

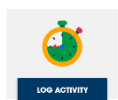
Issued Monday 1 June

Slightly different this week. Following suggestions from parents that we have a focus on being more active, our whole school Home Learning Week is on the theme of Health. Please note this is guidance and should be adapted and completed as appropriate to your home family circumstances. Our Early Years children may not want to engage in all these topics, so please choose accordingly. The children are invited to share their activities in the most suitable way, e.g. Teams or Online Journals for Nursery/ P1.

## Health & Wellbeing: Physical Activity

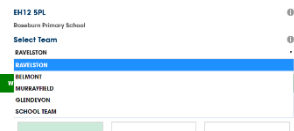
Since we are not able to host our Sports Day this year, we are taking our House competition online. For this week, every time you take part in a physical activity we would like you to log the activity and time spent. Everyone in your household, young and old, can take part. We would love to see some photographs of you completing your activities whilst wearing your house colours.

Simply follow this link: [Get Set](#)



Click on 'Log Activity'

Then select your house from the drop-down menu.



Good luck and may the best House win!

Here are some websites with great activity ideas you might like to try:

## Alternative Sports Day

## Jump Start Johnny

NHS Change 4 Life

## Active Imaginations for Nursery

## Nike Active Kids Do Better

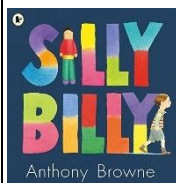
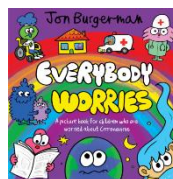
## Health & Wellbeing: Mental & Emotional

Colour the raindrops on the Feelings Cloud to show emotions.



Use these suggestions from the Mindful Monsters to explore concentration, creativity, positivity and relaxation ideas.

Click on this eBook and use it as a stimulus to discuss your worries. There are some lovely ideas on page 22 for acknowledging and dealing with worries.



In this story, Billy creates worry dolls to help him deal with his worries before sleeping.

You could even try creating your own worry doll using this tutorial: [Worry Dolls](#)



## Health & Wellbeing: Physical Wellbeing

Leading a healthy lifestyle is not just about what you eat and how much you exercise. You also need to make sure you are taking time to look after your mind and your body, e.g. brushing your teeth and washing regularly. One of the most important things that we often overlook is making sure we get enough sleep! You can use this booklet to track some of your habits this week.

Health Week 2020

Our infants might enjoy deciding which of these things keep your teeth healthy: [Healthy Teeth](#)

There are further dental health videos and activities for the whole school [here](#).

You could try these reading comprehension tasks – remember for our younger children this can all be completed orally, but read the questions out first to help them listen out for the key information.

Exercising Comprehension  
Food Groups Comprehension

If you are looking for further advice, try the [Parents Toolkit](#) from BBC Bitesize.

## Health & Wellbeing: Food

You could try to create healthy versions of some favourite meals:

Fish and Chips  
Chicken Curry  
Roast Dinner  
Pizza  
Trifle  
Cake



You could discuss your thoughts on food related issues such as “why should we eat five portions of fruit and vegetables a day?”

You could illustrate the range of colours of fruits and vegetables, e.g. present as a rainbow.



You could try to explain why we should have a 'colourful' diet.

You could think about your likes and dislikes using this booklet to guide you: [My Food Book](#).



**Language & Literacy**



P2-4

[First Level Literacy Super Movers](#)

P5-7

[Second Level Literacy Super Movers](#)

N-P7 Just for Fun

[Just for Fun Collection](#)

**Language & Literacy**

**Write and send a letter to people we miss at the moment**

This is a lovely creative idea from [Starcatchers](#). Writing and sending a letter together is not only creative, but also gives you the space to talk together about feelings. Plus, it's a great way to help children stay in touch with loved ones!

Check out more fun, creative ideas to engage little ones without a lot of kit, stress, nor pressure to 'achieve' anything from ['Wee Inspirations'](#).

**Language & Literacy**

**Ask and talk about feelings** – not only when your child is excited or happy, but also when they are a bit worried or unsure. Your child might not have all the words to explain why they feel something, but you can help them recognise how in their body (or in their tummy) they feel in different circumstances.

[Feeling Better Songs](#)

**Books for reading together**

[In My Heart](#) by Jo Witek  
A book of feelings encouraging children to explore and reflect upon a whole range of feelings.

**Modern Language  
French and German**

**Look at the vocabulary for sports and games**

Create a diary of sports and games completed each day for the week.



French - Lundi premier juin je joue au golf.

[French Sport Vocabulary](#)

[Linguascope](#): Look for [les loisirs](#)



German - Dienstag spiele ich Fußball.

