

# Sheffield Learning Together



Sixteen pages full of fun learning at home with your Sheffield schools



We want to hear from children and teachers! Email your photos and letters to [news@thestar.co.uk](mailto:news@thestar.co.uk)



The Star has been delivering news in South Yorkshire since 1887



A lot has changed on High Street and the whole of Sheffield while The Star has been covering news

# This is your newspaper so help us to create the next edition

**Star Comment**  
news@thestar.co.uk  
@SheffieldStar

Welcome to our very first edition of Sheffield Learning Together.

We know that not all of us have good access to the internet and that is it very annoying when it crashes!

So we thought the city's local newspaper would be the perfect way to help.

It is also nice to try different challenges so we hope you will all find something to keep you entertained on these pages.

This has all been designed by your teachers from schools right across Sheffield.

There is something for all key stages, things you can do on your own or with your family.

We also need your help. There are lots of ways for you to get involved in creating next Thursday's Star and, maybe, you could take your cutting into school when it reopens to show your class or assembly.

Here are some of the ways you can get involved:

- Write something for our letters pages. It could be to your class, teacher, grandparents or the whole of Sheffield. Just make sure you include your full name and age at the end.

- Get your photo in the newspaper. We want to include as many pictures as



The printing press to produce the newspapers were originally on York Street in Sheffield city centre

possible so take some snaps of you doing one of the tasks in this week's paper. Make sure to ask your parent or carers permission, and include your full name. We would also love to get some photos of teachers so be

brave ... show your class what is keeping you happy during lockdown.

- Be our guest editor. Lockdown won't last forever and we are looking for a young budding journalist to take on this big task. All you

have to do is let us know why it should be you – and what you would want to see in The Star if you were the boss.

You can get in touch with us by emailing news@thestar.co.uk or through our social media sites on Facebook

or Twitter. If you prefer Instagram, tag #SheffieldStar in your post.

We hope you enjoy Learning Together in Sheffield. Most of all we hope that you are all well. Be kind to yourselves, take care and imagine

what fun we will all have once lockdown is over.

Thank you.

**Stephen Betts, chief executive of Learn Sheffield, and Nancy Fielder, editor of The Star**

### #15 Dressing Up

Capture children's imagination with everyday 'dress up' play. Use clothes and objects you have at home to pretend to be someone or something else and inspire children to make up their own pretend play.

Use props - eg a spoon and bowl - to be a 'baker', or maybe children can make their own resources, for example make a crown and pretend to be a king or queen for the day.

You can dress up inside and outside. Outdoor play can spark different ideas for dressing up and role play, perhaps pretending to be a window cleaner with a bucket and a cloth.

Dressing up and pretend play are important opportunities for children to explore their ideas. It's also a great opportunity to develop language and communication skills as children 'act out' their experiences, taking on the role of someone or something else and thinking about what they might say or do.

You might try a themed dressing up day for the whole family...football, magic, or even dress up as other family members? **#15 Dressing Up**

**50 Things to Do Before You're Five** is now live in Sheffield. Find the full list of activities via the website <https://sheffield.50thingstodo.org/app/os#> or the app by scanning the QR code.



More #homeadventures  
[createsheffield.co.uk/adventures](https://createsheffield.co.uk/adventures)



### #48 Natural art



How about having a go at some 'Natural Art'? You can create patterns and figures or sculptures, using materials collected outside on your daily exercise walk or in the garden.

Have you got some wax crayons? Try making a wax rubbing of leaves you find. Place a piece of paper over a leaf, hold firmly in place or tape it down, then rub the wax crayon over the paper to reveal an image of the leaf from underneath.

You could collect ordinary household items and create faces...who can make the funniest one?

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More #homeadventures  
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### What to do

Choose a piece of recorded music and, whilst listening, you and your child can create shapes and patterns responding to the different sounds (Try Flight of the Bumblebee by Rimsky Korsakov). Or you could experiment creating vocal sounds.

See what shapes or patterns you make if you make high/ low voice sounds or if you make short and snappy sounds. See this example <https://youtu.be/I8JJdjoeydE>

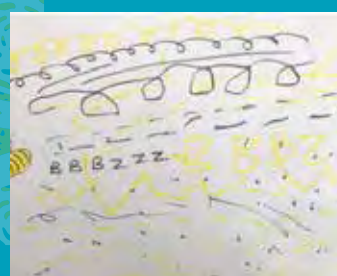
You (or older children) could draw smiley faces if the music makes you feel happy or sad or angry faces for other styles.

Experiment with different coloured pens - does a particular colour feel happy or sad? Think about different sounds for a chunky crayon compared to a thin pencil. Discuss, and perhaps write down, any words to describe your music or drawings.



This #homeadventure was written by Polly Ives  
@Concerteenieswithpollyives

### Musical mark-making



**Did you know?**  
The French composer, Claude Debussy, wrote music that was inspired by paintings. He created sounds to reflect different colours, shapes and moods



### You will need

- Paper
- Coloured pencils/pens
- Any music from the radio or online
- To develop, you could also print manuscript paper from the internet

You could even print some blank manuscript paper from the internet and 'compose' your own music. If you know anyone who plays a musical instrument, could they improvise a tune inspired by your child's drawings?

Remember You can't do it 'wrong!' Whether you create a page covered in dots and lines or an elaborate piece of art, we are all enjoying being creative and trying new things!



More #homeadventures  
[createsheffield.co.uk/adventures](https://createsheffield.co.uk/adventures)



## KS1 Story Writing

Can you finish this story? You can draw pictures or write words.



Once upon a time there was a child called \_\_\_\_\_. \_\_\_\_\_ was taking a long walk through the forest. \_\_\_\_\_ saw something shining, so \_\_\_\_\_ walked towards the bright light. It was a beautiful, magical oak tree house. \_\_\_\_\_ decided to knock on the door...

**I wonder what will happen next in your story!**



## OUTDOOR ART

Be influenced by the famous sculptor, Andy Goldsworthy, to create a masterpiece using natural materials.

See what you can collect in your garden or on your daily walk to create your own piece of art, maybe even a rainbow.

## ALPHABET WORKOUT

Complete the workout for your name and your school name.

