



The Winchester School, Jebel Ali

Family Learning Newsletter -Year 5- April -2025



Area of Learning	Focus	Activities to help your child at home	Useful websites/Resources																																
<p>English</p>	<p>Spellings: To explore words ending in –able and –ible To explore prefixes: ‘de’, ‘em’, ‘fore’ and ‘en’. To explore suffix: ‘-ion’, ‘-ery’, ‘-ence’ and ‘-er/or’.</p> <p>Text Level: Journal Writing To explore and discuss the purpose and features of journal writing.</p> <div data-bbox="356 855 790 1240" style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Journal Writing Helpful Hints</p> <ul style="list-style-type: none"> <li style="background-color: #f8d7da; padding: 2px;">Include the date and/or time. <li style="background-color: #fff3cd; padding: 2px;">Write in the past tense. <li style="background-color: #fff3cd; padding: 2px;">Use the word "I," "we," "my," and "our." <li style="background-color: #d4edda; padding: 2px;">Write about the most important events. <li style="background-color: #d4edda; padding: 2px;">Tell the events in order. <li style="background-color: #d4edda; padding: 2px;">Talk about where events happened. <li style="background-color: #d4edda; padding: 2px;">Describe your feelings. <li style="background-color: #d4edda; padding: 2px;">Use time words (first, next, before). </div> <p>To plan and create own journal entry.</p>	<p>Talk and encourage the children to do the following: Discuss the rules for different spellings as mentioned in the FLN.</p> <p>Encourage your child to make note of new words, their spellings and meanings while reading books.</p> <p>Discuss how journal writing is beneficial for children.</p> <p>Ask children to list the features of journal writing.</p> <p>Encourage them to use the sentence starters given below to write journals.</p> <div data-bbox="1034 1034 1579 1468" style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p style="text-align: center;">Journal Writing Sentence Starters</p> <p style="font-size: small;">Paste this grid into the cover of your journal writing book. Whenever you can't think of something to write about, close your eyes and point to this sheet. Wherever your finger lands becomes the topic that you need to write about.</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">My favourite sport is...</td> <td style="padding: 2px;">I remember feeling sad when...</td> <td style="padding: 2px;">If I could change one thing in the world, I'd change...</td> <td style="padding: 2px;">The worst pain I ever felt was when...</td> </tr> <tr> <td style="padding: 2px;">The best meal I ever had was...</td> <td style="padding: 2px;">The first thing I remember is...</td> <td style="padding: 2px;">I am very frightened when...</td> <td style="padding: 2px;">The talents I have are...</td> </tr> <tr> <td style="padding: 2px;">Friends are important to me because...</td> <td style="padding: 2px;">One thing I'd really like to know is...</td> <td style="padding: 2px;">I am angry when I...</td> <td style="padding: 2px;">What I am most interested in doing is...</td> </tr> <tr> <td style="padding: 2px;">The cleverest thing I ever did was...</td> <td style="padding: 2px;">If I won a million dollars, I would...</td> <td style="padding: 2px;">An old person once told me...</td> <td style="padding: 2px;">The worst dream I ever had was...</td> </tr> <tr> <td style="padding: 2px;">My favourite TV program is...</td> <td style="padding: 2px;">The kindest person I know is...</td> <td style="padding: 2px;">The funniest thing I ever saw was...</td> <td style="padding: 2px;">The piece of clothing I like best of all is my...</td> </tr> <tr> <td style="padding: 2px;">My favourite food is...</td> <td style="padding: 2px;">One day I'd like to...</td> <td style="padding: 2px;">The best I've ever done in sport is...</td> <td style="padding: 2px;">The nicest thing I ever did for anyone was...</td> </tr> <tr> <td style="padding: 2px;">The most beautiful things in the world are...</td> <td style="padding: 2px;">My favourite pet is...</td> <td style="padding: 2px;">The best book I've ever read was...</td> <td style="padding: 2px;">The thing I hate doing the most is...</td> </tr> <tr> <td style="padding: 2px;">When I grow up I would like to be a...</td> <td style="padding: 2px;">My favourite thing to do at school is...</td> <td style="padding: 2px;">I am a good friend because...</td> <td style="padding: 2px;">I learn best when I...</td> </tr> </table> </div>	My favourite sport is...	I remember feeling sad when...	If I could change one thing in the world, I'd change...	The worst pain I ever felt was when...	The best meal I ever had was...	The first thing I remember is...	I am very frightened when...	The talents I have are...	Friends are important to me because...	One thing I'd really like to know is...	I am angry when I...	What I am most interested in doing is...	The cleverest thing I ever did was...	If I won a million dollars, I would...	An old person once told me...	The worst dream I ever had was...	My favourite TV program is...	The kindest person I know is...	The funniest thing I ever saw was...	The piece of clothing I like best of all is my...	My favourite food is...	One day I'd like to...	The best I've ever done in sport is...	The nicest thing I ever did for anyone was...	The most beautiful things in the world are...	My favourite pet is...	The best book I've ever read was...	The thing I hate doing the most is...	When I grow up I would like to be a...	My favourite thing to do at school is...	I am a good friend because...	I learn best when I...	<div data-bbox="1877 448 1944 512" style="text-align: center;"> </div> <p style="text-align: center;">Spelling Rules-able-ible.pdf</p> <p style="text-align: center;">https://home.oxfordowl.co.uk/english/primary-spelling/spelling-year-5-age-9-10/</p>
My favourite sport is...	I remember feeling sad when...	If I could change one thing in the world, I'd change...	The worst pain I ever felt was when...																																
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Reading Comprehension

