

## All About You

This week we want you all to think about what makes you special, what gifts and talents you have, how you show them, how you would like them to grow and develop or what new talents you'd like to gain.

### Well being

- You may not know if you have any gifts and talents. Can you devise a list of activities that you would like to investigate further and then compare your findings with your friends? For example, the amount of frog jumps you can do in 1 minute. Can you learn salsa dancing? Can you bounce a basketball 10 times in a row? How long can you balance on one leg whilst singing? Can you read a book upside down? Can you tell everyone in your house a unique reason why they are so special to you all in one afternoon? Can you identify all of the trees in your garden, all of the living things? Can you teach someone in your family a new skill or set of facts? Remember the story of 'The Day the Crayons Quit' by Drew Daywalt  
<https://www.youtube.com/watch?v=jTbINnlW4sl>  
Think about the ending and the picture Duncan creates, using crayons he didn't think of using, for different things. You may have thought or been told what your talent is when you were very small, but what else is out there?
- Can you think of something you enjoy doing that makes you feel happy and pleased with yourself. Ask your grown up to take a picture of you doing this and send it into us or print the picture off and put it up somewhere and every time you look at it feel proud of what you have achieved.
- Think about the people in your house and what they are good at doing. You could make them a certificate or a medal to give to them to show them how well they have done and how good they are at what they can do.
- Consider what you would like to improve at or which skills, qualities, gifts or talents you would like to pursue. Using water and an old paintbrush or toothbrush, write what you would like to focus on over the coming days, week, months or even years on the ground or your fence. As the words disappear, think about the hard work and determination you will need to put in.

### Art:

- Self-portrait. Can you paint a picture of yourself doing something you enjoy or feel proud about? E.g. A picture of you dancing, or playing an instrument.
- Draw yourselves as a superhero - you may want to glue down a photo of your face and work around it to design your superhero outfit. What design would you have on your cape and why?
- Using crayons, pens or paint, draw yourself as an adult. What are you like? What is it that you would like to accomplish? What talent would you need to continue develop to achieve this? Could you write a plan of how you will accomplish your goal?
- Draw a body outline, to make a 'jigsaw' of yourself:

on the head - write something you're good at doing with your head - singing, maths, telling jokes, etc.

on each arm - write something you're good at doing with your arms and hands - drawing, swinging on monkeybars, etc.

on each leg - write something you're good at doing with your legs - playing football, skipping, running, etc.

on the body - write any special talents you have that need your whole body - gymnastics, dancing, etc.

Add hair to make it look more like you. Colour then cut out and make yourself into a 5 piece jigsaw. Put all the talents (pieces) together. These are the amazing things that make you who you are!

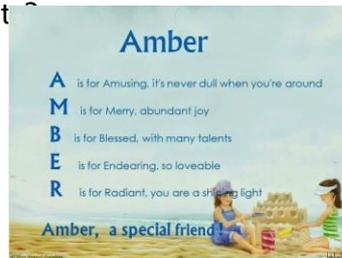
- Create your own proud peacock, like the picture below, to celebrate the things you are amazing at.



## English:

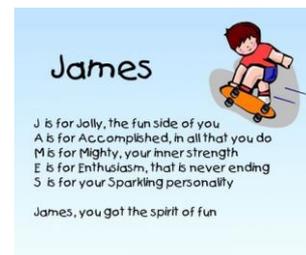
- Talk with someone in your family about the gifts and talents you both have. Do they have any talents you didn't know about? Can you make a poster to show all the different talents of your family, including labels and/or descriptions?
- Using your name, can you write an acrostic poem that shows all your different gifts and talents?  
For example: Bella

**B**rave  
**E**nergetic  
**L**oves  
**L**aughs  
**A**dventurous.



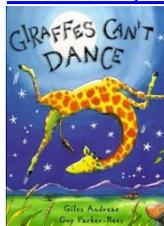
Or, using each letter of your name, write about some of your unique skills, qualities, gifts and talents. For example: Daphne

**D**ancing when underwater  
**A**cting out scenes from Harry Potter  
**P**eeling oranges with my eyes closed  
**H**opping on my leg whilst I sing  
**N**etting crabs carefully when I went on holiday  
**E**ating my new baking creations.



Or you could combine both activities and think about everything that makes you, you.

- Giraffes can't dance free audio book, "A funny, touching and triumphant picture book story about a giraffe who finds his own tune and confidence too"  
<https://www.amazon.co.uk/Giraffes-Cant-Dance-International-Bestseller/dp/1841215651>



Could you write your own version of this story with a different animal and talent? How about elephants can't do gymnastics?

