

Remote Learning – Class 4

Wednesday 10th November 2021

10.11.21

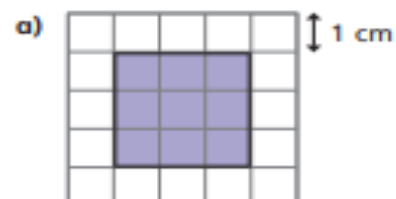
Maths

Perimeter on a grid

- Today in Maths, we are looking at perimeter on a grid.
- Please use the link below to understand what perimeter on a grid is.
- Link: <https://whiterosemaths.com/homelearning/year-4/week-9-measurement-length-perimeter/>

Perimeter on a grid

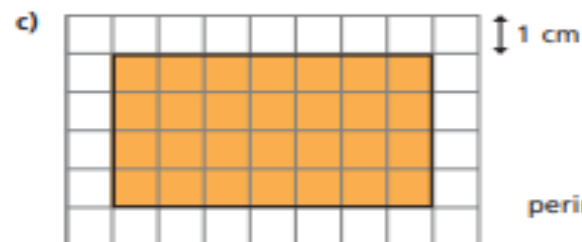
- 1 Work out the perimeter of each rectangle.



perimeter =

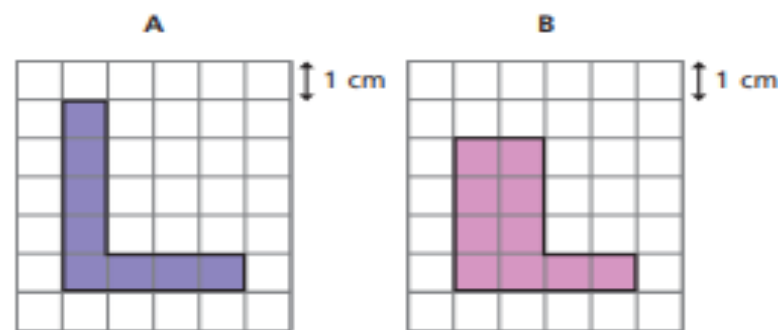


perimeter =



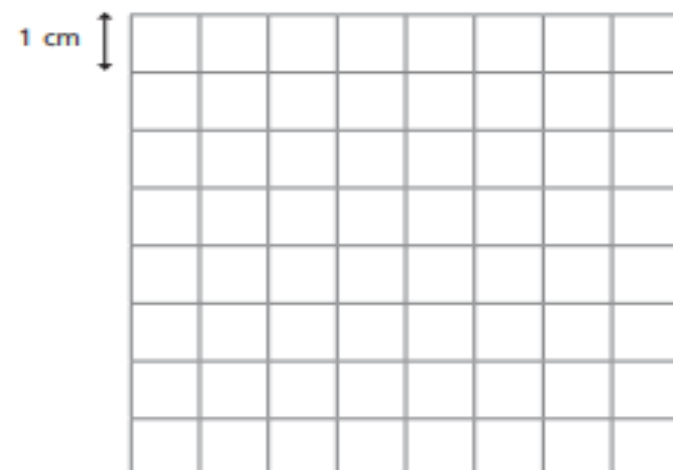
perimeter =

- 2 Which of the hexagons has the greatest perimeter?
Show all your workings.

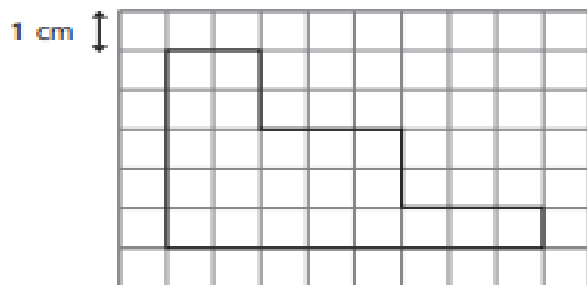


Shape ____ has the greatest perimeter.

- 3 Draw two different rectangles with a perimeter of 14 cm.

