

# Home Learning Plan – Year 1, Term 4

## Week 1



Dear Parents/Carers,

On the following pages you will find a table outlining daily activities for your child to complete. You can complete the work in a book, on blank paper or on a computer. Here are some relevant websites to access over this period. Please access with Chrome, not Google, for the best results:

<a href="http://www.mathseeds.com">www.mathseeds.com</a>	<a href="http://www.readingeggs.com">www.readingeggs.com</a>	<a href="http://www.smilingmind.com">www.smilingmind.com</a>	<a href="http://www.uniteforliteracy.com/">www.uniteforliteracy.com/</a>	<a href="http://www.natgeokids.com.au">www.natgeokids.com.au</a>
<a href="http://www.mathletics.com">www.mathletics.com</a>	<a href="https://www.getepic.com">https://www.getepic.com</a>	<a href="https://www.origoeducation.com.au/athome/">https://www.origoeducation.com.au/athome/</a>	<a href="http://www.abcya.com">www.abcya.com</a>	<a href="http://www.abc.net.au/btn/">www.abc.net.au/btn/</a>

Spelling words for Week 1 spelling activities

<b>RULE</b>
/oo/ as in “look” (short vowel sound)
/oo/ as in “boot” (long vowel sound)

<b>WORDS FOR ALL</b>	<b>EXTENSION WORDS</b>
look	boot
good	root
wood	zoo
	hooks
	looking
	rooftop

If you have any questions, please don't hesitate to contact your child's classroom teacher, either via email or ClassDojo. You can also contact the Year 1 supervisor, Elyse Saunders on [elyse.saunders1@det.nsw.edu.au](mailto:elyse.saunders1@det.nsw.edu.au) if you need any other support.

# Home Learning Plan – Year 1 – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Task		Can you help make dinner tonight?	Have you cleaned your teeth in the morning and night?	Make your bed.	Make sure your bedroom is tidy and organised.
Morning	<b>P U B L I C  H O L I D A Y</b>	<p style="text-align: center;"><b><u>English</u></b> <b><u>SPELLING</u></b></p> <p>Complete the look, cover, write check (LCWC) sheet for Tuesday. Copy down your spelling words for this week. Ask an adult to explain the meaning of each word. Draw a picture to match the word.</p> <p style="text-align: center;"><b><u>READING</u></b></p> <p>Go to <a href="http://www.getepic.com">www.getepic.com</a> or <a href="http://www.uniteforliteracy.com">www.uniteforliteracy.com</a> and choose a <b>fictional</b> book to read aloud with the help of an adult.</p> <p>Before reading the book, talk about what you think is going to happen by looking at the pictures. What do you think will happen at the end of the story?</p> <p>After reading the book, complete the activity sheet. You will need to outline the main parts of the story.</p>	<p style="text-align: center;"><b><u>English</u></b> <b><u>SPELLING:</u></b></p> <p>Complete LCWC for Wednesday.</p> <p>Practise writing your spelling words using the spelling sheets.</p> <p style="text-align: center;"><b><u>READING</u></b></p> <p>Go to <a href="http://www.getepic.com">www.getepic.com</a> or <a href="http://www.uniteforliteracy.com">www.uniteforliteracy.com</a> and choose a <b>non-fictional</b> book to read aloud with the help of an adult.</p> <p>Before reading, what do you already know about the topic?</p> <p>After reading the book, complete the comprehension sheet.</p>	<p style="text-align: center;"><b><u>English</u></b> <b><u>SPELLING</u></b></p> <p>Complete LCWC for Thursday.</p> <p>Practise your spelling words for the week by writing a sentence for each one.</p> <p style="text-align: center;"><b><u>READING</u></b></p> <p>Go to <a href="http://www.getepic.com">www.getepic.com</a> or <a href="http://www.uniteforliteracy.com">www.uniteforliteracy.com</a> and choose a <b>fictional</b> book to read aloud with the help of an adult.</p> <p>How would you describe the characters? Choose 1 character and complete the character activity sheet.</p>	<p style="text-align: center;"><b><u>English</u></b> <b><u>SPELLING</u></b></p> <p>Complete LCWC for Friday.</p> <p>Ask an adult to test you on your spelling words. Ask them to mark the words to see how many you got correct without help.</p> <p style="text-align: center;"><b><u>READING</u></b></p> <p>Go to <a href="http://www.getepic.com">www.getepic.com</a> or <a href="http://www.uniteforliteracy.com">www.uniteforliteracy.com</a> and choose a <b>non-fictional</b> book to read aloud with the help of an adult.</p> <p>Complete the activity sheet. This sheet is about the things the book made you wonder about.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;"><b><u>WRITING</u></b></p> <p><i>Recount writing - planning</i></p> <p>Use the planning page to plan the recount writing you will be doing tomorrow. Even through lockdown, there would have been things you did (eg: walked around Jerra Lake, jumped on your trampoline, played board games). You can write a word bank in the squares or you can draw pictures. If you draw pictures, remember to label them.</p> <p style="text-align: center;"><b><u>LIBRARY</u></b></p> <p>Complete the library activity.</p> <p>Go on <a href="http://www.readingeggs.com">www.readingeggs.com</a></p>	<p style="text-align: center;"><b><u>WRITING</u></b></p> <p><i>Recount writing</i></p> <p>Use your plan from yesterday to write your holiday recount. Remember to include:</p> <ul style="list-style-type: none"> <li>• Who, What, When, Where, Feelings</li> <li>• Capital letters and full stops</li> <li>• Adjectives</li> </ul> <p>EXTENSION:</p> <ul style="list-style-type: none"> <li>• Use paragraphs to separate your ideas</li> <li>• Write compound sentences (include joining words like “and”, “because” or “so”)</li> </ul> <p>Go on <a href="http://www.readingeggs.com">www.readingeggs.com</a></p>	<p style="text-align: center;"><b><u>WRITING</u></b></p> <p><i>Sentence writing</i></p> <p>Use the sentence writing sheet to organise your learning.</p> <p>Take the simple sentences and expand/improve them. You might add adjectives, joining words like “because” or “and” or add details or extra information to make them more interesting.</p> <p style="text-align: center;"><b><u>NATURE SCAVENGER HUNT</u></b></p> <p>Go for a walk in your backyard or around your suburb (with an adult). How many thing can you find anything on the nature grid?</p> <p>Go on <a href="http://www.readingeggs.com">www.readingeggs.com</a></p>	<p style="text-align: center;"><b><u>WRITING</u></b></p> <p><i>Text response</i></p> <p>Click on the link and listen to the story “Grandpa’s Teeth” by Rod Clement:</p> <p><a href="#">Grandpa's Teeth - YouTube</a></p> <p>Complete the WANTED poster, writing a poster to help Grandpa find his missing teeth.</p> <p>Go on <a href="http://www.readingeggs.com">www.readingeggs.com</a></p>

Monday		Tuesday		Wednesday		Thursday		Friday	
Break	Break	Break	Break	Break	Break	Break	Break	Break	Break
Middle		<p style="text-align: center;"><b>MATHS</b></p> <p style="text-align: center;"><i>Place value</i></p> <p>Click on the link below, reminding you how to expand 2-digit numbers:</p> <p><a href="#">Writing 2-Digit Numbers in Expanded Form   Elementary Math with Mr. J - YouTube</a></p> <p>Practise your skills on the worksheet. You will be taking standard numbers (ie: 35) and expanding them out (ie: <math>30 + 5</math>).</p> <p>Go on <a href="http://www.mathseeds.com">www.mathseeds.com</a> or <a href="http://www.mathletics.com">www.mathletics.com</a></p> <p style="text-align: center;"><b>DANCE</b></p> <p>Follow some dance sessions through the link below:</p> <p>★ <a href="#">Just Dance Kids 2 - I'm a Gummy Bear (The Gummy Bear Song) (HD) - YouTube</a></p>	<p style="text-align: center;"><b>MATHS</b></p> <p style="text-align: center;"><i>Place value</i></p> <p>Click on the link below, reminding you how to expand 3-digit numbers:</p> <p><a href="#">Expanded Form Video - 1st and 2nd Grade Math - YouTube</a></p> <p>Practise your skills on the worksheet. You will be taking standard numbers (ie: 482) and expanding them out (ie: <math>400 + 80 + 2</math>).</p> <p>Go on <a href="http://www.mathseeds.com">www.mathseeds.com</a> or <a href="http://www.mathletics.com">www.mathletics.com</a></p> <p style="text-align: center;"><b>MUSIC</b></p> <p>Complete the music activity for this week.</p>	<p style="text-align: center;"><b>MATHS</b></p> <p style="text-align: center;"><i>2D shapes</i></p> <p>Click on the link below, reminding you about the properties/ features of 2D shapes:</p> <p><a href="#">2D Shape Properties - YouTube</a></p> <p><a href="#">Come on and Meet the 2D shapes - YouTube</a></p> <p>Complete the worksheet</p> <p>Go on <a href="http://www.mathseeds.com">www.mathseeds.com</a> or <a href="http://www.mathletics.com">www.mathletics.com</a></p> <p style="text-align: center;"><b>MINDFULNESS</b></p> <p>Go on to <a href="http://www.smilingmind.com">www.smilingmind.com</a> and complete a mindfulness activity for at least 5 minutes.</p>	<p style="text-align: center;"><b>MATHS</b></p> <p style="text-align: center;"><i>2D shapes</i></p> <p>Complete the 2D shape properties flip book.</p> <p>Make your own picture using the 2D shapes provided.</p> <p style="text-align: center;"><b>PHYSICAL EDUCATION</b></p> <p>Complete a session of "PE with Joe"</p> <p><a href="#">pe with joe 2021 kids - YouTube</a></p> <p style="text-align: center;"><b>LEGO</b></p> <p>Complete a task from the LEGO grid.</p>				

