

Year 5 Home Learning Pack

Multiple activities to complete whilst not at school



Jan 2026

Home Learning Work Booklet Introduction



Purpose of the Handbook

This home learning booklet has been created to support pupils when they are unable to attend school. Each page contains a different learning activity covering a range of subjects, including English, Maths, Science and the foundation subjects. The activities are designed to be engaging, practical and achievable, helping pupils to continue their learning in a manageable and positive way while at home.

Pupils should choose one activity at a time to complete, with the support of a parent, carer or another trusted adult where needed. There is no expectation to complete every page in one go; instead, pupils are encouraged to work at a pace that suits them. The focus should be on trying their best, enjoying learning and maintaining good learning habits until they are able to return to school.

Useful Free Learning Websites

Parents, carers and pupils may find the following free, UK-based websites helpful when completing home learning activities:

- BBC Bitesize – <https://www.bbc.co.uk/bitesize> - Clear lessons, videos and quizzes for all subjects and year groups.
- Oak National Academy – <https://www.thenational.academy> - High-quality video lessons aligned to the English National Curriculum.
- Times Tables Rock Stars – <https://trockstars.com> - Fun and interactive times tables practice.
- White Rose Maths – <https://whiteroseeducation.com/parents> - Maths videos, worksheets and guidance for parents.
- National Geographic Kids (UK) – <https://www.natgeokids.com/uk> - Engaging Science and Geography content.
- Topmarks – <https://www.topmarks.co.uk> - Educational games and activities linked to the UK curriculum.
- Phonics Play – <https://www.phonicsplay.co.uk> - Free phonics games and resources (some content available without login).
- Twinkl (Free Resources Section) – <https://www.twinkl.co.uk/resources/free> - Printable activities and resources across all subjects.

Learning Activities

Pupils may choose any activity from any section of the booklet. There is no set order to follow, and activities do not need to be completed in sequence. This flexibility allows pupils to select tasks that interest them or suit their confidence and energy levels on the day. The aim is to keep learning enjoyable and accessible, while encouraging pupils to remain curious and engaged during their time away from school.

1 - English

2 - Maths

3 - Science

4 - Foundation Subjects

5 - Mental Health and Wellbeing Reflective Tasks

6 - Lined, Squared and Plain Paper





01

English

Fiction Comprehension – Adventure Story

Text:

“Ellie tiptoed into the old attic, her torch flickering in the darkness. Dust covered every corner, and cobwebs hung from the ceiling like silver threads. She had discovered a small, leather-bound book on a rickety shelf. Its pages were filled with strange symbols and sketches of faraway lands.

Her cat, Whiskers, jumped onto the shelf, knocking over a tin box that spilled old coins across the floor. Ellie gasped and quickly gathered them up. She noticed a key hidden beneath the coins, small and golden. Could it open the mysterious chest she had seen in the corner of the attic? Her heart pounded with excitement. Adventure was calling, and Ellie felt ready to answer it.”

Questions:

Summarise the main events of the story.

How does the author create a sense of excitement?

Identify three descriptive words or phrases.

Predict what Ellie might do next.

Find two words you do not know and guess their meanings using context.

How does the attic setting make the story more mysterious?



Non-Fiction Comprehension – Rainforests

Text:

“Rainforests are dense forests found near the Equator. They are home to thousands of plants and animals, many of which cannot be found anywhere else in the world. The trees are tall, and their leaves form a thick canopy that blocks sunlight from reaching the ground.

Many people live near or in the rainforest. They rely on its resources for food, medicine, and building materials. Scientists study rainforests to discover new plants that might help treat diseases.

Unfortunately, rainforests are being cut down for farming, logging, and cities. This destroys habitats and threatens wildlife. Protecting rainforests is important to keep the Earth healthy and maintain biodiversity.”

Questions:

What is a rainforest and where is it found?

Name two ways people benefit from rainforests.

Why are rainforests important to scientists?

What are the threats to rainforests?

Find two descriptive words in the text.

Write a short paragraph summarising the text.



Comparing Characters

Text A:

“Tom was careful and tidy. He liked to plan his day and always finished his work on time. His friends knew they could rely on him for help. Tom enjoyed science experiments and solving puzzles. Sometimes, he worried too much when things did not go according to plan.”

Text B:

“Lucy was creative and curious. She loved drawing, storytelling, and asking questions. She sometimes forgot her homework, but she could always come up with clever ideas. Her friends enjoyed her imagination, and teachers encouraged her to focus her energy.”

Questions:

List three strengths and weaknesses of Tom.

List three strengths and weaknesses of Lucy.

Compare how each character solves problems.

Which character is more organised? Which is more creative?

Write a paragraph predicting how Tom and Lucy would behave on a school trip.

Newspaper Article Writing

Prompt Text:

“During the school sports day, a small accident happened when a student tripped over a cone. Everyone laughed, but the student was not hurt. Teachers praised students for helping and keeping calm. The day continued with races, games, and cheering crowds.”

Instructions:

Write a headline for the article.

Write the opening paragraph reporting the accident.

Include two quotes from students or teachers.

Explain why the day was still fun and successful.

Write a concluding paragraph.

Modern vs Classic Texts



Text A (Classic):

“The village was still in the early morning. Smoke rose from chimneys, and the cobbled streets glistened with dew. Villagers moved slowly, unaware of the day’s events. A soft bell rang in the distance, echoing across the square.”

Text B (Modern):

“Sam walked to school, listening to music through his headphones. Cars drove past, and children chatted excitedly. His friends waved from across the playground, and notices on the school gate reminded everyone about homework and lunchtime clubs.”

Questions:

Compare the settings in each passage.

How is suspense or interest created in the classic vs modern text?

Find examples of descriptive words.

Which text is easier to imagine? Why?

Summarise each passage in a few sentences.

Sentence Types

Text/Exercise:

“The wind blew strongly.
Did you hear the owl?
Close the windows!
What a bright morning!”

Instructions:

Identify each sentence type.

Write 5 of your own sentences for each type.

