Home Learning Term 6

Complete one task each week and post on Google Classroom or complete at home and bring it in to share with us.









Healthy Body, Happy Mind

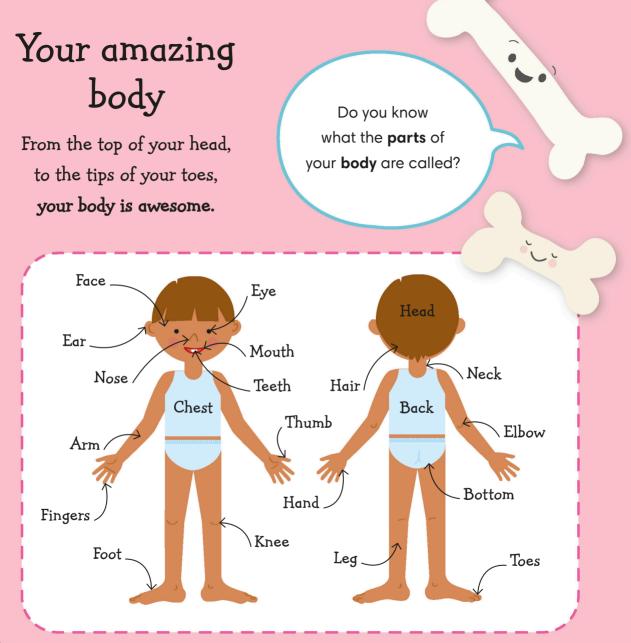
BUILD UP YOUR KNOWLEDGE





For linked activities in Purple Mash go to:





Bodies are different, but all are unique.



Birthmarks on skin are very common. They appear when you are born. Birthmarks usually don't go away.

This girl's skin has **vitiligo**. It means that her skin has more than one colour. Some people have a **prosthetic leg or arm.** This can be for many different reasons.

Faces help us to tell each other apart. We can have different skin, eye, and hair colour. Our eyes, noses, and ears come in many shapes and sizes. A lot of people wear glasses, and some might wear an eye patch for a while.



Look at this wonderful food! Fraits GN Apple There is so much food to try and taste. Which of these Pineapple are your favourites? Grapes Orange Why not grow your own food? Tomatoes and Watermelon Strawberries strawberries are **easy to grow** in a garden, in a pot, or in a window box. Cauliflower Peas Vegerables Cabbage Broccoli

Carrot

Cooking food is so much fun!

Ч

n the food cupboard

Oil

In the fridge

Eggs

Rice

Honey

Fish

Meat

Bread

1

Milk

Water

Drinks

Eat well

Your body needs you to eat different types of food to stay strong and healthy. Here are some things you should eat every day:

> Lots of fruit and vegetables

Some protein, such as meat, fish, eggs, or beans.

Some healthy oil, such as avocados or nuts.

Some starchy food, such as **bread** or **rice**.

Let's get moving!

You are meant to **move**, run, jump, dance, and use lots of energy. Your body needs to exercise to **stay strong**. Yoga leaves you feeling well-stretched and **calm**.

Playing tag

Exercising for around an hour a day keeps your whole body working properly. It's important to do different types of exercise so that every part of you stays well. Here are a few you can try...

Dancing gets your heart pumping! Playing in the playground is an exciting way to exercise.

Walking to school instead of going in a car is a great way to keep fit.

Skipping

Tree-climbing is great fun so long as an adult is helping.

Riding your bike is a good way to exercise in the fresh air.

Hello, teeth!

Sparkly teeth

Your teeth need you to look after them so they stay **healthy** and **sparkling**. Brush them **twice a day** for two to three whole minutes.

I'm a side tooth – a canine. I am pointy to tear food.

6

3

I'm a front tooth - an incisor. My sharp

edge cuts food.

Dentists are special teeth doctors. They **check** and **clean** your teeth to make sure they are **healthy**.

I'm a big back tooth – a molar. I mash food into tiny bits.

7

When you're ready for grown-up teeth, your milk teeth **get all wobbly and fall out**. That makes a space for your big teeth! But WHY should I brush my teeth? Brushing helps to protect your teeth against germs that make little holes (cavities) in your teeth.

Sugary things, such as fizzy drinks and sweets, can damage your teeth.

