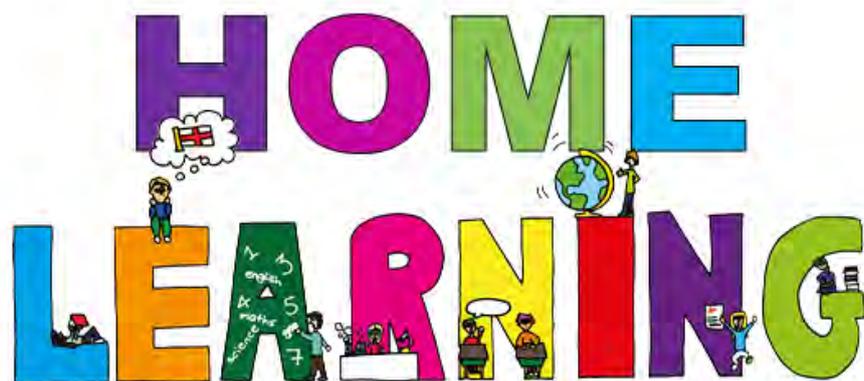


HOME LEARNING PACK WEEK 1

Term 3, 2021
Years 3-6



Barramurra
Public School





Home Learning Grid - Term 3 Week 1

Years 3-6



Activities can be completed digitally on the See Saw app or as a hard copy and uploaded as an image to See Saw

	Tuesday	Wednesday	Thursday	Friday
Good Morning	Answer the question given by your teacher on Seesaw and say good morning!			
Warmups	Complete the number of the day and word of the day templates on See Saw/Hard Copy and submit when complete			
Reading	Behind The News Watch BTN – Ep. 18 and do the quiz www.abc.net.au/btn/classroom/20210622-ep18-btn/13392592 Complete the BTN See Saw activity	Meet Australia's Frog Whisperer Complete the See Saw activity	Vocabulary Select 20 words from a text you have read and write them in alphabetical order.	Making Inferences Complete the reading comprehension on See Saw – Read the story and answer the questions
Reading Log	Read for 20 minutes - PM e-collection, Reading Eggs or a book of your choice. Fill in your reading log, save as a draft and submit it on Friday.			
Outdoor Physical Activity	Outdoor Physical Activity and Play You could post a picture or video of yourself getting out and getting active			
Writing	Behind The News - Summary Complete See Saw activity: Summarise your favourite segment and record your quiz score OR Read the transcript and summarise your favourite segment	Persuasive techniques in movies! Complete the See Saw activity OR Complete the persuasive techniques worksheet	Creative writing using pictures Complete the See Saw activity OR Choose a picture and write a story	Writing a Haiku! Complete the See Saw activity OR Complete the Writing a Haiku! worksheet
Mathematics	Place Value Complete See Saw Activities: - Place Value Detective - Roll, Draw, Expand	Addition and Subtraction Complete See Saw Activities: - Addition and Subtraction - Place Value Addition and Subtraction	Multiplication Complete See Saw Activities: - Multiplication Wheels - Multiplication Dice Roll	Time Complete See Saw Activities: - Reading Clocks - Time Challenge
Other Key Learning Areas	Science: Space effects on the body Complete the See Saw activity OR Use the information provided to complete the worksheet	History: Complete Seesaw Activities: Captain's Log My Culture Pandora's Box	Personal Development and Health: Nutrition and Mindfulness Complete See Saw activities: - Nutrition: My plate sorting activity - Mindfulness	Creative Arts: Paper Playground Sculture Complete the See Saw activity. Upload a photo of your finished artwork. There are some optional extra ideas if you want to do more.
Additional Optional Activities	PM e-collection/Reading Eggs (Online English) Log on to PM e-collection or Reading Eggs and explore. https://app.pmecollection.com.au/login OR https://readingeggs.com.au/ Mathematics https://www.youcubed.org/ OR https://nrich.maths.org/		Outdoor Physical Activity and Play You could post a picture or video of yourself being active. Department of Education - Learning from Home Resources https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home	

Reading Log – Week 1

Day	Title of Text / Pages read	Signature

TUESDAY ACTIVITIES



Day 1 - Word and Number of the Day



definition:



sentence:

synonym:

antonym:

word origin:

words in word:

Today's number is

5848

NUMBER *Of the* DAY

1) Place value of the underlined digit in 5848.

2) 10 more

3) 15 less

4) Subtract 29.

5) Round to nearest 100

6) Next even

7) Complete the pattern, add 5:

8) One factor of 5848 is 344, the matching factor is

9) Divisible by 2?

10) Double it.

Tuesday – Reading Activity

Behind The News: Episode 18 – 22/6/2021

INSTRUCTIONS:

1. View the episode <https://www.abc.net.au/btn/classroom/20210622-ep18-btn/13392592> or read the transcript below.
2. Summarise your favourite segment and explain why that segment was your favourite.

BTN Transcript:

Hey. I'm Amelia Moseley and you're watching BTN. Here's what's coming up. We share the results of our Kids Talk Survey, why we have a new ocean near Antarctica, and we meet some of the finalists of the Young Archie portrait competition.

News Quiz

Australian Health authorities have changed their advice about which age ranges should receive which COVID-19 Vaccine. Is Pfizer now the preferred vaccine for anyone under the age of 70, 60 or 50. It's gone up to 60. Which means only Aussies over that age will likely be getting AstraZeneca.

If you're afraid of spiders, look away now and for the next 30 seconds or so. Yep, across this roadside they're everywhere. They're trying to escape floodwaters in which Australian state? Victoria, New South Wales or Queensland. It's Victoria. South Gippsland was one of the hardest hit parts of the state during last week's wild weather.

The first astronauts have blasted off to China's brand new space station. They'll spend three months aboard in their own separate living spaces with a treadmill for exercise, and a communication centre to stay in touch with ground control. How many astronauts are calling the space station home? 3, 4 or 5. It's 3. They've undergone more than 6,000 hours of training, including hundreds of underwater somersaults in full space gear.

New Ocean

Reporter: Jack Evans

INTRO: If you've been thinking about updating your world maps now might be the time. Because the National Geographic Society has just added a new ocean. So where did it come from? Jack dived in to find out more.

Somewhere in the depths of the Earth's waters a very important decision was about to be made.

POSEIDON: Alright, next item on the agenda?

LOBSTER: Ah, the body of water surrounding Antarctica.

POSEIDON: Ah yes, a nice place to chill. What that was a good joke. Anyway, what about it?

LOBSTER: The National Geographic Society think it's about time it became an ocean.

POSEIDON: Oh, do they now? Oh yeah sure, let's just add a new ocean. Anybody else want their own ocean?

LOBSTER: I think they've got a pretty good argument.

POSEIDON: Oh yeah, I'm sure they do. But we can't just go around making new oceans because a bunch of people think we should.

Ah actually that's kinda what already happened.

POSEIDON: What? Who said that?

Let me introduce you to our new ocean or rather you can wave hello to the Southern Ocean. It's located in, well, the south. More specifically it's this bit of water here surrounding Antarctica.

POSEIDON: Oh yeah, he's right. They did make it an ocean. Who approved this?

Recently the map makers at the National Geographic Society decided to upgrade this area to full on ocean status. Joining the other four, say them with me now, The Arctic, Atlantic, Pacific and Indian. So, what does make an ocean an ocean? Typically, they've been defined as the big open bodies of water that are separated by the continents around them. But this new Southern Ocean is defined by something else.

LOBSTER: The Antarctic Circumpolar Current.

POSEIDON: What about it?

LOBSTER: Well, that's what they think makes it, its own ocean.

The Antarctic Circumpolar Current or ACC for short is the strongest ocean current on our planet and it helps to keep the Antarctic cool and icy. As it swirls and swirls and swirls around Antarctica it pushes the warmer water away and keeps the icy cold water nice and close to the continent.

POSEIDON: Yeah, so what? I could do that with this trident if I wanted to. But I won't, because I don't need to show off.

The ACC makes these waters completely different to anywhere else on Earth. Plus, it's home to thousands of species that aren't found anywhere else, so yeah, it's a pretty unique area and it's something scientists have known for ages. Lots of scientific organisations have recognised it as its own ocean since the early 2000's, now it's just officially become official for the rest of us, officially.