Punctuation Practice

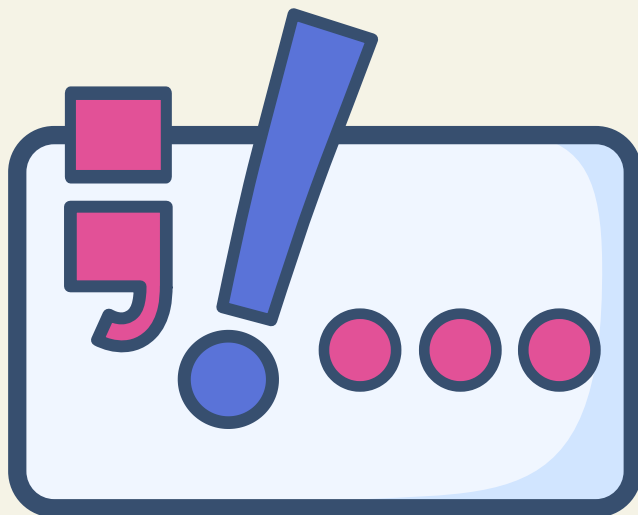
Text:

yesterday i went to the park i saw ducks and swans “look at the pond” said jack the sun was shining and the flowers smelled lovely

Instructions:

Add full stops, commas, and quotation marks.

Rewrite the paragraph neatly.



Active and Passive Voice

Text:

The teacher read the story.

The dog chased the ball.

The children built a sandcastle.

Instructions:

Rewrite in passive voice.

Highlight subject and object.

Write 5 new sentences and convert them.

Direct and Indirect Speech

Text:

“I love reading!” said Emma.

“Don’t forget your coat,” reminded Mum.

Instructions:

Convert to indirect speech.

Write 5 original examples.

Word Classes

Text:

“The excited children ran across the playground. The bright sun shone, and colourful flowers lined the path.”

Instructions:

Identify nouns, verbs, adjectives, and adverbs.

Write 5 sentences using at least 3 word classes.

Prefixes and Suffixes

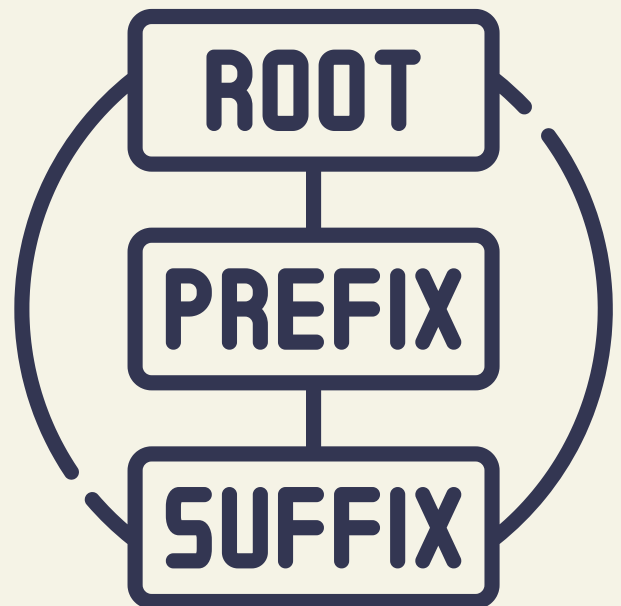
Base Words: play, help, move, care, act

Instructions:

Make new words using prefixes/suffixes.

Write sentences.

Write a short paragraph using at least 8 new words.



Synonyms and Antonyms

Text/Exercise:

Words: happy, sad, loud, quiet, big, small, clever, brave, fast, slow

Instructions:

Write synonyms and antonyms.

Write 5 sentences using them.

Write a short paragraph using at least 6 words.

Context Clues

“The old playground was overgrown. Rusted swings creaked in the wind, and broken slides lay scattered. A feeling of mystery hung in the air as Tom walked carefully.”

Instructions:

Find 5 tricky words and guess meanings.

Check definitions.

Write a paragraph using at least 3 words.



Homophones

Text/Exercise:

Fill in blanks: their/there/they're, your/you're, affect/effect

_____ going to the park.

Is this _____ bag?

The rain may _____ our game.

Instructions:

Complete correctly.

Write 5 original sentences.

Word Families

Base Words: act, move, help, play, create

Instructions:

List words for each base.

Write a paragraph using at least 6 words.

Story Writing

Prompt:

“A mysterious package arrived at your house with no name on it.”

Instructions:

Write 250–300 words continuing the story.

Include dialogue, description, and suspense.



Descriptive Writing

Prompt:

“Imagine exploring a secret garden with magical plants and animals.”

Instructions:

Write 150–200 words.

Include all five senses and some figurative language.

Poetry Analysis

Text:

“Twinkle, twinkle, little star,
How I wonder what you are!
Up above the world so high,
Like a diamond in the sky.”

Questions:

Identify rhyme.

Find adjectives and nouns.

What effect does repetition create?

Rewrite the poem in your own words.

Poetry Writing

Prompt:

Write a poem (8–10 lines) about one of:

- Friendship
- Nature
- Adventure

Instructions:

Include at least 1 simile and 1 adjective.

Try to rhyme some lines.



Letter Writing – Community Issue

Prompt:

“Write a letter to the council about a problem in your local park.”

Instructions:

Include address, date, greeting, introduction, problem, solution, closing.

Write 150–200 words.

Use polite and persuasive language.



02

Maths Activities



Place Value and Rounding

Text/Problem:

“The number 34,276 is a five-digit number. Each digit has a value depending on its place.”

Questions:

Identify the value of each digit.

Round the number to the nearest 10, 100, 1,000, and 10,000.

Write the number in expanded form.

Compare 34,276 to 35,000 using $<$, $>$, or $=$.

Create two more five-digit numbers and round them.

Addition and Subtraction

Text/Problem:

“A school has 245 pupils in Year 5 and 268 pupils in Year 6. How many pupils are there altogether?”

Questions:

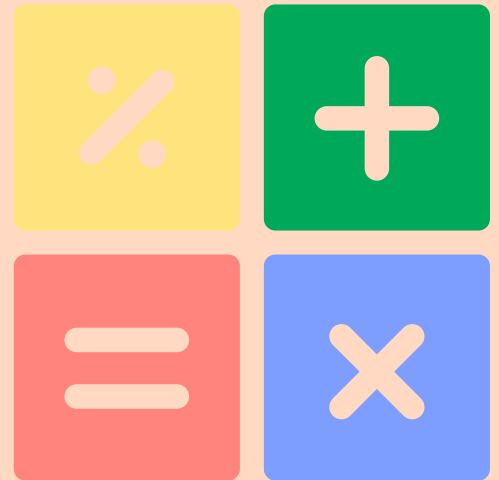
Solve using column addition.

