### YEAR 4 OFFLINE BOOKLET WEEK 9



Term 3 – Week 9 Year 4 OFFLINE VERSION

	Friday	Throughout the day:  - Edit Your Work Go through your slides and find any	mistakes. Change these with the colour red.  - ZOOM - Games: Play board games and/or puzzles. e.g.	( boggle, solitaire online)	- History: Virtual  Excursion 12-1pm  Students will be heading on a virtual	excursion.			
	ınursday	<b>DEAR</b> Find a quiet place in your house and sit back and relax and read a book.	Minecraft: Play the minecraft board game (Printout provided).		Reading: The Gorilla and the monkey reading task		Maths: Volume and Capacity Use the cubic centimetre as a unit to measure volumes.		Science: Zoom Bubble experiment. Students will be logging into a zoom session with the stage 2 teachers to participate in an experiment.
147-1	Wednesday	Morning Yoga: Follow the yoga posters provided.	Students will be cooking their recipes developed on Tuesday. (The timing of the may be changed to suit your family)		PDHPE: ARE YOU OK DAY L.I. Students identify who they can talk to if they aren't ok.		Maths: Volume and Capacity compare and order the capacities of two or more containers measured in millilitres.		PE: Bubble dance https://www.youtube.com/watc h?v=PGSJM-ZrZwg
	luesday	Reading eggspress Login and complete assigned comprehension activity Reading Eggspress: 130-On our way to Alpha Centauri	English: Cooking Procedure Students will be writing a recipe to make and cook.		History: Students become detectives and use the clues to find out about the missing man in Liverpool.		Maths: Volume and Capacity Record volumes and capacities using the abbreviation for millilitres (mL)		<b>Art:</b> Bubble art
	Monday	Spelling: Complete the first and second page of unit 28 of your soundwaves book.	English: You are an explorer and you have landed in the Liverpool area and it has not been settled. Write a letter to a person of your choosing about what you see.	FRUIT BREAK	PE: Dance Turn on some music and design Sa dance to the beat and rhythm on the beat and rhythm or the beat and rhy	LUNCH	Maths: Volume and Capacity Recognise the need for a formal unit smaller than the litre to measure volume and capacity	RECESS	Science & Reading: Bubbles We are going to be learning about bubbles and what they are made of.
		9:00	9:30	10.30- 10.45		11.30- 12.25		1.25- 1.45	1:45-3:00

Term 3 – Week 9- Year 4 ONLINE VERSION

Friday FUN	Throughout the day:  - Edit Your Work Go through your slides and find any mistakes. Change	red.  - ZOOM  - Games: Play board games and/or puzzles. e.g. Uno, dominos, jenga (boggle, solitaire	online)	- History: Virtual excursion 12-1pm - Students will be heading on a virtual	excursion.			
Thursday	Morning Yoga:     DEAR       Mindfulness     Find a quiet place in your house https://www.youtube.com/watc       h?v=UEuFi9PxKuo     book.       Superwater Yoga     book.       https://www.youtube.com/watc     book.	Minecraft: Build a replica of your own classroom.		Reading: The Gorilla and the monkey reading task		<b>Maths:</b> Volume and Capacity Use the cubic centimetre as a unit to measure volumes.		Science: Zoom Bubble experiment. Students will be logging into a zoom session with the stage 2 teachers to participate in an experiment.
Wednesday	Morning Yoga: Mindfulness https://www.youtube.com/watc h?v=UEuFi9PxKuo Superwater Yoga https://www.youtube.com/watc	Cooking: Students will be cooking their recipes developed on Tuesday. (The timing of the may be changed to suit your family)		PDHPE: ARE YOU OK DAY L.I. Students identify who they can talk to if they aren't ok.		Maths: Volume and Capacity compare and order the capacities of two or more containers measured in millilitres.		PE: Bubble dance https://www.youtube.com/watc h?v=PGSJM-ZrZwg
Tuesday	Reading eggspress Login and complete assigned comprehension activity	English: Cooking Procedure Students will be writing a recipe to make and cook.		PE: Dance Follow along with Kidz Bop Students become detectives and https://www.youtube.com/watch? use the clues to find out about the weshdzs_saYsQ&t=1201s missing man in Liverpool.		Maths: Volume and Capacity Record volumes and capacities using the abbreviation for millilitres (mL)		<b>Art:</b> Bubble art
Monday	Spelling: Complete the first and second page of unit 28 of your soundwaves book.	English:  You are an explorer and you have landed in the Liverpool area and it has not been settled.  Write a letter to a person of your choosing about what you see.	FRUIT BREAK	PE: Dance Follow along with Kidz Bop https://www.youtube.com/watch?rv=sHd2s_saYsQ&t=1201s	LUNCH	Maths: Volume and Capacity Recognise the need for a formal unit smaller than the litre to measure volume and capacity	RECESS	Science & Reading: Bubbles We are going to be learning about bubbles and what they are made of.
	00:6	9:30	10.30- 10.45		11.30- 12.25		1.25- 1.45	1:45-3:00

	ist	7.4			
	ICT	· VA	M A	~/	1c
_	134		T U		43

yard yellow knew used you'll you've you're young during beautiful yesterday\_ yourself cube tube cute rescue usual beauty yearly view universe yacht youth youthful youngster.

- Circle the letters that represent @yum in the List Words.
- Write any other letters that can represent **(ℙyu**,∞) on the Grapheme Chart. Write one word example for each.
- 3 Write one stroke for every sound in each List Word
- Write words with the letter y representing Yum. you're young yellow story key grey yard holiday bicycle yesterday why they you'll joyful
- 5 Colour the blocks where you hear you in the word. Find out who owns the yacht, Hugh or Sue.
  - ★ Sometimes the letters u\_e, u, ue, ew, eau and iew represent yoo as in cube |c|y|oo|b|.



flew rule chew vou're tube knew yellow yourself yard view screw yesterday yearly universe used rescue beauty flute prune during



words

Grapheme Chart

letters

- 6 Write all the List Words with Yum as the second sound.
- 7 Read the words at the top of each column to decide which verb to write.

