

**Year 5 Home Learning – 2nd half of the Summer Term 2023**

<b>Food Technology</b>  When we visit the farm in June, we will prepare (and eat!) our own pizzas.  Try to do some research into how pizza is made and the ingredients.  Then you could draw a design plan of your ‘Perfect Pizza’ and write a recipe to go with it. Remember to use everything that you know about instruction texts!	<b>History</b>  You have been learning about the Vikings and you know a great deal about their way of life.  Imagine you are a Viking - you could be a King, a farmer, a craftsman or a slave! Write a story about an interesting event for your character.  Remember, all good stories have a problem that gets resolved.	
<b>Wonderful words</b> Look at the Year 5 & 6 Words List. Choose 4 or 5 words to practise at a time.  <div><div>1.</div><div>If you’re not sure of the meaning of a word, look up the definition in a dictionary.</div></div> <div><div>2.</div><div>Learn the correct spelling by using: Look, Say, Cover, Write, Check.</div></div> <div><div>3.</div><div>Write a sentence which includes the word to show that you understand its meaning.</div></div> <div><div>4.</div><div>Challenge yourself to include a drop-in clause (e.g. -ing verb) or a relative clause (e.g. who, which, that)</div></div>		
<b>PSHE</b>  It’s been a wonderful, but very busy, year.  We all know the importance of mindfulness and how much you enjoy the calming activity in our Jigsaw lessons.  Try some of the Daily Mindful Moments below.  Can you add some of your own ideas?	<b>Maths</b>  Create a quiz to test someone’s mathematical vocabulary knowledge.  <i>For example: What is the name of a fraction where the numerator is greater than the denominator?</i>  Think about all the learning we have covered this year!  Remember to create an answer sheet as well!	<b>English</b>  We are studying playscripts this half term.  One of Great Britain’s most famous playwrights is William Shakespeare.  Carry out some research about his life and choose the way you would like to present it. It could be a poster, an information text, a quiz (with answers!) or a PowerPoint presentation.

**In addition to these, please remember to spend 20 minutes daily reading and 15 minutes on your number facts.**

## Year 5 and 6 Words list



accommodate	conscience	explanation	necessary	rhythm
accompany	conscious	familiar	neighbour	sacrifice
according	controversy	foreign	nuisance	secretary
achieve	convenience	forty	occupy	shoulder
aggressive	correspond	frequently	occur	signature
amateur	criticise	government	opportunity	sincere
ancient	curiosity	guarantee	parliament	sincerely
apparent	definite	harass	persuade	soldier
appreciate	desperate	hindrance	physical	stomach
attached	determined	identity	prejudice	sufficient
available	develop	immediate	privilege	suggest
average	dictionary	individual	profession	symbol
awkward	disastrous	interfere	programme	system
bargain	embarrass	interrupt	pronunciation	temperature
bruise	environment	language	queue	thorough
category	equipped	leisure	recognise	twelfth
cemetery	equipment	lightning	recommend	variety
committee	especially	marvellous	relevant	vegetable
communicate	exaggerate	mischievous	restaurant	vehicle
community	excellent	muscle	rhyme	yacht
competition	existence			



# My Daily Mindful Moments

Mindfulness can help us to feel calm, relaxed and content. It is all about paying attention to the present moment. It can help to settle our busy minds and racing thoughts, especially when we are feeling stressed, worried or anxious. Mindfulness can also help us to appreciate ourselves and the world around us. Making time each day to have a mindful moment can help our minds to feel and stay well.

Use this calendar to take a mindful moment each day of the month to help you look after your mental health.

**1**  
Breathe in for three seconds and out for five seconds. Repeat this three times. Really notice your breath.

**2**  
Look up at the sky. Take time to really notice what it is like.

**3**  
 Take a pencil for a walk on a piece of paper. Let it go wherever it likes. Notice how it feels.

**4**  
Think of three things that make you special. Notice how it feels.

**5**  
Blow up an imaginary balloon — deep breath in and slow breath out. Really feel your breath.

**6**  
Look around the space you are in. Slowly, name each thing you see.

**7**  
Focus on the sounds you can hear — describe them in your mind.

**8**  
Think of three things that make you feel happy. Notice how it feels.

**9**  
Smell your snack. Describe what you smell.

**10**  
Starting at your toes, notice how each part of your body feels until you reach your head.

**11**  
Make a creation of your choice. Really notice and appreciate it.

**12**  
Think of three things you are grateful for. Notice how it feels.

**13**  
Listen to a piece of music which relaxes you and notice how you feel.

**14**  
Think of three things you love about yourself. Notice how it feels.

**15**  
Eat your lunch and notice how it feels in your mouth.

**16**  
Go on a mindful walk, really noticing what you see, hear and feel.

**17**  
Create a colour pattern to show how you are feeling.

**18**  
Tense all the muscles in your body, hold the squeeze for three seconds. Then, flop and relax your muscles for five seconds. Repeat.

**19**  
When you have a drink, really notice how it feels.

**20**  
Look closely at your snack. Describe what you see.

**21**  
Think of three things you are looking forward to today. Notice how it feels.

**22**  
Feel the breeze on your face. Really notice how it feels.

**23**  
Touch something soft and really notice how it feels.

**24**  
Colour in a picture mindfully — really noticing the colours and shapes.

**25**  
Learn something new about an animal of your choice. How does it feel?

**26**  
Share kindness with someone else. Notice how it feels.

**27**  
As you walk, run or play, really notice how your body feels.

**28**  
Chat with a friend — really notice what they are saying with their words and body.

**29**  
Trace your finger in a pattern on a flat surface. Notice how it feels.

**30**  
Sit quietly for one minute. Focus on your breath and let your mind and body settle.

**31**  
Take a mindful moment in any way you choose.



visit [twinkl.com](https://www.twinkl.com)

Well done for making time to be mindful each day this month!  
How do you feel?