How to brush your teeth (and do a really, really good job)

- **Squeeze a little blob** of toothpaste onto your toothbrush.
- 2 Move your brush up and down over your teeth.

1

- Brush for two to three minutes, making sure you brush the front, back, and underside of your teeth.
- 4 Spit out the toothpaste and rinse your toothbrush.
- **5** All done! Your teeth are nice and fresh.

8

Don't forget to clean between your teeth!



Germs are tiny little things that can make you feel poorly.

Squeaky clean from head to toe

Here's a little guide to making sure you always feel (and smell) as **fresh** as a daisy.

Catch those germs!

Try to cough into the inside of your **elbow**, to stop germs from spreading to other people.

Tissues ready!

Blow your nose by closing your mouth and **blowing** as hard as you can out of your nostrils and into a tissue.

Don't forget to throw tissues in the bin. Then wash your hands!

But WHY do I have to be clean?

Being clean helps to keep **germs away**, as well as making sure you don't become all smelly and itchy.

Bath time

Take a bath or a shower to wash yourself. **Keep your eyes** closed when you shampoo. Make bath time **more fun** by singing as loudly as you can!

Wash your hands!

Use lots of **soap and water**, and scrub, scrub, scrub! Remember to include the tops of your hands, your palms, and between your fingers.

> Sing "Twinkle, Twinkle Little Star", or the "Happy Birthday" song to ensure you **scrub** your hands for at least **20 seconds**.

Happy mind

Looking after yourself doesn't just mean looking after your body. Your **mind** needs to be happy, too!



cuddly

20YS

Sleepy time

Your body and your mind need **Sleep** to feel ready for a new day. Children need to sleep for around 10 to 13 hours every night.





Feeling happy is one of the **best things in the world**! Tell people you trust when you don't feel happy so that they can help you.

Draw a picture of all the things that **make you happy**. Think about the people who make you **smile** and the things you **love** doing.



No one can be happy all the time. The best you can do is to **keep trying to be happy** as often as you can!

pets

playing

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Acknowledgements

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Healthy Body, Happy Mind Comprehension Answers:

1. Find and copy one word from page 1 that means the same as incredible.

Awesome

2. What word on **page 2** is given to describe skin that has more than one colour?

<u>Vitiligo</u>

- 3. Look at **pages 3 and 4.** Where are the three places that the author recommends a person to grow strawberries?
 - 1. <u>In a garden.</u>
 - 2. <u>In a pot.</u>
 - 3. In a window box.
- 4. On **page 5** it says that yoga leaves you felling well-stretched and calm. In your own words, what does the word calm mean?

Any appropriate explanation or synonym of the word calm. For example, calm is when someone is relaxed, peaceful, quiet, at ease or not nervous.

5. Pages 7 and 8 talk about brushing your teeth. How long should you brush for?

Two to three minutes.

6. **Pages 11 and 12** talk about looking after your mind. What do you do to help relax your mind?

Children should give a personal response to this question outlining what they do or might do in order to relax their minds.

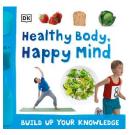






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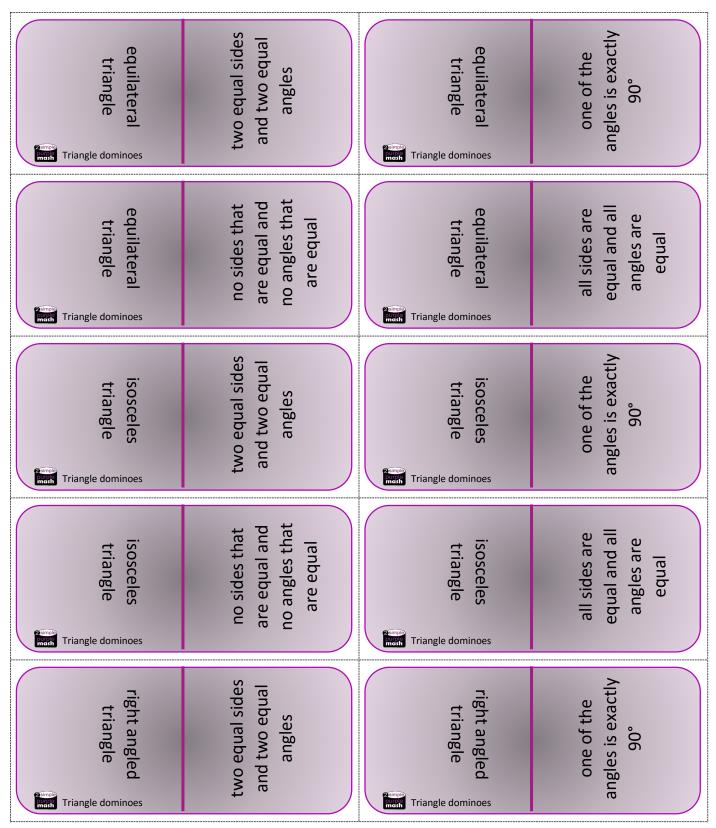
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Properties of Triangles

