you count to in French?</p> <p>3) Time capsule - Get a small cardboard box and start to collect things to make a time</p>

<p>Please do what you can and enjoy!</p>	<p>video to see how to make a shadow puppet theatre. https://www.youtube.com/watch?v=-hL28SkHf1g</p> <p>Music</p> <p>1) Choose your favourite song and write down why you like it. Is it lyrics or beat? How does it make you feel? What does it remind you of?</p> <p>Could you write some new lyrics/words for your favourite song?</p> <p>2) Make up your own song to motivate and inspire others. It might be in support of the NHS or encouraging people to stay indoors and stay safe.</p>	<p>4) Wildlife Yoga - Look at the Wild Life Yoga PDF in the Assignment for some cool animal yoga poses to try.</p> <p>Emotional and Mental Wellbeing</p> <p>1) Take time to play a game with someone in your family. Make sure you have fun and don't fall out!</p> <p>2) Make a set of emojis to 'check in' with an adult to show you are feeling each day.</p> <p>2) Random act of kindness - Leave a happy message or picture using chalk on the pavement outside your house. You could even tie a positive</p>	<p>capsule of your time during COVID 19. There is a PDF in Assignments to give you some ideas. You could even decorate the box with pictures of your favourite things.</p> <p>STEM</p> <p>1) Find out about the science about rainbows and how they are made. Have a look at the PDF in Assignments called Rainbow Experiment.</p> <p>2) Floating and Sinking</p> <p>Using different objects in your house, make predictions about whether the object will float or sink in water - Give reasons why. Then test it out. What do you notice about the items that float/sink?</p>
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