

<p>Help to prepare a healthy meal using The Eatwell Plate (<a href="https://www.nhs.uk/eatwellguide">www.nhs.uk/eatwellguide</a>). Remember to ask the permission of an adult. Don't forget to wash your hands!</p>	<p>Cut a piece of fruit in half and sketch a drawing of the inside. Try to include as much detail as you can. Can you find out the names of the different parts?</p> 	<p>Help around the house! Ask an adult to set some tasks you can help with. How many can you complete? (e.g. make your bed, wash the dishes, pair socks, put away clean washing).</p>	<p>What makes a good friend? Draw a picture of your best friend and list the things you love about them.</p> 
<p>Visit <a href="https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos">https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos</a> for a selection of home work-out activities.</p> 	<p>Visit <a href="https://mysteryscience.com/">https://mysteryscience.com/</a> and pick a topic to learn about. Some lessons are just videos others have activities to do as well.</p> 	<p>Visit <a href="http://www.gonoodle.com">www.gonoodle.com</a> and complete a workout or a guided dance to get your body moving and waken up your brain.</p> 	<p>Try listening to a meditation clip on you tube, or some relaxing music while completing some mindful colouring. Please ask an adult for permission to use the internet.</p> 
<p>Newsround Time! Watch an episode of Newsround each day (type Newsround onto search engine). Share what you have learned with a homework partner through a discussion, or design your own newspaper front cover with the headlines (or both!)</p>	<p>Create a powerpoint or poster explaining the impact of climate change. Use who, what, where, when, why and how questions to structure it.</p>	<p>Greenhouse Gases – what are they? Where do they come from? How can we reduce the greenhouse gases we produce? Carry out some research and create a fact file of your findings.</p>	<p>Watch one of the Ice Age Movies. How accurate were these films? The animals included? Do they link accurately to events in the ice age as they happened? Research and compare!</p> 