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Break</b>	Break	Break	Break	Break	Break	Break	Break	Break	Break
<b>Afternoon</b>		<p style="text-align: center;"><b><u>HSIE</u></b></p> <p style="text-align: center;"><i><u>Families Past and Present</u></i></p> <p>Watch the clips below:</p> <p><a href="#">Read-Aloud of Whoever You Are by Mem Fox - YouTube</a></p> <p><a href="#">A family is a family is a family - a read out loud story book - YouTube</a></p> <p><a href="#">My Family, Your Family, Our Families - YouTube</a></p> <p><a href="#">Me and My Family Tree by Joan Sweeney - YouTube</a></p> <p>Complete the activity about your family.</p> <p><b><u>PHYSICAL EDUCATION</u></b></p> <p>Complete a session of "PE with Joe"</p> <p><a href="#">pe with joe 2021 kids - YouTube</a></p>	<p style="text-align: center;"><b><u>CREATIVE ARTS</u></b></p> <p style="text-align: center;"><i><u>Sketch a landscape</u></i></p> <p>Click on the link below on ArtHub. You will follow the steps to draw your own landscape. You can choose whether you paint or colour-in your sketch. This activity is linked to our Science work this term which looks at the way the sky, land and all of nature changes around you.</p> <p><a href="#">How To Paint A Beautiful Landscape (for kids) - YouTube</a></p> <p>Go on to <a href="http://www.smilingmind.com">www.smilingmind.com</a> and complete a mindfulness activity for at least 5 minutes.</p> <p style="text-align: center;"><b><u>LEGO</u></b></p> <p>Complete a task from the LEGO grid.</p>	<p style="text-align: center;"><b><u>SCIENCE</u></b></p> <p style="text-align: center;"><i><u>Up, Down and All Around</u></i></p> <p>Science this term will involve you exploring the world around you and the way it changes. To start this unit of work, you will need to play a game of iSpy outside. Record what you find on the activity sheet.</p> <p><b><u>PHYSICAL EDUCATION</u></b></p> <p>Complete a session of "PE with Joe"</p> <p><a href="#">pe with joe 2021 kids - YouTube</a></p>	<p style="text-align: center;"><b><u>PERSONAL DEVELOPMENT</u></b></p> <p style="text-align: center;"><i><u>Mindfulness</u></i></p> <p>An important part of mindfulness is being in the moment and focusing your attention. Go outside and close your eyes. Observe what you can hear – is it a natural sound like a bird or the sound of a truck? After quietly listening to the sounds outside for at least 2 minutes, record your findings on the worksheet. This is also linked to our Science unit about the environment around you.</p> <p><b><u>PHYSICAL EDUCATION</u></b></p> <p>Complete a session of "PE with Joe"</p> <p><a href="#">pe with joe 2021 kids - YouTube</a></p>				


Term 4 Week 1 Look, Cover, Write, Check

<u>Words</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>look</b>				
<b>good</b>				
<b>wood</b>				
<b>boot</b>				
<b>root</b>				
<b>zoo</b>				
<b>hooks</b>				
<b>looking</b>				
<b>rooftop</b>				



# 30 Days of LEGO Play

Follow the instructions for each day. The only rule is to have fun and use your imagination!




Day 1		Day 2		Day 3		Day 4	
You were hired by an amusement park to create a new roller coaster.		NASA needs you to build a new rocket.		Your parents want to build a new home and they want you to build it.		Hollywood hires you to build a movie set for a new Star Wars movie.	
Day 5		Day 6		Day 7		Day 8	
You enter a contest to build the world's tallest tower. Will you win?		You are stuck on Mars and need to build a new ship to get home.		Ford hires you to create the toughest pick up truck in the world.		You and 4 friends are stranded on an island. Build a boat to find a way home.	
Day 9		Day 10		Day 11		Day 12	
Captain Hook needs a new pirate ship and wants you to build it.		You and your friends decide to build a tree house.		Prince Charming hires you to build a castle for him & Cinderella.		Dr. Who hires you to build a new TARDIS.	
Day 13		Day 14		Day 15		Day 16	
You are asked by the President to build a new monument to George Washington.		Mr. Hilton hires you to build a new hotel.		There is a circus in town. Build a place for the performance.		Help your fellow pioneers build a wagon to make it across the country.	
Day 17		Day 18		Day 19		Day 20	
Build the fastest car around and join the big car race.		Do you wanna build a snowman? Get in the winter mood and build a snow scene.		The city wants you to build a bridge to connect one side of the town to the other.		Pizza party! It is up to you to make a pizza for all the guests.	
Day 21		Day 22		Day 23		Day 24	
You are hired to build a brand new hospital.		The fence is broke and the dog keeps escaping. Build one he can't get out of.		You are now in medieval times. You are commissioned to build a jousting arena.		The local bank keeps getting robbed. Build a safe no one can crack.	
Day 25		Day 26		Day 27		Day 28	
Design and build your dream bedroom.		You are elected ruler. Build a flag for your land.		Allens are invading and you need to build a war robot to defeat them.		The aliens have taken over. They are impressed by your robot. They want you build one for them.	
Day 29		Day 30				What was your favorite day?	
You are hired to build a house entirely out of yellow Legos.		There is blizzard. You will need to build a snowmobile					





**"Nature Scavenger Hunt" sheet, Music and Library work. For live links, go on to the school website and look for "Learning from Home > Library/Music"**

## LIBRARY WEEK 1:

<b>Term 4</b>	<b>Whole School Activity</b>	
<b>Kinder to Year 6</b>	<p>BOOK WEEK THEME - <b><u>OLD WORLDS, NEW WORLDS, OTHER WORLDS</u></b></p> <p><b>Task</b> - <u>Create a map of a world.</u></p> <p><b>Suggestions</b>; old, new, imaginative, fairytale, futuristic/science fiction, medieval, tropical, based on a movie or a book...</p> <p><b>Materials</b>; any - paper, Lego, computer etc</p> <p><b>Size</b>; as big as you like</p> <p><b>Include</b>; rivers, mountains, cities, ports, forests, roads, castles, towns etc</p> <p><b>Name</b> your world. Please colour if appropriate.</p> <p><b>Name</b> all of your features.</p> <p>[Older students may like to add compass points and a key. Year 6 include coordinates.]</p> <p><u>Either photograph and email your map or bring it in when we return to school for display.</u></p> <p>You may like to email your pictures to us at:</p> <p style="display: flex; justify-content: space-between;"> <span>Mrs Wilson <a href="mailto:Antje.Wilson@det.nsw.edu.au">Antje.Wilson@det.nsw.edu.au</a></span> <span>Mrs French <a href="mailto:Elizabeth.Graham6@det.nsw.edu.au">Elizabeth.Graham6@det.nsw.edu.au</a></span> </p>	  

## MUSIC WEEK 1:

*As our school has an upcoming Musica Viva performance in Term 4, "The Air I Breathe", we are fortunate enough to have online access to the Musica Viva resources on offer. If you and your child would like to access the Student Learning Journey for the upcoming show, please visit*

Visit

[www.musicavivainschools.com.au](http://www.musicavivainschools.com.au)

and

login using the following classroom code for 'The Air I Breathe': **breathe**



Tuesday 5th October

Write out the spelling words once and draw a picture to match

**book**

\_\_\_\_\_

**wood**

\_\_\_\_\_

**zoo**

\_\_\_\_\_

**looking**

\_\_\_\_\_

**boot**

\_\_\_\_\_

**rooftop**

\_\_\_\_\_

# Story Elements

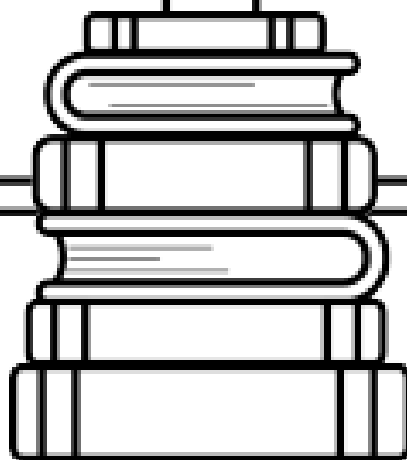
Book Title \_\_\_\_\_

Setting

Characters

Problem

Solution



Beginning

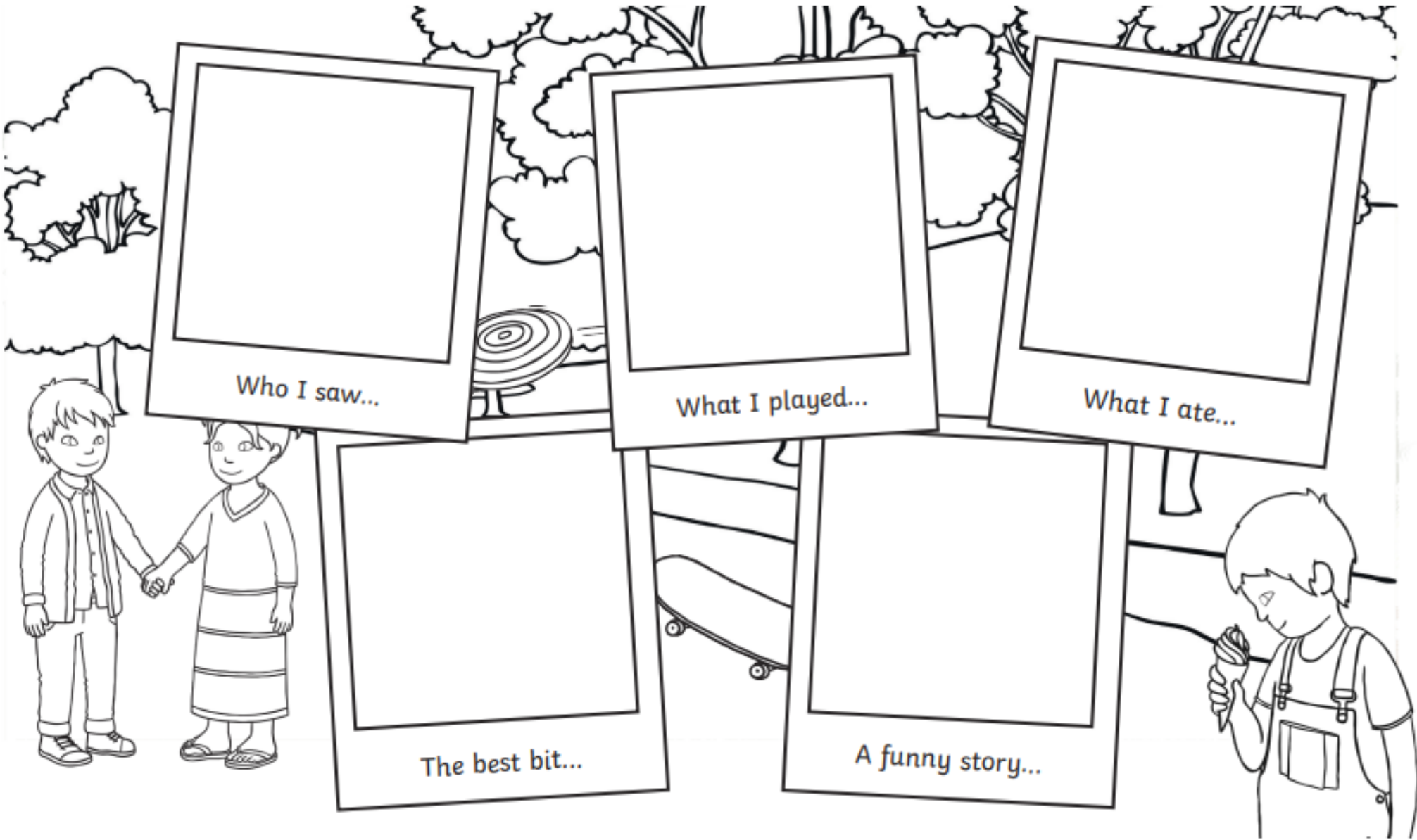
Middle

End

Favorite Part



# My Holiday Snapshots



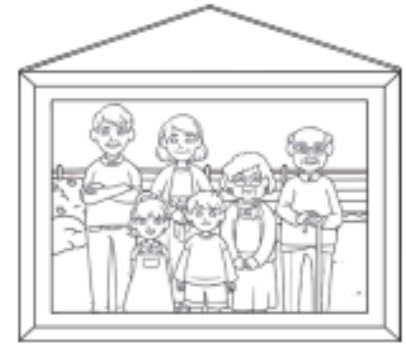






# All About My Family

This is a picture of my family and I.



