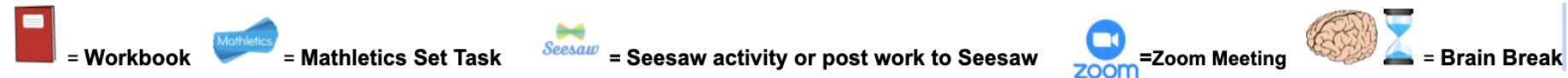

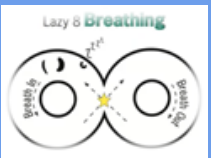



**WELLBEING FOCUS- EMOTIONS**

**Term 3 Week 9 - Home Learning Program Year 4**




[Access to printable resources](#)

	Monday 6 September	Tuesday 7 September	OFFLINE DAY Wednesday 8 September	Thursday 9 September	Friday 10 September
<b>Check in Task</b>	Go to <a href="#">Seesaw</a> . Find the task: <b>'Monday Week 9 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 9 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 9 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 9 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 9 Daily Check in'</b>  <b>You will need to:</b> - Complete the Check-in page - Complete Wellbeing Activity
<b>Wellbeing Activity</b>	Mindful Monday <a href="#">Smiling Mind</a> Mindfulness 204 -Emotions meditation  (My programs-10-12yrs--Mindfulness 204-Emotions meditation)  This meditation helps you tune into where you feel emotions in your body.	Watch and join in <a href="#">Take 5 breathing</a> . This will help you to calm down if you are in the yellow zone.  What zone are you in right now? List activities you like to do to calm down. (Eg/ read, draw, hide in a tent, get a hug, lay in a hammock...)	<b>Green over Screen</b>  Paint a <a href="#">kindness rock</a> and place in your front garden or on a path you walk along. It will bring a smile to someone's face and bring you joy. 	Watch <a href="#">Zones of Regulation Home Check-In</a> and create your own for your family to use to show how you are feeling. You might like to make it together.  Follow these steps and copy <a href="#">Zones Check-In</a> proforma (for school).	What zone are you in? Use your Home Check-In & notice changes throughout the day. What causes your emotions/ feelings to change?  Use <a href="#">Lazy 8 breathing</a> as a strategy to calm. 
<b>Morning</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>'Searching for the Main Idea'</b> .  <b>FRUIT BREAK</b>  2. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Soundwaves Week 9'</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>'Building my Vocabulary Week 9'</b> .  <b>FRUIT BREAK</b>  2. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'The Paralympics'</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, however; you may need to access links from the document below to print worksheets you choose to complete. 	<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 Information Report'</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>'Inferences Week 9'</b> .  <b>FRUIT BREAK</b>  2. Go to <a href="#">Seesaw</a> . Find & complete the task <b>'Handwriting Week 9 Year 4'</b> .  <b>FRUIT BREAK</b>  3. Click on the link <a href="#">BTN</a> to watch Behind The News for this week.
<b>Recess Break</b>					

Middle	<div><div>MATHEMATICS</div><div><div>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task ‘Number Chart Fun’.</div><div>2. Optional: Log into <a href="#">Mathletics</a></div></div><div></div></div>	<div><div>MATHEMATICS</div><div><div>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task ‘Using Multiples’.</div><div>2. Optional: Log into <a href="#">Mathletics</a></div></div><div></div></div>	<div></div>	<div><div>MATHEMATICS</div><div><div>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task ‘Length and Perimeters with 3D objects’.</div><div>2. Optional: Log into <a href="#">Mathletics</a></div></div><div></div></div>	<div><div>MATHEMATICS</div><div><div>1. Go to <a href="#">Seesaw</a>. Find &amp; complete the task ‘Exploring Perimeters’.</div><div>2. Optional: Log into <a href="#">Mathletics</a></div></div><div></div></div>
Lunch Break					
Afternoon	<div><div>STAGE 2 ZOOM Call- 2:00 PM</div><div>Bring your pet to Grade Zoom day!</div><div><div>PDHPE</div><div>High Jump</div><div><div>1. Watch Mr Smith’s <a href="#">Video</a></div><div>2. Watch the rules of high jump <a href="#">animation</a></div><div>3. Watch Little Athletic’s <a href="#">video</a></div><div>4. Watch rotating over the bar <a href="#">video</a></div><div>5. Complete the agility, balance and coordination fitness <a href="#">circuit</a> and then go outside and practice your jumping. Be creative!</div></div></div><div></div></div>	<div><div>SCIENCE</div><div>Go to Seesaw. Find &amp; complete the task ‘Science - Branching Keys (Week 9)’.</div><div></div></div>		<div><div>HISTORY</div><div>Go to <a href="#">Seesaw</a>. Find &amp; complete the task ‘First Contacts Poster’.</div><div></div></div>	<div><div>CREATIVE ARTS CELEBRATING INTERNATIONAL DOG DAY</div><div>Click on the link to print the task ‘<a href="#">Paper Dog Puppet</a>’.</div><div>Take a photo and share it with your teacher on seesaw.</div><div></div><div><div>MUSIC</div><div>Head over to Seesaw for some fun with Dance Monkey Rhythm Cups, a song about Dogs and an activity about Dynamics.</div><div></div></div></div>
Make sure you have submitted to your teacher:	<div><div>Monday Week 9 Daily Check in</div><div>Searching for the Main Idea</div><div>Soundwaves Week 9</div><div>Number Chart Fun</div></div>	<div><div>Tuesday Week 9 Daily Check in</div><div>Building my Vocabulary Week 9</div><div>The Paralympics</div><div>Using Multiples</div><div>Science task</div></div>		<div><div>Thursday Week 9 Daily Check in</div><div>My Information Report</div><div>Length and Perimeters with 3D Objects</div><div>First Contacts Poster</div></div>	<div><div>Friday Week 9 Daily Check in</div><div>Inferences Week 9</div><div>Handwriting Week 9 Year 4</div><div>Exploring Perimeters</div></div>

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



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

<div><div>Year 4 Class Zoom Links</div></div>
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<p><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><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=L0NKNGhDUEQxRHI5ZmFXWEFWQUlqUT09">https://nsweducation.zoom.us/j/61076960073?pwd=L0NKNGhDUEQxRHI5ZmFXWEFWQUlqUT09</a></p> <p>Meeting ID: 610 7696 0073 Passcode: 613124</p>	<p><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><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=UjlRNjRjdElkQ0NIUEVYNG4yV1c3QT09">https://nsweducation.zoom.us/j/65206142495?pwd=UjlRNjRjdElkQ0NIUEVYNG4yV1c3QT09</a></p> <p>Meeting ID: 652 0614 2495 Passcode: 565202</p>
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