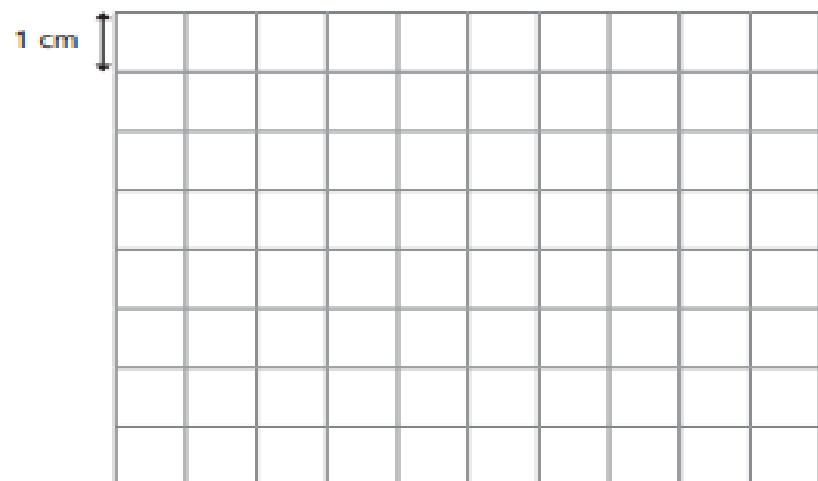


- 4 Work out the perimeter of the shape.

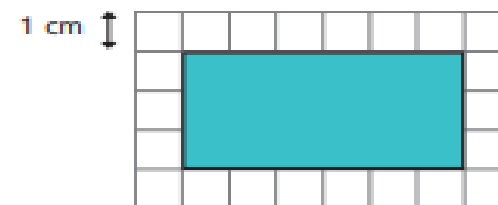


- 5 Draw two shapes with a perimeter of 20 cm.

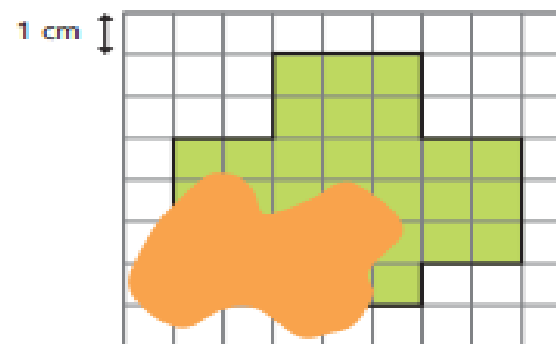
Your shapes should **not** be rectangles.



- 6 Work out the perimeter of the rectangle.



- 7 A shape is drawn on a square grid.
Part of the shape is hidden.



What could the perimeter of the shape be?

Is there more than one answer?



Literacy

Planning a Short Story

The Great Kapok Tree

- Please listen to the story called 'The Great Kapok Tree'.
- Use the link below for 'The Great Kapok Tree'.
- <https://www.youtube.com/watch?v=J1Teb-jTyI>

What happens in the story?

- Who are the main characters?
- Why do the animals approach the man? What do they want to convince him to do?
- What happens when the man wakes up?
- How does the story end?

Story Plan

- Using the story 'The Great Kapok Tree', please plan your own story. Remember to stick to the plot that you have just read and use the authors structure. The plan is a chance for you to explore what happens in the story and ensure you understand what happens.

Title:

Author:

Climax

Build Up

Resolution

Opening

Vocabulary

Characters

Setting

Ending

Moral

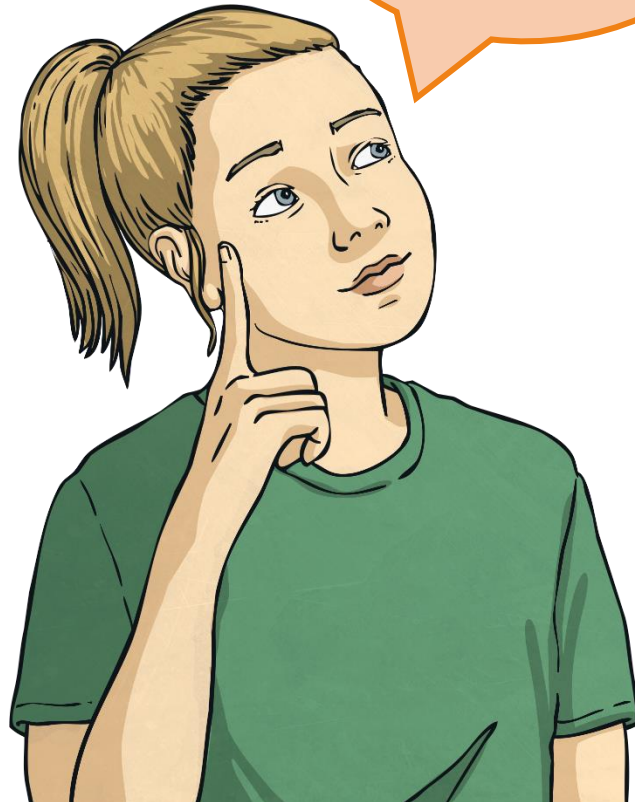
PSHE

Thoughts and Feelings





What are
helpful and
unhelpful
thoughts?



How do they
affect the
way
we feel?



Sort the Thoughts



Let's see what you already know about helpful and unhelpful thoughts.

Read the thoughts on the next slide and sort them into helpful and unhelpful thoughts.

Helpful

Unhelpful



Sort the Thoughts



"I'm rubbish at maths!"

"I can't wait to see my friends today!"

"I bet I come last in this race."

"I love making my friends laugh!"

"Oooh, this looks like an interesting challenge!"

"This is impossible!"

"Let's see if I can get a better score than I did last time."

"I give up!"

