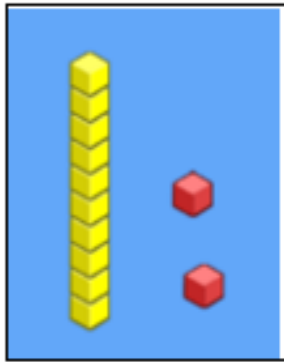


**Day 1 English:**

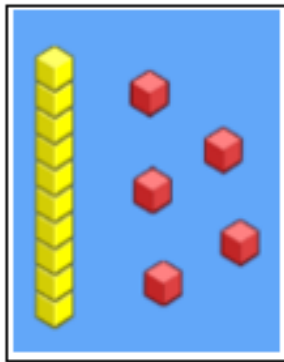
Cut out the images and re arrange in the order of going to meet the bear.



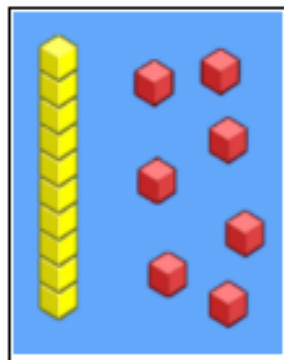
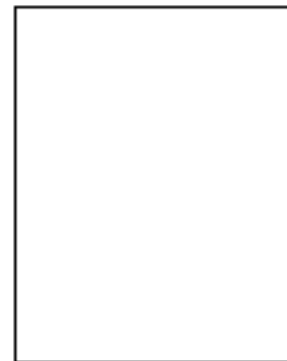
**Day 1 Maths:**



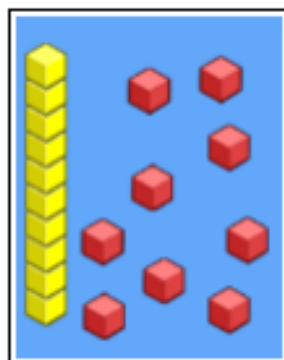
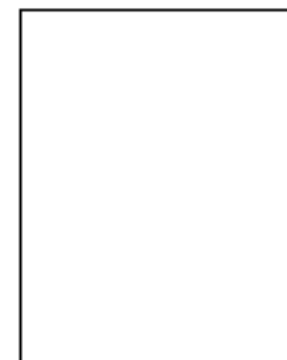
*One more*  
→



