



Economic
and Social
Research Council



Abertay
University®

Putting 'you' in learning!

Spelling and maths activity book

Ages
6-8



Created by
The Self Lab
www.selflab.co.uk

Supports the UK national curriculum,
including Scottish levels.

This activity book includes a set of fun tasks to complete. You will notice a theme throughout, and that theme is you!

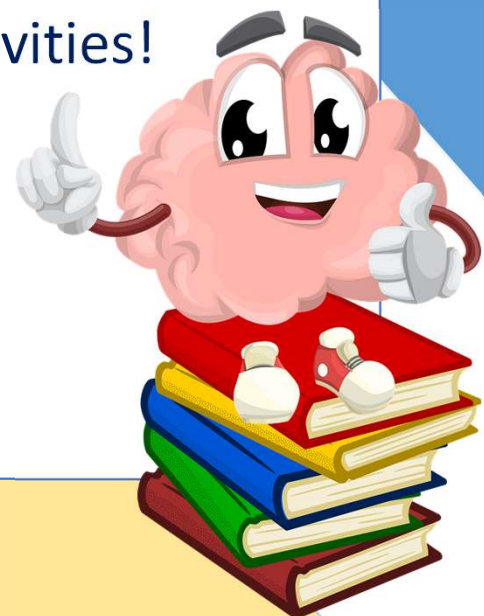
Researchers have found that when information is related to ourselves, this makes it easier to pay attention to and learn.

You will be a part of each activity. For example, in the maths word problems, the questions are about how many items you have!

We hope you enjoy the activities!

Good luck!

The Self Lab





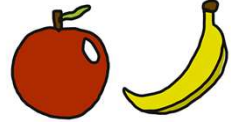
Word problems



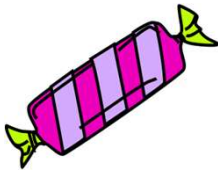
You have £268. You want to buy some concert tickets. They cost £45 each. How many can you buy?



For the fair, you bought 93 apples and 67 bananas. How many pieces of fruit do you have altogether?



You bought 79 packets of sweets for 9p each. What was the total cost?



You have 67 books. You have 14 fewer books than toys. How many toys do you have?



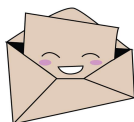
In the shop, you packed 136 fruits altogether, a mix of grapes and oranges. If 33 were grapes, how many were oranges?



In the warehouse you sorted 189 pictures and puzzles, but 37 were damaged. How many items were undamaged?



You have 57 letters to deliver. You bundle them in 6s. How many leaflets were not in a bundle of 6?



For the collection, you have 35 bags. You have 13 fewer boxes than bags. How many boxes do you have?









I am an amazing person!

Read and complete the sentences on the balloons below.



Spelling grid challenge!

Below are a set of challenges to help you learn your spelling words. Ask your teacher or parent for 10 spelling words to learn. Please use a separate worksheet for the activities. You can then test your memory afterwards!

<p>Write a poem about yourself using as many of the spelling words as you can.</p> 	<p>Draw a picture of yourself with as many spelling words as you can.</p> 	<p>Write a sentence about yourself using each of the spelling words.</p> 
<p>Write a funny story about yourself using as many of the spelling words.</p> 	<p>Draw memories of yourself with as many of the spelling words as you can.</p> 	<p>Write an adventure story that includes you and as many of the spelling words.</p> 

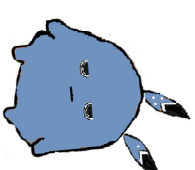
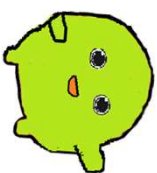
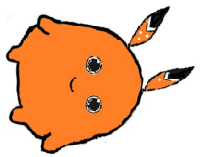
Spot the character!

For the final activity, choose a character below. Which one would you like to be 'you' in the game? Circle your chosen character.



Prepare to embark on a thrilling adventure on the upcoming page, where a vibrant theme park awaits. Your quest is to locate the characters above as quickly as you can. You may or may not spot your own character first!

Circle the character that is 'you' in this game!



We hope you enjoyed the tasks!

This workbook was designed to give some insight into applying the self in learning. If you found them more enjoyable and easier when they related to you, remember that you can apply this approach to enhance your everyday learning in various subjects.

If you want to learn more, you can visit our website on:

www.selflab.co.uk