

Friday 5<sup>th</sup> March 2021

*All activities have been uploaded to Seesaw.*

## Literacy:

### I See, I think, I Wonder... I Feel

Write what you see, what you think and what you wonder about this image. Then tell me how it makes you feel.



## Grammar - Antonyms

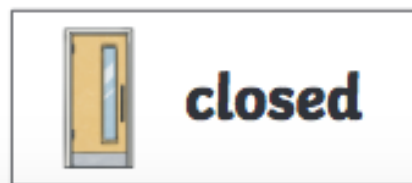
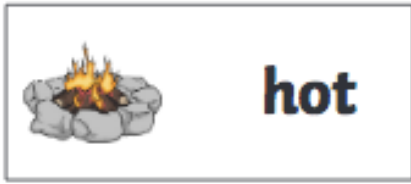
**Video explaining Antonyms on Seesaw.**

*If you don't have access, follow this link:*

<https://www.bbc.co.uk/bitesize/topics/zfkk7ty/articles/z8t8pbk>

## TASK ONE

Draw a line to match the antonyms (opposite words):



## TASK TWO

Find and write down antonyms for each of the following words:

accident	appear	arrive	naughty
build	natural	opposite	early
question	remember	special	important
strange	excellent	ancient	often

Extra Challenge: Think of some of your own words and write some antonyms for each like in the video.

## Reading - Earthquakes

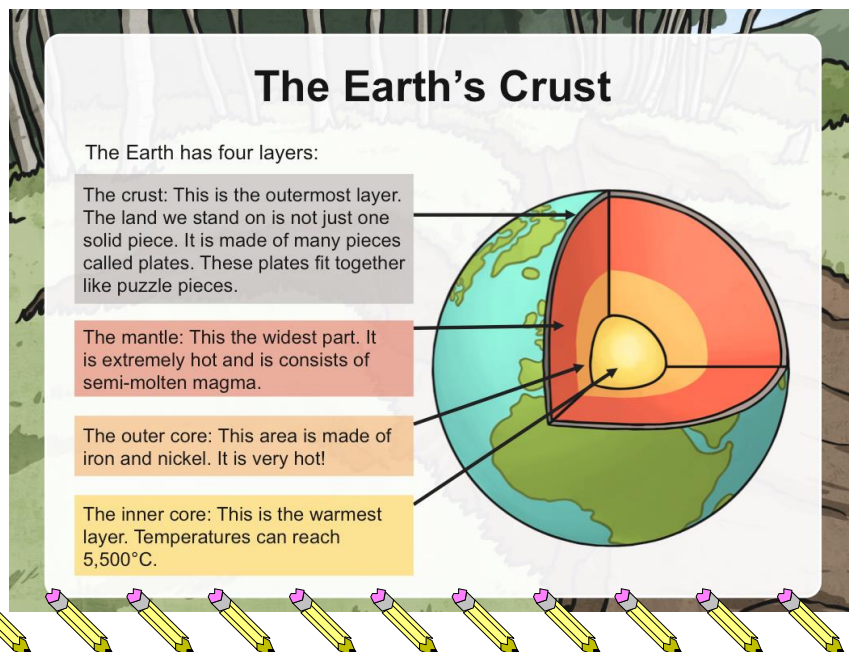
Last week I asked you what you wanted to learn about and some of you said Natural Disasters. Today's reading task will be linked with Earthquakes.

Follow these links, watching the videos and reading the text:

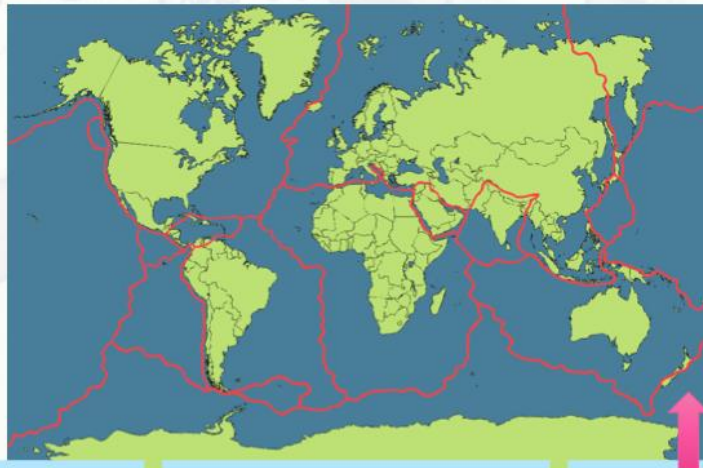
<https://www.youtube.com/watch?v=Q-v-G1iL67w>