POSEIDON: But nobody asked for my permission.

LOBSTER: Yes, they did you just kept ignoring all the emails.

POSEIDON: Yes, because all my electronics have water damage. Honestly, what's the point of being God of the Seas, and water generally, if people are just do whatever they want anyway. Maybe I should go to that Southern Ocean and chill out for a bit.

LOBSTER: Well, you are a bit crabby.

POSEIDON: Oh, like you can talk.

LOBSTER: Um, I'm a lobster.

Sport

Aussie Ben Simmons has been knocked out of the NBA playoffs. He and his Philadelphia 76ers lost to the Atlanta hawks in a tight game 7 today. Atlanta will now take on the Milwaukee Bucks for a spot in the finals.

Back here in Australia, Melbourne United are one win away from an NBL title. They beat Perth on Sunday taking a 2-nil lead in the best of 5 series. Chris Goulding top scored for Melbourne with 21 points. Melbourne's Yudai Baba finished with 15 points for the game, none better than this long bomb.

And a whole bunch of swimming records have been broken at the Australian swimming trials. 19 year old Kaylee McKeown broke the world record in the 100m backstroke clocking in at 57.45 seconds. Ariane Titmus took out the Commonwealth record in the 400m freestyle coming in at 3 mins 56.90 seconds and then one day later, she became the second-fastest female EVER in 200m freestyle finishing up at 1 min 53.09 seconds just .11 seconds slower than the world record set way back in 2009. It didn't stop there. Zac Stubblety-Cook broke the Commonwealth Record in 200m breaststroke and Jake Michel in 100 m breaststroke.

Artistic Swimmers

Rookie Reporters

INTRO: The Tokyo Olympics are set to kick off in just over a month now and the young athletes in this next story have been getting ready to compete in the pool. Let's meet Australia's Artistic Swimming team and find out more about their incredible sport.

KIERA: Hey BTN I'm Kiera.

AMIE: Hi, my name is Amie Thompson.

EMILY: Hi, my name is Emily Rogers. I'm a part of the Australian artistic swimming team.

KIERA: Heading to the Tokyo Olympic Games for artistic swimming.

AMIE: Artistic swimming is a sport that combines a lot of different elements we need strength, flexibility, endurance, breath, holding capacity, teamwork skills. We often describe us as a mixture between swimming and gymnastics.

EMILY: Artistic swimming is a very, very difficult sport. But the aim of it is to really show that it's effortless, and that you're having the best time ever.

KIERA: It requires you to be upside down and right side up with a huge smile on your face.

KIERA: To the naked eye synchronized swimming might seem quite easy and simple. But that is our goal when we swim to make ourselves look elegant and light, but in reality, is quite difficult to hold your breath.

AMIE: My journey into this sport is a little bit interesting. I was a competitive swimmer and I also was trying gymnastics when I was younger, and I was really, really, really bad at both and for some reason someone told my parents that I should try synchro tried, put the two sports that I'm not very good at together and I found something that I loved and was good at.

EMILY: I was always a swimmer and my mum really wanted me to do a team sport as well. So, I love to dance and just combined both of those passions and it all just seemed to work out.

AMIE: We have been living at the AIS since January. And we will be living here until the Games. So, it is a great facility for us where we can just knuckle down and get the job done. We wake up we train we eat, we train, we eat, and we sleep and recover. And the areas is the perfect environment for us to be able to do that with no distractions.

EMILY: Some moves and techniques that we use in the routine is a lot of arm movements under the water above our head. And then we do a thing called eggbeater, which is when we're upright, we do our legs in an egg beater motion, and that keeps us really high, and we can present to the whole audience. I'm really excited for the Tokyo Olympic Games; I went to the Rio 2016 Olympics. So, I think it's gonna be a very different experience to the last one, but I'm really excited to see where this new team goes and that we perform the best that we possibly can.

KIERA: I love it representing Australia we have such a unique and lively team. I have vivid memories at past competitions singing the national anthem on the podium and feeling full of happiness and joy.

Closer

Go team. Best of luck. Well, that's it for now but we'll be back with more news for you next term. Until then, you can check out our website and keep up to date with BTN Newsbreak every weeknight. If you're 13 or over, you can also subscribe to our YouTube channel where we'll be adding more content over the break. Enjoy your holidays everyone. Stay safe and I'll see you really soon.

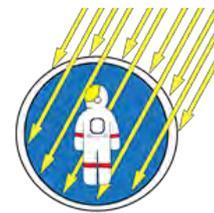
Place Value Detective



1. Circle the number in the tens place. **115**
2. Circle the number in the ones place. **489**
3. Circle the number in the thousands place. **7027**
4. Circle the number in the hundreds place. **568**
5. Create a number with 0 in the hundreds place. _____
6. Create a number with 2 in the tens place. _____
7. Create a number with 7 in the ones place. _____
8. Create a number with 9 in the ones place and 2 in the hundreds place. _____
9. Create a number with 7 in the thousands place and 3 in the tens place. _____
10. The number 1 is in what place? **103**
11. The number 9 is in what place? **697**
12. The number 0 is in what place? **1360**
13. The number 2 is in what place? **12**
14. Create a number that is greater than 567 but less than 893.

15. Create a number than is greater than 1009 but less than 1098.

SCIENCE ACTIVITY – Tuesday



INSTRUCTIONS:

Read the information about how space effects the human body. Complete the 'Space and the Human Body' worksheet.

Space Radiation

On Earth, we are shielded by the planet's magnetic field and atmosphere from the majority of particles that make up the [space radiation](#) environment. Even so, everyone on Earth is exposed to low levels of radiation every day, from the food we eat to the air we breathe. In space, astronauts are exposed to varied and increased levels of radiation that are different from those on Earth. [Three major sources](#) contribute to the space radiation environment: particles trapped in Earth's magnetic field, solar energetic particles from the Sun, and galactic cosmic rays. A big challenge in reducing the risks of radiation exposure is that some space radiation particles (especially galactic cosmic rays) are difficult to shield against. Exposure to increased radiation can be associated with both short- and long-term health consequences, depending on how much total radiation astronauts experience and the time frame in which they experience that exposure. Increased risk of [cancer](#) and [degenerative diseases](#), such as heart disease and cataracts, have been observed in human populations exposed to radiation on Earth. Health risks for astronauts from radiation exposure in space are mainly driven by long-term impacts. Additionally, animal and cellular research indicate that the type of radiation in the space environment has a larger impact on health outcomes compared to the radiation experienced on Earth. Not only will astronauts be exposed to more radiation in space than on Earth, but the radiation they are exposed to could pose increased risks.

Bones

In microgravity, astronauts no longer walk to get to different parts of the spacecraft, they float. This means that the bones in the lower part of the body that typically bear weight – the legs, hips and spine – experience a significant decrease in load bearing. This reduction leads to bone breakdown and a release of calcium, leaving the bone more brittle and weak. The release of calcium can also increase the risk of kidney stone formation and bone fractures. To put it in perspective, postmenopausal women who are untreated for bone loss can lose 1 to 1.5 percent of bone mass in the hip in one year while an astronaut can lose the same amount of hip bone mass in a single month. On missions outside Earth's orbit, radiation exposure may also impact bone loss.

Muscles

Extended spaceflight results in less work for the legs and back. As a result, the muscles can begin to weaken or atrophy, and this could lead to fall-related injuries and accidents during exploration missions. Astronauts currently exercise to help maintain their muscle mass, but

nutritional interventions designed to reduce the muscle loss may one day be added as a complement to the exercise program.

Fluid-Shift

In space, blood is redistributed with a little more in the upper part of the body and a little less in the lower extremities. While in space, astronauts often have a puffy face due to this fluid shift and legs that are smaller in circumference. The fluid shift to the head can also lead to a feeling of congestion.

Cardiovascular-System

Although the cardiovascular system generally functions well in space, the heart doesn't have to work as hard in the microgravity environment. Over time, this could lead to deconditioning and a decrease in the size of the heart. There is also a concern that space radiation may affect endothelial cells, the lining of blood vessels, which might initiate or accelerate coronary heart disease.

