



Wellbeing Menu

YEAR 4

Try to choose one a day- some may take two days to finish.

ART/DT

Project: Collect some twigs, leaves, stones in your garden or on your walk as part of your daily exercise and with this collection, can you create a piece of art work? It may be a family photo or your house?



PE/FITNESS

Project: Can you create a short home video that the Year 4 teachers can try to copy to keep fit and stay healthy?

Get an adult to video you doing three exercises and post it to class dojo so that we can have a go! We will feedback to you about how we got on!



PERSONAL DEVELOPMENT

Project: Can you make a time capsule for this time living through the Corona Virus? You might want to put the letter from the Prime Minister inside a small box, a piece of work that you have done, a picture of you, memories? Bury it somewhere safe and when this is all over, people in the future can learn what it was like for you!



SCIENCE

Make your very own Lava Lamp!

All you need is an empty water bottle, vegetable oil, water, food colouring of your choice and Alka-seltzer tablets.

1. Fill the empty water bottle about 2/3 full with vegetable oil
2. Fill the rest with water, leaving a little of space at the top.

Notice that the water sinks below the vegetable oil. Oil and water just do not mix. The oil floats on the surface because the water is heavier (has a higher density) than oil.

3. Now, add the food colouring. The food colouring will only mix with the water, not the oil. Only stir gently, do not shake it!

4. When you are ready for the fun, break an Alka-seltzer tablet into four pieces. Drop in one piece at a time.

5. Sit back and watch the fun.

GEOGRAPHY

Can you pick a country – anywhere in the world and can you find at least 5 facts about the country – it could be its capital city, population, famous landmarks etc. Can you make a factual poster?



PERSONAL DEVELOPMENT

Project: Learn a new life skill – set yourself a challenge this week – something you cannot do but with practise, you will succeed – it maybe tying your own shoe laces, washing up, telling the time or learning a new language! We would love to hear what you have chosen to do!



ART/DT

PERSONAL DEVELOPMENT

ART/DT

In this lesson, we will learn about texture and collect rubbings of textured objects to make an artwork.

<https://www.thenational.academy/year-4/foundation/texture-treasure-hunt-year-4-wk4-5>

Have a go at collecting rubbings from your garden! You will need a piece of paper and a crayon to get started



I AM AN AMAZING PERSON

Finishing the sentence starters in the stars will help you see what your talents are and how amazing you are.

<https://www.bbc.co.uk/bitesize/articles/zbcthbkb>



Project: If you were the leader of a new country – what would be your flag? Would you choose your favourite colours/patterns/quotes/animal? What would it represent? Let's have a look at your designs!



GEOGRAPHY

Using the country you picked for your poster to research – can you design a quiz – five questions that you can ask the teachers in Year 4 all about? We love a good quiz and would love for you to send it to us so we can show you how well we have done! Entries onto Class Dojo!



HISTORY

What do you know about England's kings and queens over the years? Do you know who ruled England in what order starting with William the Conqueror? Can you list them to date, write some information about them or even turn your information into a game like Kings and Queens Bingo or Top Trumps? Here is a great song from Horrible Histories to help you out!!

<https://www.bbc.co.uk/cbbc/watch/horrible-histories-song-the-monarch-song>



PERSONAL DEVELOPMENT

Can you invent something new? It could be anything you want, a new toy, a game, a piece of camping equipment, even a pair of wings?! Who would benefit from this new invention? What would it look like? Send us your ideas!