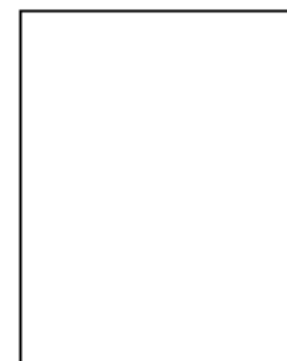
*One more*  
→



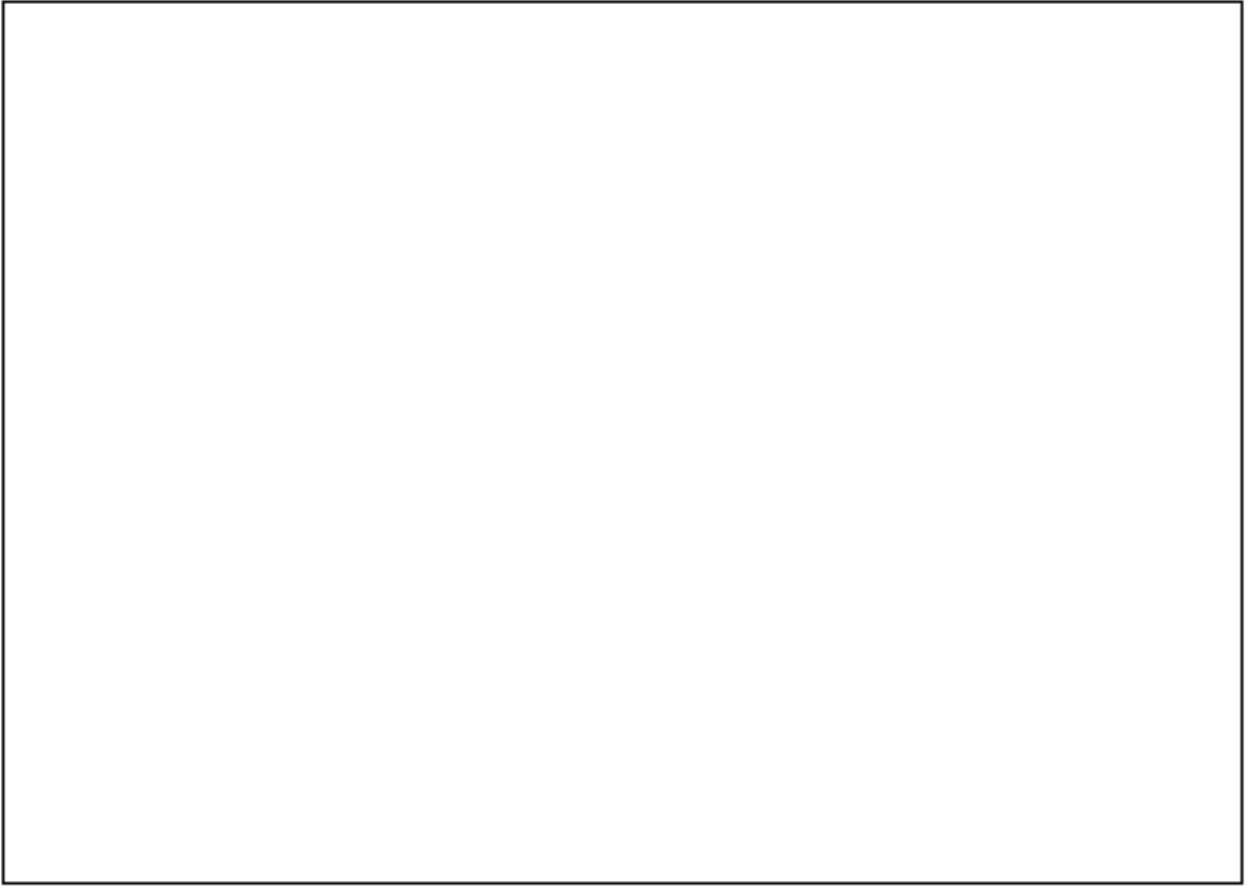
*One more*  
→



*One more*  
→



**Day 1 RE:**



*I celebrate...*

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---

---

**Day 2 English**

ph

e b p h a r m a c y h s  
m l k e l e p h a n t e  
p v s a t n s a t b c m  
h h p p y e p x a p s a  
a a x o p p h y s h d u  
s p p s h h y w t o o t  
i r h t o e s m r r l o  
s o o r o w i q o p p g  
n p b o n h c d p h h r  
r h i p s s a t h a i a  
a e a h f b l i e n n p  
d t t e l e p h o n e h



telephone  
apostrophe  
catastrophe  
emphasis

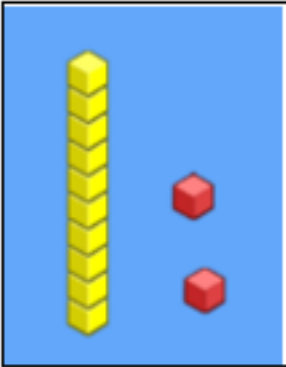
elephant  
typhoon  
autograph  
dolphin

phobia  
pharmacy  
physical  
orphan

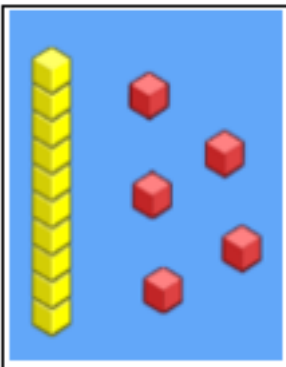
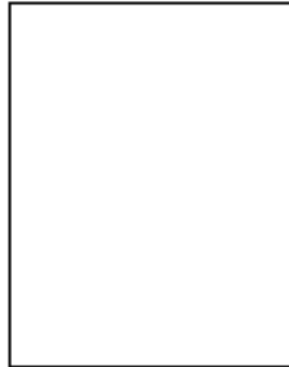
prophet  
nephew



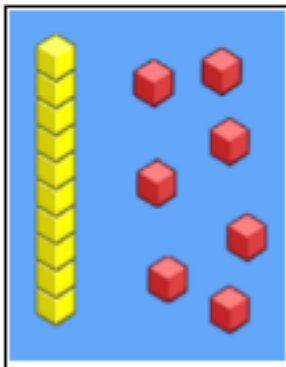
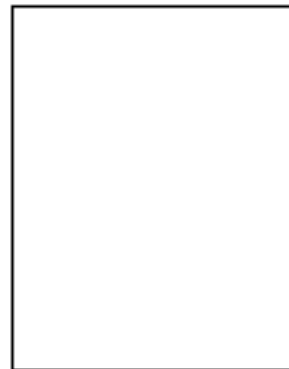
**Day 2 Maths:**



