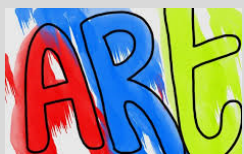


# Meadowhead School

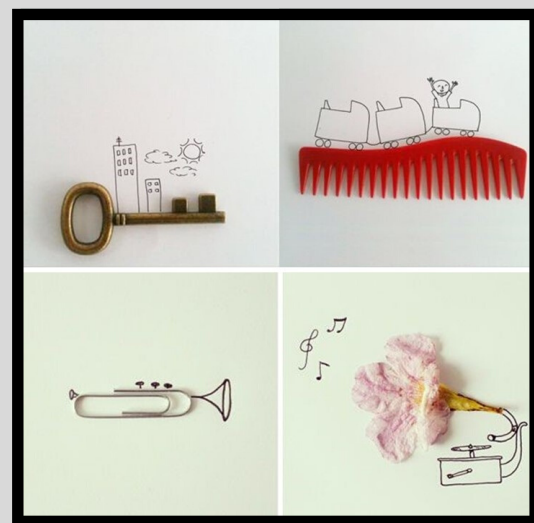


Why not have a go at these home learning activities?



## Doodle Task - developing creative ideas

- Find a small, everyday object from around the house, such as a paperclip, a ring pull, a pen lid, a biscuit or a key and lay the object onto a piece of blank paper
- What else could this object become? Could you build an image or scene around it?
- Turn it around in different ways on the paper to give you more ideas
- Create a doodle around the object, making it part of a new scene or object
- Look at the doodles of Javier Perez to get inspiration – do as many as you can



## Focus on your well-being

Do one or more of the following, make a note of how you feel after;

- Write down five positive things about yourself on a Post-It-Note
- Draw or paint the most colourful thing in your house
- Make everyone in your family a hot drink and ask how they are feeling today
- Try a mindfulness body scan. Lay on your bed with your eyes closed, take a deep breath and imagine the oxygen going all the way to your toes. Visualise blowing out any negative thoughts. Do this for your whole body, right up to your head!



## Have a go at different types of writing

- Write a review of a Netflix film you have watched
- Pick some flowers out of your garden or take a picture of a scene from your daily walk or exercise – describe these in detail
- Write a short story
- Write a letter to a friend- decorate it and pop it in the post during your daily exercise outing

Can you make 24?

### 24 PUZZLE

You can add, subtract, multiply and divide.  
You must use all four numbers, but use each only once.

•	14	3	15	15
••	14	18	16	17
•••	18	13	7	7



## Maths Puzzle -Can you make 24?

- Use all four numbers, but use each number only once.
- You can add, subtract, multiply and divide