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# Wellbeing Friday

Stage 2 Remote Learning Weeks 6 and 7

As you will notice on your week 6 and 7 timetables, the Friday column has been left blank. As a school, we are embarking on **Wellbeing Friday**. Our Fridays will be about other ways of learning. Learning about nature, cooking, mindfulness and most importantly, looking after yourself and others.

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On Friday, choose a variety of activities from the Wellbeing Grid that has been included in your pack. If you would like, you can add photos of what you have done to the schools Facebook page.

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# Wellbeing Grid



Choose some activities from our Flexi Friday Grid to make a fun and mindful end to your week. We can't wait to see what you enjoy. Submit your pictures to our school Facebook page.

#### The great outdoors

Find a way to explore in nature. It may be a bush walk, walk around your backyard looking for living things or a stroll around the block.

#### Movement

Go online and complete a "go noodle" guided dance or a "Just dance" routine. Always remember to be safe and warm up your body first.

GoNoodle | Guided Dance

#### **Cooking**

Find a new recipe and cook up a storm in the kitchen. Then the best part, eat it and enjoy.



#### **Origami**

Can you try the craft of Origami. You may make a paper aeroplane and see how far it files or get super creative and learn a more difficult origami pattern from online.

#### Draw, colour or sketch

Try drawing your favourite cartoon, a family member, a pattern or something you see in your garden. You may even find your favourite picture or pattern to colour in.

#### Lego

Use your lego, building blocks or other creative material in your house to build something that goes on water.



#### **Board and Card Games**

Enjoy playing a board or card game with your siblings or family. Remember to be a fair and respectful player.

#### **Photography**

Use a camera, phone or device and take some artistic photos of your favourite subjects.

#### Yoga

Visit the Cosmic Kids Yoga website and practise your Yoga skills.



#### **Gratitude**

Write down or tell someone 5 things you are thankful for this week.

#### **Sensory**

Spend time playing with a sensory toy. This may be playdough, kinetic sand, pop it, sandpit, slime or dirt/mud.



#### Sidewalk drawing

Using chalk or a paintbrush with water draw some wonderful patterns and designs on your driveway or sidewalk.

Week 7: English Lesson - Informative Writing, Task 2	2, Monday 23rd August
	Picture:
Name of animal:	
Description:	
	Habitat:
	] ]
Diet:	
	Interesting facts:
	Tree resemble reces.



### **China's Wandering Elephants**

### **Focus Questions**

Disc n res

	the BTN story as a class and record the main points of the discussion. Students will the
•	d to the following: Retell the BTN story using your own words
	How long ago did the elephants leave their jungle home?
3.	About how far have the elephants travelled?
4.	What damage have the elephants caused?
5.	What are the safety concerns with the wild elephants?
6.	How does Dr Boardman describe the behaviour of the wandering elephants?
7.	About how many Asian elephants are in the wild in China?
8.	What could be impacting the elephant's food supplies?
9.	What methods are Chinese authorities using to track the elephants?
10.	Name three facts you learnt about elephants.

## **Near Doubles**

Monday

#### Round 1

8. 
$$7 + 8 =$$

9. 
$$6 + 7 =$$

Time:\_\_\_\_\_

Errors: \_\_\_\_\_

Tuesday

#### Round 2

$$3.3 + 4 =$$

9. 
$$5 + 6 =$$

Time:\_\_\_\_\_

Errors:

Wednesday

#### Round 3

$$3.7 + 8 =$$

$$8.5 + 6 =$$

9. 
$$17 + 18 =$$

Time:

Errors:

## Addition and Subtraction

Thursday

#### Round 1

$$4.5 - 3 =$$

8. 
$$7 - 7 =$$

9. 
$$2 - 2 =$$

11. 4+5=

Errors:

#### **Friday**

#### Round 2

9. 
$$15 - 7 =$$

Time:\_\_\_\_\_

Errors:

#### **Optional**

#### Round 3

$$6.32 + 18 =$$

$$8.25 + 6 =$$

Time:

Errors:



### **Subtracting 1-digit from 2-digit** (with regrouping)

#### **Grade 3 Subtraction Worksheet**

Find the difference.