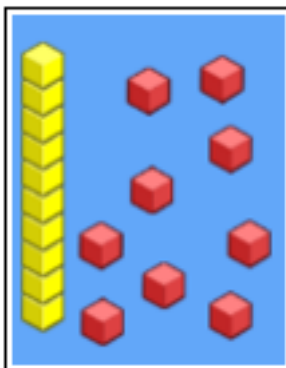
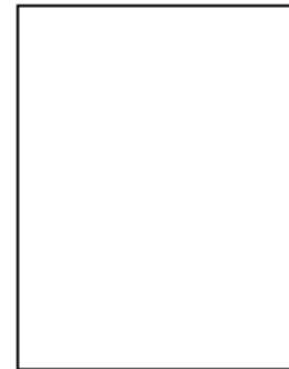
*One less*  
→



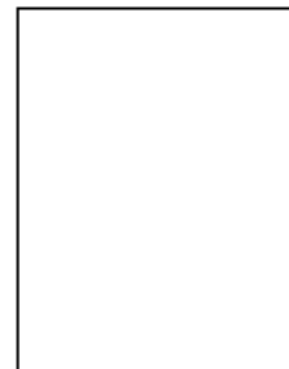
*One less*  
→



*One less*  
→

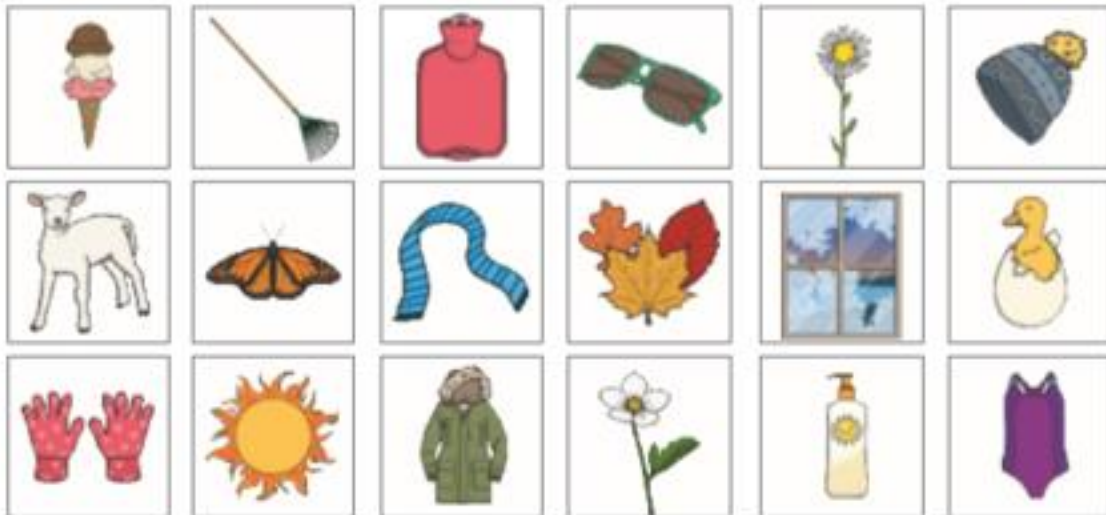
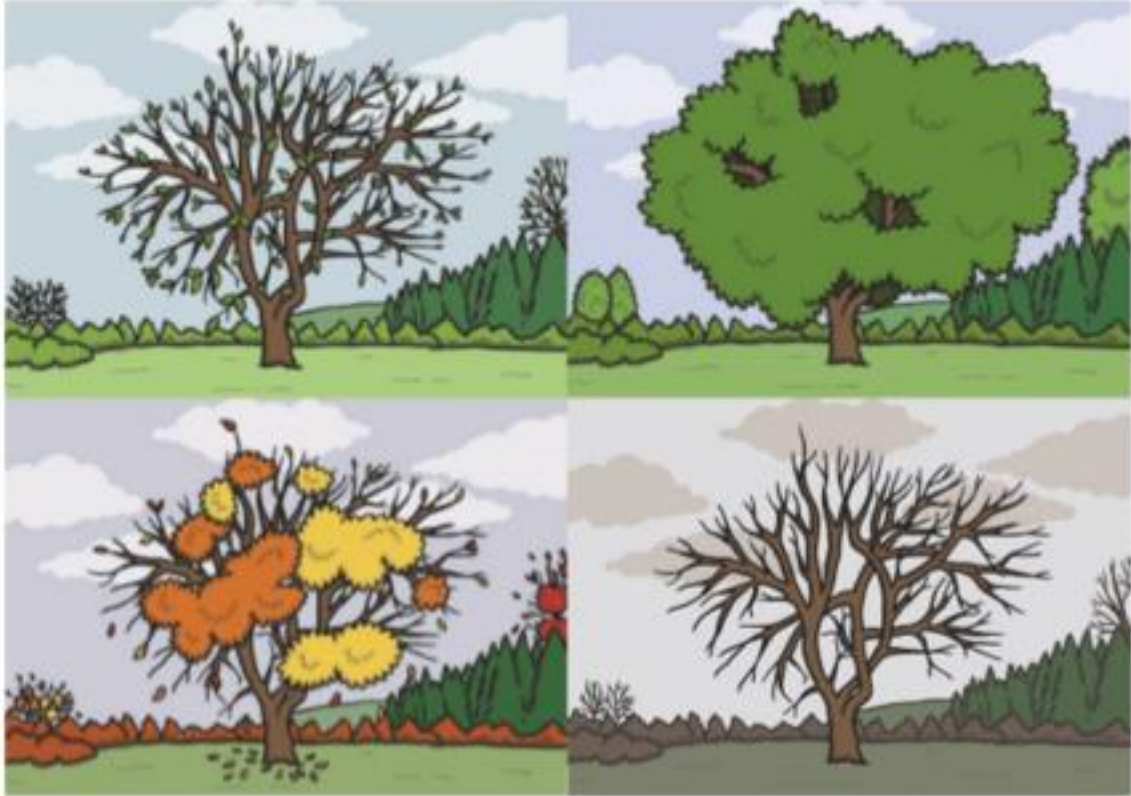