A – 10 star jumps  
B – 10 spotty dogs  
C – 10 squats  
D – Plank (20 seconds)  
E – 5 press ups  
F – 20 high knees  
G – 5 walk outs  
H – 10 sit ups  
I – Sprint on the spot (25 secs)  
J – Mountain climbers (20 secs)  
K – 30 heel kicks  
L – Squat hold (20 secs)  
M – 30 air punches

N – 10 frog jumps  
O – 15 squat jumps  
P – 20 side lunges  
Q – 30 cross country skiers  
R – 15 hops (left leg)  
S – 10 tuck jumps  
T – Side plank (15 seconds)  
U – 30 lunge jumps  
V – 15 hops (right leg)  
W – Duck walk (30 seconds)  
X – 30 lunges  
Y – 30 Supermans  
Z – 15 burpees

To celebrate National Lost Sock Day you could:

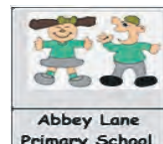
- Tidy out your sock drawer and see if you have any odd socks
- Match socks together than have been misplaced
- Wear odd socks for the day
- Find some odd socks, make a sock puppet and put on a show
- Design a new pair of socks
- Find some odd socks and turn them into a new pair – get creative!



## Saturday May 9th is 'National Lost Sock Day'

A Special Day for Mourning All Your Lost Socks

Of course this is very much an unofficial holiday, but why shouldn't your lost socks be remembered. Let's face it we've all got a pile of odd socks lurking in the back of the sock drawer. Some of us even like to make a big thing about wearing them. But does anyone know where all the other odd socks go? Lets find out....



## Rainbow Rush: a lesson in dissolving

### What you will need:

A plate or container – preferably white.

Skittles, other coated sweets will work too.

Warm water.

### Instructions:

Place your skittles or sweets onto a plate or container.

Carefully pour water into the centre of the container. If the skittles move, push them quickly back into place.

Watch what happens...

Can you change the pattern of your sweets?



Do some colours dissolve better than others?

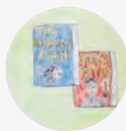
Does the temperature of the liquid affect the speed of dissolving?



Does changing the liquid alter the reaction? Could you try milk or clear fizzy liquids?

### The Science Bit...

Sweets are usually full of dye, which means the combination of dye and sugar dissolves quickly in water. When placed in shallow water, the dye quickly dissolves and is absorbed by the water, making a colourful rainbow.



ENGLISH

Use blankets, sheets, pegs and string to build a camp in either your home or your garden, then get comfortable and read a good book.

## HOME LEARNING CHALLENGES



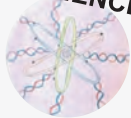
MATHS

Open a tuck shop with your snacks! Create a price list with your adult and ask them for some money. Every time you want a snack, you have to pay for it out of the money. Budget carefully because once the money is gone, the tuck shop must shut!



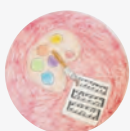
SCIENCE

Stay up late, get a blanket or a warm coat on, and go outside. Look up at the moon and stars and try to spot the moon's craters. Can you see any planets tonight?

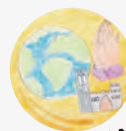


Make some binoculars out of toilet roll tubes and watch the birds and other wildlife from your window.

1. Decorate two toilet roll tubes.
2. Punch a hole near the top of each one.
3. Tape the tubes together, making sure the holes are on the outsides.
4. Attach string through the holes.



ARTS



HUMANITIES

Save used plastic bottles, kitchen roll tubes and packaging and have a junk modelling session. Can you make a famous monument (e.g. the Eiffel tower or Pyramids of Giza)?

Set an alarm to go off every hour for the rest of the day. When it goes off, put a song on and dance until it ends.



PE

## Primary Ages 3-7



### Nature Scavenger Hunt

Before heading out on your daily walk, make a list of all the objects you think you'll see.



You could even collect them and make a collage at home!

### Bird Feeders

Treat the birds in your garden to a new bird feeder using some of your recycling!



### Leaf Art

Whilst you're out on your daily walk, find some leaves to take home. How many animal pictures can you make using the leaves?



### Daisy Chains

You can practice your fine motor skills by making daisy chains in your garden! How long can you make it?



### True or False



Write 3 facts about something you are learning about. Two of the facts need to be true and one needs to be false.

Ask someone which they think is false. Did they get it right?

Now try writing two false facts and one true fact.



### Art

1. When you look outside what do you see? Create a piece of art work of your view. You could do a pencil drawing, painting or even create a collage.

2. Draw some flowers from your garden or a picture/photo. Use paint, pencil crayon, pastel or crayons to colour them in.

3. Find out about an artist who draws or paints flowers. Here are some artists you could research Georgia O'Keefe, Claude Monet, Vincent Van Gough or Angie Lewin. Choose one of their paintings or drawings and try drawing or painting your own flower(s) in their style.

### Scavenger Hunt

Why not have a scavenger hunt in your own home. You could do it by yourself or with others. Who is going to be the best hunter?

What could you look for? I'm sure you can think of many ideas but here are some to get you started:

#### English

- How many objects can you find that start with the letter t? c?
- Find 5 toys/objects. Be creative and tell a story using them.

#### Maths

- How many objects can you find that are the shape of a cube? prism? circle? rectangle?
- Find 4 objects that increase in size and put them in order.

#### Science

- How many objects can you find that are magnetic?
- Find 3 objects made from stone.

### Music

Write your own song or rap about an issue you care about like the environment or endangered animals.



Hello everyone,  
We hope you are all keeping safe and well during lockdown. Here is some learning to try this week. For other fun activities and learning ideas follow us on, Twitter @ArbourthorneCPS and on An Even Better Arbourthorne Project @AArbourthorne also on Facebook <https://m.facebook.com/AEBA2019/>

### Turn ice into glue!!

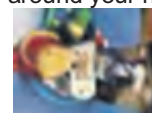
Can you lift an ice cube into the air using nothing but a piece of string?  
You need: - A glass filled with water, an ice cube, a piece of string, salt.  
To conduct this simple science experiment, place the ice cube into the glass of water. The ice cube will float on top of the water. Next, take your length of string (it will work best if you use a wet piece of string) and lay it across the ice cube. Can you pick up the ice cube? No? What could we use as "glue" to attach the string to the ice cube? Here's how to make the magic happen. Place the wet string on top of the ice cube, sprinkle some salt over the ice cube and string and wait for one minute.



After one minute, lift the string by holding it at each end.

### Alphabet Game

Write out the alphabet and when you go for your daily exercise see if you can spot something for each letter of the alphabet (if you're self isolating and not leaving the house then see if you can find something for every letter around your home.)



For this maths task you will need a handful of small objects such as rice, raisins or cheerios. Place your handful of small objects on the floor. Time how long it takes you to count the objects. Take another handful. This time arrange your objects into as many groups of ten as possible. Put the ones left over to the side. Now count in tens then ones. How long does it take to count the total this time?

