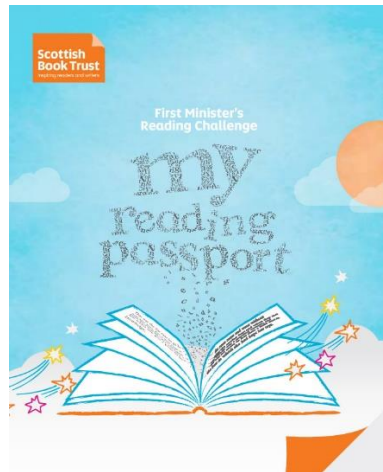


First Minister's Reading Challenge

Use your Reading Passport to keep track of your reading. You can record the books you read and set yourself reading challenges.



Reading Challenges

There are lots of brilliant books out there for you to enjoy.

Try setting yourself reading challenges or ask your teacher, librarian or a family member to help you think of some. You can write your challenges down on these pages.

Your challenges can be anything you like. Try challenging yourself to:

- read a new book every week
- try a new kind of book, like poetry, non-fiction or a graphic novel
- recommend a book to a friend
- read a book aloud with someone
- join the library and borrow a book



I challenge myself to

.....

I challenge myself to

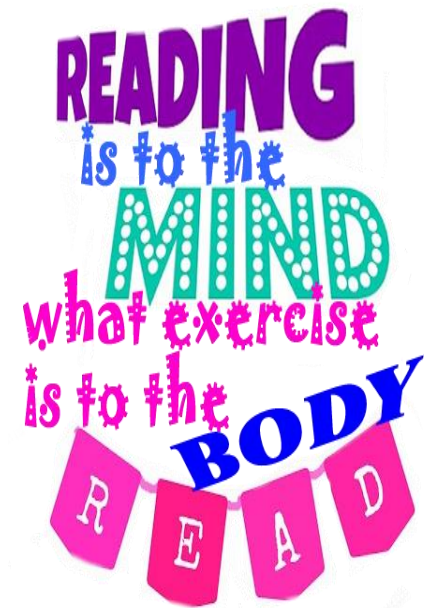
.....


I challenge myself to

.....

Friendships – Staying Connected

Stay connected with your friends even though we are not in school at the moment. Send them the 'Friendship Star' via Teams or text to let them know you are thinking of them and miss them.



Parent(s)/Carer(s)	<p>Concerned about asking for help?</p> <p>Please don't be. There are lots of reasons why you may find yourself in difficulty. You might have had a recent change in circumstances, such as:</p> <ul style="list-style-type: none"> financial difficulties due to redundancy a change in circumstances due to COVID-19 exceptional individual or family changes your income has gone down significantly, making it difficult for you to afford food and key essentials you have experienced a household emergency or disaster you are affected by domestic violence 	<p>Local Help for Food and Vouchers</p> <p><u>Midlothian Food and Key Essentials Fund</u></p> <p>This fund is open to you if you are in severe financial difficulty and can't afford to buy food and other essentials. This could be because your circumstances have changed or you are on a low or no income. It's aimed at those in the greatest need and is for people of all ages in Midlothian, whether living alone or in a family setting.</p> <p>0131 270 8898 mfkey@midlothian.gov.uk</p> <p>We understand that you may not have faced difficult circumstances like this before and that you might be reluctant to ask for these vouchers. However, we can assure you that your application, personal details and any other information, will be treated as strictly confidential. Your personal details will also be handled in accordance with the law on data protection. You can read more about this here:</p> <p><u>Midlothian Food and Key Essentials Fund privacy notice (PDF)</u></p>	<p>Daily Mindfulness</p> <p>In challenging times, the need for connecting comes to the foreground. Maybe life is still unfolding in its usual way for you, or maybe you're feeling worried, ill or isolated as a result of the pandemic that is making itself felt across the world.</p> <p>The Mindfulness Association is offering daily online guided meditations from 10:30-10.50 am Monday to Friday and every day at 7-7.30pm, followed by the opportunity to have a chat over a cuppa together.</p> <p><u>https://www.mindfulnessassociation.net/free-daily-online-mindfulness-meditation/?gclid=CjwKCAiAgJWABhArEiwAmNVTB_IwjVBg40HmSAX8kd_ngIv8AdnvmaFmwjXbhN8afyaNPv3qPAz9zBoCXyEQAvD_BwE</u></p>	<p>Mindfulness Weekly Pebble</p> <p>Collect a virtual pebble every week. These beautiful, sometimes quirky, sometimes pithy, reminders of how to live in the moment (like a child collecting pebbles) and how to be kind to yourself and others. You can do this without even leaving your home. Here's a pebble for you now:</p>  <p>Whenever you notice yourself worrying about something that hasn't happened yet, take your attention to the soles of your feet</p> <p>If you're standing, feel where your weight is balanced over each part of your feet; if you're sitting, concentrate on the feeling of your socks or shoes touching your skin; if you're in bed, notice the textures and warmth of the duvet or sheets touching your feet. Bring your awareness to your breathing for a few in-breaths and out-breaths, and then quietly say to yourself "I'm OK just now. I'll deal with that later, if I need to." Then you can move on with your day.</p>
--------------------	--	---	---	--

