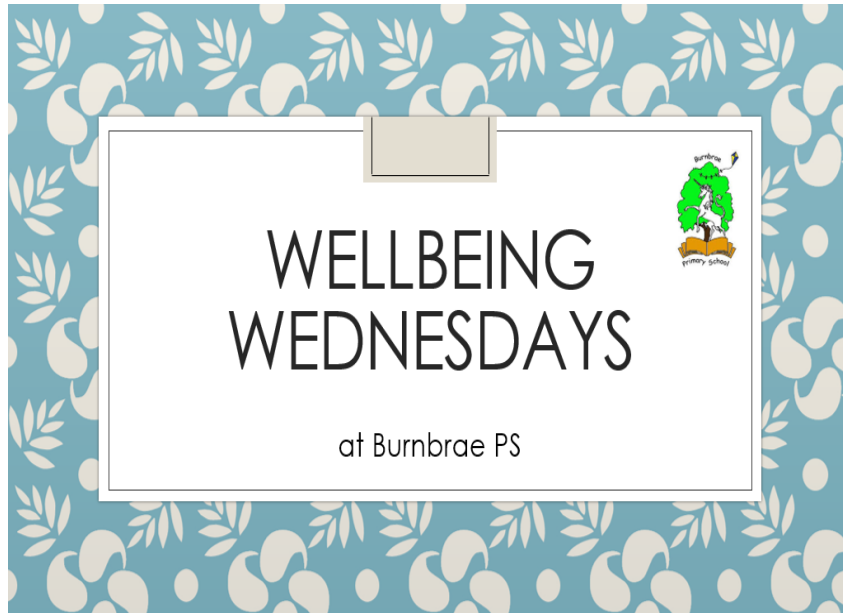


Wellbeing Wednesdays



What is 'Wellbeing Wednesday'?

Every Wednesday we will have a focus on:

- Exercise and wellbeing
- Mindfulness & Self care
- Trying New Things 'Have a go!'

The expectation is that you spend some learning time on Wednesday focusing on wellbeing activities.

Have a look at our Support for Learning Grid for lots of wellbeing activities!



Wellbeing
Wednesday

Flourishing February

February is Boost Your Self-Esteem Month!



We tend to spend so much time thinking about our flaws that we forget about our strengths!

Take a moment to think about all your good qualities. If you find that difficult then think about what a good friend would say about you 💙

Why not tell someone else what you think is special about them!

Whole School Challenge**Sticking Together while we are Apart**

Even though we are apart it is so important to stick together! By sticking together, we will help and support each other through this challenging time.



We are continuing with our whole school challenge this week.

See if you can find a stick in your garden or while out on a walk. You could use a lollipop stick if you can't find one in nature.

There are so many things you can make or do with a stick. Use your imagination and decorate or make something with your stick. You could make a wand, an animal or stick character.

SHARE your Whole School Challenge**Sticking Together while we are Apart**

Bring your finished stick to Burnbrae and place it along the school fence. We'd love to see what you create. This amazing collection of all our sticks will show how much we are sticking together!

Upload your photos or share using the hashtag

#BBstickingtogether



Once we are back at school we will use all the sticks to make bug hotels and other habitats to support the biodiversity of our playground.

Happy stick hunting!

Pebbles of Positivity

Collect some pebbles and paint or write positive and uplifting messages or drawings onto them. Keep them for your own positive reminders ...



... or you could hide them in your local area for someone to find!

Boundaries

We all know how our boundaries are blurred just now and this can be extremely draining on our energy.



Try and do at least one of these every day and you will start to notice the difference.

tidy your work away. If you work in the same space where you eat, sleep or hang away your work and even putting your phone away at night will psychologically help you switch off better.

2. **Focus on transition.** Spend at least 10 minutes when you move from your work to your personal life; do some stretches, yoga, listen to a short mindful meditation, pop on some music, read a book or simply sit and have a cup of tea without being on your phone or doing anything else. I know you may not think this is much but over time it can make a huge difference!
3. **Go outside.** Taking at least 15 minutes can help the mind as well as the body. Walk the dog, take the kids to the park or go for a mindful walk and simply notice all the different shades, colours and sounds.

Mindfulness Weekly Pebble



Be Mindful of Joy

"Whenever something good happens to you, take the time to really enjoy the moment consciously." Abhinavha

Tangerman

Neuroscientist Rick Hanson, Ph.D calls this process **'taking in the good.'** He advises us to look for good facts - about our lives and the world around us - and then turn them into good experiences by pausing for a few moments and letting ourselves feel good about those facts.

For the next week, try this practice a few times throughout your day. Then ask yourself how different you feel at the end of that time.

BBC Headroom

Your Mental Health Toolkit



The pandemic has had a huge impact on our mental health and our resilience continues to be tested through this lockdown. Looking after our mental health is more important than ever. Like physical health, we all have mental health and that can vary over time.

The BBC has responded to this need by launching [Headroom](#), a dedicated online resource that recognises the impact the pandemic is having on everyone's mental health. It's a toolkit for the mind to help people look after themselves with practical everyday tips, inspiring personal stories, activities and music mixes to boost your mood.