Find even more FREE daily learning challenges and details of how you can earn Sheffield CU awards for taking part by visiting: [www.sheffieldcu.blogspot.com](http://www.sheffieldcu.blogspot.com)

### CU Home Learning Challenge: Jar of Joy!



Here at Sheffield Children's University our team have our very own jar of joy. This is a place where we can add all the things that we have done that have made us proud and/or the things we are most grateful for at that time.

#### You will need:

- An empty jar or tin
- Some small pieces of paper and a pen

We think it's a really good time for you and your family to start your own jar of joy and reflect on the positive parts of your day. The aim is that you write something down that you are proud of or grateful for and add it to the jar every day or once a week. It can be absolutely anything, nothing is too small, or too big!



**Step 1:** Decorate your jar - we recommend lots of colour, and stickers if you have them!

**Step 2:** Write your daily/weekly joy on a piece of paper and encourage your family to do the same. You could share what you wrote, or keep it a secret!

**Step 3:** Pick a time when everyone who has been adding to the jar can sit down and read through everyone's joyous/proud or happy moments to make you smile!

If you attend a Sheffield school, you can collect 1 CU credit for completing this task. To claim your credits, please complete and return a Sheffield CU Home Learning Challenge Reflection Diary which can be found here: <https://bit.ly/SheffCUReflectionDiary> Once you have completed all the challenges, email your reflection diary along with evidence of your completed activity to [cu@sheffield.gov.uk](mailto:cu@sheffield.gov.uk) (photos/videos etc.) and we'll award CU credits. We can't wait to see your work!



### CU Home Learning Challenge: Teddy Bears' Picnic!



**Step 1:** Plan your picnic! Indoors or outdoors? Plan for both options in case the weather changes. You could make invites to give to anyone else who lives with you. Create a menu for your teddy bears' picnic. This can include sandwiches, fruit, vegetables or you could even bake some buns if you are able to. Can you make it as colourful as possible? Maybe even draw some pictures of the food you'll make?



**Step 2:** What will you wear for your picnic? A pyjama picnic, or even wear your favourite fancy dress or costume?

**Step 3:** Make your menu - chopping, spreading and peeling! You could cut it in all kinds of shapes - is a circle sandwich even possible? Ask an adult to help.

**Step 4:** Lay out a blanket on the floor with all your favourite teddies or toys. Don't forget to leave a space for yourself - you are invited too of course!

**Step 5:** Sit with your teddies and/or favourite toys and enjoy the picnic! How many teddies/toys made it to your picnic? Could you play some games - maybe even create your very own teddy bear hunt!



If you attend a Sheffield school, you can collect 1 CU credit for completing this task. To claim your credits, please complete and return a Sheffield CU Home Learning Challenge Reflection Diary which can be found here: <https://bit.ly/SheffCUReflectionDiary> Once you have completed all the challenges, email your reflection diary along with evidence of your completed activity to [cu@sheffield.gov.uk](mailto:cu@sheffield.gov.uk) (photos/videos etc.) and we'll award CU credits. We can't wait to see your work!



Find us, like us, follow us...



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## FOR ALL THINGS FOOD!

There is nothing more important than our own health and that of our families, children and young people, and a healthy balanced diet plays a huge part in this. Good lifestyle choices such as eating our 5-a-day and reducing our sugar, fat and salt consumption are vital and we're here to help you do just that!

### DID YOU KNOW?

Broccoli contains twice the vitamin C of an orange and has a good array of B vitamins including folic acid.

Mushrooms are the only vegetable that contains natural vitamin D. Others sources of vitamin D include eggs and oily fish such as salmon and sardines.

Cucumber is made up of 96% water so is great for hydration. It's also full of minerals including calcium and potassium.

Peas contain several vitamins & minerals including vitamin A and iron, and is also a good source of fibre.

### FUN FACTS

Bananas are actually classed as berries but strawberries aren't!

There are over 7500 varieties of apples!

Peaches were the first fruit to be eaten on the moon!

Carrots are usually orange but can be red, white, yellow or purple!

For more information about Eat Smart Sheffield check out our website: <https://www.learnsheffield.co.uk/Partners/eat-smart-sheffield/>

Follow us on social media:

@eatSMARTsheff 
 @eatSMARTsheffield 
 @eatSMARTsheff

## Family Recipe

### CHEATS PIZZA CALZONE

Warm wraps hold a delicious Italian-style vegetable mixture for a fab alternative to pizza or calzone!

**Serves:** 4

**Prep time:** 10 mins **Cooking time:** 10 mins



#### Ingredients:

- 4 soft flour tortillas (wholewheat, if possible)
- 4 tomatoes, chopped
- 80g hard cheese, grated (reduced-fat, if possible)
- 1 red pepper, deseeded and thinly sliced
- 1 yellow pepper, deseeded and thinly sliced
- 150g closed-cup mushrooms, sliced
- 4 handfuls mixed salad leaves or lettuce
- 1 carrot, grated
- 2 celery sticks, chopped
- 3 tsp dried Italian mixed herbs (optional)
- 1 pinch ground black pepper (optional)

#### Method:

1. Preheat the grill. Arrange the peppers and mushrooms on a baking sheet and grill them for 4-5 minutes, turning once. Add the tomatoes and herbs, then season with black pepper. Keep warm.
2. Put a tortilla into a dry frying pan and sprinkle a quarter of the cheese over the top. Cook over a medium heat for about 30-40 seconds until melted.
3. Add a quarter of the vegetable mixture to one side of the tortilla, then fold it in half, over the filling. Cook for a few moments, then slide it onto a warm serving plate. Keep warm.
4. Repeat with the remaining tortillas. Serve with the salad leaves or lettuce, grated carrot and celery.

#### SWAP TIP

This is a great recipe for swapping ingredients. You can replace the toppings with any fresh, frozen or tinned veg. Or how about adding chopped tinned pineapple for a Hawaiian twist?

For more recipes, check out the Change 4 Life website at <https://www.nhs.uk/change4life/recipes>



### Make a visual timetable for each day

It's good to have a timetable that children can either fill in or follow with the help of their home educator. Children of all ages thrive on routine and boundaries; schools provide this in abundance and it will make most children feel secure and happy if they can follow a similar routine for their time at home.

A visual timetable will give your child a structure for the day, help them focus on the task at hand, promote independence, reduce anxiety, build upon your child's strength as a visual learner, build upon your child's desire for routine, predictability and organisation and permanency. It will help communicate tasks that otherwise may not be understood by your child.