Families/Community

Families/Community



Families/Community

Families/Community

Families/Community

Families/Community

Families/Community

Families/Community

Families/Community

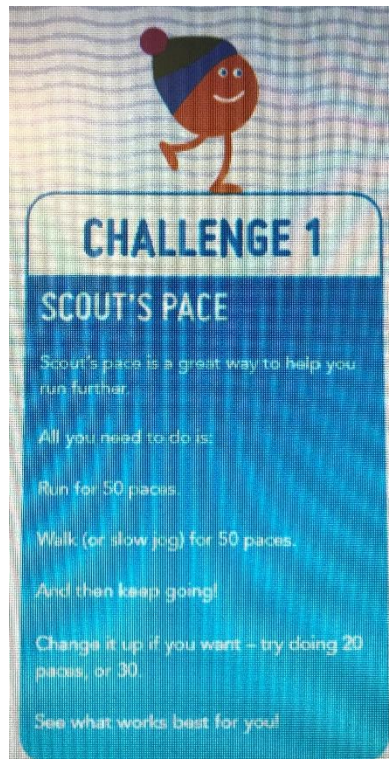
Families/Community

Families/Community

Families/Community

Daily Mile

The aim of The Daily Mile is to improve the physical, emotional, social and mental health and wellbeing of our children - regardless of age, ability or personal circumstances. Do The Daily Mile - 15 minutes of walking, jogging or running from front door to front door. Why not try this challenge:



Art Challenge

Art Drawing challenge:

- Draw all 30 images on the list. Each one must only be 5cm x 5cm
- You can use any materials you like to draw the images with, for example - pen, pencil, collage, paint, digital etc.
- You can present them all on one sheet of A3 or several smaller sheets of A4 or A5.

Try to be as detailed and accurate as you can. You must complete all 30 drawings and remember that they have to all be 5cm x 5cm.

1. A building
2. A plant or flower
3. Something yellow
4. A weird creature
5. A view through a window
6. A fragment
7. Your favourite food
8. A toilet
9. Your street
10. Something rough
11. Your hand
12. Sweets
13. A green object
14. An empty space
15. Something spiky
16. Your front door
17. Inside your fridge
18. A smooth object
19. Something close up
20. A key
21. Something red
22. A knife and fork
23. Inside a bag
24. A mouth
25. Your eye
26. A reflection
27. An insect
28. A journey
29. Your feet
30. Your name using an interesting font.

If you can, take photos of your drawings and share them with your teacher.

Relax Kids

DAY 1

Melting Butter - Imagine you are a tiny piece of butter lying on warm toast. Imagine that the floor is warm like toast and you are slowly melting into the toast. Feel your whole body becoming soft and gooey as you melt and relax into the warm toast. How long can you lie there for, feeling relaxed and calm?

www.relaxkids.com

DAY 1

'Today I will be calm like a lake'

- Repeat these to yourself to keep yourself chilled out today.

www.relaxkids.com

DAY 2

Feather in the Wind - Imagine you are a feather floating in the wind. Feel yourself becoming so light that you can feel the wind carrying you along. You enjoy feeling light and free. Imagine yourself floating further and further into the air, feeling totally supported by the wind.

www.relaxkids.com

DAY 2

'Today I will be free like the wind'

- Repeat this to yourself to allow yourself to be creative today!

www.relaxkids.com

DAY 3

Magic Dust - Sit comfortably and take in a deep breath. As you breathe in, feel as if you are breathing in magic fairy dust. Now, gently blow out the fairy dust into the air and imagine the room is being filled with fairy dust.

www.relaxkids.com

DAY 3

'Today I will breathe like the tide'

- This is a great affirmation to keep your breathing steady when you feel panicked or stressed.

www.relaxkids.com



Phonics - Read Write Inc.

Free Daily Virtual Read Write Inc Phonics lessons at home during school closures. From Tuesday 5th January 2021, we will restart our free Read Write Inc. Phonics lessons on [YouTube](#) for children to watch at home. One lesson at each level will show at 9.30 am each day and be available for 24 hours.

Monday 1st February

Set 1 - j
Set 2 - or
Set 3 - a-e
Reading longer words – ow/ o-e/ oa

Tuesday 2nd February

Set 1 - v
Set 2 - air
Set 3 - i-e
Reading longer words – oo/ u-e/ ew

Wednesday 3rd February

Set 1 - y
Set 2 - ir
Set 3 - o-e
Reading longer words – or/ aw

Thursday 4th February

Set 1 - w
Set 2 - ou
Set 3 - u-e
Reading longer words – air/ are

Friday 5th February

Set 1 - z
Set 2 - oy
Set 3 - aw
Reading longer words – ir/ ur/ er

Literacy Dares

- Dare your parent or carer to read your favourite book, and in return you read one they suggest
- Dare to draw a picture of how you imagine your favourite character from a book to look
- Dare to write a song about your favourite character/book
- Dare to write a letter to your favourite book character
- Dare to find a poem that makes you laugh

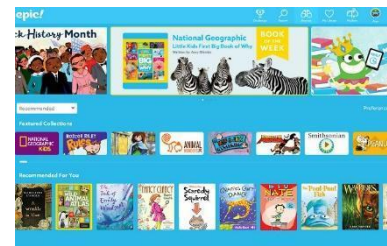
Challenge:

Think you can do better? Share on Teams your most inventive dares that you come up with to challenge your teachers and friends!

EPIC Books - online reading

Parents can sign up to a 30day free trial.

Epic is the leading digital reading platform—built on a collection of 40,000+ popular, high-quality books from 250+ of the world's best publishers—that safely fuels curiosity and reading confidence for kids 12 and under.



BOOKS
aren't just made of
WORDS...
they're also filled with
PLACES
to visit and
PEOPLE
to meet.

Numeracy at Home

Early Level

- Look out for all numbers you see around the house.
- Count how many steps there are from the gate to the front door or around the garden and talk about the differences in the size of your steps.
- As you tidy up, encourage your child to arrange toys and books in order of size.

First and Second Level


- Estimate and take their own, your and other family members measurements - height, weight, shoe size.
- Play games which involve calculating scores e.g. board games or online games.
- Calculate the cost of a home delivery or take away.

Basic Facts


Doubles to 10 Playing Cards Using number cards from a pack of playing cards, pick a card and then double it. Dice Roll 1 die and then double the number you get.	Subtraction Facts Target Practice Make a target board in a safe space with numbers from - 10. Throw something soft at 2 numbers and add/subtract them together. How Many? How many different ways can you make 20 using different calculations?
Times Table Facts Thigh, clap, snap, snap Create a counting pattern for 2, 5 and 10 times tables by patting your thighs, clapping, then snapping your fingers on each hand. Pass With a partner, count up and down your 2, 5 and 10 times tables whilst passing an object. Take turns to say each number.	Times Table Facts Hit the Button Visit the Top Marks website or download the Top Marks App. Play 'Hit the Button' with multiplication tables. Buzz With a partner, choose a times table to practise and then take turns counting in ones. When you hit a station of the times table say 'buzz' instead of the number. How far can you get?
Multiplication & Division Facts Hit the Button Visit the Top Marks website or download the Top Marks App. Play 'Hit the Button' with multiplication and division tables. Buzz With a partner, choose a times table to practise and then take turns counting in ones. When you hit a station of the times table say 'buzz' instead of the number. How far can you get?	Multiples for all numbers Colourful Tables Write out all your numbers to 100 and colour the all the times table stations in different colours. Target Practice Make a target board in a safe space with numbers from 1 - 10. Throw something soft at 2 numbers and multiply them together.

Times tables


30 seconds How many different times table facts can you write in 30 seconds? Use a timer.	Fancy numbers Write your times tables out using a fancy font! Example: $2 \times 3 = 6$ $2 \times 3 = 6$ $2 \times 3 = 6$
Waterfall times tables Example: 2 $2 \times$ 2×3 $2 \times 3 =$ $2 \times 3 = 6$	Chant Say your times tables out loud but whispering so you don't distract your classmates!



CONCRETE -
using physical objects
to solve maths problems.



PICTORIAL -
using drawings
to solve maths problems.



ABSTRACT -
solving maths problems
using only numbers.