

Yr 4 – Summer 2, Wk 7 Enrichment and Transition Activities



	Activity	Success criteria I can .....	The Lessons below can be completed in any order.	
Literacy /SPAG	Consolidation – Fronted Adverbials  Lesson 1	Use fronted adverbials accurately in my work	<p><b>Task: Adverbials Adventure (from pack)</b></p> <ul style="list-style-type: none"> <li>• <b>Watch:</b> <a href="https://www.youtube.com/watch?v=r-qF5ellHJ4">https://www.youtube.com/watch?v=r-qF5ellHJ4</a> (5 mins).</li> <li>• Look at 'Adverbials Adventure' activity. Complete the sheet and the extend activity.</li> </ul>	
Art Enrichment	Australian Aboriginal Wreath Art  Lesson 2 & 3	Use colour to create emotion and movement in my artwork	<p><b>Task: Australian Aboriginal Painted Leaf Wreath Artwork</b></p> <ul style="list-style-type: none"> <li>• Read through the 'Australian Aboriginal Wreath Art PowerPoint'.</li> <li>• Follow the instructions to complete the task on slides 5 – 6. If you have any card, use that for the ring template.</li> </ul>	
Poetry Enrichment	Having fun with Poetry  Lesson 4	Pull out information from a given text	<p><b>Task: A Trillion Tropical Leaves Poem (from pack)</b></p> <ul style="list-style-type: none"> <li>• Read through the 'A Trillion Tropical Leaves' poem, then answer Q 1 – 4.</li> <li>• Reread the poem. Then complete the activity in Q5.</li> </ul>	<p><b>Extend:</b> Can you make up a similar poem about nature in England?</p>
Art Enrichment	Pop Art  Lesson 5 & 6	Use the Pop Art style in my own artwork	<p><b>Task: Pop Art</b></p> <ul style="list-style-type: none"> <li>• Read through 'Andy Warhol Pop Art PowerPoint'.</li> <li>• <b>Watch:</b> <a href="https://www.youtube.com/watch?v=o8Va9Y_rINg">https://www.youtube.com/watch?v=o8Va9Y_rINg</a> (5 mins).</li> <li>• Use one of the pictures in 'Pop Art Templates' to create your own example of the exciting and colourful art style.</li> </ul>	
Just for Fun!	Addition Word Problems  Lesson 7	Solve addition word problems and show my working out	<p><b>Task: Addition Word Problems</b></p> <ul style="list-style-type: none"> <li>• <b>Watch:</b> <a href="https://www.youtube.com/watch?v=kn8frlzQupA">https://www.youtube.com/watch?v=kn8frlzQupA</a> (4 mins)</li> <li>• Look at the 'Addition Word Problems' activity. Mr Gorsuch's numeracy group complete 5* or 5** Mrs Hanson's numeracy group complete 7** or 7*** (the stars are next to each sum!).</li> </ul>	<p><b>Extend:</b> You're the teacher! Check your answers and make any corrections.</p>

Everyday Science	Lava Lamp Lesson 8	Use everyday materials in a science activity	<b>Task: Making A Lava Lamp!</b> <ul style="list-style-type: none"> <li>• <b>Watch:</b><a href="https://www.youtube.com/watch?v=DL3Ez9bxMTo">https://www.youtube.com/watch?v=DL3Ez9bxMTo</a> (5 mins)</li> <li>• Follow the instructions on 'Lava Lamp Activity' to create your own lamp – good luck!</li> </ul>	
Just for Fun! (2 lessons)	Creating a Comic Strip Lesson 9 & 10	Use the knowledge I already have to create a comic strip	<b>Task: Comic Strips – Simple Shapes as Characters and Comic Ideas!</b>  We have already covered some work on how to create and develop a comic strip. <ul style="list-style-type: none"> <li>• <b>Watch:</b><a href="https://www.youtube.com/watch?v=1Nb_ZDvoWEg">https://www.youtube.com/watch?v=1Nb_ZDvoWEg</a> (4 mins)</li> <li>• <b>Watch:</b><a href="https://www.youtube.com/watch?v=m_nevXPyh0w">https://www.youtube.com/watch?v=m_nevXPyh0w</a> (4 mins)</li> <li>• Using the 'Comic Strip Template' (both pieces), create a comic strip story based around a piece of food, just like in the video – Pizza Boy, Toasty Tom, Patty Butter, the Masked Meatball!</li> </ul>	<b>Extend:</b> There are many more interesting ideas from 'Dave McDonald Art', so why not watch a few more of his tutorials to extend your knowledge about creating comic strips – Good Luck!
Sun Safety!	Sun, Sea and Beach Safety Lesson 11 & 12	Use the knowledge I have to answer questions about safety issues	<b>Task: Safety in the Sun!</b> <ul style="list-style-type: none"> <li>• <b>Watch:</b><a href="https://www.youtube.com/watch?v=7UWvqNeqX6E">https://www.youtube.com/watch?v=7UWvqNeqX6E</a> (4 mins).</li> <li>• Read through the 'Beach Flag Information Poster'.</li> <li>• Read through and do the quiz on 'Sun, Sea and Beach Safety PowerPoint'.</li> <li>• Read through the 'Safety in the Sun' activity and answer the questions.</li> <li>• Design your own 'Sun, Sea and Beach Safety' poster!</li> </ul>	<b>Extend:</b> Complete the 'Sun, Sea and Beach Safety' word search.
Mindfulness activities	Mindfulness Activities Lesson 13 & 14		<b>Task</b> <ul style="list-style-type: none"> <li>• <b>Watch:</b> <a href="https://www.youtube.com/watch?v=mjtfyuTTQFY">https://www.youtube.com/watch?v=mjtfyuTTQFY</a> (3 mins)</li> <li>• <b>Watch:</b><a href="https://www.youtube.com/watch?v=kO5I0p3IuiQ">https://www.youtube.com/watch?v=kO5I0p3IuiQ</a> (4 mins)</li> <li>• Look at the 'Mindfulness Challenge Cards'. Select 9 of the activities to complete.</li> </ul>	<b>Extend:</b> Select one (or more) from the 'Mindfulness Colouring Patterns' to carefully complete.

<b>PSHE – School After Lockdown</b>	School Life after Lockdown  Lesson 15		<b>Task: Returning to School</b> <ul style="list-style-type: none"> <li>• <b>Watch:</b><a href="https://www.youtube.com/watch?v=HNTHB_zWGdA">https://www.youtube.com/watch?v=HNTHB_zWGdA</a> (4 mins)</li> <li>• Read through ‘PSHE – School After Lockdown’ activity. Think about all of the things you would like to ask about what school will be like in September - any worries you may have, things you are unsure will be the same or have changed, and who you will see and what lessons you will be doing.</li> <li>• Use the ‘Question Bubbles’ sheet to write questions you would like to ask. Colour the edge of each bubble with a different colour, cut each one out and display it on another piece of paper in an attractive and eye-catching way.</li> </ul>	
<b>Every week!</b>			<b>Tasks:</b> <ul style="list-style-type: none"> <li>• ‘Bitesize daily’ <a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a></li> <li>• X3, X4, X6, X7, X8 tables – fifteen-minute practices 3 times per week (Use TTrockstars to help you).</li> <li>• Numbot - Ten-minute practices 3 times per week (access through TTrockstarts)</li> <li>• Read aloud to a member of your family – fifteen minutes 3 times per week</li> <li>• Select 5 words from the Yr 3 &amp; Yr 4 spellings list to practice 3 times per week</li> <li>• BATTLE on TT Rockstars: Beech vs Holly – who will win?</li> </ul>	

# A Trillion Tropical Leaves

The Amazon river's a mighty beast  
that meanders and powers and weaves;  
its fingers and veins flowing into the heart  
of a trillion tropical leaves.

It sits in the land of the samba and dance,  
South American countries count nine:  
There's Brazil and Peru, Colombia too,  
then Bolivia waits next in line.

The rainforest's huge; the biggest on Earth  
with millions of creatures and trees.  
Great Britain could fit in there 26 times or 42 Englands with ease!

There're caimans and sloths and ocelots too,  
piranhas and things that can bite;  
tarantulas, crocodiles, spiders and snakes,  
and jaguars spotted and bright.

And what do we do to this Eden on Earth?  
This land of such beauty and awe?  
We slash and we burn and we chop it all down,  
then we slash and we burn it some more.

The Amazon Rainforest's crying for help,  
ecosystems are naturally linked,  
it's dying, it's hurt; shall we chop down some more  
until all of Earth's life is extinct?

# Addition Word Problem Challenge Cards



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## Addition Word Problem Challenge Cards



1. Erin Bell has played 86 games and Carla Borrego has played 79 games. What is the total amount of games that were played?



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## Addition Word Problem Challenge Cards



2. A total of 93 fans attended the pre-game signing of the grand final between the NSW Swifts and the Queensland Firebirds. A further 59 fans arrived five minutes later. How many fans attended the signing altogether?



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## Addition Word Problem Challenge Cards



3. Amy Steel loves her fruit salad. She goes to the shops and buys 12 bananas, 13 apples and 27 oranges. Her team mate, Kate Shimmin, buys 13 bananas, 10 apples and 15 oranges. How many pieces of fruit did they buy in total?



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Addition Word Problem Challenge Cards



4. Laura Geitz ran 15 kilometres in one week. Her friend, Madeleine Proud, ran double the amount that Laura ran. How many kilometres did they run altogether?



Addition Word Problem Challenge Cards



5. A total of 68 fans watched the first game of the ANZ Championship between the NSW Swifts and the Southern Steel in the corporate box. The next time they played, there were 73 fans watching in the corporate box. How many fans were in the corporate box in both games?



Addition Word Problem Challenge Cards



6. How many ANZ Championship games were played if Clare McMeniman played 84, Laura Geitz played 64 and Gretel Tippett played 19?



Addition Word Problem Challenge Cards



7. Chelsea Lemke needed to buy lunch for her team mates, the Queensland Firebirds. She went to order sushi. She ordered 1 chicken and rice, 4 California rolls, 3 tuna and rice and 1 tempura vegetables. If everything item was on special for 90c, how much did Chelsea spend?



Addition Word Problem Challenge Cards



8. Maddy Turner ran 23 kilometres in one week. Her friend, Abbey McCulloch, ran triple the amount that Maddy had ran. How many kilometres does Abbey McCulloch run?



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Addition Word Problem Challenge Cards



9. A total of 99 fans watched the first game of the ANZ Championship between the Adelaide Thunderbirds and the Queensland Firebirds in the corporate box. The next time they played, there were 88 fans watching in the corporate box. How many fans came to watch them in the corporate box in both games?



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Addition Word Problem Challenge Cards



10. Two NSW Swift players need to get on a plane to travel to NZ for their next netball match. Kimberlee Green buys a plane ticket for \$375 return. Her team mate, Laura Langman, buys a first-class plane ticket for \$749 return. If the coach needs to pay for their flights, how much needs to be paid?



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**Answers**

1. 165 games
2. 152 supporters
3. 90 pieces of fruit
4. 45 kilometres
5. 141 fans
6. 167 games
7. \$8.10
8. 69 kilometres
9. 187 fans
10. \$1124

# Addition Word Problem Challenge Cards



## Addition Word Problem Challenge Cards



1. In 2013, Susan Pettitt scored 230 goals. In 2014, she scored 311 goals. In 2015, she scored 296 goals. Over these 3 years, how many goals did Susan Pettitt score for the NSW Swifts?



## Addition Word Problem Challenge Cards



2. Two Melbourne Vixens players need to get on a plane to travel to Western Australia for their next netball match. Karyn Bailey buys a plane ticket for \$276 return. Her team mate, Geva Mentor, buys a first-class plane ticket for \$562 return. Geva tells Karyn that she paid double for her plane ticket. Is she correct?



## Addition Word Problem Challenge Cards



3. Romelda Aiken played three times as many ANZ Championship games as Geva Mentor. If Geva Mentor has played 84 games, how many times did Romelda Aiken play?



Addition Word Problem Challenge Cards



4. Geva Mentor needed to buy lunch for her team mates, the Melbourne Vixens. She went to order two fresh salads. One salad cost \$9.75 and the other salad cost \$12.90. How much did Geva spend on salads?



Addition Word Problem Challenge Cards



5. 846 fans watched the second game of the ANZ Championship. This was 50% less than the number of people who watched the first game. How many people watched the first game?



Addition Word Problem Challenge Cards



6. Chloe Watson is 183cm, Emily Mannix is 187cm and Maddy Robinson is 168cm tall. How tall are the girls altogether?



Addition Word Problem Challenge Cards



7. Over five years, Kayla Cullen has played 127 test caps, Maria Tutaia has played 102 test caps and Anna Harrison has played 109 games. How many test caps have been played between them?



Addition Word Problem Challenge Cards



8. At the end of the season, the NSW Swifts and the Queensland Firebirds had totals of 327 vs. 364. How many goals were scored altogether?



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Addition Word Problem Challenge Cards



9. At the end of their third game, the Adelaide Thunderbirds said that they scored exactly three times as many goals compared to the Queensland Firebirds. If the Thunderbirds scored a total of 320 and the Firebirds scored 106, is this statement correct?



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Addition Word Problem Challenge Cards



10. If 2592 supported the NSW Swifts and 6479 supported the Queensland Firebirds, how many fans attended the grand final of the ANZ Championship?



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## Answers

1. 837 goals
2. No, she is incorrect. If Geva were to pay double what Karyn paid, she would have paid  $\$276 + \$276 = \$552$ . Instead, she paid more than double, as double  $\$276$  is  $\$552$ .
3. 252 games
4.  $\$22.65$
5. 1692 fans
6. 538cm
7. 338 test caps
8. 691 goals
9. No, this statement is not correct. Three times more than 106 is 318. The Thunderbirds scored 320 which means they scored more than three times what the Firebirds did.
10. 9071 fans

# Addition Word Problem Challenge Cards



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Addition Word Problem Challenge Cards



1. If 8592 supported the Adelaide Thunderbirds and 5214 supported the Northern Mystics, how many supporters were there altogether?



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Addition Word Problem Challenge Cards



2. Amy Steel loves her fruit salad. She has \$10.00 to spend. She must buy eight items. She must also buy at least four different fruits. What can she buy without spending over her \$10.00?

Apples \$1.25 per kg

Bananas \$1.69 per kg

Pineapple 99c each

Mandarines \$2.50 per kg

Watermelon 80c each

Nectarines \$3.70 per kg

Oranges 80c each

Rockmelon \$2.00 each

Strawberries \$2.50 a punnet



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Addition Word Problem Challenge Cards



3. A total of 14567 fans watched the first game of the ANZ Championship between the NSW Swifts and the Southern Steel. The next time they played, there were 11 494 fans watching. What is the total number of fans for both of the games?



