

Friday 12th January- Make Me Smile Day!

Today we would like for you to wear an outfit that you feel expresses yourself. You may want to dress up, wear your favourite outfit or wear something bright and colourful - something that makes you smile 😊



Emotional Check-in

Emotional Check-In. Can you check in with a family member and discuss how you are feeling? You might feel worried, sad, happy, excited or tired. It is important to check in with your well-being before starting a new day of home learning.

ERIC

Do not forget to record in your reading diary this morning. Can you use your reading diary prompts on the back page to make sure you write a detailed response? Audio books are also a great way to listen to stories!

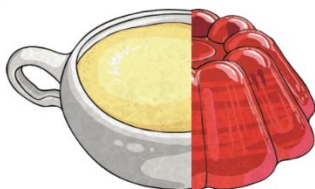


Would you rather?

Would You Rather Ice Breaker Cards

Would you rather jump into a pool of custard or a pool of jelly?

Explain your reasons.



Would You Rather Ice Breaker Cards

Would you rather it rained cats or dogs?

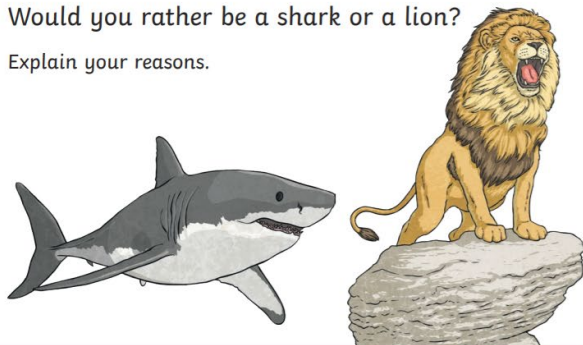
Explain your reasons.



Would You Rather Ice Breaker Cards

Would you rather be a shark or a lion?

Explain your reasons.



Would You Rather Ice Breaker Cards

Would you rather be the hero or the villain in your favourite film or story?

Explain your reasons.



Assembly

Watch a short video from Mrs Duffy welcoming you to Make Me Smile Day. The link for this will be posted either in your year group Teams page or on ParentHub

Next, watch this 20 minute assembly (done by Place to Be) introducing the theme of 'expressing yourself'. This is what today has been focussed around.

Below are some nice cues for you to pause the video and spark conversation with your parents or siblings.

<https://youtu.be/zisXE4KILAI>

08:04: How do you like to express yourself creatively? How does it make you feel?

09:24: If you could design your own hat (or other item of clothing) to express yourself, what would it be like and why?

19:41: If you had magical powers, what spell would you cast for Children's Mental Health Week?

23:44: Could you have a go at the BAFTA Young Presenter competition? Find out more.

Draw your Feelings

Following on from the assembly, we would like for you to have a go at the 'draw your feelings activity'.

The video below is a two minute explanation for you or your parents about how to do this exercise together. This should only be a very short activity.

https://www.youtube.com/watch?v=STdJ_8ORyE&feature=youtu.be



Maths

Emoji Code Breaking

									
5	2	7	3	4	9	6	8	0	1

$$\text{Smiling Face with Smiling Eyes} + \text{Thinking Face} + \text{Smiling Face with Heart Eyes} + \text{Crying Face} + \text{Mouse} + \text{Frowning Face} = 935$$

- $$\text{Grinning Face with Big Eyes} + \text{Smiling Face with Smiling Eyes} + \text{Mouse} + \text{Frowning Face} + \text{Crying Face} + \text{Smiling Face with Heart Eyes} =$$
- $$\text{Woman with Pink Hair} + \text{Smiling Face with Heart Eyes} + \text{Smiling Face with Smiling Eyes} - \text{Mouse} + \text{Thinking Face} + \text{Thinking Face} =$$
- $$\text{Squirrel} + \text{Frowning Face} + \text{Smiling Face with Heart Eyes} - \text{Blue Face with Sweat Droplets} + \text{Smiling Face with Smiling Eyes} + \text{Crying Face} =$$
- $$\text{Smiling Face with Smiling Eyes} + \text{Smiling Face with Heart Eyes} + \text{Squirrel} + \text{Grinning Face with Big Eyes} + \text{Frowning Face} + \text{Woman with Pink Hair} =$$
- $$\text{Mouse} + \text{Woman with Pink Hair} + \text{Grinning Face with Big Eyes} + \text{Squirrel} + \text{Mouse} + \text{Thinking Face} =$$
- $$\text{Blue Face with Sweat Droplets} + \text{Crying Face} + \text{Thinking Face} - \text{Woman with Pink Hair} + \text{Blue Face with Sweat Droplets} + \text{Smiling Face with Smiling Eyes} =$$
- $$\text{Smiling Face with Heart Eyes} + \text{Smiling Face with Smiling Eyes} + \text{Woman with Pink Hair} + \text{Grinning Face with Big Eyes} + \text{Squirrel} + \text{Grinning Face with Big Eyes} =$$
- $$\text{Crying Face} + \text{Thinking Face} + \text{Squirrel} - \text{Mouse} + \text{Blue Face with Sweat Droplets} =$$
- $$\text{Smiling Face with Heart Eyes} + \text{Grinning Face with Big Eyes} + \text{Squirrel} + \text{Mouse} + \text{Woman with Pink Hair} + \text{Thinking Face} =$$
- $$\text{Crying Face} + \text{Squirrel} + \text{Thinking Face} - \text{Smiling Face with Heart Eyes} + \text{Blue Face with Sweat Droplets} + \text{Frowning Face} =$$

Spelling

Here is a reminder of your 15 words for this week:

1. athlete
2. costume
3. compete
4. envelope
5. extreme
6. accept
7. except
8. break
9. brake
10. affect
11. effect
12. grate
13. great
14. berry
15. bury

For today's spelling activity, we have like for you to ask an adult, or watch the video, to test you on these 15 words and record your spelling test score. Have a little practice before you start so that you are ready for your mini test. Good luck! 😊



English

For your English lesson today, we would like you to design and create a poster that promotes Positive Mental Health Awareness. This is all about looking after our mental health as well as our physical health and is just as important.

Think about:

- What can we do to keep our minds healthy?
- What is the importance of keeping our minds healthy?
- What can we do if we need help with this?

We would like for these to be displayed in your windows at home for all to see and the children at school will display these in the classroom windows too. Once completed, take a picture and send it to us so that we can pass them on to the Mental Health Ambassadors for our school who will choose their favourite poster from Year 3/4. The winning posters will be displayed around school and posted on our Facebook page.



Make Me Smile



To begin to bring the day to a close, it would be lovely if you could spend the afternoon making a simple, smiley cake with your parents and/or siblings.

We would love for you to send us a picture of you with your cakes, so that we can then make a video/slideshow of all the images from today.

If you are unable to make a cake this afternoon, please don't worry! Maybe you could write a recipe and an ingredients list for positive mental health e.g. being active, connecting with other etc.



Express Yourself

Finally, we would like you to do an activity that expresses yourself and your feelings.

This could be, singing, dancing, drawing, exercise etc.

The link below takes you to a list of different videos each covering something different e.g. expressing yourself through dance and another is about expressing yourself through drawing:

<https://www.childrensmentalhealthweek.org.uk/news/i-express-myself-through-virtual-sessions-on-creative-expression/>



We hope that you have enjoyed Make me Smile Day. Have a lovely half term!