Today I	Yesterday I	I have	l am
use			
rescue			
view			
tune			

		cue					beau	ter	ful				
du		ster					NAME OF TAXABLE	ti	day				
bea							yes	i	al				
10-21-22		ring											
your	ng	ty	J —				un	su	verse				
Match	h wo	rds fr	om the	box to th	ne prefixes	below to m	ake new	word	ds.				
hec	head correct				matur	e clair	n m	arine	e res	ponsik	ole	view	
in				out_			sub_				ore		
fore_				im_			ex			i	r		
			ly		ward	1 1 1			ous		ood	niov	
						20 EO 11 20 F			LISE		91	njoy	
youth												3. 7	
									kind			eauty	
dang	ger_ t the	sound	ds in th	soft_ ese word		up e letter or l	etters fo	r eac	kind h sound	in a se <sub>l</sub>	be parate	eauty box.	
dang Coun	ger_ t the	sound	ds in th	soft_ ese word ting the l	ds. <b>Write</b> the	up e letter or l	etters fo	r eac	kind h sound	in a se <sub>l</sub>	be parate	eauty box.	
dang Count Solve	ger_ t the the	sound	ds in th by wri	soft_ ese word ting the l	ds. <b>Write</b> the	up e letter or l the shaded	etters fo d boxes self	r eac	kind h sound	in a se <sub>l</sub>	be parate	eauty box.	
dang 1 Count Solve yoyo	ger_ t the the	sound	ds in th by wri	soft_ ese word ting the l	ds. <b>Write</b> the	upe letter or l the shaded your	etters fo d boxes self	r eac	kind h sound	in a sej ith mat	be parate	eauty box.	
dang Count Solve yoyo yearl	ger_ t the the	sound	ds in th by wri	softese word	ds. <b>Write</b> the	upe letter or l the shaded your	letters fo d boxes self hful ngster	r eac	kind h sound	in a sej ith mat	be parate	eauty box.	
dang Count Solve yoyo yearl yolk yellov	ger_ the the	sound riddle	ds in the by writed to	softese word	ds. <b>Write</b> the	upe letter or l the shaded your yout your	letters fo d boxes self hful ngster ney	r eac in the 6	kind h sound boxes w	in a sej ith mat	boarate ching r	eauty box.	
dang 1 Count Solve yoyo yearl yolk yellov	ger_ the the	sound riddle	ds in the by writed to	softese word	ds. <b>Write</b> the	up e letter or l the shaded your yout your journ	letters fo d boxes self hful ngster ney	r eac in the 6	kind h sound boxes w	in a sej ith mat	boarate ching r	eauty box.	

### **Unit 28**

### y u(yoo) yoyo computer

### List Words

TI26 AAOL	m2
yard _	3
yellow _	4
kn <b>ew</b>	3
used _	4
you'll _	3
you've _	3
you're _	2
young _	3
during _	6
beautiful _	8
<b>y</b> esterday_	7
yourself _	6
cube	4
tube _	4
cute _	4
rescue _	6
<b>u</b> sual _	6
beauty _	5
<b>y</b> early _	4
view _	3
universe _	7
yacht _	3
youth _	3
youthful _	6
youngster_	6
your igsiel _	-

- 1 Circle the letters that represent yww.
- Write any other letters that can represent yum on the Grapheme Chart.
  Write one word example for each.
- 3 Write one stroke for every sound in each List Word.
- List Word.
- 4 Write words with the letter y representing (Yum).

  you're story key young yellow grey yard holiday you'll joyful bicycle yesterday why they beauty

you're young yellow yard you'll yesterday

- 5 Colour the blocks where you hear yoo in the word. Find out who owns the yacht, Hugh or Sue.
  - ★ Sometimes the letters u\_e, u, ue, ew, eau and iew represent you as in cube |clyloo|b|.



you're	fle	ew.	rule	ch	ew	t	ube	knew	
yard	yel	low	you	rself		vie	W	screw yearly	
univers	se	yе	sterdo	ıy	u	sed	у		
prune	res	cue	bed	auty		dur	ing	flute	



words

knew

cube

view

rescue

beautiful

Grapheme Chart

letters

ew(yoo)

eau(yoo)

**u\_e**(yoo)

ue(yoo)

iew(yoo)

6 Write all the List Words with (Yu) as the second sound.

knew	during	beautiful	cube
tube	cute	beauty	view

7 Read the words at the top of each column to decide which verb to write.

Today I	Yesterday I	I have	l am
use	used	used	using
rescue	rescued	rescued	rescuing
view	viewed	viewed	viewing
tune	tuned	tuned	tuning

	du	cue	rt trom e	ach coll <b>dur</b>		oin to	_	ma au	ke a l ter	List Word	0:	beau	utiful	
	res	ster		resc			ye		ti	day		yeste	rday	
	beau	ring		bea	uty		-	1	i	al		usı	10.0	
	oung/	ty		young				n		verse		univ	erse	
9 M	Natch w	ords from	the box	to the p	refixes b	elov	v to make	new	word	łs.				
	head	corre	ct gr	ow	mature	9	claim	m	arine	resp	oonsibl	e vie	w	
in	corre	ect	01	ut <b>gro</b>	w		suk	m	arin	е	pi	eview		
fc	rehed	bc		matu			ex	cla	im		ir.	respor	nsible	
11 C		e sounds i	sof n these v		ess Write the	u <sub>l</sub>	nild hoo ward er or letter haded bo	s fo			ness n a sepa	beau arate box		21
	oyo	y	100	у	0		yourself		6 y	our		е	1	f
	early	3 y	ear	Ī	у		youthful		y	ou	1 th	f	u	ī
	olk	у	4 ol	5 k			youngste	er	у	ou	ng	s	t	er
y∈	ellow	у	2 <b>e</b>	II	ow		journey		7 j	our	n	9 ey		
	/hat's th	e name o	of the late	est chick	ken dan	ce th	at has ev	егус	one g	iggling?				
W		Te 114	2 -	3	4 ol	5	1		7	10 -	e 1.			
W		1 th	* e	<sup>3</sup> y	- 01		k °y		7	j <sup>10</sup> o	5 k	°ey		

### **Building Liverpool**

You see the beginnings of land upon the horizon and take a deep breath. You've spent more than a year working at sea and you're ready for

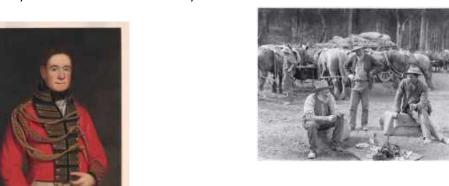


something new and exciting.

As you edge closer your heart starts to race within your chest. Will you find your fortune? Will you set up a life for yourself at the infamous colonies? Or will something else take you?

Closer to shore and ready for anything, you hop aboard on of the small paddle boats heading toward land. You grab an oar, happy to help out if it meant you could walk upon solid ground.

You're so happy to be off the ocean that you want to kiss the ground beneath your boots. A smile grows on your face, matching the smiles on every sailor's face around you.



Along with some disgruntled convicts, you're assigned to follow Lachlan Macquarie inland to find somewhere new to build a settlement. While you were excited to walk on solid ground again, you weren't expecting days of walking and soon your feet are blistered and sore.

A place is decided upon and preparations begin to build a settlement. Now is probably a good time to write a letter home.

### **Your Task**

You are assisting Governor Lachlan Macquarie build up Liverpool in 1810. During a period of rest you have decided to write a letter to your family. Since your family live all the way back across the ocean in England, where buildings are crammed into bustling cities, you need to be very specific so that they can picture the empty rolling hills of Liverpool before it was built.

Talk about your work – what are you doing to help build the city?

Talk about what Liverpool looks like – what is it like to be not surrounded by dirty buildings?

Talk about the people – are you working with convicts? Or famers? Have you had an encounter with any Aboriginal people?

Talk about the vision or goal you're all working toward – what will happen once Liverpool is built? Will you ask your family to come and join you?

Use the included template and checklist to help you write a successful letter.

### Personal Letter Example

1 James Pedemont 64 Monfarville Street Fullarton SA 5063

- 2 28th January, 2017
- 3 Dear Sarah,
- 4 I am writing this letter from a small café in the middle of Sydney, Australia. I'm eating pancakes and fruit salad for breakfast. It's absolutely delicious! There are so many people around as well. I just cannot believe it how busy this place is.

