

KS1

RUBY'S WORRY



<https://www.youtube.com/watch?v=9lhhCq44ar8>

The Wider Curriculum

- WORRY-BUSTER! When you get a Worry how do you make yourself feel better? Do you play with a pet? Do you head outside? Do you talk to a friend? Draw or paint a picture that shows us what you do to shrink your Worry.
- Create a picture of your worry – what does it look like – how would you describe it? What do you do to help your worry fade away? Can you draw and describe it?
- . Play Feelings Charades: choose a feeling and show the feeling by moving your face and body so someone can guess the feeling - • Happy • Sad • Angry • Surprised
- Make a worry box or jar for your family. Every time a worry pops into yours or a family members head, write it down and pop it in the jar or box. Then empty them out and talk about them with your family.
- Make a 'happy times' jar or box. Each day think about a time that you have felt happy, or something you are looking forward to doing. Write it down and pop it in the jar or box. As before with your family, empty them out and share all of the happy moments. How does this make you feel?

Maths Ideas

- Hit the Button – ICT games/Topmarks – Quick fire maths questions. Practice your mental maths!
- Play TTR or practice your 2, 5, 10 times table by writing them down... 1 x 10, 2 x 10 and so on.
- Watch numberblocks on BBC Iplayer, thinking about each video and what it is showing you. Challenge yourself to explore the BIG numbers episodes.
- Can you make a board game for you and your family to play. As you go around the board you could collect happy tokens, or worry tokens for different things. Can you reach all the way to 100, and finish the game? You can make the board game rules up, and challenges along the way.
- Using real coins, can you make a shop? Find things that make you happy and pop price tags on them. Create a price list for all of the items in your shop. Which coins will you need to pay for the items? Can you buy 2 or more items and find a total? Challenge yourself to pay and give change from 20p, 50p or £1.

Literacy Ideas

- Watch the RWI speed sound sessions daily on Ruth Miskin's channel on You Tube.
- Listen to the spelling sessions for the sounds, writing the words as they are said. Can you put these into sentences?
- Share the story with your child and discuss it with them. What is the story about? What is their opinion of the story?
- Turn to your favourite page in the book and describe why you like it.
- Think about what makes Ruby happy. Are they similar to what makes you happy? Write sentences to show what makes you happy.
- Where would you like to go and explore? What would you see there? Write an imaginative story that takes you to a magical/adventurous place. Who will you meet? What will happen? Let your imagination run away with you!
- Make a set of worry free cards or messages for your friends. Write something that you know would cheer them up. If you know where your friends live, can you go on a walk to post your friendly cards?