Subtract 182 from 513.

Solve: $1,234 - 567$.

A school adds 345 new pupils next year. How many pupils will there be in total?

Create your own word problem using addition and subtraction.



Multiplication and Division

Text/Problem:

“A box contains 24 pencils. If 8 boxes are delivered, how many pencils are there in total?”

Questions:

Multiply 24×8 .

Divide $192 \div 6$.

A shop sells 48 chocolate bars per day. How many bars are sold in a week?

Solve 36×15 using long multiplication.

Create your own word problem using multiplication or division.

Fractions – Adding and Subtracting

Text/Problem:

“Sally ate $\frac{3}{8}$ of a pizza. John ate $\frac{2}{8}$. How much pizza did they eat in total?”

Questions:

Add the fractions $\frac{3}{8} + \frac{2}{8}$.

Subtract $\frac{3}{8}$ from $\frac{5}{8}$.

Convert $\frac{1}{2}$ to eighths.

Simplify $\frac{6}{12}$.

Create a word problem using fractions and solve it.

Fractions – Multiplying and Dividing

Text/Problem:

“A recipe uses $\frac{3}{4}$ cup of sugar. If the recipe is doubled, how much sugar is needed? If it is halved, how much sugar is needed?”

Questions:

Solve for the doubled recipe.

Solve for the halved recipe.

Multiply $\frac{2}{5} \times 3$.

Divide $\frac{4}{6} \div 2$.

Create your own fraction multiplication or division problem.

Decimals

Text/Problem:

“The price of a toy is £12.75. A similar toy costs £8.60. How much more expensive is the first toy?”

Questions:

Subtract the two decimals.

Add $£12.75 + £8.60$.

Multiply $£3.25$ by 4.

Divide $£16.80$ by 7.

Create your own decimal problem about money.

Percentages

Text/Problem:

“A class of 30 pupils has 12 girls. What percentage of the class are girls?”

Questions:

Calculate the percentage of girls.

Calculate the percentage of boys.

If 10% of the class were absent, how many pupils is that?

A test score of 18 out of 24 – what percentage is that?

Create your own percentage problem and solve it.



Geometry – Angles in Triangles

Text/Problem:

“A triangle has two angles of 50° and 60° . Find the third angle.”

Questions:

Solve for the missing angle.

Draw the triangle to scale.

Create a triangle with angles 40° and 70° and find the third angle.

Explain why the sum of angles in a triangle is always 180° .

Research a type of triangle (equilateral, isosceles, scalene) and describe its angles.

Geometry – Angles in Quadrilaterals

Text/Problem:

“A quadrilateral has angles 90° , 85° , and 110° . Find the fourth angle.”

Questions:

Solve for the missing angle.

Draw the quadrilateral to scale.

Create your own quadrilateral with three known angles and find the fourth.

Explain why angles in a quadrilateral add up to 360° .

Research and describe one type of quadrilateral.

Perimeter and Area – Rectangles and Squares

Text/Problem:

“A rectangle has a length of 12cm and width of 7cm. A square has a side length of 8cm.”

Questions:

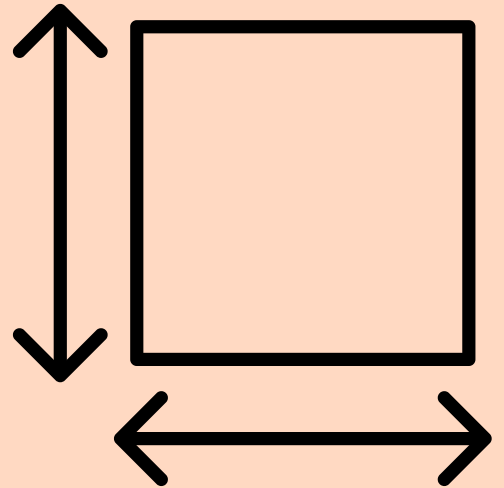
Calculate the perimeter and area of the rectangle.

Calculate the perimeter and area of the square.

Draw both shapes to scale.

Compare areas and perimeters of the two shapes.

Create your own rectangle and calculate its area and perimeter.



Perimeter and Area – Rectangles and Squares

Text/Problem:

“A rectangle has a length of 12cm and width of 7cm. A square has a side length of 8cm.”

Questions:

Calculate the perimeter and area of the rectangle.

Calculate the perimeter and area of the square.

Draw both shapes to scale.

Compare areas and perimeters of the two shapes.

Create your own rectangle and calculate its area and perimeter.



Perimeter and Area – Triangles and Parallelograms

Text/Problem:

“A triangle has a base of 6cm and height of 9cm. A parallelogram has base 8cm and height 5cm.”

Questions:

Calculate the area of the triangle.

Calculate the area of the parallelogram.

Draw both shapes to scale.

Compare areas.

Create your own triangle or parallelogram and calculate the area.

Volume – Cubes and Cuboids

Text/Problem:

“A cube has side length 5cm. A cuboid has length 8cm, width 3cm, and height 4cm.”

Questions:

Calculate the volume of the cube.

Calculate the volume of the cuboid.

Draw both 3D shapes.

Compare volumes.

Create a word problem involving volume.

Data – Bar Charts

Text/Problem:

“A survey shows: 5 pupils like football, 3 like basketball, 7 like tennis.”

Questions:

Draw a bar chart representing the data.

Calculate the total number of pupils.

What fraction of pupils like football?

What percentage like basketball?

Create a similar survey for your family or friends.



Data – Pictograms and Tables

Text/Problem:

“In a fruit survey: Apples 12, Bananas 8, Oranges 5, Grapes 15.”

Questions:

Represent the data in a pictogram (1 symbol = 1 fruit).

Make a table summarising the data.

Calculate the total number of fruits.

What fraction of the fruits are grapes?

Create your own table with different data.



Money – Calculations

Text/Problem:

“A pack of 12 bottles costs £18. How much does each bottle cost?”

Questions:

Solve using division.

If the price increased by 25%, calculate the new cost per bottle.

If you buy 3 packs, how much would you pay?

Convert £18 to pence.

