

Natural Science 1



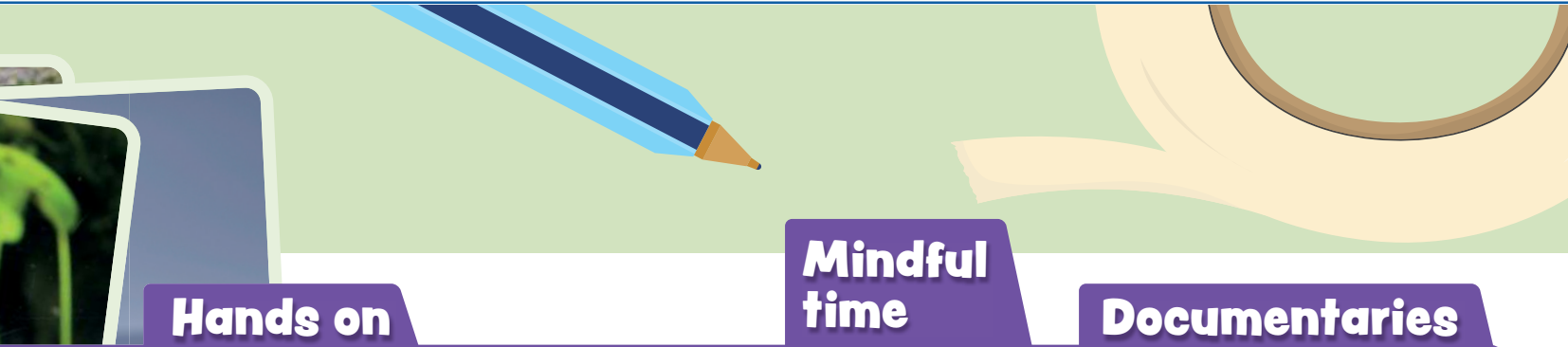
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Sleep well! pp 30–31

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Hands on	Mindful time	Documentaries	
• Build a skeleton. • Make a body mini-book. • Make a potion.	• Belly breathing	• Incredible bodies	
• Keep a food diary. • Find out why we need to brush our teeth.	• Contract and relax your body parts	• In the supermarket	
• Make an animal habitat. • Find out what birds eat.	• Sounds of nature	• Animal trip	
• Make a crazy garden. • Make an animal poster. • The time of my life!	• Sensations	• Living and non-living things	
• Make a postbox for positive messages. • Do a survey to find out what chores your classmates do.	• Mirrors	• Good choices	
• Play a game. • Separate a mixture. • Use the internet for research. • Make a video.	• Nice smells	• Into the mix	

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