Mum's been making sure that we see absolutely everything we can on our trip here. So far, we have walked around China Town and we tasted the most amazing, delicious food. We also climbed the Sydney Harbour Bridge yesterday. It was such a great experience! We were very lucky too because we climbed the bridge when the sun was setting. It made the city look even more beautiful. We've been to Darling Harbour and visited the Sydney Aquarium and Wax Museum. My goodness! It felt like I was with all the famous actors and actresses in Hollywood. They all looked so real. After breakfast, we are planning on going to the Sydney Opera House and then on a ferry trip over to Manly. I'm a little bit scared of getting on the ferry, but Mum says that I'll be fine.

- I miss you a lot and I cannot wait to see you back in Fullarton. Our plane gets in at 5pm on  $5^{TH}$  February.
- (6) Love,
- (7) James
- 8 P.S. I'm bringing something back to you. You're going to absolutely love it!

### Features of Personal Letter Checklist

Does	s your personal letter include	
1	your own name and address in the top right hand corner of the letter?	
2	today's date written on the left hand side of the letter, starting above the person who you are addressing your letter to?	
3	your greeting 'Hi' or 'Dear'?	
4	the content of your letter, giving information about where you are, what you are doing and what you would like to know?	
	informal language?	
(5)	a conclusion or farewell, including any closing remarks and final words?	
6	'From' or 'Love from' if you know the recipient well?	
7	your name and/or signature?	
8	a postscript?	

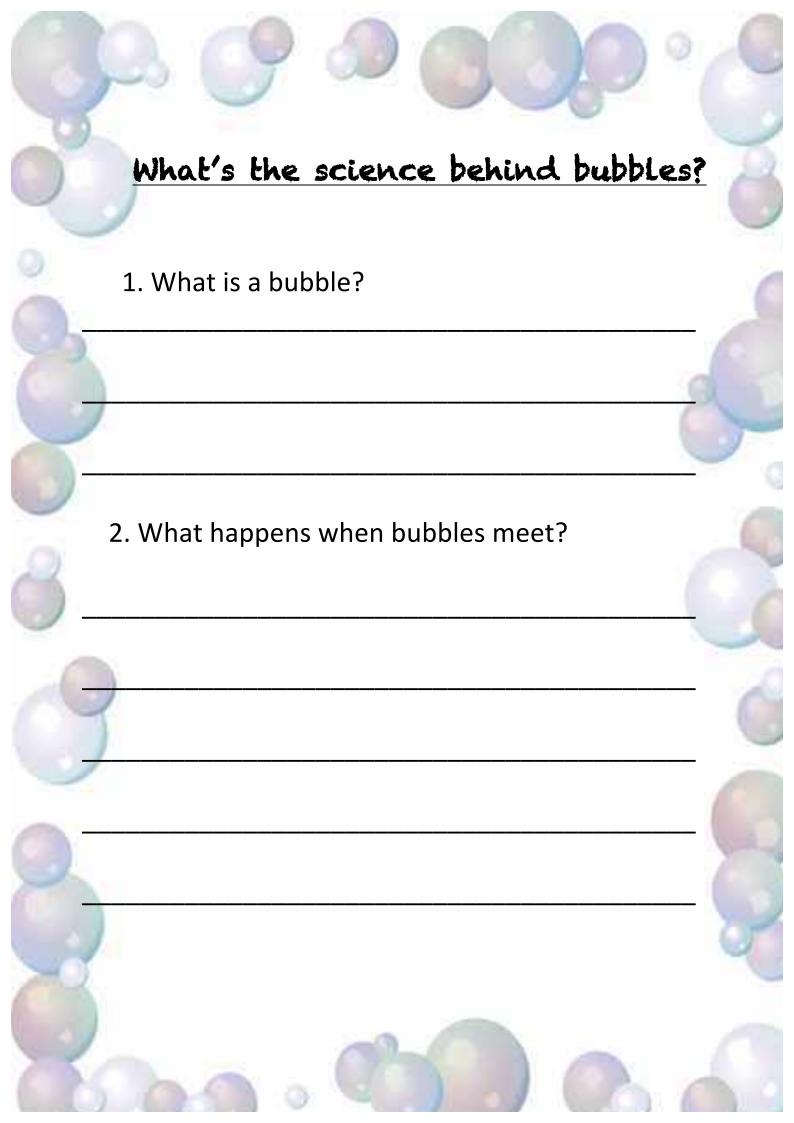
### What Is a Bubble?

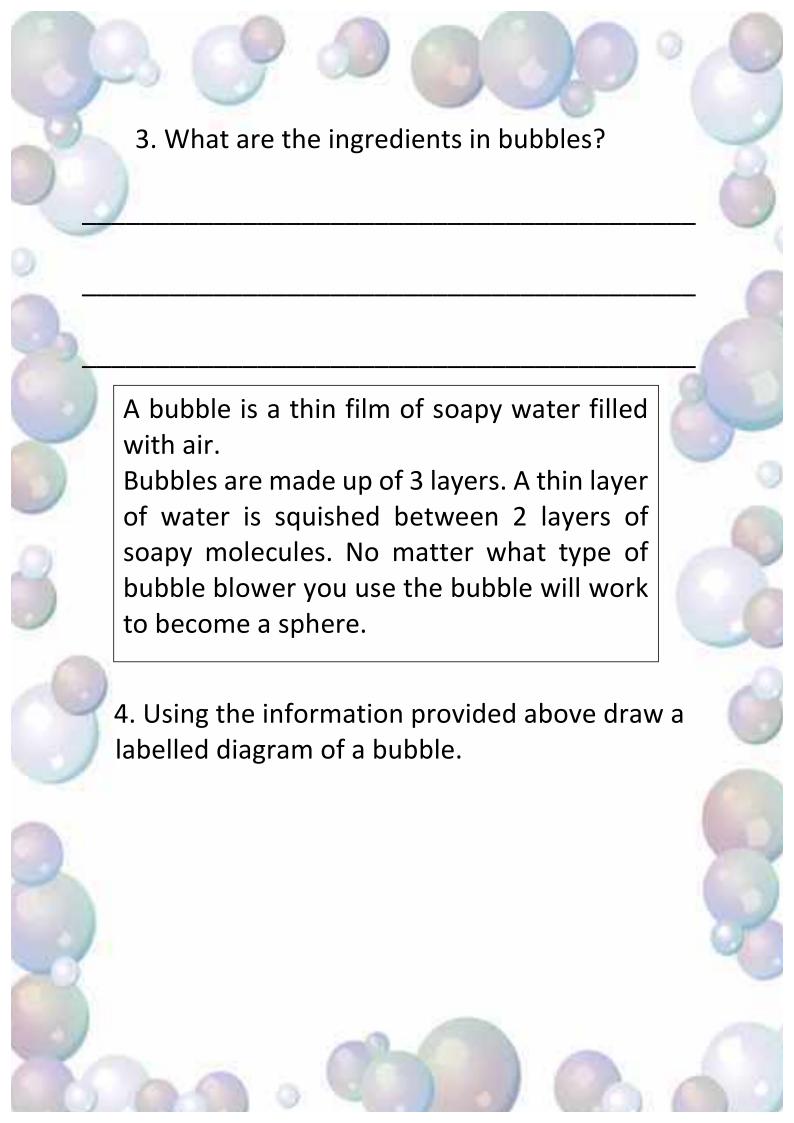
A bubble is a thin film of soapy water. Most of the bubbles that you see are filled with air, but you can make a bubble using other gasses, such as carbon dioxide. The film that makes the bubble has three layers. A thin layer of water is sandwiched between two layers of soap molecules. Each soap molecule is oriented so that its polar (hydrophilic) head faces the water, while its hydrophobic hydrocarbon tail extends away from the water layer. No matter what shape a bubble has initially, it will try to become a sphere. The sphere is the shape that minimizes the surface area of the structure, which makes it the shape that requires the least energy to achieve.

