

Tuesday 15th September

Morning Challenge

1) $4 \times 6 =$

2) $2 \times ? = 18$

3) $__ \times 10 = 80$

4) 35 divided by 5 =

5) 366 divided by 3 =

6) 48 divided by 4 =

7) 124 divided by 2 =

8) $560 + 1,002 =$

9) $5.4 + 1.5 =$

10) $356 - 21 =$



Read your book and quiz if you
need to.

Tuesday 16th September 2026

Close Reading

Flourishing - to hold up, wave, or brandish an object proudly or excitedly so that everyone can see it.

Why was mum so excited?

Then she told me to close my eyes. When I opened them again, she was flourishing two passports at me, a huge smile on her face. "Grandma's idea," she said, "and I promise you, Will, it's the best idea she ever had – actually I think it was Grandpa's. Anyway, she said that they thought it would be good for us to have Christmas away on our own, just the two of us, somewhere very special, somewhere we can forget... y'know, somewhere thousands of miles away."

She took a brochure out of her bag, and waved that at me too. "Look, Will! There's the hotel. There's the beach. There's the sea and the sand. And do you know where that is? Indonesia, where my family come from. I've never ever been there, and now I'm going, and you're coming with me. Full of surprises, your grandma. She never asked. Well, she wouldn't, would she? She just went ahead and booked it. 'A Christmas present from Grandpa and me,' she says. 'You just go and enjoy yourselves.'"

Mum's whole face was bright with laughter now. "All we needed were those injections – remember, Will? – then just our passports, our summer things, and we're on our way."



"What, now? We're going now?"

"Right now."

"What about school?"

"No more school, not for the time being. Don't worry, I've asked Mr Mackenzie. He's fine about it. We're going to chill, Will."

It was one of Dad's old jokes. This was the first time we'd really laughed in a very long time. It turned to tears soon enough. Crying together, I discovered then, was so much better than crying alone. We clung to one another in the back of the taxi, and at last began to let go of our grief.

At the station, the taxi driver helped us out with the suitcases. He wouldn't accept any payment. "It's on me," he said, taking Mum by the hand, and helping her out. "It took me a while to work out who you were. I was in the crowd outside the church at the funeral. I saw you and the lad. I was a soldier once myself. In the Falklands. A while ago, but you don't forget. Lost my best friend out there. You have a good holiday now, I reckon you deserve it."

I'd been on a plane a few times before, to



Tuesday 16th September 2026

Close Reading

"I turned the page quickly, not wanting to be reminded of it anymore."

What can you infer about Will from this sentence?

Switzerland. But this plane was massive. It took an age lumbering down the runway before it lifted off. There was a moment when I thought it never would. I had my own screen, so that I could choose whatever film I wanted. I watched *Shrek 2*, again. When it finished, I happened to pick up Mum's holiday brochure. I opened it. The first picture I saw was of an orang-utan gazing out at me, wide-eyed and thoughtful. There flashed through my mind then a most dreadful image. I must have seen it on television, or maybe from a nature magazine, most likely the *National Geographic* – we had a pile of them in the bathroom at home. It was a photograph of a terrified young orang-utan clinging pathetically to the top of a charred tree, the forest all around burnt to the ground.

I turned the page quickly, not wanting to be reminded of it any more. That was when I came across the picture of an elephant walking along a beach, and being ridden by a boy no older than I was. I could not contain my excitement. "Mum," I said, "look at this! They've got elephants, and you can ride them!"



But Mum was fast asleep, and showing no signs whatever of wanting to wake up.

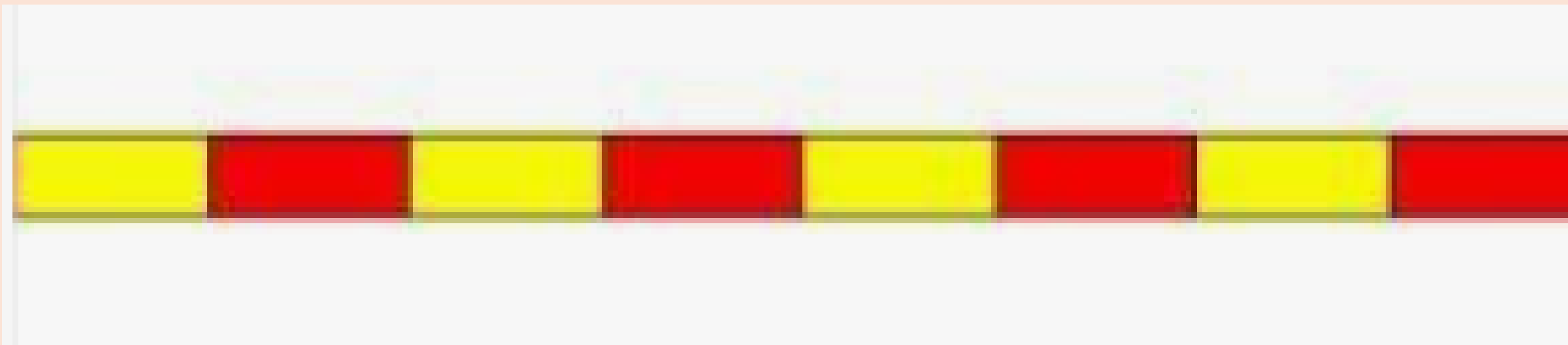
Some of the people in the brochure looked a lot like Mum, I noticed. She'd never talked to me about Indonesia that much, but I'd always known that was where her family had come from originally. She was Swiss as well, which was why we'd been over there a few times, to see my other grandparents. 'Liquorice Allsort', that was what Dad used to call me: "Bit Indonesian, bit Swiss, and a bit Scottish, like me. Best of all worlds, that's what you are, Will," he'd say.

I'd always been very proud of having a mother who didn't look much like my friends' mothers. Her skin was honey brown, smooth and soft, and she had shining black hair. I would have preferred to look like her, but I'm much more like my father, sort of pinkish, with a thatch of thick fair hair, 'like ripe corn', Grandpa called it.

I couldn't help myself. It was something I'd been doing a lot. I kept trying to picture Dad as he was when I last saw him, but all that came into my head was the photo of him I remembered best, the one on top of the



X 8s – Post it notes



TBAT- use mental methods to solve problems.

3 in 3

1) $5 \times ? = 30$ so $50 \times ? = 300$

2) $4,583$ _____ $4,508$ $>$ $<$

3) What is my number?