Have a look and see if there is something helpful for you!

Trash to treasure

Explore 3D artist Darrell Wakelam's [#ArtJumpStart](#), an online collection of easy art projects to try at home, all of which you can make using materials from your kitchen and recycling bin! Why not have a go at creating your own loo seahorse, milk carton elephant, or paper plate puffin?



Some fantastic outdoor ideas from [Love Outdoor Learning](#).

Read

Can you find out 4 facts about an animal you can find outdoors?

Art

Can you make a natural mandala? Look up Andy Goldsworthy for ideas

Animals

Try and Identify 3 different types of bird today. Can you name them?

Photo

Can you take a photo of an old tree? How do you know it is old?

Journal

Can you write (or draw) what happened outdoors today?

The #DailyMileAtHome

Lots of children do The Daily Mile - 15 minutes of jogging or running, from classroom door to classroom door - at school. No special equipment is needed and you don't have to wear sports kit.

The [#DailyMileAtHome](#) is pretty much the same: it's a way to stay fit and healthy if you're not at school for now. You could go even together as a family!

Wear what you're comfortable in, head out from where you live and jog or run for 15 minutes.

Here's a challenge to try on your Daily Mile!

CHALLENGE 1

SCOUT'S PACE

Scout's pace is a great way to help you run further.

All you need to do is:

Run for 50 paces.

Walk (or slow jog) for 50 paces.

And then keep going!

Change it up if you want - try doing 20 paces, or 30.

See what works best for you!

5 4 3 2 1 Senses Practice

Take a moment just to notice your breathing then:



Look for **5** things you can **see**

Feel **4** things you can **touch**

Listen to **3** things you can hear

Sniff 2 things you can **smell**

Notice **1** thing you can **taste**

By focusing on your senses in this way you will be able to slow down a little, come into the moment and pause and be!

Connected Kids



Count to Calm

Have a go at this guided meditation by Chris Maxwell at [Connected Kids](#) to help you count your way to calmness and relaxation.



<https://insighttimer.com/mindfuliveschris/guided-meditations/count-to-calm>

Affirmations

An affirmation is a positive word or phrase that you say about yourself. Often starting with "I am", "I can" or "I will".



Have a go at coming up with 10 affirmations for yourself. You could create a colourful painted hand to write them on or make a set of cards that you can decorate and carry with you!

Read Write Inc.

Phonics - Read Write Inc. Free Daily Virtual Read Write Inc. Phonics lessons at home during school closures. 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 22nd February

Set 1 - ng

Set 2 - oo - look at a book

Set 3 - oa

Reading longer words - ure

Tuesday 23rd February

Set 1 - nk

Set 2 - ar

Set 3 - ew

Reading longer words - ee/ ea (restarts)

Wednesday 24th February

Set 1 - m (Set 1 restarts)

Set 2 - or

Set 3 - ire

Reading longer words - oy/ oi

Thursday 25th February

Set 1 - a

Set 2 - air

Set 3 - ea r

Reading longer words - ay/ a -e/ ai

Friday 26th February

Set 1 - s

Set 2 - i r

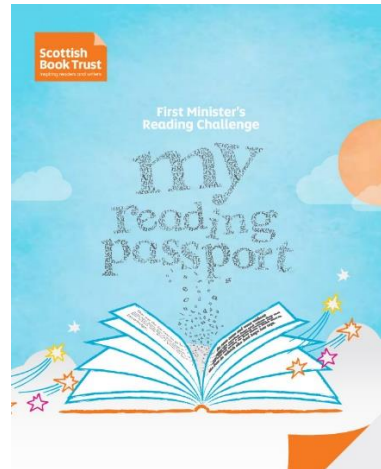
Set 3 - ure

Reading longer words - igh/ i - e

First Minister's Reading Challenge

Remember:

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

**Literacy Dares**

- Read the ending first in the next book you'll read
- Read instead of watching TV for a week
- Read first thing in the morning during for a week
- Recommend a book to a relative of another generation.
- Don't say no to your younger sibling's request of read-aloud stories all week
- Volunteer to read out a page from your book to the rest of the class
- Volunteer to tidy your class or school library

Challenge:

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

Reading
GIVES US A
A Place to Go
WHEN WE HAVE
TO STAY WHERE WE ARE.

Numeracy at Home

Early Level

- Count how many things are in the fridge or the cupboard.
- Count how many star jumps or hops you and others in your household can do.
- Investigate different coins and talk about their value.

First and Second Level

- Calculate the cost of a home delivery or take away.
- Explain how to work out the value of the graduations on the scales on measuring equipment.

