



02.07.26

Year 5

1. Read your reading book for 30 minutes each night.
2. Practise your times tables for 10 minutes each night and complete your maths worksheet.
3. Practise your spellings.
4. If you can, play Times Tables Rock Stars and Hit the Button for 10 minutes each night.

PSHE

In PSHE we have been looking at wellbeing and emotional regulation.



Make a fact file about what you have been learning, you could include:

- The zones of regulation
- Ways to feel better
- Who to talk to when something doesn't feel right
- Qualities of good relationships
- Risks and consequences

The **ZONES** of Regulation®

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| BLUE ZONE Sad Sick Tired Bored Moving Slowly | GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn | YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control | RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control |

Homework is due on: 07.07.26