Challenge: $\frac{4}{5}$ of 150 $<$ $\frac{1}{5}$ of 300

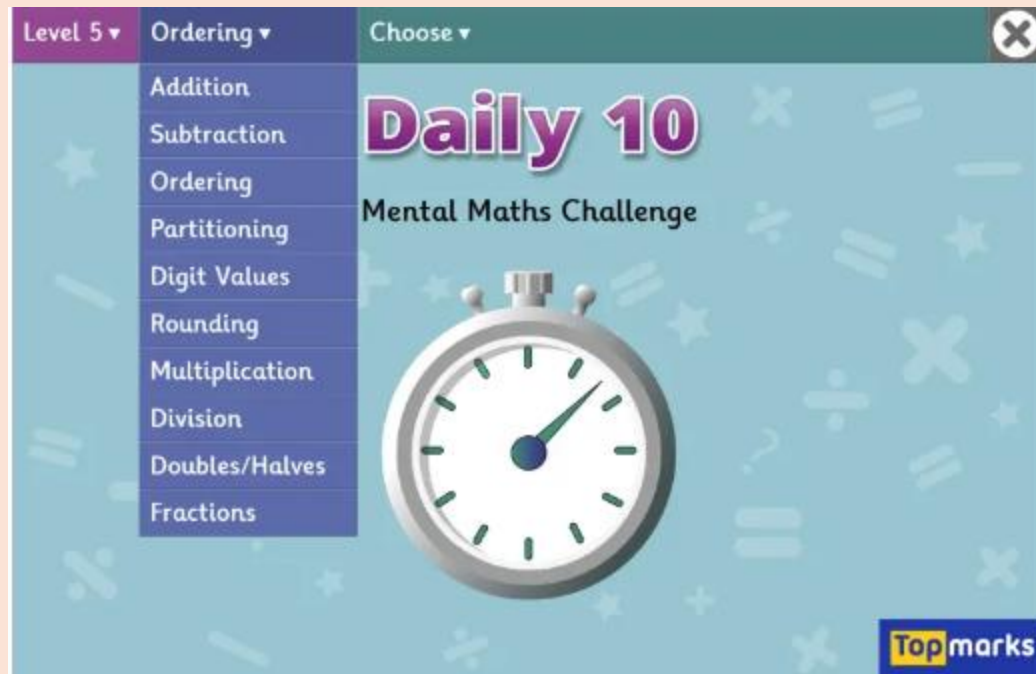
-Double 2

- Make this number ten times bigger

- I then half this number and subtract 5.

Daily 10

x 8s



Daily 10 - Mental
Maths Challenge -
Topmarks

Blue – Partitioning or number line?

$$6,570 - 1,010 =$$

Green – Partitioning or number line?

$$87 - 59 =$$

Challenge: Explain your choice of method.

The strategy I used was...

Class Work:



What would the number sentence be for this problem?
What would be the best method to use: Number line or partitioning?

Partner Work:



Blue

Yesterday 4583 people visited the theme park. 2502 of them were children. How many were adults?

Green

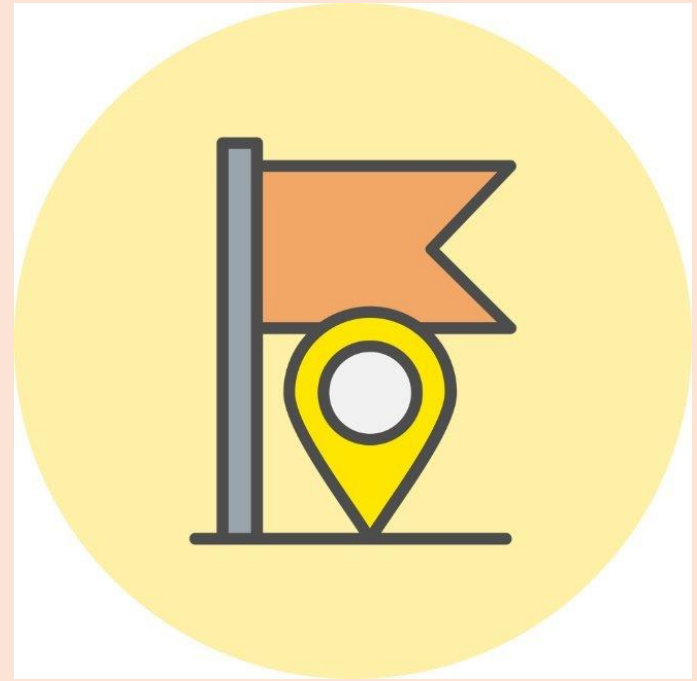
Pip spent £48 for the family to get into the park and £27 on food and snacks. How much did she pay in total?

Challenge: Explain which method you used and why?

Checkpoint Question

A football stadium holds 5789 people, the club has sold 3172 tickets, how many more can they sell?

- A) 4210
- B) 2532
- C) 8861
- D) 2617



Independent: Cut out one question at a time, stick it in your book and show the working out underneath. Then cut the next question and repeat.

- 1 Anton is a scientist. He pours 74 ml of acid into a test tube. How much more does he need to add to make 100 ml?



- 2 In an experiment, Anton must shake a mixture for 25 seconds and then wait for a further 37 seconds. How many seconds will this take altogether?



- 3 Anton weighs a bowl full of sodium. The scales show 3258 g. If the bowl weighs 1021 g, how much does the sodium weigh?

- 4 He has two containers. One holds 2000 ml and the other holds 725 ml. How much more does the larger container hold?

- 5 A saucer held 138 ml of water. After several days of evaporation it held 86 ml. How much water had evaporated?

- 6 There are 500 scientists who work at a centre. This month, 378 of them got a pay rise. How many did not?

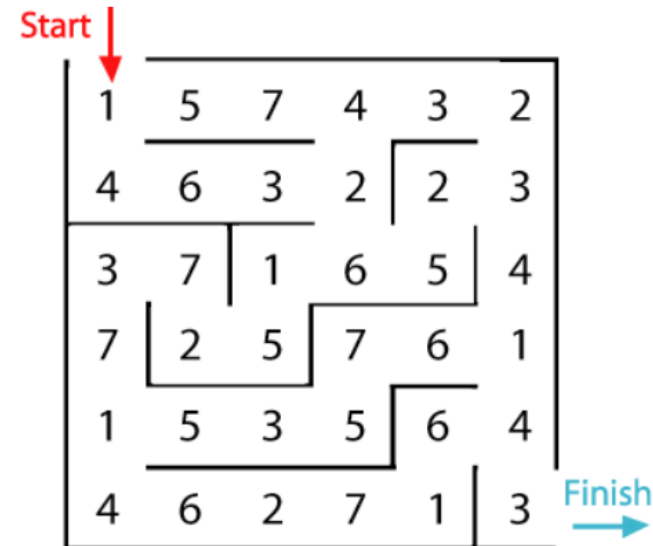
- 7 Into a bowl weighing 1021 g, Anton puts 203 g of powder and 610 g of salt. He puts the bowl onto the scales. What weight is shown?

- 8 At the centre there are 500 scientists, 214 support staff, 52 cleaners and 30 canteen workers. How many people work at the centre in total?

Challenge:

In this maze there are numbers in each of the cells. You go through adding all the numbers that you pass. You may not go through any cell more than once.

Can you find a way through in which the numbers add to exactly 100?



Page 20

1. 26 ml
2. 62 seconds
3. 2237 g
4. 1275 ml
5. 52 ml
6. 122
7. 1834 g
8. 796 people

Tuesday 16th September 2026

TBAT: explore ambitious vocabulary.