<https://www.bbc.co.uk/bitesize/topics/z849q6f/articles/zj89t39>

Next, read the text below about earthquakes. Then answer the questions that follow.



# The Earth's Plates



The Earth's plates are always moving. They move so slowly that we usually can't feel it.

The edges of plates are called faults. Faults can rub together, push toward each other, or pull away from each other.

Have a look at the Earth's plates. What do you notice about where New Zealand is?

# Where do Earthquakes Occur?

Look at the map. Earthquakes happen frequently in these areas. What do you notice about where they happen?



# Preparing for an Earthquake

## Plan

You need to have an emergency plan at home and school. Have your survival kit or getaway kit ready to go.

## Practise

At school we practise our emergency drills, we need to do this at home too.  
Remember:  
**COVER, DROP, HOLD!**

## Find Safe Places

Before an earthquake make sure you know where the safe places are – under a strong table, away from glass, in a doorway, near a wall...

# After an Earthquake

Listen to the radio for information.

Be aware of aftershocks.

Get help if you need it, see if you can help others.

Try to get outside if the building you are in is damaged.

Look after your pets, they will be scared too!

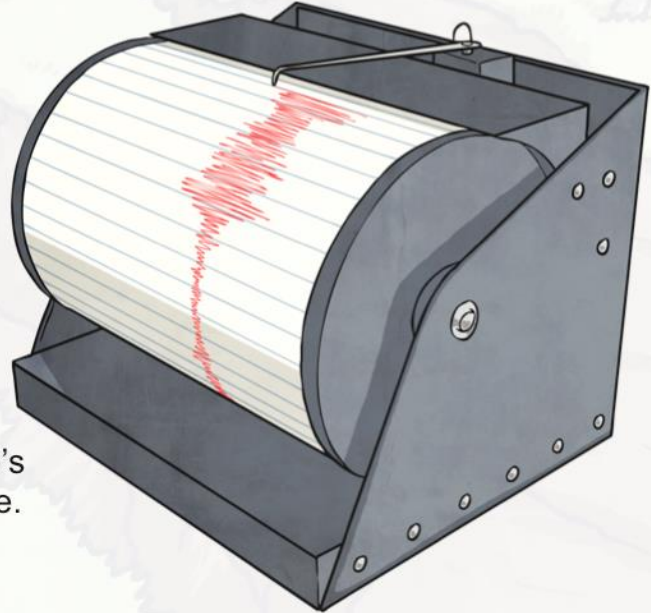


# How Strong Is It?

There are two main ways to measure the power of an earthquake.

Machines called seismographs measure the power of an earthquake at its epicentre on a scale called the Richter scale.

Another measure is the Mercalli scale, and this is based on people's observations during an earthquake.



# Comparing Earthquakes

Mercalli Intensity	Effect
I	Felt by no one.
II	Felt by very few people. Hanging objects may swing.
III	Felt by many but they don't realise it is an earthquake.
IV	Felt indoors by most people. Vibrations similar to a lorry hitting a building.
V	Felt by nearly everyone. Sleeping people may be woken. Trees and telegraph poles sway.
VI	Felt by all. People run outside. Furniture moves. Slight damage to property.
VII	Felt by all. People run outside. Moderate damage to buildings
VIII	Specially designed buildings damaged, others collapse.
IX	All buildings damaged. Cracks appear in ground.
X	Many buildings destroyed.
XI	Almost all buildings destroyed. Wide cracks in the ground. Water, gas and electric out of action.
XII	Total destruction. The ground moves in waves or ripples.