- Your challenge: An epic adventure story. Your setting: Jennett's Park, just an ordinary town in Berkshire...wasn't it? Your heroic main character: You as a superhero – what are your powers? You could write/ tell your own adventure story. What about making it a comic strip? Think about the

characters that you wish to include in your story and consider carefully the problem or villain in your story – how can you resolve your story before the end?

- Think about what you are good at and like doing. If you had to teach someone else in your family / house how to do this, you could explain this with pictures, by drawing a step by step guide (instructions). See if you can put the stages in number order by putting numbers next to your pictures.
- Write an autobiography or a newspaper report about yourself, or you could find out some interesting fact about somebody that you think is gifted and talented. It could be someone famous or somebody you know. Discuss this with your grown and ask them to help you as you might have to search on the internet. You could use the information to write a biography of them or to make an information poster about them.

**Drama:**



- Put on a talent show for or with your family! Take time to practice your performance before the big show. If you have a camera, you could take photos or make videos to send to family and friends to share with them –or even invite them to watch on a video call!

**PE:**

- Think of what you are best at in PE. You could make up a PE challenge or obstacle course to showcase these talents and skills! Remember to keep safe though, and ensure a grown up is able to supervise if you climb or jump.



[yinkl.co.uk](http://yinkl.co.uk)

- Test yourself against the clock.  
How many star jumps can you do in a minute?  
Can you improve on your first try?  
How many skips in a minute?  
How many hops can you do without falling over?  
What else can you think of to time or count? How can you improve yourself over the week?

### Music:

- Watch 'This little light of mine', though I'm sure lots of you will remember this song from our singing assemblies <https://www.youtube.com/watch?v=cKkbJZtghyQ>. Think about all the ways you shine and who feels the warmth of your little light. How can you ensure everyone's light shines brightly?
- Read the song lyrics for Miley Cyrus' 'The Climb'. How will you keep the faith? Can you write your own song?

### Science:

- Amazing me - science videos - <https://www.bbc.co.uk/teach/class-clips-video/science-ks2-amazing-me/zbdsjlv>
- My special shadow:  
Can you capture your shadow?  
Find a sunny spot and make shadow shapes!  
Can you catch your shadow?  
Can you make your shadow longer or shorter?  
If you have another person with you, try drawing around their shadow. Can they catch your shadow?  
Why not make a shadow character with your hands?



### Cooking:

- Some people think that your greatest gift is sharing all your gifts and talents. If you share a passion for cooking, why not get ready for Father's Day and think about a special breakfast for someone in your family? For example, banana pancakes!

You will need:

2 bananas

2 eggs

A pinch of baking powder

1 teaspoon of vanilla extract

A little oil or cooking spray

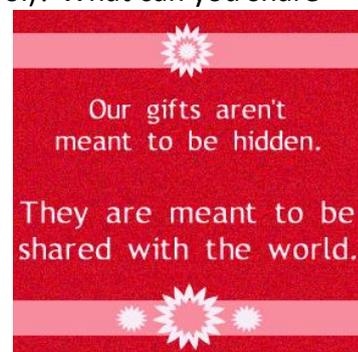
1. In a bowl, mash the bananas with a fork until it resembles a thick purée.
2. Stir in 2 beaten eggs, a pinch of baking powder and the vanilla extract.
3. With an adult, heat a little oil in a frying pan
4. Using half the batter, spoon two pancakes into the pan, cook for 1-2 minutes each side, then tip onto a plate. Repeat the process with a little more oil and the remaining batter.
5. Serve with yoghurt and berries or syrup and nuts – but definitely serve with a smile!

