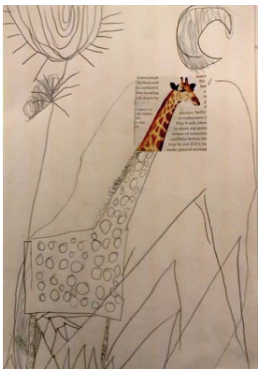



	Expressive Arts	Health and Wellbeing	IDL
<p>Primary 4 Learning Grid</p> <p>Week beginning: 18th May 2020 and 25th May 2020</p> <p>Here are some suggested activities for the next 2 weeks.</p> <p>Please note Literacy and Numeracy tasks will be uploaded weekly onto Glow.</p>	<p>Art</p> <p>1) Magazine Drawings: Cut out an image from a magazine/newspaper. Use your imagination to expand on it.</p>  <p>2) Beautiful Oops Find a scrap piece of paper with a stain/tear/hole. Be creative and turn it into a beautiful picture. This will help us to remember to celebrate our mistakes!</p>	<p>Physical Wellbeing</p> <p>1) Start to fill out the Active Schools Midlothian Activity Diary (PDF). Try to aim for an hour of exercise a day!</p> <p>2) Go online to find some exercise videos. You could try PE with Joe Wicks, Cosmic Yoga, Just Dance etc.</p> <p>3) Make an obstacle course/circuit. How long does it take you to complete? Now fill up a glass of water. Can you get around the circuit without spilling the water?</p>	<p>IDL</p> <p>1) Quiz Night</p> <p>Plan a Quiz 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 Cafe</p> <p>Make your own French Café at home. You could make a menu with French food and write down French names for different food. (powerpoint - Gillian)</p> <p>3) History</p> <p>Learn about a time in the past from a member of your family. You could</p>

<p>Please do what you can and enjoy!</p>	<div style="text-align: center;"> <h3>Music</h3> </div> <p>1) Make a playlist of songs that would make your family feel happy.</p> <div style="text-align: center;"> <h3>Drama</h3> </div> <p>1) Choose an object in your house. Write a 30-60 second script for an advertisement of this product and perform it to a family member.</p> <p>You will need to use persuasive words and body language to persuade a family member to buy it!</p>	<h3>Emotional and Mental Wellbeing</h3> <p>1) Take time to phone or friends a family member. Try to find out something you didn't know about them by asking a question. Eg,</p> <p>2) Random act of kindness - Choose a friend and make an acrostic poem with their name and positive adjectives to describe them.</p> <p>For example: Jolly Optimistic Energetic</p> <p>You could send a picture of it to them or pop it through their door if you know where they live!</p>	<p>write questions before you interview them. For example,</p> <ul style="list-style-type: none"> • What decade did you grow up in? • What was the music like at that time? • What was the fashion like? • Was there a main event in the news at that time? • What is similar/different to now? <p>What else would you find out?</p> <div style="text-align: center;"> <h3>4) Weather Station</h3> </div> <p>Study the weather. You can set up your own weather station. You could even film your own weather report!</p> <p>Some things you could make to measure the weather are a rain</p>
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3) Mindfulness - Joined Breath

Join the rhythm of your in breath and out breath with a family member so you are breathing in and out together.

(This is a good one if parent and child are both needing a breather!)

gauge, a weathervane for wind, a compass. This website has ideas on how to make this:

<https://www.sunhatsandwellieboots.com/2014/05/diy-weather-station-for-kids-to-make.html>

5) Friction

Find out about what friction is and have a go at completing the worksheet, finding examples of friction in the world around you.

Check out BBC Bitesize for help:
<https://www.bbc.co.uk/bitesize/topics/zsxxsbk/articles/zxqrdxs>

6) Make your own Lava Lamp

Check with an adult before you make this. Have a go at making your own lava lamp using water, vegetable oil, a plastic bottle, alka seltzer and food colouring. Follow the

			<p>instructions here:</p> <p>http://www.sciencefun.org/kidszone/experiments/lava-lamp/</p>
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