### Tips on how to use a visual timetable:

- ✓ Arrange the symbols in order, from left to right
- ✓ At the start of the day, set out the symbols where they can be seen (e.g. fridge door)
- ✓ Intersperse preferred activities with less preferred (e.g. first dinner, then iPad time)
- ✓ Make sure to take symbol from the visual activity to the place of the task (e.g. move breakfast symbol and take it to the table)
- ✓ When a task is finished, tidy the symbol away (e.g. 'breakfast is finished,' put symbol in a drawer, ready to start again the next day)

Here are some symbols to help you set up a visual timetable at home:



## Theme: Dinosaurs



**English:** Think about Dinosaurs what they sound like, look like, feel like and even smell like. Write some sentence about dinosaurs for example: Dinosaurs are loud. Dinosaurs look scary. Dinosaurs feel rough.

**Challenge:** Use conjunctions to extend your sentences.

For example: Dinosaurs look scary **because** they are big.

**Maths:** - Create your very own dinosaur footprints and count them. You could make a number line out of dinosaur footprints and write the numbers of the number line.



-Create your own dinosaur bones of different sizes. Then, you could order the bones from biggest to smallest or challenge yourself by using a ruler to measure the bones. If you have playdough, you could make your bones using that or you could just draw and cut them out using paper.

-Practise your number bonds to 10. Use clothes pegs to practise your number bonds by using them as spikes on a dinosaur.



**Fine Motor Skills** Create your own dinosaur

. Use craft material such as pompoms, sequins, buttons or finger painting to create a pattern on your dinosaur. Can you create a number of different patterns?

**Active Task:** Try dancing like a dinosaur!

**Art:** Create your very own standing dinosaur! You could use Pegs/Toilet roll centres/Paper plates of card/Coloured paper or card.

**Life Skills:** Dinosaurs lived a very long time ago. Think about how the world has changed from when dinosaurs lived and now. You could make a poster Think about the things that you need and dinosaurs don't. Think about how you are different to a dinosaur and what makes you a human being.

**Baking and Making:**

Decorate some biscuits so they look like dinosaur footprints.





# Sheffield Learning Together

# Move More Sheffield

## Sheffield Schools Get Active Active Home Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Option 1	<b>Marathon Mondays</b> Run, walk or jog for 30 mins Map a route around the local area- go out with your family Go on an outdoor Scavenger Hunt How many laps of your garden would it take to do 5km, 10km and a marathon?	<b>Twirling Tuesdays</b> Do an online Dance Routine Go Noodle Just Dance Oti Mabuse (Strictly) Dancing at Home Moves- Imovement BBC Supermovers	<b>Wheellie Wednesday</b> Get out on your bikes, scooters or skates Remember to stay safe British Cycling- Ready Set Ride	<b>Thinking Thursdays</b> Active Learning at home Burn 2 Learn Teach Active Mighty Maths Questr Tagtiv8 Active Story Time BBC Supermovers	<b>Fitness Friday</b> Undertake a home fitness class TV Body Coach - Joe Wicks Sheffield Physical Activity Challenge	<b>Skills on Saturday</b> Practice your Fundamental Movement Skills These include: Running, Jumping, Hopping, Skipping, Throwing, Catching, Striking an object, Agility, Balance, Coordination Activity Cards/ Challenges	<b>Sporty Sunday</b> Choose your favourite sport and practice those skills needed to become a professional! Most sports have videos available online
Option 2	<b>Motivation Mondays</b> Set yourself a Personal Challenge for the week. What can you learn this week? Skipping, Juggling, Catching with your weak hand, beating your best score... (tap up challenges, keepie uppie challenge etc.)	<b>Time Out Tuesdays</b> Yoga & Active Mindfulness Activities Stretches- Thinking about which parts of the body you use for different exercises Cosmic Kids Yoga Moves- Mindfulness	<b>Workout Wednesday</b> Undertake a home fitness class or Create your own fitness circuit TV Body Coach - Joe Wicks Undertake Sheffield Physical Activity Challenge	<b>Team Games Thursdays</b> Active Games with members of your family can be fun Active Monopoly Active Uno Active Snakes & Ladders Youth Sport Trust- PE at home Cards Real Play at Home with Real PE	<b>Fun Time Friday</b> Create your own active game- write the rules Chose your favourite activity of the week	<b>Ask your children the following KEY QUESTIONS:</b> What have you learned? And why is it important? What key words would you use to teach this to a friend? How does this make your body feel & why? Why not get your parents to tweet us photos and video updates? @ForgeSSP @PointsLN @ArchesSSP @LinksSSP @WestfieldSGO #SheffieldSchoolsGetActive #StayInWorkOut	



### #stayhomestayactive #PEatHome

## EXPLORE

Find the biggest space you have in your house or garden.

You are going to pretend that your space is a river full of crocodiles!

**Bright ideas:**

- Use string, skipping ropes or clothing to mark a river bank on each side of your space
- Find some objects around your house that you could use to cross from one side of the river bank to the other (you could use cardboard, newspaper, pieces of wood, anything safe that you can lift)
- Can you get from one side to the other using the objects, without falling in to the crocodiles?
- Can you get from one side to the other only using two objects?
- Can you hop, step, jump, turn across?

@KESSPB  
@awhitehousePE  
@SarahLayPE

## PRACTICE

Invite your family to play the crocodile challenge!

Tell them that the aim of the game is for all of you to get across the river without falling in to the crocs!

Everyone must start on the same river bank:

- \* If anyone falls in you must all start again!
- \* You can only use the objects you have collected to get across.
- \* You must get yourself and your family to the other side safely and with all of your objects.

### Geography Challenge!

The biggest crocodile ever found is thought to be more than three times the width of a taxi!!

In which countries in the world would you find crocodiles living?

What is the difference between a crocodile and an alligator?

## DEVELOP

Can you make the challenge more difficult?

Take away some of the objects and see if you can get across using just two or three items.

Split in to two teams and race against the clock to be the fastest.

Make the game your own. Change the objects to different shapes and sizes to make them more challenging to balance on. Blindfold one member of the team. Make the challenge longer. Only allow hoping, jumping and going backwards.

Good Luck!

### PSHE

Have you enjoyed working as a team with your family?

Did you feel more confident giving instructions as you worked out how to play the game?

Was the game a good way to get your family working together and smiling?

Think about helping and why it is important to listen to instructions whilst you are at home.