### **Subtracting 1-digit from 2-digit** (with regrouping)

#### **Grade 3 Subtraction Worksheet**

Find the difference.

$$3.63 - 2 = 61$$

3. 
$$63 - 2 = 61$$
 4.  $40 - 5 = 35$ 

$$7. \quad 47 - 3 = 44$$

9. 
$$27 - 4 = 23$$

11. 
$$41 - 5 = 36$$

17. 
$$37 - 8 = 29$$

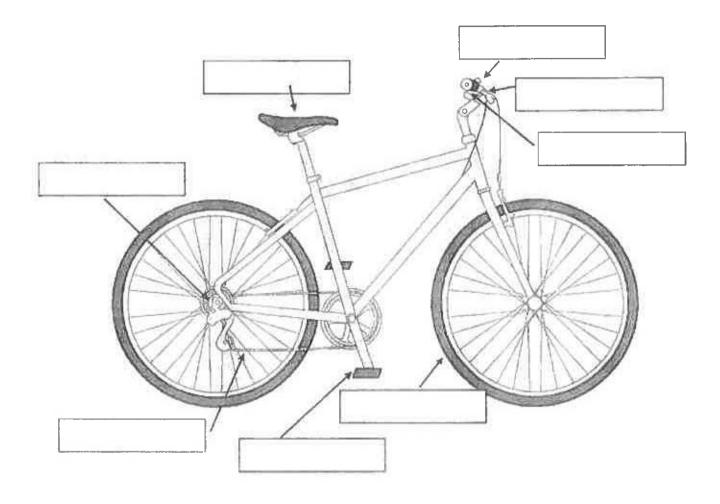
19. 
$$31 - 4 = 27$$

Name:

Date:

### **Bike Parts**

Cut and paste the parts of the bike onto the picture.



beli	brake lever	seat	tyre		
pedal	chain	gears	handlebar		

# weekly GRATITUDE journal

	uate:
MOM	
TUE MON	
THU WED	
A H	
TA I	
SAT	
N N	

# gratitude prompts

- · A person who inspires you
- Something you ate
- A smell that brings you joy
- · Something in nature
- · A luxury you have that others around the world might not
- Something good about your job or work
- Something you made
- · Your favorite trait about yourself
- Spending time doing something you love
- A personal accomplishment
- · Something about where you live
- Your means of transportation
- A skill you possess that you are proud of
- Something that made you smile today
- Something that made this week a little better than last week
- A song or podcast that makes you feel happy
- · The weather
- A lesson you learned
- A memory that makes you laugh
- Something warm and cozy
- A place in your home that makes you feel relaxed
- Your favorite childhood memory
- A physical ability you have that you have taken for granted
- A show or movie that makes you smile
- A pet that left a lasting impression
- A piece of clothing that made you feel comfortable
- An emotion you felt today
- A quote that inspires or motivates you
- Modern technology that makes your life easier
- · Something someone else did for you
- Something that made you laugh today

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Tuesday Wk7, Literacy Task 3 – Ian Thorpe

### Ian Thorpe - Editing

Read the following paragraph and make the necessary edits using the editing mark symbols.

Capital Letter III  Lower case letter /  Add end marks  Spelling mistake  Add a word  Doesn't make sense  New paragraph  []  Add a space #  Add a space   #  Australian swimmer when he competed, he specialian in freestyle though also swam in backstroak and individual medly  He won five Olympics Gold Medals, the most one an Australia. he was the most successful athlete the 2000 summer Olympics with three gold and silver medals.  In total, he has one eleven World championship go and was the australianswimmer of the Year from 1999 to 2003. He recognise Young Australian of Year in 2000.						
Lower case letter /  Add end marks  Spelling mistake  Add a word  Doesn't make sense  New paragraph  []  in freestyle though also swam in backstroak and individual medly  individual medly  He won five Olympics Gold Medals, the most one an Australia. he was the most successful athlete the 2000 summer Olympics with three gold and silver medals.  In total, he has one eleven World championship go and was the australianswimmer of the Year from 1999 to 2003. He recognise Young Australian of	Editing Marks		Ianthorpe, who was born on 13th October 1982, is			
Add end marks  Spelling mistake  Add a word  Doesn't make sense  New paragraph  []  Add a space  #  He won five Olympics Gold Medals, the most one an Australia. he was the most successful athlete the 2000 summer Olympics with three gold and silver medals.  In total, he has one eleven World championship go and was the australianswimmer of the Year from 1999 to 2003. He recognise Young Australian of Year in 2000.	Capital Letter	III	in freestyle though also swam in backstroak and the			
Spelling mistake  Add a word  Doesn't make sense  New paragraph  Add a space  He won five Olympics Gold Medals, the most one an Australia. he was the most successful athlete the 2000 summer Olympics with three gold and silver medals.  In total, he has one eleven World championship go and was the australianswimmer of the Year from 1999 to 2003. He recognise Young Australian of Year in 2000.	Lower case letter	/	individual medly			
Add a word  Doesn't make sense  New paragraph  Add a space  #  Add a space  An Australia. he was the most successful athlete the 2000 summer Olympics with three gold and silver medals.  In total, he has one eleven World championship go and was the australianswimmer of the Year from 1999 to 2003. He recognise Young Australian of Year in 2000.	Add end marks	.?!				
Silver medals.  Doesn't make sense  New paragraph  []  Add a space    Silver medals.  In total, he has one eleven World championship go and was the australianswimmer of the Year from 1999 to 2003. He recognise Young Australian of Year in 2000.	Spelling mistake	$\bigcirc$	He won five Olympics Gold Medals, the most one by an Australia. he was the most successful athlete at			
New paragraph  []  Add a space  #  In total, he has one eleven World championship go and was the australianswimmer of the Year fr 1999 to 2003. He recognise Young Australian of Year in 2000.	Add a word	^				
Add a space # 1999 to 2003. He recognise Young Australian of Year in 2000.	Doesn't make sense		In total, he has one eleven World championship golds			
Add a space # Year in 2000.	New paragraph	[]	and was the australianswimmer of the Year from			
After you have edited the paragraph, rewrite the text correctly on the lines below.	Add a space	#	1			
	After you have edited	the paragraph	n, rewrite the text correctly on the lines below.			

