



April 27th and May 2nd

Year 8 Work – bring this in to show your form tutor for achievement points.

Maths:

Complete the lesson by right clicking on the link below and selecting open hyperlink. It will help to have something to write on.

Lesson 1: [The rule of four \(thenational.academy\)](#)

Lesson 2: [Reading weighing scales with different intervals \(thenational.academy\)](#)

P.E:

1. Go for a walk outdoors to refresh yourself or have a go at some PE fitness with Joe Wickes by clicking the link below:

[Active 8 Minute Workout 1 | The Body Coach TV - YouTube](#)

[Active 8 Minute Workout 2 | The Body Coach TV - YouTube](#)

Take a break:

English:

1. Read your AR book or any other reading book for half an hour.
2. Complete the lesson by right clicking on the link below and selecting open hyperlink. It will help to have something to write on. Watch the teacher explain and then take the quizzes.

Lesson 1: [To build knowledge of the historical context of the play 'Macbeth' \(thenational.academy\)](#)

Lesson 2: [To analyse the opening of the play Macbeth \(thenational.academy\)](#)

Take a break:

Science:

1. Complete the lesson by right clicking on the links below. It will help to have something to write on. Read the key points, watch the video, answer all of the questions.

Lesson 1: Intensity of exercise and breathing rate - <https://continuityoak.org.uk/Lessons?r=2099>

Lesson 2: Review of learning - <https://continuityoak.org.uk/Lessons?r=1450>

French:

Complete the lesson by right clicking on the link below. It will help to have something to write on.

Lesson 1: [Weather \(Part 1/2\) \(thenational.academy\)](#)

Lesson 2: [Weather \(Part 2/2\) \(thenational.academy\)](#)

Religious Education:

It will help to have something to write on. Read the key points, watch the video, answer all of the questions.

Lesson 1: [What is Ethics? \(thenational.academy\)](#)

Lesson 2: [Utilitarianism \(thenational.academy\)](#)

Zones of Regulations – Home Learning:

All pupils at Holy Trinity School will be participating in The Zones of Regulation™ curriculum, which are lessons and activities designed to help pupils gain skills in the area of self-regulation. The lessons and learning activities are designed to help you to recognize when you are in the different Zones as well as learn how to use strategies to change or stay in the Zone they are in.

The following PowerPoint provides an introduction to the Zones of Regulation that we would like you all to become familiar with:

[Zones Powerpoint](#)

Then complete the activities below:

How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

Home Activities:

Draw a picture or write about a time when you have recently felt in the:

- **BLUE ZONE**
- **GREEN ZONE**
- **YELLOW ZONE**
- **RED ZONE**

As you recall each zone try to reflect on the following questions:

- How did your body give you signals that you were in that zone? (E.g. butterflies in tummy, red face, crying, heart beating fast)
- How did you feel when you were in that zone?
- How did others around you feel when you were in that zone?



This is a picture of me in the **GREEN ZONE**:

My face and body clues are:







I feel in the **GREEN ZONE** when:

I am more likely to make others feel:



This is a picture of me in the **BLUE ZONE**:

My face and body clues are:







I feel in the **BLUE ZONE** when:

I am more likely to make others feel:



This is a picture of me in the **YELLOW ZONE**:

My face and body clues are:







I feel in the **YELLOW ZONE** when:

I am more likely to make others feel:



This is a picture of me in the **RED ZONE**:

My face and body clues are:







I feel in the **RED ZONE** when:

I am more likely to make others feel:

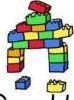
Here are some coping tools that you might like to try the next time you feel yourself in the **BLUE**, **YELLOW** or **RED** zone.

Tell us about a coping tool that works for you to help you get back into the **Green** Zone when you need to.

☐ Read a Good Book or Magazine



☐ Build Something



☐ Focus on What I See, Hear, & Feel



☒ Unplug and Go Outside



☐ Make a Collage or Scrapbook



☐ Drink Enough Water



☐ Watch Funny Animal Videos



☐ Play a Card or Board Game



☐ Do a Puzzle



☐ Call or Text Family and Friends



☐ Make of List of Things I Can Control



☐ Go on a Walk, Run or Hike



☐ Remember ALL of My Feelings Are O.K.



☐ Drink a Cup of Hot Cocoa or Tea



☐ Stretch or Do Yoga



☐ Say Something Kind to Myself



☒ Talk About My Feelings



☐ List at least 3 Things I Am Grateful For

☐ Massage My Neck & Shoulders



☐ Exercise



☐ Journal



☐ Tense then Relax My Muscles



☐ Listen to Music



☐ Do Wall or Chair Push-Ups



☐ Draw, Paint, Color or Sculpt



☒ Garden or Do Yard Work



☐ Take Slow, Focused Breaths



☐ Clean, Organize or Declutter



☐ Cry (tears release stress hormones)



☐ Try or Learn Something New



☐ Observe Clouds (...and just breathe)



☐ Use a Stress Ball or Other Fidget