### Parent's Tip!

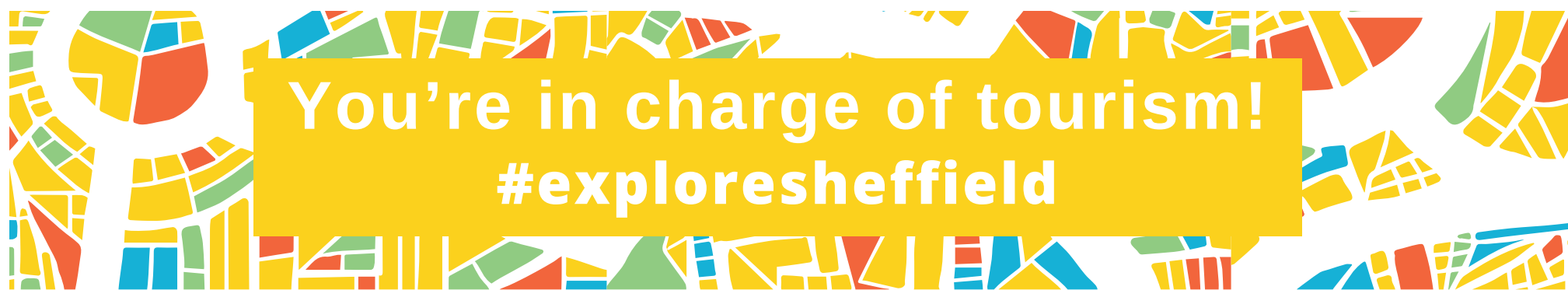
Start with more objects to make crossing the river achievable. As they get more confident use the fewest objects possible to encourage problem solving, communication and teamwork. Allow your child to lead!

# KS1

PE at Home — OUTDOOR AND ADVENTUROUS ACTIVITIES

Where can I find out more about OAA?  
<https://www.britishorienteering.org.uk/goorienteering>  
<https://www.ackers-adventure.co.uk/>  
<http://www.coboc.org.uk/>

Make sure you have enough room and safe objects to complete the tasks!



# You're in charge of tourism!

## #exploresheffield



### Your challenge

Attract visitors to the city and/or your local area. How will you do this? What are the things you think visitors should see and do?



### Make it personal

Don't be afraid to give it a theme (animals, fashion, street art or vegan restaurants) or make it quirky and funny if that's what you like.



### What can you make?

A map, a tourist brochure or an article for a travel magazine. Or if you're a keen performer, maybe video is more your medium.



### Top tourism tip

Know your audience. Is your guide for tourists from overseas? Or are you writing for people from a neighbouring town or village? Or even from another planet?!



### Make it virtual

Why not create an entirely online guide to Sheffield that will keep people occupied whilst they can't go outside.

Share your guide with the world using  
**#exploresheffield**





Home Learning from the  
English Department

Exploring tricky vocabulary!

Working independently...

Use the Frayer Model (below) to help you to understand the meaning of the following ten words:

1. Compassion
2. Adversity
3. Ingenuity
4. Unprecedented
5. Mettle
6. Steadfast
7. Resilience
8. Fortitude
9. Togetherness
10. Valour

Copy the table and include your word:

Definition:	Examples in a sentence:	Definition:	Examples in a sentence:
New word goes here		Understanding	
Synonyms (words that mean the same):	Antonyms (words that mean the opposite):	Synonyms (words that mean the same): Consideration Tolerance Empathy Awareness	Antonyms (words that mean the opposite): Ignorance Misunderstanding Indifference

Next, use some of this vocabulary to write a **heart-warming newspaper article**, inspired by a positive story that you have seen in the news recently. You could focus on those who are helping others during times of crisis, those who are volunteering, or working to support charities, or those who are impacting positively on our society in some way.

Working with your family...

Read through this newspaper together and choose ten more interesting examples of vocabulary that you could use to complete the Frayer Model.

## GCSE Physics

### Parachute Experiment



Investigate the effect of a parachutes shape and surface area in relation to the fall time.

Equipment: Parachute material (this can be paper or an old plastic bag), string or cotton thread, used yoghurt pot, stopwatch, scissors, tape or glue, ruler and a pencil.

Design different parachutes. You could change the shape, size and material used to create each parachute. Predict which parachute will have the greatest fall time.

Attach the yoghurt pot to the first parachute using string. Decide where you are going to release the parachute from. You could raise your arm above your head, use the top of the stairs, the sofa or an open window. Wherever you decide to use remember to remain safe and ask permission and support from your parents.

When you release the parachute record how long it takes to reach the ground using a stopwatch. Record the time in a table and attach the second parachute. Complete the same procedure for each parachute to ensure it is a fair test.

What have you found out? Why did a particular parachute perform well? Was your prediction correct?

How does this link to the content you have covered in physics lessons?

Write up your science experiment and your findings.



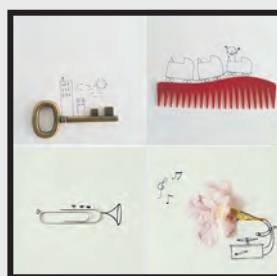
## Meadowhead School



Why not have a go at these home learning activities?

### ART Doodle Task - developing creative ideas

- Find a small, everyday object from around the house, such as a paperclip, a ring pull, a pen lid, a biscuit or a key and lay the object onto a piece of blank paper
- What else could this object become? Could you build an image or scene around it?
- Turn it around in different ways on the paper to give you more ideas
- Create a doodle around the object, making it part of a new scene or object
- Look at the doodles of Javier Perez to get inspiration – do as many as you can



### ETHICS Focus on your well-being

Do one or more of the following, make a note of how you feel after;

- Write down five positive things about yourself on a Post-It-Note
- Draw or paint the most colourful thing in your house
- Make everyone in your family a hot drink and ask how they are feeling today
- Try a mindfulness body scan. Lay on your bed with your eyes closed, take a deep breath and imagine the oxygen going all the way to your toes. Visualise blowing out any negative thoughts. Do this for your whole body, right up to your head!

### ENGLISH Have a go at different types of writing

- Write a review of a Netflix film you have watched
- Pick some flowers out of your garden or take a picture of a scene from your daily walk or exercise – describe these in detail
- Write a short story
- Write a letter to a friend- decorate it and pop it in the post during your daily exercise outing

Can you make 24?

### 24 puzzle

You can add, subtract, multiply and divide.  
You must use all four numbers, but use each only once.

••	14	3	15	15
••	14	18	16	17
••	18	13	7	7



### Maths Puzzle -Can you make 24?

- Use all four numbers, but use each number only once.
- You can add, subtract, multiply and divide

## 200 Word Writing Challenge



'YOUNG PEOPLE FEEL THEY DON'T HAVE ENOUGH SAY IN THE WAY THAT THE COUNTRY IS RUN. AT THE NEXT ELECTION, SIXTEEN YEAR OLDS SHOULD BE ABLE TO VOTE! ARGUE AGAINST OR IN FAVOUR OF THIS VIEWPOINT.'