"What if I get picked last for the team?"

"I hate reading!"

"That was tricky but fun!"

"With a bit of help, I can do this."

Just a Thought



Thoughts are the words we say to ourselves, in our heads, without speaking out loud.




We think automatically and have many thoughts every hour of every day.

Our thoughts are private unless we choose to share them with others out loud.

People can have different thoughts about the same thing.



Just a Thought

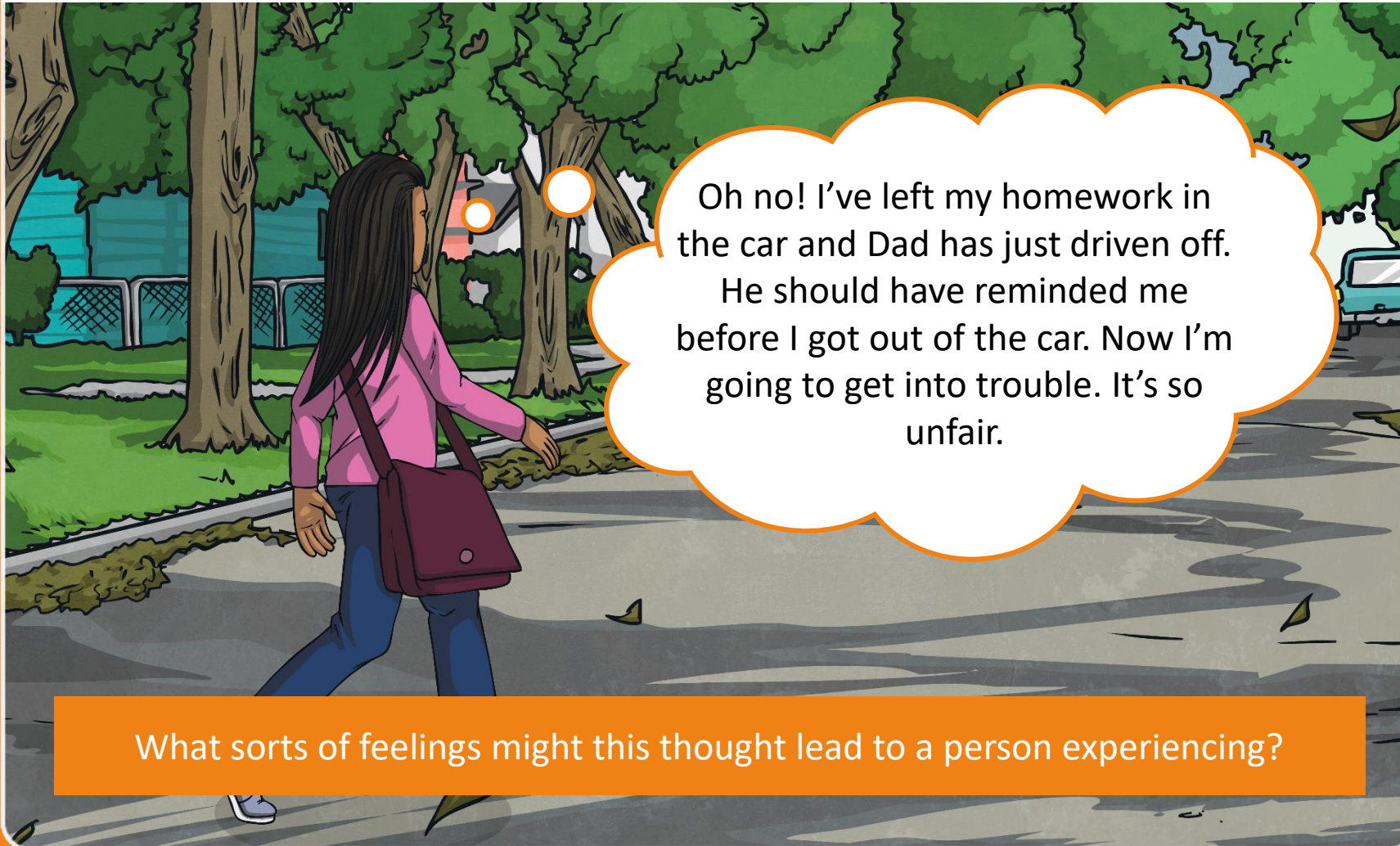
An illustration of a young boy with dark skin and curly hair, wearing an orange t-shirt. He is looking upwards and to the right, with his right index finger pointing up to his chin in a thinking pose. Three small orange circles lead from his head to a large orange thought bubble.