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Addition Word Problem Challenge Cards



4. Chelsea Lemke needed to buy lunch for her team mates, the Queensland Firebirds. She went to order sushi. She ordered 9 chicken and rice, 6 California rolls, 4 tuna and rice and 4 tempura vegetables. If every item was on special for \$2.50, how much did Chelsea spend?



Addition Word Problem Challenge Cards



5. A total of 12 976 fans watched the first game of the ANZ Championship between the Adelaide Thunderbirds and the Queensland Firebirds. The next time they played, there were 13 982 fans watching. What is the total number of fans that came to watch them in both games?



Addition Word Problem Challenge Cards



6. Two NSW Swift players need to get on a plane to travel to NZ for their next netball match. Kimberlee Green buys a plane return ticket for \$375. Her team mate, Laura Langman, buys a first-class plane return ticket for \$749. If the coach needs to pay for their flights, how much needs to be paid?



Addition Word Problem Challenge Cards



7. Is it true to say that Karyn Bailey spent exactly four times as much money as Geva Mentor on her plane ticket back home? Explain your answer.

Karyn Bailey = \$1016 (one way)

Geva Mentor = \$254 (one way)



Addition Word Problem Challenge Cards



8. Geva Mentor needed to buy lunch for her team mates, the Melbourne Vixens. She went to order two large fresh salads. One salad cost \$19.75 and the other salad cost \$12.95. How much did Geva spend on salads?



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Addition Word Problem Challenge Cards



9. A total of 2567 fans watched the first game of the ANZ Championship between the Melbourne Vixens and the West Coast Fever. The next time they played, there were four times as many fans watching. How many fans came to watch them in both games?



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Addition Word Problem Challenge Cards



10. A total of 12 879 fans watched the first game of the ANZ Championship between the NSW Swifts and the Melbourne Vixens. The next time they played, there were 11 678 fans watching. It was recorded that there were 25 557 fans that watched both games. Is this correct? Explain your answer.



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## Answers

1. 13 806 fans
2. Answers will vary.
3. 26 061 fans.
4. \$57.50
5. 26 958
6. \$1 124
7. Yes, this statement is true. If you add \$254 up four times, you will get the answer \$1016. Therefore, she did spend exactly four times as much money on her ticket.
8. \$32.70
9. 12 835 fans
10. No, this is not correct. When you add the two given numbers, it gives 24 557. Therefore, the answer that was recorded was 1000 off the correct number of fans watching the game.

# Adverbial Adventures

Look at the pictures on the front of these postcards and write a sentence about what is happening using a fronted adverbial. If you need to, use the bank of fronted adverbials below to help you.



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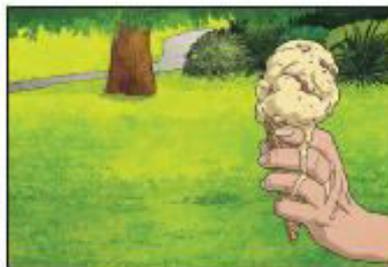
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above the clouds

beside the sea

bravely

having a great time

happily

almost unbelievably

very sensibly

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**Extend:**

Now write 10 sentences which include: fronted adverbials, descriptive nouns and adjective, and speech.

Tips! Remember to check your work for errors and make corrections.

# Andy Warhol

Pop Art



# Pop Art

Today we are learning about Pop Art.

In this video, we are going to find out about a famous artist called Andy Warhol.

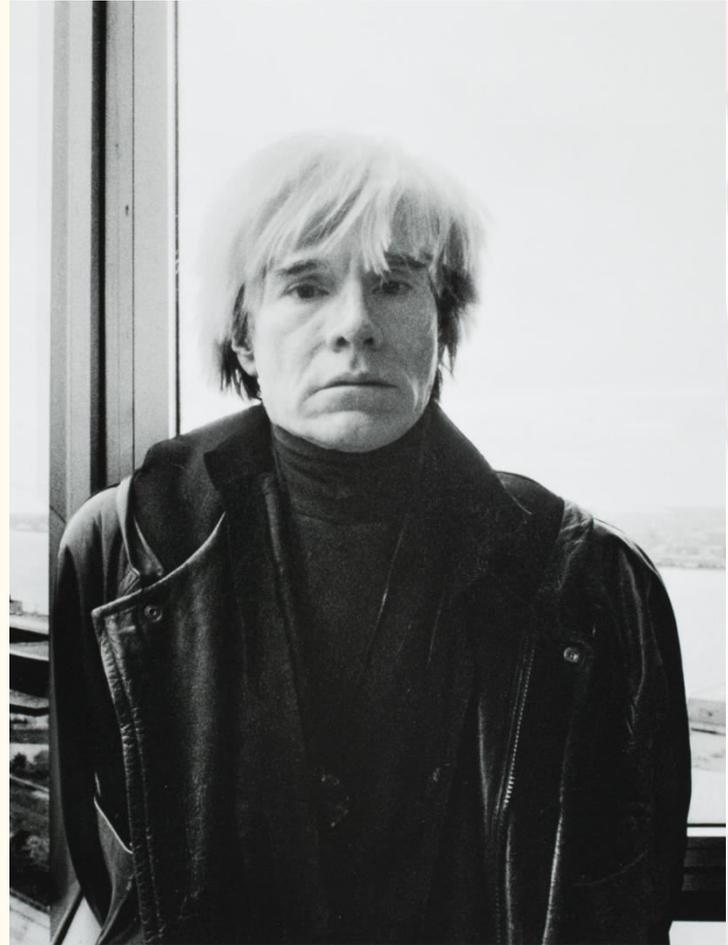


# Andy Warhol

Andy Warhol was a Pop Artist.

He used a technique called screen printing to create lots of prints that look the same.

He often changed the colours of the pictures.



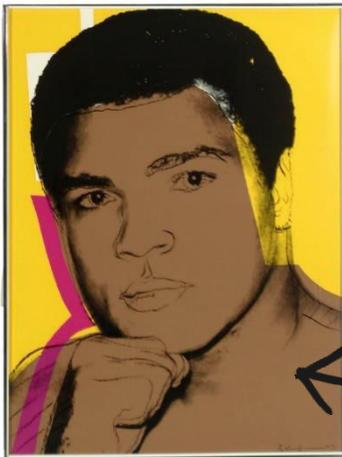
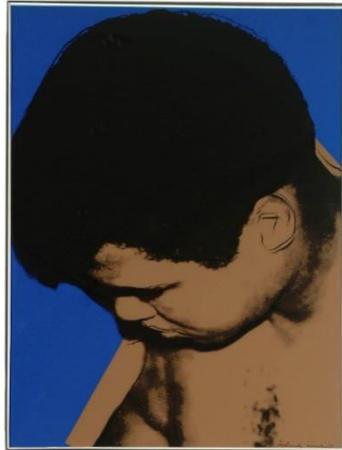
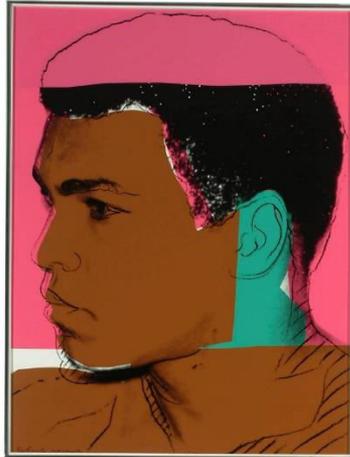
# Making Patterns



Andy Warhol often used very bright colours in his work.

He used repeated images to make patterns.

# Famous Portraits



Warhol made lots of portraits of iconic people.

Do you know who this is?

Photo courtesy of Boca museum (@flickr.com) - granted under creative commons licence – attribution

# Using Colour

What do you notice about the colours in this portrait of Marilyn Monroe?



# Repeating Images

Andy Warhol used repeated images of famous people in different colours to create some of his most famous portraits.



Photo courtesy of angguncili (@flickr.com) - granted under creative commons licence – attribution

# Andy Warhol Today

If Andy Warhol was alive today...

Who do you think would be a good famous person for him to make a portrait of?

Why?

Choose one person from your group to share your answers with the class.



# Australian Aboriginal Wreath Art



## Australian Aboriginal Bush Medicine Leaf Art

**'Bush Medicine Leaves'** is a well documented dreaming story painted by the women artists of Central Australia. The flowing motion and undulating rhythm of the artwork reflects the importance of the bush medicine leaves to traditional Aboriginal culture.

The bush medicine leaves are collected by the women and are highly prized for their restorative powers as part of traditional health practices.

Bush medicine leaves come from a particular native shrub which grows abundantly in the desert regions of Utopia, north-east of Alice Springs. During the life of the plant, the leaves change colour and exhibit different medicinal properties.

The artists who paint this story represent the leaves as they float to the ground, and they use a range of brush strokes and colours to represent the leaves at different times of the year.

When the leaves of the shrub are green they are gathered by the women and ground up using a stone. Then the medicine leaf compound is mixed with water to form a milky solution, which can be used to cure coughs, colds and flu-like symptoms.

- Watch: <https://www.youtube.com/watch?v=pQ8QiqZ3k8E> (7 mins)

**Aboriginal Medicine Leaf Art** is all about creating colour and movement through art. Look at the examples on the next slide.

Q – How do the images make you feel?

Q – What colours have been used and why?

Q – what tools do you think the artist has used to create these pictures?



Watch: <https://www.youtube.com/watch?v=qxU1bnRBUrs>

# Aboriginal Art Leaf Wreath

## You will need:

Eucalyptus leaves or leaf templates printed onto card.

Acrylic Paint

Dot painting instrument e.g. wooden clay sculpting tool or cotton bud

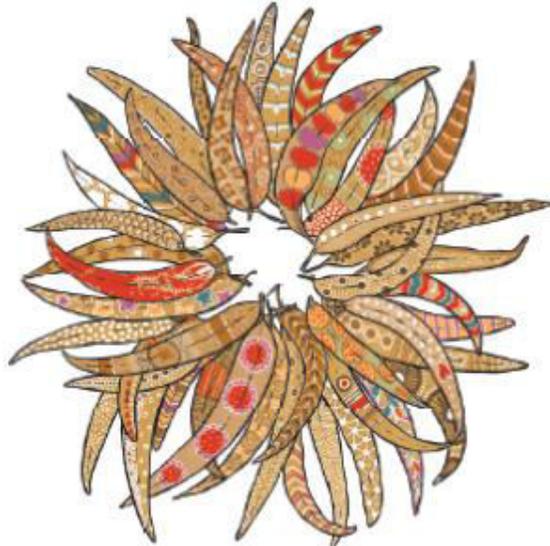
Wreath ring template printed onto card

Aboriginal Art Symbol Sheet

Glue

Scissors

Markers or pencils



## Instructions

1. If using the leaf templates, carefully cut out the leaves.
2. Decorate the leaves or leaf templates with dot-painted symbols to tell a story around the wreath.

3. Cut around the outside of the wreath ring template and then cut out the centre.



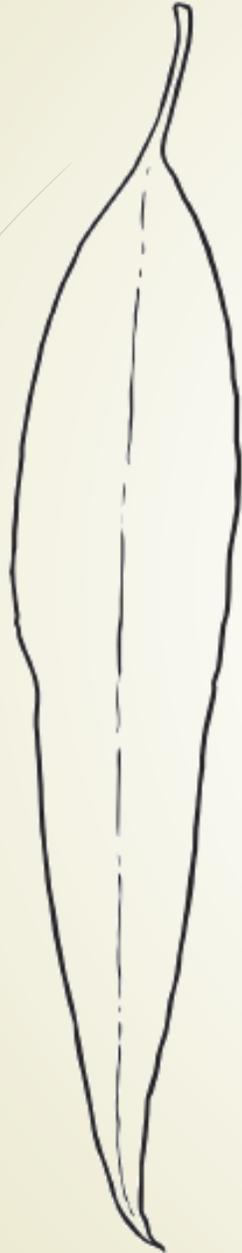
4. Arrange the leaves around the wreath ring template in a wreath shape.
5. Glue the leaves onto the ring.
6. Leave to dry.

## Tip!

You will need 2 of the 'Leaf Template 1' sheet and 2 of the 'Leaf Template 2' sheet, so that you have enough leaves!

You will also need 1 'Ring Template'.

