



Speed read the above words. What's your best time?

Try hot writing – choose a short period of time such as one minute and try to keep your pen or pencil moving for the entire time.

Can you write the words in the speed read box as many times as you can for 30 seconds per word? How many words did you manage? Count them. Can you improve and write more words?

Brain Break Breathing

Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



Watch Newsround and discuss with someone in your household what you watched.

What was it about? How did it make you feel?

https://www.bbc.co.uk/newsround/news/watch_newsround

You can also find it on your television.



Eastertoun Primary School & ELC

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Try and do a literacy activity online using either

<https://appuk.idlsgroup.com/#/login>

<https://www.studyladder.co.uk/login/>

<https://www.teachyourmonstertoread.com/>

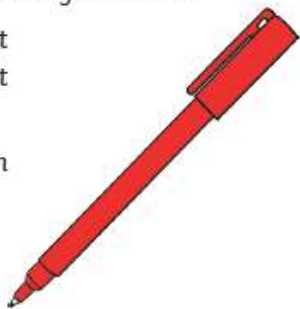
<https://readtheory.org/auth/login>

Remember to read books for enjoyment and fill in your reading passport.

Choose a subject to focus your thoughts or simply write about whatever arises in your mind.

If you can't think of what to write then write 'I can't think of what to write...'

Do whatever you need to in order to keep writing.



Can you design a 60th Birthday card for the school?

What do you like about being at Eastertoun?

Write a few sentences to describe your time at Eastertoun. Remember to use your targets. Capital letters and full stops, finger spaces, try it out with your spelling and check your writing makes sense.

Imagine you are a reporter.

Did someone from your family attend Eastertoun? Can you find out from them what Eastertoun was like when they were there?

If they did not attend then make up questions that you could ask one of our volunteers.

Remember to use your writing targets: Capital letters and full stops / question marks; finger spaces, try it out spelling and checking that your writing makes sense.