STATISTICS  
EXPERT OPINION  
EPISTROPHE

Labour  
Conservatives  
Liberal Democrats  
Green Party

200 WORDS

## Fir Vale School Maths Home Learning Tasks



### Task 1: Times Tables Challenge

Draw a big times tables grid on a piece of paper or card.

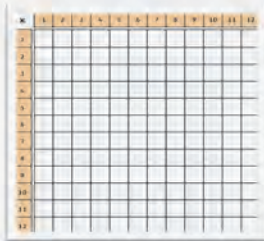
Choose one of these:

- Level 1 – Use the numbers 1 to 10
- Level 2 – Use the numbers 11 to 20
- Level 3 – Use the numbers 11 to 20 but in a mixed up order!

Write down all the answers in the correct boxes.

Then choose one of these:

- Level 1: Colour in all the **odd** numbers (1, 3, 5, 7...)
- Level 2: Colour in all the **square** numbers (1, 4, 9, 16 ...)
- Level 3: Colour in all the **cube** numbers (1, 8, 27...)



### Task 2: Questions

If the answer is 20, what could the question be?

Write down as many questions as you can with the same answer. Try to use different sorts of questions, not just adds and subtracts.

- Level 1: The answer is 20
- Level 2: The answer is 64
- Level 3: The answer is 2020

$19 + 1 = 10 \times 2 =$   
How sides are there on 4 pentagons altogether?

**Ideas for questions**  
Add Subtract Multiply Divide  
BIDMAS Equations Angles  
Ratio Fractions Percentages  
Missing sides of shapes Square roots  
Quadratics Trigonometry

### Task 3: Hexominoes

Here are 3 different Hexominoes. They are shapes made from 6 squares.  
Your task is to find all **35 different Hexominoes**.

Rules:

- The squares have to go together properly
- The shapes have to be different – reflections and rotations don't count.

Cut out 6 equal sized squares to help you make new shapes. Squared paper can help – ask your Maths teacher for some. Try to draw all your shapes on 1 piece of paper.

- Level 1: Find 10 different answers.
- Level 2: Find 30 different answers.
- Level 3: Find all 35 different Hexominoes, draw them all on 1 sheet of paper.



### Bonus Task – Maths TikTok Challenge

Design a short Maths TikTok video (up to 15 seconds long). TikTok videos sometimes have dancing but they don't have to! This video should help to teach or describe a Maths idea.

For example: the 9 times table, area of a triangle or Pythagoras theorem. Level 1: Draw or write a plan for the video.

- Level 2: Practice the video by yourself or with your family.
- Level 3: Actually record the video and share it with your family.



## Outstanding together, Working together, Learning together Handsworth Grange Community Sports College Wellbeing Home Learning Challenge

- Try to complete 1 per day
- Write a message of kindness and support to our NHS workers. You could present this as a banner to display outside your house, post it on social media or send it to a local radio station.
  - Make a drink for someone in your house and sit for 10 minutes and have a chat. Find out 2 things about their life that you didn't already know.
  - Make your own riddle, puzzle or word search. Send your puzzle to an elderly relative or friend to complete.
  - Try and think of 20 new ways to use a tennis ball. These could be new sports, games or even a household gadget! Get creative and record with photos/videos!
  - Design a new chocolate bar. You could challenge a friend or family member to create a better one! Send your best design to Cadbury's for their feedback!
  - Hoover the stairs or a room in your house. You could even come up with music and dance moves to do whilst you Hoover!
  - Leave a thank you note for someone else to find in your house (e.g. 'thank you for closing the fridge' or 'thank you for turning off the light!')
  - Make a Lockdown time capsule. This could be a box/bag/container that you place a range of items in to help record your experience. You could include interviews with others in your house, photos or a diary.

Here are some great websites if you need some wellbeing help



### History Home Learning Challenge

We are currently living through a huge global event, some scientists have said that this is the type of event which may only happen every 100 years! During the Influenza outbreak in 1918, people did not have the lifestyles that we do now- this really is something new which people in the future will be interested in learning about (it might even be on GCSE Medicine papers!). To help people learn, and share your ideas and experiences, during this time you could keep a diary which you could share with people in the future. It could be something that you keep in a notebook, on spare paper, on a computer or a video diary. You might even have more original ideas than that.

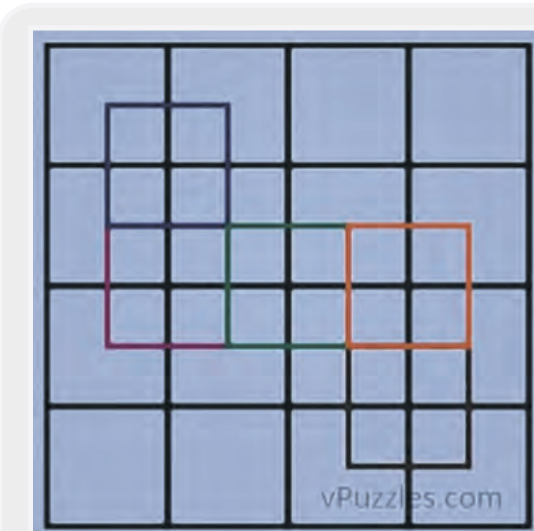


- |   |   |  |  |   |  |
|---|---|--|--|---|--|
| What you have been doing during your days at home (or in isolation) | What you have not been able to do (which you would normally do/ would like to do) | What have you been eating? Have you been able to get all of your normal food from the shops? | How do you feel about what is happening? | How have you been finding not going to school and normal clubs/ activities? | -If you are in Y11 (or 10) how do you feel about your exams? |
|---|---|--|--|---|--|

This could be something you do every week, a one-off write up or something that you do every day!



### Puzzle #1: How many squares are



**Instructions**  
Look carefully at the puzzle and work out how many squares there are in total.

**Top Tip**  
Number each square as you go and remember to count them all!

Write your answer in the following box.

### Extension Task:

Create your own 'How many squares' puzzle and test your

Look in next weeks newspaper for the answer to this



### Home Learning Ideas - Ecclesfield School



#### Virtual Trip

Visit Angkor Wat, Christ the Redeemer, the Eiffel Tower and many more.  
<https://www.theguardian.com/travel/2020/mar/30/10-best-virtual-tour-worlds-most-famous-landmarks>

#### Book Reviews:

Have you read a fantastic book recently? Design and complete a book review.

