

Friday 5th February

Remote Learning Instructions

Email addresses to send your work to:

6OH - 6OH@brixington.devon.sch.uk

6NH - 6NH@brixington.devon.sch.uk

Words of the Week

Complete at least 2 Frayer Models ([Center Activity -- The Frayer Model Explained - YouTube](#))

Panorama
Codswallop
Tedious
Immaculate
Euphoria

Children's Mental Health Week

Today we are providing the children with activities to help support a good mental health. As a school, we are having a no screen afternoon so have provided activities that require a screen and can be completed in the morning and then activities which don't require a screen and can be completed in the afternoon.

We would like you to have a go at the normal activities like reading for 20 minutes and having a go on MyMaths or TT Rockstars for 20 minutes, but then you need to choose a selection from the activities below to complete on Friday. Please remember that Mr Dyer's assembly will be at 11.30am, which allows screens to be turned off for the afternoon.

Activities

Activities that require a screen

- Zones of Regulation – Using the film 'Inside Out' to help we will look at the different zones that your brain goes into. This understanding then helps you know ways in which you can move between zones.

Loom Link: <https://www.loom.com/share/b171f7fa21a64c5e9e3b42d06501071e>

- Yoga – Take part in some Yoga on the Cosmic Kids Yoga YouTube channel

Activities that don't require a screen

- Cooking – Bake a cake, make some biscuits or help your parents make dinner.
- Origami – Have a go at making some Origami animals (Ideas are in the folder)
- Go for a walk – Have a walk and take in the beautiful scenery that is right on our doorstep.

- Board games – Play a board game with your family.
- Lego – Take some time to build using Lego – can you create a Lego town?
- Colouring – Colouring is a great way to escape and allows you to focus on just one thing, look in the folder for Mindfulness Colour you can print off. If you are unable to print it off you could do some drawing or have a go at some scribble art. An example is below:

Using a pen draw random shapes without taking the pen off the paper. Then colour in all the shapes created with different colours. If you have a brother or sister at home, you could get them to create the 'scribble' for you and then you could colour it in.



- Write an acrostic poem – Using your name, write an acrostic poem about yourself. Here is a slide to explain what to do.

Acrostic Poem

- Uses the letters of a topic word as the first letter for each line of the poem.
- Each line includes words and phrases related to the topic.
- Usually does not rhyme

Name: Zamb