Hostile/Closed Environments

NASA has learned that the ecosystem inside the spacecraft plays a big role in everyday astronaut life in space. Microbes can change characteristics in space, and micro-organisms that naturally live on the human body are transferred more easily from person to person in closed habitats, such as the space station. Stress hormone levels are elevated and the immune system is altered, which could lead to increased susceptibility to allergies or other illnesses. Earth-based analogs do not perfectly simulate the spaceflight environment, making them insufficient for studying on the ground how human immune systems react in space. However, NASA-funded Antarctic analog studies could provide insight into how certain spaceflight stressors may affect the human immune system. What is known is that spaceflight changes the immune system, although crews do not tend to get sick upon returning to Earth. Even though astronauts' acquired immunity is intact, more research is needed into whether spaceflight induced altered immunity may lead to autoimmune issues, in which the immune system mistakenly attacks the healthy cells, organs, and tissues present in the body.

Mentally fit in space, foggy back on Earth

Using the preflight test results as a baseline, Basner found that Scott's yearlong mission aboard the ISS did not significantly impair his cognitive abilities while in flight. However, when Scott returned to Earth, the researchers did detect a more pronounced decrease in his speed and accuracy on cognitive tests.

The researchers believe that readjusting to Earth's gravity may be the cause of Scott's postflight cognitive decline, but further study is needed to confirm. They also point out that Scott's performance could have suffered when returning to Earth as the result of a very hectic postflight schedule.

Space effects on the human body!

Space can have some really strange effects on the human body. Our body is meant and accustomed to function under the specific weight and gravity of the planet Earth. In this lesson you will need to do some reading on the previous pages and answer ONLY three of these possible effects. You only need to fill in THREE of the blanks. You can do more if you want to.

Space and the Human Body

ONLY pick 3 parts to fill in

HOW DOES SPACE AFFECT THE HUMAN BODY?

Space has tremendous effects on the human body! As we prepare for journeys to more distant destinations like Mars, humankind must tackle these risks to ensure safe travel for our modern explorers.

The impacts of microgravity mirror aging and the complications of a sedentary lifestyle. By studying astronauts' health, we also help people on Earth.

BRAIN

HEART & BLOOD VESSELS

MUSCLES & NERVOUS SYSTEM

BONES

BLOOD

RADIATION

CSA ASC

Canadian Space Agency / Agence spatiale canadienne

Canada

WEDNESDAY ACTIVITIES

It's
okay
to
not know,
but it's
not okay
to
not try.

Day 2 - Word and Number of the Day



definition:

sentence:

synonym:

antonym:

word origin:

words in word:

Today's number is

5858

NUMBER *Of the* DAY

- 1) Place value of the underlined digit in 5858.

- 2) 5 less

- 3) 20 more

- 4) Add 52.

- 5) Round to nearest 10

- 6) Next odd

- 7) Complete the pattern, add 7:

- 8) Prime or composite?

- 9) Divisible by 5?

- 10) Times 100.

Meet Australia's frog whisperer, Professor Michael Mahony

James Redmayne and Paulina Duran, July 1, 2021



Professor Michael Mahony holds a green and golden bell frog as research assistant Rebecca Sceto looks on inside a laboratory at the University of Newcastle. Picture: Reuters

ANIMALS

Wading through a moonlit pond on Australia's east coast talking to frogs makes Michael Mahony feel like a kid again.

The 70-year-old biology professor and conservationist at the University of Newcastle has mastered imitating and understanding the shrills, croaks and whistles of frogs.

"Sometimes you forget to work because, you know, you just want to talk to the frogs for a while and it's sort of good fun," said Professor Mahony from a pond in Cooranbong, NSW.

He is thrilled every time they call back, but fears frogs are increasingly at risk of going silent.

Australia has about 240 frog species, but about 30 per cent of them are threatened by climate change, water pollution, habitat loss, a disease caused by chytrid fungus*, and in a variety of other ways.

Professor Mahony said frogs were the most threatened of all vertebrates* around the world.

Over his career, Professor Mahony has described 15 new species of frogs. He has also seen some wiped out.

“Probably the saddest part of my career is that as a young person, I discovered a frog and within two years of it being discovered that frog went extinct,” Professor Mahony said.

“So very early in my career I became aware just how vulnerable* some of our frogs were. We need to be looking at our habitats and asking what is wrong.”



A frog sticks to the inside wall of a container in a laboratory at the University of Newcastle. Picture: Reuters

Beyond working to preserve amphibian* habitats across Australia, Professor Mahony has helped to develop a cryopreservation* method to help bring frogs back from the edge of extinction by “banking” genetic material*.

“What we’ve done in the face of the problems of catastrophic* loss of species is to establish the first genome bank* for Australian frogs,” he said.

Professor Mahony has also contributed to a study by the World Wide Fund for Nature that found almost three billion Australian animals were killed or displaced by bushfires in 2019 and 2020, including 51 million frogs.



Professor Michael Mahony and his team of field assistants search for frogs at a pond in Cooranbong, NSW. Picture: Reuters

Professor Mahony's passion for conservation has also rubbed off on his students. One of them, Simon Clulow, named a newly discovered frog "Mahony's Toadlet" in his honour in 2016.

Some students have also taken up his technique of calling and talking to frogs.

"I've never been into yelling at them to find out where they are," said University of Newcastle doctoral student and frog researcher Samantha Wallace.

"But it definitely does work, so it does pay back, especially when you're trying to find some of these species that are really among the undergrowth and they're not really obvious."



Frog whisperer Professor Michael Mahony (left) and field assistants look for frogs in a Cooranbong pond in NSW. Picture: Reuters

GLOSSARY

- **chytrid fungus:** a microscopic fungus that lives in water and causes a deadly infectious disease in frogs
- **vertebrates:** animals with a spine
- **vulnerable:** at risk of being attacked or harmed
- **amphibian:** a type of animal that lives both on land and in water
- **cryopreservation:** the process of cooling and storing cells, tissues, or organs at very low temperatures
- **genetic material:** parts of living thing that contain genetic information, such as DNA
- **catastrophic:** sudden and great damage or suffering
- **genome bank:** a place where the complete set of genetic information from a living thing is stored for possible future use

QUICK QUIZ

1. How many species of frogs does Australia have?
2. What percentage is considered threatened?
3. Which University is Professor Mahony from?
4. How many frogs were found to have been killed or displaced by the 2019-2020 bushfires?
5. What did student Simon Clulow name a newly discovered frog?

ACTIVITIES

1. Describe an Aussie frog

Australia has about 240 frog species – choose one to research and then write a description of what you would see if you found one in the wild. Your writing should describe the frog as well as the habitat in which you would find it. Perhaps you can even find out what sounds it makes and include that in your description too!

2. Frog Life Cycle

Draw a diagram of a frog life cycle.

3. Stretch your sentence

- a. Find a “who” in the story – a person or an animal. Write it down.
- b. Add three adjectives to describe them better.
- c. Now add a verb to your list. What are they doing?
- d. Add an adverb about how they are doing the action.
- e. Using all the words listed, create one descriptive sentence.

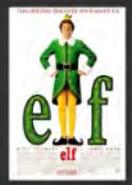
Wednesday Writing Activity

INSTRUCTIONS:

Match the persuasive technique to the definition and the movie it comes from by completing the table.

See if you can find another example of a movie clip that uses a persuasive writing and include the example below.

Emotive Language	Repetition	Rhetorical Question	Hyperbole	Alliteration
Play like winners, act like winners and most importantly, you will be winners.	Babbling, bumbling, band of baboons.	World's best cup of coffee!	Are you not entertained?	Get your ugly, yella, no-good keister off my property.