Starter - Expanded noun phrases

What is an adjective?

What is a noun?

Explain different ways you can describe a noun.

Tuesday 15th September 2026
TBAT: explore ambitious vocabulary.

Starter - Expanded noun phrases

A **noun phrase** is a phrase which includes a determiner and a noun. For example: the man

An **expanded noun phrase** can include modifying adjectives, nouns, adverbs and prepositional phrases. For example: the tall man with brown hair

A **prepositional phrase** is a group of words which contains a preposition followed by a noun, pronoun or noun phrase but no verb. For example: under the bed

A **determiner** is a word that is used in a noun phrase to indicate whether something specific or of a particular type is being referred to. For example: those, many or his

Tuesday 15th September 2026
TBAT: explore ambitious vocabulary.

Starter - Expanded noun phrases

An expanded noun phrase is created by including extra detail to modify the noun. This can be done by adding adjectives, adverbial phrases, prepositional phrases or other nouns.

the gate

noun phrase

the old, rusty gate

expanded noun phrase

expanded with adjectives

the old, rusty gate with creaky hinges

expanded noun phrase

expanded further with a prepositional phrase

Tuesday 15th September 2026
TBAT: explore ambitious vocabulary.

Starter - Expanded noun phrases

Talk partners

Identify the noun phrases used in each of the sentences below.

- A. As Georgia parked her bike on the racks, she was excited about what would happen next.**
- B. This was the day that an author was visiting their school.**
- C. She had prepared some questions she wanted to ask him.**

Tuesday 15th September 2026

TBAT: explore ambitious vocabulary.

Starter - Expanded noun phrases

Talk partners

Find the words below which create the expanded noun phrases:

A. An enormous wave crashed noisily as Ben emerged from the dark cave underneath the cliffs.



B. Several small windows at the top of the wall gave rise to some unusually shaped shadows.

C. The tall man at the front of the stage busied himself with his script whilst he waited for the orchestra to begin.

Tuesday 15th September 2026
TBAT: explore ambitious vocabulary.

Starter - Expanded noun phrases

Write a sentence to describe each of the characters below.



Each sentence should contain an expanded noun phrase, which includes two adjectives and a preposition.

Tuesday 15th September 2026

TBAT: explore ambitious vocabulary.

3 in 3

Tick one box to show the **pair of verbs** that correctly completes the sentence below.

We were _____ the seeds when it _____ to rain.

Tick **one**

planting	starting	☐
planted	started	☐
planting	started	☐
planted	starting	☐

What is the **word class** of the underlined word in the sentence below?

He walked along the riverbank.

Circle the **adjectives** in the sentence below.

Listening to the local author reading from her new book
was relaxing.

Challenge

Write a sentence using the adjectives from
question three and include a fronted adverbial.

Tuesday 15th September 2026
TBAT: explore ambitious vocabulary.

What does the word **ambitious** mean?

How can we find more ambitious vocabulary?

Think of 5 different synonyms for the word **happy**.

Tuesday 15th September 2026
TBAT: explore ambitious vocabulary.

Talk partners:

Which word is the odd one out and **why**?

Olive Green Emerald Sage

If you were to order these words, how would you order them?

Tuesday 15th September 2026
TBAT: explore ambitious vocabulary.

Class activity:

Using whiteboards display the words:

Irate Cross Enraged Outraged Tetchy

Decide as a class, the order these words should go in.

Tuesday 15th September 2026
TBAT: explore ambitious vocabulary.

Using the vocabulary sort the words into an order.

Which is the **most ambitious** word?
Why?

Can you use your words in a sentence?

Practise your sentences with your table.
Be ready to share.

Peaceful
calm
relaxing
Harmonious
tranquil
Still

Tuesday 15th September 2026

TBAT: explore ambitious vocabulary.

Using the new vocabulary, can you write a sentence to describe a beach setting.

You must include:

- A fronted adverbial
- A conjunction

Share write

Along the tranquil shoreline, the waves gently lapped against the sand, and the seagulls soared peacefully overhead.

Challenge

Which word would be the 'best fit' for the following sentence?
As I waltzed/strode/tread gently through the jungle, I was wary of predators that may be lurking in the trees.

Explain why.

Fronted Adverbials (to start the sentence):

- Along the tranquil shoreline,
- Early in the morning,
- Beneath the bright sunshine,
- In the distance,
- Near the rolling waves,
- Across the golden beach,
- As the sun began to set,
- Under the clear blue sky,
- Beyond the sand dunes,
- Throughout the peaceful afternoon,

Nouns:

- shoreline
- waves
- seagulls
- sand
- dunes
- ocean
- breeze

Remember expanded noun phrases

Tuesday 15th September

TBAT: learn to sing a song in different parts.

What is the difference between a beat and a rhythm?

What does **ostinato** mean?

How can you keep the beat without clapping or stamping?

Tuesday 15th September

TBAT: learn to sing a song in different parts.

Keywords

unison

the same tune sung or played at the same time

round

a song structure where multiple groups sing the same melody but start at different times



partner songs

two or more songs that fit together sung at the same time



structure

the way the music is organised, ordering different sections of a piece



harmony

the combination of two or more notes played or sung together, creating a pleasing sound



Tuesday 15th September

TBAT: learn to sing a song in different parts.

Warming up so we're ready for music



Explanation Check

First, we warm up our body.



Laura

Warming up our whole body helps us release tension and stand with correct singing posture.



Join in with these whole-body warm-ups.

Make sure you have space around you to move.

Does your body feel alert and awake?

Are your muscles warm and relaxed?

Do you have a comfortable singing posture?



Choose one or two warm ups: [Lesson Media: Part singing: rounds and partner songs | KS2 Music | Oak National Academy](#)

Tuesday 15th September

TBAT: learn to sing a song in different parts.

Developing part singing with rounds



Listen to the Congolese folk song, Banaha (Si Si Si).



¹Sisi, sisi, dolada, yaku sine ladu banaha.
Sisi, sisi, dolada, yaku sine ladu banaha.
²Banaha, banaha, yaku sine ladu banaha.
Banaha, banaha, yaku sine ladu banaha.
³Ha, banaha, yaku sine ladu banaha.
Ha, banaha, yaku sine ladu banaha.



Aisha

Work through learning BANAHA folk song.

Tuesday 15th September

TBAT: learn to sing a song in different parts.

Developing part singing with rounds



Banaha (Si Si Si) can be sung as a three part **round**. 



¹Sisi, sisi, dolada, **yaku sine ladu banaha.**
Sisi, sisi, dolada, **yaku sine ladu banaha.**
²Banaha, banaha, **yaku sine ladu banaha.**
Banaha, banaha, **yaku sine ladu banaha.**
³Ha, banaha, **yaku sine ladu banaha.**
Ha, banaha, **yaku sine ladu banaha.**

The **numbers** show when each new part enters.



