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| Research a recipe for one of your favourite meals and get someone at home to help you make it. | Go to the shops with your family. Choose 5 important items for you to buy and try to find the cheapest deal for these items. | Tell someone about your favourite book and explain why. | Plan a day out with your family using public transport timetables. Work out what time you would leave and return as well as the total cost of your trip. | Show your family some of the exercises you have been doing in PE. Work out together and see how many reps you can do in a minute. |
| Look out your kitchen window and draw what you see using any media of your choice. | Watch the news and write a newspaper report on one of the stories that you heard. Remember the title, headings and pictures. | Look up recipes for healthy snacks (e.g. granola, flapjacks, fruit salad) and have a go at making one of these at home. | Keep a food diary for the week. | Look at a map of Scotland. Identify the different cities in the country and choose one to find five facts about. |
| Draw a picture and write a short paragraph about one of your hobbies that shows you being active. | Challenge a member of your family to Speedy Tables – choose the table you find most difficult to practice. | Search your house and garden for objects that have your spelling rule. | Survey your family about their favourite books. Create a bar graph of the results – remember to include your own! | Go for a sensory walk with your family. Discuss what you see, hear and smell along the way. |

Choose at least one activity per week. On a Friday, an opportunity will be given for children to share their family learning.