Create your own word problem involving money.

Time – Reading Clocks

Text/Problem:

“The train leaves at 09:45 and arrives at 12:20.”

Questions:

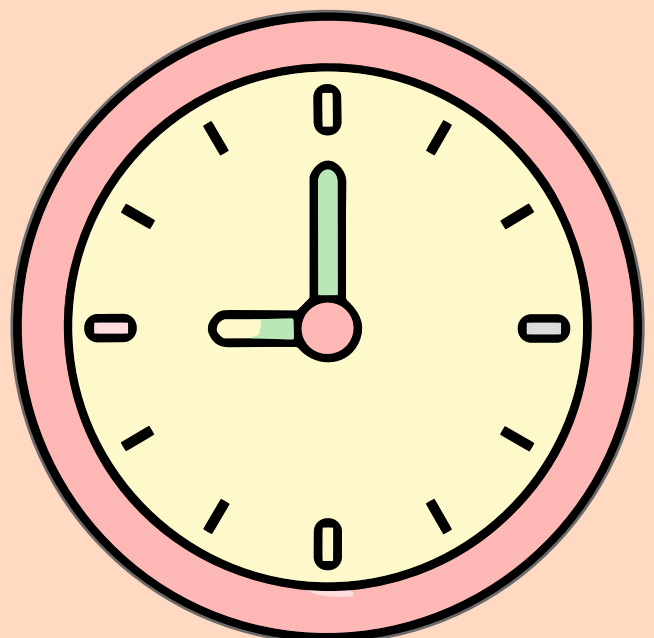
How long is the journey?

If the train left 15 minutes later, what time would it arrive?

Calculate the time difference between 14:30 and 17:15.

Convert 2 hours 45 minutes to minutes.

Create a time word problem and solve it.



Measurement – Length, Mass, Capacity

Text/Problem:

“A box is 2.4m long, 1.2m wide, and 0.8m high.”

Questions:

Calculate the perimeter of the base.

Calculate the volume of the box.

If 1 litre of water weighs 1kg, what is the weight of 3 litres?

Convert 2.4m to cm.

Create your own problem involving measurement.

Measurement – Length, Mass, Capacity

Text/Problem:

“A shop sells 3 packs of pencils for £5 each and 2 packs of pens for £3 each. How much does the total cost?”

Questions:

Calculate the cost of pencils.

Calculate the cost of pens.

Calculate total cost.

If the customer pays £25, how much change will they get?

Create a similar shopping problem.

Problem-Solving – Word Problems

Text/Problem:

“A farmer has 56 sheep. He sells 19 and buys 25 more. How many sheep does he have now?”

Questions:

Solve step by step.

Check your answer.

Create a word problem involving subtraction and addition.

Solve your own problem.

Explain your method in words.

Mixed Operations Challenge

Text/Problem:

“A school buys 12 boxes of pencils at £3.50 each and 8 boxes of crayons at £4.25 each. They sell each box for £5. How much profit do they make?”

Questions:

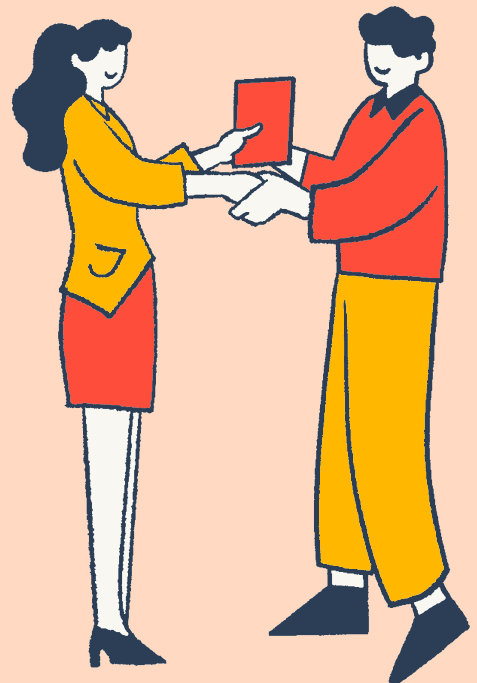
Calculate total cost of pencils.

Calculate total cost of crayons.

Calculate total revenue if all boxes are sold.

Calculate total profit.

Create your own mixed operation problem and solve it.



03

Science



Biology – Living Things and Animals

Task 1: Life Cycles of Animals

Text:

“Animals have life cycles that include birth, growth, reproduction, and death. Some animals, like butterflies, go through complete metamorphosis with four stages: egg, larva, pupa, and adult. Others, like mammals, grow gradually from birth to adulthood. Understanding life cycles helps humans care for pets, farm animals, and wildlife.”

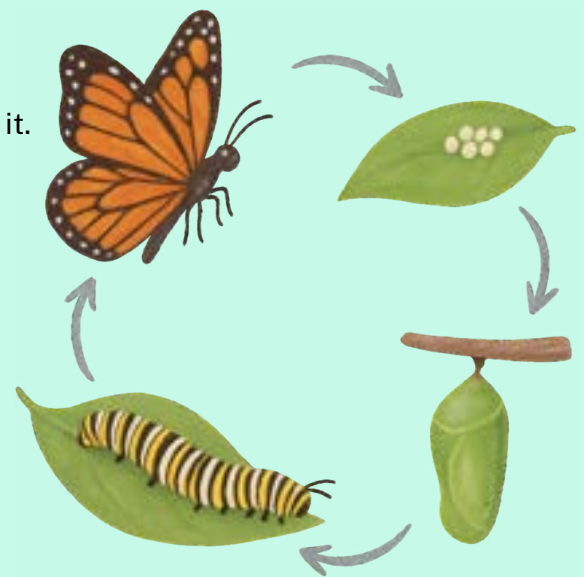
Tasks:

Draw a butterfly life cycle.

Compare a mammal and an insect life cycle in a table.

Research one animal’s life cycle and write 3–4 sentences about it.

Explain why knowing life cycles is important.



Reproduction in Plants

Text:

“Most plants reproduce using flowers. Flowers contain male (stamens) and female (carpels) parts. Pollination occurs when pollen moves from the stamen to the carpel, often with the help of insects, birds, or wind. Fertilisation happens when the pollen reaches the ovule. Seeds develop inside the fruit and can grow into new plants.”