Aisha

Work through learning BANAHA folk song.
Singing in a three part round.

Handwriting

Handwriting warm-up

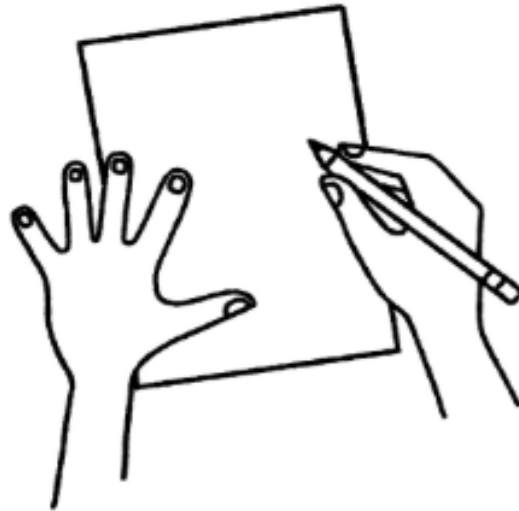


Explanation

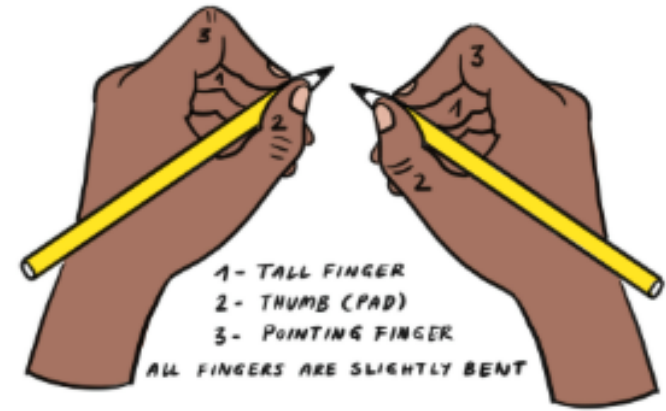
Before we start, what are these pictures reminding you to do?



- sit on a chair at a table
- feet flat on the floor
- back against the chair



- angle your paper correctly
- non-writing hand supports



- hold your pencil in the tripod grip

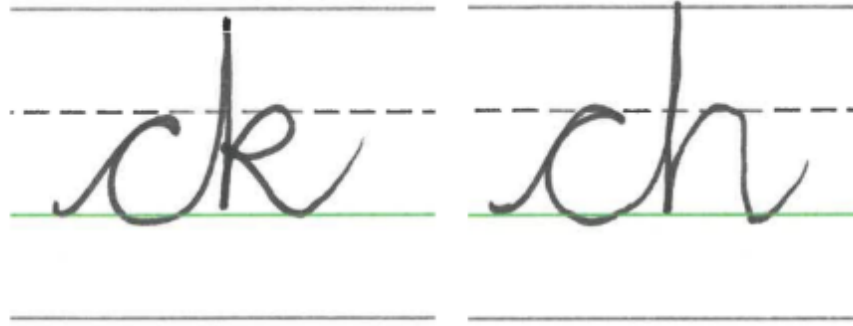


Handwriting

The second join: ck and ch

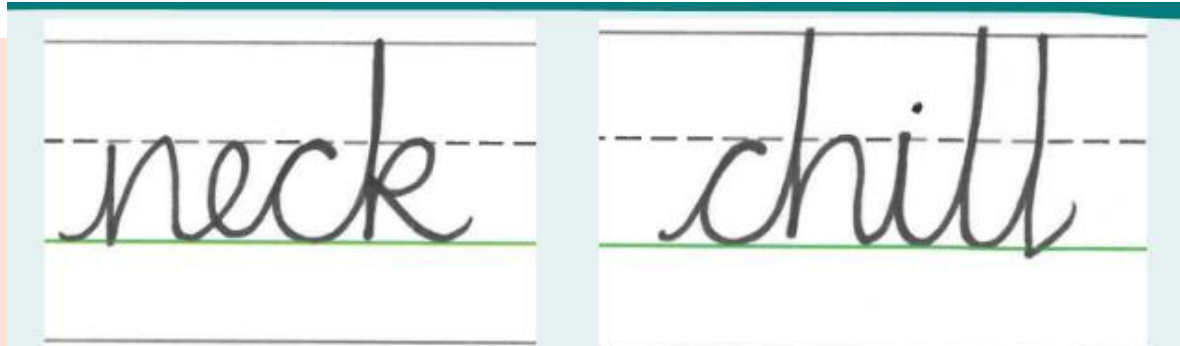


Let's practise the second **join**.



Remember:

1. Sit comfortably and hold your pencil in the tripod grip.
2. Say to yourself '**ready, line, go**' to start the **lead in** from the **baseline**.
3. To join, keep your pencil on the page.
4. Only take your pencil off the page once the letter string is complete.
5. Keep your pencil flowing smoothly as you connect the letters.



Tuesday 15th September

Q) What were the reasons for the early success of Islam in the mid 7th century?

3 in 3

1) What does PBUH stand for?

2) Who was the Prophet Muhammed (PBUH) and why was he important to the rise of the religion of Islam?

Order the events of the Prophet Muhammad's life chronologically. Use numbers to show the correct order

3)

	Muhammad (PBUH) was born in Mecca.
	Mecca's leaders became angry with Muhammad and persecuted him and his followers.
	Muhammad (PBUH) became a prophet of Allah (SWT).
	According to Muslims, Muhammad (PBUH) was visited by the Angel Gabriel.
	Muhammad (PBUH) spread the word of Islam in Mecca.
	Muhammad and his followers migrated to Medina.

Keywords

Medina

Medina is a city in Saudi Arabia and the second holiest city to Muslims after Mecca.

Arabian

Arabic-speaking people, who lived on the Arabian peninsula, were known as **Arabian**.

truce

A **truce** is an agreement between enemies to stop fighting for a certain time.

pilgrimage

A **pilgrimage** is a journey to a holy place.

The Prophet Muhammad (PBUH) and his followers decided to migrate from Mecca to **Medina** in 622 CE. This journey is known as the Hijra.



The Prophet Muhammad (PBUH) was welcomed into the city of **Medina** because he brought hope of peace.



Map of the Arabian Peninsula

Muhammad (PBUH) and his followers migrated from Mecca to which city in 622 CE?

a

Baghdad

b

Medina



c

Jeddah



For more than a century, the southern **Arabian** tribes of **Medina** had been at war with each other.

Illustration of warring tribes of Southern Arabia



The **Arabian** tribes wanted to end the fighting and so they asked Muhammad (PBUH) to help them find a fair way to put an end to the violence.

Illustration of warring tribes of Southern Arabia



To do this, Muhammad (PBUH) created the Constitution of **Medina**.

It united the **Arabian** tribes
through the religion of Islam so they could live together peacefully under the
leadership of the Muslims.



Which **two** of the following statements about the Constitution of **Medina** are true?

a

It was created by Muhammad (PBUH).