## Questions (Answer in sentences):

1. What is an earthquake?
2. What causes an earthquake?
3. What damage can an earthquake do?
4. Which countries have the most earthquakes?
5. What other interesting information have you found out about earthquakes?

## STEM:

Design an earthquake proof building. You could draw it or even build it! Take a photo and upload to Seesaw.

Google 'earthquake proof buildings' for some ideas and inspiration and use this list of features to help you:

- Deep foundations to add stability to the building.
- X-shape supports prevent the building from twisting and make it stronger.
- Emergency shut off switches for gas and electricity to prevent fires.
- Thin walls with steel bars help to reduce the movement of the building.
- Sprinkler system to put out any fires.
- Shock absorbers in the base can absorb the shock waves produced by the earthquake.
- Shutters on windows to stop any falling glass.

## Science:

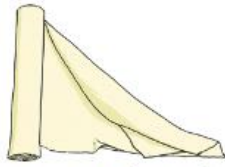
Read the instructions below to create your own earthquake simulation at home. Take a photo or video and upload to Seesaw!

# Earthquake Simulation

## You will need:



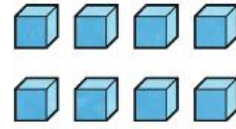
tray



two strips of  
cloth longer than  
the tray



soil



small blocks or  
plastic houses  
from a boardgame

## Method:

1. Lay the strips of cloth beside each other inside the tray. Make sure each cloth is long enough to have some hanging over the sides of the tray. The strips of cloth need to be almost touching with no space between them. The cloth represents two different plates.
2. Place a layer of soil on top of the cloth strips inside the tray. This represents the Earth's crust.
3. Put the houses on top of the soil. Make sure you have some houses near or on top of where the strips of cloth almost meet.
4. At the same time, pull one of the overhanging cloth strips towards you and the other away. The 'fault line' will be shown and the effects on the Earth's crust and the houses will be similar to a real earthquake.

## Safety Note:

Always wash your hands after touching soil. Keep soil away from your mouth and nose.

## French Friday:

A French activity will be uploaded today by Mrs Wallis





# Numeracy:

## Telling the Time - Quarter to on Digital clocks

**Video explaining Digital Quarter to on Seesaw.**

Then complete the sheets below, filling in the missing digital quarter to time.

What is the time?

Write digits in the clocks to show the time. The first one has been done for you.

**01:45**

**quarter to 2**

:

**quarter to 5**

:

**quarter to 10**

:

**quarter to 8**

:

**quarter to 12**

:

**quarter to 3**

:

**quarter to 9**

:

**quarter to 7**

:

**quarter to 1**

:

**quarter to 4**

:

**quarter to 11**

:

**quarter to 6**

Match the different ways of representing the same time.

Quarter past nine



Quarter to five



Quarter to twelve



Quarter past six



Quarter to nine



Quarter to seven



Quarter past four



Quarter past twelve



Use a different colour for each time set!

Now practise through playing this time game:

<https://www.sheppardsoftware.com/math/time/clock-splat-game/>

### Daily 10

<https://www.topmarks.co.uk/maths-games/daily10>

Have a go at 10 questions each day.

Choose your own level (**MILD Level 2**, **HOT Level 3**, **SPICY Level 4**, **EXTRA SPICY Level 5-6**).



## Health and Wellbeing:

### Dance Class with Oti

Oti Mabuse from Strictly Come Dancing and her husband Marius Iepure have been uploading some dance classes during lockdown. Follow this link to find a lesson to teach you a really fun dance. Upload a video of you doing this dance to Seesaw to put a smile on my face! 😊









[https://www.youtube.com/watch?v=GHahd8rQ0hg&list=PLuwFE3Wyin9cEHEenNWaqBNndTMXzH7\\_8u&index=8](https://www.youtube.com/watch?v=GHahd8rQ0hg&list=PLuwFE3Wyin9cEHEenNWaqBNndTMXzH7_8u&index=8)

### Daily Check In

How are you feeling today?

Show me how you feel by circling the Bitmoji that matches your mood. Tell me how you feel and why. Then share with me a list of people who can help you.