Tasks:

Draw and label a flower showing reproductive parts.

Explain how pollination differs from fertilisation.

Research one plant that uses wind to pollinate.

Write a paragraph about why plants need seeds.

Human Circulatory System

Text:

“The heart pumps blood through arteries, veins, and capillaries. Blood delivers oxygen and nutrients and removes waste. Red blood cells carry oxygen, white blood cells fight infection, and platelets help blood clot. Healthy eating, exercise, and sleep help the circulatory system work efficiently.”

Tasks:

Draw and label the heart and major blood vessels.

Make a table comparing arteries, veins, and capillaries.

Explain how exercise affects heart rate.

Research a heart disease and summarise it in 4–5 sentences.

Nutrition and the Human Body

Text:

“Humans need a balanced diet to stay healthy. Proteins help build muscles, carbohydrates provide energy, fats store energy, vitamins and minerals support growth and immunity, and water keeps the body hydrated. Eating too much sugar or fat can cause health problems.”

Tasks:

Draw a plate showing a balanced meal.

List foods that are rich in proteins, carbohydrates, and vitamins.

Write 3–4 sentences explaining why water is important.

Research one common nutritional deficiency and explain it.



Adaptations of Animals

Text:

“Animals are adapted to their habitats. Polar bears have thick fur and fat for cold climates. Camels store water in their bodies to survive deserts. Adaptations can be structural (body parts), behavioural (actions), or functional (internal processes). Studying adaptations helps us understand survival in different environments.

Tasks:

Choose two animals and describe one adaptation for each.

Make a table showing structural, behavioural, and functional adaptations.

Research one unusual adaptation in the animal kingdom.

Write a paragraph explaining how adaptations help survival.

Materials and Their Properties

Text:

“Materials have properties that make them useful. Wood is strong and lightweight. Metals are good conductors of heat and electricity. Glass is transparent and brittle. Plastics are flexible and waterproof. Choosing the right material is important in designing objects.”

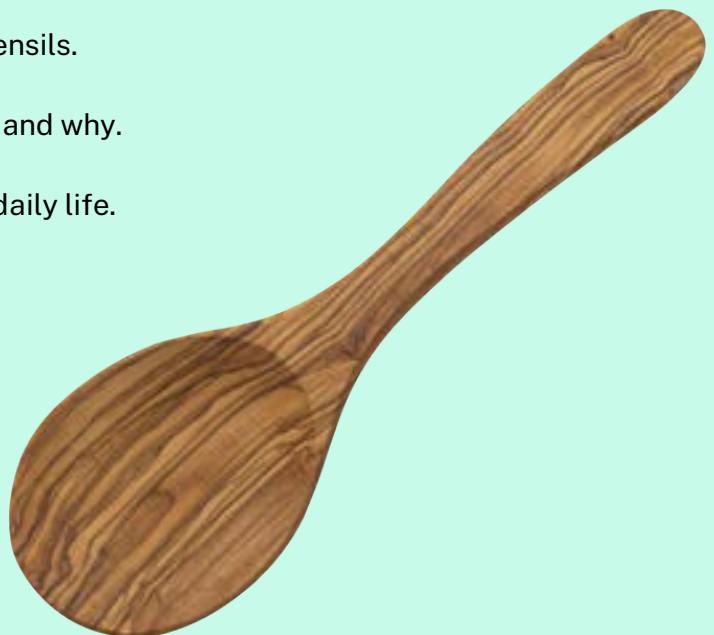
Tasks:

Make a table of five materials and their properties.

Explain why metals are used for cooking utensils.

Research one material used in construction and why.

Write a paragraph on how materials affect daily life.



Solids, Liquids, and Gases

Text:

“Matter can be solid, liquid, or gas. Solids keep their shape, liquids take the shape of their container, and gases spread out to fill any space. Heating or cooling can change matter from one state to another. Understanding states of matter helps in cooking, weather, and science experiments.”

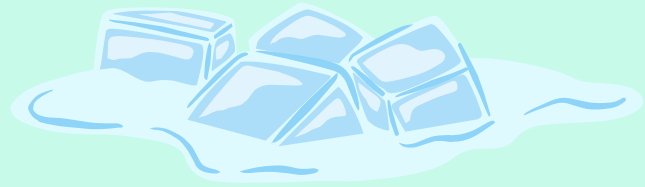
Tasks:

Draw particle diagrams for solids, liquids, and gases.

Explain what happens when ice melts and water boils.

List three examples of solids turning into liquids.

Research an interesting fact about gases.



Mixing and Separating Materials

Text:

“Mixtures are combinations of substances that are not chemically joined. They can be separated by filtration, evaporation, distillation, or chromatography. Separating mixtures is important in cooking, making medicines, and testing water quality.”

Tasks:

Describe the difference between mixtures and compounds.

Draw a simple filtration setup.

Design a home experiment to separate sand and salt.

Write a paragraph explaining why separation is useful.

Reversible and Irreversible Changes

Text:

“Some changes can be reversed, like freezing water or dissolving sugar. Other changes are irreversible, like burning wood or cooking an egg. Understanding changes helps us work safely with materials and understand chemical reactions.”

Tasks:

List 3 reversible and 3 irreversible changes.

Explain why baking a cake is irreversible.

Research one everyday chemical change.

Write a short paragraph on why scientists need to know about material changes.

Insulation and Conductivity

Text:

“Materials conduct or insulate heat and electricity. Metals conduct heat and electricity well. Wood, rubber, and plastic are good insulators. Insulation keeps houses warm, reduces energy loss, and helps protect electrical devices.”

Tasks:

Make a table of materials and whether they are conductors or insulators.

Explain why kettles use metal but handle with plastic.

Research one household item that uses insulation.

Design a simple experiment to test which material is the best insulator.

Forces

Text:

“A force is a push or pull. Gravity pulls objects down, friction slows movement, and air resistance can affect speed. Magnets create forces without touching. Newton’s laws explain motion: objects stay still unless a force acts, $\text{force} = \text{mass} \times \text{acceleration}$, and every action has an equal and opposite reaction.”

Tasks:

Draw forces acting on a moving car.

Give three examples of friction in everyday life.

Investigate how friction affects a rolling ball on different surfaces.

Write a paragraph explaining why understanding forces is important.