**b**

It brought peace to Mecca.

c

It stopped the **Arabian** tribes in **Medina** fighting.

**d**

It created a war between the **Arabian** tribes.

Read Aisha's statement below. Do you agree with it?



Early Islamic civilisation started in **Medina**.

Write one or two sentences to explain your reasoning.

A good explanation would include the following:

- the Hijra
- the Constitution of **Medina**

Early Islamic civilisation did/did not start in Medina. I think this because...

Your answer might have included:



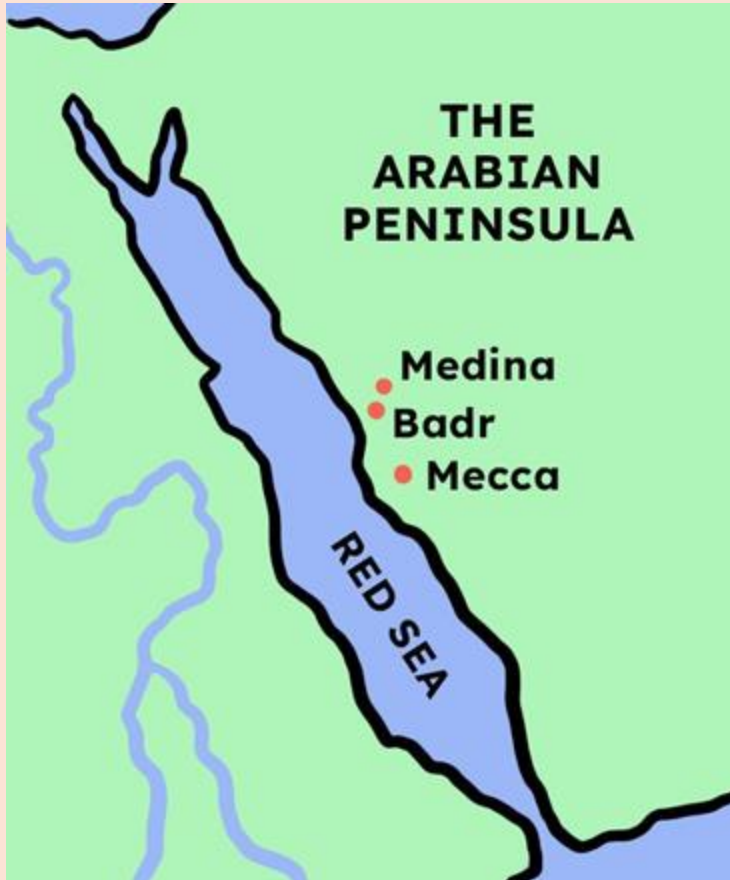
Early Islamic civilisation started in **Medina**.

I agree with Aisha. Muhammad (PBUH) and his followers migrated from Mecca to **Medina** (a journey known as **the Hijra**), where he helped the warring southern **Arabian** tribes make peace with each other. He created the **Constitution of Medina**, which tried to unite the tribes through the religion of Islam, creating an early Islamic civilisation.



The city leaders of Mecca did not agree with the message of Islam, which led to fighting between them and the Muslims.

Illustration of a meeting of the Meccan leaders



At Badr in 624 CE, the Muslims of **Medina** won a battle against the army of Mecca. They believed that it was because Allah (SWT) was with them.

Map of the **Arabian** peninsula

True or false?

The victory at the battle of Badr helped spread Islam in Arabia.

T True ✓

F False

Why?

It was seen as a sign that Allah (SWT) was on the side of the Muslim army.



Photo of a **truce** handshake

In 628 CE, a ten-year-long **truce** was agreed between the leaders of Mecca and Muhammad (PBUH).

Help Izzy to complete her sentence.

An agreement between enemies to stop fighting for a certain time is known as a ...

truce.



The **truce** was broken when soldiers from Mecca attacked a Muslim camp.



Photo of an **Arabian** soldier

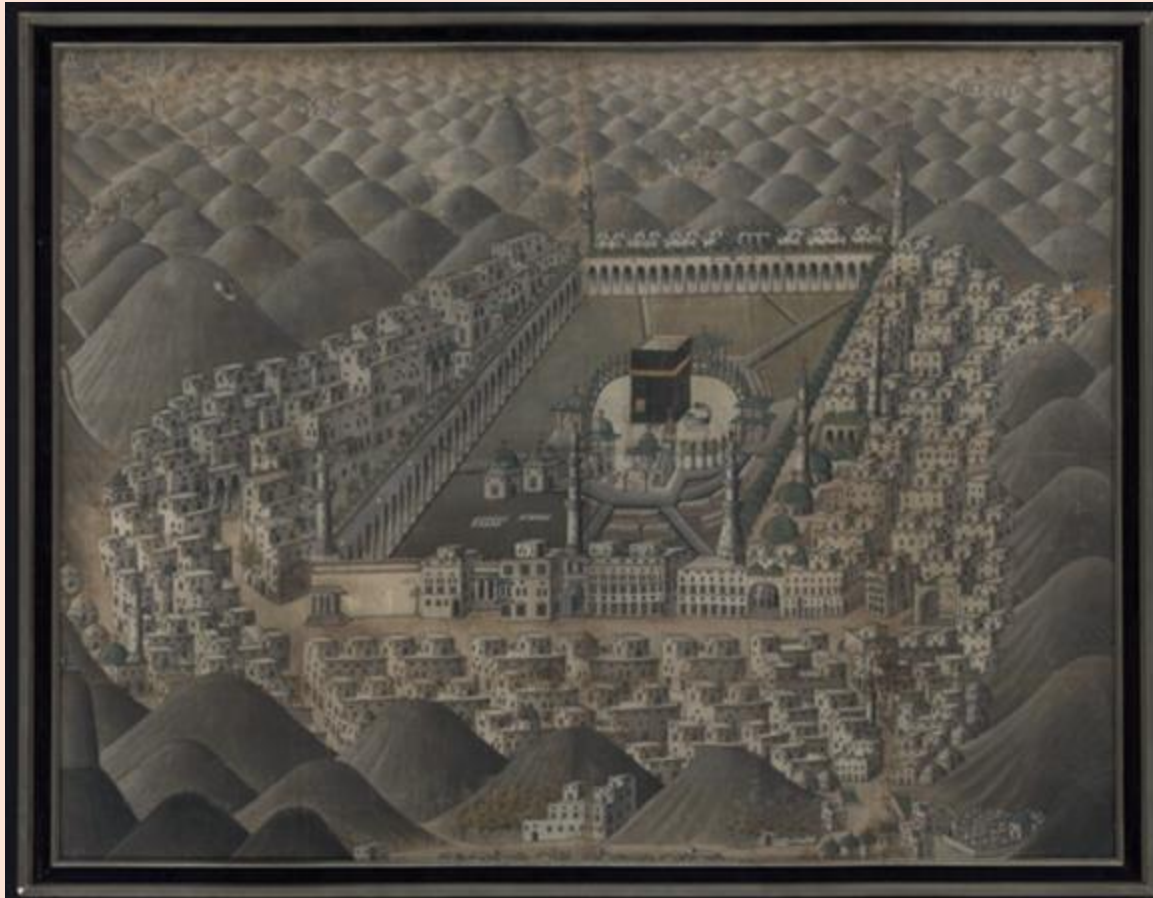


Illustration of the city of Mecca

Muhammad (PBUH) and the **Medina** Muslims took control of Mecca peacefully.

