



## Rainbow Challenges – Mrs Saphier – Autumn 1 – RED

Complete the majority of the challenges below to earn your red rainbow certificate.

English	Maths	History
Thinking about our story Meesha Makes Friends. Can you tell your grown up who your friends are? What do you think makes them a good friend? Can you draw a picture of your friend? Can you write a simple sentence/label the picture to describe your friend?	Choose 5 cards from a pack of playing cards. Play 'higher or lower'. Can you tell your grown up if you think the next card will be 'more', 'fewer' or 'the same' as the previous card  Challenge – can you order the cards from lowest to highest?	With your grown-up look at some old photos together from when you were first born. Can you order the photos from when you were born to the most recent? Think about how you were different/the same when you were born to now. What can you do now that you couldn't do when you were a baby?
Geography	Science	Mindfulness
In Geography we will be learning about the countries in the UK. With a grown up, use Google Earth to look at the UK – can you spot and name the four countries?	Go on a senses walk – can you use all five senses to describe? Take a photograph of something you can smell, taste, hear, see or feel.	Relax your mind and meditate with cosmic Yoga - <a href="https://www.youtube.com/watch?v=QQCnWvwrO8U">https://www.youtube.com/watch?v=QQCnWvwrO8U</a>