### What Happens When Bubbles Meet?

When bubbles stack, do they remain spheres? No. When two bubbles meet, they will merge walls to minimize their surface area. If bubbles that are the same size meet, then the wall that separates them will be flat. If bubbles that are different sizes meet, then the smaller bubble will bulge into the large bubble. Bubbles meet to form walls at an

angle of 120 degrees. If enough bubbles meet, the cells will form hexagons. You can see observe this structure by making prints of bubbles or by blowing bubbles between two clear plates. **Ingredients in Bubble Solutions** Though soap bubbles are traditionally made from (you guessed it) soap, most bubble solutions consist of detergent in water. Glycerin often is added as an ingredient. Detergents form bubbles in much the same way as soap, but detergents will form bubbles even in tap water, which contains ions that could prevent soap bubble formation. The soap contains a carboxylate group that reacts with calcium and magnesium ions, while detergents lack that functional group. Glycerin,  $C_3H_5(OH)_3$ , extends the life of a bubble by forming weaker hydrogen bonds with water, slowing down its evaporation.





### On Our Way to Alpha Centauri

### Worksheet 1

### Lesson 131 • On Our Way to Alpha Centauri

Name

### **Making Connections**

Linking a text to events in your own life is a great way to build understanding. Look for key words and phrases in the text to make the connections.

### Read the passage.

In paragraph
1, underline
the words that
describe Sarah's
new home.

In paragraph
1, highlight
the words
that describe
something that
you, like Sarah,
will experience
in your lifetime.

From now on Sarah's home would be a large, traveling space station. The shuttle was taking them to the big mother ship, Star Wanderer. It would carry all three hundred of them towards Alpha Centauri, and a lifetime of new discoveries.

Suddenly Sarah was scared. It was such an unknown future that lay ahead — like it was for those sailors, hundreds of years ago, sailing over the edge of a flat Earth.

In paragraph 2, circle a feeling you most likely have experienced.

In paragraph 2, colour the word that refers to the time ahead.

### Colour the correct answers.

- 1 Which of the following have you experienced?
  - O living on a space station
  - O moving to another home
  - making new discoveries
  - O travelling on a space shuttle
  - O feeling scared
  - O sailing on the ocean
  - O wondering what the future holds
  - O travelling somewhere with lots of other people
- Which of the following is it possible you will experience in the future?
  - O embark on exciting adventures
  - O sail over the edge of a flat Earth
  - O travel in outer space
  - sail around the world

ACELY1692 Make connections between the text and students' own experience

### Worksheet 2

### Lesson 131 • On Our Way to Alpha Centauri

Name



### Read the passage.

Underline a sentence that suggests that the people celebrating Christmas are not on Earth.

Circle the object that Sarah considers to be the most important part of Christmas.

"We've all left a lot behind us," started Sarah, and many faces grew serious. Dr. Singh was worried. Was Sarah going to remind them too much of Earthly celebrations?

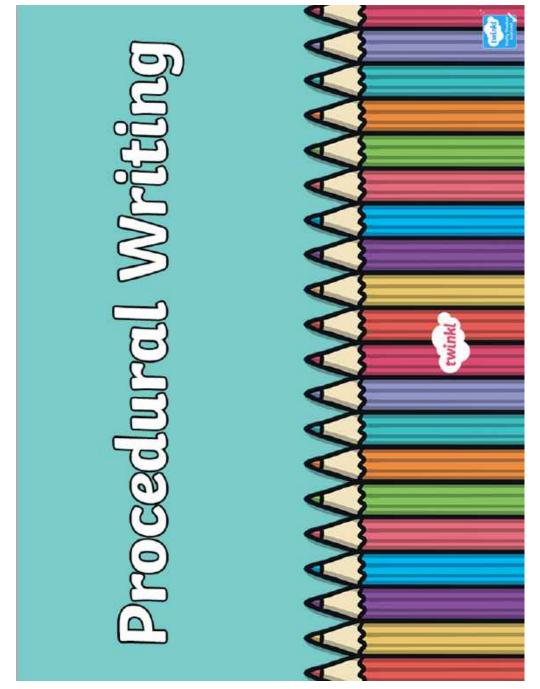
"For me, the most important part of Christmas is the Christmas tree. Every year I'd dream about what it would look like. I couldn't wait until it was time to start decorating it." Sarah continued, "Kapil and I have something special that comes from Earth. Something from the past to take us into the future." Sarah signaled to Kapil, who tugged a cord.

The curtain fell. In front of them was a young apple tree, holding its branches and green leaves high. Seven red apples hung from the branches. Highlight the name of the person who helped Sarah prepare the Christmas surprise.

Colour the phrase that describes the tree that Sarah and Kapil presented to the people.

Sarah, Kapil and the other people on the spaceship are celebrating their first Christmas away from Earth.

Write a paragraph describing a celebration, such as your birthday, Halloween or religious holiday, that you have especially enjoyed. What did you do? What did you eat? Were there any decorations? Did you receive any presents? Which of your friends or family members shared the celebration with you?



# What is a Procedural Text?

A procedural text is a factual text. It tells you how to do or make something, with step by step instructions or directions.

Writing a procedural text is a great way to teach others how to make or do something.

# Features of a Procedural Text

### A procedural text...

- · tells the reader how to do something
- · includes a goal or aim
- lists the required materials and equipment needed to carry out the goal
- includes a clear sequence of steps to help the reader achieve the goal, such as instructions or directions, which are often numbered

# Language of a Procedural Text

The language used to write a procedural text should include...

- verbs (doing or command words)
- vocabulary that is specific to the subject of the procedure
- · present tense
- adverbs and adverbial phrases to indicate how, where and when



## Types of Procedural Texts



- recipes
- · rules of games
- a science experiment
- directions that tell you how to get from place to place
- · craft or DIY instructions
- instruction manual
- · safety procedures





1. Sift the flour into the mixing bowl. 2. Crack the eggs into the bowl.

4. Stir vigorously until smooth. 3. Pour the milk into the bowl.

5. Pour a spoonful of the mixture into a hot 6. Turn the pancake when the bubbles begin to frypan (you may want to use oil).

Large mixing bowl

Equipment

7. Serve sprinkled with lemon juice and sugar.

What does this recipe have?

★ A title★ Ingredients★ Steps to follow

Verbs at the start of each step

1tbsp caster sugar 100g plain flour 300ml milk Lemon juice

Ingredients

Measuring spoons Measuring jug Wooden spoon Kitchen scales

Frypan Spatula

Stove

1		
<b>a</b> ,		
<b>Fitle</b>		
<u>;</u> =		
nt 		
5		
O	<u>~.</u>	
$\frac{1}{2}$	g	
8	Κi	
	Ja	
g		
	Ne Ve	σ
<b>り</b>	0)	1 #1
Ψį	are	<u>\overline{\Omega}</u>
20	at	0
וני	/he	l b
Procedural Recount	What are we making?	Ingredients

## Procedural Recount Title

Method	



### WHAT HAPPENED IN LIVERPOOL?

Hello, I need your help.