The thoughts we
have lead to us
experiencing different
emotions (or feelings).

It can be really helpful
to separate
the thoughts from
the feelings and learn to
understand the
difference between
the two.

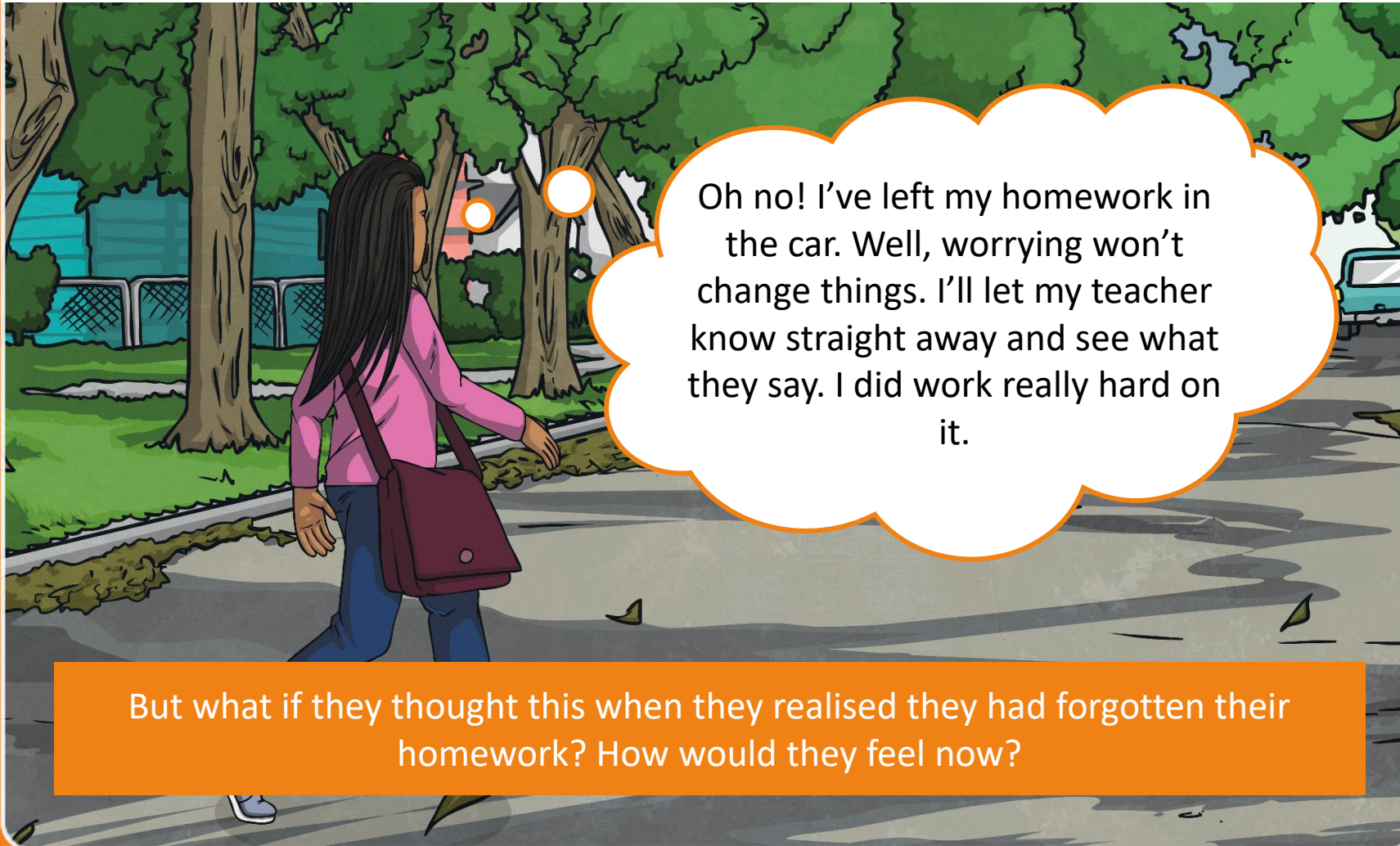
When we are feeling a certain emotion,
especially an uncomfortable one, it is important
to ask ourselves why we feel this way – what
thoughts did we have that caused us to feel this
way?

Thoughts vs Feelings



What sorts of feelings might this thought lead to a person experiencing?

