



St Francis Xavier's Primary School

and Nursery Class

Primary 2, 3 and 4

Health and Wellbeing

emotion works



Helps us to learn and talk about emotions

Orange: Emotion Words

How are you feeling?

Yellow: Triggers

What has made you feel this way?

Red: Body Sensations

Where do you feel it?
What is happening inside your body?

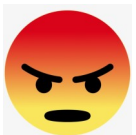
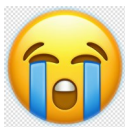
Green: Behaviours

What are you doing?
How are you showing this emotion?

Blue: Regulation Strategies

What will make you feel better?

Can you name the emotion words and think of triggers that might explain the different emoji's?



Literacy— Common Words

Choose 10 words that you feel you need to practise writing or reading.

Create the game "pairs" and challenge an adult to play.

Put all cards face down, try to pick out a pair. If they don't match put them back for the next player.

the	that	not	look	put
and	with	then	don't	could
a	all	were	come	house
to	we	go	will	old
said	can	little	into	too
in	are	as	back	by
he	up	no	from	day
I	had	mum	children	made
of	my	one	him	time
it	her	them	Mr	I'm
was	what	do	get	if
you	there	me	just	help
they	out	down	now	Mrs
on	this	dad	came	called
she	have	big	oh	here
is	went	when	about	off
for	be	it's	got	asked
at	like	see	their	saw
his	some	looked	people	make
but	so	very	your	an



Numeracy—Multiplication

6, 7 and 8 times tables

3, 4 and 5 times tables

2, 5 and 10 times tables

Practise your times tables.

You can use hit the button to do this.
It might be fun to challenge yourself and see if you can beat your own score 3 days in a row!

<https://www.topmarks.co.uk/maths-games/hit-the-button>

RERC— The Love of God

God asks that we love one another as he loves us. Take time out of your day to reflect and think of the ways in which you show love to others around you.

For example: do you help the adults in the house in any way?

Can you draw a picture which shows how you make the world a better place by showing love to others.



Outdoor Learning—Construct a mini cairn

Cairns stacks of rocks created and used as trail markers.

Some historic cairns are as much as 4500 years old!

Can you build a cairn using stones and pebbles? How high can you build it?





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Global Citizenship

Needs and Wants

A need is something you must have to survive.
A want is something that makes your life better, easier, more exciting.



Which of these are things you think you need and things you think are wants.

Can you think of 3 more things you need?

Can you think of 3 more things you want?

What is the difference between a need and a want?

Create a poster to show the differences between a need and a want.

Literacy—Writing

I am the expert!

Think of something you do really well. This could be a hobby or skill that you have.

Write about the hobby or skill using good detail.

When did you start? How do you know you are good at it? Is there a time when you have had to persevere? Have there been any challenges? What makes you good at it? What is involved in the skill? Who inspired you to start this hobby or skill? Would you recommend it to someone else? Do you have any advice for someone who wishes to be able to do it?

P.E— Just Dance and Go Noodle!

Try some just dance videos on youtube. See if you can follow along! Click the link to get to the songs/dance videos.

[Rock-a-bye](#)

[Waka-Waka](#)

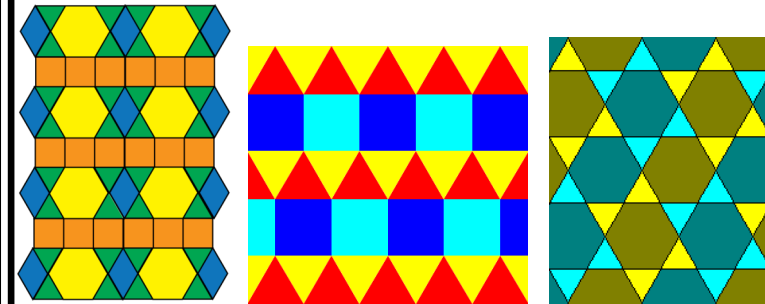
[Can't Stop the Feeling—Trolls Dance](#)

[Footloose—GoNoodle](#)

Mathematics—2D Shape Tiling

Can you create a tricky tiling pattern using paper? Remember you must use at least 2 different shapes and they need to fit together.

Challenge: can you use more than 2 different shapes? Can you spot any tiling patterns around your house? Here are some examples.



French—Revision of numbers to 10

Play the online game to revise your numbers to 10. Use the frog to catch flies. Don't let the birds get you! When you catch a fly, try to match the number to the word.

<https://www.french-games.net/frenchgames/the-frog-flies?topic=Numbers%20-%201%20to%2010&level=primary>