The people in my family are

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Together, we like to

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My family is special because

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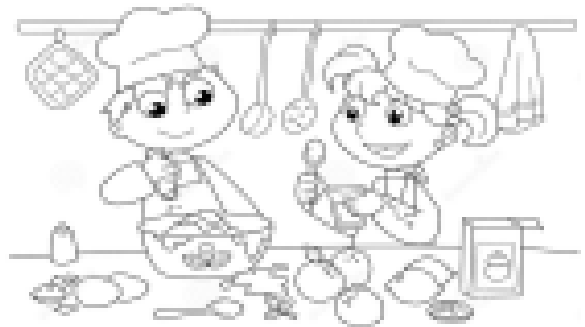
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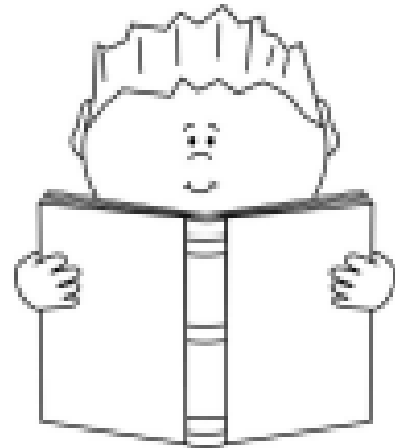
Wednesday 6<sup>th</sup> October

Write the -oo word to match the picture:

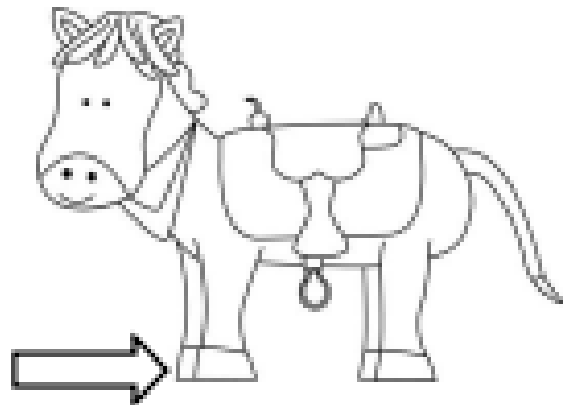
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Name: \_\_\_\_\_

Word Work: short -oo

Trace the -oo word:

book      cook      took

look      hoof      shook

Color the -oo words in the search:

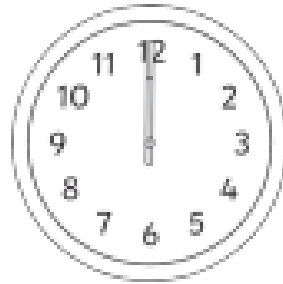
b	l	o	c	b	o	o	k
s	k	j	o	c	r	o	w
o	s	h	o	o	k	e	f
h	f	i	k	a	l	t	b
o	l	s	o	t	o	o	k
o	s	i	w	e	o	d	w
f	c	e	t	o	k	w	t

# Find and Write the 'oo' Words (long oo sound)

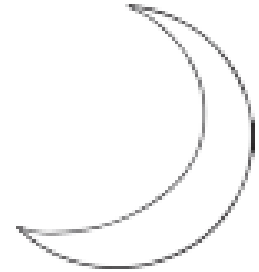
Write the words and then colour the ones with an 'oo' sound in them.



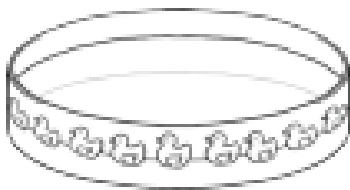
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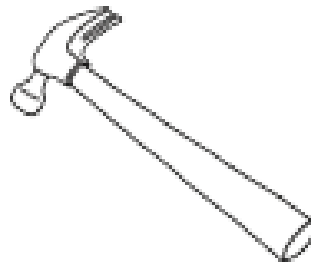
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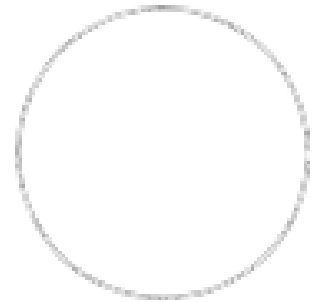
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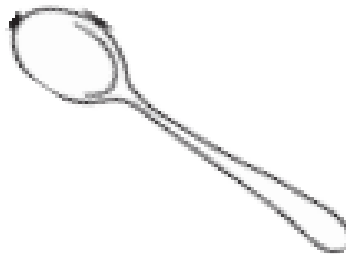
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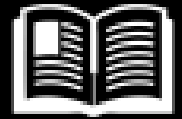


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# Main Idea



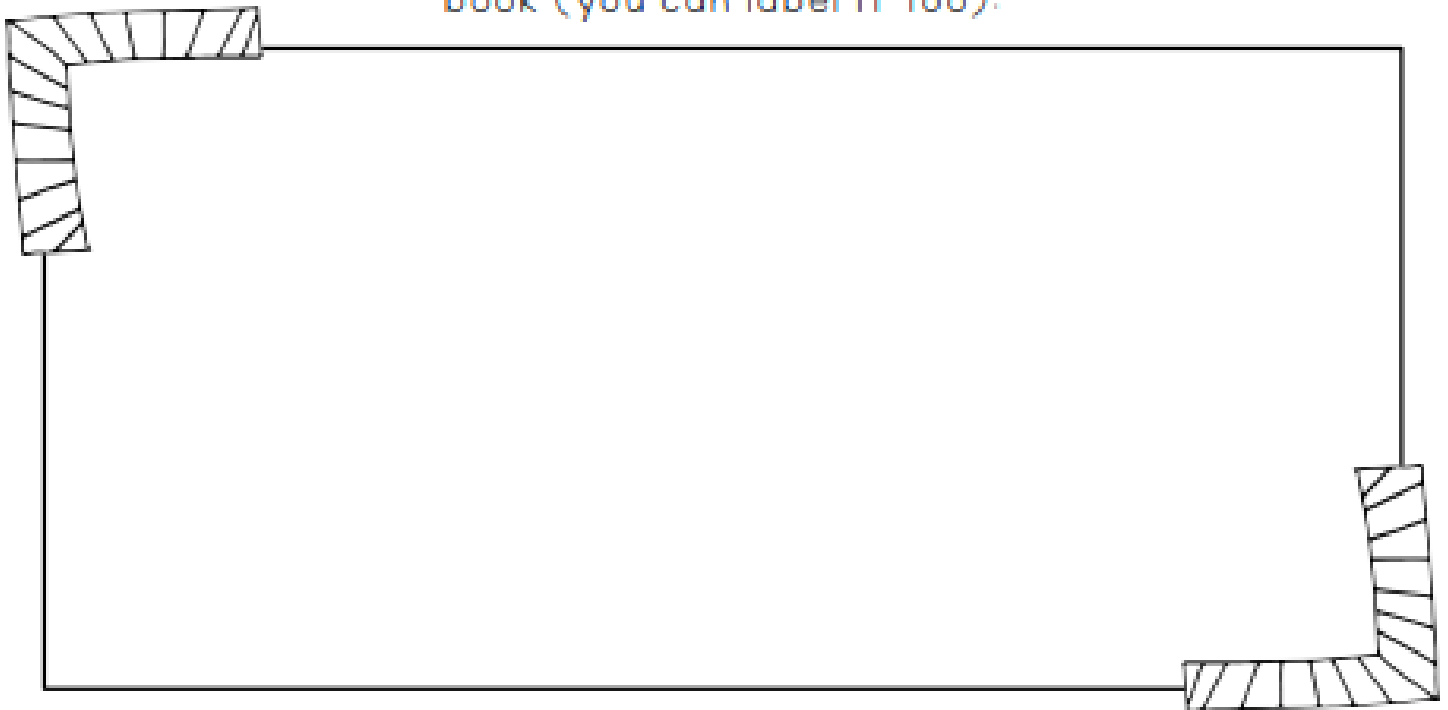
## BEFORE READING:

We are going to read a book about:

One question I have about this topic is:

## DURING READING:

Draw a picture about one thing that you learned so far from this book (you can label it too):