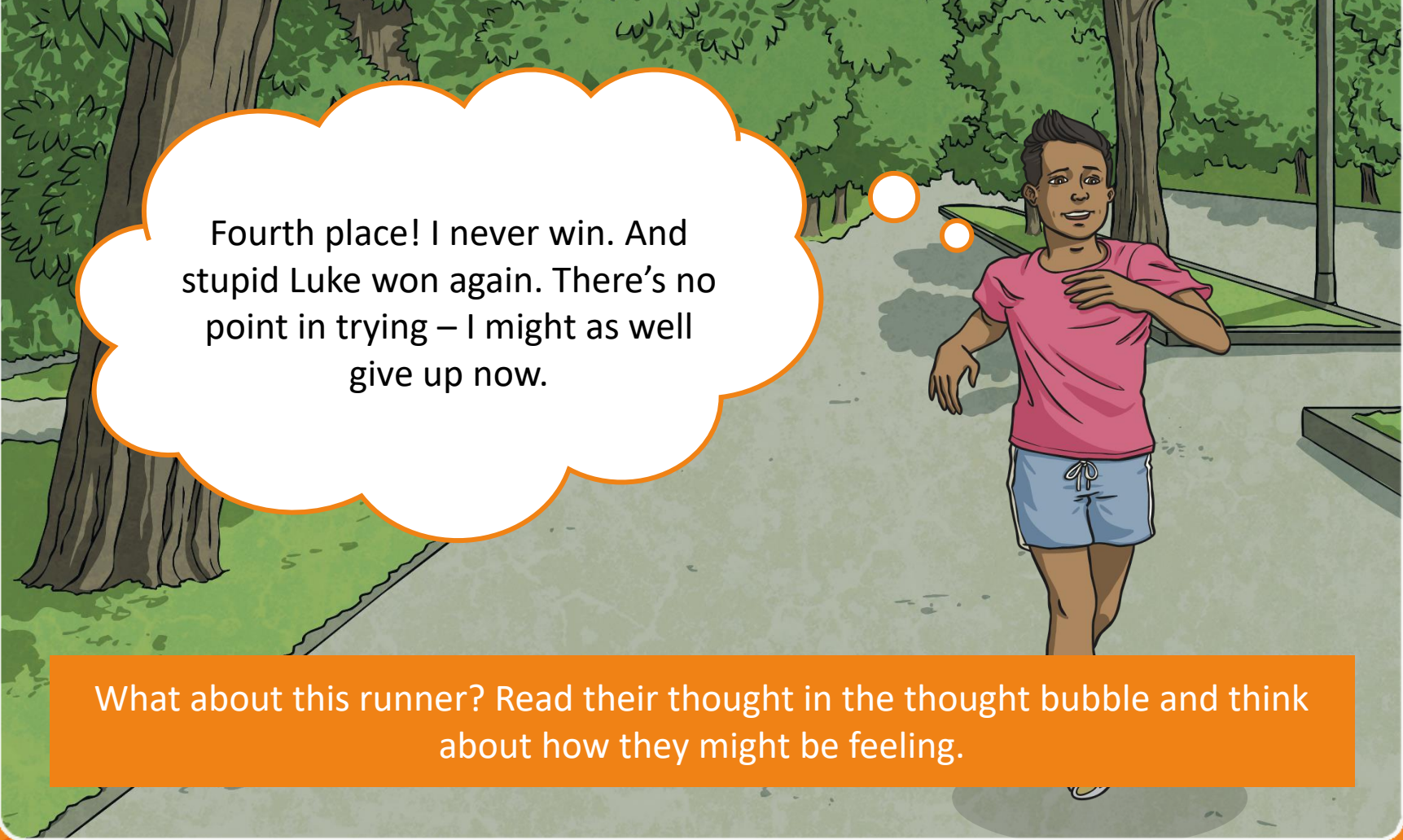
Thoughts vs Feelings



Oh no! I've left my homework in the car. Well, worrying won't change things. I'll let my teacher know straight away and see what they say. I did work really hard on it.

But what if they thought this when they realised they had forgotten their homework? How would they feel now?