**Daily Check-in**  
Circle how you are feeling today

Scared	Angry	Sad	Worried	Happy	Excited	Surprised	Silly
							

Today I feel ..... because .....

---

A list of people that can help me:

## Resilience Alphabet - J for Journal

Over the next few weeks we are going to look at each letter in turn, trying to build up our resilience skills. Today's letter is J. Follow the Instructions. Take a photo or video of your journal entry.

# J is for Journal



A journal is simply a way to capture your thoughts. You might want to write or draw what you are doing or have done during the day, what has been good about the day or about how you are feeling. You can complete a journal every day, or just when you feel like it!

**Think:** If you were going to keep a journal, what would you put in it and how often would you like to complete it?

**Say:** "My journal is my space for writing about what matters to me!"

**Do:**

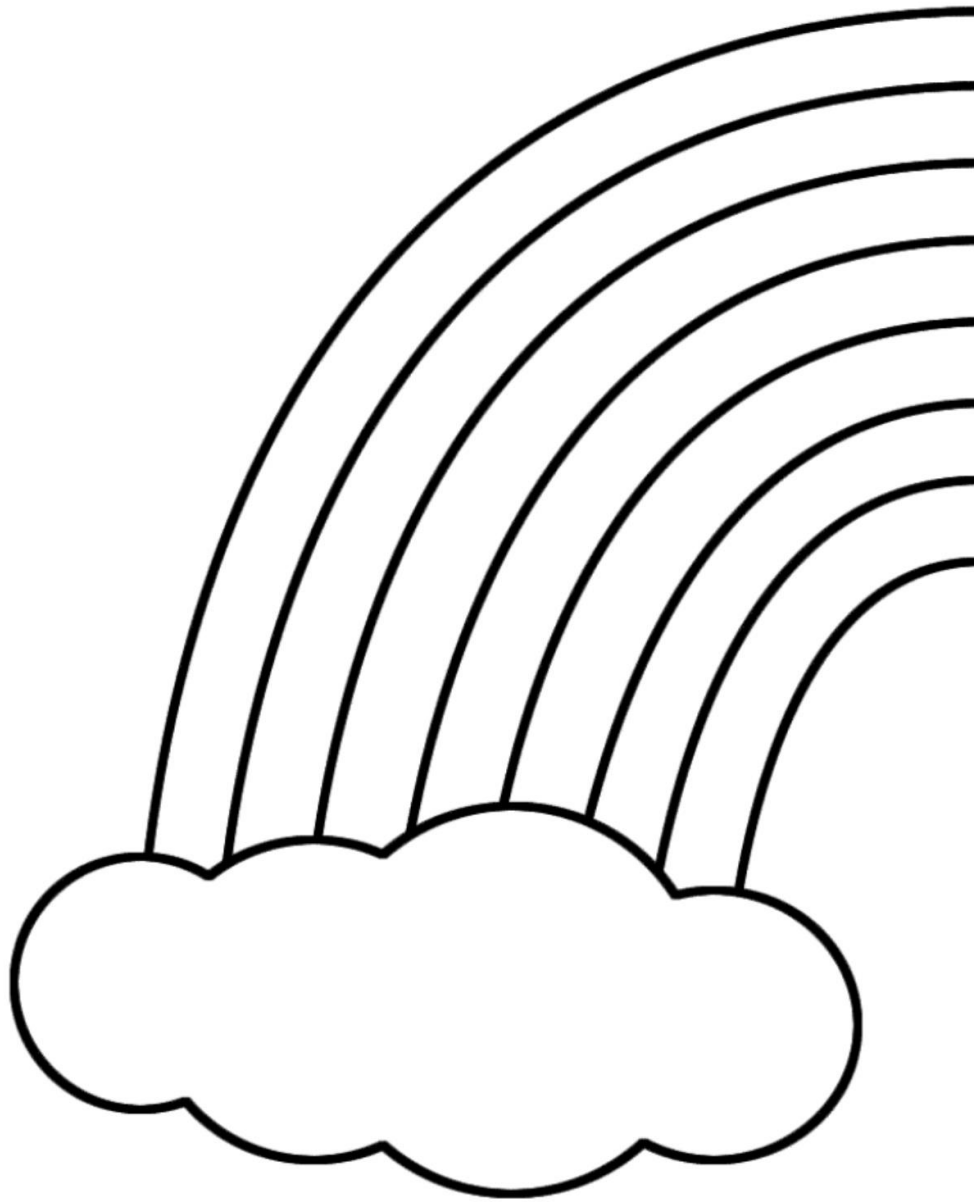
- Spend 15 minutes completing your journal
- Use a notebook, paper, or Google docs



