

# Suggested Y5 home habits to support learning

## Monday

Daily reflection	Ask your child what they remember about their day. What news do they have? Good news. Bad news. What made them think the hardest today? What lesson did they find easy? What was the biggest challenge of the day? What surprised them?
Maths	5 minute times table quiz – online or written by an adult. Click <a href="#">here</a> for Top Marks website.
Tea time talk	Involve the whole family in a teatime discussion/ game that involves talking and active listening. Google: thanks for a fun place to start. Click <a href="#">here</a> .
Reading	20 minutes reading a book to an adult. The adult listens carefully and offers praise about how smooth and expressive the reading was and gives some questions about the book: Find me a word that means the same as...Why do you think...?Tell me what happened on this page...What might happen next? Why?  10 minutes listening to an adult read a book that is just beyond the child's reading level.
Sleep routine	A calm end to the day Avoiding sugar and screens before sleep Quiet reading, diary writing, listening to calm music or a relaxing bath before bed. Aim for 10-12 hours' sleep.

## Tuesday

Daily reflection	
Reading	20 minutes reading a book to an adult. The adult can listen carefully and offer praise and some questions about the book.  10 minutes listening to an adult read a book that is just beyond the child's reading level.
Building background knowledge	Watch and discuss news from around the world - Click <a href="#">here</a> for Newsround.
Sleep routine	A calm end to the day Avoiding sugar and screens before sleep Quiet reading, diary writing, listening to calm music or a relaxing bath before bed. Aim for 10-12 hours' sleep.

## Wednesday

Daily reflection	
Maths	5 minute times table quiz
Tea time talk	

Reading	20 minutes reading a book to an adult. The adult can listen carefully and offer praise and some questions about the book. 10 minutes listening to an adult read a book that is just beyond the child's reading level.
Sleep routine	A calm end to the day. Avoiding sugar and screens before sleep. Quiet reading, diary writing, listening to calm music or a relaxing bath before bed. Aim for 10-12 hours' sleep.

## Thursday

Daily reflection	
Reading	20 minutes reading a book to an adult. The adult can listen carefully and offer praise and some questions about the book.  10 minutes listening to an adult read a book that is just beyond the child's reading level.
Building background knowledge	Read an information book/ kids' newspaper/ watch an educational documentary.
Sleep routine	A calm end to the day. Avoiding sugar and screens before sleep. Quiet reading, diary writing, listening to calm music or a relaxing bath before bed. Aim for 10-12 hours' sleep.

## The weekend menu

Theme	Using the Knowledge Organiser on the website, the adult can quiz the child on the powerful knowledge; give feedback about what was correct, and what needs to be remembered next time. Re-read the KO together to master the knowledge!
Art/ writing	Encourage children to express themselves through writing and artwork. They could write a diary, create a story or create a collage....
Setting goals	How do you want to improve this week at school? Year group rules: Being kind; Being respectful; Working hard; Concentrating; Staying safe
Visualise success	Ask children to draw or imagine being successful at school in a lesson or in the playground. The child can make an affirmation to an adult to commit to achieving the goal e.g. I am going to be really kind to all my friends in the playground next week. This is a picture of me doing it!
Sunday night sleep	A calm end to the day. Avoiding sugar and screens before sleep. Quiet reading, diary writing, listening to calm music or a relaxing bath before bed. Aim for 10-12 hours' sleep.