

Year 4 Practical Activities

Have a look at the following activities. Why not try some of them out? You could send a photograph of your work to your teacher at year4@brampton.newham.sch.uk.

English: A Letter to my Future Self

The coronavirus outbreak means that life, for all of us, has changed so drastically. It may cause you to feel anxious, stressed, worried, sad, bored, lonely or frustrated. It is important to remember that it is okay to feel this way and that everyone responds differently.

Remember, this situation is temporary and, for most of us, these difficult feelings will pass. It is important to talk about these feelings, even when we don't have the solutions, even if we don't know when this pandemic will end. Now more than ever, it is important to talk about how we feel.

Typically, when writing letters, we send them to *someone else* to read. This time, we will be writing a letter and sending it to OURSELVES to read later on... in the future.

Use the letter structure below. There are some questions for you to think about.

Dear Future Me,

Today, I am.... Years old and I am in Year...By the time you read this letter, you would be back at school and things are slowly returning to normal.

How do you feel right now?

Have you learnt anything new recently?

What made you laugh today?

Have you enjoyed the lockdown? Why?

What is something you are wishing for?

What are you more you thankful for?

Write one piece of advice to your future self.

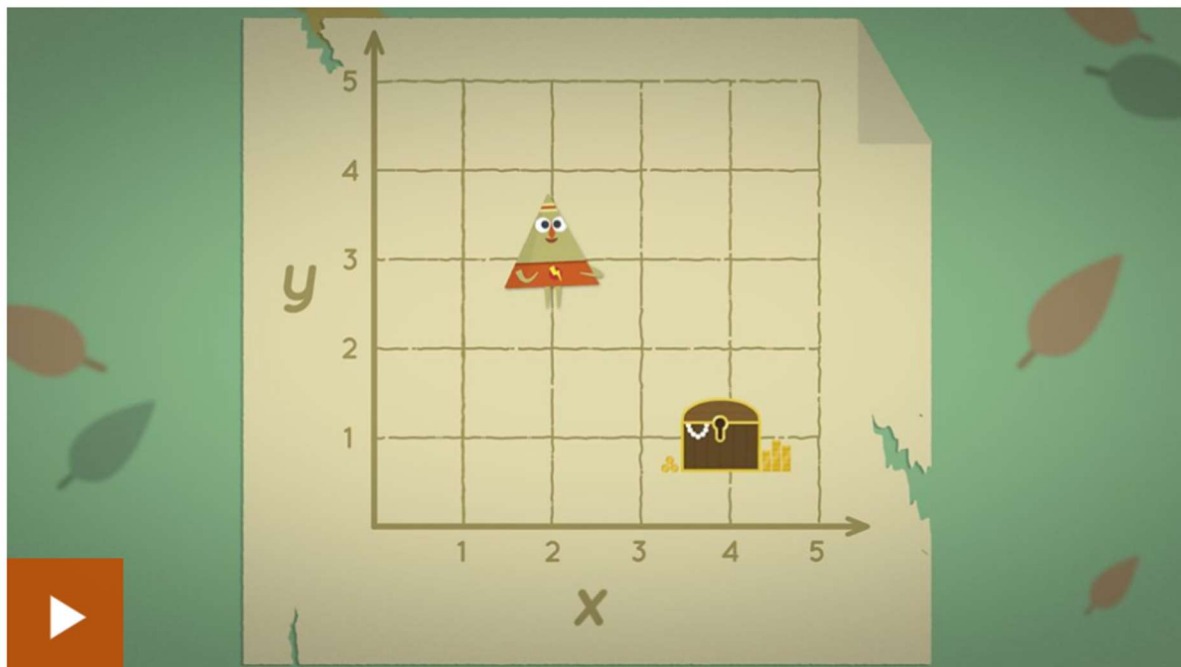
Remember, talking about feelings doesn't always have to end with a 'solution' – talking IS the solution!

Credit: <https://schoolsoutcovid19.wordpress.com/2020/04/23/a-letter-to-my-future-self/>

Maths: What are co-ordinates?