True or false?

The **truce** between the leaders of Mecca and the **Medina** Muslims ended.

T True ✓

F False

Why?

Soldiers from Mecca attacked a Muslim camp.

Answer the following questions about how Muhammad (PBUH) peacefully took control of Mecca.

1. The leaders of which city did not agree with the teachings of Islam?

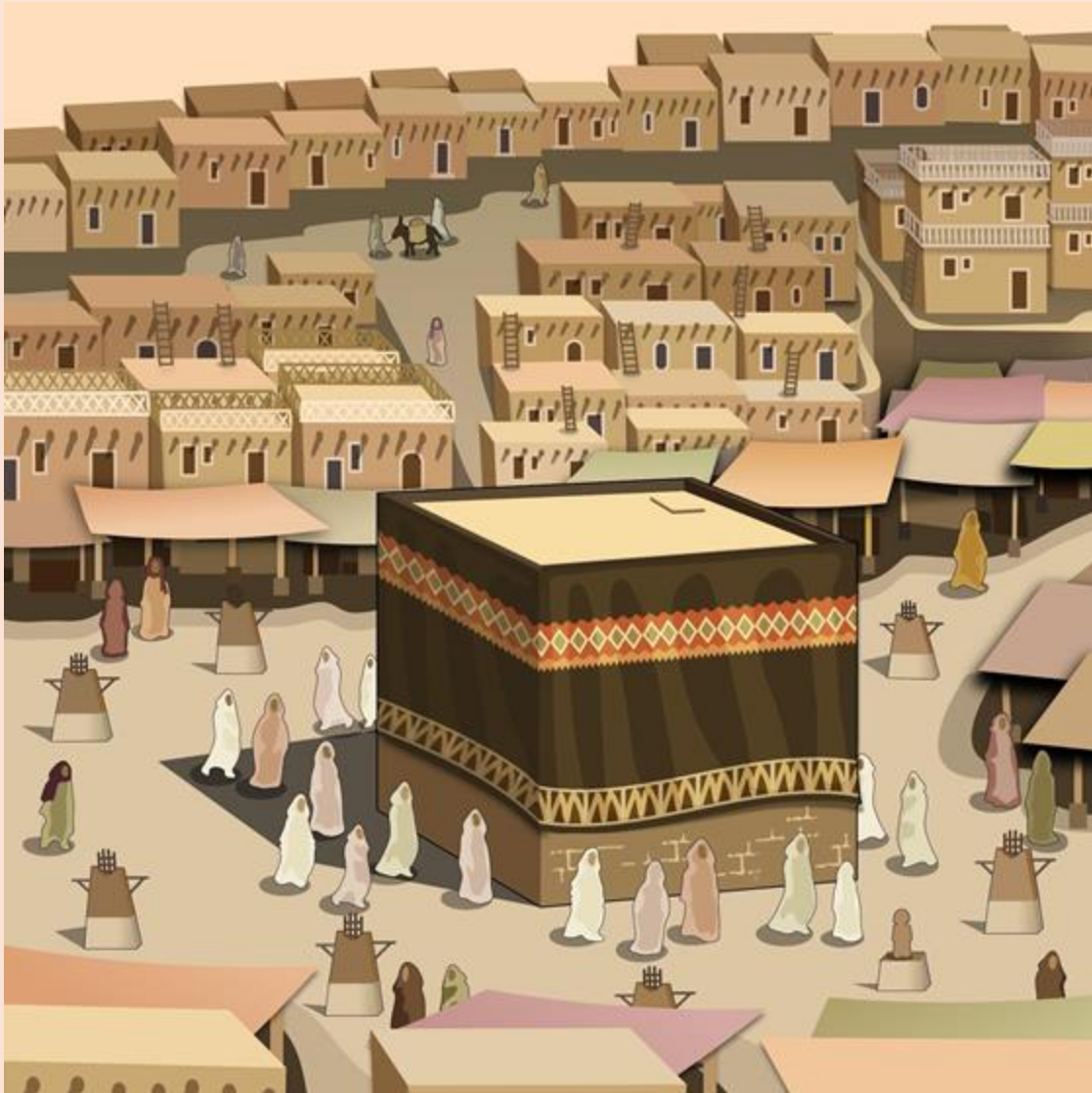
2. Why did the Muslim army believe they had won the battle of Badr against the Meccans?

3. How was the **truce** between the Meccans and the Muslims of **Medina** broken?

Answer the following questions about how Muhammad (PBUH) peacefully took control of Mecca.

Your answers might look something like this:

1. The leaders of Mecca did not agree with the teachings of Islam.
2. The Muslim army believed that Allah (SWT) was on their side to win the battle of Badr.
3. The **truce** between the Meccans and the Muslims of **Medina** was broken when soldiers from Mecca attacked a Muslim camp.



The Ka'ba is a cube-shaped building in Mecca.

Illustration of the Ka'ba in Mecca



Muslims believe that it was built by the Prophet Abraham and his son Ishmael for the worship of Allah (SWT).

Illustration of the Ka'ba in Mecca

Where is the Ka'ba?

