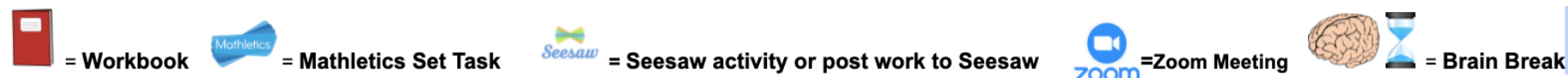






**WELLBEING FOCUS- EMOTIONS**

**Term 3 Week 10 - Home Learning Program Year 4**



[Access to printable resources](#)

	Monday 13 September	Tuesday 14 September	OFFLINE DAY Wednesday 15 September	Thursday 16 September	Friday 17 September
<b>Check in Task</b>	Go to <a href="#">Seesaw</a> . Find the task: <b>'Monday Week 10 Daily Check in'</b>  <b>You will need to:</b> - Complete the Check-in page - Complete Wellbeing Activity	Go to <a href="#">Seesaw</a> . Find the task: <b>'Tuesday Week 10 Daily Check in'</b>  <b>You will need to:</b> - Complete the Check-in page - Complete Wellbeing Activity	Go to <a href="#">Seesaw</a> . Find the task: <b>'Wednesday Week 10 Daily Check in'</b>  <b>You will need to:</b> - Open the PDF of suggested activities for Screen-Free Fun	Go to <a href="#">Seesaw</a> . Find the task: <b>'Thursday Week 10 Daily Check in'</b>  <b>You will need to:</b> - Complete the Check-in page - Complete Wellbeing Activity	Go to <a href="#">Seesaw</a> . Find the task: <b>'Friday Week 10 Daily Check in'</b>  <b>You will need to:</b> - Complete the Check-in page - Complete Wellbeing Activity
<b>Wellbeing Activity</b>	<b>Zones of Regulation- Family Check-In. What Zone are you in? Use your Check-In you created last Thursday!</b>  Mindful Monday <a href="#">Smiling Mind</a> Mindfulness 204 Body Scan meditation  My programs-10-12yrs-Mindfulness 204-Body Scan meditation	<b>Zones of Regulation- Family Check-In. What Zone are you in?</b>  Watch and join in <a href="#">Breathe With Me</a> - 5 tools/ strategies to help you return to the Green Zone (calm, focused, ready to learn).	<b>Zones of Regulation- Family Check-In. What Zone are you in?</b>  Balloons Aloft- Use self control and keep a balloon in the air. Challenge is to keep it off the ground for as long as possible. Add a balloon if you dare!  Create a card for someone who has supported you learning from home this term. Write a compliment and acknowledge their character strengths.  Make someone laugh today by telling them a funny joke.	<b>Zones of Regulation- Family Check-In. What Zone are you in?</b>  Watch and learn a new breathing strategy <a href="#">Square Breathing</a> to start your day in the Green Zone.	<b>Zones of Regulation- Family Check-In. What Zone are you in? What breathing strategies have helped you remain in, or return to, the Green Zone this week?</b>  Watch <a href="#">Zentangles</a> . Start your day mindfully and have fun creating your own zentangles.  <b>You've shown grit! What challenges did you overcome in Term 3? What are you grateful for this term? What are you most looking forward to in Term 4?</b>
<b>Morning</b>	<b>Year 4 Class ZOOM Call- 9:30 AM</b>  <b>Recognition Assembly</b> Watch recognition assembly via this link. The link will not be available until 10:00am.  <a href="https://youtu.be/aqrsz1NWU_0">https://youtu.be/aqrsz1NWU_0</a>  <b>ENGLISH</b>  1. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'My Comic'</b> .  <b>FRUIT BREAK</b>	<b>Year 4 Class ZOOM Call- 9:30 AM</b>  <b>ENGLISH</b>  1. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'My Research Mindmap'</b> .  <b>FRUIT BREAK</b>  2. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Week 10- Can you fix it?'</b> .	<b>No Zoom this morning but you will need to complete the daily check in on Seesaw.</b>  Today's work will be completed offscreen. It is up to you which tasks and how many tasks you complete in each session.  	<b>Year 4 Class ZOOM Call- 9:30 AM</b>  <b>ENGLISH</b>  1. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Creating my Book'</b> .  <b>FRUIT BREAK</b>  2. <a href="#">Soundwaves online</a> (Code: Clip696)	<b>Year 4 Class ZOOM Call- 9:30 AM</b>  <b>ENGLISH</b>  1. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Behind the news Week 10'</b> .
<b>Recess Break</b>					

