

6th April 2020 - 2



Hi Everyone,

Well done, you have completed two weeks of home schooling. You have been amazing! You have certainly earned the next two weeks of Easter Holidays.

I wanted to say thank you again for accepting my telephone calls; it has been lovely speaking to you and the children. I love hearing what your children have been doing. I will continue to phone every Friday until we are back at school.

Reminder: Thrive Approach has a Group Facebook page that you can join. You can find and share ideas and activities. It's called: Thrive Approach – supporting the community to weather the storm

I am also a qualified Kids Yoga Teacher – each week I will add a breathing technique to help with stress and anxiety. The Balloon Breath can be used anytime of the day but is particularly good just before bedtime to help relax your child. Most of your children will know this one as we have used this in our Thrive sessions.



Thrive Approach Week 3 timetable is attached and I have also included activities that you might be interested in.

If your child is struggling or would like to talk to me, please contact me via: [mrisclosure@millrythe-jun.hants.sch.uk](mailto:mrisclosure@millrythe-jun.hants.sch.uk). If I can't get back to you Mrs Lewis will.

Have a great holiday, relax and enjoy time with your children.

Be Safe, Take Care and Be Kind to yourselves.

Sarah Hodgson  
Thrive Lead



### The Rainbow Children

The history books will talk of now,  
that time the world stood still.  
When every family stayed at home,  
waved out from windowsills-  
At those they loved but could not hold,  
because they loved them so.  
Yet, whilst they did they noticed all the flowers start to grow.

The sun came out, they can recall,  
and windows, rainbows filled.  
They kicked a football in their yards,  
until the night drew in.  
They walked each day but not too close,  
that time the world stood still.  
When people walked straight down the roads,  
that once the cars did fill.

They saw that people became ill;  
they knew the world was scared.  
But whilst the world stood still they saw,  
how much the whole world cared.  
They clapped on Thursdays from their doors,  
they cheered for the brave.  
For people who would risk their lives,  
so others could be saved.

The schools closed down, they missed their friends,  
they missed their teachers so.  
Their Mams and Dads helped with their work,  
they helped their minds to grow.  
The parents used to worry that,  
as schools were put on hold.  
Their children wouldn't have the tools;  
they'd need as they grew old.  
But history books will talk of them,  
now adults, fully grown.  
Those little boys and girls back then,  
the ones who stayed at home.  
They'll tell you that they fixed this world,  
of all they would fulfil.  
The RAINBOW children building dreams,  
they'd dreamed whilst time stood still!  
Author unknown



Whenever my kids get bored they can choose to pick a stick, but the rule is you have to do what the stick says. I've included housework there too just because 😊👩🏻‍🔧👧. So far today we've done dusting, ballgames, drawing with YouTube tutorials and a Lego tower challenge. They love it (my kids are 6 and 8).



Design your own chalk obstacle course in your garden.

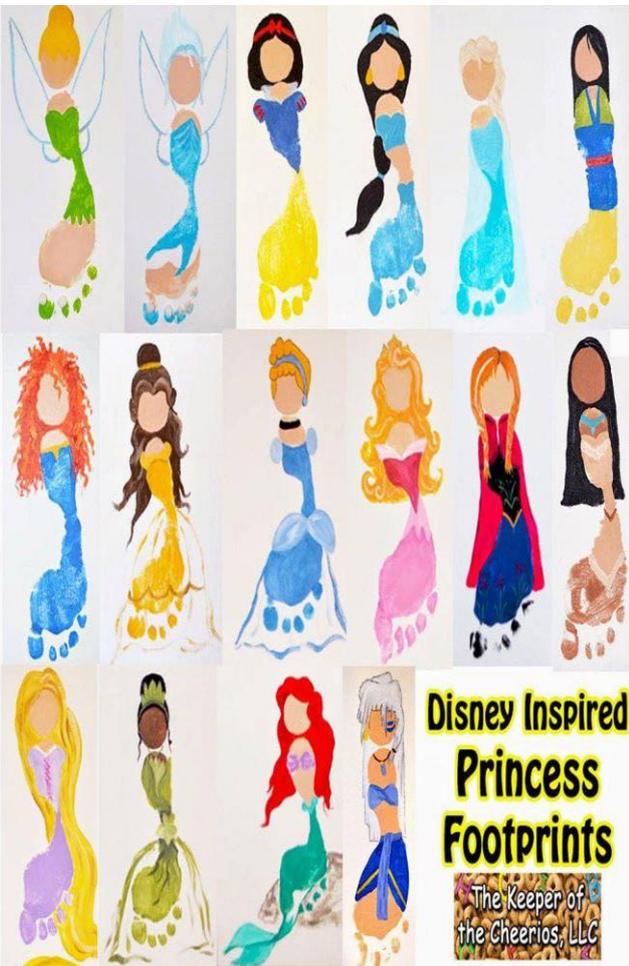


## MAIL A HUG

An easy way for kids to brighten the day of a friend or loved one that they don't see often!



Mail a hug to Grandparents.



