

GRADE 2: Monday 5th October

Notes for today: Please remember to complete our daily check-in form:

<https://forms.gle/vKJ3ZFjbCe5iLUot9>

READING	WRITING	MATHS	INQUIRY/OTHER
Task	Task	Task	Task
<p>Focus: Inferencing</p> <p>Inferencing is when we use the information we have been given in a text to draw conclusions. Writers do not always give us every detail and sometimes we have to work out an answer on our own, based on the clues given.</p> <p>Activity 1: Read the text below (Mark's Birthday) and answer the questions.</p> <p>Activity 2: Read independently for 20 minutes.</p>	<p>Focus: Writing a recount</p> <p>Activity: Think about the interesting and fun things you did on the holidays. Write a recount including details about your holidays. Make sure you include who, what, when, where, why, how", as well as adjectives (describing words), so your writing is detailed and interesting for the reader.</p> <p>Ensure you focus on capital letters, full stops, spelling, using spaces between words, paragraphs (if this is your goal) and ensure you RE-READ your writing to check it makes sense.</p>	<p>Focus: Place Value</p> <p>Activity: Set a timer for <u>3 minutes</u> and....</p> <p>On a strip/piece of paper.</p> <ol style="list-style-type: none">1. Start at 8 and count by 10s as far as you can go.2. Start at 4 and count by 100s as far as you can go. <p>On another strip of paper:</p> <ol style="list-style-type: none">1. Start at 653 and count back by 10 as far as you can go.2. Start at 999 and count back by 100 as far as you can go. <p>Check your answers with a calculator (can be on an iPad or computer too!). You can do this by typing in the starting number and adding or subtracting the number each time and pressing the '=' button.</p>	<p>Focus: Self-Care</p> <p>Self-Care is about doing things to keep you mentally and physically healthy.</p> <p>What we eat, our physical activity and our sleep can all impact on our mental and physical health.</p> <p>Exercise Regular exercise helps:</p> <ul style="list-style-type: none">- reduce the risk of diseases- increase concentration- increase confidence- improve mood- improve sleep <p>Sleep Watch: https://youtu.be/aAmaCeq9v4 Sleeping 8-10 hours each night can help:</p> <ul style="list-style-type: none">- improve your mood- give your brain and other muscles a rest- improve concentration <p>Nutrition Watch: https://youtu.be/mMHVEFWNLMc What we eat is important for our health. Eating healthy can help:</p> <ul style="list-style-type: none">- with growth- reduce the risk of diseases- your immune system (what keeps you well)- energy and concentration <p>Look at the three posters below for more information.</p>

			<p>Activity: Make a poster to show why self-care is important and how you can improve your self-care. Also include ways you can improve your nutrition, exercise and sleep.</p> <p>Make sure you use pictures and your handwriting is big and easy to read!</p>
Too hard?	Too hard?	Too hard?	Too hard?
Complete inferencing task below (Katie).	Make sure you include who, what and where in your recount.	1. Start at zero and count forwards by 10s to 150. 2. Count backwards from 50.	
Too easy?	Too easy?	Too easy?	Too easy?
Complete inferencing task below (Jalisa). Clarify any new words you come across as you read (e.g. flapjacks, steaming, reveal, beamed)	Look over your recount. What else can you add? Try to add interesting adjectives and verbs.	Count by 5s starting at 2.	
Don't have a printer?	Don't have _____?	Don't have _____?	Don't have _____?
Write your answers in your workbook or on a Word document. Make sure you have a heading.			

Mark's Birthday

Today is Mark's birthday! Tommy is very excited. Mark's party is going to be at a ranch. All of the kids will get to ride horses. Mark puts on his jeans and boots. He is putting on his hat when he hears "ping, ping, ping, ping" against his window. He walks to the door and looks out just as thunder rolls. He turns around sadly, and says, "Mom, I guess we can't ride the horses now!"

Why does Tommy say that he will not get to ride the horses?

Write down at least one detail from the passage that supports your answer.

Katie

Katie was excited about tonight. Happily, she put on her big, red shoes and bright, yellow outfit. Her mom helped Katie paint her face white with a big, red circle on each cheek. Just before Katie ran out the door to meet her friends, she attached her large, squeaky nose and placed a bright blue, pointy hat on top of her head. She grabbed an empty bag and went out into the night.

1. What was Katie excited about?

2. What do you think Katie was dressed as?

Jalisa

Jalisa woke up early and ran down the stairs with a huge smile on her face. She had been waiting all night for Saturday to arrive. She ran into the kitchen. On the table was a large pile of hot, steaming flapjacks with a candle in them. Dante, Jalisa's brother, walked in holding a large box wrapped in pretty pink paper and tied with a shiny, purple bow. Jalisa beamed and quickly tore off the paper to reveal a box with a beautiful doll on the side. She hugged and kissed her brother and ran to call her best friend. The day was starting off wonderfully.

1. What do you think Jalisa was waiting for all night?

2. How do you think Jalisa felt when she woke up?

3. Why do you think Jalisa's brother gave her the gift?



Looking after yourself

PART 3

Get your body moving!



Physical activity can help you to:

Build a strong body and mind



Feel good



Reduce stress



Manage moods



Sleep better



Gain more energy



Exercising regularly is part of having a healthy lifestyle!

@kidshelpline

Looking after yourself

PART 2

Eat a well-balanced diet!

Healthy eating tips!

Not eating well can lead to...

Unhealthy changes in your weight
Mood swings
Reduced mental health
Physical illness

Drink plenty of water



Eat regular meals



Avoid eating when bored

Limit junk food



Eat more vegetables, fruit and protein



Don't skip meals

Pay attention to how much you eat

It'll make you feel healthier, stronger and ready to take on any stress that comes your way!

@kidshelpline

Looking after yourself

PART
1

Get plenty of sleep!

Some tips for getting a good night's sleep...



Get at least 8 hours of sleep each night



Have a bedtime routine



Turn off devices before bed - TV, mobile phone, laptop, tablet



Close the blinds or curtains and keep your room dark

Say no to sugar before bed (soft drinks, chocolates)



Try not to nap during the day

Sleep is important for staying healthy!

@kiddshelpineau