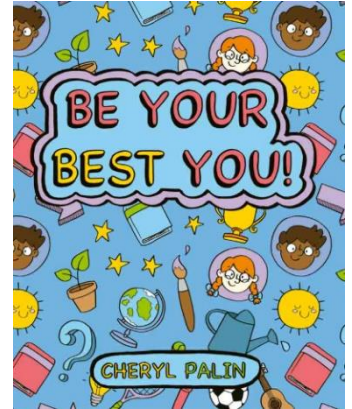


Week 5

Suggested reading/ writing activities for children in Y5 based around the new book 'Be your best you' on Rising Stars Jupiter

This book unpicks and explores a growth mindset, which ultimately supports children with good mental health strategies. It will undoubtedly appeal to both adults and children. Children are encouraged to create lists of favourite things they can do, things they cannot do and things they would like to do. They will visualise their worries and give them names before considering ways to banish them. In addition, they will complete quizzes to identify their own traits. The ending is powerful and acknowledges that children are on a journey.



Before reading

- Introduce children to the idea of a growth mindset by looking at the front cover. Ask: What does, 'Be Your Best You!' mean to you? What do you think the book is going to be about? Discuss possible ideas with your child, perhaps including the fact that it sounds like a positive book.
- Discuss these key words with your child to test understanding before reading. Remind them that they can use the **glossary** to understand tricky words.
[mindset \(p8\)](#), [neurons \(p14\)](#), [endurance \(p23–24\)](#), [tenacity \(p28\)](#), [moral \(p38\)](#), [complacent](#), [underdog \(both p39\)](#), [perseverance](#), [manuscript \(both p43\)](#), [anticipating \(p49\)](#)

Following on from the reading- Writing tasks

- Make your own growth mindset poster. Write negative things you sometimes say or think about yourself on the left. Write more positive phrases you could say instead on the right.
- Imagine what would happen if your worst YOU got an invitation to The Obstacle Race to Success instead of your best YOU. Write a funny episode of the story.
- Write a letter or an email from your best YOU to you as you are now. Give yourself some good advice and lots of support and encouragement!
- Try one small new thing every day for a week, e.g. eat a different kind of food, read a different kind of book, play a different game, talk to someone different ... Then think about what you learned from trying these new things and write it up as a short diary extract for the week.

Suggested Follow-up activities

The following activities will support you child to **retrieve** and **record** information from **non-fiction** and highlight some different features of non-fiction texts. Scavenger hunt- can your child find these features of a non-fiction text: contents, main text, headings and subheadings, captions, bullet point lists, diagrams, glossary and index pages.

Thanks for all working so hard, if your parents or carers could take a photo and email it to year5@oliprimaryschool.co.uk , we would love to see it!

Miss Topping & Mrs Coulson

Exploring vocabulary

For each of these tricky words, first practise writing the word in different ways to learn the spelling. Then find the definition using the glossary. Finally, write a sentence using the word. Try to use a relative clause. The first one has been done for you.

Tricky words	Definition	Sentence
mindset MINDSET mindset mindset mindset	<i>A person's way of thinking and their attitude, especially about ability and learning</i>	<i>Mrs Baxter, who works at Riverside Primary School, has a positive mindset.</i>
endurance		
perseverance		
tenacity		

True or false

Using information from the book, tick one box in each row to show whether each statement is **true** or **false**. Refer to the page numbers.

The first one has been done for you.

Statement	True	False	Evidence from the text
1 Page 16 It is easy to think of nothing.		<input checked="" type="checkbox"/>	<i>It's very difficult to think of nothing at all.</i>
2 Page 21 In December 2017, Tim Peake became the first British Astronaut to live on the International Space Station.			
3 Page 28 Chi-Chi became interested in her neighbour's piano when she was 7 years old.			
4 Page 47 Practising mindfulness everyday helps some people to be calm and focused.			
5 Page 51 A part of your brain is shaped like a seahorse.			