This is a photo I found of someone in my family who went missing. My parents won't tell me anything about him Why won't they tell me? Where could he have gone? I have found three photographs that we could use as clues to help find out what happened!

Can you help me?

From Miss Dunne



### **CLUE NUMBER ONE:**

Is this a primary or secondary source?

When was this image taken?

Where was this man going?

Why is he getting his photo taken?



OP SECRET

### TOP SECRET

### **CLUE NUMBER ONE:**

When was this image taken?

What are the soldiers doing?

Where are they going?





Group portrait of members of D Company, 18th
Battalion, taken in Liverpool camp shortly before the
troops embarked to take part in World War 1. 1915

(Australian War Memorial)

### **CLUE NUMBER THREE:**

Is this a primary or secondary source?

When was this image taken?

Where could they be doing?





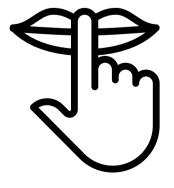






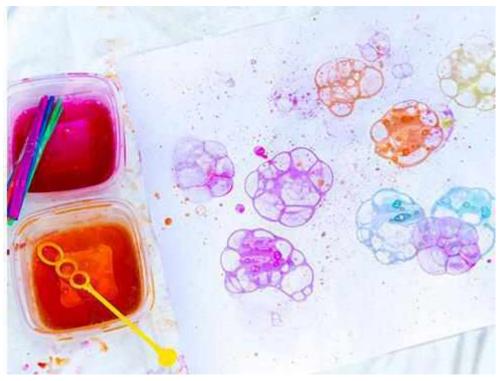
Instructions: Now we have looked at the clues, can you write a summary about what you think happened to my family member e.g. Who was he?, where did he go?, What happened in liverpool?

HIS NAME:	
SUMMARY:	









### **Bubble Artwork**

### **Supplies Needed:**

Bubble solution or washing up detergent or soap.

Washable water colours or food colouring

**Bubble blowers** 

Sheets of paper

Straws, or bubble blowers or a sponge.

Tablecloth (optional)

### **Option One**

- 1. Pour bubble solution, soap or dish washing liquid into several shallow containers.
- 2. Add washable watercolours or food colouring to the bubble solution to each of the container to make several coloured bubble solutions.
- 3. Stir and check for vibrancy of the colour. Add more, if needed.
- 4. Use your straw to blow bubbles into the container.
- 5. When the bubbles rise up to the top of the container put your paper on top of the bubbles.
- 6. Remove the paper to see the pattern the bubble paint has made.
- 7. Repeat this for all your different coloured bubble solutions.





### **Option Two**

- 1. Pour bubble solution, soap or dish washing liquid into several shallow containers.
- Add washable watercolours or food colouring to the bubble solution to each of the container to make several coloured bubble solutions.
- 3. Stir and check for vibrancy of the colour. Add more, if needed.
- 4. Dip your bubble blower into the solution and blow bubbles onto your paper.
- 5. Repeat this for all your different coloured bubble solutions.





### **Option Three**

- 1. Pour bubble solution, soap or dish washing liquid into several shallow containers.
- Add washable watercolours or food colouring to the bubble solution to each of the container to make several coloured bubble solutions.
- 3. Stir and check for vibrancy of the colour. Add more, if needed.
- 4. Dip your straw into the coloured bubble solution.
- 5. While the straw is in the solution place your finger over the top hole of the straw. This will stop the paint dripping out of the bottom of the straw.
- 6. Place your straw on your paper and release your finger from the hole on the top of the straw. The paint will now drip onto your paper.
- 7. Using the straw blow the dripped paint over your paper to create lines and patterns.
- 8. Repeat this for all your different coloured bubble solutions.

### **Option Four**

- 1. Pour bubble solution, soap or dish washing liquid into several shallow containers.
- 2. Add washable watercolours or food colouring to the bubble solution to each of the container to make several coloured bubble solutions.
- 3. Stir and check for vibrancy of the colour. Add more, if needed.
- 4. Dip your sponge into the solution and place it gently onto your paper then gently lift off to print bubbles onto your paper.
- 5. Repeat this for all your different coloured bubble solutions.





### **YOGA CARD GAMES**

### **Memory Card Game**

Place all the yoga cards upside down in rows. Take turns flipping up two cards at a time. If the player gets a yoga pose matched with its keyword, then that player keeps the pair. The game continues until all pairs have been matched up.































### **Yoga Pose Spinner Game**

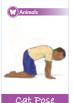
Grab a deck of yoga pose cards. Place a Post-it note under one corner of a fidget spinner to act as a pointer. Pick out six yoga pose cards and arrange them in a circle around the spinner. You might want to use Blu Tack or something similar on the bottom of the spinner to make sure it doesn't spin away. Spin the spinner and then practice the pose that the pointer lands on. You can change the pose cards after a few rounds and play again!

### **Yoga Cards Dice Game**

Grab a die from a board game you have at home. Write the numbers 1 through 6 on sticky notes, one note for each number. I wrote both the numeral and the number symbol found on dice. Have your child pick out 6 yoga pose cards from the deck. Stick a number note on each yoga pose card. I put the yoga poses in a logical yoga flow with standing poses first, followed by floor poses, and resting poses. Roll the die and practice the yoga pose associated with that number.





















### **Boat Pose:**

### Boat, Ship, Canoe, Kayak

(Balance on your buttocks with your legs up. Then rock in the water like a boat.)



**Boat Pose** 

### **Bow Pose:**

Fish, Whale, Basket, Sleigh, Angelfish, Nest, Bow (Lie on your tummy, bend your knees, lift your chest, reach your arms back towards your toes, and hold onto your feet.)



Bow Pose

### **Bridge Pose:**

Bridge, Boardwalk, Ramp, Overpass, Whale

(Lie on your back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, tuck your chin into your chest, and lift up your buttocks and back to create a bridge.)



Bridge Pose

### **Cat Pose:**

Cat, Tiger, Lion, Sheep, Jaguar, Leopard, Cougar (Come to an all-fours position, round your back, and tuck your chin into your chest. Pretend to be a kitty cat.)

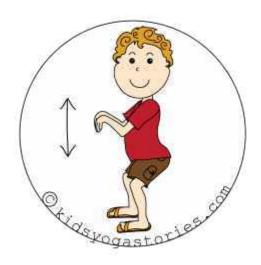


Cat Pose

### **Chair Pose:**

Kangaroo, Chair, Farmer on tractor, Skier, Horseback rider,

Thunderbolt, Baseball Player, Helicopter (twist upper body) (Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and hop like a kangaroo.)



Chair Pose

### **Child's Pose:**

Mouse, Mole, Urchin, Rabbit, Rock, Snail, Hedgehog, Seed, Ladybird, Turtle, Hippo, Curling Leaf, Cloud

(Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths.)



