Daily activities



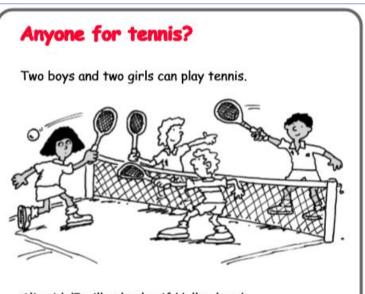
- Reading for 20 mins per day- choose a book you love.
- **Spelling (15 mins)** practice using Look, Say, Cover, Write and Check Test yourself on a Friday.
- Maths (20 mins) a task from the fluency ladder only move onto the next step when you are an expert! Test yourself on a Friday.



Mindfulness (10 mins) – find a calm, quiet space and listen to some relaxing music. Close your eyes, be very still and breathe in for 3 counts and out for 4 counts.

Physical activity – Listen to a piece of upbeat music every day, turn up the volume and dance like no-one is watching! Not into dancing? Why don't you join the Body Coach for a live workout Monday – Friday at 9am? Go to YouTube and search 'The Body Coach TV'.

Spellings	
adventure	enclosure
closure	measure
capture	mixture
creature	treasure
leisure	pleasure



Ali said: 'I will only play if Holly plays.' Holly said: 'I won't play if Ben is playing.' Ben said: 'I won't play if Luke or Laura plays.' Luke said: 'I will only play if Zoe plays.' Zoe said: 'I don't mind who I play with.'

Which two boys and which two girls play tennis?

This week is world wellbeing week! Think about what wellbeing means to you. Can you make an acrostic poem for wellbeing? W E L L B E I N G