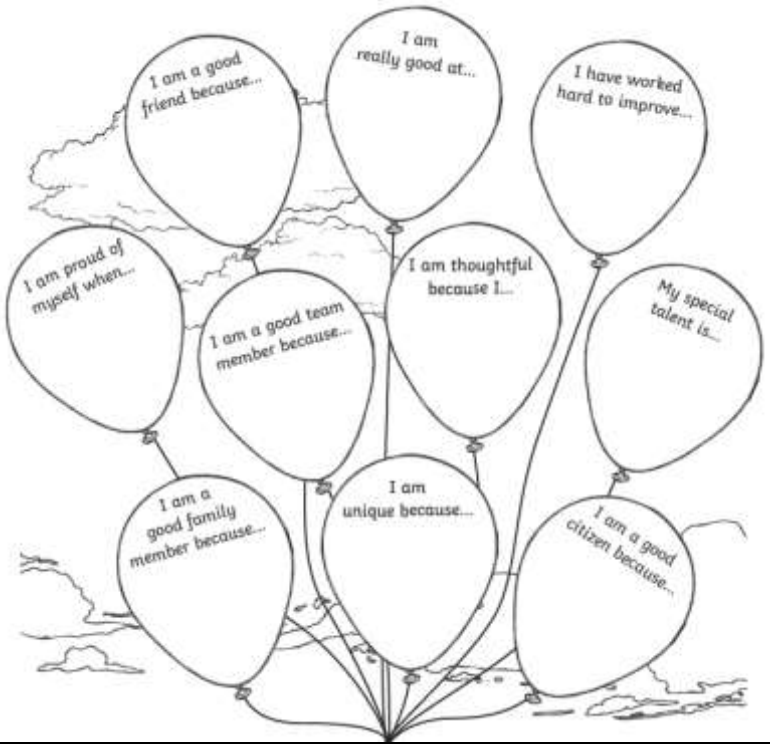
W/C 13.07.2020 – Transition Activities	
Year 4	
Day	**Activities**
Monday	Think of 5 goals you would like to achieve during your time in Year 5. Write them down and think about how you will reach these goals. Put them in order of difficulty and share them with your new teacher and grown-ups.
Tuesday	Think of a new hobby or skill you would like to take up over the next year. Research your ideas and make plans about how you could achieve your new hobby or skill. Draw a picture of you doing this new idea in a year's time.
Wednesday	Create an "All about me" booklet about yourself to share with your new teacher. Include information about your family and friends, what words you would use to describe yourself, what you like doing at home, any hobbies you have, what you like to do at school, what do you enjoy learning about, what you are looking forward to in Year 5. Can you also include a special message for your new teacher? Don't forget to add a drawing or photograph of yourself. You can bring your booklet to school on the first day to share with your teacher.
Thursday	What makes you an amazing person? Draw balloons and sentence beginnings like the example below. Think about what makes you amazing and finish the sentences in the balloons. 

Returning to school in September

Are you concerned about starting back to school in September? Copy or use the grid below to record your worries/concerns that you or your friends may have and think of a plan for how you and your friends could share and overcome these worries.

Worry:	I feel positive and happy	I feel ok	I feel a bit uncomfor-table and worried	I feel anxious and scared	I feel over-whelmed and I can't do anything	My Plan

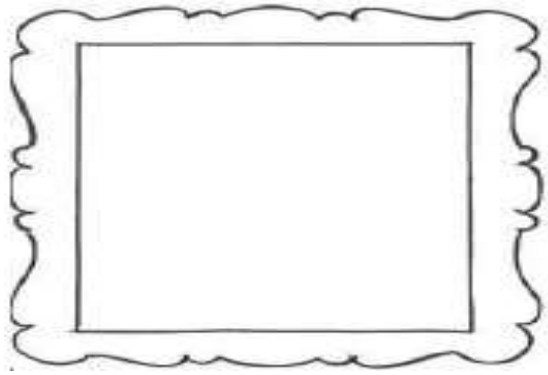
Learning Project - to be done throughout the week

Make a scrapbook

Start a scrapbook for Summer 2020. You can stick in memorabilia and pictures from the summer and draw pictures of what you do. These are great to look back on during cold winter afternoons.

Create a memory mirror

Record all your favourite memories from your time in Year 4. Draw pictures of yourself and write captions to explain your memories.
You could also create a 'Lockdown memory mirror' to share with your new teacher things you have achieved or learned whilst at home.



Wellbeing & P.S.H.E.

Choose some activities from the list below. How many can you achieve this week?

- Listen to your favourite song and dance around the room.
- Draw a picture of what you see in your garden or out of your window.
- Think about two role models in your life. Why do they inspire you?
- Write down five things you are grateful for.
- Research three jobs that interest you.
- Take a selfie and note down 5 things you like.
- Do something helpful for a friend or family member today.
- Play a game that you haven't played in a while.

STEM Learning Opportunities #sciencefromhome

- Describe your perfect day. What would you do? Make clocks with hands that move to show the time that you would do each different activity.

Additional learning resources parents may wish to engage with

● Tips and resources for parents to support transition from Mentally Healthy Schools can be found here.

● Childline wants to help bring out the best in your child through some easy-to-do activities.

● Parentkind provides handy hints to help prepare your child for their new class.