*One less*  
→

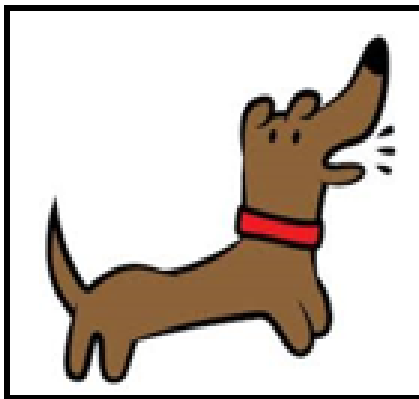
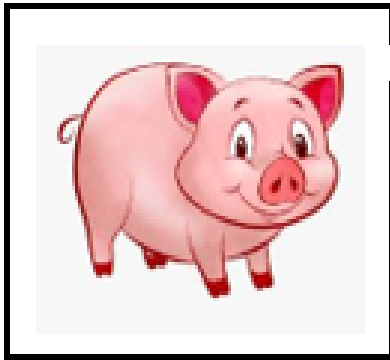


**Day 2 Science:**

# Seasons Matching



**Day 3 English:**



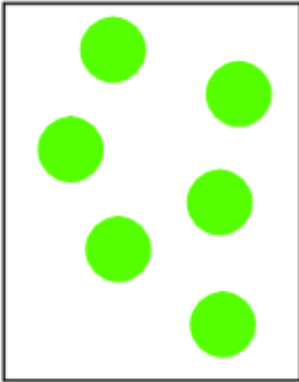
Crash

Woof

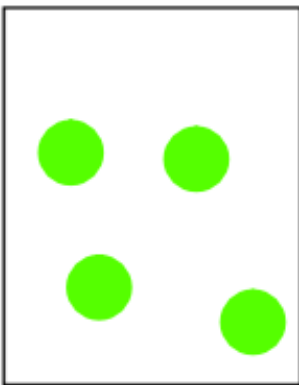
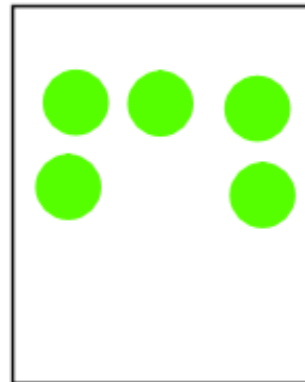
Oink