a

Medina

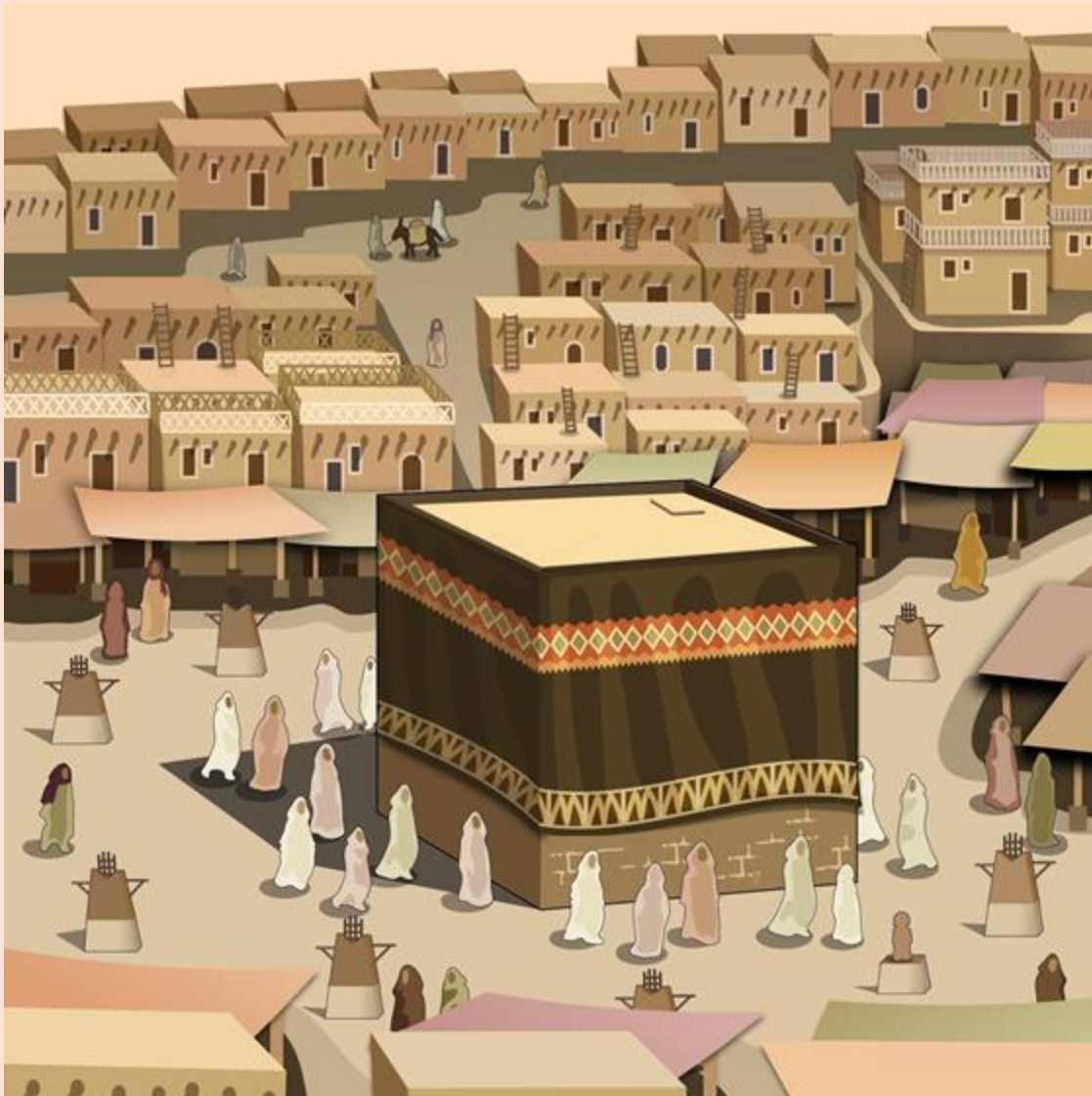
b

Baghdad

c

Mecca





Muhammad (PBUH) declared the Ka'ba the most sacred site in Islam and a place of Muslim pilgrimage.

Illustration of the Ka'ba in Mecca



Photo of the Ka'ba in Mecca

All Muslims are expected to make a **pilgrimage** to Mecca at least once in their lifetimes.

Which **two** statements about the Ka'ba are true?

a

It is the most sacred site in Islam.



b

It is in **Medina**.

c

It is a **pilgrimage** site for Muslims.



d

It is not a sacred place for Muslims.

Add labels to the photo about the Ka'ba.

You could include details about:

- the shape
- the city
- **pilgrimages**



Photo of the Ka'ba in Mecca

Add labels to the photo about the Ka'ba.

Your answers might have included:

The Ka'ba is the most sacred site in Islam and a place for Muslim **pilgrimages**.



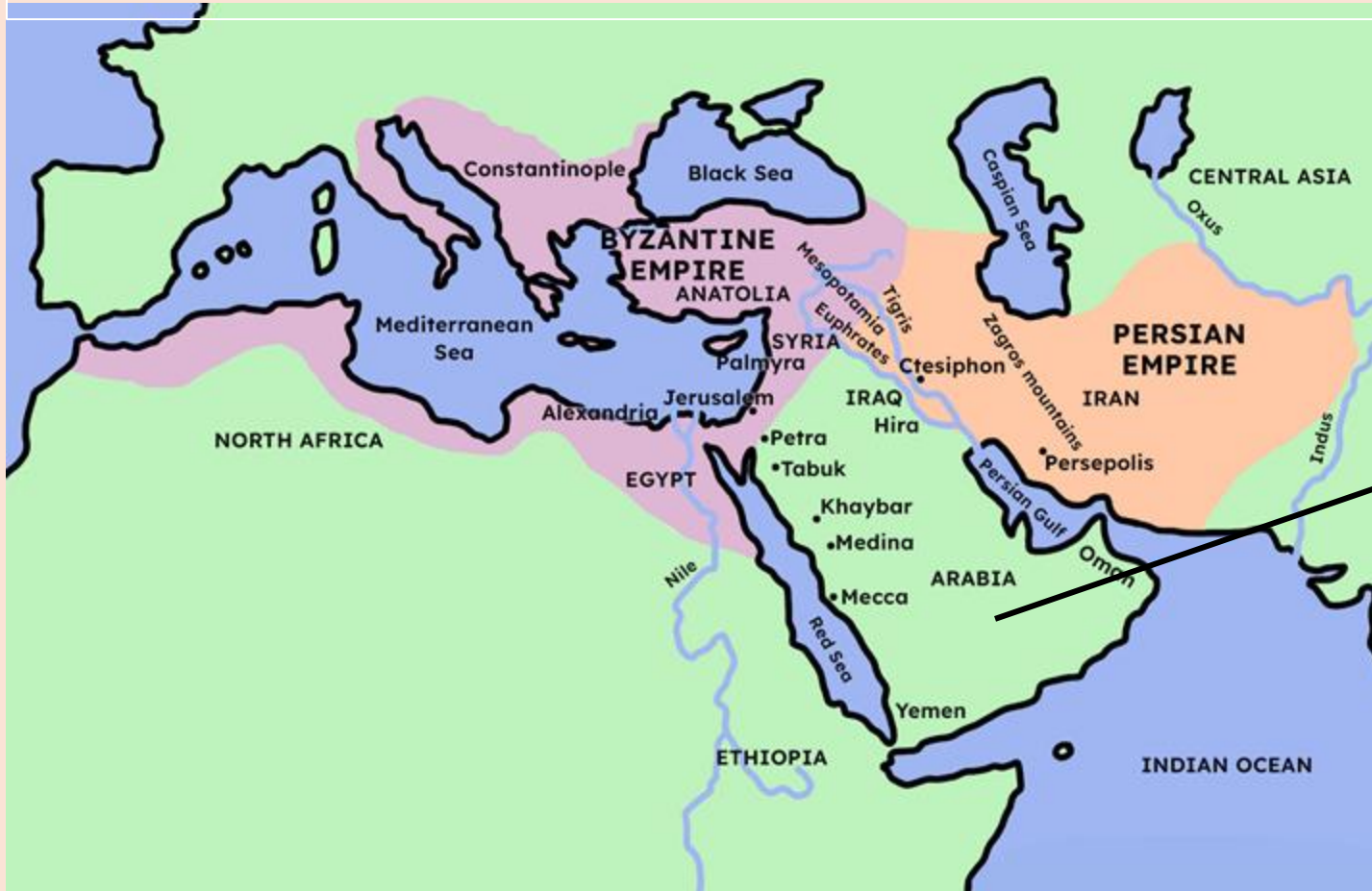
Photo of the Ka'ba in Mecca

The Ka'ba is in the city of Mecca in Saudi Arabia.