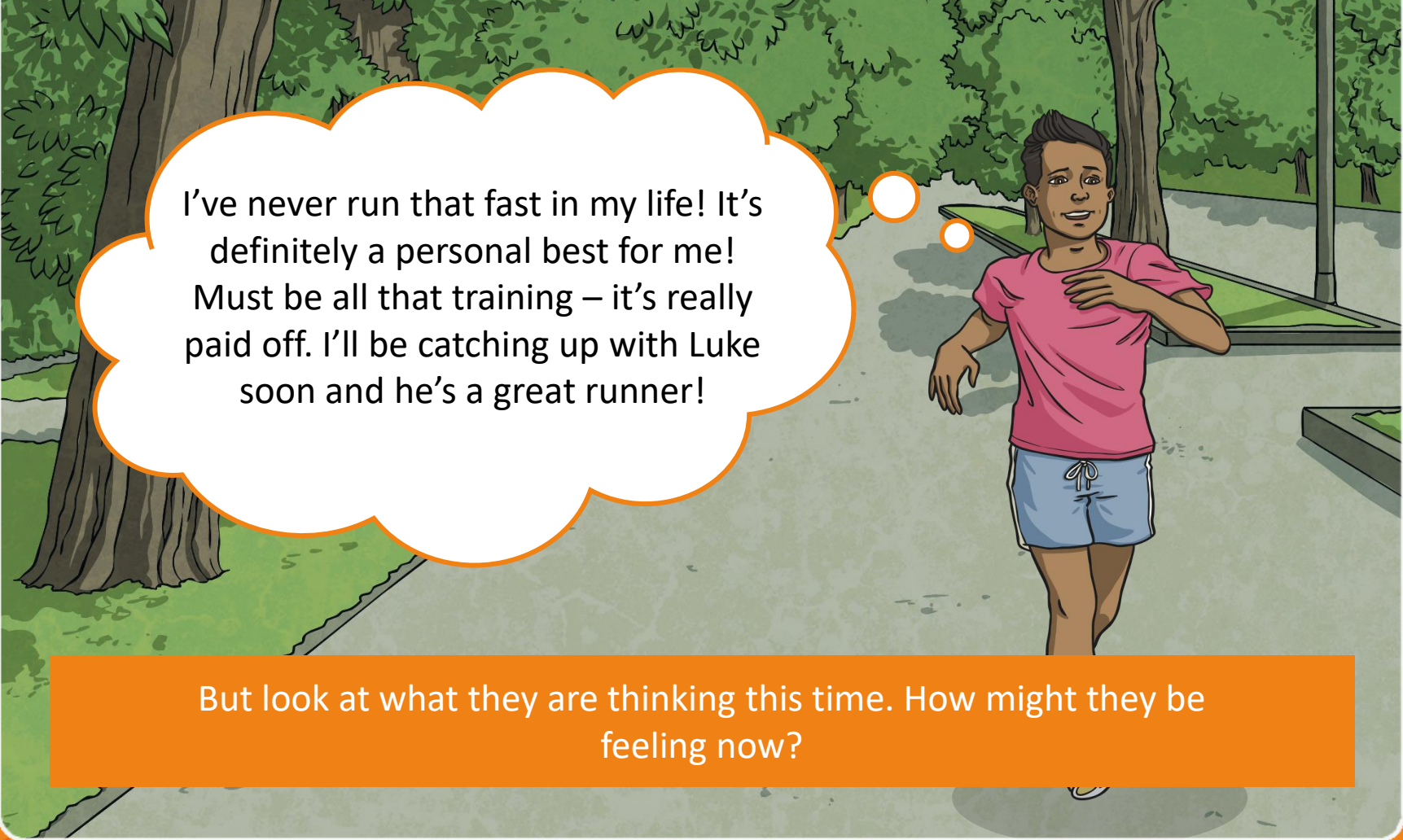
Thoughts vs Feelings

An illustration of a young man with dark skin and short dark hair, wearing a pink t-shirt and blue shorts, running on a paved path in a park. There are green trees and a grassy area in the background. A large white thought bubble with an orange border is positioned to the left of the runner, containing text. Two small orange circles on the path lead from the runner towards the thought bubble.

Fourth place! I never win. And stupid Luke won again. There's no point in trying – I might as well give up now.

What about this runner? Read their thought in the thought bubble and think about how they might be feeling.

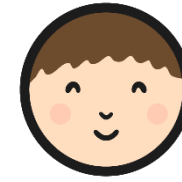
Thoughts vs Feelings

An illustration of a young boy with dark skin and short dark hair, wearing a pink t-shirt and blue shorts, running on a paved path in a park. He has a determined expression. To his left is a large, white, cloud-shaped thought bubble with an orange outline. The background shows green trees and a grassy area. The entire scene is set against an orange background with faint, repeating gear-like patterns.

I've never run that fast in my life! It's definitely a personal best for me! Must be all that training – it's really paid off. I'll be catching up with Luke soon and he's a great runner!

But look at what they are thinking this time. How might they be feeling now?

A Thought Superhero!



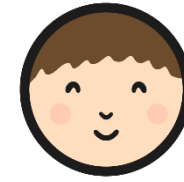
Wouldn't it be great if we had a tiny superhero inside our heads, that could defend us from unhelpful thoughts?

They could talk back to unhelpful thoughts, fight them off and get rid of them!

They would always be ready with helpful thoughts to boost our mood and get us through the day feeling good.



A Thought Superhero!