Child's Pose

## **Cobbler's Pose (or Butterfly Pose):**

# **Butterfly, Book, Basket, Oyster**

(Sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together, and gently flap your legs like the wings of a butterfly.)

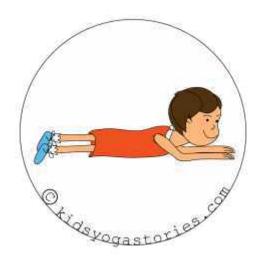


Cobbler's Pose

# **Cobra Pose:**

# Snake, Cobra, Sphinx, Seal, Swan (bend legs)

(Lie on your tummy, place palms flat next to your shoulders, press into hands, lift head and shoulders off ground, and hiss like a snake.)



Cobra Pose

# Cow Pose: Cow, Wolf

(On all fours, look up, arch your back, and open your chest.)



Cow Pose

# **Crescent Moon Pose: Giraffe, Moon, Banana**

(From Mountain Pose, reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to center. Tilt your body to the other side.)



Crescent Moon Pose

**Dancer's Pose:** 

Crane, Flamingo, Brolga, Stork, Ibis, Ballerina, Super Hero,

## Ostrich, Emu

(Stand tall in Mountain Pose, stand on one leg, reach the opposite leg out behind you, place the outside of your foot into your hand, bend your torso forward with your arm out in front for balance, and arch your leg up behind you.)

# For more resources visit ruok.org.au



1. Define what you think the following terms mean to you:
Personal:
Local:
Global:
2. Who are the people in your life you can talk to? (These are our personal support people,
think about family and friends)
3. Who are the people in your life you can talk to at school?

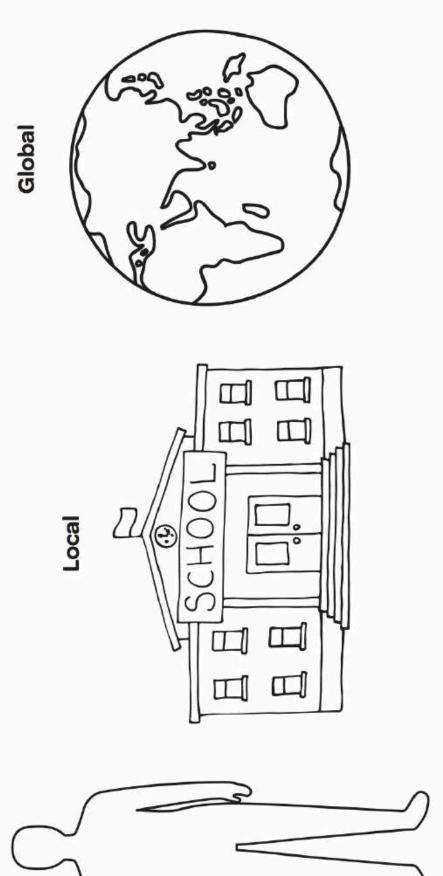
4. Who are the people you can talk to in your lo	cal community?

- 5. On the worksheet on the following page. Follow these instructions and complete the activity.
  - Inside the body outline, write your personal support system.
  - Inside the house write people at school or in the local community that you can talk to for support.
  - Inside the world outline, write organisations across the world who work towards making sure people are ok.

# Being OK - My support networks



Personal



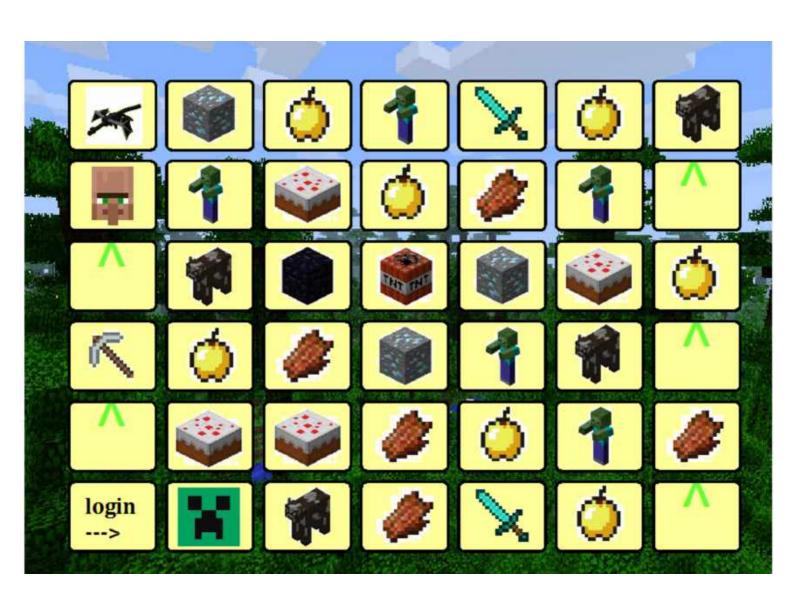


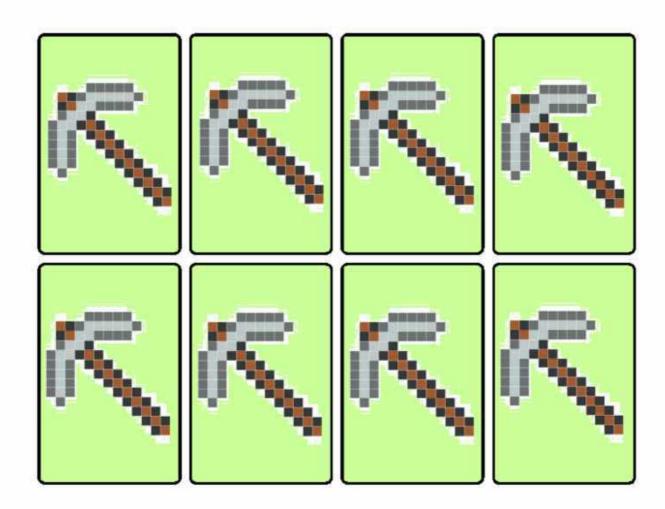
# Minecraft Board Game

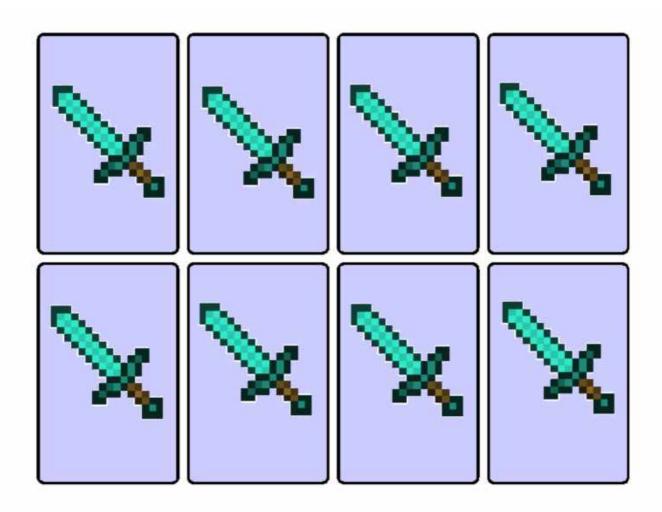
- 2+players
- · Dice required
- Each player starts with 3 hunger tokens and 3 health tokens.
- The sword cards and pickaxe cards should be placed upright in piles at the side of the board.
- fill players start on the login space.

