

Welcome Comment

Good Morning Year 4! As it's Friday, I would like you to complete your 'I am proud of'. Reflect on the week and celebrate your wonderful achievements!

Today's active task: Something a bit different today. I'd like you to have a go at this [mindfulness activity](#). It's SO important to take time to relax and check in with yourself to make sure you're doing ok, especially in this tricky time. Be kind to yourself 😊

English Task

Something slightly different today Year 4. I would like you to write a letter to yourself. A letter that you can keep and open in 10 years' time to remind yourself of everything that is going on right now and how tricky and unusual it is. Tell your future self how you are feeling, what you are missing and how you are coping with everything. Remember, this letter is like a time capsule – to remind you of what you've been through and gives you time to reflect on your experiences. Make sure you keep it somewhere safe – perhaps give it to an adult to look after!

Thought for the day...



Maths Task

To warm up, head over to Rockstars and spend at least 10 minutes on an activity. This can be in any area you wish! Using your knowledge of money and change, I would like you to apply it and have a go at the Maths board game I am sending over. You will need to play with a partner and remember to show your thinking and working out.



Foundation Subject Task

Today, I would like for you to take a moment to focus on the positives! The past couple of months have been very different and at times challenging. However, if we take the time to reflect on these weeks, we may find that there are some positives nestled in there. Maybe you have learnt a new skill, or you have improved upon a skill you already had, maybe you have realised that you are really focused and absolutely brilliant at getting your work done at home. Have a think about what your positives are. You can use this resource on [Twinkl](#) to help if you wish – it will also be available on our school website – or you may wish to display it in your own way. Think positively and be creative!

Any Further Guidance

I hope you have had time to reflect and find the positives in this unusual time. I'm sure you are all coping brilliantly and working super hard. Take time this weekend to do something for you, something you enjoy and something that makes you happy because you deserve it. Don't forget to keep sending me emails so I can hear what you've been up to.

Much love,

Miss D 😊