Movie	Persuasive technique	Example
		
		
		
		
		

Addition and Subtraction

Round 1

1. $8 - 4 =$
2. $1 + 8 =$
3. $8 + 9 =$
4. $5 - 3 =$
5. $8 - 2 =$
6. $5 + 0 =$
7. $6 - 5 =$
8. $7 - 7 =$
9. $2 - 2 =$
10. $3 + 6 =$
11. $9 - 9 =$
12. $6 - 3 =$
13. $2 + 2 =$
14. $4 - 1 =$
15. $3 + 6 =$
16. $1 + 8 =$
17. $0 + 4 =$
18. $7 - 5 =$
19. $9 + 3 =$
20. $9 + 8 =$

Round 2

1. $17 + 17 =$
2. $3 - 2 =$
3. $10 + 14 =$
4. $14 - 11 =$
5. $13 - 6 =$
6. $16 - 13 =$
7. $15 - 9 =$
8. $12 + 6 =$
9. $15 - 7 =$
10. $12 - 10 =$
11. $8 + 13 =$
12. $9 + 5 =$
13. $5 - 5 =$
14. $13 - 12 =$
15. $4 + 16 =$
16. $15 + 9 =$
17. $4 + 14 =$
18. $16 - 11 =$
19. $5 + 4 =$
20. $10 - 2 =$

Round 3

1. $26 + 20 =$
2. $23 - 17 =$
3. $24 + 11 =$
4. $28 + 3 =$
5. $30 + 2 =$
6. $32 + 18 =$
7. $39 + 15 =$
8. $25 + 6 =$
9. $35 - 12 =$
10. $37 - 19 =$
11. $36 - 4 =$
12. $34 + 1 =$
13. $21 - 10 =$
14. $27 - 9 =$
15. $33 + 7 =$
16. $31 - 16 =$
17. $22 - 14 =$
18. $38 - 13 =$
19. $29 - 5 =$
20. $40 + 8 =$

Place Value Addition and Subtraction

	1 more	10 more	100 more	1 000 more
452				
361				
789				
1 023				
5 586				

	1 less	10 less	100 less	1 000 less
1 360				
5 786				
4 893				
10 369				
637				

Now choose your own numbers to complete the table.

	1 less	10 less	100 less	1 000 less

HISTORY Activity - Wednesday

Activity 1 - Your Culture:

Culture is a way of life for a particular group of people. Think about YOUR culture. What are some of the elements that make up your way of life?

1. Use the template provided to share your culture!
2. Draw symbols or emojis to represent each part of your culture!

Name: _____

My Culture!



Culture: the way of life for a group of people

Directions: Fill in the chart with information about your own culture!

	Write!	Draw!
Food		
Clothing		
Shelter		
Holidays		
Traditions		
Language		
Hobbies		

Activity 2 - Captain's Log:

Captains keep track of everything in their Captain's Log while they are at sea and leave some interesting stories and notes for everyone to read. It's your turn to take charge and write about everything you see!

Think about everything that happened today.

- 1) What were the best moments?
- 2) The hardest moments?
- 3) How did you get past those tricky times?
- 4) Who made your day special?

Think about your holidays.

- 5) How did you make lockdown fun?

Write down your log today, answering the questions above and anything else you want to add. You can also keep your log in a journal and then add photos of what you wrote about, too!

Activity 3 - Pandora's Box:

Pandora's box is an ancient Greek myth warning about touching things you have been told to avoid. Read the story, then answer the multiple-choice questions below:

The gods created a beautiful child called Pandora, and the god Zeus gave the gift of curiosity. When Pandora was a child Zeus arrived, carrying a magnificent box. Zeus wouldn't tell her what the box contained but only that it had to remain sealed forever. He asked her if he could leave the box with her until he returned from his journey, and she agreed.

As Pandora grew up she became very curious about the contents of the box, but she had promised she would never open it. Pandora could not stop gazing at the box. All she could think about was its contents. She began to imagine the magnificent things it could contain!

When Pandora was alone, she would untie the heavy gold cords that kept the box securely fastened, and run her fingers over the carved woodwork. She longed to give in to temptation and open the box, but she always re-tied the cords and returned the box to its shelf.

However, one day Pandora's curiosity got the better of her and she grabbed the box and pulled at the gold cord and knots. But to her surprise when she lifted the heavy lid there was no gleam of gold or treasure, and not one beautiful dress!

Instead the gods had packed the box full of all the terrible evils in the universe. Out of the box poured disease, misery and death, all shaped like tiny buzzing moths. The creatures stung Pandora over and over again and she slammed the lid shut.

Pandora could still hear a voice calling to her from the box, pleading with her to be let out. Pandora thought that nothing inside the box could be worse than the horrors that had already been released, so she opened the lid once more.

All that remained in the box was Hope. It fluttered from the box like a beautiful dragonfly, touching the wounds created by the evil creatures, and healing them. Even though Pandora had released pain and suffering upon the world, she had also allowed Hope to follow them.

Zeus gave Pandora the gift of _____.

- a. Beauty
- b. Curiosity
- c. Defiance
- d. Love

Pandora was warned not to _____.

- a. Marry
- b. Open the box
- c. Give fire to humans
- d. Indulge her curiosity
- e. Open the box and indulge her curiosity

Pandora looked inside the box because she expected to find _____.

- a. Sin
- b. Hope
- c. Evil
- d. None of the above

_____ was at the bottom of Pandora's box.

- a. Love
- b. Forgiveness
- c. Hope
- d. Generosity

Why do you think that Zeus gave Pandora the box?

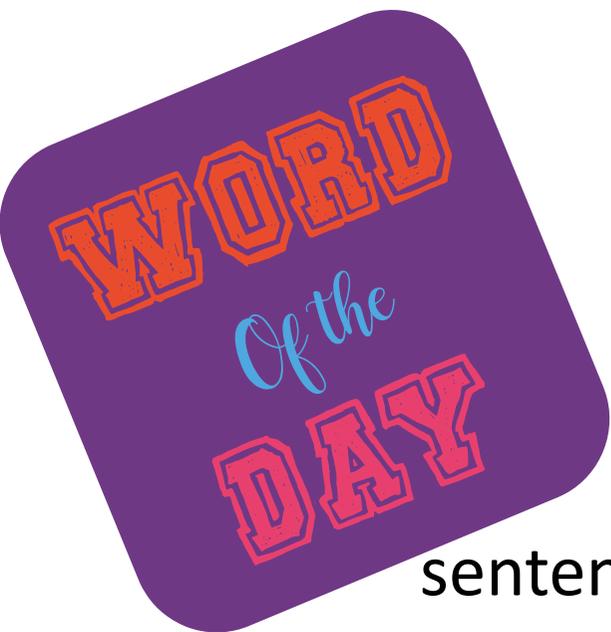
What treasure could never be seen by human eyes, and why was it in Pandora's care?

THURSDAY ACTIVITIES

miStAkEs

are proof
that you are

TRYING



definition:

sentence:

synonym:

antonym:

word origin:

words in word:

Today's number is

5932

NUMBER *Of the* DAY

1) Place value of the underlined digit in 5932.

2) 10 more

3) 15 less

4) Subtract 22.

5) Round to nearest 100

6) Next even

7) Complete the pattern, add 4:

8) One factor of 5932 is 2, the matching factor is

9) Divisible by 2?

10) Double it.

20 words from your text in alphabetical order

1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	
10		20	

Creative Writing using Pictures

Choose 1 photo in the attachments and create a story based on what you see and feel from the photo. Be creative!

Remember to:

- plan your story first (see, think, wonder or 10 x 2 might help)
- write in paragraphs
- use descriptive language
- use your five senses to create your setting
- include a complication and resolution
- punctuate your sentences
- check your writing makes sense