To know what co-ordinates are, it's important to brainstorm some key vocabulary around this word. BBC Bitesize has a brilliant video introducing co-ordinates-

<https://www.bbc.co.uk/bitesize/topics/zgthvcw/articles/z96k9qt>



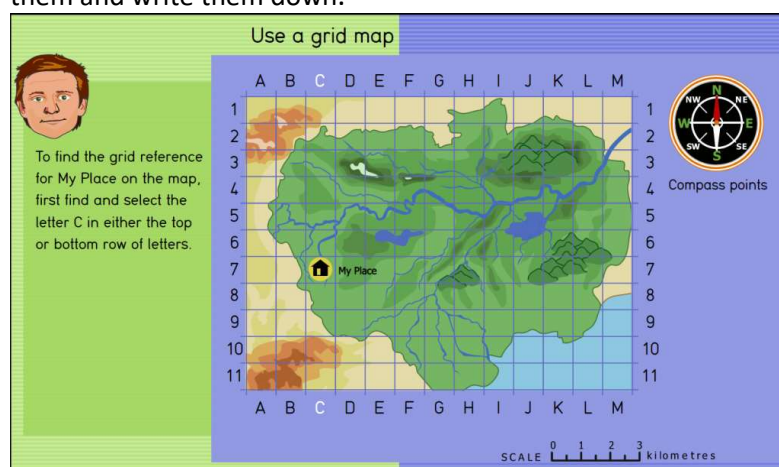
A point on a grid has **two numbers** to identify its position.

These numbers are known as coordinates. Coordinates are always written as the number of steps across first, then the number of steps up or down.

Grids have **two axes**. The **horizontal axis** is called the **x-axis** and the **vertical axis** is called the **y-axis**. These axes can be used to find a point on a grid.

How to start?

Here's a fun game which introduces co-ordinates and has a step-by-step tutorial on how to find them and write them down.



<http://www.scottle.edu.au/ec/viewing/L350/index.html#>

Your task/activity today could be creating your own grid! Print out some squared paper and draw the y and x axis together. Draw some objects in the grid and find its co-ordinates. Make it interesting by relating it to their project. Here's a grid relating to a Space topic:

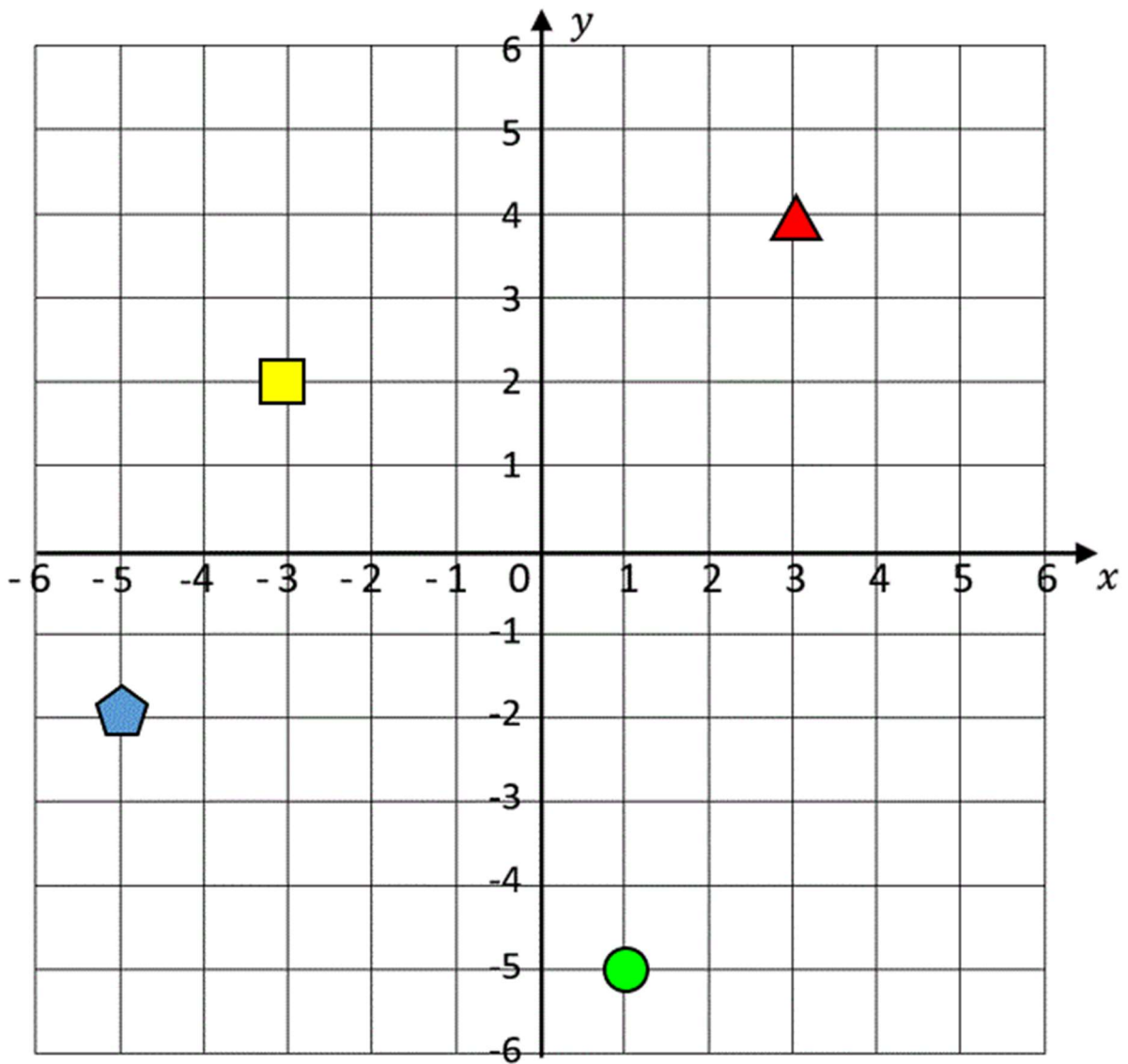
Colouring Grid

Use the grid positions to colour in the grid to discover what image your partner has plotted for you. Make sure you colour each square correctly!

	A	B	C	D	E	F	G	H	I	J	K	L
12												
11												
10												
9												
8												
7												
6												
5												
4												
3												
2												
1												

1. (F, 4)
2. (H, 2)
3. (C, 6)
4. (D, 9)
5. (J, 12)
6. (K, 8)
7. (G, 11)
8. (I, 6)
9. (K, 5)
10. (B, 2)
11. (A, 10)
12. (G, 7)

Have fun with it! Challenge yourself and try to write down the co-ordinates first and then draw the objects on the grid.



Have fun with it and make it fun! Send me pictures of what you have got up to if you try any of these activities! Good luck and stay safe!

Credit: <https://schoolsoutcovid19.wordpress.com/2020/04/20/making-maths-more-fun/>

Art- Pointillism



Take inspiration from around you and create artwork using cotton buds and paint!

Science- Calm me down jars

How does it do that?

This is what many people think when they first see this calm-down jar. With just one shake, the two colors mix, creating a new color. Then little by little, the colors separate, and the liquids return to their original state.

So not only is this a really awesome way for students relax but it's also a great learning opportunity. Why don't oil and water mix? What are primary and secondary colors? Both questions can be answered through this hands-on experiment. Then when you're finished, use these calm-down jars in your classroom as sensory items or for other activities. Check out the video in how they all came together.



What you need

- Jars (We like these plastic ones)
- Baby oil
- Water
- Measuring cup
- Water-based food colouring
- Oil-based food colouring
- Toothpick

1. Create your water mixture- Fill your jar half full with water. Then take your water-based food colouring and add a few drops. You really don't need much. Put the lid on the jar and shake thoroughly.

2. Create your oil-based mixture- Now make your oil-based mixture. Note the amount of water you used in the first step. You'll want to pour the same amount of baby oil into your measuring

container. Then, using a toothpick, stir in a little bit of oil-based food colouring. Mix well, until the oil has a nice even colour.

3. Pour your oil mixture in with the water- Add your oil mixture to the jar of water. You'll see the colours combining as you pour, but they'll eventually separate.

4. Shake and observe- This is the fun part! Give your jars a shake, and you'll see the two colours mix together, creating a new colour. After a few minutes, they'll separate again.

Challenge: Why do water and oil not mix?

Credit: <https://www.weareteachers.com/calm-down-jars/>