**A picture containing food, room

Description automatically generatedYear 3 – Home learning challenge 5**

**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 Friday.
* **Maths (15 mins) –** a task from the fluency ladder – only move onto the next step when you are an expert! Test yourself on Friday.
* **Mindfulness (10 mins) –** find a calm, quiet space and listen to some relaxing music. Close your eyes, be very still and breathe in a calming colour 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! Or try Joe Wick’s workout and Oti Mabuse’s dance class at 11:30am.

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| Spellings | |
| reappear | rearrange |
| recycle | redecorate |
| replace | rewrite |
| refresh | rebuilding |
| reheat  Weekly fun task – | reconnect |



**“Try to be a rainbow in someone’s cloud.”**

**Maya Angelou**