Creative Writing using Pictures





Creative Writing using Pictures





Creative Writing using Pictures

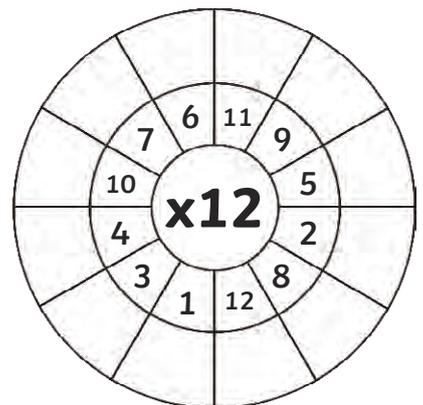
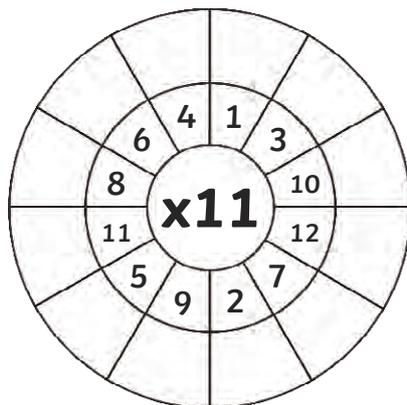
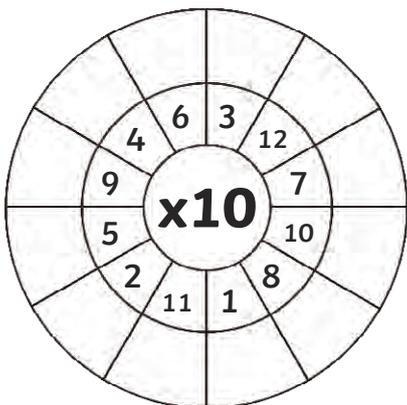
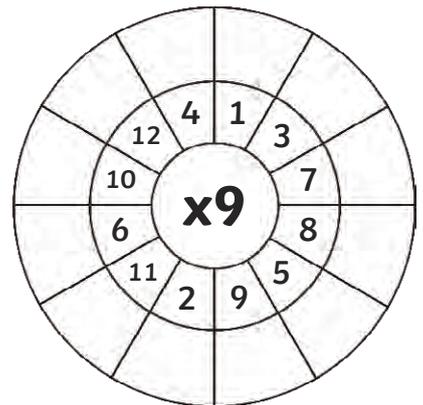
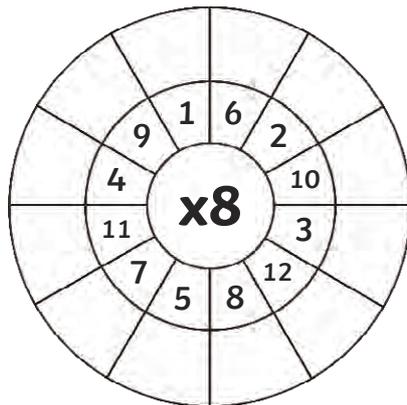
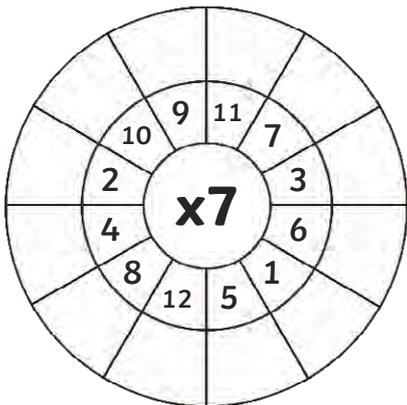
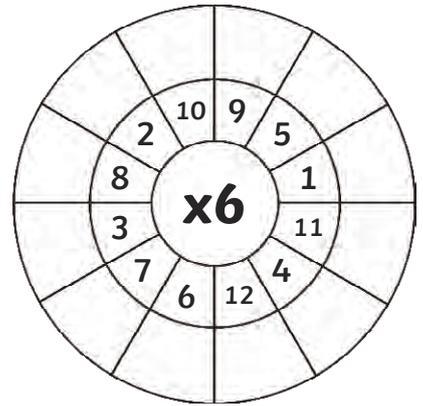
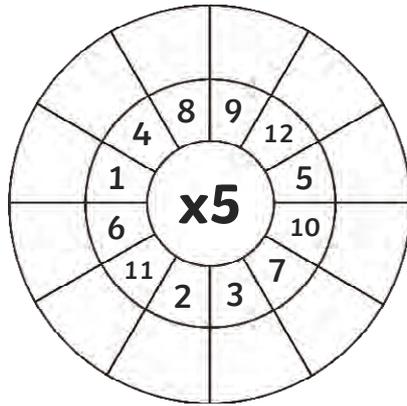
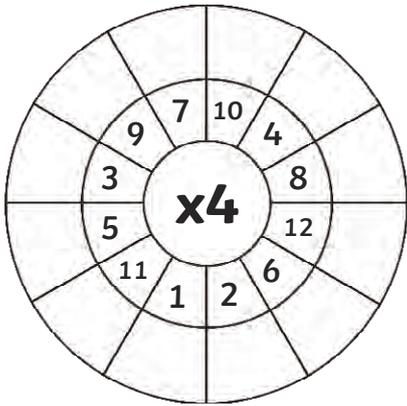
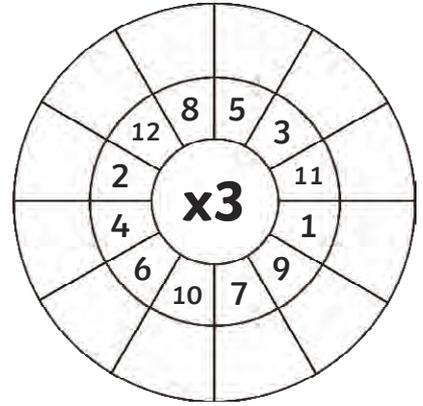
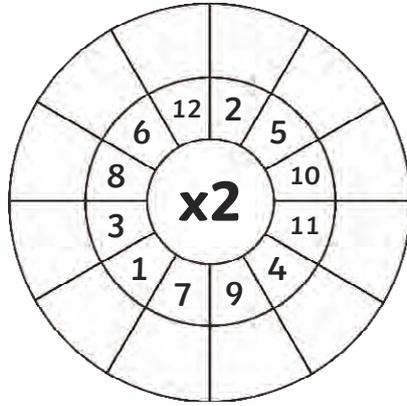
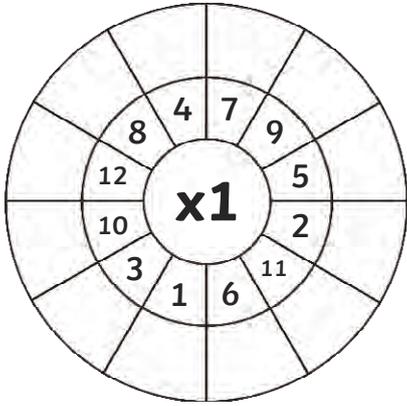


Multiplication Wheels

Have a go at completing the below multiplication wheels. Multiply the number on the inside by the middle number. Write your answer on the outside.

Try to complete at least 6 wheels.

Challenge: Time your self and see how fast you can complete each wheel. Can you beat your best time?



It is important we give our minds time to rest and recover in the same way we need to give our bodies time to rest and recover.



If you do not have a device, read about mindfulness:

- Mindfulness is all about being right here, right now, in this moment.
- Mindfulness is noticing your thoughts, how and what your body feels, what you can hear, and anything else that is around you and happening right now.
- We can start to build the skill of mindfulness by practising paying attention to our body. Our bodies are always with us.
- Mindfulness meditation is like exercise for your brain. Just like we do exercise to keep our bodies healthy, we can practise mindfulness to keep our brains healthy.

Let's try practicing some mindfulness!

- Close your eyes and take in a very deep breath.
- Pretend your tummy is a balloon and as you inhale, make that balloon as big as you can.
- Now, exhale and release it all.
- Do that again now... inhale fully and make the balloon any colour you want.
- Now as you do this, allow your arms and legs to get floppy.
- Just let them get heavy and loose... all relaxed.
- They feel so heavy it's as if you don't even want to move them because they are just so very relaxed!
- Allow your body to continue relaxing while you use your imaginations to picture something wonderful!

Mindfulness Response:

I really liked these 2 things about mindfulness today:

1.

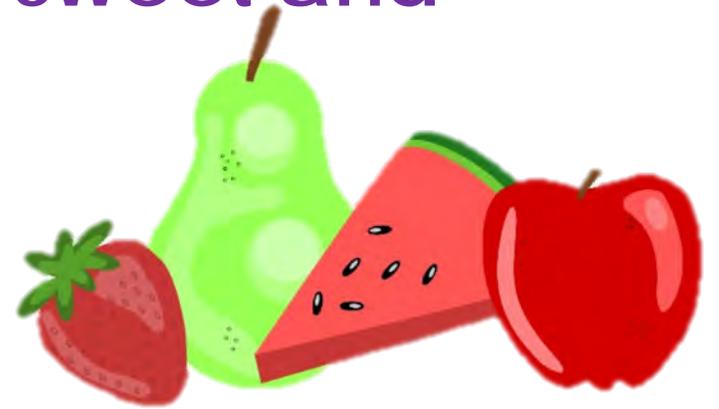
2.

How did you feel before, during and after your mindfulness activities?