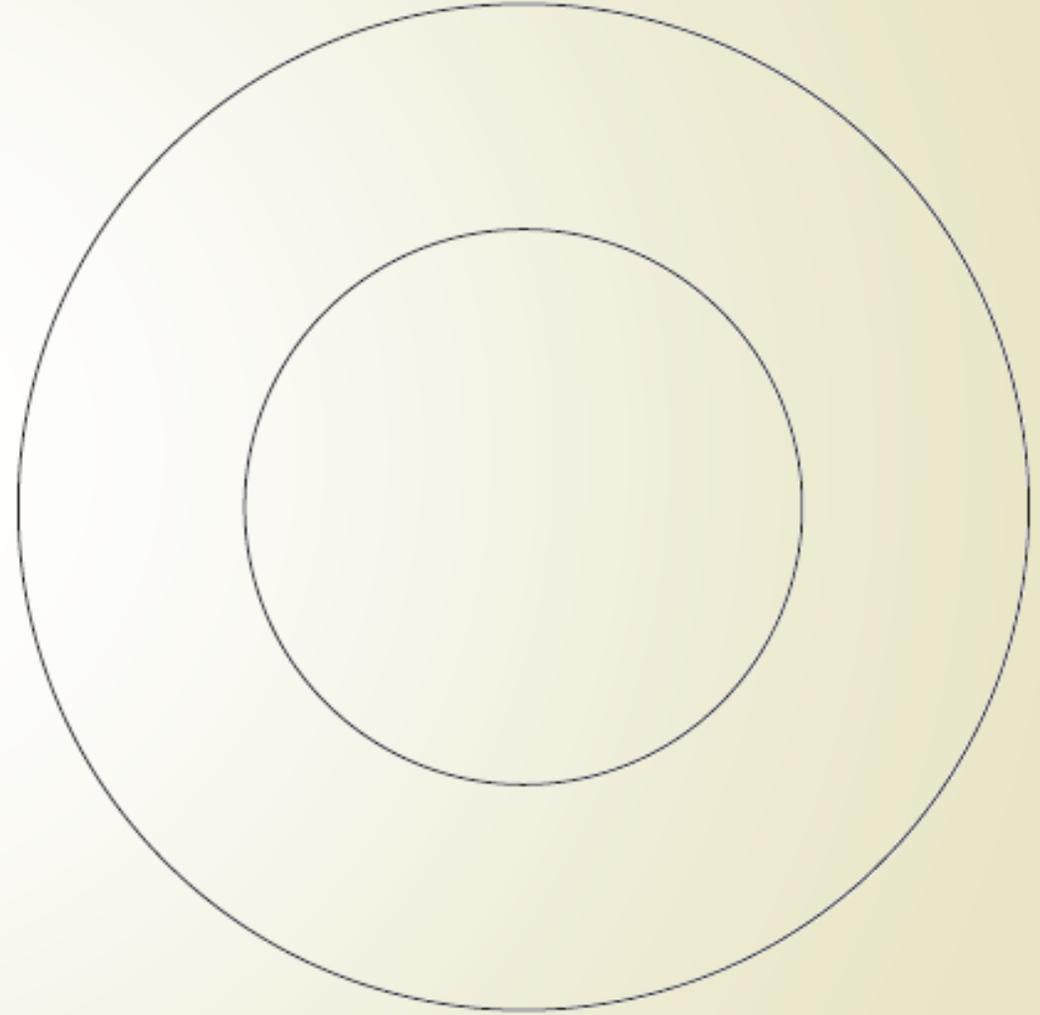
**Leaf Template 1**



**Leaf Template 2**



**Ring template**

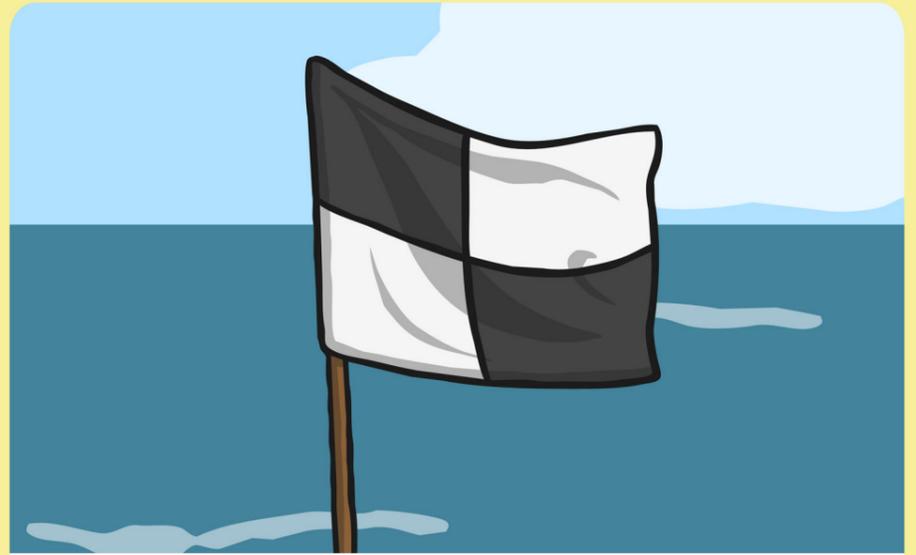


# Flags at the Beach



## Bathing Flag

The area is watched by lifeguards. Between two of these flags is a safe place to swim and use a body board.



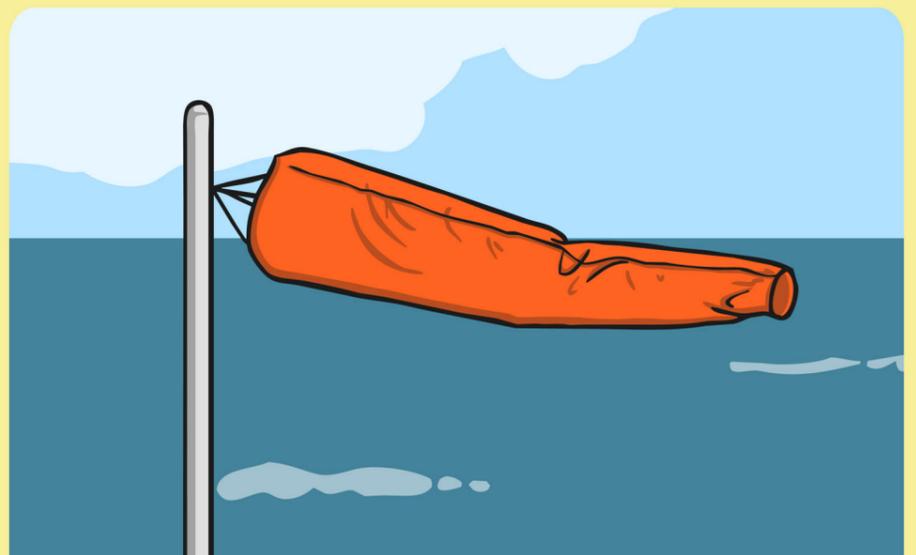
## Surfing Flag

The area is safe for water activities like surf boarding and kayaking, but not safe for swimming or body boarding.



## Danger Flag

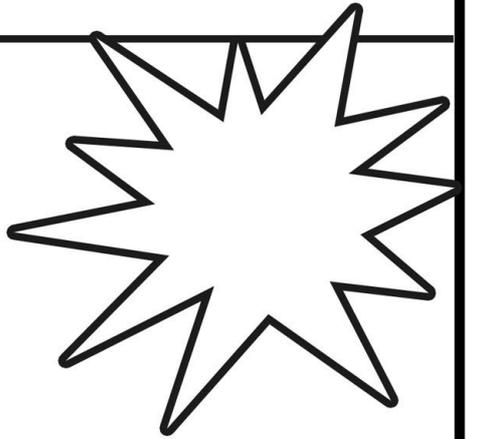
**Danger!** Never enter the water when you see this flag.



## Orange Windsock

Dangerous wind conditions. **Never** use an inflatable like a rubber ring or dinghy – you could get swept out to sea.





# Lava Lamp

## You Will Need

- Water
- Vegetable Oil\*
- A Clear Plastic Bottle or Jar
- Food Colouring
- Effervescent Tablets



\* Please dispose of oil safely and responsibly.

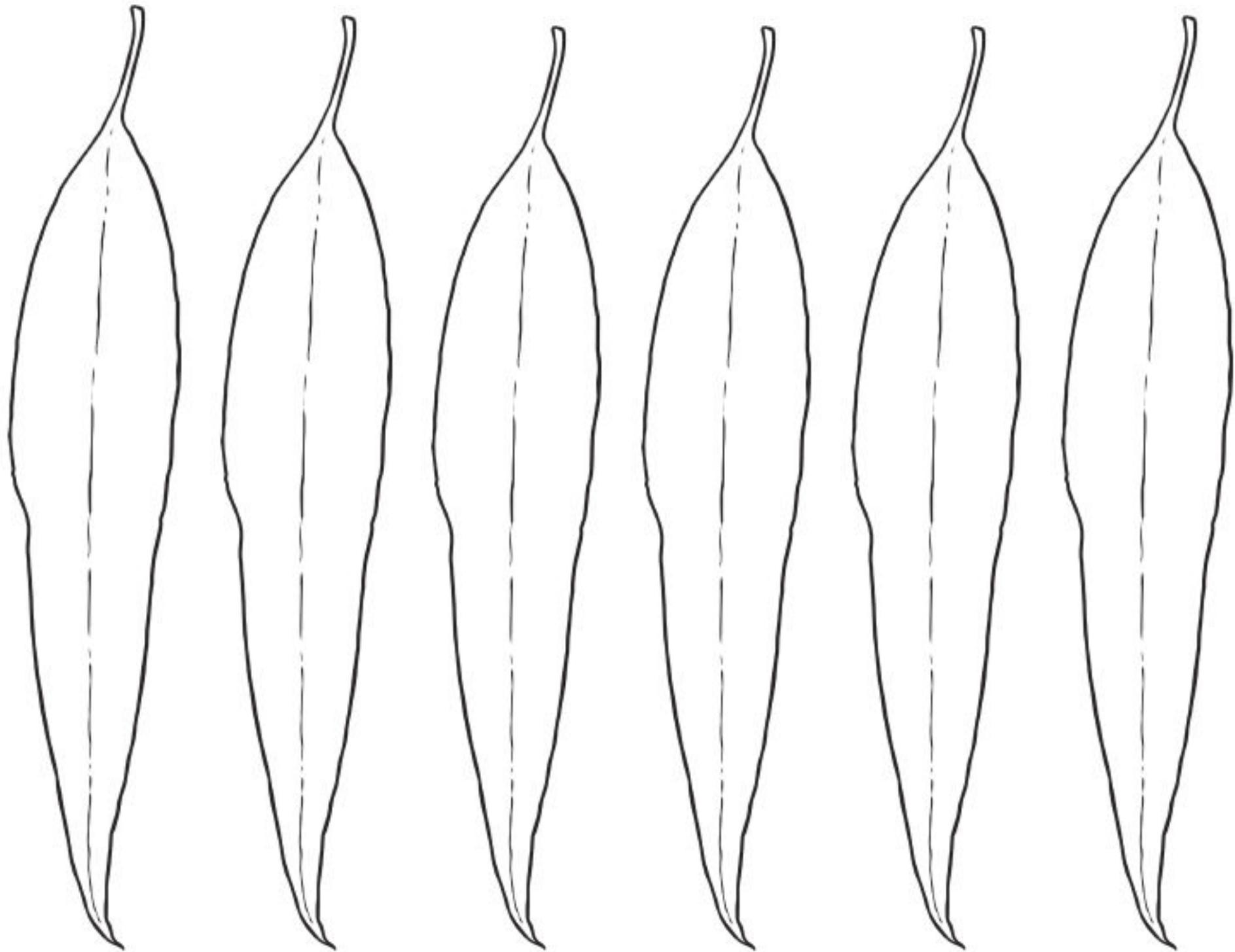
## Method

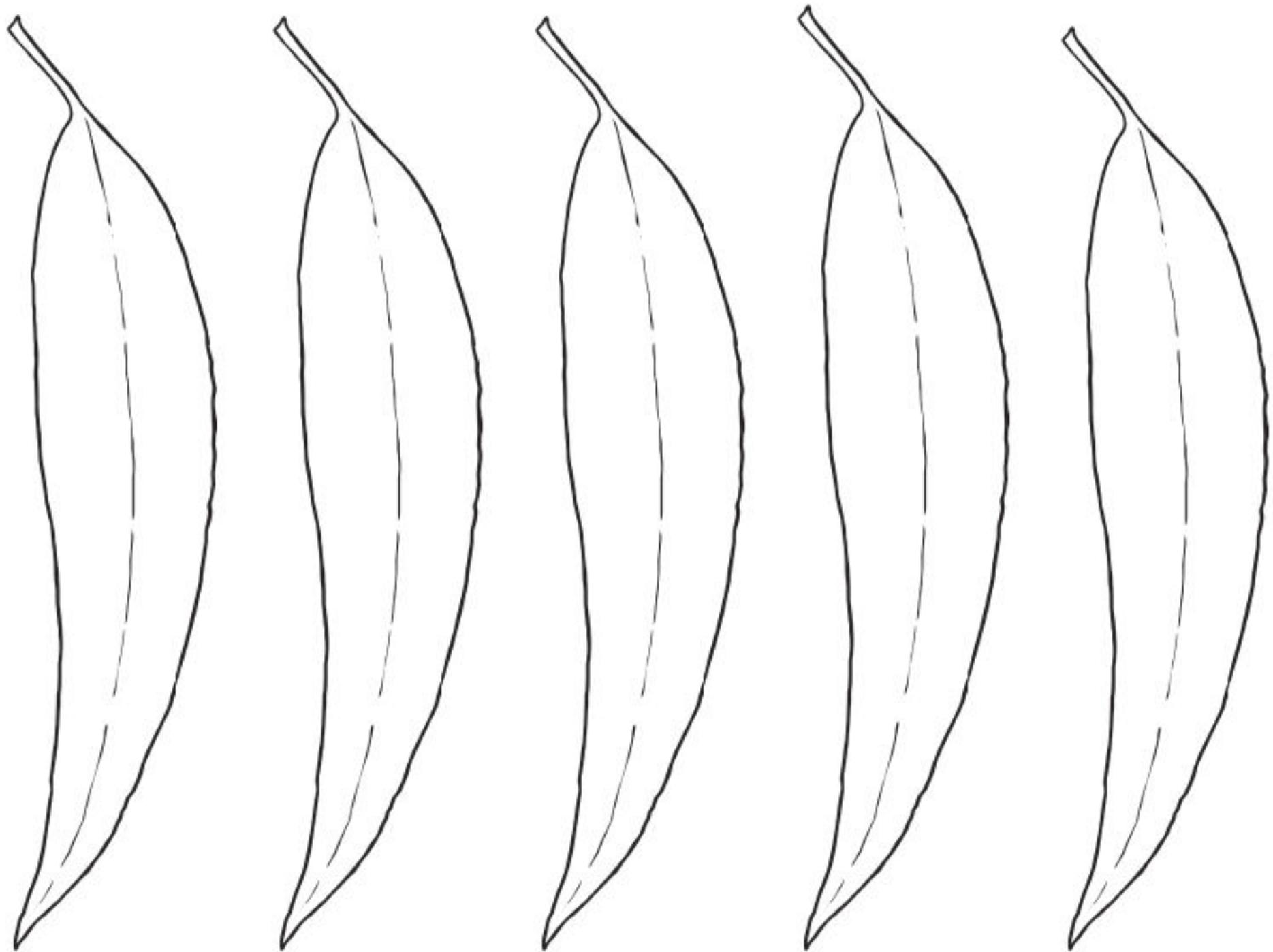
- 1 Fill the bottle or jar a quarter full with water.
- 2 Top up, almost to the top with the vegetable oil
- 3 They should separate into two layers, water at the bottom and oil sitting on top.
- 4 Add about 6-8 drops of food colouring once the oil and water separate.
- 5 The colour will mix with the water at the bottom.
- 6 Pop in half an effervescent tablets and watch the bubbles form. Add more effervescent tablets bit by bit to keep the bubbles rising and falling.

## The Science Bit

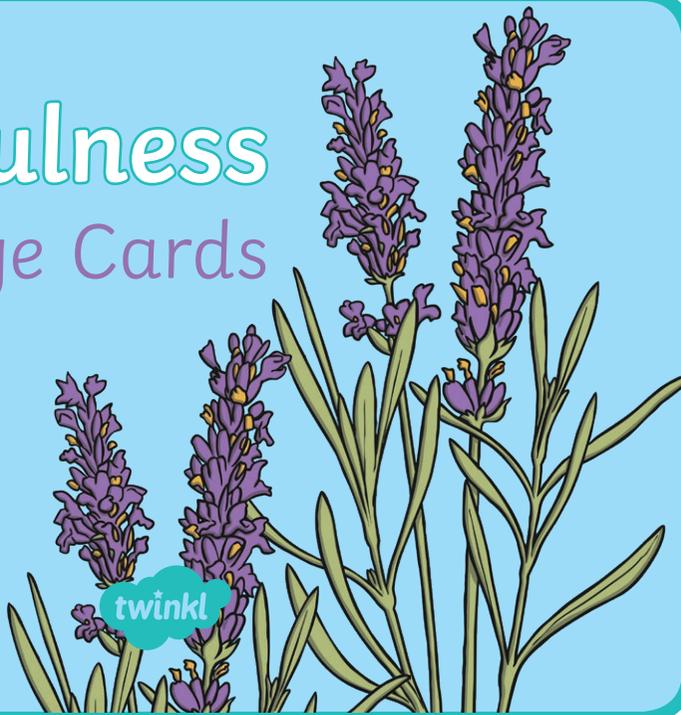
Firstly water and oil will not mix – this is because we say that water is a polar molecule – its structure means that it has a positive charge on one end and a negative charge on the other. Water molecules stick together because the positive end of one water molecule is attracted to the negative end of another. Oil molecule structure is different – it is non polar, meaning that its charge is more evenly spread out, so the oil is not attracted to water – in fact we call it hydrophobic (water fearing) so it tries to get as far away from water as possible and will not mix. The reason that oil rests on top of the water rather than underneath is because it has a different density to water.