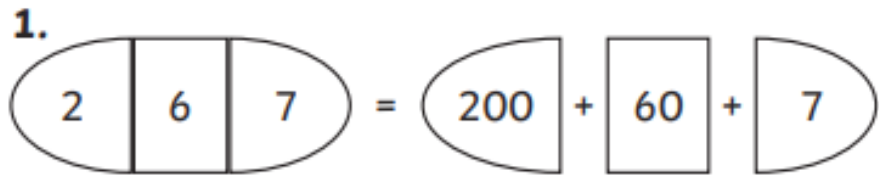


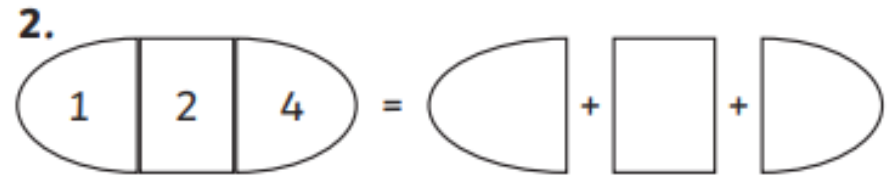


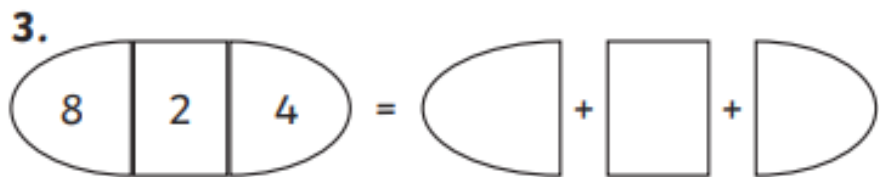


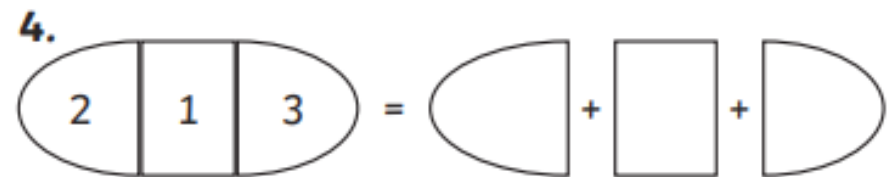


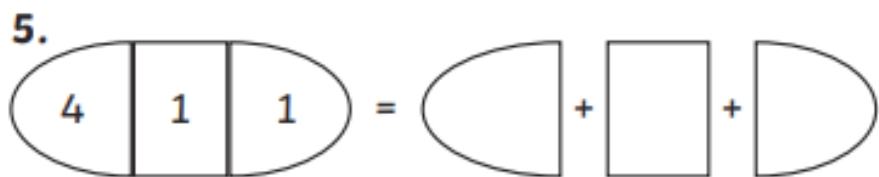
# Number Partitioning

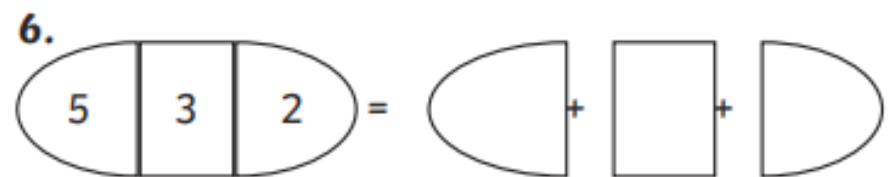
1.  =  $200 + 60 + 7$

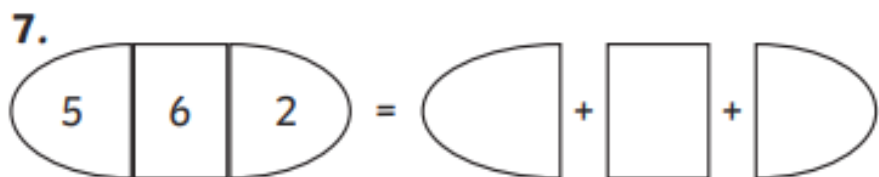
2.  =  $\quad + \quad + \quad$

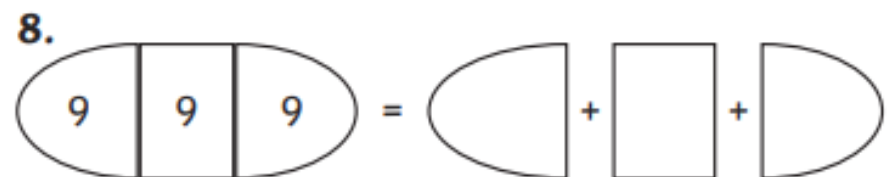
3.  =  $\quad + \quad + \quad$

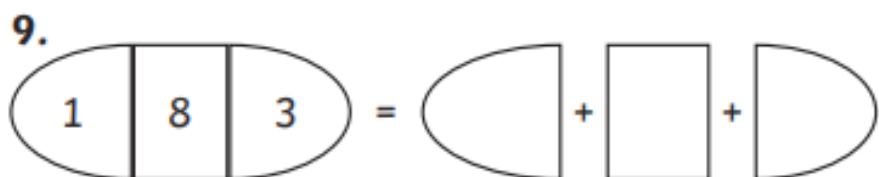
4.  =  $\quad + \quad + \quad$

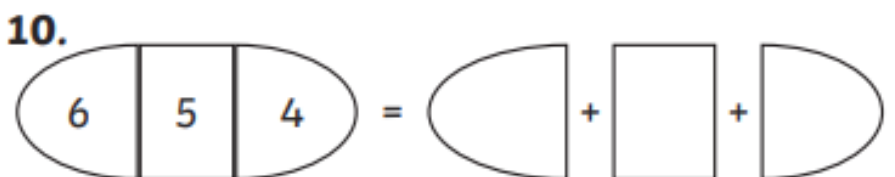
5.  =  $\quad + \quad + \quad$

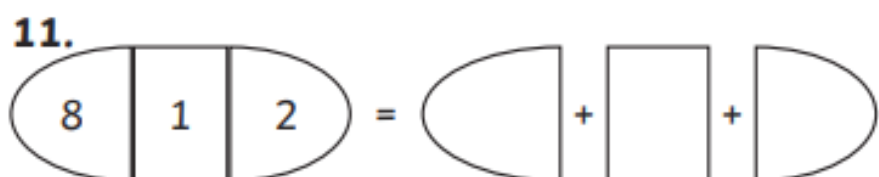
6.  =  $\quad + \quad + \quad$

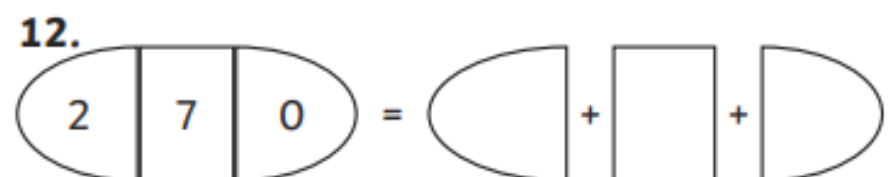
7.  =  $\quad + \quad + \quad$

8.  =  $\quad + \quad + \quad$

9.  =  $\quad + \quad + \quad$

10.  =  $\quad + \quad + \quad$

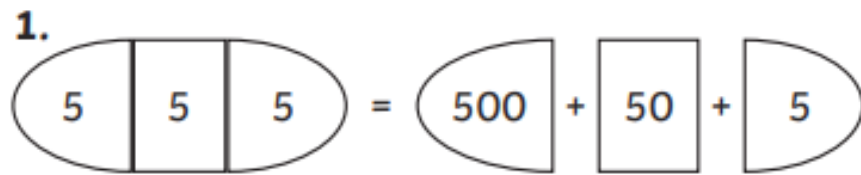
11.  =  $\quad + \quad + \quad$

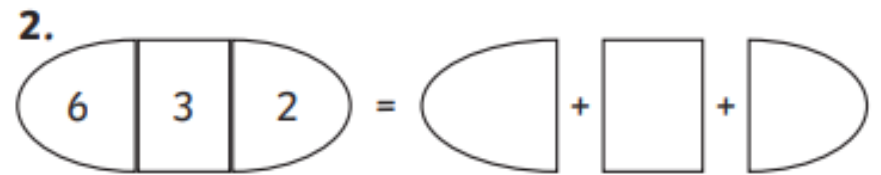
12.  =  $\quad + \quad + \quad$

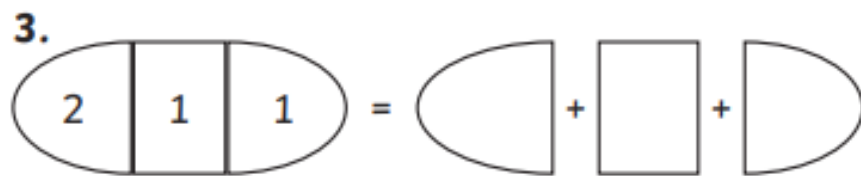
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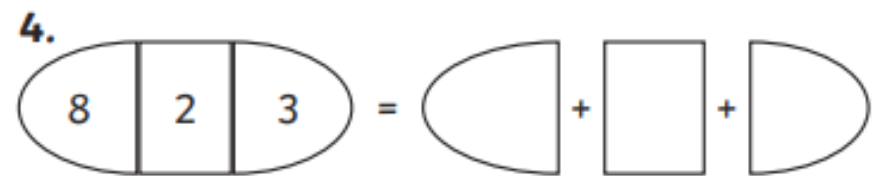


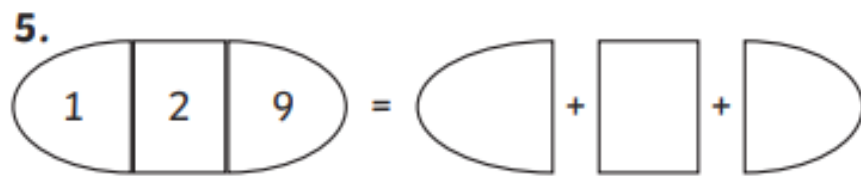
# Number Partitioning

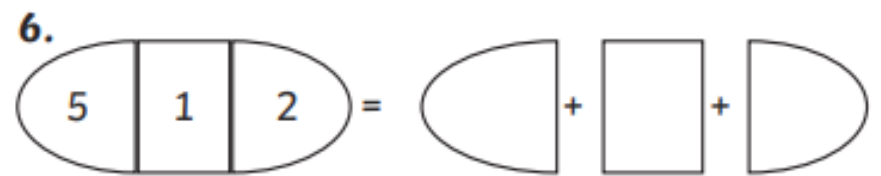
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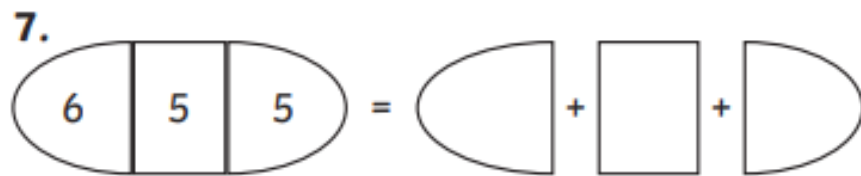
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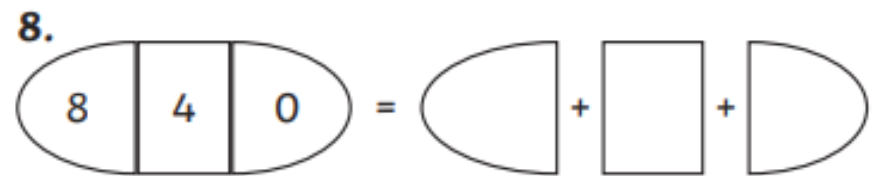
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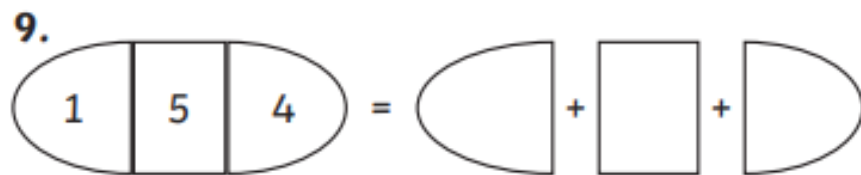
4. 