Splash

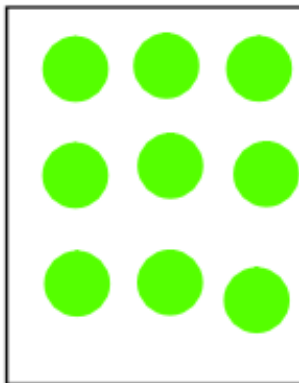
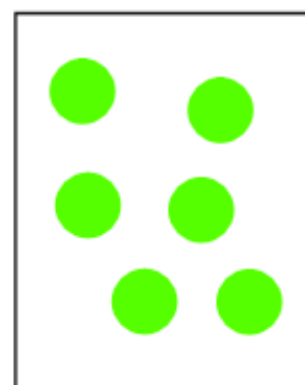
**Day 3 Maths:**



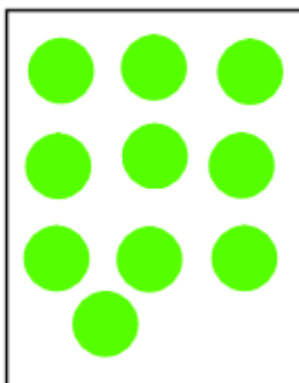
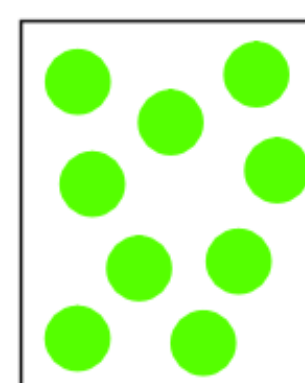
*is*



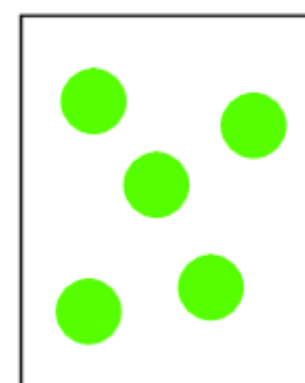
*is*



*is*



*is*




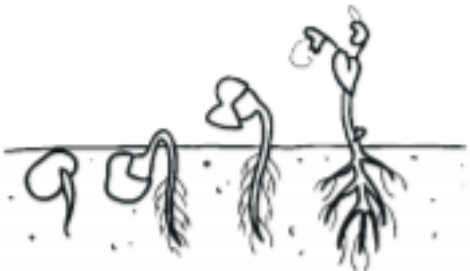




**Day 4 English:**

# ew Words Cut and Paste

Can you make words to match the pictures?

<b>g</b>	<b>f</b>	<b>s</b>	<b>c</b>	<b>ew</b>	<b>ew</b>
<b>h</b>	<b>l</b>	<b>r</b>	<b>cr</b>	<b>ew</b>	<b>ew</b>

**Day 4 Maths:**



is less than



is greater than

is less than



is less than



is greater than

**Day 4 P\$HE:**

## What Makes Me Happy?

Can you think of all the **things** that make you happy?

Can you think of all the **people** who make you happy?

Draw pictures around the sunshine to show your answers to these question!