Basic Facts

Halves to 10	Addition Facts
<p>How Many? How many different ways can you make 10 using different calculations?</p> <p>Number Bonds Have a partner give you a number between 0 - 10. What number would you need to add to it to make the number 10? EXAMPLE: What do you add to 8 to make 10?</p>	<p>Daily Rigour Visit the Daily Rigour website. Can you complete the problem solving tasks for the week in FIRST LEVEL?</p> <p>Sumdog Log on to Sumdog - how many questions can you answer correctly</p>
Addition and Subtraction	Digital Multiplication
<p>Eye Spy Find numbers around the house. Add them together or subtract them</p> <p>Daily Rigour Visit the Daily Rigour website. Can you complete the problem solving tasks for the week in FIRST LEVEL?</p>	<p>Meteor Multiplication Visit the Top Marks Website and search for Meteor Multiplication. Practise your times tables.</p> <p>Daily Rigour Visit the Daily Rigour website. Can you complete the problem solving tasks for the week in SECOND LEVEL?</p>
Single Digit by Multiple of 10	Prime Numbers
<p>Think of a Number 2 Think of a number up to 1000 Multiply it by 10, 100 and 100. What pattern do you see?</p> <p>A Square of Numbers Visit the Nrich Website and search for A Square of Numbers. Solve the square puzzle.</p>	<p>Memory Game Make number cards of decimals totalling one. Place them upside down and play the memory game making a whole number.</p> <p>Maths Playground Search for Maths Playground and find the game Factor Trees. Practise finding Highest and Lowest Common Factors.</p>

Rigour Maths

RIGOUR February CFE 1st Level Calendar
#abitofmathseveryday

1. 36 + 45	2. Write ten thousand and seventy two as a number	3. Calculate 4 x 3	4. How many days are there in June?	5. Write the next two numbers in this sequence: 1, 3, 5, 7, ...	6. Round 99 to the nearest 10
7. If today is Tuesday, what day is it 4 days after yesterday?	8. What number is 70 more than 290?	9. Today is National Pizza day! How many slices would 5 of these pizzas have in total?	10. Write these numbers in order from the smallest to the biggest: 93, 33, 66, 39, 63	11. 675 - 82	12. If a bunch of roses cost £5.42 and I paid with a £10 note, how much change would I receive?
13. Calculate 32 ÷ 4	14. Sketch this shape showing its line of symmetry.	15. What fraction of this shape is shaded?	16. Calculate 160 x 10	17. What is the name of this 2D shape?	18. Is this statement true or false? 8 > 5
19. How many 20p's are there in £6?	20. Write the following in 24 hour time: 5:28 am	21. On this map, what direction should the explorer march in to get the chestnut?	22. Write the 22 nd of February 1963 as numbers only.	23. Can you name this 3D object?	24. Write the time shown here in words
25. In the number 286 what does the 6 stand for?	26. What is the value of the missing number represented by the shape below? 16 - = 9	27. Which is bigger? 5 x 4 or 42 ÷ 2. Give a reason for your answer!	28. There are 28 days in February this year as it is a non-leap year. Most leap years have an Olympic Games event. The games were held in Barcelona, Spain in 1992. In what year was the next Olympic games held? Do you know the venue?		

You can download the 1st Level calendar below.
Click [here](#) to view the answers.

RIGOUR February CFE 2nd Level Calendar
#abitofmathseveryday

1. Simplify the fraction below: $\frac{8}{12}$	2. Work out the perimeter of this shape.	3. Calculate 10 - 8 ÷ 2	4. 88 ÷ 8	5. What is the name of this shape? How many sides does it have? How many vertices?	6. Which of these are multiples of 4? 18, 24, 30, 44, 60
7. 5742 + 2869	8. State the type of angle and its range.	9. Which of these are equivalent fractions to $\frac{1}{2}$? $\frac{2}{3}, \frac{3}{4}, \frac{5}{6}, \frac{10}{24}, \frac{36}{50}, \frac{54}{60}$	10. How many lines of symmetry does this shape have?	11. Change 7.2 kilograms into grams.	12. Calculate the size of the missing angle... 134°
13. What is the name of this 3D object? How many faces does it have?	14. Nelly and Stephanie ordered their names of this 3D object. The restaurant was very busy on the water named Water Foodan 8:5pm. How long were they waiting for their food?	15. Round 42346 to the nearest 100.	16. Calculate the area of this square. 10 cm	17. 132 - 87	18. Which of these are multiples of 3? 16, 24, 36, 44, 51
19. Calculate $33\frac{1}{2}\%$ of 51	20. 2 1234	21. Harlene's class's training times on an exercise bike. Cycle 1 = 8 mins 22 secs. Cycle 2 = 7 mins 48 secs. How long did she cycle for total?	22. List ALL the factors of 50.	23. Solve the equation below: 7 - x = 3	24. Calculate $\frac{5}{6}$ of 24
25. Write down the next two numbers in the sequence below: -15, -8, -1, ...	26. What is the volume of this shape? 1 cm	27. Calculate: 78 ÷ 30	28. The temperature on a very cold evening was -3°C. By midnight, it fell by 2°C. What was the temperature at midnight?		

You can download the 2nd Level calendar below.
Click [here](#) to view the answers.

<https://www.cdmasterworks.co.uk/e-s-o-s/>

TIP OF THE DAY

Play some relaxing music after school to create a feeling of calm before turning on the TV.

'Today I will be strong like a stone'

- This is a great affirmation to help you feel strong, centred and focused.

www.relaxkids.com

Pebble - Imagine you are holding a smooth pebble in each hand. Feel it, become aware of it and feel the coolness and peace spreading through your body.