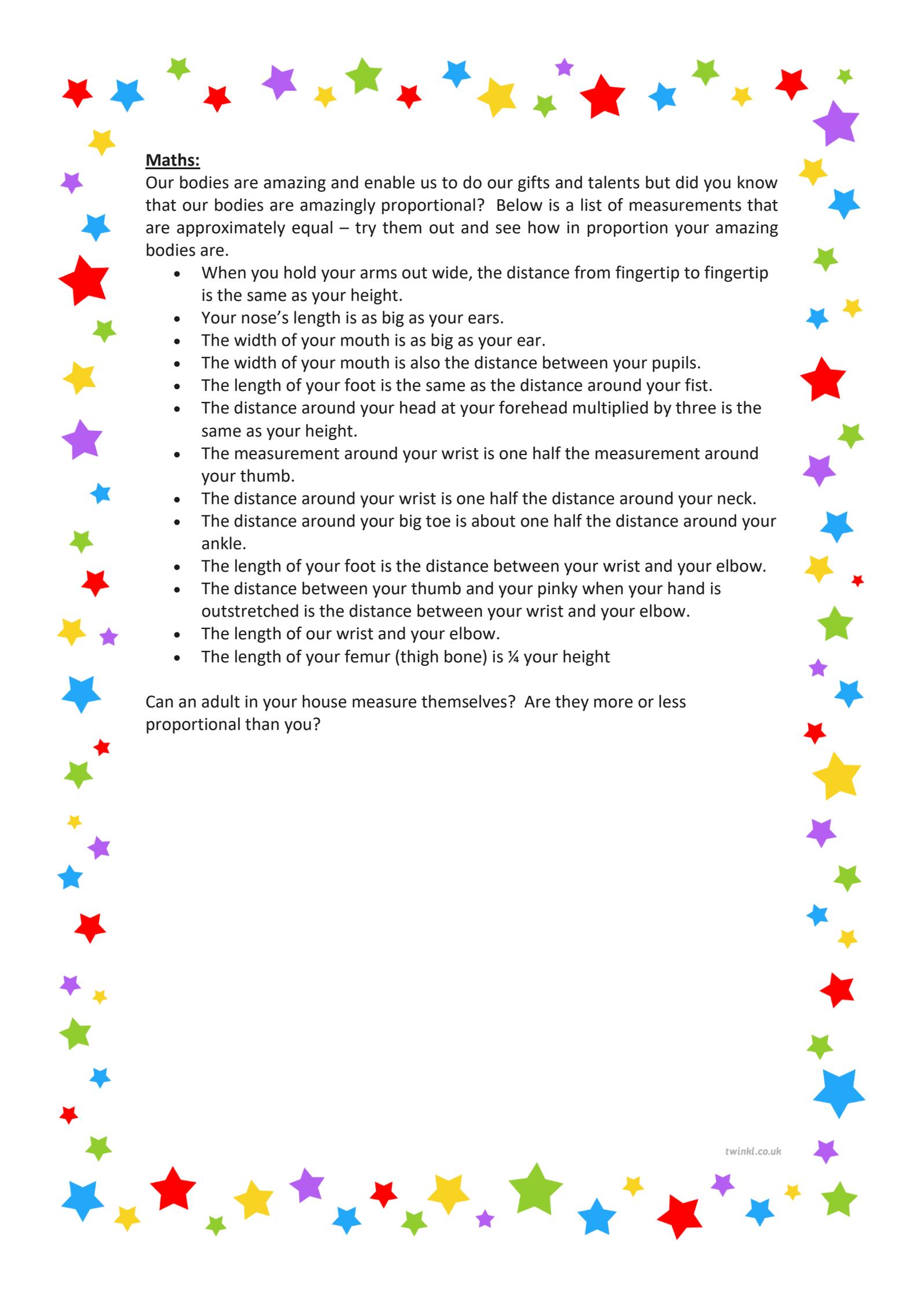
### R.E

- Read Corinthians 12 1-31  
- <https://www.bible.com/bible/1359/1CO.12.ICB> This talks about how there are different kinds of gifts and that we are all part of the body of Christ, the body of our church. We can also take this further to say that we are all part of the body of our school, our community, our family. Think about your own gifts and talents.
- Matthew 5:14-16 'you are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.'

Can you create a presentation about your skills and talents to your family (maybe they could record it and send it to school)? What can you share with the world?

- Think out your gifts and talents.  
How you could help others.  
Write about this or draw/paint a picture showing it.  
You could think about some of the following;  
How could you help someone in your family?  
How could you support or help a friend?  
What could you do to welcome someone new into our school?





### **Maths:**

Our bodies are amazing and enable us to do our gifts and talents but did you know that our bodies are amazingly proportional? Below is a list of measurements that are approximately equal – try them out and see how in proportion your amazing bodies are.

- When you hold your arms out wide, the distance from fingertip to fingertip is the same as your height.
- Your nose's length is as big as your ears.
- The width of your mouth is as big as your ear.
- The width of your mouth is also the distance between your pupils.
- The length of your foot is the same as the distance around your fist.
- The distance around your head at your forehead multiplied by three is the same as your height.
- The measurement around your wrist is one half the measurement around your thumb.
- The distance around your wrist is one half the distance around your neck.
- The distance around your big toe is about one half the distance around your ankle.
- The length of your foot is the distance between your wrist and your elbow.
- The distance between your thumb and your pinky when your hand is outstretched is the distance between your wrist and your elbow.
- The length of our wrist and your elbow.
- The length of your femur (thigh bone) is  $\frac{1}{4}$  your height

Can an adult in your house measure themselves? Are they more or less proportional than you?