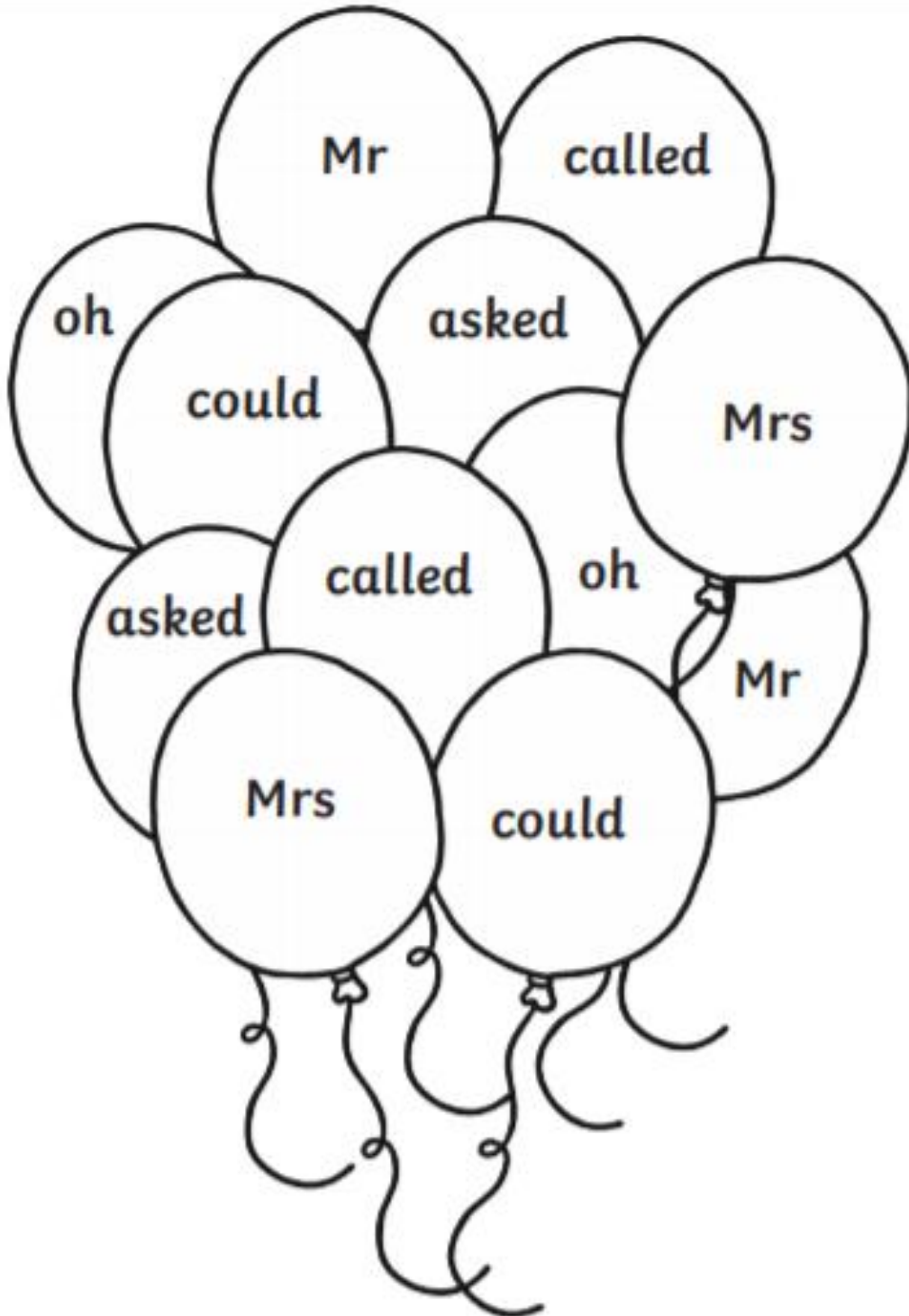


**Day 5 English**

**Balloons Tricky Word Colouring**

Read the tricky words and colour the balloons using the clues below.

oh=**red** Mr=**blue** Mrs=**yellow** could=**green** called=**orange** asked=**purple**



**Day 5 Maths:**

$$11 + 6 = \underline{\quad}$$

$$8 + 7 = \underline{\quad}$$

$$12 + 4 = \underline{\quad}$$

$$5 + 10 = \underline{\quad}$$

$$9 + 9 = \underline{\quad}$$























$$17 + 3 = \underline{\quad}$$

$$4 + 8 = \underline{\quad}$$

$$7 + 9 = \underline{\quad}$$

Additional resources:

**Digraphs Sounds Mat**

ay 	ou 	ie 	ea 	oy 	ir 	ue 	ue 
aw 	wh 	ph 	ew 	ew 	oe 	au 	ey 
a-e 	e-e* 	i-e 	o-e 	u-e 	u-e 		