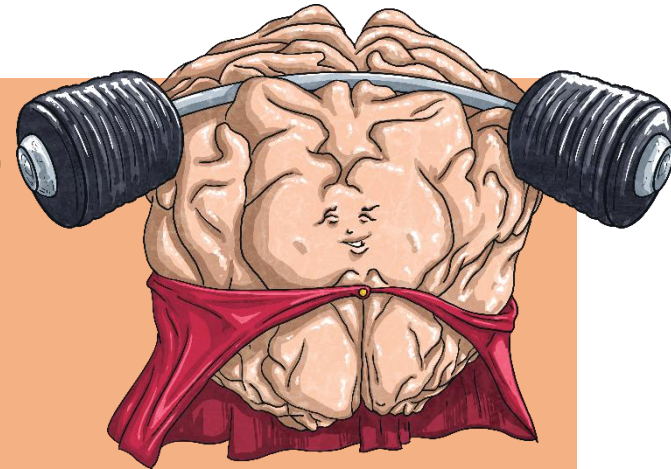
What would your tiny superhero, inside your head, look like?

They might look a lot like you.

They might take the form of a brain or a thought cloud.

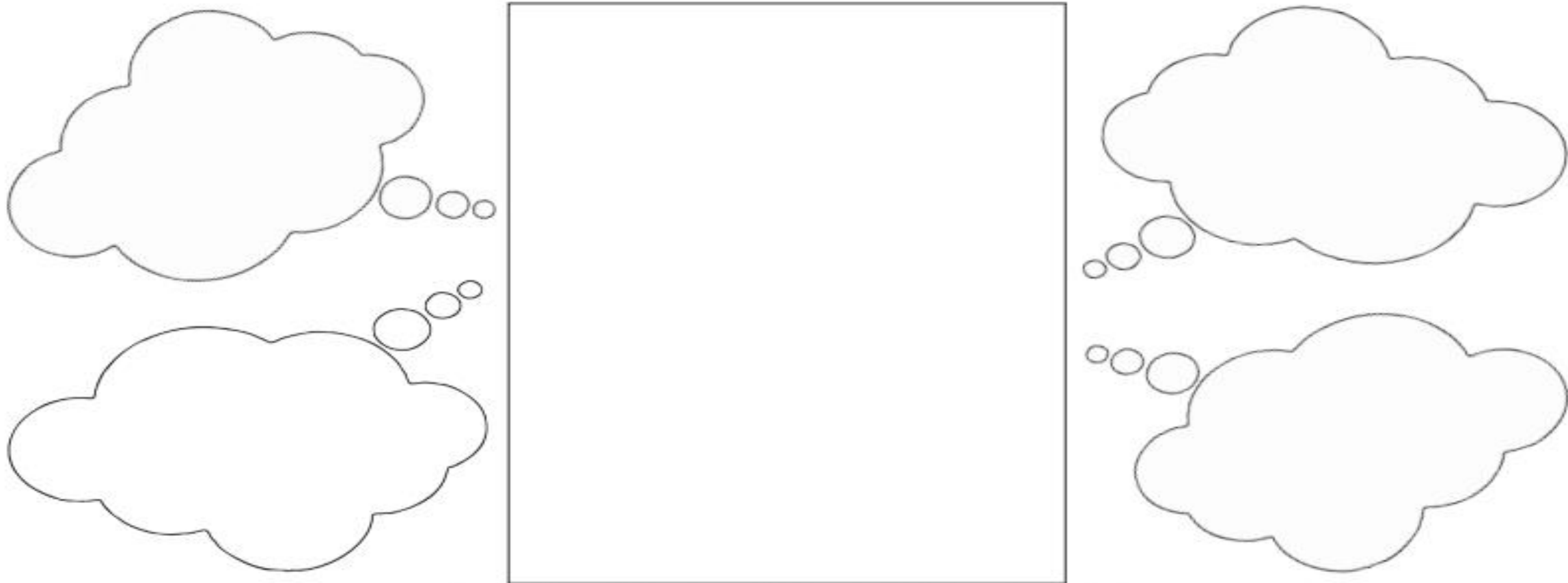
They might be some kind of creature – your favourite animal perhaps?

It's entirely up to you! Today, you are going to design your own superhero who you can imagine helping you whenever you have unhelpful thoughts.



Thought Superhero

Imagine having your very own tiny thought superhero in your head! This little superhero will defend you against unhelpful thoughts and talk back to them with positive words and phrases, making you feel better. What will your thought superhero look like? What powers will they have and what will they do and say? Draw your thought superhero below and add some super positive, helpful thoughts in the thought bubbles.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#)