Foot painting for Princesses



You can use your recycling to build an imaginary world!

# 30 Day LEGO Challenge

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

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

A Lego challenge for every day or once a week.

# How to Grow a Rainbow

## You will need:

- Kitchen roll/paper towel
- Felt tip pens
- Two small bowls of water
- Paper clip
- Thread



1. Cut your kitchen roll into the shape of a rainbow.
2. Colour a rainbow with felt tips about 2 cm up on both sides.
3. Attach your paper clip to the top and tie a piece of thread to it. This will give you something to hold your rainbow with.
4. Fill each small container with water.
5. Hold your rainbow with the ends slightly submerged in the water then watch your rainbow grow!

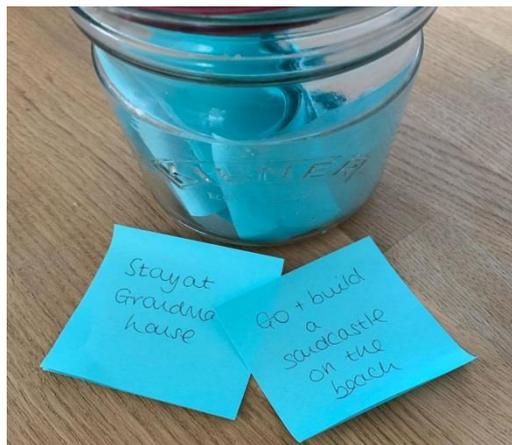


## THE SCIENCE

A brief introduction to 'capillary action'! Water molecules like to stick to things - including themselves. Sticking to things is called *adhesion* and sticking to itself is called *cohesion*. The fibres in kitchen roll make lots of little holes. Water is 'sucked' through the holes because of adhesion (liking to stick to other things) and cohesion (liking to stick to itself) means the rest of the water follows. The water pressure will eventually slow down and the pressure of gravity will mean it stops moving.

@MrsBpriSTEM

Create your own Rainbow with items from home.



Wish/Bucket List Jar

Every time you wish you could do something write it down on a post it note and put it in a jar. When the Coronavirus is over this will be your bucket list. You can work your way through the jar. Every time you do something from the jar you will feel more grateful than ever for the little and lovely things in your lives. Until then enjoy watching the jar fill up with magical things to look forward to.

I Spy Random Acts of Kindness Jar - You could also use this as a kindness jar. If you notice someone being kind, write it on a post it note and pop it in the jar. When the jar is filled you can read the notes and share all the lovely things everyone has done.

# Indoor Scavenger Hunt

Collect all of the following items in a bag or basket.  
Tick off the items as you find them.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME  
IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGO PIECES THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLOURS
- YOUR MOST FAVOURITE STUFFED ANIMAL

**Ready for your reward?**  
**Make sure everything gets put back where it belongs!**



# Thrive activities useful for parents of children up to 7 years old – week three



Problem solving and planning can be both challenging and fun. Children learn to develop and try out essential skills best alongside a steady, calm and connected adult We can use our problem solving skills to help children make sense of their experience and put meaning to it whilst at the same time managing big feelings. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	Do an <a href="#">online quiz</a> of your choice, you could even compete with other members of your family.
Tuesday	Plan, design and build your ideal house. <ul style="list-style-type: none"> <li>• How many rooms would it have, who would live there?</li> <li>• What would be your house rules?</li> </ul> You could build it out of boxes, cardboard, empty household resources, Lego, virtually on a laptop or draw it.
Wednesday	Dreaming that we are in/at... <ol style="list-style-type: none"> <li>1. Someone chooses an imaginary place to go to (for example a school) but keeps it secret.</li> <li>2. Players then suggest things to bring and have to guess where it is they are. So “tent” would be wrong – no tents in school. But a “notebook” is right.</li> <li>3. Winner gets to choose the next ‘dream’ destination and maybe choose a forfeit for the loser.</li> </ol> You could play this over skype with your friends!
Thursday	I’m Being Silly! <ol style="list-style-type: none"> <li>1. The adult starts off with a simple story and your child has to stop you when you have to said something silly. For example: <i>Johnny was a four-year-old boy on his way to school. As he left, he grabbed his car keys and buckled himself into the driver’s seat.</i></li> <li>2. If they don’t stop you, you keep going.</li> <li>3. Make the story as easy or as tricky as you like.</li> <li>4. Swap over!</li> </ol> Choose a fun, safe and agreed way to stop the story when you hear the silly.
Friday	Pick your favourite song and create your own dance routine to it. Teach your dance to your family or to friends over skype. Or Have a go at <a href="#">Zumba!</a>
Saturday	Games Day Get out your favourite boardgames and have a tournament!
Sunday	Create and make your own mud kitchen in the garden. <ul style="list-style-type: none"> <li>• What could you make in your mud kitchen?</li> <li>• What would be your menu?</li> </ul> Or plan and create your own garden of dreams!

## Top Tips:

- ✓ Choose games with simple, easy to follow rules, you could even agree to take some rules away or add your own!