**Year 2 – Home Learning Challenge 16**

**Daily activities**

* **Reading** (**20 mins**) – read a book you enjoy.
* **Spelling (15 mins)** – practise then choose 2 of the words from the box below and write them in a sentence.
* **Maths (15 mins) –** a task from the fluency ladder – only move onto the next step when you are an expert! Ask people in your house to test you on a Friday (maybe you could test them too!). Also keep practicing your 2, 5, 10- and 3-times tables on TTRockstars.
* **Mindfulness –** Gratitude practice: Keeping a

gratitude journal is one of the most well-established

happiness practices and the easiest to do.

Practising gratitude is central to the journal and

a simple introduction to the concept encourages

children to reflect on three positives of their day.

Research has shown that practising gratitude

through a journal increases a sense of happiness as

well as a range of physical, psychological, and social

benefits. Practising gratitude not only helps children

see the goodness in their lives but also that this can

come from a number of sources.

* **Physical activity –** Play waterbomb dodge ball,

just as much fun for the grown-ups as it is for the

children!!

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| Spellings for the week - HFW |
| floor | improve |
| gold | last |
| grass | many |
| half | money |
| hold | most |
| hour | parents |

Weekly fun tasks