	·
	(0)
	- Man 30
	and and
	ENGLY COLD
	The second of the second of
	2000
	3
	5 0 - 22-5
	a a man





Name

Date

# Monster Subtraction'



2.

3.

4.

6.

7.

8.

10.

11.

12.

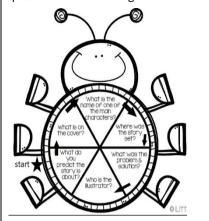
#### Show your work here:



13. If a red monster captured 300 green monsters and ate 100 for breakfast, 50 for lunch, and 25 for dinner, how many green monsters would be left?

#### WEEKS 6 AND 7 LIBRARY ACTIVITIES: CHOOSE 2 ACTIVITIES TO DO EACH WEEK

Choose a story and answer the questions from the bug!



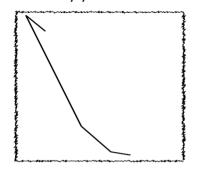
Start at the star and work around answering all the questions

Below are 2 book titles using pictures.



you guess them??
Make up 5 book titles using only pictures (no words)
Make sure you have an answer sheet just in case.

Recreate the squiggle below and turn it into a character from a story you like.



Keep the squiggle in black and add on the other details in colours.

Design your own imaginary creature from a new world.

Do they have wings, fur or feathers? What noises do they make? Do they have special powers? Make sure you give them a name!

Write a story about a trip to the new world. Tell us about your journey there, what it was like when you got there, what adventures you had with your creature and how you got home again.

Relax and read outside in the sunshine, you must read for at least 15



minutes!

**Lesson Learned** 

Watch the following story: Fill my Bucket

https://youtu.be/mWe6Z3zFwoA?t=2

What lesson does the main character learn at the end of the story? Why is this lesson important?

Design and create a party for the Book Week theme:

'Old Worlds, New Worlds, Other Worlds'.

Include items like party invitations, decorations, food, a party game or two. You could create a dress up costume or colouring pictures to go with it.

Watch the following story: Where's my mum?

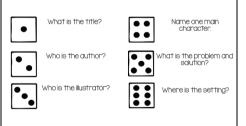
https://youtu.be/YMoYNHIVQJQ

Create a jigsaw puzzle to represent all the characters in the story.

You could use a picture from the story or create your own to draw and cut up into a puzzle.

Choose any book

Roll the dice and answer 4 of the questions about your book.
If you do not have a book at home, go onto storyline online and use one from there.



Name:			Date:	
	Bike Ri	ding is Awe	esome!	
Fill in the	missing words.			
Γ	brain	exercise	riding	
	fitness	bones	energy	
Bike	also help	elop strength, balance os with your coordinat os your and gives you more	tion. Bike riding is a g	good form t. Exercise
great way to	o have fun with you	ur friends and family.		
Draw a pi your pictu	ire	like to go bike riding.		

### Comprehension Questions for 'Popular Pets'

1.	How often should you take your pet dog for a walk?
2.	Why are dogs popular pets?
3.	Mαke α list of things cats like to do.
4.	Why would you need a bigger fish tank?
5.	Find and copy one word from the text which means 'important'.
6.	In your opinion, which of these three pets would be the easiest pet to look after? Explain your answer with examples from the text.
_	





Subtraction

Name:

1) 5 4

9 5- 7 2

3) 8 7 - 5 1 4) 7 7 - 2 2

5) 4 6

6) 2 8

7) 8 2

8 8 3

9) 5 5 7

10) 7 9 - 3 3 11) 5 9 - 4 6 12) 8 7

13) 9 5

14) 7 6 - 4 6 15) 8 6 - 5 5

16) 9 4 - 2 8

17) 8 5 - 5 7 18) 6 8 - 3 6 19) 8 9 - 4 9

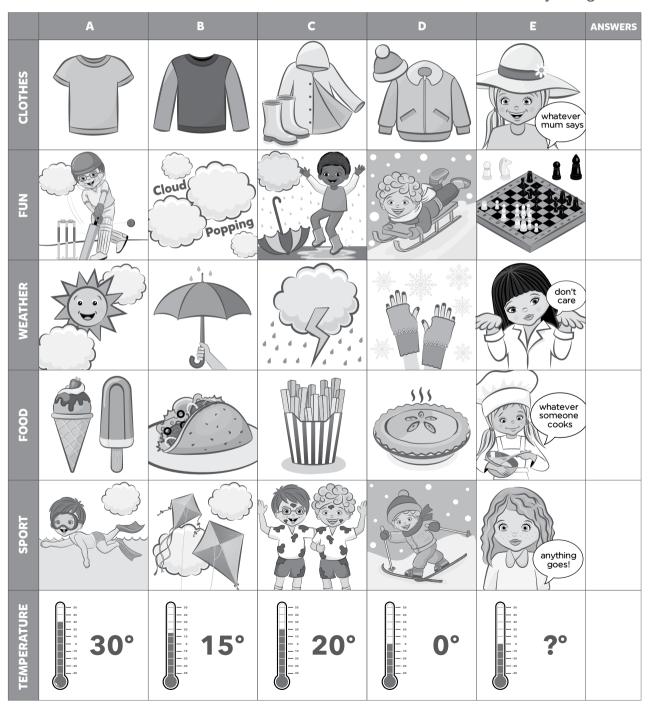
20) 7 3 - 3 7

## Are all climate types the same?

Did you know that the weather can affect how you feel? Rainy days can make some people feel grumpy because they like it to be sunny. Some people like rainy days and don't like it when it's hot.

### What climate type are you?

To discover your weather personality, colour the picture you like best in each row. Write the letter in the answer box. Then check the answers and see if you agree.



#### **Answers**

**Mostly A** 



Warm, sunny weather brings out the best in you. You feel happy and less angry on days with more sunshine and heat. Rainy days dampen your spirits.

**Mostly B** 



You get grouchy when it turns warm and sunny. A dull day makes you feel upbeat. A little rain gives your mood a boost.

**Mostly C** 



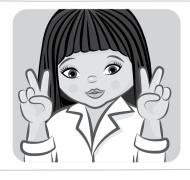
You love the sound of the rain on the roof. Rain makes you feel cosy inside. You like to snuggle up and read a book. When it spraining you like to splash in the puddles. You love the fresh smell of the earth after it rains.

Mostly D



Cold weather is relaxing for you. A blanket or hot drink always makes you feel good. You enjoy cuddles. The weather will never stop you from playing outside.

**Mostly E** 



Weather doesn't bother you. Rain, shine, hot or cold – you calmly keep going. You least like cool, cloudy days but you never let the weather stop you from doing anything.

Now you know your weather type, you might like to know which place has the best climate for you to live.

A **Temperate climate** is warm in summer and cold in winter.

It rains on and off all year. There are no extremes of weather.

A **Tropical climate** is hot and humid. It is warm all year and has a lot of rain.

A **Desert climate** does not get much rain. It is very hot in the day and cold at night.

2	Dook at your climate zone map of Australia.
а	Which climate zone would be the hottest?
b	Which climate zone would be the wettest?
С	Which climate zone would be the most mild (not very hot or cold or wet)?
d	Which climate zone would have snow?
3	Each state can have more than one climate zone.
а	Which states have a Temperate Zone?
b	Which states have a Desert Zone?
c	Which states have a Tropical Zone?
<b>4</b> a	The Temperate Zone has four seasons. Can you name them?
b 5	How long would each season last?
a	The Tropical Zone has two seasons. Can you name them?
h	How long would each season last?

Unit 3 Climate of Places

- 6 Go to the website created by the Australian Government to find out more information about the weather. Look at the Climate Averages Map.
- **a** Find your town or city
- **b** What is the highest temperature?
- **c** What is the lowest temperature?
- Find a place in a climate zone where you would like to live.
- Talk to your partner, group or class about the weather there.

Facts about weather and climate are often given in a graph. A Climate Graph shows the high and low temperature, and the rainfall over a long time.

Look at the Climate Graph for Sydney. The columns are the rainfall. The lines are the temperature.



- Which month had the most rain?
- **b** Which month had the least rain?
- **c** What are the two hottest months?
- **d** What are the two coldest months?
  - Check your answers are correct.
- What is the largest desert in the world? It's not the Sahara. The answer may surprise you. Why is it considered a desert?

# Multiplying by Three

Find the **product**.



Fill in the multiplication chart.

X	1	2	3	4	5	6	7	8	9	10
3										