Eating healthy food is important for your body to stay at its best. The activity will help you know how much of each group of foods you should eat. Food gives your body the vitamins and energy it needs so it is important to make good food choices.



Fruits give your body vitamins and fiber. Fresh fruits are best, but you can eat frozen, dried, or canned fruits as well. Try eat many colours of fruits. Apples, berries, grapes, kiwi, melons, pears, oranges, bananas, and many other fruits are sweet and healthy choices.

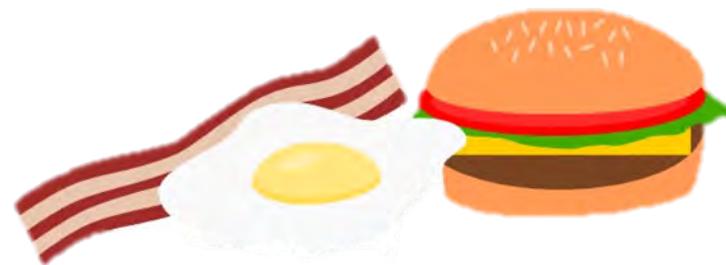
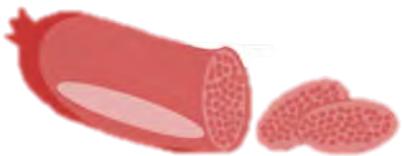


Vegetables also give your body many different vitamins. Raw vegetables have the most vitamins, but cooked, frozen, dried or canned vegetables are still good choices. Do you like green vegetables like broccoli, green beans, lettuce, celery, or cucumbers? What about other colours of vegetables, like carrots, sweet potatoes, and corn?

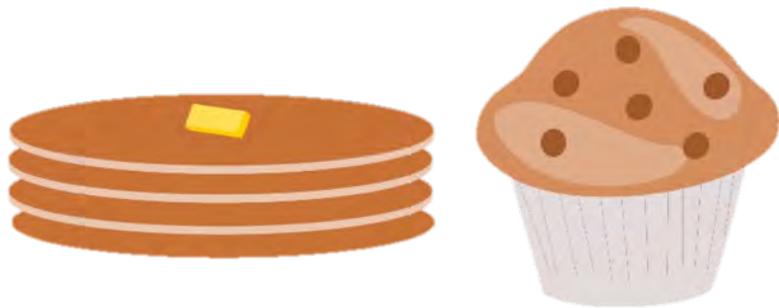
EAT YOUR GREENS



Proteins are important too. This can include lean red meat, chicken, turkey, fish, or eggs. Other proteins such as beans, lentils, or legumes are healthy options for protein also. Protein helps build your muscles.



Grains give your body fiber and carbohydrates, which give you quick energy. Rice, bread, oatmeal, pasta, tortillas, cereal, and even popcorn can all be healthy options for grains.



Dairy gives your body vitamin D and calcium for strong bones. Milk, yoghurt, cheese are good dairy food options.



Fats and oils are not on the plate, but healthy fats are good for your brain and growing bodies – like yours. Avocados, olive oil, and nuts are good sources for healthy fats.



Sugary treats are not on the food plate, but for good reason. These snacks should be thought of sometimes treats. They don't have very many nutrients for your body and sugary snacks can leave your body feeling run down. Cakes, cookies, lollies, and other sweets can be eaten, but just sometimes.



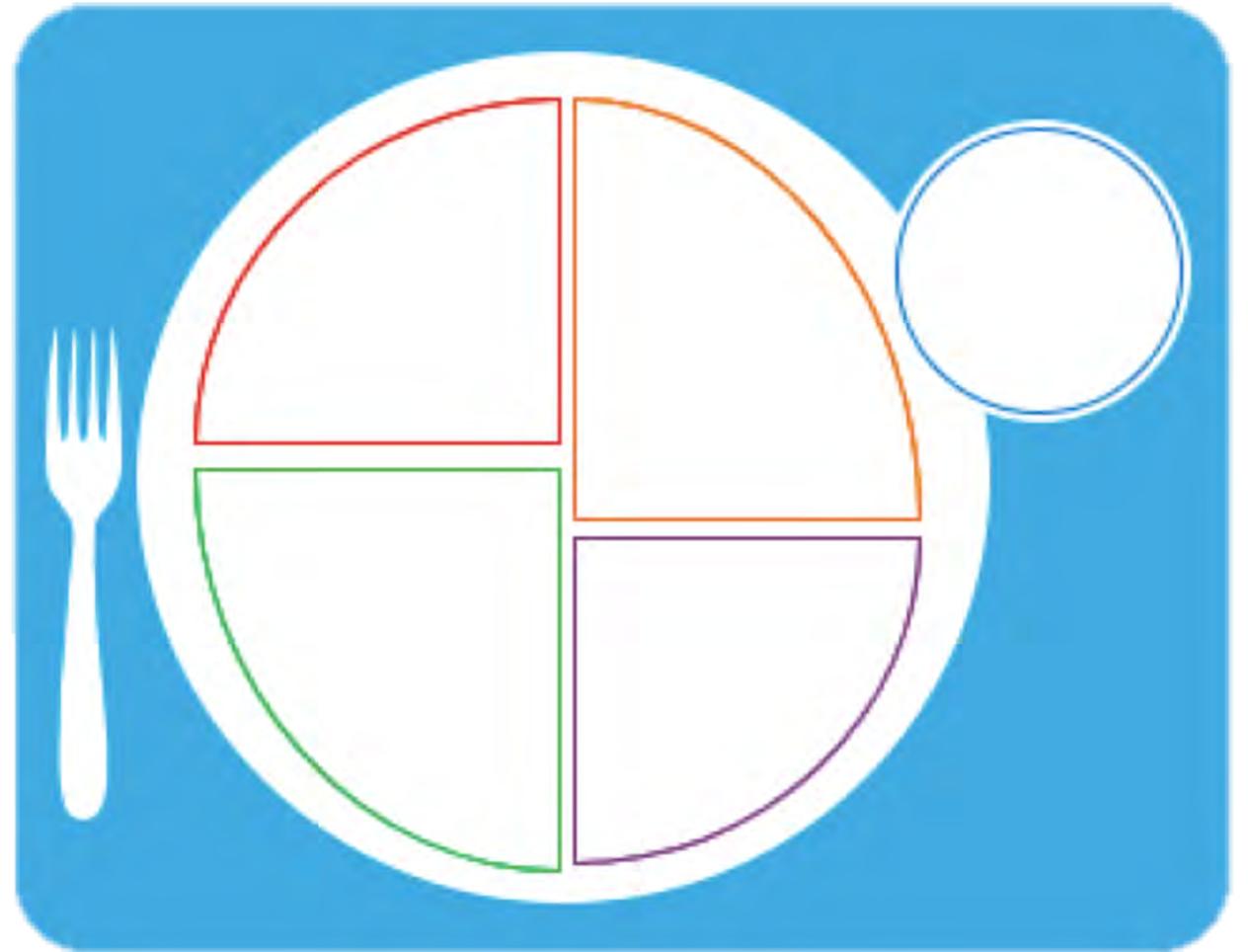
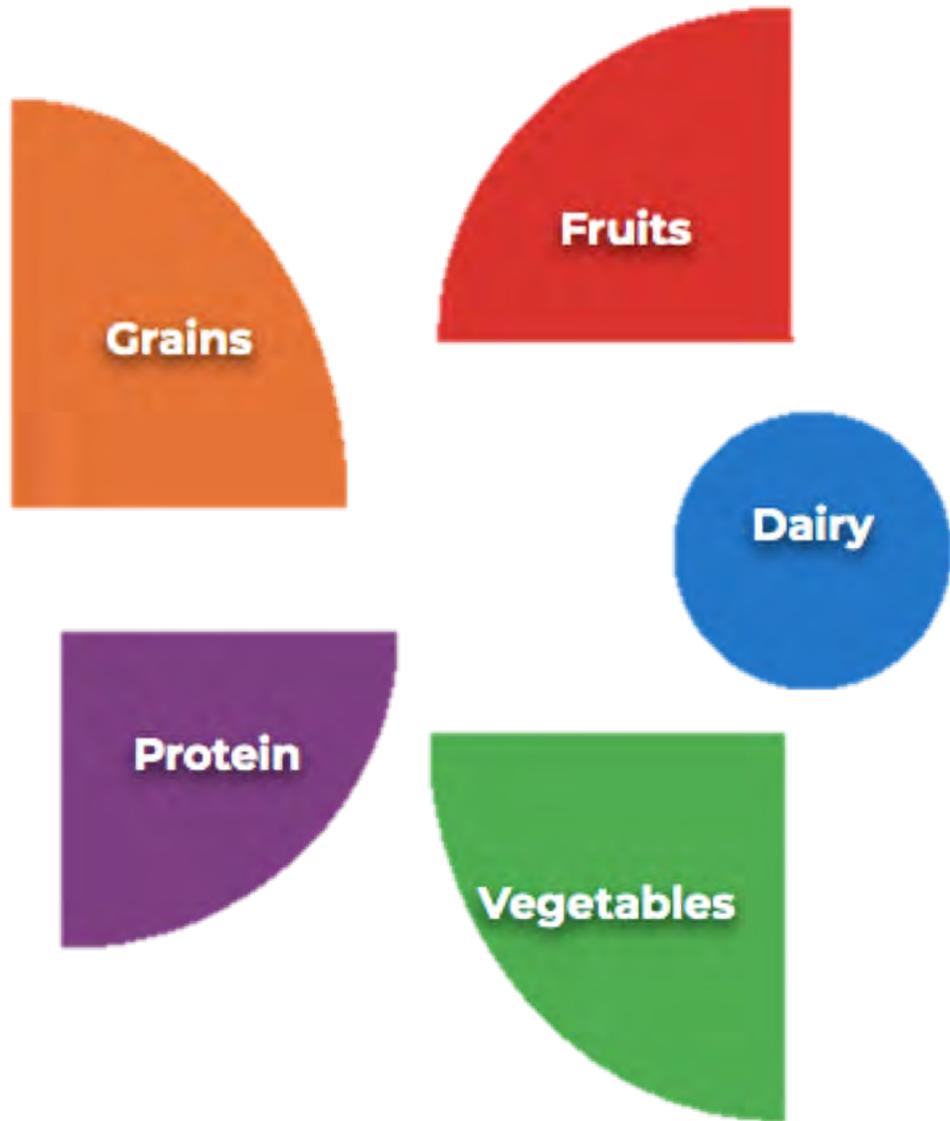
Food groups can help you solve the puzzle of healthy eating.

