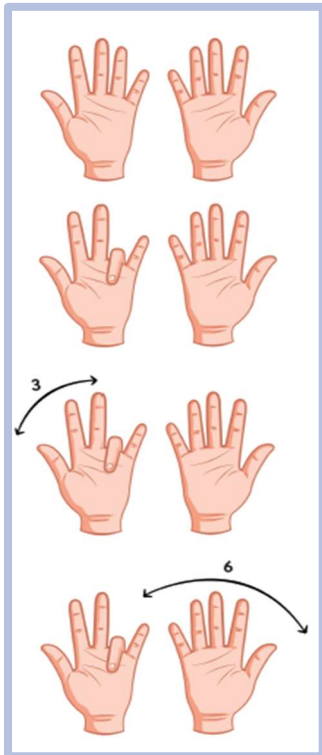


Family Fun!

Ideas to support learning, play and well-being



9 times table trick!

Try this great trick for remembering the 9 times table.

- 1** Hold both hands out in front of you
- 2** To find 4×9 , count 4 fingers from the left and hold down this finger
- 3** Count all the fingers before the one that's held down- 3. This is the first number in your answer
- 4** Count all the fingers after the one that's held down- 6. This is the last number of your answer. So, the answer to 4×9 is 36.



Make shadow art

On a sunny day, notice the shadows that the sun casts. Use chalk to draw around friends' shadows on the ground. Or try arranging toys and objects in an interesting way so that their shadows appear on some paper. Draw around the shadows to create your very own shadow art!

How do you feel?

Design your own emoji to show how you are feeling

SAD	BASHFUL	WEARY	UPSET
NERVOUS	SURPRISED	RESENTFUL	GUILTY
SILLY	ANGRY	WORRIED	LONELY
SLEEPY	RELAXED	SHY	ANNOYED
JOYFUL	HAPPY	BORED	STRONG

Our Emotions

We all have different emotions- it's just part of being human. Some emotions can be difficult to manage, but it's good to recognise these feelings and talk about them. Talking about our feelings can help us feel better and more balanced.



Pea & Mint Crush

We could all probably do with eating more vegetables. Try this tasty pea and mint crush. Just boil some peas for 3 minutes; drain; add a handful of chopped mint, a little lemon juice, a drizzle of olive oil and a sprinkle of black pepper. Roughly crush using the back of a fork. Delicious!