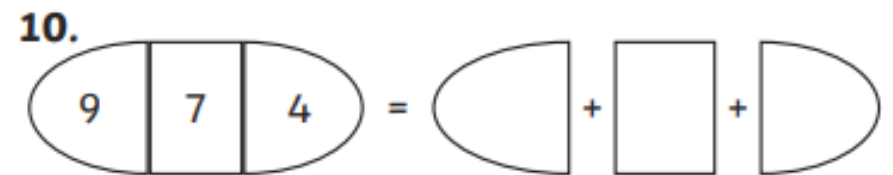
5. 

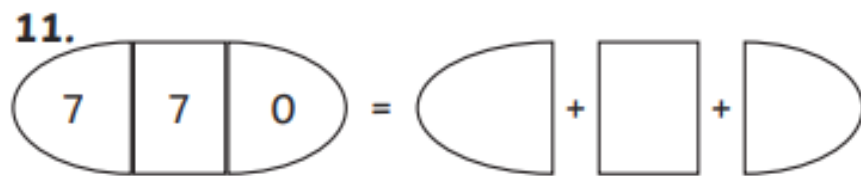
6. 

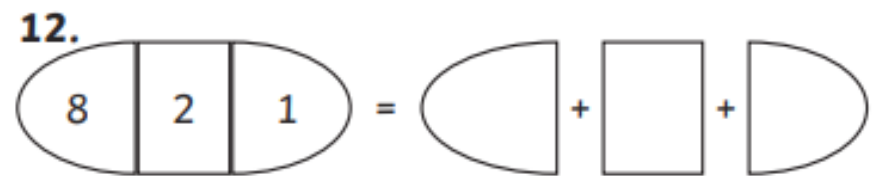
7. 

8. 

9. 

10. 

11. 

12. 

---



## Thursday 7<sup>th</sup> October

Write an INTERESTING sentence for each word:

look

---

good

---

wood

---

boot

---

zoo

---

root

---

hooks

---

looking

---

rooftop

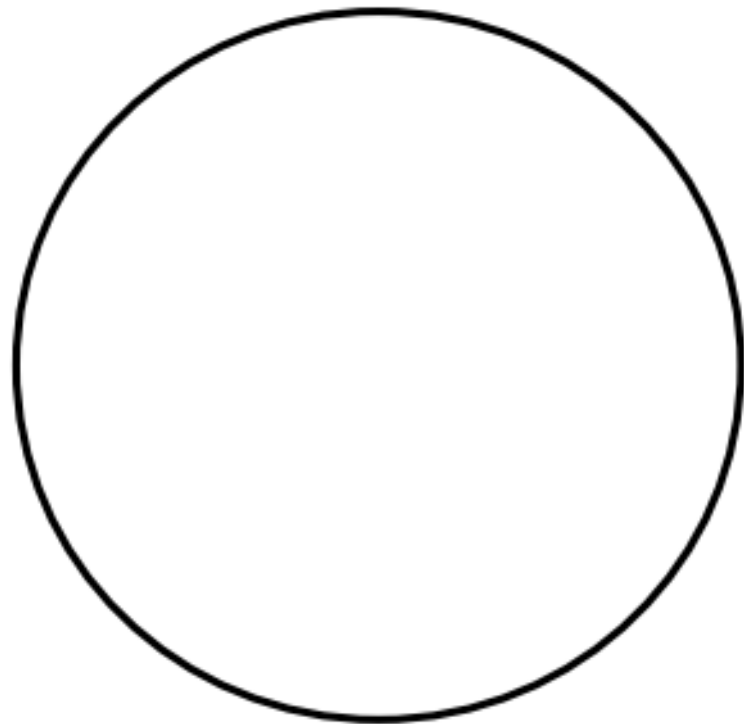
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# Characters Change



Choose a book. Draw an illustration of the main character at the beginning of the story and at the end of the story. Make sure the illustration is detailed and shows the change in the character's feelings or actions. You can add labels to the illustrations.



at the beginning of the story

---

---

---

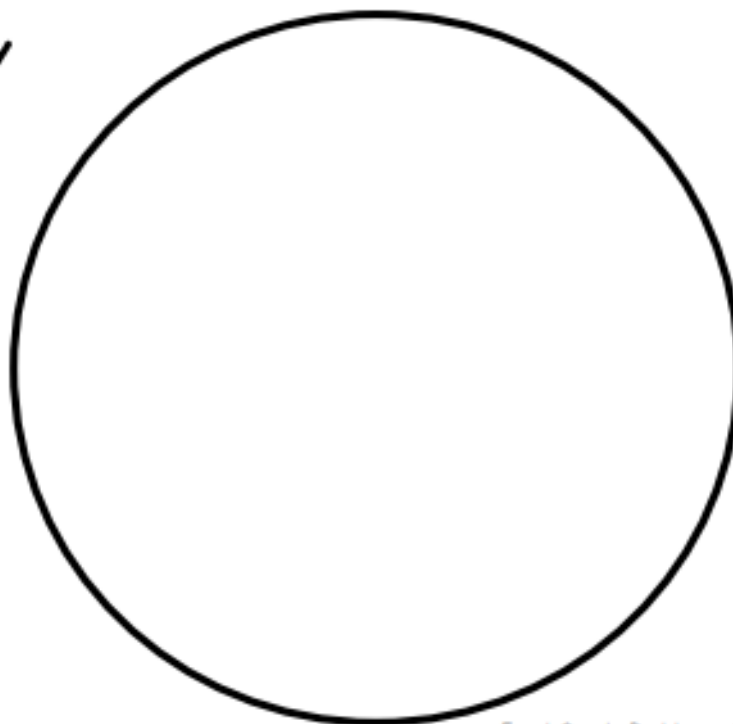


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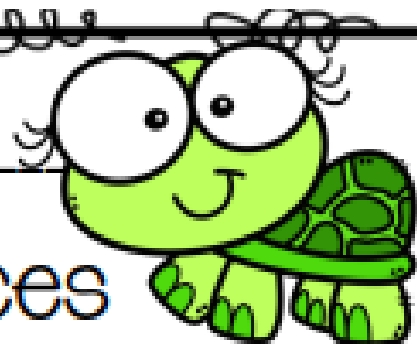
at end of the story







Name: \_\_\_\_\_



## Expanding Sentences

Add the when, where and why to each simple sentence to turn it into a WOW sentence!

1. The cat ran.

When: \_\_\_\_\_

Where: \_\_\_\_\_

Why: \_\_\_\_\_

WOW sentence: \_\_\_\_\_

2. The boy is eating.

What: \_\_\_\_\_

Where: \_\_\_\_\_

Why: \_\_\_\_\_

WOW sentence: \_\_\_\_\_



3. The dog barked.

When: \_\_\_\_\_

Where: \_\_\_\_\_

Why: \_\_\_\_\_

WOW sentence: \_\_\_\_\_

4. The girl played.

When: \_\_\_\_\_

Where: \_\_\_\_\_

With who: \_\_\_\_\_

WOW sentence: \_\_\_\_\_

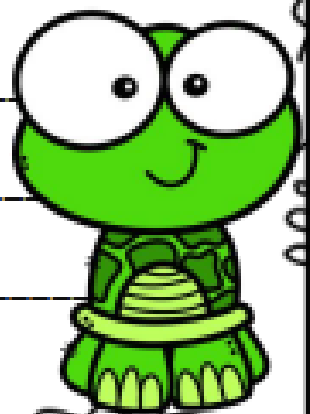
5. The turtle swam.

When: \_\_\_\_\_

Where: \_\_\_\_\_

Why: \_\_\_\_\_

WOW sentence: \_\_\_\_\_

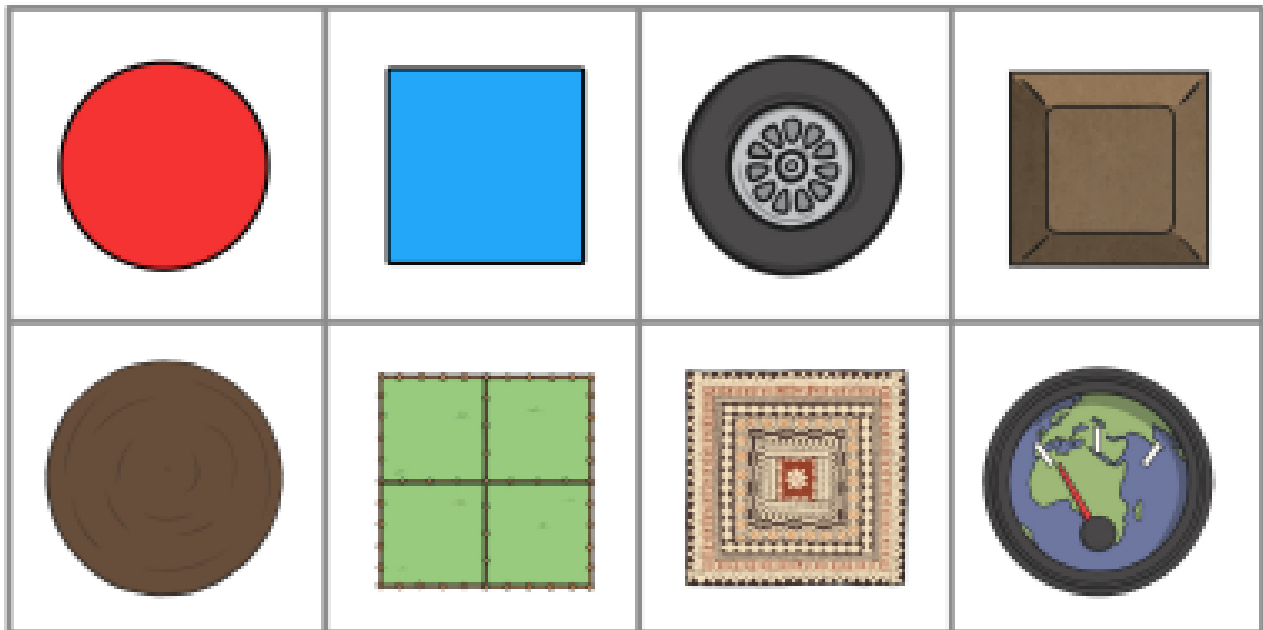


# 2D Shape Sorting

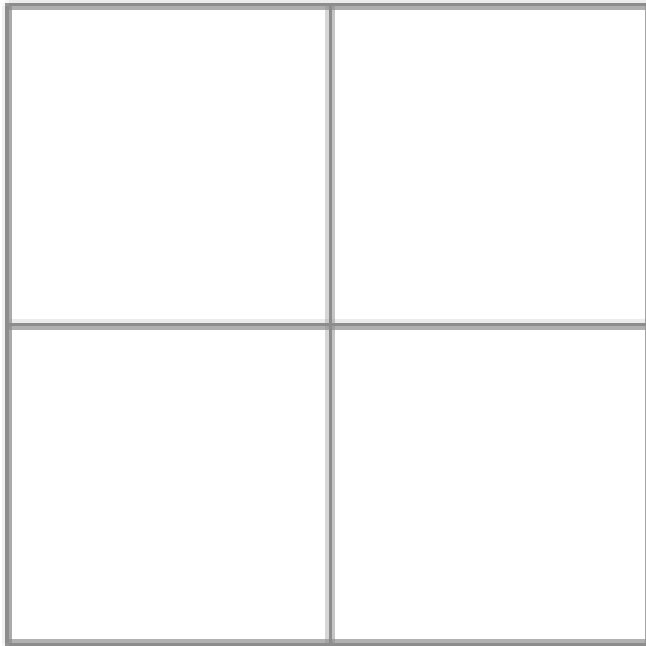
Cut and paste the shapes into the correct category.