As the effervescent tablets are added (this is made of citric acid and sodium bicarbonate) it reacts with the water and forms carbon dioxide gas and sodium citrate. It is the carbon dioxide bubbles that carry the coloured water to the top.





# Mindfulness Challenge Cards



## Mindfulness Challenge Cards



### Key Card



Choose a challenge and practise it for **one minute** or more.



Look



Taste



Listen



Touch or feel



Smell



Draw or write



Move

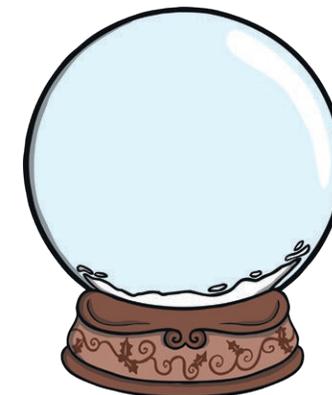


Think

## Mindfulness Challenge Cards



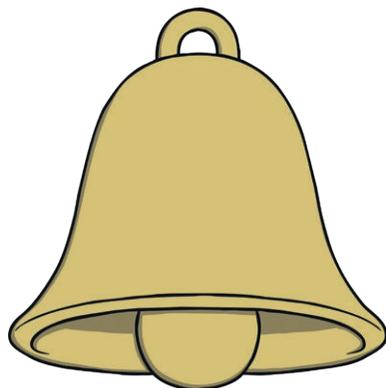
Shake a jar of glitter or a snow globe. Can you keep watching it until the last flake drops to the bottom?



Mindfulness Challenge Cards



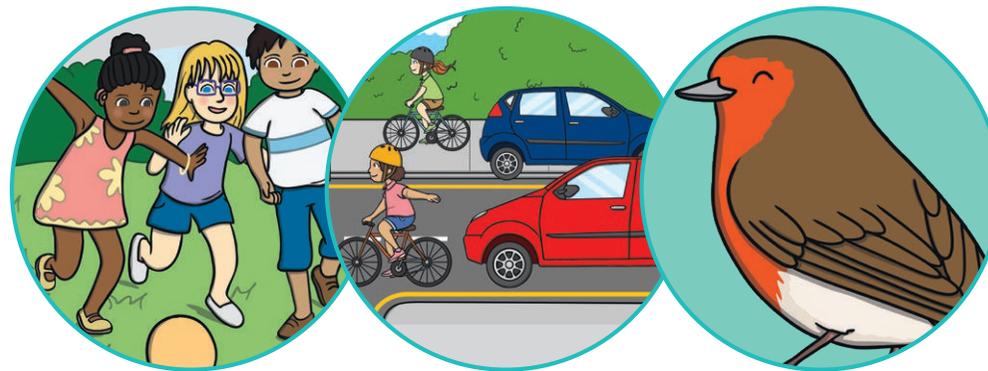
1, 2 ,3... . Ring the bell and count as the sound fades. Which number did you get to?



Mindfulness Challenge Cards



Close your eyes and listen very carefully. What sounds did you hear?



Mindfulness Challenge Cards



Listen to a song. Put your pencil on paper and draw what the music does.



Mindfulness Challenge Cards



Play Musical Statues. When the music stops, close your eyes, put your hands on your tummy. Can you feel your tummy going in and out, in and out?



Mindfulness Challenge Cards



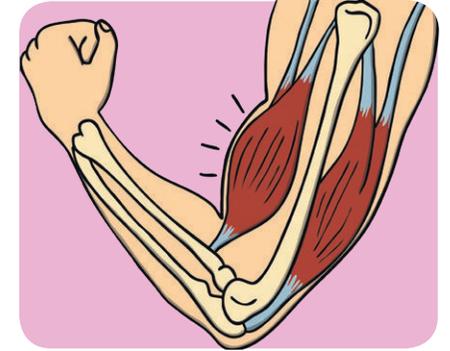
Put a leaf or flower near your nose and slowly breathe in and out. What does it smell like?



Mindfulness Challenge Cards



Squeeze all of your muscles. Firstly, can you relax your hands, then shoulders, neck, tummy, legs, feet and lastly, toes?



Mindfulness Challenge Cards



Walk 10 steps slowly and concentrate. What did your feet and toes do?



Mindfulness Challenge Cards



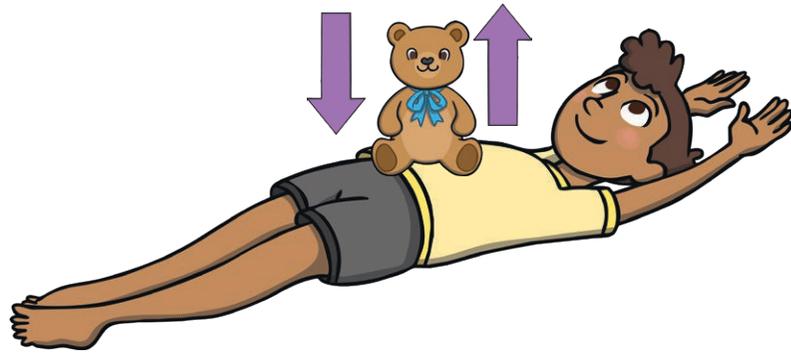
Slowly, pick up one raisin and look at it. Then, put it in your mouth and taste it. What does your tongue do?



Mindfulness Challenge Cards



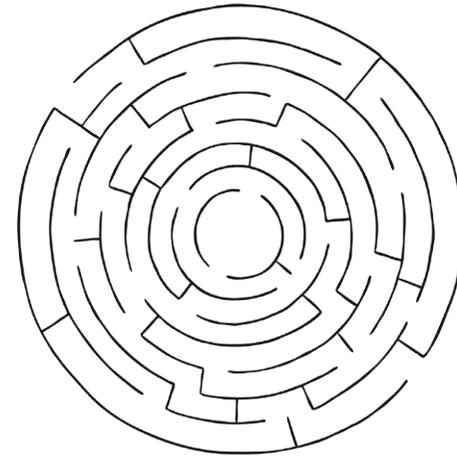
Lie down with a teddy on your tummy. Breathe in and out. How does teddy move?



Mindfulness Challenge Cards



Try a maze. If you go wrong, it is okay. Go back and try again. Can you get to the end?



Mindfulness Challenge Cards



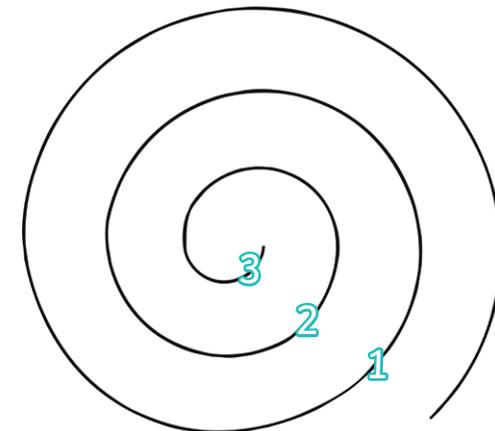
Keep your pencil on the paper and doodle as you breathe. Don't lift your pencil! What did you draw?



Mindfulness Challenge Cards



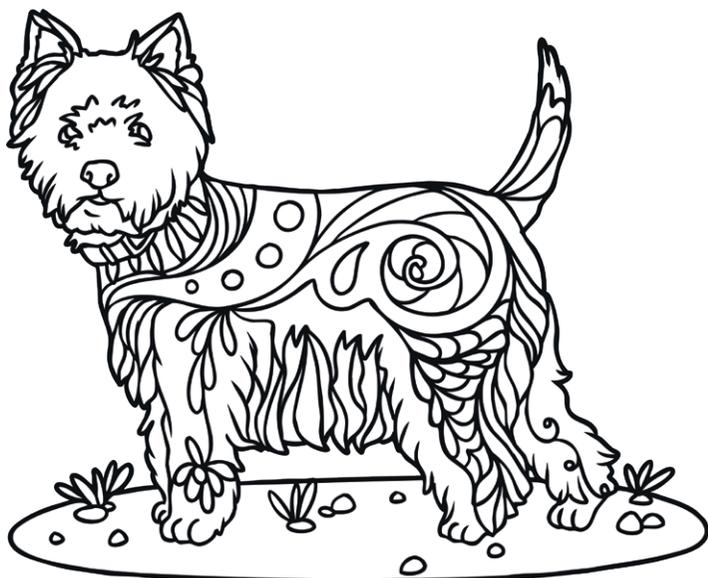
1, 2, 3... . Draw a big spiral getting smaller. How many times did you go around?



Mindfulness Challenge Cards



Carefully, colour in a picture. Who will you give it to and why?



Mindfulness Challenge Cards



Think about a happy place. What can you see, hear, taste and smell? How do you feel?



Mindfulness Challenge Cards



Breathe in, out, in, out. If you think of something, wave it away and go back to your breath: in, out, in, out. Can you think about breathing for one whole minute?