Light and Shadows

Text:

“Light travels in straight lines and can be reflected or absorbed. Objects that block light create shadows. Transparent materials let light through, translucent partly, and opaque blocks it. Mirrors and lenses can change the direction of light. Studying light helps with vision, cameras, and safety.”

Tasks:

Draw a diagram showing a shadow.

Explain why shadows change size during the day.

Investigate what happens when light passes through water.

Research one invention that uses lenses.



Sound

Text:

“Sound is caused by vibrations and travels through air, water, or solids. Pitch depends on frequency; loudness depends on amplitude. Humans use ears to detect sound. Sound waves are used in communication and technology.”

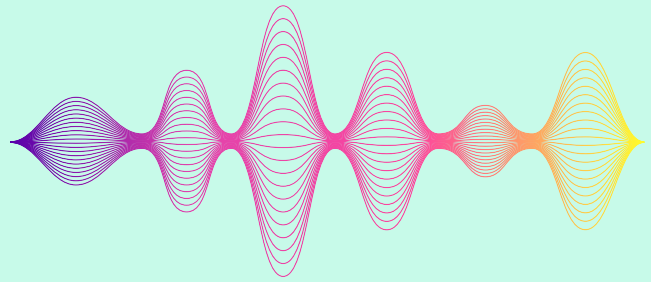
Tasks:

Draw a diagram of a vibrating string producing sound.

Give two examples of high and low-pitched sounds.

Investigate how sound travels through water and air.

Write a paragraph about the importance of sound in daily life.



Electricity

Text:

“Electricity is the flow of charge through a circuit. Series circuits have all components in a line; parallel circuits have branches. Conductors allow current, insulators stop it. Electricity powers homes and devices safely when used properly.”

Tasks:

Draw a series and parallel circuit.

Explain why parallel circuits are used in homes.

Research one appliance and describe how it uses electricity.

Write instructions for a safe simple circuit at home.



Magnets

Text:

“Magnets attract or repel metals. Opposite poles attract, like poles repel. Magnetic fields are invisible but can be seen with iron filings. Earth is a giant magnet, so compasses point north. Magnets are used in motors, trains, and medical devices.”

Tasks:

Draw a bar magnet and label the poles.

Investigate which materials are magnetic.

Explain how magnets are used in motors.

Research one modern use of magnets.



Earth and Space

Text:

“Earth orbits the Sun, causing day and night. The Moon orbits Earth and affects tides. The Sun is a star that gives heat and light. Gravity keeps planets in orbit. Space exploration helps humans learn about planets, moons, and stars.”

Tasks:

Draw the Sun, Earth, and Moon showing orbits.

Explain why we have day and night.

Research one space mission and summarise its findings.

Write a paragraph about why space exploration is useful.



Rocks and Fossils

Text:

“Rocks are made from minerals. Igneous rocks form from cooled lava, sedimentary from layers of sediment, and metamorphic from heat and pressure. Fossils are remains of ancient organisms preserved in rocks. Studying rocks and fossils helps us learn about Earth’s history.”

Tasks:

Draw the three main types of rocks.

Explain how sedimentary rocks form.

Research one famous fossil discovery.

Write a paragraph on why fossils are important.



Soil and Plants

Text:

“Soil is made from rocks and organic matter and provides nutrients for plants. Different soils support different plants. Healthy soil is vital for growing crops and keeping ecosystems balanced.”

Tasks:

Collect and describe soil from your garden or local park.

Explain why plants need healthy soil.

Research one type of soil and its properties.

Draw a diagram showing soil layers.

Habitats and Food Chains

Text:

“Animals live in habitats that meet their needs for food, water, and shelter. Producers, consumers, and predators form food chains. Humans affect habitats through pollution, deforestation, and climate change. Studying habitats helps protect wildlife.”

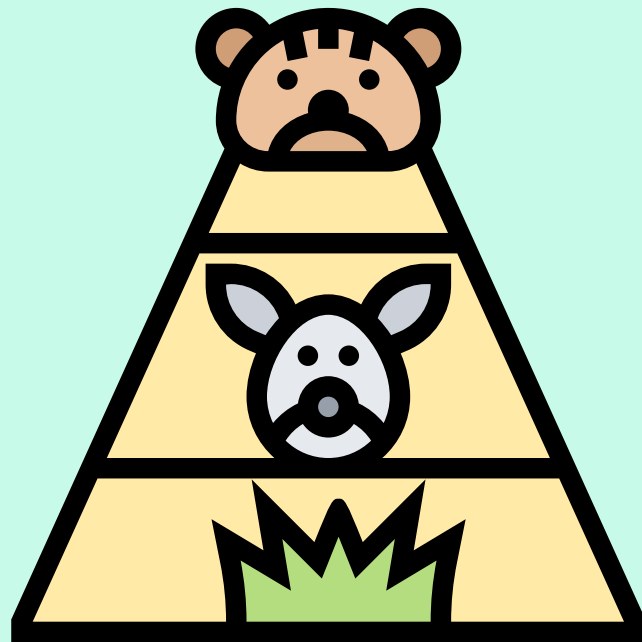
Tasks:

Draw a simple food chain.

Identify producers, consumers, and predators in your diagram.

Research one endangered animal and its habitat.

Write a paragraph on how humans can protect habitats.



Text:

“Scientists carry out investigations using observation, measurement, prediction, and recording data. Experiments need careful planning, safety, and analysis. Using tables, graphs, and conclusions helps scientists explain their results.”

Tasks:

Design a simple investigation at home.

Write a clear hypothesis.

List materials and step-by-step methods.

Record your results in a table or graph.

Write a conclusion explaining what you found.



04

Foundation Subjects



Map Skills and Compass Points

Text:

“Maps are used to show where places are and how to get there. They use symbols and a key to represent features like rivers, roads, and cities. Compass points (North, South, East, West) help us navigate. Understanding maps is important for travel and geography studies.”