circle

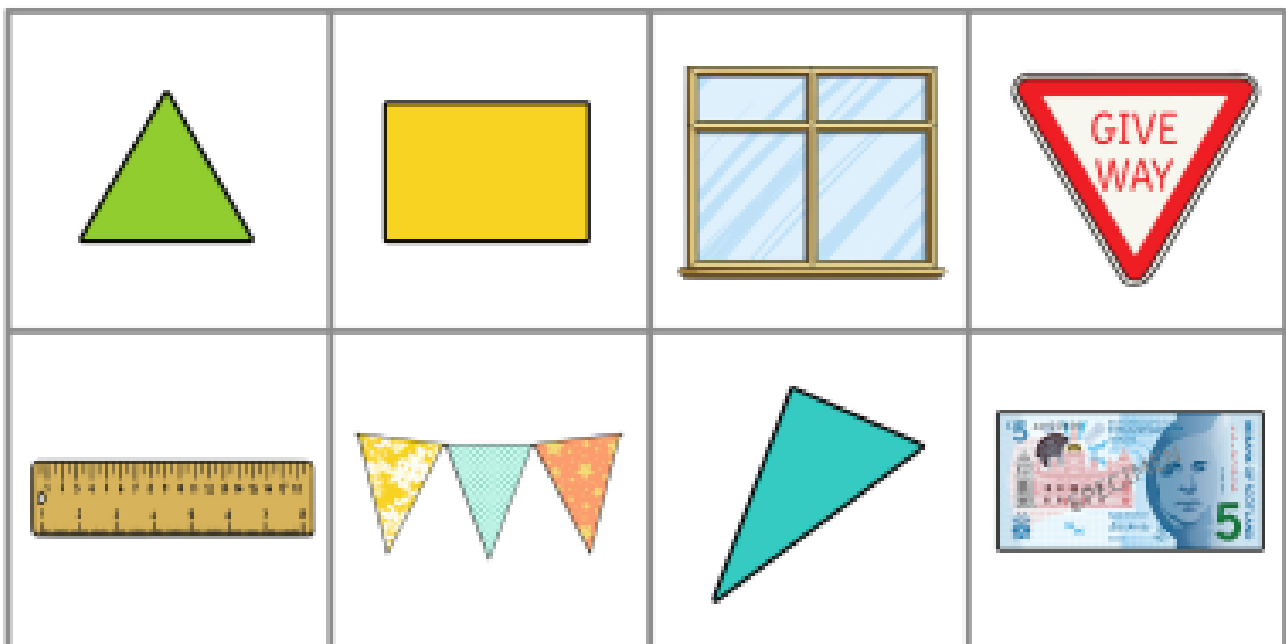
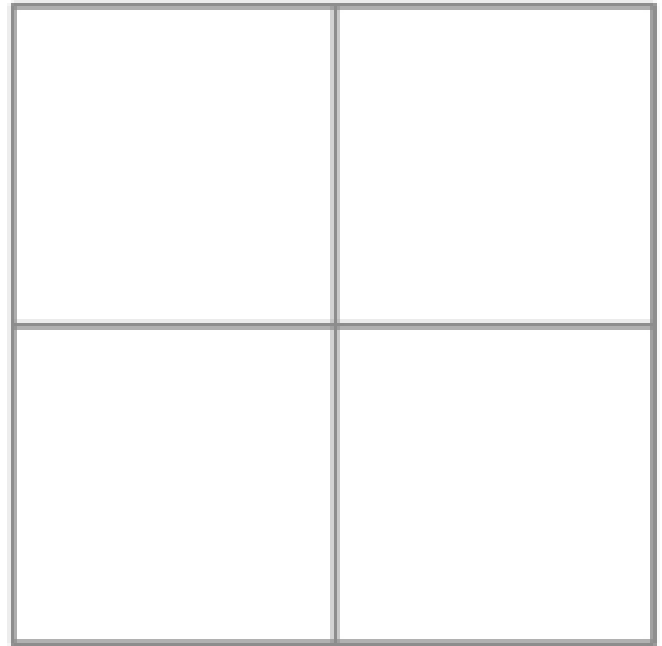

square

triangle



rectangle



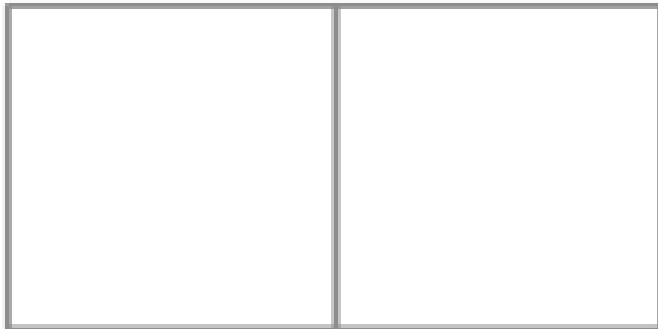
pentagon



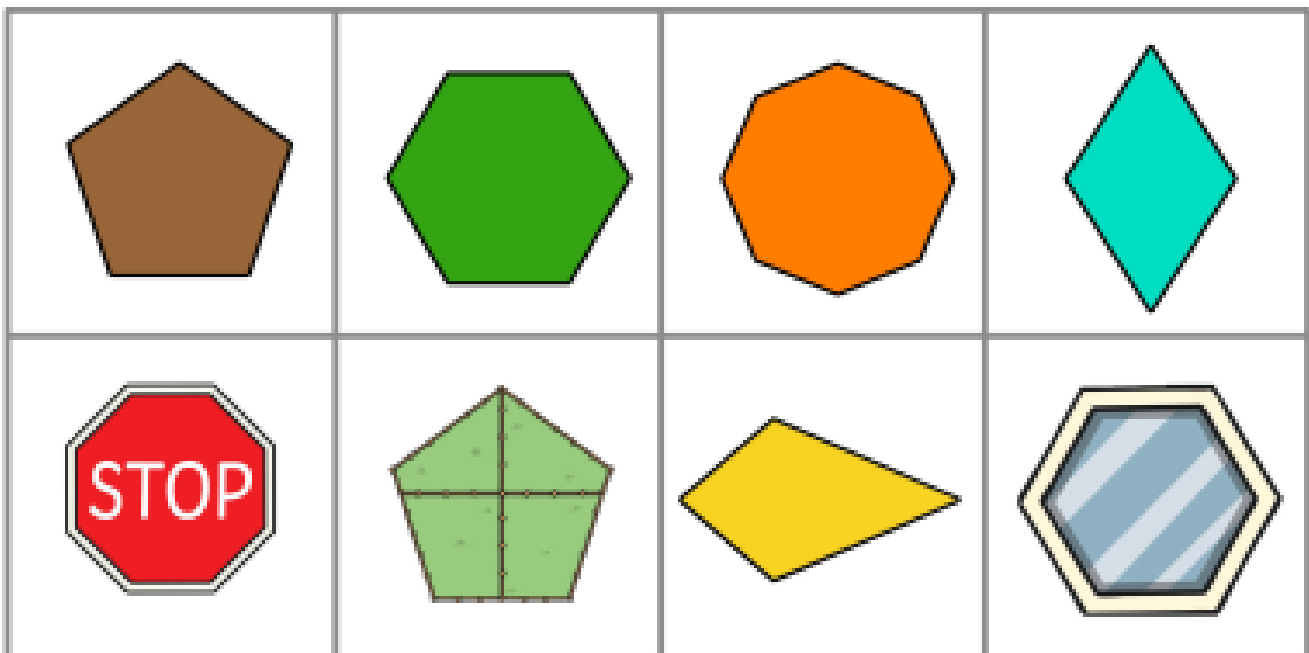
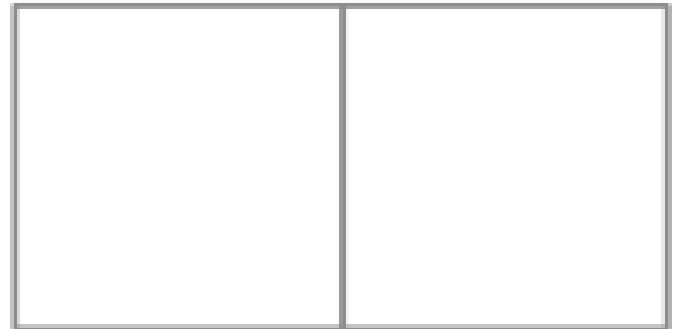
hexagon



octagon



quadrilateral



SCIENCE: Up, Down and All Around

**I spy with my little eye...**

**Something in the sky!**

**Something that grows!**

**Something made by people!**

**Something far away!**





## Friday 8<sup>th</sup> October

Ask an adult to read out your words. Check if you got them correct!


Name: \_\_\_\_\_

### Good Readers Ask Questions

Book Title: \_\_\_\_\_

These are my BIG questions

On page number \_\_\_\_\_ , I wondered...



On page number \_\_\_\_\_ , I wondered...

