**A picture containing food, room

Description automatically generatedYear 5 – 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 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’.

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| Spellings | |
| bustle | glisten |
| fasten | nestle |
| listen | soften |
| hustle | rustle |
| castle | whistle |



Weekly fun task – Write a letter to someone you can’t wait to see again!

Think about:

* Telling them what you have been doing
* Telling them what you are looking forward to doing together
* Sending kind words and positivity

**“Be brave, be creative, be kind, be thankful, be happy, be you.’**

**Robert Brault**