



Lesson 2 : [Perimeter on a grid](#)                      Worksheet : [Perimeter lesson 2](#)  
Lesson 3: [Perimeter of a rectangle](#)                      Worksheet : [Perimeter lesson 3](#)  
Lesson 4 : [Perimeter of rectilinear shapes](#) Worksheet : [Perimeter lesson 4](#)

Practice your 9 times table by clicking here: [9 times tables games](#) and don't forget TTRS!

## Mental health and wellbeing week activities

This year's theme for Children's Mental Health week is 'Express Yourself' Watch this short [video](#) to see what this week is all about.

Self-expression is about communicating your individuality. This can be through words, clothing and hairstyle, or through art forms such as writing, drawing, music and dance.

Watch this short clip and see if you can spot the ways people are expressing themselves [Express yourself !](#)  
Self-expression can help you to showcase your true self - your story, your thoughts, feelings and emotions. But this can also make us feel vulnerable, so you might want to take things one step at a time.



### Try these tasks;

**Looking after our minds:** In challenging times (like lockdown) we see lots of people finding creative ways to help them through it (such as gardening or growing plants, mindful colouring, drawing, reading or writing stories, making models, dancing, baking, etc.). Watch this short video from Apple called [Creativity goes on.](#) Have a go at thinking of your own example or story that can be used to highlight the benefits of creative expression during difficult times. (Finding ways to express ourselves creatively can be a good way to look after our minds) How do you creatively express yourself?

**Art:** Last week, we made an origami dog, well this week - it's a cat! [Origami cat](#) Find some basic materials and try to individualise your origami cats, for example, by colouring it, making it from magazine paper, decorating it, making the tiniest dog or the biggest dog you can etc.

Celebrate effort rather than success, and think about positive emotion, e.g. laughing, connecting, and enjoying a challenge.

You could also try: [The Squiggle game](#) - great fun!



**Making :** [Rainbow fruit skewers](#)



**Music-** Watch this short [video](#) by Classical MPR and discuss or write down the different ways in which music can change how we feel and express ourselves. Use the feelings words that pop up during the video to write about which music/songs makes you feel these emotions and if there is a reason for feeling this way

	<p>For example, The word 'peaceful' you might enjoy listening to the Disney piano music that we listen to in class when completing writing tasks. You can set this out however you want- you may want to write the words in bubble writing etc and be a creative as you want in order to express yourself.</p> <p><b>Mindfulness:</b> Lie with your back on the floor and place a soft toy on your tummy. Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing</p>
Pe and Sport	Use this week's video 3 - <a href="#">Throwing for accuracy</a> , get up and move everyday!

Suggested Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30am	Basic skills maths and spelling	Basic skills maths and spelling	Basic skills maths and spelling	Basic skills maths and spelling	Basic skills maths and spelling
9:30 - 10:30am	Maths lesson 1	Maths lesson 2	Maths lesson 3	Maths lesson 4	Maths lesson 5
10:30 - 11:00am	BREAK	BREAK	BREAK	BREAK	BREAK
11:00 - 12:00am	Read and writing task 1:	Read and Writing task 2:	Read and Writing task 3:	Read and Writing task 4:	Free write Friday /Reading for Pleasure
12:00 -12:30pm	Times Tables Rock Stars/ Collins Connect Grammar	Times Tables Rock Stars/ Collins Connect Grammar	Times Tables Rock Stars/ Collins Connect Grammar	Times Tables Rock Stars/ Collins Connect Grammar	Times Tables Rock Stars/ Collins Connect Grammar
12:30 - 1:30pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:30 - 3:20pm	PE Mental health week activities	PE Mental health week activities	PE Mental health week activities	PE Mental health week activities	PE Mental health week activities