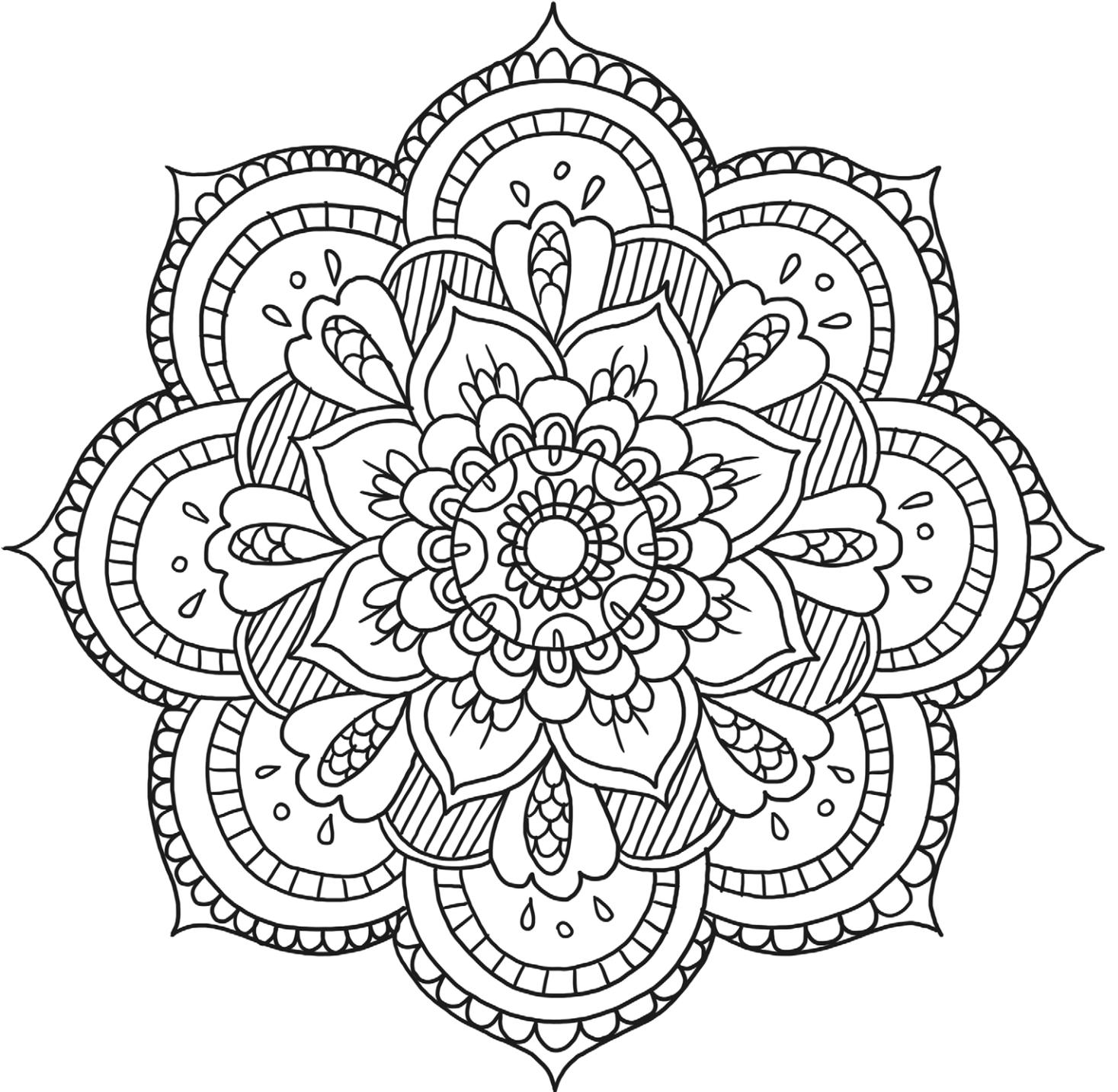


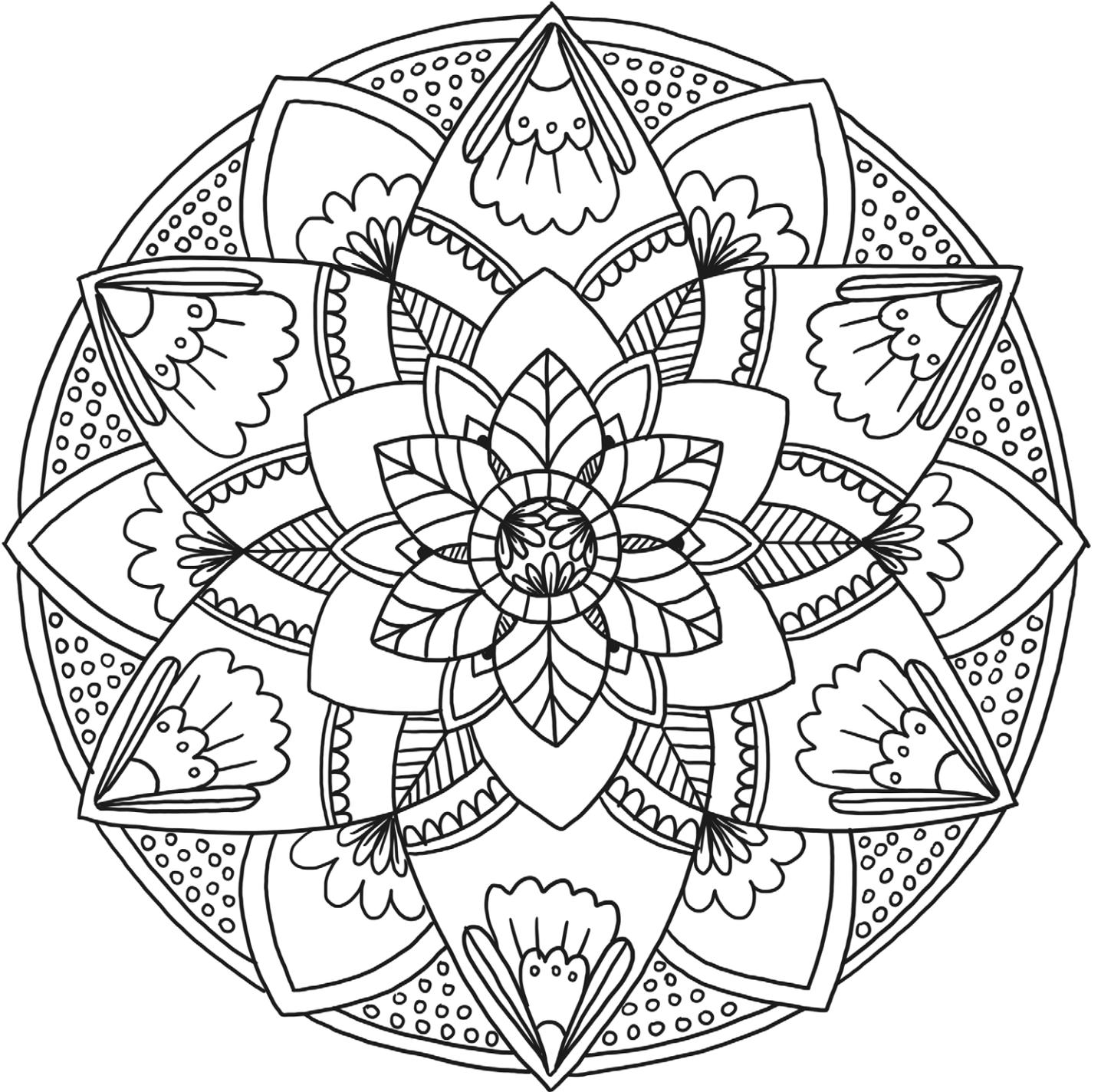
Mindfulness Challenge Cards

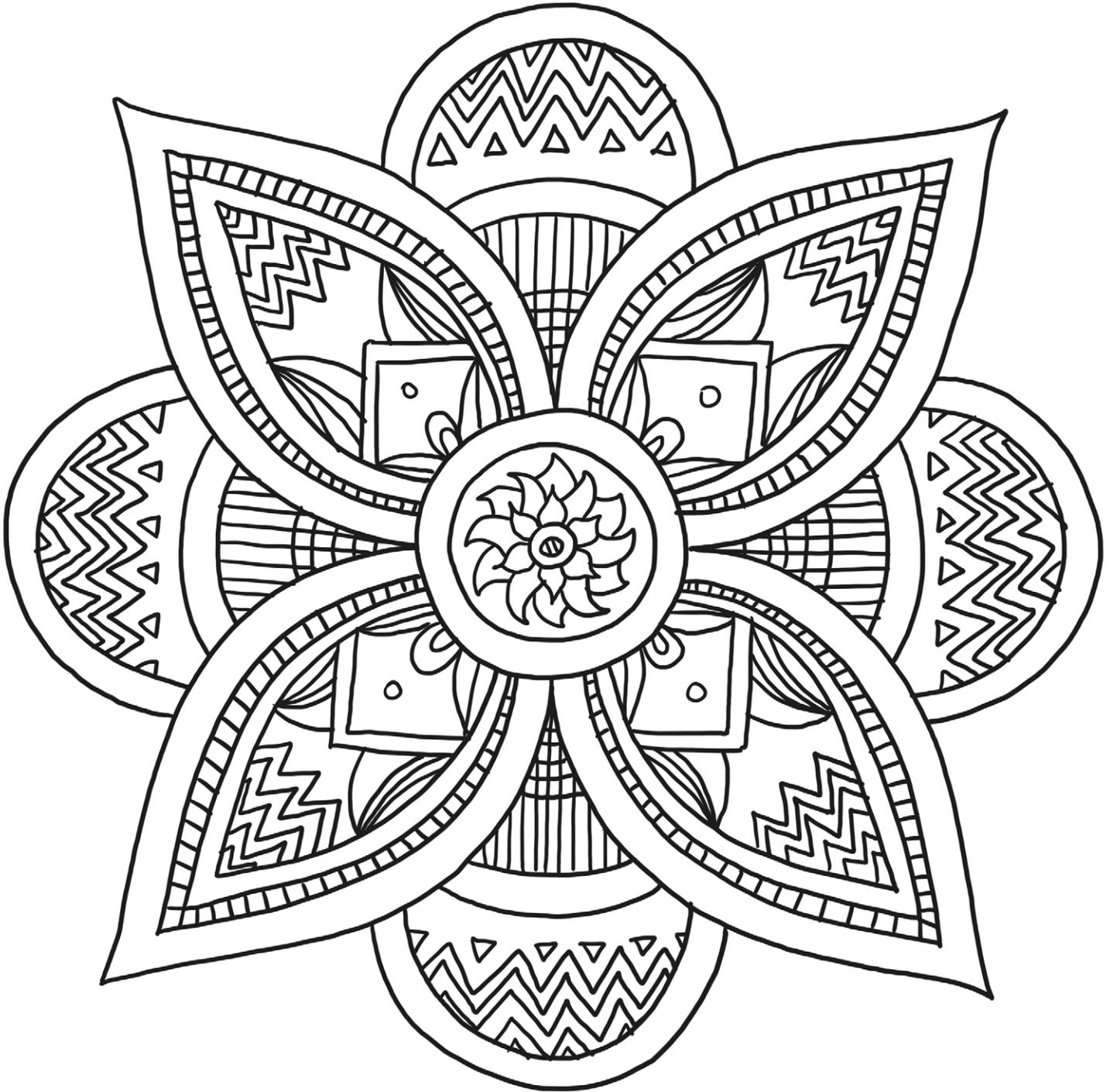


Notice how you feel right now. Can you draw a picture of your emotion?

