**St Catherine’s Primary School** 

**Home Learning**

 **Class \_\_\_\_ Teacher \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Health and Wellbeing **

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| Kindness is another important St Catherine’s value. Talk to a grown up about what you think kindness is and what kindness looks like in school. Ask what they think kindness is and how kindness is shown by adults at work.  | We hear the word kindness a lot and I’m sure we all think we know what it means. Watch these you tube videos that help explain kindness. Do they match what you though kindness was? <https://www.youtube.com/watch?v=mTsvSAItPqA> <https://www.youtube.com/watch?v=O9UByLyOjBM>Try to record a video of your own thoughts on kindness. Upload it to seesaw for your teachers to look at. We love to hear your thoughts, especially on important things like school values. | Try to record a video of your own thoughts on kindness. Upload it to seesaw for your teachers to look at. We love to hear your thoughts, especially on important things like school values. Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/) | Love is also a value of St Catherine’s Primary. There are different types of love. Talk to a grown up about different types of love and see how many you come up with. What type of love do you think we should show everyone in St Catherine’s  |
| Make a comic strip that shows a character showing love to;1. a member of their family
2. a friend
3. a neighbour (the way Jesus asks us to in stories like the Good Samaritan)

Do you see a similarity in the way people show kindness and love? | Our families are very important to us. But we have been spending a lot of time with them lately. Sometimes tensions can rise and we may behave in a way that later we are not proud of. Watch this clip about a girl called Jenny.<https://www.bbc.co.uk/bitesize/clips/z672n39> Can you think of any ways Jenny could have behaved differently and avoided the conflict? Draw a picture where Jenny behaves differently and the family have a fun and relaxing breakfast together. | Select a mindfulness challenge card to try with someone at home each day. This Photo by Unknown Author is licensed under CC BY-SA-NC | Have a family meal with everyone in your house. Help with the food prep and setting the table. Talk about fun memories you all have. [This Photo](http://fizaa.blogspot.com/2011/03/you-always-put-your-family-firsthow.html) by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/3.0/)  |
| Normally at the end of June Wimbledon is the TV. Why not try a game of tennis in your garden or the park? [This Photo](http://www.thaigoodview.com/node/47584) by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-nc-sa/3.0/) | Lots of us are looking for ways to keep fit during lockdown and many of us are using our bikes. It’s important to make sure your bike is safe and you wear appropriate safety equipment to prevent accidents. Watch this clip <https://www.bbc.co.uk/bitesize/clips/ztwjtfr>Now make a poster with everything yo know about cycle safety on it.  | We all must get used to living socially distant lives. That means staying two meters apart from people who don’t live in our house. To help you become used to what the 2m distance looks like measure it out in all the rooms of your house, in your garden, even see if you can throw balls two meters.  | Remember to try and complete one task each day from Miss Owen’s P.E grids.  |