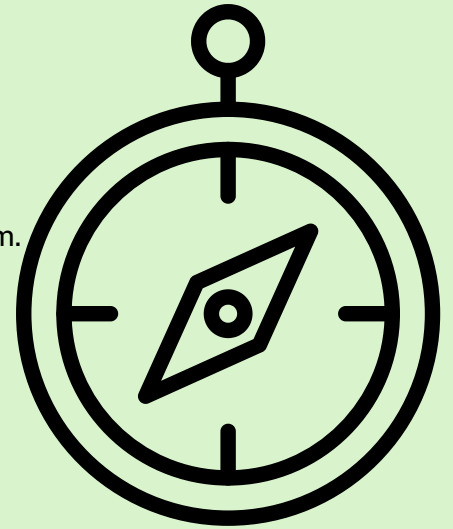
Tasks:

Draw a simple map of your local area, including key features.

Label the map using symbols and a key.

Identify the compass directions on your map.

Research one famous mapmaker and write a short paragraph about them.



Climate Zones

Text:

“Earth has different climate zones: tropical, temperate, and polar. Climate affects what plants grow, how people live, and the clothing they wear. The tropics are hot and wet, temperate areas have moderate weather, and polar regions are cold.”

Tasks:

Draw a world map showing the three main climate zones.

Explain what crops grow in each zone.

Research one country in a tropical climate and describe daily life there.

Write a paragraph on how climate affects human activities.

Ancient Egypt

Text:

“Ancient Egypt was a civilization along the Nile River. They built pyramids, developed hieroglyphs, and had pharaohs as rulers. Farming along the Nile was vital to their survival, and religion played an important role in everyday life.”

Tasks:

Draw and label a pyramid and its internal chambers.

Write 3–4 sentences explaining the importance of the Nile.

Create a short hieroglyphic message using symbols.

Research one pharaoh and write a paragraph about their achievements.



World War II – The Blitz

Text:

“During World War II, many cities in Britain were bombed by Germany in what was called the Blitz. People used air raid shelters, blackouts, and rationing to survive. Children were evacuated to the countryside to keep them safe. The war affected daily life, schools, and families.”

Tasks:

Draw a diagram showing a blackout or air raid shelter.

Write a diary entry imagining you are a child evacuated from a city.

Research one famous event from the Blitz.

Write 3–4 sentences about how people coped during wartime.

Drawing Landscapes

Text:

“Artists use perspective, shading, and colour to create realistic landscapes. Foreground, middle ground, and background add depth. Light and shadow show time of day and mood.”

Tasks:

Draw a landscape from your window or a photo.

Add shading to show depth.

Use colour to show time of day.

Write a few sentences describing your artwork.



Famous Artists

Text:

“Artists like Van Gogh, Monet, and Picasso have influenced how we see the world. They used different styles, colours, and techniques to express ideas and emotions.”

Tasks:

Research one famous artist and their style.

Copy a small section of their work in your own style.

Write 3–4 sentences explaining what you like about their work.

Experiment with a new medium (pencil, paint, or pastels) to create a small piece.

Rhythm and Percussion

Text:

“Music has rhythm, melody, and harmony. Percussion instruments produce sound when struck. Rhythm helps music flow and can be simple or complex. Composers use rhythm to create different moods.”

Tasks:

Clap a simple 4-beat rhythm and write it down as symbols.

Create a short rhythm using household items as percussion instruments.

Listen to a piece of music and identify the rhythm pattern.

Write a paragraph explaining how rhythm affects the mood of a song.



Music from Around the World

Text:

“Different countries have unique musical traditions. Africa has drumming and rhythms, India has sitars and tablas, and Latin America has salsa and samba. Music often reflects culture, history, and celebrations.”

Tasks:

Choose one country and research its traditional music.

Listen to a piece of music from that country and describe it.

Draw an instrument commonly used there.

Write a paragraph about how music reflects culture.

Fitness and Exercise

Text:

“Exercise is important for a healthy body and mind. It improves strength, flexibility, and stamina. Aerobic activities increase heart rate, while stretching improves flexibility.”

Tasks:

Create a 15-minute daily exercise plan including warm-up and cool-down.

Record your heart rate before and after exercise.

Research one sport and explain which muscles it uses.

Write a paragraph about how exercise improves health.



Coordination and Balance

Text:

“Balance and coordination help in all sports and daily activities. Exercises like yoga, jumping, and balancing on one foot develop these skills.”

Tasks:

Perform three balancing exercises and record how long you can hold each.

Draw a diagram showing a yoga pose.

Research one sport that needs high coordination.

Write a paragraph on why balance is important in life.

World Religions Overview

Text:

“There are many religions worldwide, each with beliefs, practices, and symbols. Christianity, Islam, Hinduism, Buddhism, and Judaism are some examples. Learning about different religions promotes respect and understanding.”

Tasks:

Create a table listing five religions and one key belief from each.

Draw a symbol from one religion and explain its meaning.

Research one festival or celebration from a religion.

Write a paragraph about why learning about religions is important.

Moral Stories from Religion

Text:

“Religions often teach morals through stories, like the Parables in Christianity or stories of the Buddha. These stories guide people to behave well, help others, and make good choices.”

Tasks:

Read a religious story of your choice and summarise it.

Draw a scene from the story.

Explain the moral of the story in 2–3 sentences.

Write how you could apply the lesson in your own life.



Healthy Relationships

Text:

“Friendships and relationships are built on trust, respect, and communication. Everyone should feel safe and valued in their friendships.”

Tasks:

Write a list of five qualities of a good friend.

Draw a comic showing positive communication.

Research one way to resolve conflict with friends.

Write a paragraph on why respect is important in relationships.



Online Safety

Text:

“Being safe online is important. Personal information should not be shared. Think carefully before posting or messaging, and report anything worrying.”

Tasks:

Make a poster with five online safety rules.

Research one online safety tip for social media.

Write a short guide for younger children on staying safe online.

Reflect: write about one time you stayed safe online.

Simple Mechanics

Text:

“Mechanisms such as levers, pulleys, and gears make work easier by transferring force. Levers can lift heavy objects, pulleys can change direction, and gears can increase speed or force. Engineers use these principles to design machines and everyday devices.”

Tasks:

Draw a simple lever, pulley, and gear system and label them.

Explain how a pulley makes lifting easier.

Research a machine in your home and explain which mechanism it uses.

Design a simple machine that could help with a household task.

Food Technology – Healthy Eating

Text:

“Cooking and nutrition are important in DT. A balanced diet includes proteins, carbohydrates, fats, vitamins, minerals, and water. Recipes follow instructions, measurements, and timing to create food safely and effectively.”

Tasks:

Plan a healthy meal and draw it on a plate.

