

Yr 4 PSHE work
Monday 15th June –
Friday 19th June

Worries



Hi everybody!

We hope that you are well and staying safe....

This week in PSHE we are going to be thinking about

Worrying.

During these unusual times, we may feel lots of different emotions. Sometimes we might feel ok – but sometimes we might feel sad or angry...

EVERYONE WORRIES FROM TIME TO TIME

Look at Chloe's story on the next slide. Think about what she could do to stop herself from worrying? Perhaps write her a short letter of advice.

Top Tip: Remember you can write this straight onto the computer and send via email/upload on Purple Mash. Or, do it on paper and take a photo and then send in the same way via Purple Mash.



<https://www.cues-ed.co.uk/looking-after-ourselves/what-to-do-about-worrying/>.

Check the link for more ideas!

That was a worry that Chloe COULD do something about, by taking some action. However, sometimes you cannot do anything about your worries with action. For example, something you've heard on the news etc.

On the next few slides, are ways that you can ease your worries. Have a go at them (maybe even film/photo yourself doing them).

Task 2:

Have a go at the strategies on the next few slides, then come up with one way to ease worries that you have either used and has worked, or you think would work...

<https://www.cues-ed.co.uk/looking-after-ourselves/what-to-do-about-worrying/>.

Check the link for more ideas!

You could play a game, dance in the kitchen, paint a picture, or help cook something.



In your head, try and list all the football teams in the Premier League!



Or a list of foods beginning with the same letter!



Or maybe try saying the alphabet backwards in your head!