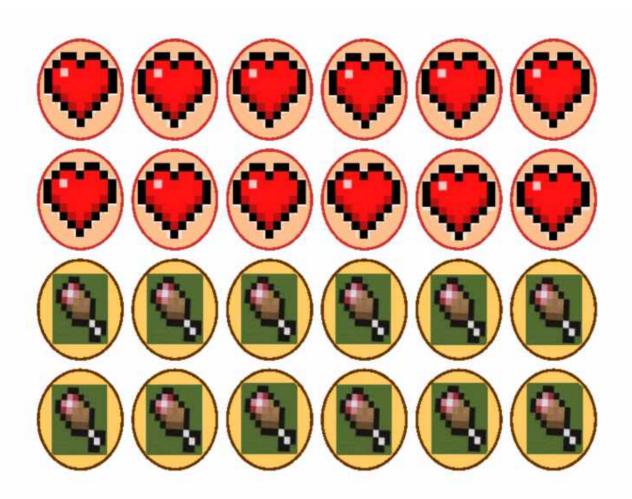
The pictures on each square dictates what a player should do when he or she lands on it:

- Creeper Explodes and player returns to login square.
- TNT Explodes and player returns to login square.
- Zombie Player loses one health token.
- Golden fipple Player regains one health token to a max of 3
- Rotten flesh Player loses one hunger token
- Cow Player eats meat and regains one hunger token to a max of 3
- Cake Player regains one hunger token to a max of 3
- Sword Player picks up a sword card
- Pickaxe Player picks up a pickaxe cand
- Villager Player may trade either a pickaxe or a sword card that they already have for the other one from the pile
- Diamond ore Player gets stuck mining their way through for one turn. If player has a pickaxe card they may return this to the pile in exchange for mining straight through and taking their normal turn on their next roll
- Obsidian block Player gets stuck mining their way through for two turns. If player has a pickaxe card they may return this to the pile; they need to roll the dice, if they roll 1, 3 or 5 they only get stuck for one turn, if they roll 2, 4 or 6 they mine straight through and take their normal turn on their next roll
- If a player loses all their hunger tokens, they also lose a health token. If they land again on rotten flesh while still having no hunger, they must return to the login square and they regenerate both their 3 health tokens and their 3 hunger tokens.
- If a player loses all their health tokens, they must return to the login square and they regenerate both their 3 health tokens and their 3 hunger tokens.
- fis players approach the end of the board, the exact number does not have to be rolled to land on the Enderdragon square. Once on the Enderdragon you must fight it by rolling the dice, 1, 3 or 5 wins and 2, 4 or 6 loses. The first player to defeat the Enderdragon wins the game.
- Or…make your own rules!









Gorilla sat under a tree eating bananas. someone might steal his bananas. Baboon came and sat beside him. "May I have one of your bananas?" asked Baboon. Gorilla was thirsty. He wanted to go to the river to get a drink, but then

picked all these bananas myself. If you want some bananas, go get your own."

"No, you may not!" replied Gorilla. "I

picked them all and they are all there in "But the bananas are all gone. You have "That is not my problem," Gorilla said your big pile," said Baboon.

grumpily. "Now go away and leave me

A few minutes later, Monkey came to banana," said Gorilla. "So don't even ask." "Oh no," said Monkey. "I just thought you sit beside Gorilla. "I won't give you a river." Monkey gave Gorilla a coconut might like some cool water from the shell full of water.

Gorilla took the shell and drank it all. bananas for your trouble." Monkey gladly He felt much better. "Thank you," he said to Monkey. "Please, take one of my accepted.

L' genre, summary, main idea, moral (\*heme)

Show What You Know

I. What kind of story is this? a) fable b) fairytale

d) myth

c) tall tale How do you know? Why did Gorilla give Monkey a banana?

Summarize the story: 3

4. What is the moral (or lesson) of this story? a) You should always share.

b) Monkeys are smarter than baboons.

d) You can trade water for bananas. c) Give something to get something.

Text Time Created by Rachel Lynette @2015-2020 all rights reserved

# Insects for Dinner

Would you eat crickets for dinner? If might not sound good to you, but around 2 billion people worldwide eat insects! Eating insects is called entomophagy and there are many good reasons to do it.

First off, insects are really good for you! They are packed with protein. By weight, crickets and termites have more protein than beef.

Second, raising insects cost less and is better for the earth than raising cows and other livestock. Insects take up much less space and need much less food and water than cows. Also, you can eat more parts of an insect than other animals. Insects also reach their adult size quickly. It does not take much time to raise insects to eat.

Third, insects taste good! Many types of insects taste a little nutty. Some kinds of bugs taste like bacon, while others may taste like fish, or even fruit. Some insects, such as meal worms, don't have much of a taste at all. They pick up the flavors of whatever they are cooked with. So, what are you waiting for? Why not try a beetle today?

IT: vocabulary, author's purpose, evaluation

Show What You Know

1. What is entomophagy?

Give three reasons why raising insects is better than raising livestock.

3 3

3. What is the author's purpose?

a) to persuade b) to inform c) to entertain

Give evidence from the text to support your answer:

World you try watter bearing

4. Would you try eating insects? Why or why not? ext Time Created by Rachel Lynette @2015-2020 all rights reserved

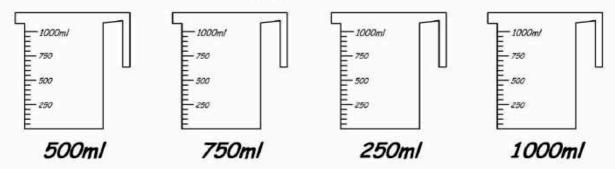
Name:	
1. Which container holds 1 litre?  O  Milk 1L	6. How many jugs of water are needed to fill the bucket?  8 L  0 1 0 4
2. 1 litre = millilitres	O 2 O 8  7.  If = 250 mL
3. How much soup is in the jug?	What's the capacity of the bowl?  O 100 mL O 3 L
0 250 mL 0 500 mL 0 750 mL	250 mL 0 10 L  8. How many cubes in this model?
O 1000 mL  4. Which container holds more than 5 L?	O 10 O 11 O 12
O cordial	9. How many cubes were used to build the rectangular prism?
5. How many glasses of water were used to fill the jug?	
= 250 mL O	10. How many mL in 1/2 L?  mL

# **Volume & Capacity**

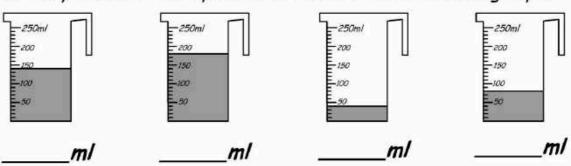
Measuring capacity in millilitres.

Name: \_\_\_\_\_

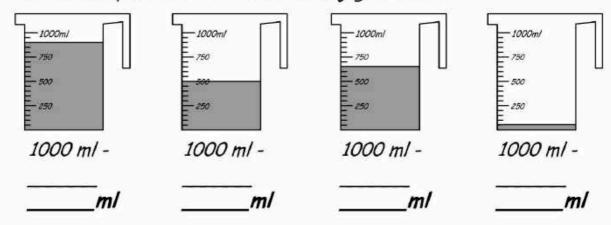
Colour to fill each measuring jug to the levels indicated below .