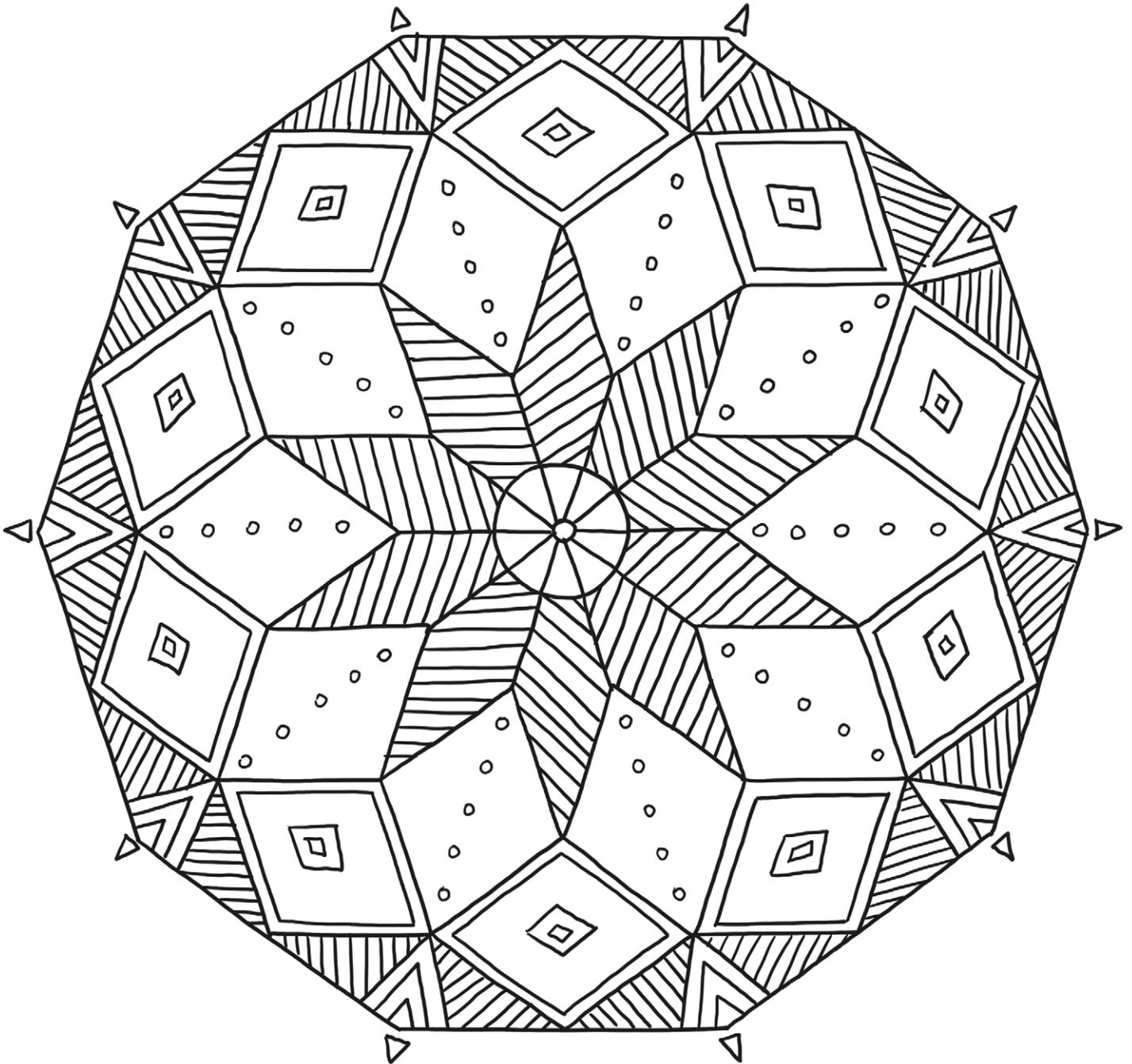






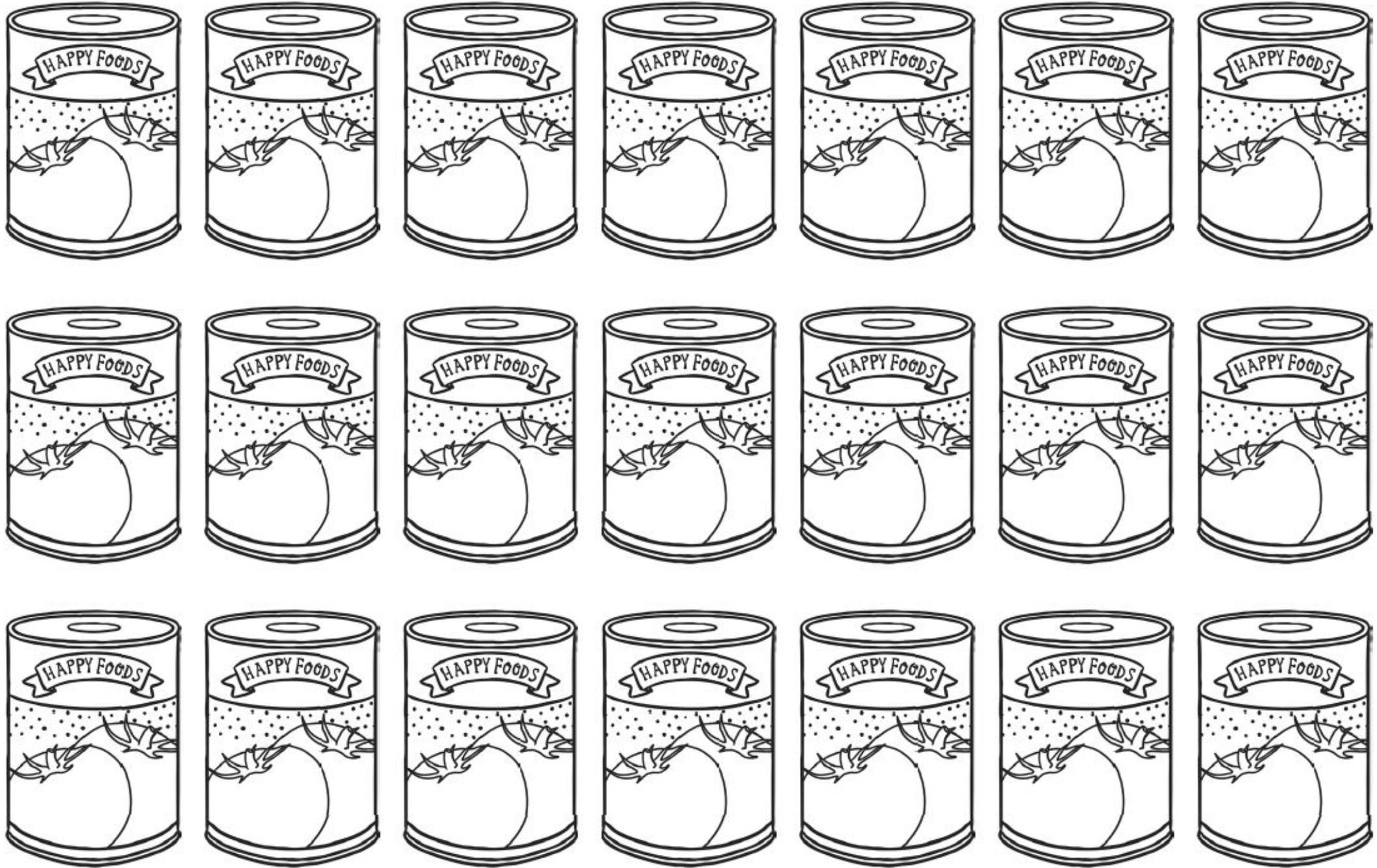




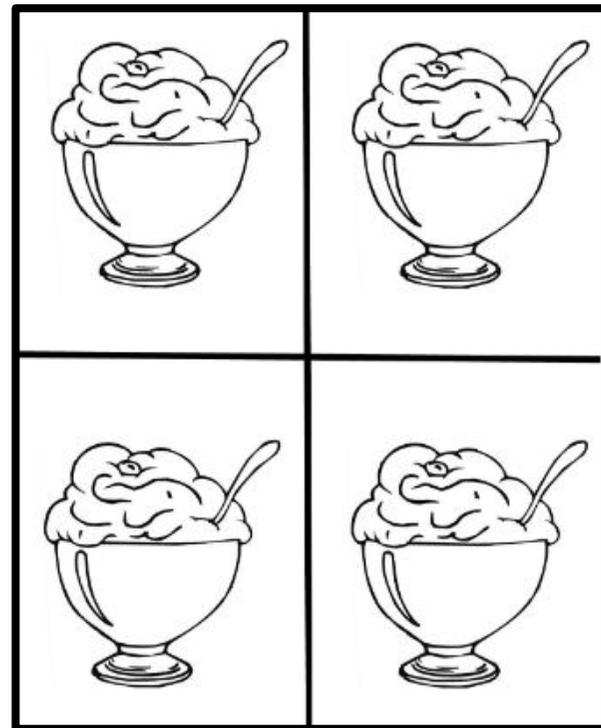
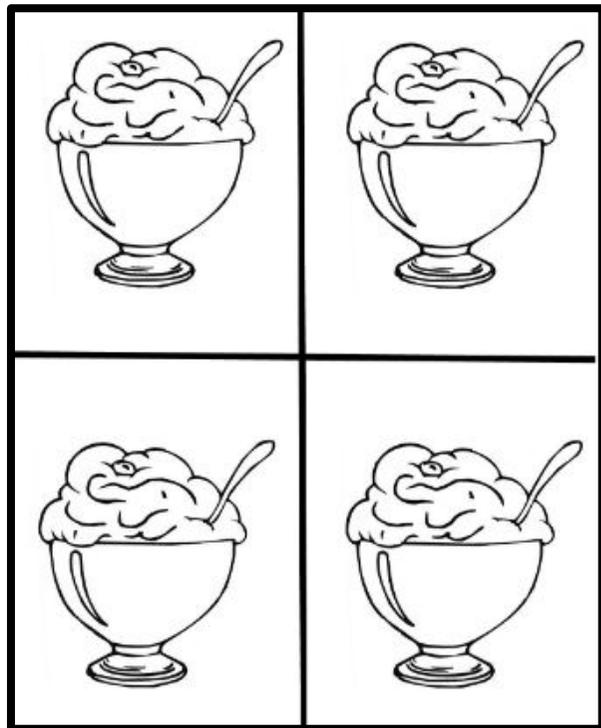
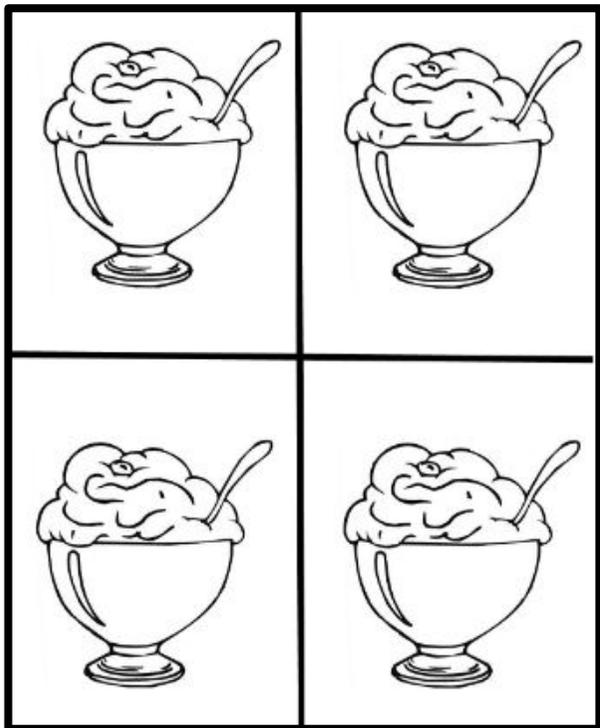
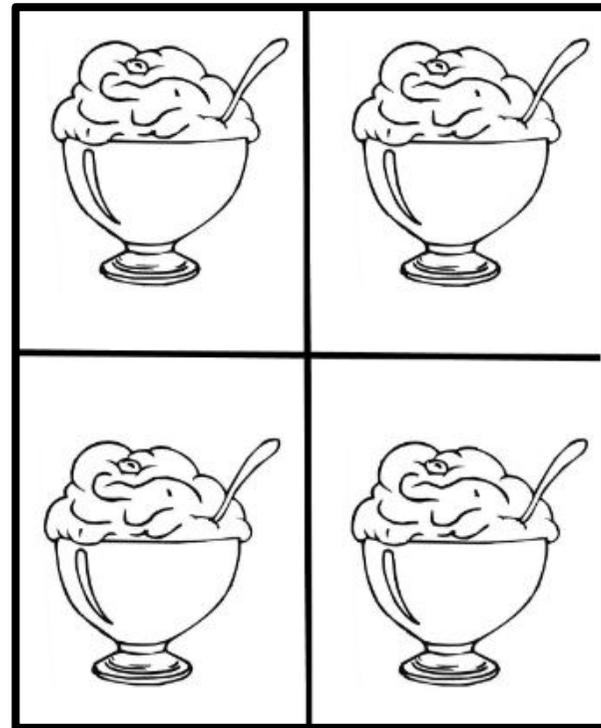
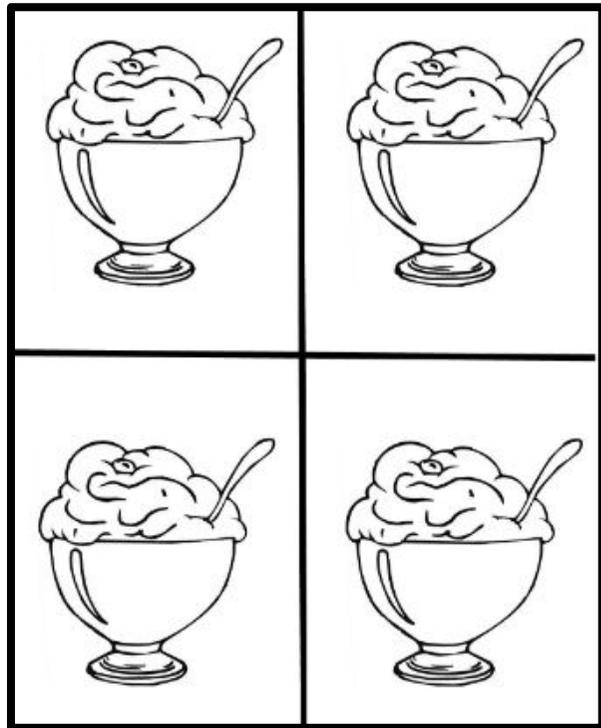
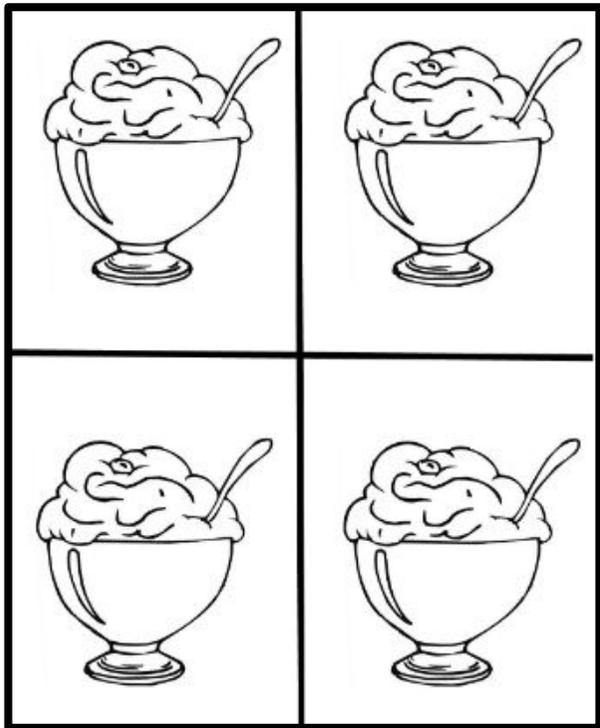












# What Questions Do You Have about Returning to School?

You have had some extended time away from school due to COVID-19. Not many people have been to school as normal during this time and everyone has had a different experience. It is important to understand that no one has all the answers about what is going to happen or about what schools will look and feel like when we return to them.

This activity is a chance for you to write down the questions you may have about returning to school. The adult you are with or your school may be able to answer some of your questions now and others in the future.

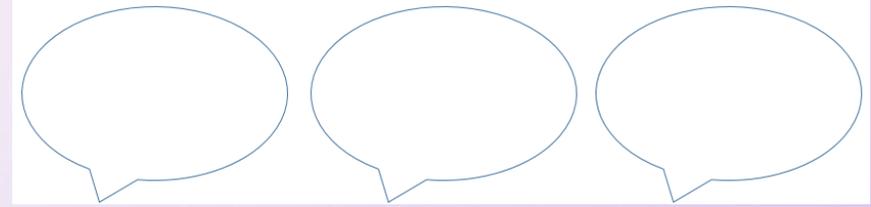
By writing your questions down and starting to find out the answers, you will have the chance to think about what might happen and prepare yourself for any changes that are likely to be in place.

This will help you to feel less anxious and more in control of the return to school.

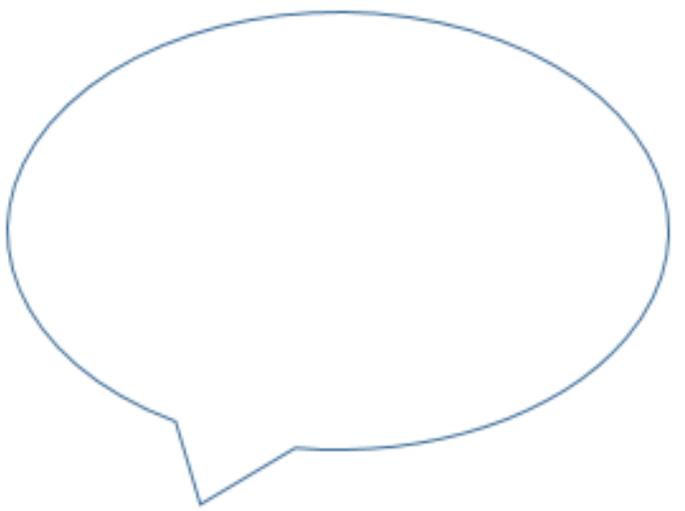
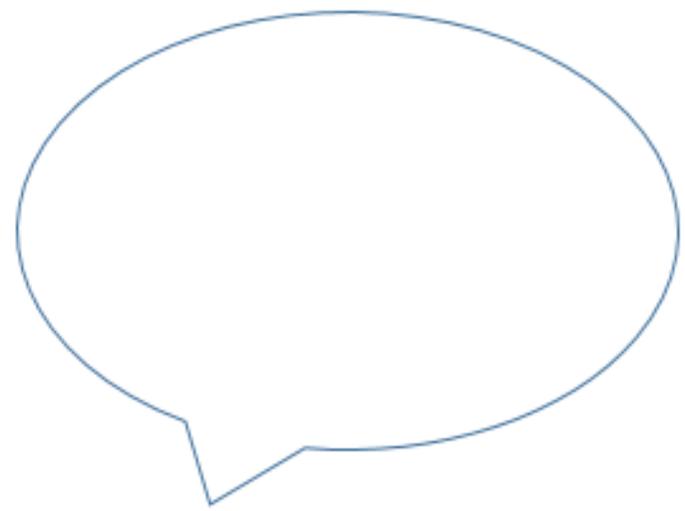
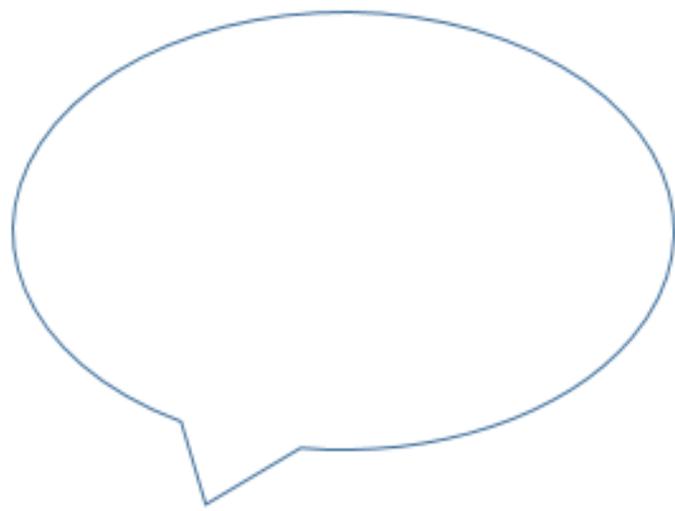
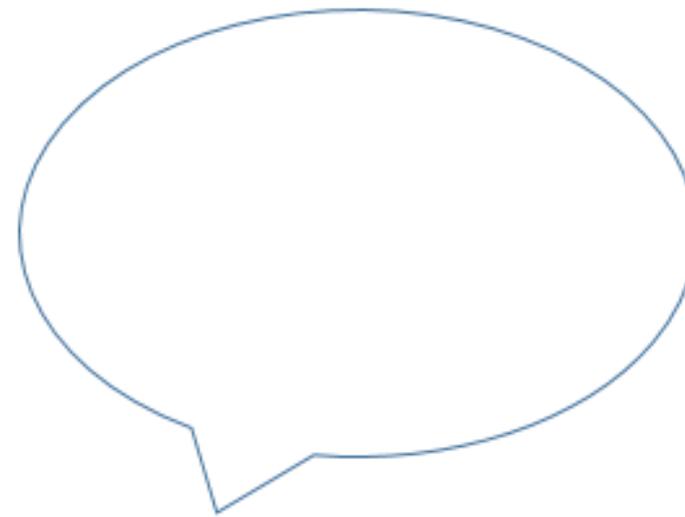
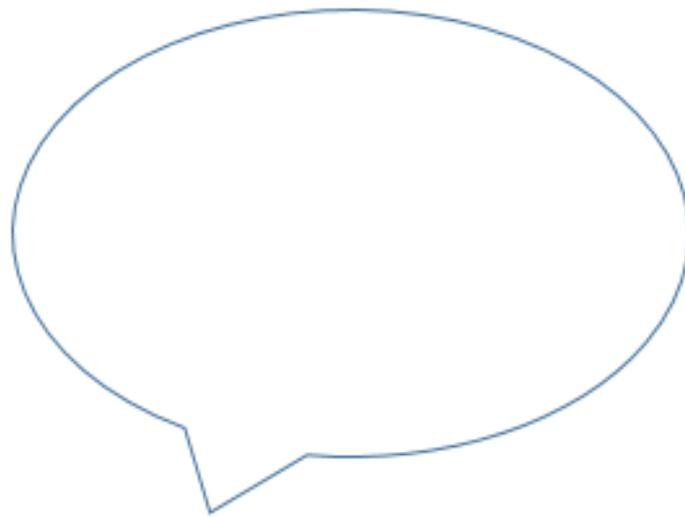
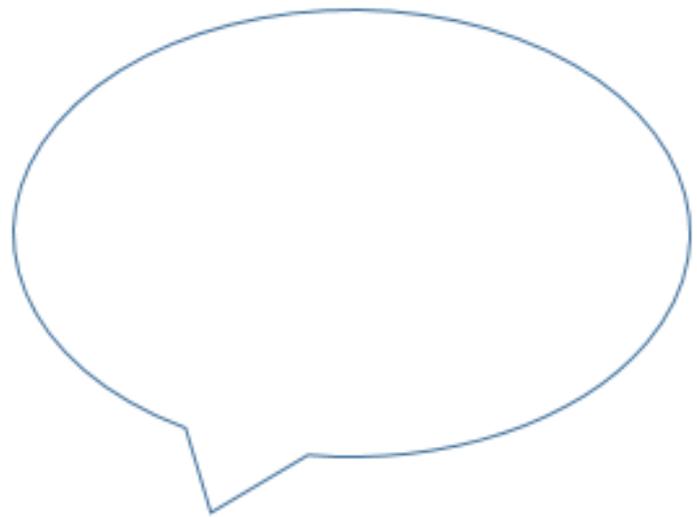
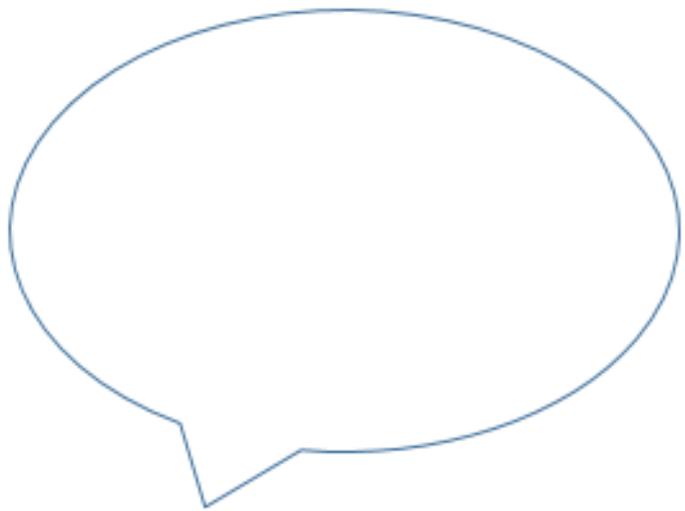
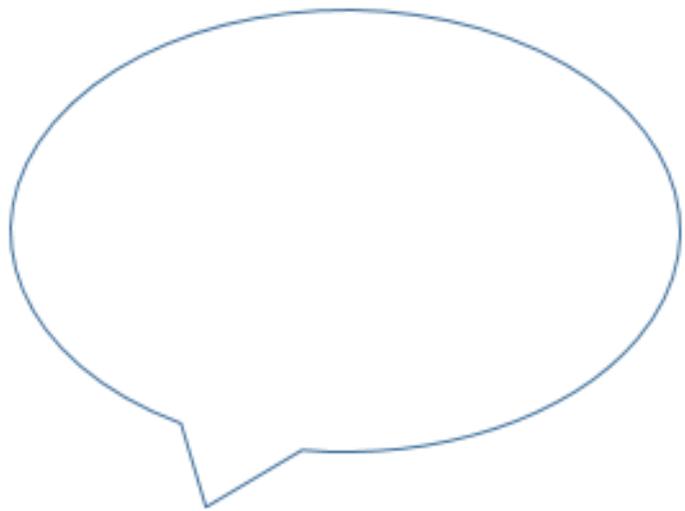
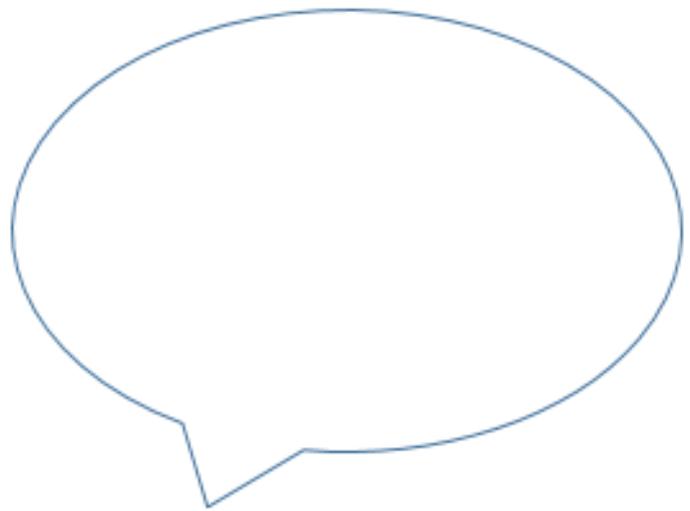