Write a recipe for a simple snack, including ingredients and method.

Research the nutritional value of one ingredient.

Explain why hygiene is important when preparing food



Money and Budgeting

Text:

“Managing money helps people buy necessities and save for the future. Budgets help track income and spending, ensuring money is used wisely.”

Tasks:

Create a weekly budget for a small amount of money (e.g., £10).

Write down three things you would save for and why.

Research one way families save money.

Explain why budgeting is important.



Mental Health

Text:

“Taking care of your mental health is as important as your physical health. Activities like exercise, hobbies, and talking to friends or family help you feel happy and calm.”

Tasks:

List five activities that help you relax.

Draw a poster showing ways to stay positive.

Write a short paragraph on how talking about feelings can help.

Research one strategy for coping with stress.

Diversity and Inclusion

Text:

“Everyone is unique, and celebrating differences makes communities stronger. Respecting other cultures, abilities, and opinions helps people feel included and valued.”

Tasks:

Write a paragraph about someone you admire who is different from you.

Draw a diversity collage using images or symbols.

Research one cultural festival from a different country.

Explain why inclusion is important in school and society.



Goal Setting and Reflection

Text:

“Setting goals helps people achieve success. Reflecting on progress shows what went well and what can be improved. Goals can be personal, academic, or physical.”

Tasks:

Set three short-term goals for yourself.

Write three steps to achieve each goal.

Reflect on one goal you achieved in the past and how it felt.

Draw a goal chart to track progress over a week.



05

Mental Health and Wellbeing Reflective Tasks



My Emotions Diary

Objective: Increase awareness of emotions.

Instructions:

Keep a diary for one week.

Each day, write down:

How you felt in the morning, afternoon, and evening.

What caused these feelings.

At the end of the week, reflect:

Which emotions appeared most often?

What situations made you feel happy or calm?

Reflection Prompt: How can you respond to emotions in a positive way next time?



Gratitude Journal

Objective: Foster positive thinking.

Instructions:

Write 3 things you are grateful for today.

Explain why they are important to you.

Share your favourite entry with someone if you want.

Reflection Prompt: How does focusing on gratitude affect your mood?



My Safe Space Drawing

Objective: Explore safe places and coping strategies.

Instructions:

Draw a place where you feel safe and calm.

Add details about:

What you see, hear, and smell there.

Who you are with or if you are alone.

Write a paragraph explaining why this space makes you feel safe.

Reflection Prompt: How can you use this safe space in real life when you feel stressed?

Mood Tracker Wheel

Objective: Identify patterns in emotions.

Instructions:

Draw a circle divided into 7 sections for each day of the week.

Use colours or symbols to represent your mood each day.

Reflect on:

Which colours appear most?

Are there any triggers for certain moods?

Reflection Prompt: How can understanding your mood patterns help you manage them?

Positive Affirmations

Objective: Build self-esteem.

Instructions:

Write 5 positive statements about yourself, e.g., “I am brave,” “I am creative.”

Repeat them aloud daily.

Create a poster to display your affirmations in your room.

Reflection Prompt: How do these statements make you feel about yourself?



My Support Network Map

Objective: Recognise support systems.

Instructions:

Draw a circle with your name in the middle.

Around it, write the names of people you trust or who support you.

Include teachers, friends, family, or others.

Colour code: e.g., green = talk to often, yellow = sometimes, red = rarely.

Reflection Prompt: Who can you turn to when you feel upset or worried?

Stress Busters List

Objective: Identify coping strategies.

Instructions:

List 10 activities that help you feel calm when stressed (e.g., drawing, listening to music, walking).

Try at least 3 this week.

Write a short reflection after each activity about how it made you feel.

Reflection Prompt: Which strategies worked best for you and why?

Mindfulness Colouring

Objective: Practice mindfulness and focus.

Instructions:

Use a mindfulness colouring sheet or draw a mandala.

Colour slowly, focusing on the shapes and patterns.

Take deep breaths and notice your thoughts, but do not judge them.

Reflection Prompt: How did concentrating on colouring affect your mind and body?



My Achievements Journal

Objective: Recognise personal strengths.

Instructions:

Write down 3 achievements from the past week.

They can be big or small (e.g., completing homework, helping a friend).

Reflect on the skills or qualities you used to achieve them.

Reflection Prompt: How can you build on these strengths in the future?



Worry Box Exercise

Objective: Externalise worries.

Instructions:

Write down worries on small pieces of paper.

Place them in a box or envelope.

Once a day, pick one, read it, and write a positive action you could take or a thought to calm it.



Kindness Challenge

Objective: Promote empathy and social wellbeing.

Instructions:

Plan 3 acts of kindness this week (e.g., compliment a friend, help someone at home).

Record what you did and how it made you feel.

Reflect on how it made others feel.

Reflection Prompt: How did doing kind acts affect your mood and the mood of others?



Mood Playlist

Objective: Use music for emotional regulation.

Instructions:

Create a playlist of songs that make you feel:

Happy

Calm

Motivated

Listen to one playlist daily and note how it changes your mood.

Reflection Prompt: Which type of music is most effective for you? Why?

Thought Clouds

Objective: Recognise negative thoughts and replace them with positive ones.

Instructions:

Draw thought clouds on a page.

Write down negative thoughts in one colour.

Rewrite each thought positively in a different colour.

Discuss or reflect on how this changes your feelings.

Reflection Prompt: How can reframing thoughts help you manage stress or anxiety?

Goal Setting and Reflection

Objective: Promote personal growth.

Instructions:

Set 3 short-term goals for the week.

Break each goal into small steps.

At the end of the week, reflect:

Did you achieve them?

What helped or hindered you?

Reflection Prompt: What can you do differently next week to succeed?

Journaling About Challenges

Objective: Build resilience and problem-solving skills.

Instructions:
Write about a challenge you faced recently.

Describe:

What happened

How you felt

How you reacted

Reflect on how you could handle it differently next time.

Reflection Prompt: What did you learn about yourself from this experience?



My Happiness Map

Objective: Recognise sources of happiness.

Instructions:
Draw a map with yourself in the centre.

Branch out to list people, activities, and places that make you happy.

Colour-code by type of happiness (social, physical, creative, etc.)

Reflection Prompt: How can you increase time spent on things that make you happy?



