

Meadowhead School

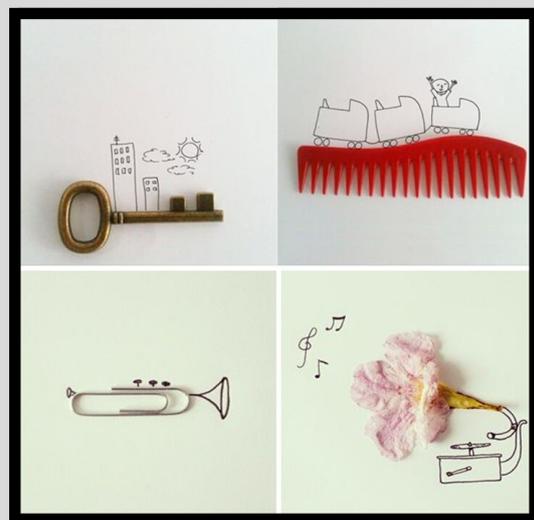


Why not have a go at these home learning activities?



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