#### History

- Horrible Histories - Watch episodes on IPlayer/YouTube and find out fact about people and events that we perhaps do not learn about currently in lessons
- BBC History magazine - Test your history knowledge with trivia quizzes brought to you by BBC History magazine at [historyextra.com](http://historyextra.com)

#### Drama

Make your own sock puppet - Use a sock and whatever other materials you can find. Give the puppet a name and create a back-story for them.



#### Maths

- Bake cookies – Use ratio to bake some cookies for more people than the original recipe states.
- News – Watch the latest news and discuss the statistics with your parents.

#### Geography

Sporec - Race against the clock to name as many countries, states and capital cities as you can.

## The Sheffield College

### Some top lockdown activities from the staff at The Sheffield College's academies



#### Art, music and performance

Watch a television show or film and write a review of the actors' performances.

Evaluate how well the actors engage the audience and convey their character using their voice and physicality. You can refer to vocal elements such as:

- Projection - how well does their voice reach the audience?
- Articulation - how clearly do they speak the words?
- Breath - how well do they use breathing to control their voice?
- Pitch - how high or low is their voice? How does this communicate meaning?
- Tone - describe the feeling or emotion in their voice

In terms of *physicality* you might want to consider the following points:

- What do the characters do in terms of actions, stillness, gestures, posture and facial expression?
- How they do it in terms of their energy and dynamics, tension, pace, gait and demeanour?
- Why they do it in terms of their motivation, intention and characterisation?

To extend your review you could refer to how well the actors communicate the theme of the television show/film, how they create mood and atmosphere and why this is important.



#### Sport

Design an outline for two training programmes;

- an endurance athlete of your choice, for example, a marathon runner or distance cyclist
- a high speed/power athlete of your choice, for example, a sprinter or golfer.

When designing these outlines you may wish to include details of the frequency, intensity, time and type (FITT) of the programmes and how they differ to enable each athlete to develop for the needs of the sport.

To add further detail, you could explain why you have chosen specific exercises for the two different programmes and athletes, linking back to the needs of the athletes.

Finally, and to stretch you, link the design of the programme to underlying physiology. You may wish to use the following terms: hypertrophy, muscle fibre types, myelination and capillarisation.

#### Health and social care

Design a poster to show your appreciation for NHS workers.

Draw an image of an NHS worker, for example, a nurse, doctor, paramedic, care home worker or delivery driver.

Label the drawing with a fact file or arrow labels to show their qualities, for example, always smiling, hard working and works late hours.

Give an appreciation for each of the labels saying why you are grateful for each of them. For example: Thank you for always smiling, this helps me to feel safe and I know I can approach you with my questions or worries.

## Sheffield Futures SF

**Sarah Traynor, from the Careers team at Sheffield Futures, has answered some frequently asked questions about how Coronavirus may impact GCSE results.**

**Q.** 'I was supposed to take my GCSEs this summer. What's going to happen now?'

**A.** 'Don't worry, you will still get your grades and they will look just like the grades you would have got any other year. Schools, colleges and exam boards are working to make sure everyone is treated fairly and not disadvantaged in any way.'

**Q.** 'How will they do it?'

**A.** Your school or college will work out an assessed grade for you in every subject. This is the grade they believe you would have achieved if teaching and exams had carried on as normal.

**Q.** 'How will they work out my assessed grades?'

**A.** Your teachers will look at how you've performed in things like assignments, homework, classwork, course work and mock exams. They will also rank students; this means that for every subject and within every grade they will place students in order of performance.

**Q.** 'Will I have to hand in any extra work?'

**A.** 'It will be up to your school or college to decide. However, you will not be disadvantaged if you're unable to complete any work that was set after schools and colleges closed.'

**Q.** 'Will my grades just be based on what my school says?'

**A.** 'No, your school will send their assessed grades to the exam board, who will then look at all grades across all schools and colleges and standardise them; this is to make sure everyone has been treated fairly.'

**Q.** 'Will my school tell me my assessed grades?'

**A.** 'No, schools and colleges are not allowed to tell you.'

**Q.** 'When will I get my results?'

**A.** They haven't yet confirmed a date, but it will either be on Thursday 20th August (the date that's already been set aside for GCSE results) or earlier.

**Q.** 'Will the grades look different?'

**A.** No, they will look just like the grades you would have got in any other year.

**Q.** 'Will colleges and sixth forms accept the grades?'

**A.** Yes, colleges, sixth forms, universities and employers have been told to treat the grades just as they would any other year. Remember that no-one is sitting exams this summer, so it will be the same for everyone.

**Q.** 'What if I don't agree with my results?'

**A.** 'The exam boards are working with the government to sort this out. At the moment it looks as if it will only be possible to appeal against your grade in very specific circumstances. However, they also plan to offer the chance to re-sit subjects, either this autumn or in summer 2021.'

# Can you work out where these pictures of statues were taken?

Here are nine photographs taken around Sheffield in this quiz. Can you correctly guess where they were taken?  
See next week's edition of Sheffield Learning Together to find out the answers.



Number 1



Number 2



Number 3



Number 4



Number 5



Number 6



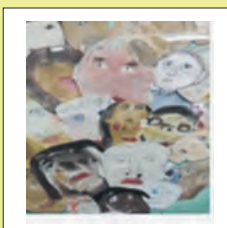
Number 7



Number 8



Number 9



## Home Languages

The resources on this page will help support your child to continue to develop their first language. Each week will focus on a different language.

# Urdu اردو

Use notebook paper to complete these activities. Do one each day!

ان سرگرمیوں کو مکمل کرنے کے لئے نوٹ بک استعمال کریں۔ ہر دن ایک کریں!

