



St Francis Xavier's Primary School

and Nursery Class

Primary 5, 6 and 7

Health and Wellbeing

Remember the emotion works cogs?

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

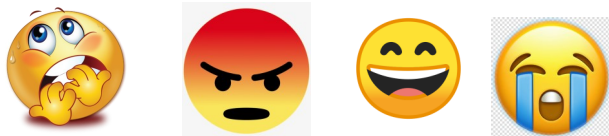
Where do you feel it?
What is happening inside your body?

Green: Behaviours

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

Blue: Regulation Strategies

What will make you feel better?



Can you identify the **emotion word** for each of the emoji's?

What might be **triggering** these emotions?

What **regulation strategy** would you suggest to make the emoji's feel better?

Active Literacy—Spelling

Remind yourself of the six spelling strategies.

Words within words - **Satur**day has sat and day.

Analogy - If I can spell file, I can spell smile and pile.

Mnemonic - **big** elephants **can** add **up** sums **easily**

Compound words - foot + ball = football

Syllabification - re-mem-ber - how many claps?

Spelling Rules - e.g. take away "y" and add "ies"

Use at least 3 different strategies to practise your spelling words.

Can you write 3 sentences using your spelling words without looking at how to spell them?



Numeracy—Prove it!

$$50 \times 36 = 1800$$

$$738 + 262 = 1000$$

$$49 + 49 = 98$$

Use paper and a pencil to show that these answers are correct.

Think of the number talks strategies to prove it.

How did you do it?

Explain to an adult.

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. How does Jesus influence your life?

Research the Gospel Values and think of our mission statement. These values are what we live by every day.

Research a well known Saint. Give an example of how this Saint has shown the Gospel Values in their lives.



Outdoor Learning

Collect ten different leaves.

Sort your leaves into different categories.

For example, shapes, colours, sizes.

How many different ways can you sort them?

Can you create a Venn Diagram to show what you have found?





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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?

Are needs and wants the same all around the world?

Create a poster to show how people in different parts of the world might not get their needs. Think of things people may not get for some reason.

Literacy—Visualisation

Read the poem below and create a visualisation of what you see when you read.



P.E— Joe Wicks Workout

Try the Joe Wicks work out on his you tube channel.

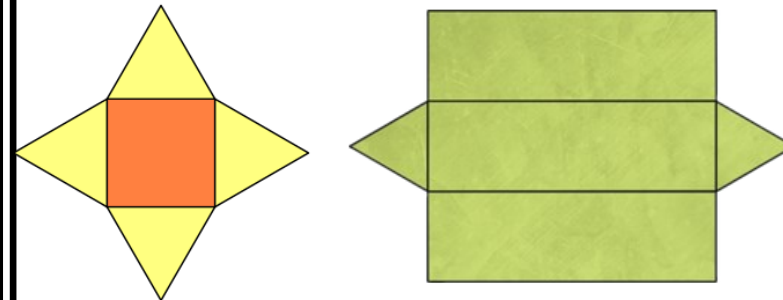
<https://www.youtube.com/watch?v=tXOZS3AKKOW>

Mathematics—2D/3D Shape

What 2D shapes are shown in the pictures?

What 3D shape would be made if you stuck all the edges together?

Can you try to make these shapes using paper?



Spanish — Numbers 1—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.spanish-games.net/spanishgames/the-frog-flies?topic=Numbers%20-%201%20to%2010&level=primary>