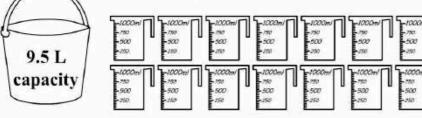
How many millilitres of liquid are in each of these measuring cups?



How much liquid is needed to fill each jug to 1 litre?



Colour the amount needed to fill the bucket.



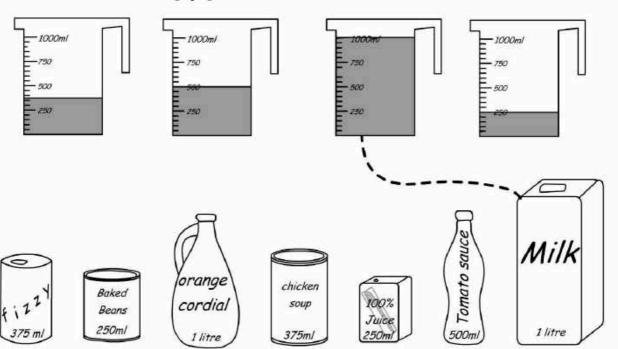
How many 250ml measuring cups would be needed to fill the bucket?

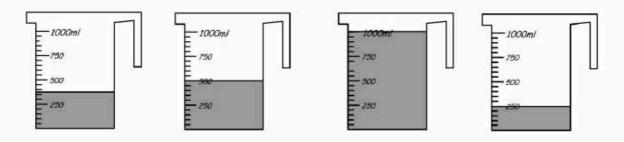
Vol	lume	&	Ca	pa	city	1

Name: \_\_\_\_

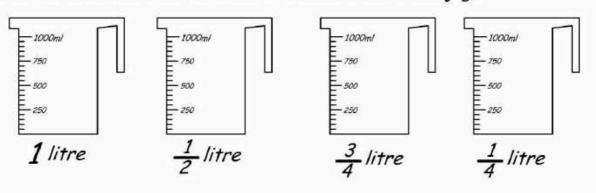
Measuring capacity in millilitres.

Match the measuring jugs to the containers that filled them.





Fill the containers to the measurements below each jug.



Copyright 2013 @ Studyladder

www.studyladder.com

# Converting between units of capacity: litres and millilitres

Name:

Date:	

1 litre = 1000 millilitres

LITRES (L) to MILLILITRES (mL) To convert from litres to millilitres, MULTIPLY by 1000.

- a) 5 L = \_\_\_\_ mL e) 4.06 L = \_\_\_ mL
- b) 3.6 L = \_\_\_\_\_ mL f) 0.75 L = \_\_\_\_ mL
- c) 4.95 L = mL g) 0.105 L = mL
- d) 1.2 L = mL h) 12.83 L = mL

MILLILITRES (mL) to LITRES (L) To convert from millilitres to litres, DIVIDE by 1000.

- a) 6000 mL = \_\_\_\_ L e) 625 mL = \_\_\_ L
- b) 2800 mL = L f) 812 mL = L
- c) 4250 mL = L g = L
- d) 2010 mL = L h) 14625 mL = L

**QUESTIONS:** 

- a) A container contains 1.25 L of milk. In millilitres, what's the volume of milk in the container? mL
- b) A barrell of oil has a capacity of 8 litres. How many 1000 mL containers can be filled by a full barrell of oil?
- c) How many 250 mL containers of juice are needed to fill a 1 litre jug?
- d) A large pot has a capacity of 15 litres. How many 500 mL jugs of water are needed to fill the pot?
- e) Two 500 mL jugs of water and two 200 mL glasses of water are poured into a jug. In litres, how much water is in the jug? \_\_\_\_\_

# Volume

Name:	Date:
vario.	Sure.

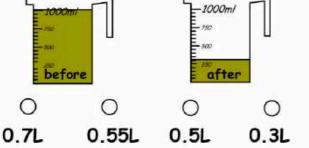
1. How much more is the can able to hold?



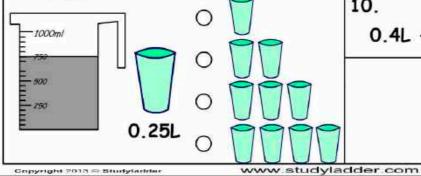
- O 0.1L
- 0.115L 0
- 105mL
- 0 125mL
- 2. How many millilitres in 8.025 litres? millilitres answer:
- 3. Janie filled 3 buckets with water. How much water did she use?



- O 24000mL
- O 25500mL
- O 27500mL
- 4. How much gravy was used?



5. How many glasses of water were used?



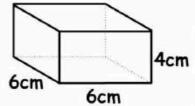
0.375L 250mL 6. How many cans of water are needed to fill the bucket?



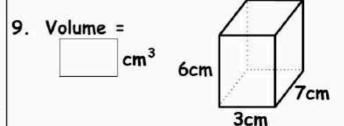
- 21
- 16



- 4.325L
- 4890mL 0
- 4.625L
- 4.25L
- 8. Volume =
- 36 cm3



- 96 cm3
- 144 cm<sup>3</sup>
- 176 cm3



10. 0.4L + 5L + 75mL = mL

# Volume & Capacity

Name:		Date	2:		
1. What is the capacity of the bucket?  250ml fill fill	6.	20	6cm	9	cm
○ 8.5L ○ 9L		Calculo	ite the volun	ne of t	this prism.
O 8.750L O 9.25L		0	108cm <sup>3</sup>	0	17cm <sup>3</sup>
2. There are millilitres in 2.75		0	12cm³	0	54cm³
Litres.  3. Calculate the volume of this prism.	7.		olume of a cu is the length		
=1cm <sup>3</sup>		0	36cm 108cm	0	5cm 6cm
Volume =	8.	Which	3D shape ho	as the	greatest
○ 12cm³ ○ 36cm³		volume			
O 24cm³ O 48cm³  4. What is the volume of the cube		0	4	0	2 7
that can be made using this front			4		
face?		0	6 (not drwan t	o scale	3 9
○ 80cm³ ○ 48cm³	9.	3.005	_ is equal to	3L +	ml?

5. Carolyn built a cube using 64 of these . How many more does she need to build a larger cube?

- 0 17
- 0 80

32cm<sup>3</sup>

- 0 61
- 0 4

10. 4 745ml is equal to

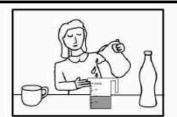
L?

○ 64cm³

Litre The Litre: Comparing the capacity of

containers to 1 litre.

Parent guided activity: Please ask an adult to help you.



Look for items around your home that measure their content in millilitres or litres. Find two items which have a capacity less than a litre (less than 1000ml), equal to a litre (1000ml), and more than a litre (more than 1000ml).

Draw each item and record its capacity.

Less than 1 litre  The capacity should be on the container.  More than 1 litre  The capacity should be on the container.  Orange cordial  2 litres  capacity = 375 ml  1 litre (1000 ml)  capacity = 2 litre	
on the container.    Milk   cordial   2 litres	nan 1 litre
	rdial litres
capacity = 1 litre (1000 ml)	ity =
capacity = 1 litre (1000 ml) capacity =	ity =
copyright 2013 © Studyladder  www.studyladder.com	