The Ka'ba is a cube shaped building.



The Byzantine and Persian Empires were north east and north west of the **Arabian** peninsula.



Arabian peninsula

Map showing the
Byzantine and Persian
Empires

Islam spreads to the Byzantine and Persian Empires



Explanation



The Byzantine and Persian Empires had been at war with each other for a long time. This had made their armies weak.



Illustration of the Byzantine-Persian War of 602–628

True or false?

The armies of the Byzantine and Persian Empires were strong.

T True

F False



Why?

Their armies had been weakened by decades of fighting.

Islam spreads to the Byzantine and Persian Empires



Explanation

Muhammad (PBUH) sent Muslim armies to take control of the Byzantine and Persian Empires.



Illustration of a Muslim army pursuing fleeing Byzantines

Islam spreads to the Byzantine and Persian Empires



Check

The Arab Muslim armies quickly took over areas in which **two** empires?

a

Ancient Roman Empire

b

Byzantine Empire



c

Persian Empire



Task D

Islam spreads to the Byzantine and Persian Empires



Write **one or two** sentences for each of the following events to explain how it contributed to the early success of Islam.

- The Constitution of **Medina**
- The conquest of Mecca
- War against the Byzantine and Persian Empires

Write **one or two** sentences for each of the following events to explain how it contributed to the early success of Islam.

Your answer may have included:

- The Constitution of **Medina**

The Constitution of **Medina** attempted to unite the warring **Arabian** tribes under the banner of Islam. This put the leadership of the city in the hands of the Muslims.

Write **one or two** sentences for each of the following events to explain how it contributed to the early success of Islam.

Your answer may have included:

- The conquest of Mecca

After Muhammad (PBUH) conquered Mecca, he declared it a place of Muslim **pilgrimage**, which means that all Muslims are expected to journey to Mecca at least once in their lifetimes. Here, Muslims from around the world recognise the early success of Muhammad and Islam. The Ka'ba is located in Mecca and is the most sacred site in Islam.

Task D

Islam spreads to the Byzantine and Persian Empires



Feedback

Write **one or two** sentences for each of the following events to explain how it contributed to the early success of Islam.

Your answer may have included:

- War against the Byzantine and Persian Empires

Muhammad (PBUH) knew that the Byzantine and Persian Empires had been at war with each other for decades, which had weakened both of them. He sent Muslim armies to take over land in these empires that once belonged to the Byzantines and Persians.

Exit questions:

1. What is a truce?

2. Why did the constitution between the Arabian tribes help Islam to grow?

Summary The early success of Islam

From **Medina**, Muhammad (PBUH) tried to unite the southern **Arabian** tribes through the religion of Islam.

Following successful attacks against his enemies from Mecca, a ten year **truce** was called and the forces of Islam grew.

Mecca was established as the religious centre of Islam; the Ka'ba becoming a focus for **pilgrimage** and prayer.

Muhammad (PBUH) sent Muslim armies to exploit the Byzantine and Persian Empires, weakened by fighting one another.

Year 5 discussed and created some class rules for respect in our PSHE lessons:

- If someone asks you to keep something confidential, do not share with other children.
- The right to not share personal experiences if you don't want to.
- The right to be included.
- The right to be listened to.
- The right to have your own opinion.

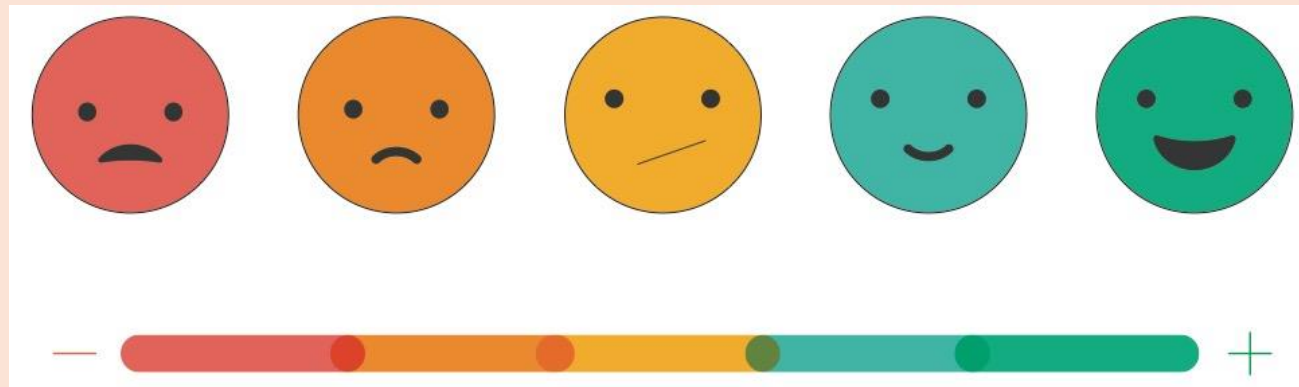
15.09.26

TBAT- know what an emotion is.

Blue- How do you know when someone is feeling happy?

Green- How do you know if someone is feeling sad?

Word Hunt: Write the definition of emotion.



Not always what it seems...

Sometimes one emotion might be hiding another one.

For example, sometimes people get angry when they can't do something and they are **frustrated**.

Or they might be angry because they are **embarrassed** about something.

Can you think of any other emotions someone might be feeling if they seem angry?

How about other emotions when people seem happy?

Charlie and her dad planned to go swimming at the weekend. Charlie has been looking forward to it all week but on Saturday morning her dad gets called into work and he has to cancel the swimming.

What emotions might Charlie be feeling?

What emotions might her dad be feeling?

Blue

Peter and his brother have just been told that they are going to Disneyland. Peter doesn't like rollercoasters, but he does love Disney. What emotions do you think he and his brother might be feeling?

Green

Jono has fallen out with his best friend. He has just texted him, but his friend isn't replying. What emotions do you think Jono is feeling?

Some strategies to keep calm

Everybody gets angry
sometimes!

What are your best strategies to
keep calm?



What is mindfulness?

Do you ever find yourself feeling very busy or stressed? Or do you find that you aren't really concentrating on what you are doing because you are always thinking or worrying about something else?



Where is the time in your day?

- Think about your typical day.
- How busy are you?
- How do your activities make you feel?



Ways to be mindful



Mindful walking



Mindful meditation



Mindful eating



Mindful colouring

Sarah is feeling very overwhelmed and stressed.

Give her advice on what she can do to help with this emotion and to keep calm.

Key Vocabulary:

emotion

mindfulness

activities

mental health

brain

Challenge:

Explain why it is important to take care of your mental health as well as physical health.