Please remember that no one knows all the answers. Information changes every day and we need to be able to allow these changes to happen and deal with them as best we can. Focus on what you can control and let the other things go so you feel less stressed and worried.

Some questions have been written for you to help you get started. Add your own questions too and see if you can begin to find the answers to some of them.



- Use the 'Question Bubbles' sheet to write questions you would like to ask.
- Colour the edge of each bubble with a different colour, cut each one out and display it on another piece of paper in an attractive and eye-catching way.



# Sun, Sea and Beach Safety

## The Beach

Lifeguards patrol many beaches and save thousands of people every year. Lifeguards from the RNLI (Royal National Lifeboat Institution) helped more than 19,350 people in 2014.

Stay safe on the beach:

- Swim where it is safe.
- Make sure you can swim.
- Always have an adult with you.
- Watch the weather.
- Wear the proper clothing when playing water sports.
- Shout for help and hold your hand in the air if in trouble.
- If you ever see someone else in trouble - get a lifeguard or tell an adult
- Ask adults if it's safe and look at safety flags.



## The Sun

The sun can hurt your eyes and can blind you.

Stay safe in the sun:

- Never look up at the sun!
- Always wear sunglasses, sun cream and a hat.
- Stay in the shade, especially between 11am and 3pm.
- Keep a t-shirt on and cover your shoulders.
- Drink lots of water.



## Sea Creatures

There are some creatures you need to be careful around.

- Never enter the water if you can see jellyfish.
- Try shuffling through the water to avoid startling stingrays or accidentally stepping on them.
- You can graze or cut yourself on mussels, clams and coral. Try wearing water shoes.
- Always seek First Aid if you have been stung, hurt or are in any doubt!



Now answer these questions, using full clear sentences!

1. Name 2 things that you can do to protect your eyes when in the sun.
2. When and why is it most important to stay in the shade?
3. Is it true that you should never enter the water if you see which creature? Why?
4. Which creature would you avoid stepping on if you shuffle? Why?
5. What could you do to protect your feet from getting cut or grazed?
6. What does RNLI stand for?
7. How many people did the NRLI help in 2014?
8. Draw each of the flags used at the beach and describe what each flag is used for.
9. Make a bullet point list (in short sentences) of what other things you could do to stay safe in the sun, at the beach and in the water.

# Sun, Sea and Beach Safety

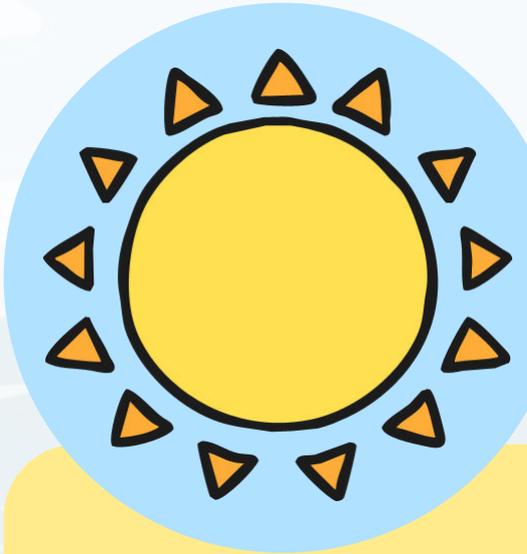


# Objectives

To understand some key facts about:

- how the sun can hurt us;
- how to keep safe when in the sun;
- how some sea creatures can hurt us;
- how to keep safe when in the sea;
- what the beach flags mean.

# The Sun



The sun gives off different types of energy:

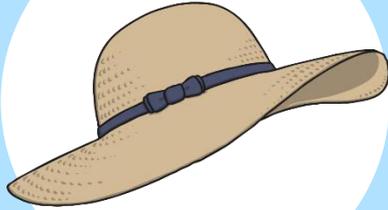
- Invisible infrared radiation, which makes us feel warm.
- Visible light, which we can see.
- Ultraviolet radiation (UV rays), which we can't see or feel on our skin, but can damage it if we get too much of it.

# Why Stay Safe in the Sun?

- It's easy to get sunburnt, even when you're not expecting to.
- Just because you can't feel UV rays, doesn't mean that they aren't there.
- Spending too much time in the sun can be harmful.
- You can still burn on a cloudy day!
- Young skin is very delicate and is easily damaged by the sun.



# How Can We Stay Safe?



A hat with a wide brim will shade your face and neck.



Sunglasses can help to protect your eyes from UV rays.



Cover up with a t-shirt to protect your shoulders and upper arms.

- It's very important to protect your skin from getting burnt.
- The sun can damage your eyes and you could even be blinded!
- Never look up at the sun!

# How Can We Stay Safe?



Always wear sun cream.



Drink lots of water to keep hydrated.

You can help to look after your skin by spending time in the shade when the sun is at its strongest - between 11am and 3pm.

**Where can you find shade?**

You can find shade under trees, canopies, umbrellas, or indoors.



# Sun Safety Code

We should all follow a special code, which reminds us how to enjoy the sun, whilst staying safe.

There are five parts to remember...

**S**  
**M**  
**A**  
**R**  
**T**

Spend time in the shade between 11am and 3pm.

Make sure you never burn.

Aim to cover up with a hat, t-shirt and sunglasses.

Remember children need to take extra care.

Then use sun cream of a minimum of SPF 30.



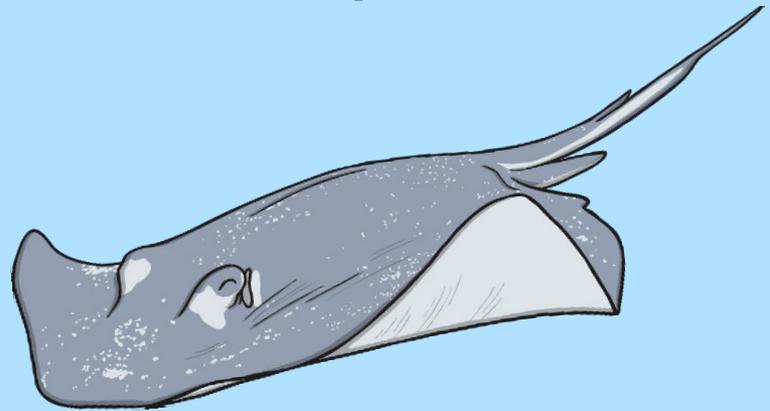
# Sea Creatures

There are some creatures to be careful around in the sea:

**Jellyfish** can sting you with their tentacles. Never enter the water if you can see jellyfish.



**Stingrays** can sting you with their stinger. Try shuffling through the water to avoid startling them or accidentally stepping on them.



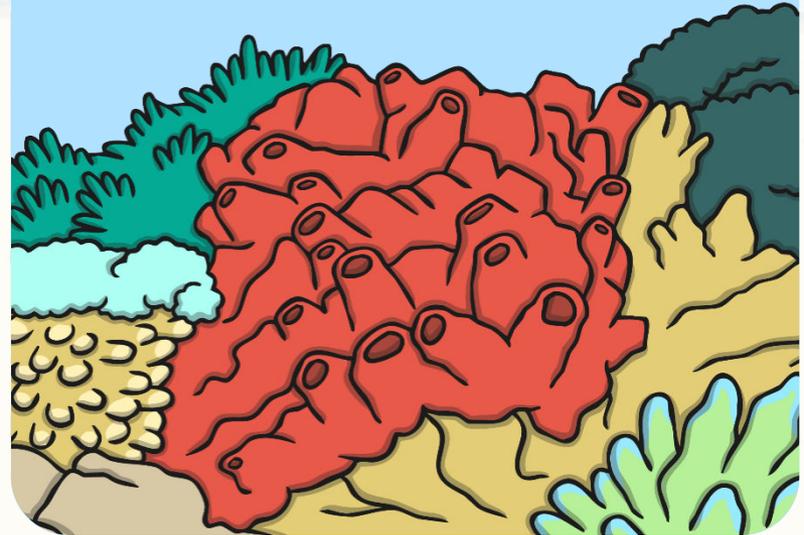
# Sea Creatures

There are some creatures to be careful around in the sea:

Mussels and clams have sharp shells that you may graze or cut yourself on.



Coral can also be sharp.  
Try wearing water shoes.



# Lifeguards



- Lifeguards patrol many beaches and save thousands of people every year.
- In 2014, records state that lifeguards from the RNLI (Royal National Lifeboat Institution) responded to 17,050 incidents on some of the busiest beaches in the UK and they helped more than 19,350 people!
- Shout for help and hold your hand in the air if in trouble.
- Get a lifeguard (or tell an adult if there isn't a lifeguard) if you ever see someone else in trouble.

# How Can We Stay Safe on the Beach?

Just swim where it's safe to – preferably at a lifeguard patrolled beach.