Cut out the cards and play a game of dominoes.



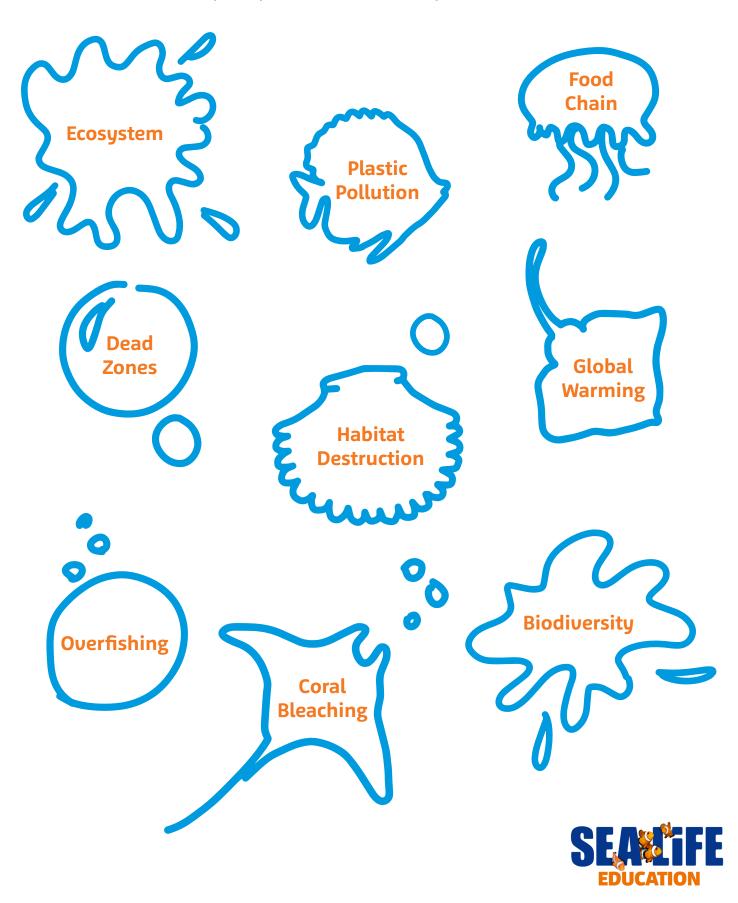


right angled triangle Triangle dominoes	no sides that are equal and no angles that are equal	right angled triangle Triangle dominoes	all sides are equal and all angles are equal
scalene triangle Triangle dominoes	no sides that are equal and no angles that are equal	triangle	one of the angles is exactly 90°
scalene triangle Triangle dominoes	two equal sides and two equal angles	triangle	all sides are equal and all angles are equal



Threats to our oceans

Look at the images on the Threats to the Ocean resource. They represent the different threats that humans pose to the ocean. Can you identify what the threat is, as well as the human motivation behind it? Use the Word Bank below to help prompt discussion with a partner.



Threats to our oceans









Threats to our oceans

Note down your ideas about threats to the ocean in the table below. Add any more threats you can think of to the table.

Threat	Human Motivation	Impact
Overfishing		
Plastic Pollution		
Oil Spill		
Coral Bleaching		
		SEANTIFE

EDUCATION

Finding my passion

Take a look at the threats to the ocean images. Discuss with a partner what you know about these issues.

Choose one you feel most passionate about and create a mind map, considering the questions below. Make sure you include as much detail as possible, you might even want to use post-it notes and stick them to your wall or classroom display as a reminder.

My chosen passion is _