Middle	<p><b>MATHEMATICS</b></p> <p>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task 'Finding the next term'.</p> <p>2. Optional: Log into <a href="#">Mathletics</a></p>	<p><b>MATHEMATICS</b></p> <p>1. Log into <a href="#">Mathletics</a> and complete the set tasks</p>	 <p>Wednesday <b>MIDDLE SESSION SCREEN FREE FUN</b></p> <p>TEST YOUR AIM: Design and create a paper aeroplane. How far can you get it to fly? Can you practise and get it to hit a chosen target?</p> <p>NATURAL BEAUTY: Go outside and look at the different patterns you can find in nature. Record the patterns in a sketch pad.</p> <p>PRACTICE MAKES PERFECT: Practise a new skill such as origami, juggling, cooking, break dancing etc.</p> <p>MAGICAL MINDFULNESS: - Get a book or some colouring. Go outside, find a comfortable spot and read or colour in the fresh air.</p>	<p><b>MATHEMATICS</b></p> <p>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task 'Theme Park Part 1'.</p> <p>2. Optional: Log into <a href="#">Mathletics</a></p>	<p><b>MATHEMATICS</b></p> <p>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task 'Theme Park Part 2'.</p> <p>2. Optional: Log into <a href="#">Mathletics</a></p>
Lunch Break					
Afternoon	<p><b>STAGE 2 ZOOM Call- 2:00 PM</b></p> <p><b>Wear a hat to Zoom Day!</b></p> <p> <b>PDHPE</b></p> <p>Watch Mr Smith's <a href="#">Video</a>.</p> <p>This week's lesson is all about YOU. So far this term we have focussed on overarm throwing, throwing a shot put and discus, running, distance running, running relays, long jump and high jump.</p> <p>This week I want you to choose the activity you liked the most to go out and do again.</p> <p>I have also linked a PE with Joe <a href="#">Video</a> to make sure we are looking after our body.</p>	<p><b>SCIENCE</b></p> <p>Go to Seesaw. Find &amp; complete the task 'Science - Sketching (Week 10)'</p>	 <p>Wednesday <b>AFTERNOON SESSION SCREEN FREE FUN</b></p> <p>LOVELY LETTERS: Many of us have not been able to see our extended family for a while. Write a letter to someone special who you have not seen for a while. Share what you have been up to and ask them how they're going.</p> <p>MYSTERY MAZE: Create a maze for a friend or family member to solve. For an added challenge you could add maths questions they need to solve at different points.</p> <p>CREATIVE COOKING: What interesting recipe can you cook or create? If you can't make it, why not plan it and write out the recipe!</p> <p>ANDY GOLDSWORTHY: Andy Goldsworthy is an artist known for his installations involving natural materials. Create your own Andy Goldsworthy-inspired artwork, like the example pictured.</p>	<p><b>HISTORY</b></p> <p>Go to <a href="#">Seesaw</a>. Find &amp; complete the task 'It's Time for a Voyage'.</p>	<p><b>CREATIVE ARTS MUSIC</b></p> <p>Go to the Google Slides link below and choose an activity or two from each page. Have Fun!</p> <p><a href="#">Term 3 Week 10 Choice Board 3-6</a></p>
Make sure you have submitted to your teacher:	<ul style="list-style-type: none"> <li>Monday Week 10 Daily Check in</li> <li>My Comic</li> <li>Finding the next term</li> </ul>	<ul style="list-style-type: none"> <li>Tuesday Week 10 Daily Check in</li> <li>My Research Mindmap</li> <li>Week 10- Can you fix it?</li> <li>Science sketching</li> </ul>		<ul style="list-style-type: none"> <li>Thursday Week 10 Daily Check in</li> <li>Creating my Book</li> <li>Theme Park Part 1</li> <li>It's Time for a Voyage</li> </ul>	<ul style="list-style-type: none"> <li>Friday Week 10 Daily Check in</li> <li>Behind the news Week 10</li> <li>Theme Park Part 2</li> </ul>

Incorporate at least **20 minutes** of independent reading into your daily routine.



**Zoom** Years 3 and 4 (Stage 2) Zoom Link Monday 2:00 PM

<https://nsweducation.zoom.us/j/68058219723?pwd=UHpkYkhNUzZCYXB0Z0Q0NFVtTE03Zz09>

Meeting ID: 68058219723 Passcode: 848837



**Year 4 Class Zoom Links**

<p align="center"><b>4B Miss Bonadio's Personal Meeting Room 9:30am</b></p> <p>Join Zoom Meeting :</p> <p><a href="https://nsweducation.zoom.us/j/62835416599?pwd=VDdCUXkvbkdEcnRGRTR6Z2JqbHdLUT09">https://nsweducation.zoom.us/j/62835416599?pwd=VDdCUXkvbkdEcnRGRTR6Z2JqbHdLUT09</a></p> <p>Meeting ID: 628 3541 6599 Passcode: 401611</p>	<p align="center"><b>4E Miss Egan's Personal Meeting Room 9:30am</b></p> <p>Join Zoom Meeting:</p> <p><a href="https://nsweducation.zoom.us/j/61076960073?pwd=L0NKNGhDUEQxRHl5ZmFXWEFWQUIqUT09">https://nsweducation.zoom.us/j/61076960073?pwd=L0NKNGhDUEQxRHl5ZmFXWEFWQUIqUT09</a></p> <p>Meeting ID: 610 7696 0073 Passcode: 613124</p>	<p align="center"><b>4K Mrs Keeling's Personal Meeting Room 9:30am</b></p> <p>Join Zoom Meeting</p> <p><a href="https://nsweducation.zoom.us/j/67060023775?pwd=YzJwTmN2TjF5cVF4L204SjFmOXU0Zz09">https://nsweducation.zoom.us/j/67060023775?pwd=YzJwTmN2TjF5cVF4L204SjFmOXU0Zz09</a></p> <p>Meeting ID: 670 6002 3775 Passcode: 996730</p>	<p align="center"><b>4S Mrs Santer's Personal Meeting Room 9:30am</b></p> <p>Join Zoom Meeting</p> <p><a href="https://nsweducation.zoom.us/j/65206142495?pwd=UjIRNjRjdEikQ0NIUEVYNG4yV1c3QT09">https://nsweducation.zoom.us/j/65206142495?pwd=UjIRNjRjdEikQ0NIUEVYNG4yV1c3QT09</a></p> <p>Meeting ID: 652 0614 2495 Passcode: 565202</p>
---	---	--	---