You will need to choose foods from all of the food groups to help your body learn, play and grow strong and healthy.

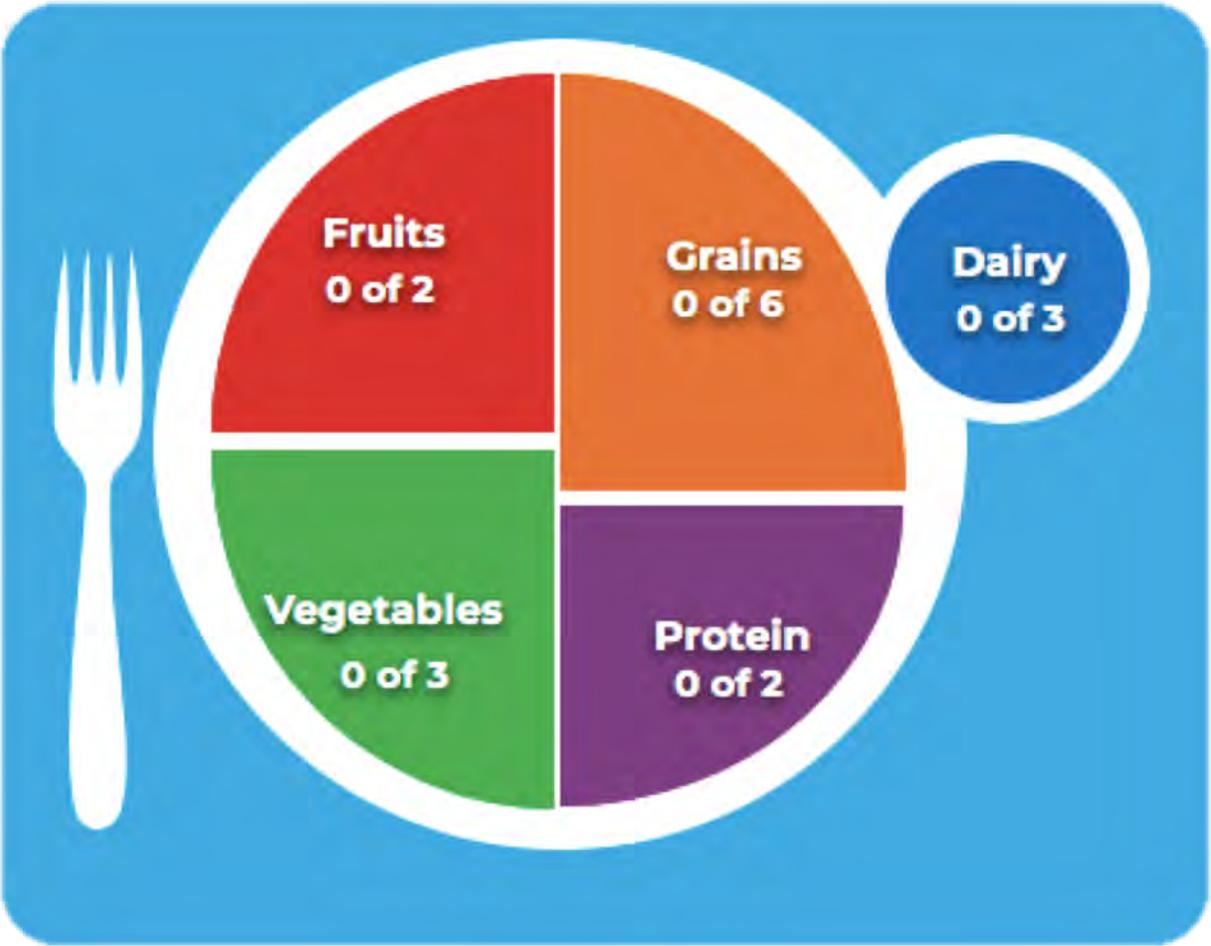
Can you build the plate by dragging the food groups into the right spot?



Build the plate by cutting the food group shape and gluing it into the right place.

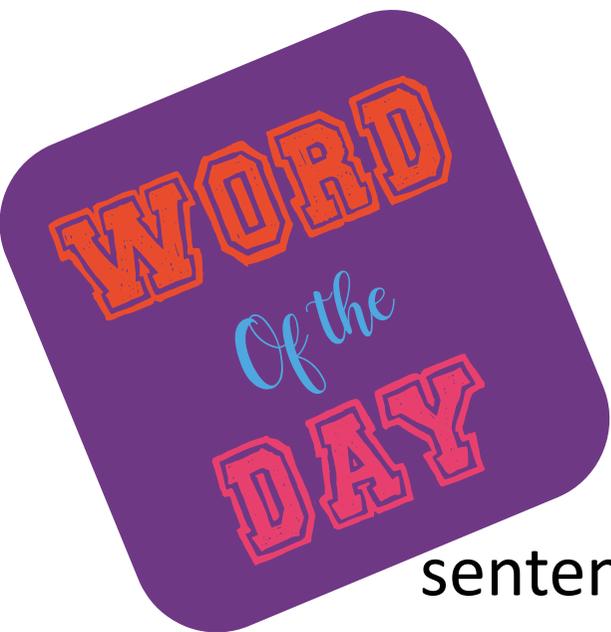


Do you know how much to eat from each food group every day?
Cut each food out and glue it to the correct food group on the plate. Do not stop until you have filled up your plate.



FRIDAY ACTIVITIES

BE the
reason
**SOMEONE
SMILES
TODAY.**



definition:

sentence:

synonym:

antonym:

word origin:

words in word:

Today's number is

59 916

NUMBER *Of the* DAY

- 1) Place value of the underlined digit in 59916.
.....
- 2) 10 more
.....
- 3) 15 less
.....
- 4) Subtract 18.
.....
- 5) Round to nearest 100
.....
- 6) Next even
.....
- 7) Complete the pattern, add 4:
.....
- 8) One factor of 59916 is 4, the matching factor is
.....
- 9) Divisible by 2?
.....
- 10) Double it.
.....