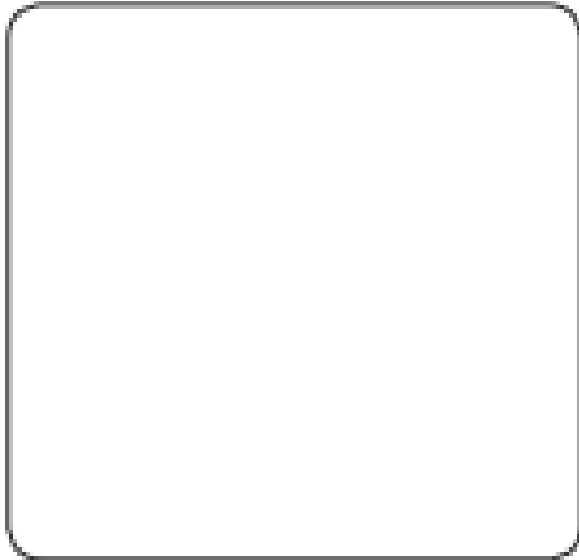
On page number \_\_\_\_\_ , I wondered...







# WANTED



Name: \_\_\_\_\_

\_\_\_\_\_

Last seen: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Crime: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Features: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Additional information: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Reward: \_\_\_\_\_

\_\_\_\_\_



# Who am I? 2D Shapes

twinkl.com

I have:

\_\_\_\_\_ sides and

\_\_\_\_\_ vertices

I am \_\_\_\_\_

I have:

\_\_\_\_\_ sides and

\_\_\_\_\_ vertices

I am \_\_\_\_\_

I have:

\_\_\_\_\_ sides and

\_\_\_\_\_ vertices

I am \_\_\_\_\_

I have:

\_\_\_\_\_ sides and

\_\_\_\_\_ vertices

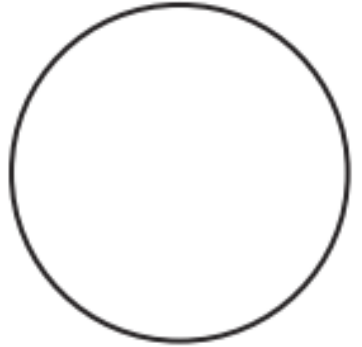
I am \_\_\_\_\_

**Instructions:** Cut across the dotted lines to create flaps. Place glue only underneath the title section on the side. Paste into your exercise book. Write or draw about each subject under its flap.

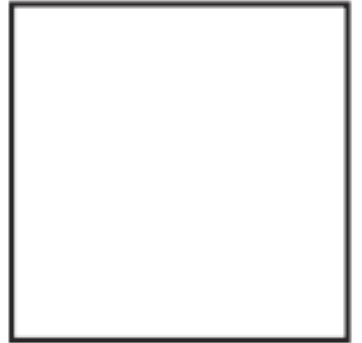
**I am a triangle.**



**I am a circle.**



**I am a square.**



**I am a rectangle.**

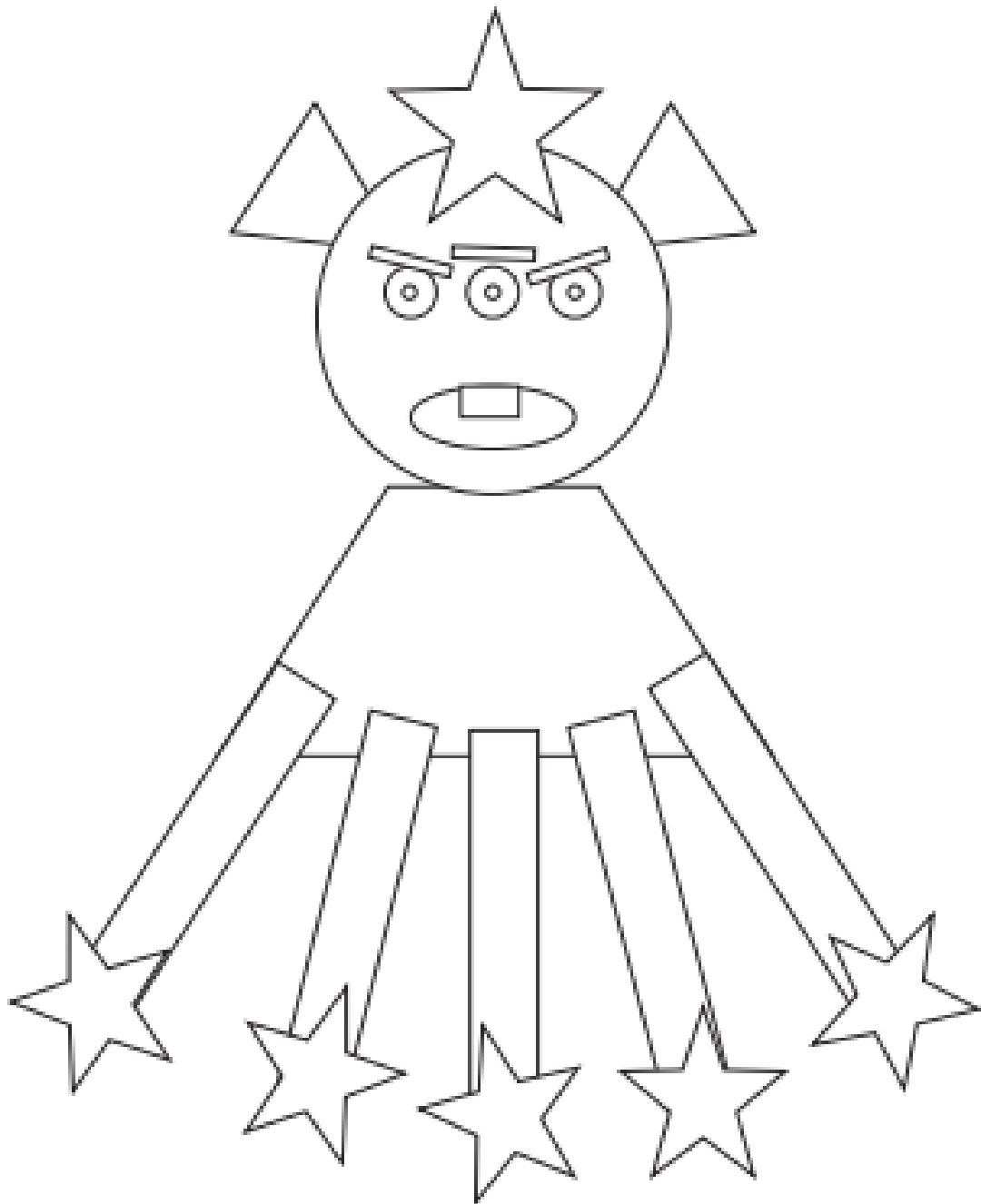




# Shape Monsters

Cut out and use these 2D shapes to create monsters. Make them very scary!  
Stick your monster into your maths book. Use crayons and markers to finish your design. In your book, make a list of the shapes you have used for your monster. Have fun!

This is an example:  
Meet Terry the Shape Monster!

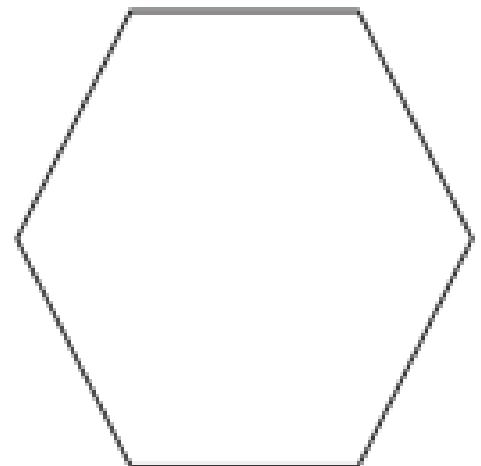
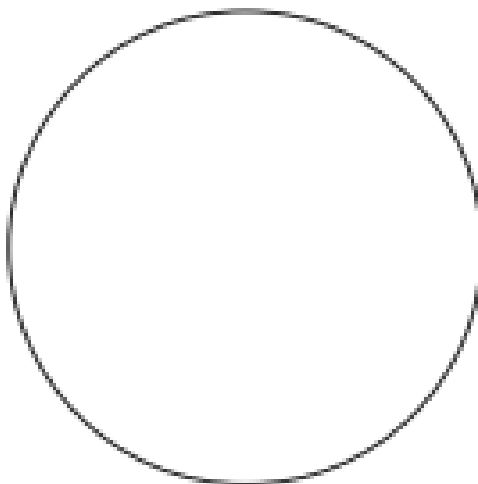
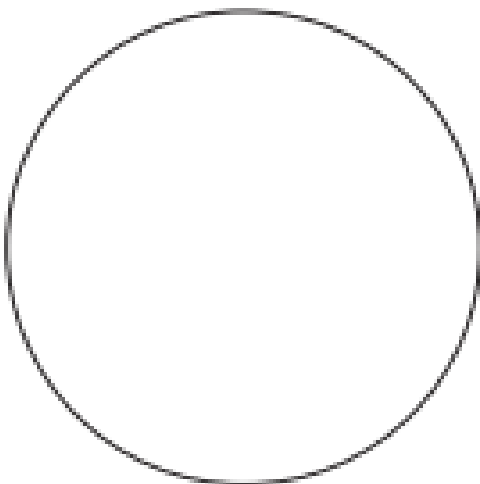
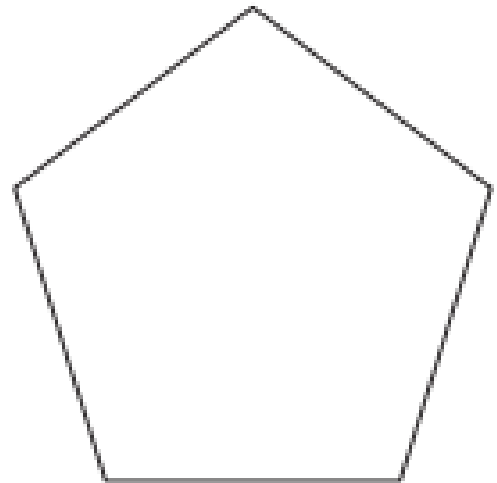
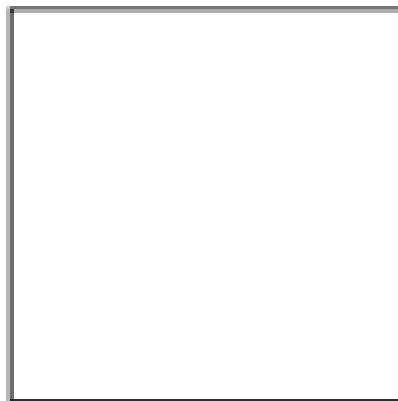
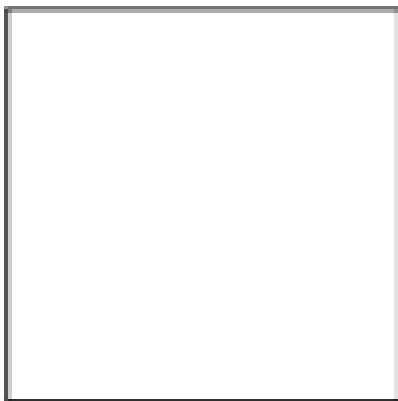
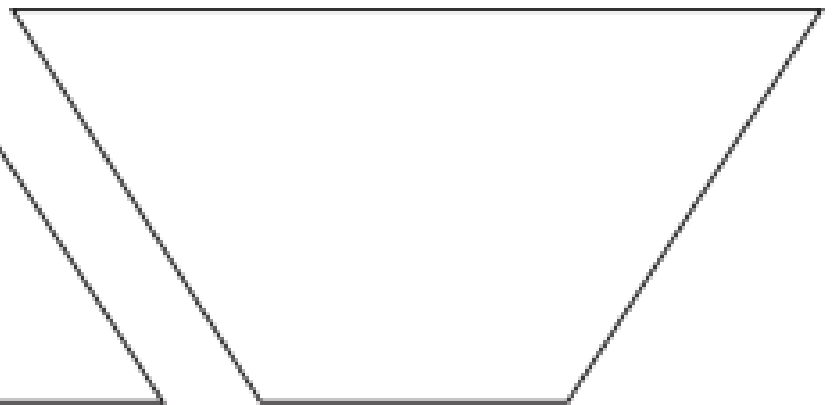
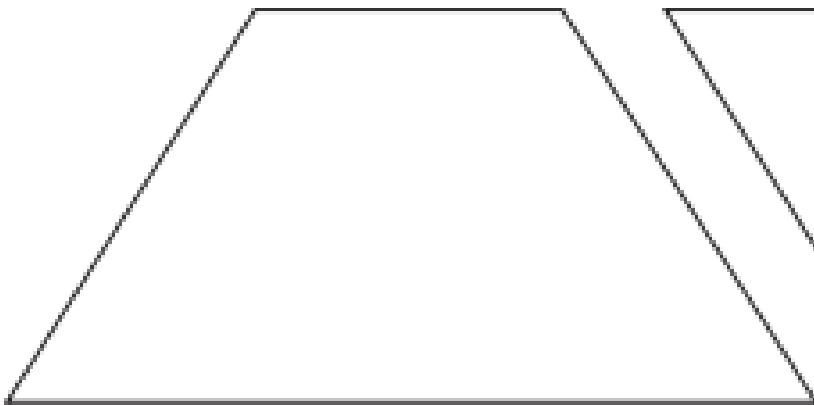


