

<p><u>Use your logins</u> Reading: Bug Club Maths: Timestable Rockstars Spelling: Spelling Shed Try and use these at least once each week.</p>	<p>Complete 30 minutes of exercise per day</p> <p>Can you follow Mrs Eyre's HIIT challenge for Stansted? Visit our website for a Youtube Link 😊</p>	<p><u>BBC Bitesize/ Oak Online Academy</u></p> <p>There are new daily lessons including videos from teachers and celebrities!</p> <p>Each week we will recommend a few lessons we would like you to try or you can choose a lesson that interests you each day. 😊</p>
<p><u>Recreate sports games at home</u></p> <p>Why not make your own version of ten pin bowling using objects from your home? Or can you make an obstacle course using cushions and toilet rolls? Maybe you can recreate some classic sports day challenges like the egg and spoon race and sack race and compete with members of your family. Share photos of your creations.</p> <p>There are lots more ideas here: https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/</p>	<p><u>Make your own Time Capsule</u></p> <p>Have a think about what you have been doing. You could start writing a diary of what you do each day that you can look back on. Or draw something that you see each day. You could collect items that you have been using or seen and keep them.</p> <p>Maybe make a scrap book of pictures and explanations. This can just be for you to do independently, or you could bring the whole family together to create something.</p>	<p><u>Art activities</u></p> <p>What makes you happy?</p> <p>Create a poster of some sort that shares all the things you are grateful for a make you happy.</p> <p>Visit our Wellbeing page for some ideas of things Grange Park staff have been doing at home.</p>
<p><u>Practice Mindfulness and Yoga</u></p> <p>Try some meditation exercises to help you feel more calm and focused whilst at home. Headspace are offering a free trial for pupils to follow some simple videos online.</p> <p>https://www.headspace.com/meditation/kids</p>	<p><u>Watching a movie?</u></p> <p>We know that lots of you have had the chance to watch lots of films and TV programmes whilst you have been at home.</p> <p>Can you draw a picture of your favourite character and describe them?</p> <p>Can your create a story map or comic strip to retell the story?</p> <p>Can you write a review of the movie to recommend to others?</p> <p>Templates are on our Grange Park Page but you can make your own 😊</p>	<p><u>Science Experiments</u></p> <p>Can you create a tornado in a bottle? Then find out how tornadoes are really formed by doing some research?</p> <p>http://www.sciencefun.org/kidszone/experiments/</p> <p>Or can you create a exploding volcano like we tried in class? Then research about some famous volcanic eruptions from around the world?</p> <p>http://www.sciencefun.org/kidszone/experiments/how-to-make-a-volcano/</p>

Any questions or ready to share your learning? Email office@grangepark.kent.sch.uk and somebody from the Stansted team will get back to you ASAP 📧