<https://eslathome.edublogs.org/>

Monday	پير	Tuesday	منگل	Wednesday	بدھ	Thursday	جمعرات	Friday	جمعہ
Hide something in your home. Make a treasure map and let a family member try to find it.	اپنے گھر میں کچھ چھپائیں۔ خزانے کا نقشہ بنائیں اور گنہ کے ایک فرد کو تلاش کرنے کے لئے کہیں۔	Go on a shape hunt. Find five things in your house for each shape: Rhombus Trapezoid Equilateral	شکل کی تلاش پر جانیں۔ ہر شکل کے اپنے گھر میں پانچ چیزیں تلاش کریں۔ رومبس تراپیزائڈ یکطرفہ	Imagine you ran a zoo. Write an advertisement telling people why they should come to your zoo.	ذرا تصور کریں کہ آپ نے چڑیا گھر چلایا۔ ایک اشتہار لکھیں جس سے لوگوں کو یہ بتایا جائے کہ وہ آپ کے چڑیا گھر میں کیوں آئیں۔	List 5 things in your home that are <b>solids</b> .  List 5 things in your home that are <b>liquids</b> .  List 5 things in your home that are <b>gases</b> .	اپنے گھر میں 5 چیزوں کی فہرست بنائیں جو تھوس ہیں۔  اپنے گھر میں 5 چیزوں کی فہرست بنائیں جو مائع ہیں۔  اپنے گھر میں 5 چیزوں کی فہرست بنائیں جو گیس ہیں۔	Imagine two of your friends went to your school when no one was there. Write or draw their adventure.	سوچئے کہ آپ کے دو دوست آپ کے اسکول گئے تھے جب وہاں کوئی نہیں تھا۔ لکھیں یا ان کا ایچونچر ڈرا کریں۔

**Who Speaks Urdu?**  
There are about 105,000,000 people in the world who can speak Urdu.  
  
It is the official language of Pakistan.  
  
Urdu is also spoken in Afghanistan, Bahrain, Bangladesh, Botswana, Fiji, Germany, Guyana, India, Malawi, Mauritius, Nepal, Norway, Oman, Qatar, Saudi Arabia, South Africa, Thailand, UAE, United Kingdom and Zambia.



<https://globalstorybooks.net/>  
Storybooks Pakistan

Useful websites مفید ویب سائٹ  
<http://en.childrenslibrary.org/>

<https://uk.mantralingua.com/homereading>

**Talk To Your Baby – quick tips**

**Talking with your baby**

Learning to talk is one of the most important and complex skills your child will accomplish. It seems to happen naturally, but in fact you have a very important role to play. The more you talk to your baby, the more you enable her to become a good talker and a confident, happy child.

- Talk about what you're doing throughout the day - when you're bathing or feeding your baby or changing her nappy.
- Talk about the things you see on the way to the shops, or at the supermarket. Try to talk about the things your child shows an interest in.
- Talk in the language that you know best - it doesn't have to be English.
- Look at your baby as you talk and give him time to respond to your chatter.
- Answer your baby's noises and babbles.
- Cuddle up together and read a favourite book or talk about the pictures.
- Have fun with nursery rhymes or any song, especially those with actions.
- Listen carefully and give your toddler time to finish talking.
- If your toddler says something incorrectly, say it back the right way, e.g. "Goggy' bited it." "Yes, the dog bit it, didn't he."
- Try to watch TV together so you can talk about what happens.

اپنے بچے سے بات چیت

بات چیت کا عمل آپ کے بچے کے لیے اہم ترین اور مشکل ترین امور میں سے ایک ہوگا۔ یہ ظاہر قدرتی طور پر واقع ہوتا ہے۔ لیکن حقیقت میں آپ اس میں ایک اہم کردار ادا کرتے ہیں۔ آپ اپنے بچے سے جتنی بات چیت کریں گے وہ اتنی ہی بڑھتی سے زبان سیکھنے لگے گا اور ایک اہم اور خوش فہم بولنے والا بچہ بنے گا۔

بچپن کے دوران آپ جو کچھ بھی کریں اس کے بارے میں بات کیجئے۔ جب آپ اپنے بچے کو نہانے یا کھانے سے لے کر اس کے کھانے اور پینے تک ہر چیز کے بارے میں بات چیت کریں۔

بچہ دیکھنے والی چیزوں کو دیکھتے ہوئے اس کی توجہ دینا اور اس کے بارے میں بات چیت کرنا۔

بچے کے ساتھ چلنے پھرنے کے وقت یا سوبرمارکیٹ میں جاتے ہوئے اس کے بارے میں بات چیت کریں۔

بچے کے ساتھ بات چیت کریں اور اس کے بارے میں بات چیت کریں۔

بچے کے ساتھ بات چیت کریں اور اس کے بارے میں بات چیت کریں۔

بچے کے ساتھ بات چیت کریں اور اس کے بارے میں بات چیت کریں۔

بچے کے ساتھ بات چیت کریں اور اس کے بارے میں بات چیت کریں۔

بچے کے ساتھ بات چیت کریں اور اس کے بارے میں بات چیت کریں۔

بچے کے ساتھ بات چیت کریں اور اس کے بارے میں بات چیت کریں۔

بچے کے ساتھ بات چیت کریں اور اس کے بارے میں بات چیت کریں۔

If you or someone you know is vulnerable, shielding, or self-isolating and has no friends or family to call on, please get in touch with the Sheffield City Council Community Helpline on 0114 273 4567 - lines are open 8.45am - 4.45pm

For help with benefits, debt, employment or immigration issues (including EU settled status) contact Citizens Advice Sheffield - Phone : 03444 113 111  
Open Monday to Friday 10am to 4pm  
Email : [getintouch@citizensadvicesheffield.org.uk](mailto:getintouch@citizensadvicesheffield.org.uk)  
Visit : [www.citizensadvicesheffield.org.uk](http://www.citizensadvicesheffield.org.uk)

If you need housing advice, representation, support or information, you can contact Shelter in Sheffield by emailing [Sheffield\\_hub@shelter.org.uk](mailto:Sheffield_hub@shelter.org.uk) or calling 0344 515 1515 (open 9am-5pm, Monday to Friday).




# KEY CONTACTS

## Tips for looking after you

### Stay Connected

It's really important to stay connected with friends, social groups and family - online, phone or post  
Check out *Thinkuknow* or *Own It*



### Build Skills

Set yourself a challenge - now is a great time to learn a new skill  
Choose a set time and place to complete school work



### Be Healthy

Keep to a healthy routine  
If you're feeling sluggish and tired you probably need to move!



### Emotional Check-in

Notice your emotions  
Notice your mood and what makes you feel better or worse



### Be In the Moment

Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes  
The more you practice the more it will help when you most need it



### Plan your Day

When normal routines have gone it can be disorientating  
Make a plan and #BeatTheBoredomSheff



## Set some goals

	Activity	M	T	W	T	F	S	S
Example	Walking the dog	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stay Connected		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Build Skills		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be Healthy		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional Check-in		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be in the Moment		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Review your week

Track your sleep and mood and notice what makes you feel better and what makes you feel worse

### Track your sleep

Mon	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Tue	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Wed	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Thu	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Fri	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sat	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sun	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18

### Rate your mood

	Mon	Tue	Wed	Thu	Fri	Sat	Sun