Reading Comprehension Task - Making inferences

A busy Morning

"Ouchhhh!" screamed Toby. I ran into the living room to see Toby lying on the hard, wooden floor, tears rolling down his chubby, little cheeks. Behind me, I heard my mum walk into the room.

"What have you been doing to Toby?!" she shouted, her face turning a deep red. "Go upstairs; I haven't got time for this today."

"But - " I started to explain.

"Upsatirs. NOW," Mum ordered. "And finish your packing, We need to leave for the airport in 20 minutes."

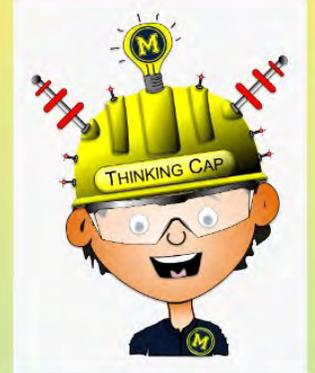
I stomped up the stairs to my room. It wasn't fair! Angrily, I started throwing things into my suitcase. Sunglasses, a swimming costume, shorts, thongs.



Answer the following questions about the text

Remember to use full sentences for your answers and give as much detail as you can.

1. How is mum feeling when she walks into the room?
2. What does mum think has happened and why?
3. What do you think the relationship is between Toby and the narrator?
4. Why do you think Mum says "I haven't got time for this today?" What is she getting ready for?
5. Where do you think the family might be going?
6. Explain what clues there are to where the family are going.



Friday – Writing Activity

Poetry: Writing a Haiku!

A haiku is a Japanese poem with 3 lines of 5, 7, and 5 syllables. (Total of 17 syllables.) It usually describes an animal or aspect of nature! Practice writing your own following the 5/7/5 syllable pattern! Remember, the verses in haikus do not need to rhyme!



EXAMPLES	While the smoothest stones Try to skip and hop across, The pond claims them all.	Flowers withering beneath the weight of the sun. Yet the weeds stand proud.	This is a haiku. You could write a better one. – Go ahead and try.
-----------------	--	---	--

INSTRUCTIONS:
Write a Haiku poem for the 3 pictures below.
Have a go at writing your own Haiku poem.

1	_____ 5	
	_____ 7	
	_____ 5	



2

5

7

5

3

5

7

5



Now have a go at writing your own Haiku poems. You can choose any topic.

Topic: _____

5

7

5

Topic: _____

5

7

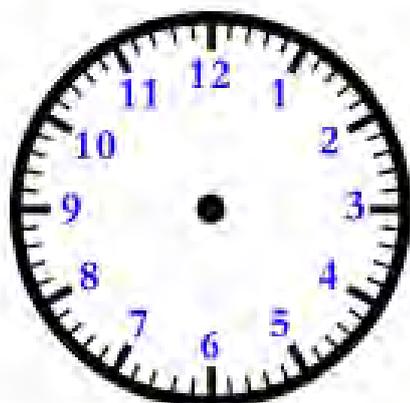
5

Reading Clocks

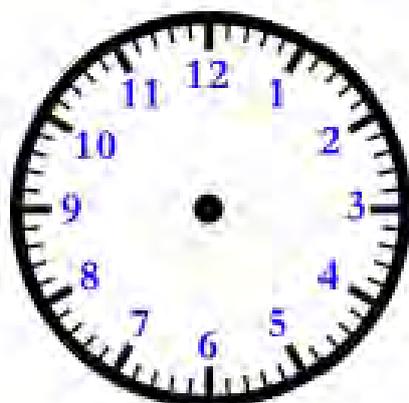
Read time on the following clocks. Write the digital time underneath each analogue clock.



Read the digital time underneath each clock. Draw the hands on the analogue clock to match the time.



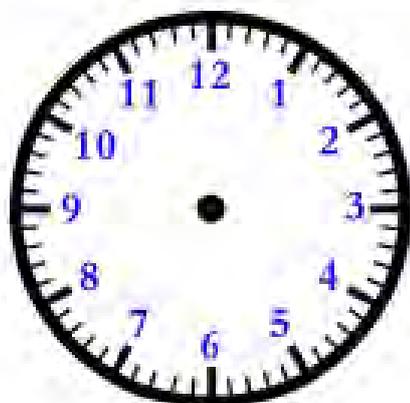
6:52



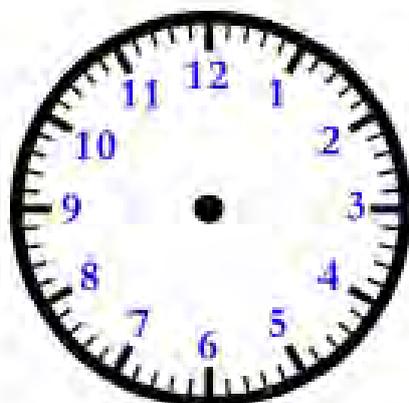
11:37



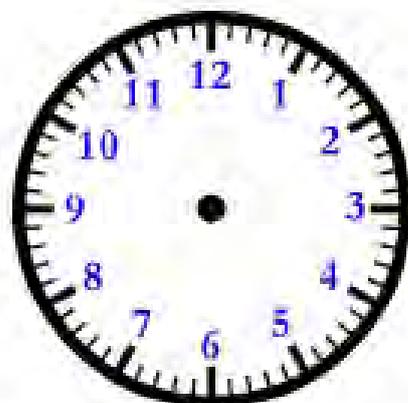
12:21



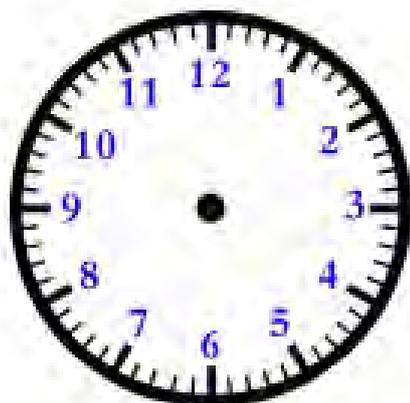
7:07



4:30



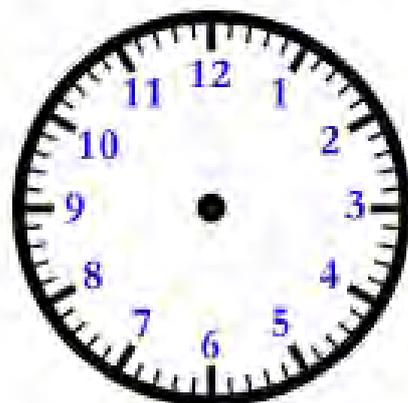
10:03



8:05



1:56



3:34

Visual Arts - Paper Playground

Have fun!

Get Creative - Paper Playground

It's time to get creative!

You will need:

- A piece of paper or cardboard for the base (you could ask to cut a side off a cereal box for a sturdy piece)
- Extra pieces of white or coloured paper (to cut up for the 3D parts)
- Some glue (a gluestick would work best but use what you have available)
- Scissors (if not available, simply rip instead!)

1. Cut (or rip) the extra pieces of paper to create a range of different shaped strips. (If you only have white paper but want to make a colourful sculpture, use any art materials you have at home to add colour before cutting. Ask before using paint or anything messy please!).
2. Investigate different ways that you can bend, fold, scrunch, roll, curl or twist these strips to create interesting lines and shapes (see the photos for extra ideas).
3. Use glue to stick your strips down onto the base page to create your very own Paper Playground Sculpture. This will turn into an incredible 3D artwork.
4. When you have finished, upload a photograph of your artwork. If you want to tell us about it too, you could use the microphone, video or upload buttons to share your description.

OPTIONAL:

Here are some extra ideas to choose from if you want to keep creating:

- roller coaster
- forest/jungle
- animal (whole body or just the face) with textured features
- monster
- self portrait
- use white paper only
- Investigate colour theory - e.g. complementary colours (opposite on the colour wheel like purple and yellow)
- use only warm colours - yellow, orange and red
- use only cool colours - green, blue and purple

Visual Arts - Paper Playground



Visual Arts -
Paper Playground



Visual Arts - Paper Playground





Color Wheel



Primary Colors



Secondary Colors



Warm Colors



Cool Colors



Complementary Colors