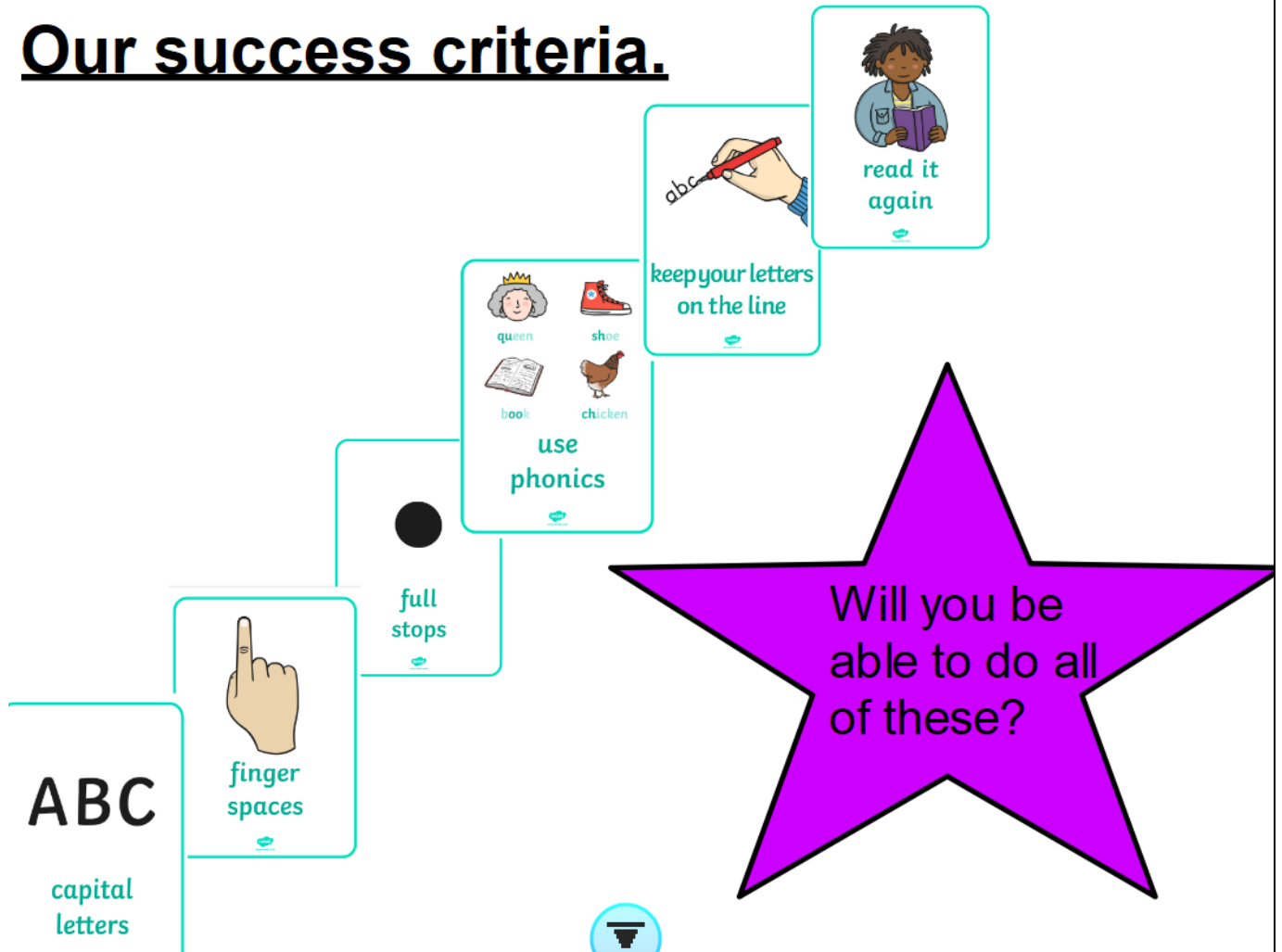
\*even



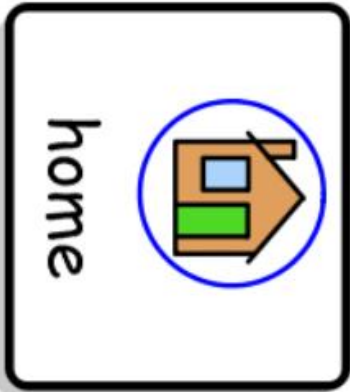
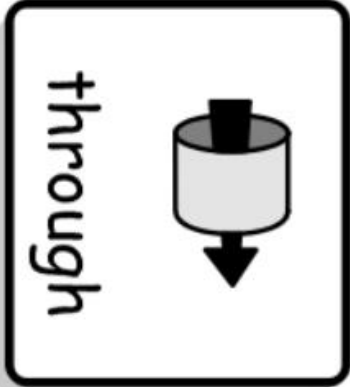
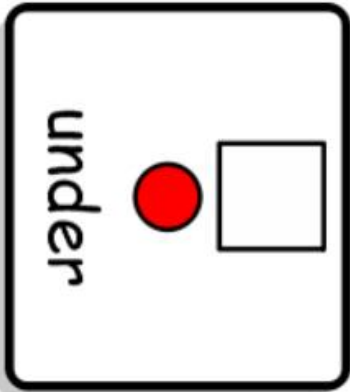
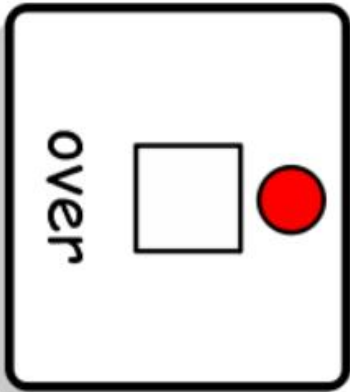
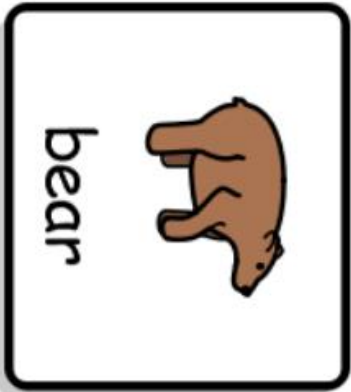
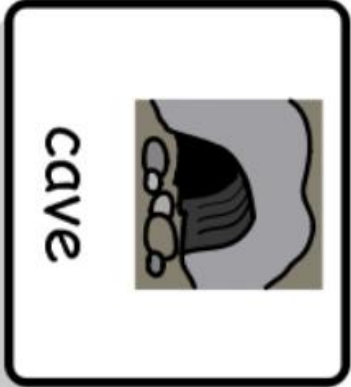
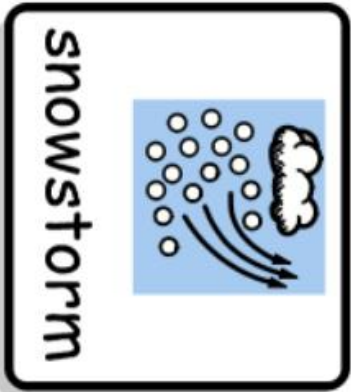
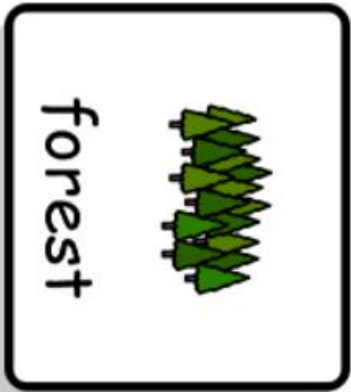
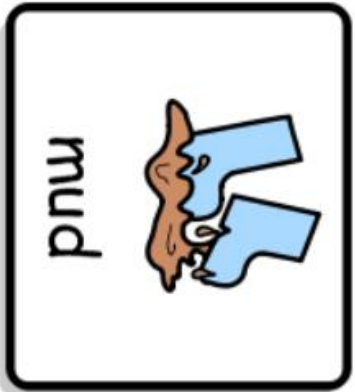
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



# Our success criteria.



Will you be able to do all of these?





# Mountain Pose

## Tadasana

### Benefits

Improves posture, strengthens core muscles and legs.



- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hang your arms beside your torso.
- 4 Breathe deeply and hold as long as needed (at least two breaths).

## Chair Pose

### Utkataasana



#### Benefits

Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side).
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling with your palms facing each other.
- 4 Hold this pose and breathe.

## Tree Pose

### Vrikshasana



#### Benefits

Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.

- 1 Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)
- 2 Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.
- 3 Press your hands together.
- 4 Raise your arms over your head and look up to your hands if possible.
- 5 Return hands to your chest and lower your right leg.
- 6 Repeat with left leg.

## Rainbow Pose



#### Benefits

Stretches arms, abdominals, spine and chest; calms the mind.

- 1 Start on your knees. Raise both hands over your head.
- 2 Drop one hand by your side, exhale and arch your arm over your body.
- 3 Hold this position.
- 4 As you bring your dropped arm back over your head, straighten your body.
- 5 Repeat on the other side.

## Shrove Tuesday:



### Ingredients

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100g plain flour

---

2 large eggs

---

300ml milk

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1 tbsp sunflower or vegetable oil, plus a little extra for frying

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lemon wedges to serve (optional)

---

caster sugar to serve (optional)

---

### Method

#### STEP 1

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

#### STEP 2

Set aside for 30 mins to rest if you have time, or start cooking straight away.

#### STEP 3

Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

#### STEP 4

When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

#### STEP 5

Serve with lemon wedges and caster sugar, or your favourite filling. *Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.*

Mindfulness colouring:



