

PSHE – Zones of Regulation

- **Zones Check-In**

Draw the four Zones of Regulation. Write one emotion you might feel in each zone and one strategy that could help you return to the green zone.

- **Calming Toolbox**

Design a “calm-down toolkit” with **three strategies** you can use when you feel overwhelmed or angry. Explain when you might use each one.



RE

RE – Religion, Racism & Beliefs

- **Can Religion Help Reduce Racism?**

Write a short response explaining how religious teachings (such as kindness, respect, or equality) can help challenge racism.

RE – Holy Buildings, Art & Architecture

- **Holy Building Comparison**

Compare **two different holy buildings** (e.g. church, mosque, synagogue, temple). How does their design show what followers believe?

RE – Generosity, Charity & Art

- **Charity in Action**

Research one religious charity (such as Islamic Relief, Christian Aid, or the Salvation Army). Explain how generosity is shown through their work, words, or artwork.



Religious Education

Science – Light

- **Light and Shadows Investigation**
At home, test how the size of a shadow changes when an object moves closer to or further from a light source. Write down what you notice.
- **Reflection Hunt**
Find **five reflective objects** around your home. Which reflect light best and why? Rank them from best to worst.