Geography Monday 15th – 19th June

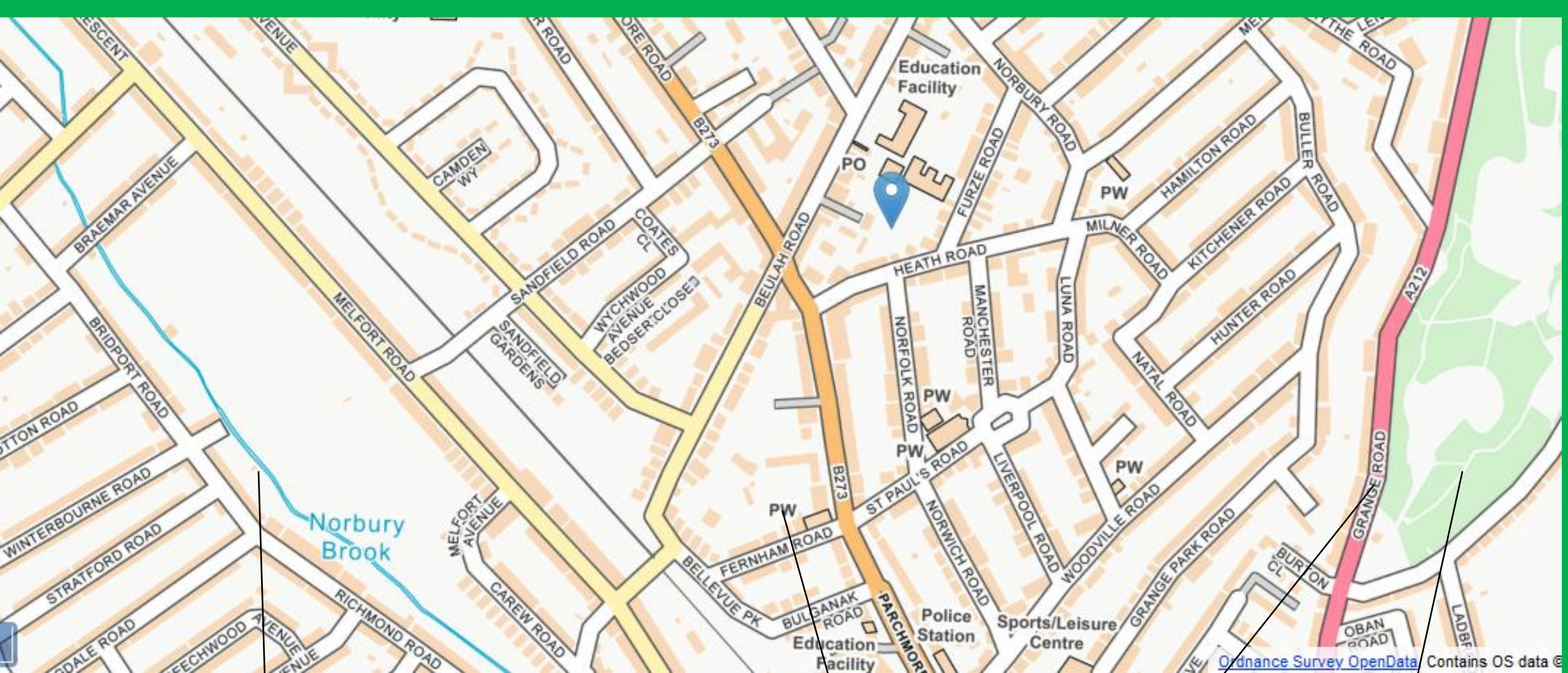
Mapping

Map Symbols

Last time we did Geography, we were focused on mapping our local area around your home. We are going to be continuing with this, but thinking about a more fancy type of map that includes special symbols.

Task 1:

Look at the next slide, on the map, there are arrows pointing to certain symbols. I want you to create a key to explain what each symbol means. It could look like this;



River/stream

Place of
worship

Main
road/ A
road.

Green/park
area

Map Symbols












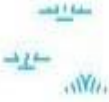


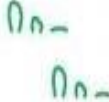

Task 2:




Now think about your own local area. Draw another sketch map (just on paper, with pencil, you do not need to use a ruler) but this time using the OS map symbols, use the next two slides to help.

Top Tip: You can take a photo of your sketch map and then upload to email/uploads on Purple Mash. You cannot do this on the computer.

OS Map Symbols

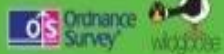
						
Railway Station	Level Crossing	Motorway	Trunk or main road	Footpath	Bridleway	National Trail/Long Distance Route/Recreational Route
						
Camp site/caravan site	Viewpoint	Picnic site	Access information point	Building of historic interest	Recreation/leisure/sports centre	Museum
						
Site of battle	Castle/fort	Cadw: Welsh Historic Monuments	Historic Scotland	English Heritage	National Park boundary	Nature reserve
						
Access land in woodland area	Access land boundary and tint	Cycle trail	Information centre	Telephone	Parking	Garden/arboretum

				Sch	PO	PC
Place of worship with spire, minaret or dome	Place of worship with tower	Place of worship	Youth hostel	School	Post office	Public convenience
					FB	W Spr
Bus or coach station	Cliff	Wind pump; wind generator	Electricity transmission line	Quarry	Footbridge	Well; spring
						
Non-coniferous trees	Coniferous trees	Marsh, reeds or saltings	Orchard	Bracken, heath or rough grassland	Scrub	Contours

		
Scree	Sand; sand & shingle	Mud

1:25 000 scale Explorer™

OS Map Symbols Poster - 061001
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 www.ordnancesurvey.co.uk



Science Monday 15th –Friday 19th June

Sound

Over the last two weeks, we have conducted 2 sound experiments. The first we thought about how sound is affected in water and air.

The second we started to think how sounds are actually made.

I hope by now, we are all in agreement that sounds are produced by vibrations. ...?

This sounds odd — how can a vibration make a sound that then travels to your ear...?

Please read the experiment instructions and before you use anything, please check with your adult and ask for help.

Top Tip: You can upload/email a photo of you doing the experiment or, draw a small diagram showing what you did (take a photo) or, write a short paragraph about what you found out (can do by hand or on the computer).