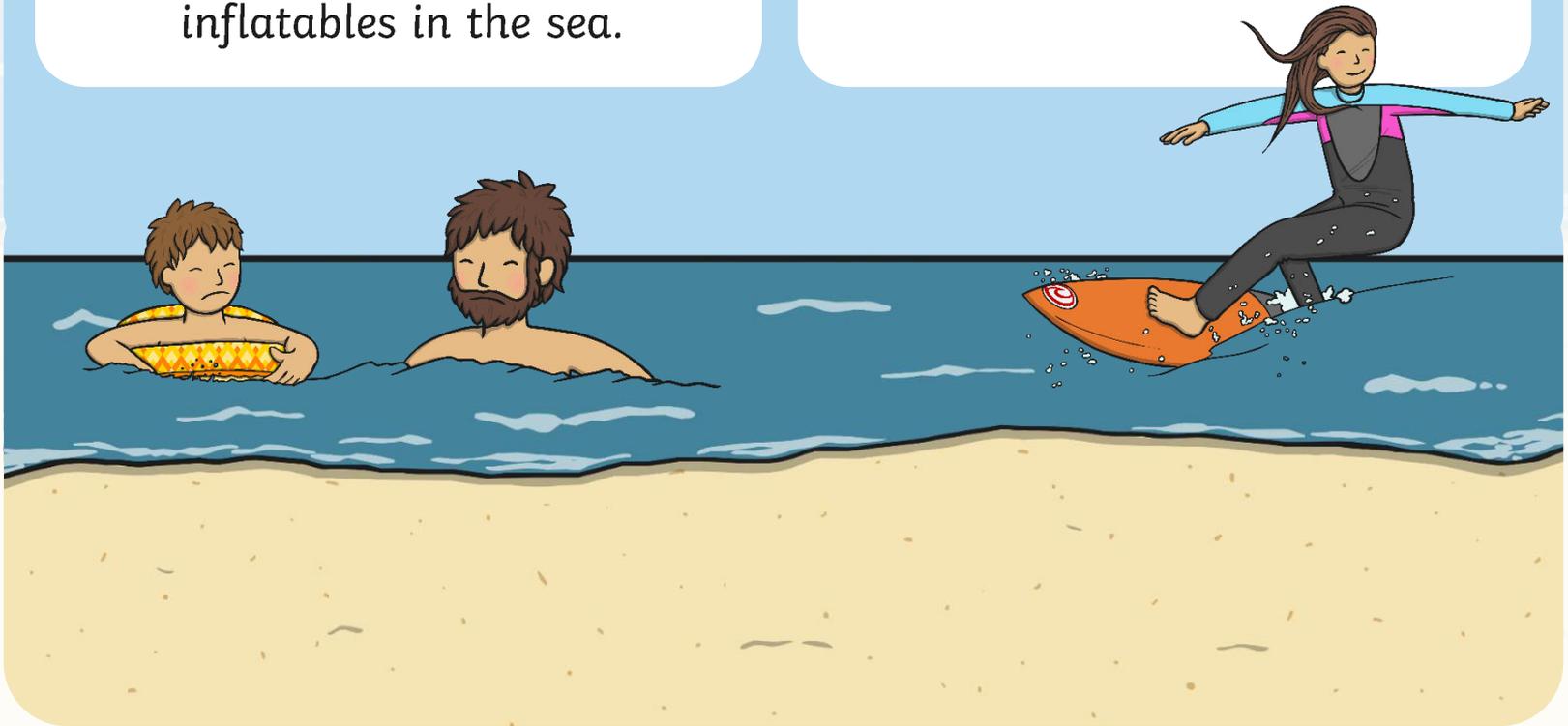
Make sure you can swim, never swim alone and make sure you are always supervised by an adult at the beach.



# How Can We Stay Safe on the Beach?

Keep an eye on the weather – if it's very windy or the sea is rough, do not swim or use inflatables in the sea.

Wear the proper clothing when playing water sports.



# Flags at the Beach



## Bathing flag

The area is watched by lifeguards.  
Between two of these flags is a  
safe place to swim and use a  
bodyboard.

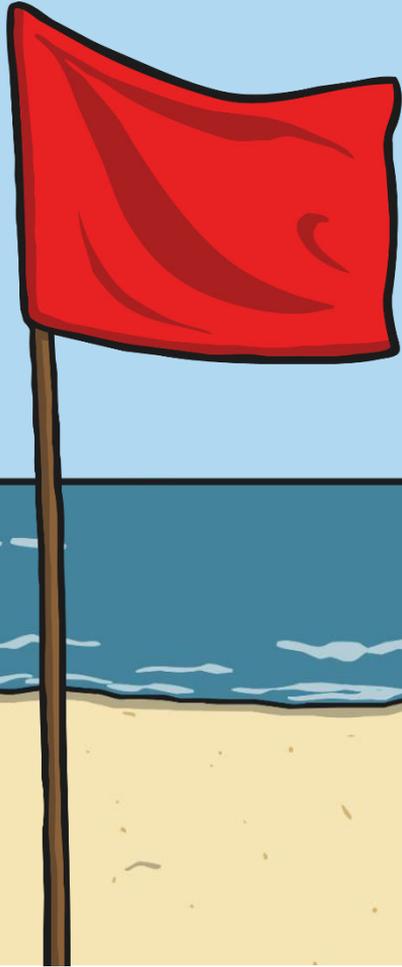
# Flags at the Beach



## Surfing flag

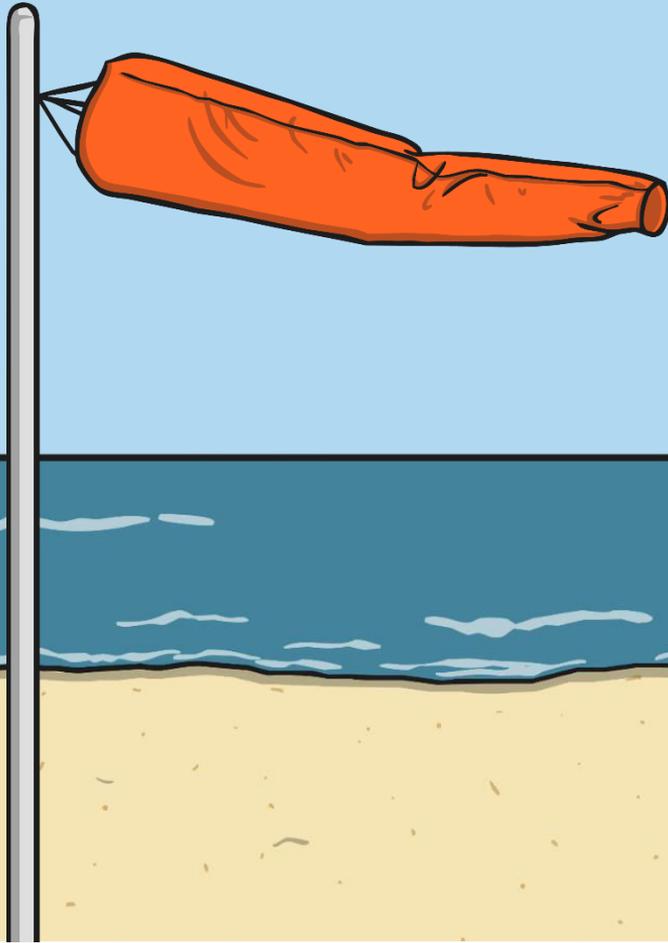
The area is safe for water activities like surfboarding and kayaking, but not safe for swimming or bodyboarding.

# Flags at the Beach



**Danger Flag**  
Danger! NEVER enter the water  
when you see this flag.

# Flags at the Beach



## Orange Windsock

Dangerous wind conditions.  
You should NEVER use an inflatable  
like a rubber ring or dinghy – you  
could get swept out to sea.

# Sun, Sea and Beach Safety Quiz

1

What are the sun's invisible rays called that damage our skin?

RNLI rays

UV rays

RNLI rays

# Sun, Sea and Beach Safety Quiz

2

Can you burn on a cloudy day?

no

yes

# Sun, Sea and Beach Safety Quiz

3

How can you protect your eyes from the sun?

t-shirt

suncream

sunglasses

# Sun, Sea and Beach Safety Quiz

4

How can you protect your shoulders from the sun?

t-shirt

sun hat

sunglasses

# Sun, Sea and Beach Safety Quiz

5

How can you shade your face and neck from the sun?

t-shirt

sun hat

sunglasses

# Sun, Sea and Beach Safety Quiz

6

When is the hottest time of the day when you should seek shade?

11am – 3pm

9am – 6pm

7am – 4pm

# Sun, Sea and Beach Safety Quiz

7

What does the S in SMART stand for in the special sun safety special code?

Spend some money on ice creams.

Spend time in the shade between 11am and 3pm.

Spend time with your family playing games.

# Sun, Sea and Beach Safety Quiz

8

What does the M in SMART stand for in the special sun safety special code?

Make sure you never burn.

Maybe you shouldn't go and sit in the sun for as long as possible.

May the best player win.

# Sun, Sea and Beach Safety Quiz

9

What does the A in SMART stand for in the special sun safety special code?

Aim high!

Aim your bow  
and arrow.

Aim to cover  
up with a hat,  
t-shirt and  
sunglasses.

# Sun, Sea and Beach Safety Quiz

10

What does the R in SMART stand for in the special sun safety special code?

Rules are important.

Remember children need to take extra care.

Red, yellow, orange and blue.

# Sun, Sea and Beach Safety Quiz

11

What does the T in SMART stand for in the special sun safety special code?

Then use sun cream of a minimum of SPF 30.

The sun is bright.

Then play beach volleyball.

# Sun, Sea and Beach Safety Quiz

12

What sea creatures could sting you with their stingers if they are startled or accidentally stepped on?

coral

mussels

stingrays

# Sun, Sea and Beach Safety Quiz

13

What sea creatures are sharp and could accidentally scratch or cut you?

coral, mussels  
and clams

mussels, stingray  
and clams

stingray, coral  
and jellyfish

# Sun, Sea and Beach Safety Quiz

14

Which sea creature should you never join in the water because they will easily sting you?

stingray

jellyfish

coral

# Sun, Sea and Beach Safety Quiz

15

Which sea creature can you help to avoid stepping on if you shuffle?

stingray

jellyfish

coral

# Sun, Sea and Beach Safety Quiz

16

Lifeguards from the RNLI save thousands of people every year.  
What does RNLI stand for?

Royal No  
Lifeboat Insects

Royal  
National Lovely  
Institution

Royal  
National Lifeboat  
Institution

# Sun, Sea and Beach Safety Quiz

17

What colour is the danger flag which means you should not enter the water?

red

orange

red and yellow

# Sun, Sea and Beach Safety Quiz

18

What colour is the windsock which means there are dangerous wind conditions?

red

orange

red and yellow

# Sun, Sea and Beach Safety Quiz

19

What colour is the bathing flag which means there are lifeguards watching the beach so it is safe to swim and bodyboard?

black and white

orange

red and yellow

# Sun, Sea and Beach Safety Quiz

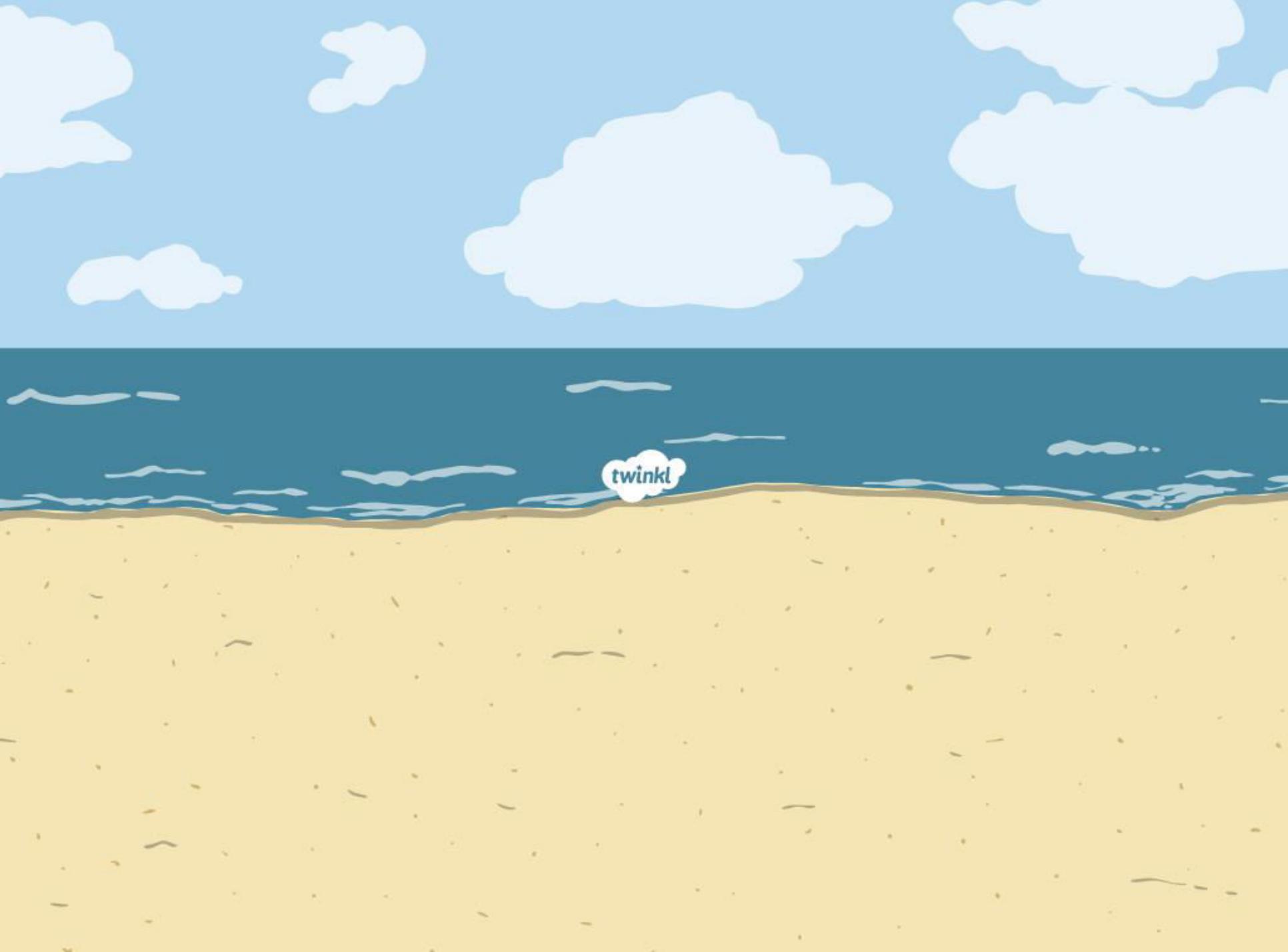
20

What colour is the Surfing Flag which means it is safe for water activities like surfboarding and kayaking but NOT for swimming or bodyboarding?

black and white

orange

red and yellow



twinkl

# Sun, Sea and Beach Safety!

b e a c h p n w a s u n  
e g b a b r m a a e n r  
l s e q e o n t a a u e  
i s a f e t y e a r n w  
f l c q e e k r y r s o  
e d h a k c o h t h e i  
g a k p l t p s k i n r  
u n f y w x q f k c v x  
a g i o j r a l b i d b  
r e e v h s a a p r p g  
d r g g a e f g a s s z  
z y e t t i m s s w i m



beach  
sun  
sea  
safety

lifeguard  
protect  
water  
hat

skin  
flags  
danger  
swim



# Sun, Sea and Beach Safety

b e a c h p n w a s u n  
e g b a b r m a a e n r  
l s e q e o n t a a u e  
l s a f e t y e a r n w  
f l c q e e k r y r s o  
e d h a k c o h t h e i  
g a k p l t p s k i n r  
u n f y w x q j k c v x  
a g i o j r a l b i d b  
r e e v h s a a p r p g  
d r g g a e f g a s s z  
z y e t t i m s s w i m