## Art

### Think Outside the Box... TRICKY EDITION!

Complete the picture. Be creative! It's not what it looks like. IT IS NOT A RAINBOW!



See what your brain can come up with! Add a few sentences to explain your creation!

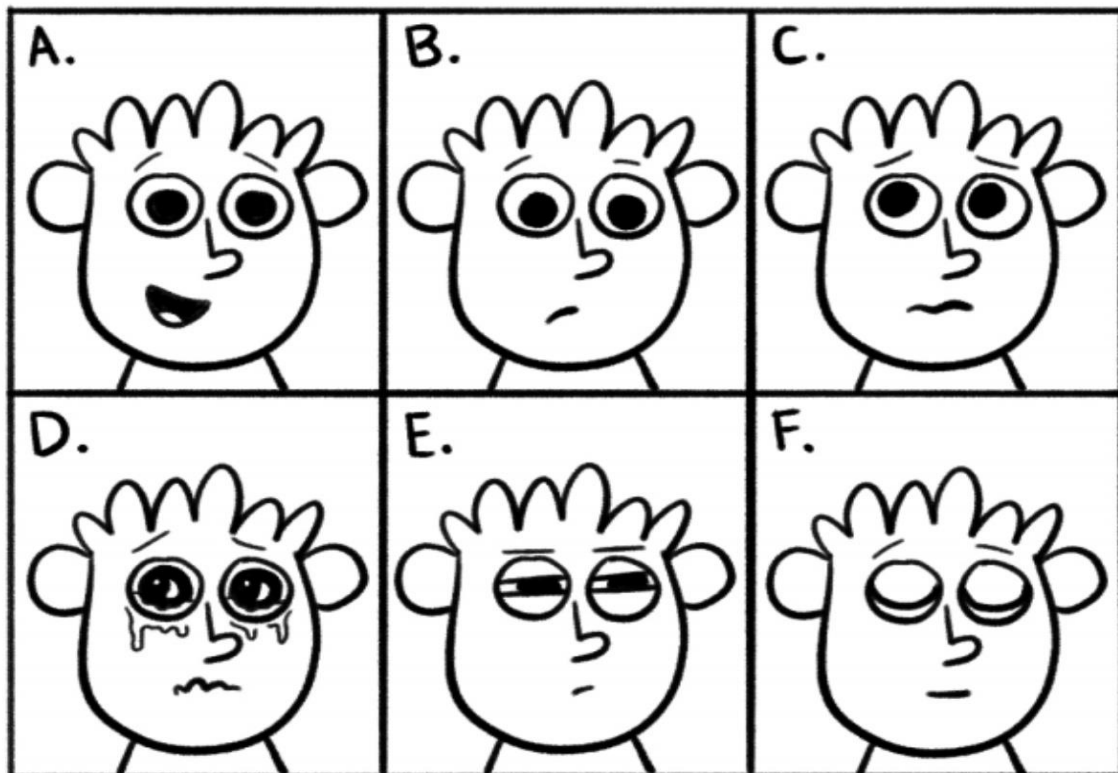
Creative Thinking! Goal: Have Fun!

## WRITING OR DRAWING TO AND FROM EMOTION

Step 1: Choose two of the lettered drawings below.

Step 2: Name or describe what the character is feeling.

Step 3: Write or draw what might have happened to them or what they might have done to get from feeling how they do in the first lettered drawing to the second.



Bonus challenge: Try the activity again, but choose more than two drawings. You can do the same letter multiple times in the same sequence.

Why not download some mindful colouring for over the weekend:

<https://young.scot/media/8080/young-scot-colouring-pages.pdf>