[German Sport Vocabulary](#)

[Linguascope](#): Look for [Freizeit](#)

**Maths & Numeracy**

Why not try a flashcard race? Pop some questions down on the floor and you must answer correctly before you can step onto the next spot. You can use this for addition, subtraction, multiplication, division or fractions.



P2-4

[First Level Maths Super Movers](#)

P5-7

[Second Level Maths Super Movers](#)

Times Tables

[Times Tables Super Movers](#)

**Technology: Online Safety**

Talk to your child about what they are accessing online and how it makes them feel. Reassure them to always speak to you or a **trusted adult** if they see or hear something online that upsets them.

[Online Safety Activity Pack - Age 4/5](#)

[Online Safety Activity Pack - Age 5-7](#)

[Online Safety Activity Pack - Age 8-10](#)

[Online Safety Activity Pack - Age 11-13](#)

**P5-7** A great new resource for children to look at is [www.mindyertime.scot](http://www.mindyertime.scot). It was developed by children and young people looking at the positive side of social media, play, screen time and sleep, body image and where to go for support if needing help.

**Science: Living Things**

**Make a senses drawer**

Make a space in a cupboard or drawer for things that will help you when you're experiencing difficult feelings. Choose things with a noticeable smell, taste, feel, colour or that make a noise. You could include shampoo or soap to smell, a mint to taste, a fluffy sock to touch, a brightly coloured drawing or wrapping paper to look at or a plastic container with beads or dried pasta in to shake.



These great tools and more can be found at [Childline](#).

**Something Fun: You chose!**

Surprise us!  
Cook.....Create.....  
Draw.....Explore.....  
Build .....or something else!

You choose!



## Expressive Arts:

Go Noodle:

Mon - [Young Dylan Dance Along](#)

Tues - [Can't Touch This](#)

Wed - [Do the Dab](#)

Thurs - [How to Floss](#)

Fri - [Snap Along Addams Family](#)

## Mindfulness

Cosmic Kids Yoga

Mon - [Pokémon](#)

Tues - [Minecraft](#)

Wed - [Yoga Dance Party](#)

Thurs - [Moana](#)

Fri - [Star Wars](#)

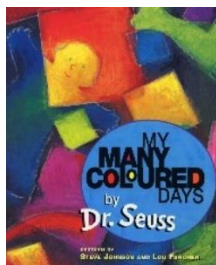
Sometimes it can be helpful to make time and space to breathe. Use this relaxation track to take a moment in your day - [SoundCloud](#).

Try gentle breathing exercise:



There is also a free app called Smiling Mind which offers mindful moments for both children and adults.

## Expressive Arts:



Click on the image above to listen to this Dr Seuss story. Think about the different feelings and emotions that are explored throughout.

Now, using this [playlist](#), try to create a dance or movement that represents each of those feelings/ emotions. There is one piece of music per colour.

- Red: Rodeo Hoedown
- Blue: The Sleeping Beauty
- Brown: Beau Soir
- Yellow: Flight of the Bumblebee
- Grey: Walking in the Air
- Orange: Tarantella
- Green: Aquarium
- Purple: Lent et Douloureux
- Pink: Pizzicati
- Black: The Comedians Suite
- Mixed Up: Take Five
- Me: La Valse d'Amélie

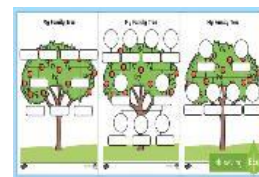
## World's Largest Children's Choir

Young Voices, the largest children's choir in the world invite you to join together with children, teachers and parents all over the world to sing "The Power in Me"! You will need to sign up using this link [Power in Me](#) to receive the lyrics. The event itself takes place on **Tuesday 2nd June @ 14:30**.

## Expressive Arts:

### Talk about families

Children love to hear stories about you when you were their age and growing up, and about relatives near and far. Particularly at this time when they are unable to see family, it might be a nice opportunity to video call relatives they haven't seen for a while and they could talk to them about some of your stories.



**Draw or paint family portraits, family trees or start a family/selfie gallery.**

Some ideas to get you started:

[Self Portraits](#)

[Family Portraits](#)

[Scratch Garden Families Song](#)

Early Level – Nursery and P1

[Our Families](#)

First Level – P2-4

[My Family](#)

[My Family Slides](#)

## Celebrating Success

Well done everyone. You could make yourself your own rosette for taking part in Health Week.

[Rosette - Easy Version](#)

[Rosette - Advanced Version](#)



## Challenge Box

### A Question of Sport at Roseburn

Can you spot which members of staff are feeling sporty in this video?



If the video quiz is a little tricky, this might give you more of a chance...

[A Question of Sport Quiz](#)

### Passing Challenge

Matt Scott from Edinburgh/Scotland Rugby has a passing challenge for you all...

[Passing Challenge](#)

### Tree Trim Trail

Tied to the trees, beside the wall of the park that borders Roseburn Crescent you will find some physical challenges to complete. There are 10 in total. Can you complete them all?