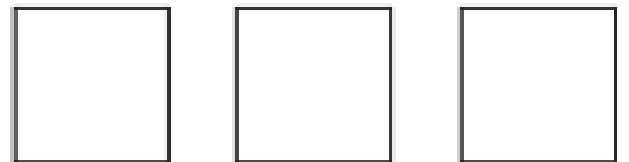
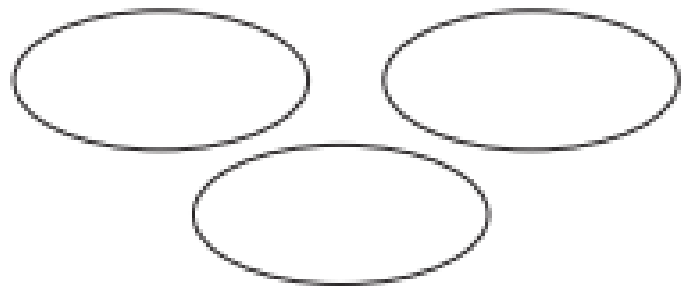
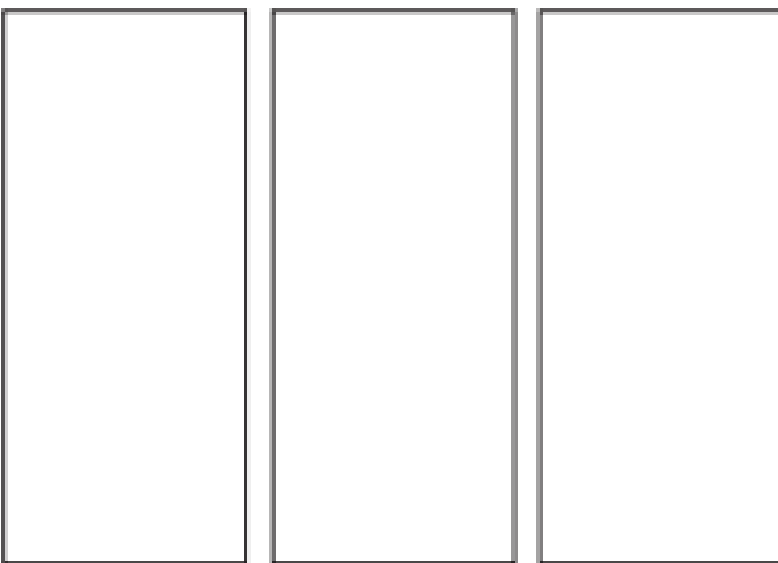
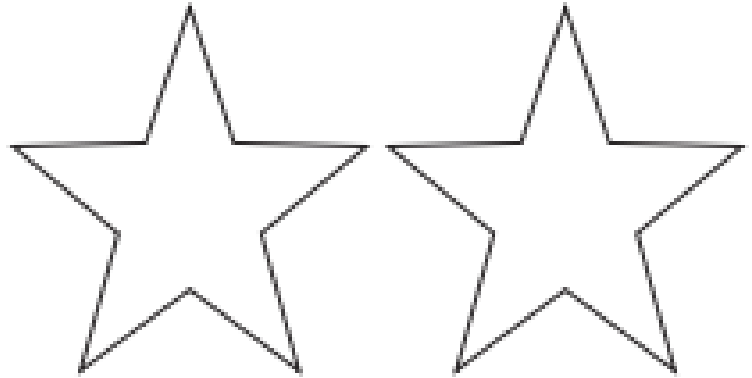
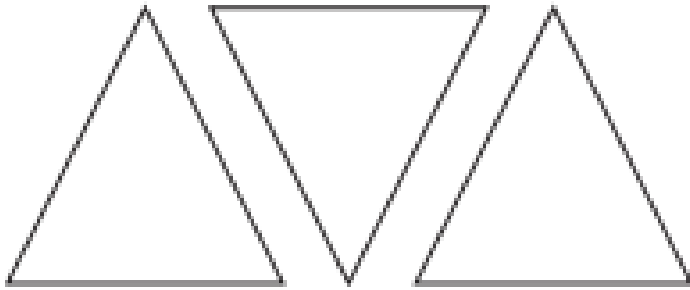
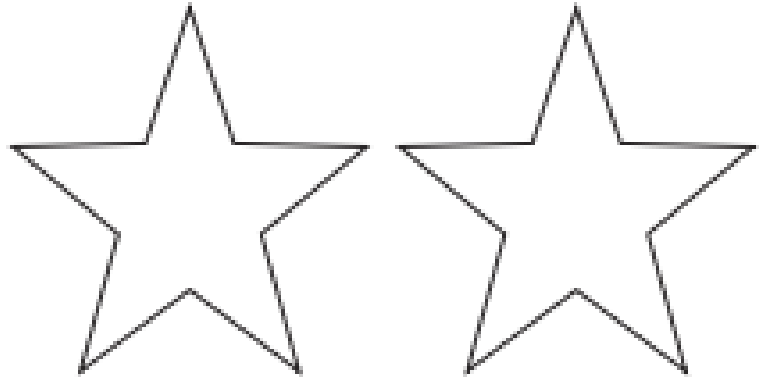
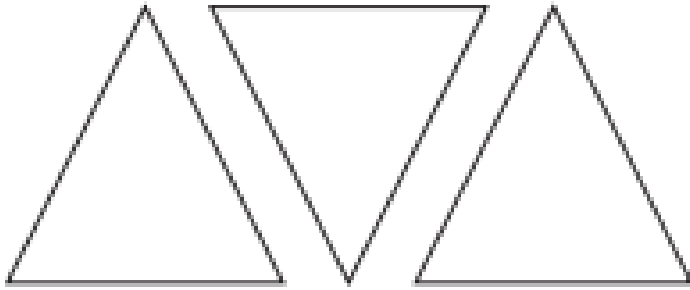
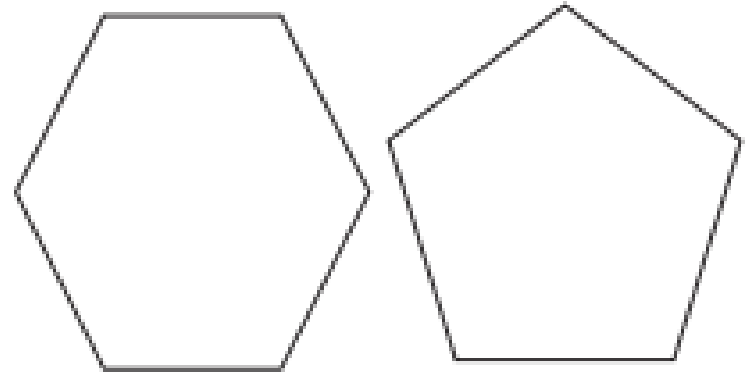
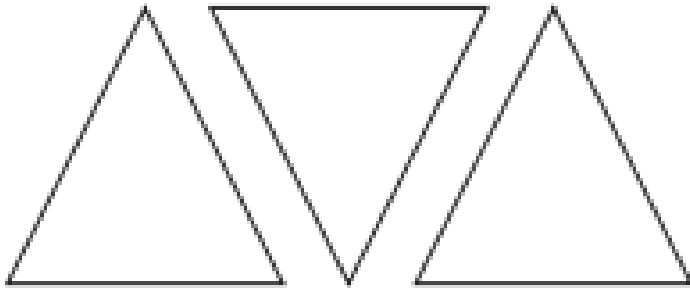
Shapes: circle, triangle, rectangle, trapezium, pentagon, hexagon, star, square, oval.

---



# Shapes to cut out:





Year 1



**Learning Intentions:**

- For students to identify what mindfulness is.
- For students to recognise some sound they can hear when being mindful

**LESSON 1**

**Counting Sounds**

A large, empty rounded rectangle with a black outline, intended for students to write or draw their responses.A large, empty rounded rectangle with a black outline, intended for students to write or draw their responses.A large, empty rounded rectangle with a black outline, intended for students to write or draw their responses.A large, empty rounded rectangle with a black outline, intended for students to write or draw their responses.