(A huge thank you to Mrs Bruce for her work in putting this challenge together!)





Feelings Cloud  
Mental Health Check-In

How am I feeling?

Colour a raindrop each day to show how you're feeling. Inside the cloud you could write a word that describes how you feel or a reason why you feel this way. Record the good and the bad, it's ok not to be ok.

Feelings Chart

I am feeling...

Proud	Worried
Happy	Lonely
Thankful	Sad
Cheerful	Bored / Restless



**ALTERNATIVE SPORTS DAY** - An (almost) **Alphabet of Indoor Sports Activities** for the Whole Family. How many letters can you complete?

- A – Alphabet hunt** – scavenger A-Z
- B – Blow football** – straws and ping-pong balls  
**Beanbag toss** – make a beanbag out of any container (e.g. sandwich bag) and dried beans, pasta, anything without sharp edges or knockout capabilities  
**Beatboxing**
- C – Carpet Bowls**
- D – Darts** – using pinged rubber-bands, blobs of blu-tak or rolled up sticky-tape. Think of your own alternative scoring system.
- E – Egg and Spoon Race**
- F – Fashion show** from 'found' objects, stuff lying around – anything other than clothes, towels, newspaper  
**Fruit boules**  
**Flip the Fish** – cut out paper fish and flap them with newspapers across a finishing line
- G – Guess what it is** – objects in a pillowcase or person has to describe it, others guess.  
**Guess the object** – take close-up photos of places and objects around the house
- H – Hoopla** – chair legs or any sturdy container (e.g. tall milk carton filled with water... or milk) and cardboard cut-out hoops or rubber quoits  
**Hook a duck** – little waterproof toys with points for each one picked up  
**Hula Hoop Challenges:**
- Who can keep a hula hoop going for the longest time?
  - Who can use the most hula hoops at a time for at least 10 seconds?
  - Crazy Fun – see how many people can fit in a hula hoop
  - Hula Hoop Ring Toss – see who can ring an item 10, 20 or 30 feet away!
  - Hula Hoop Roll – who can send a hula rolling the farthest?
- I – Invent a game**
- J – Jenga** – remove blocks from a tower without it collapsing
- K – Keep it up** – keeping ball/balloon in air
- L – Lounge hockey** – using an umbrella and orange...
- M – Miniature golf** – use rolled up newspapers as clubs; crumpled paper or rolled up socks as balls; cups, plant pots or containers as holes; include obstacles/ water features
- N – Newspaper Scavenger hunt** – find the adverts, articles, names, photos, etc.
- O – Obstacle course** – office chair obstacle course
- P – Paper planes** – furthest flown  
**Pencil javelin** – well supervised for safety  
**Paperclip games** – the longest chain, the fastest disentangling of a chain, the best paperclip pictorial representation of their teacher, the highest tower
- Q – Quiz** – famous sports stars
- R – Reminiscence games** – e.g. shove ha'penny, coin curling  
**Races** – spacehopper, 3-legged, fancy-dress relay
- S – Skittles** – filled water bottles, citrus fruit, Koosh balls, foam balls, etc.  
**Synchronised musical statues** – mirror what your partner is doing, then freeze  
**Snooker**
- T – Tiddlywinks**
- V – Velcro or magnetic darts**
- W – Wastepaper basketball** – scrunched up paper, waste paper basket



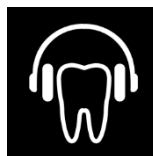
## Dental Health

This [YouTube Channel](#), featuring Dr Ranj, has been prepared by the British Society of Paediatric Dentistry. It is up to date, and very relevant to children, and also a lot of fun. Here is a [short quiz](#) for children, based on watching the videos for brushing teeth.



Here is the link to the parent pages for [Childsmile](#). Childsmile is the Scottish Dental Health programme for children. Their resources are invaluable, especially at present when dental practices are closed. Here are copies of the Childsmile Diaries, that can easily be downloaded and printed off at home. These are very useful, and have proved popular with the children in the past.

- [Infant Toothbrushing Diary](#)
- [Upper Toothbrushing Diary](#)
- [Food/ Drink Diary](#)



The [Brush DJ App](#) is recommended by the NHS. It is a fun way to keep track of toothbrushing.

Likewise, the [Aquafresh app](#) is good for helping with brushing. It features some mini games, and collectable rewards. They also have a downloadable [Activity Book](#) with some time-filling activities that may be useful.

Finally, local dentist, Oisin Quinn, has very kindly prepared this [video](#), to demonstrate how best to brush your teeth.



We would like to say a huge thank you to Claire Harrison for pulling these dental resources together. She will also be popping some toothbrushes, suitable for N-P2 children, into the Roseburn box in Tesco.