Text Level:

To further enhance inferential skills.

Rainforest Calling (Journal Entry)

Reading Comprehension

To analyze how a character's emotions change in response to events in a story by identifying key moments, describing their feelings and illustrating them visually.

Feelings (Pg: 105)

Grammar

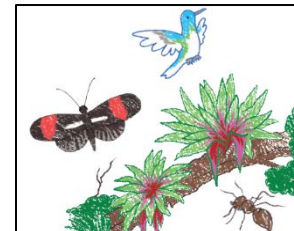
To use time connectives (e.g., first, next, then, finally) to sequence events clearly in their writing.

Encourage them to write their journal regularly, even if it's just for a few minutes each day. Make it part of their routine, like after dinner or before bed.

Diary Checklist			
Did I...	Child	Friend	Teacher
include the date and/or time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use the words 'I', 'my', 'we' and 'our'?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
write as if I were there?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
talk about where events happened?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
write about the most important events in order?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
describe my feelings?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Ask questions with reference to the text.

Encourage them to practice the questions of Rainforest Calling (Journal Entry) given in the next column.



Discuss how the character's emotions change throughout the story.

Ask questions with reference to the book.

Encourage the children to write a journal entry from the character's perspective.



Diary-entry.pdf



Rainforest Calling (Journal Entry).pdf



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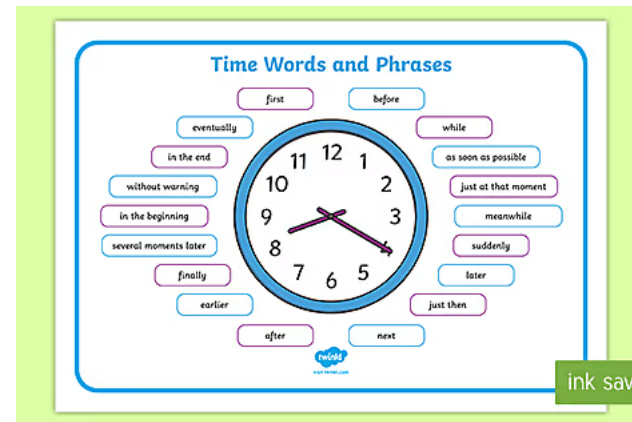


To write descriptive paragraphs that effectively use adjectives, verbs, and adverbs to create vivid imagery.

Time connectives

Discuss about their daily activities, prompting them to describe their routine using time connectives such as first, next, then, and finally.

Encourage to write a journal entry detailing the day, emphasizing the sequence of events with appropriate time connectives.



Descriptive Language

Ask to write journal entries that describe their experiences using all five senses. For instance, after a visit to the park, they can detail what they saw, heard, smelled, touched, and tasted.

Encourage to revisit basic statements in their journal and transform them into descriptive passages. For example, changing "I had a good day" to "The day's events unfolded pleasantly, filled with laughter and new discoveries."

<https://wordwall.net/resource/229765/time-connectives>



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To understand and use prepositions correctly in sentences.

To identify and effectively use prepositional phrases to add detail and variety to writing, thereby improving descriptive skills.

Moral Education link- Moral Word Search

Solving a word search is great for more than one reason!

Create a puzzle with words related to core morals.

Challenge your family members or friends to play the puzzle and identify the terms. Then ask them to share an instance when they had experienced or lived that moral value.

Prepositions

Discuss different types of prepositions (time, place, direction) and their usage in sentences.

Engage in activities like preposition scavenger hunts where students identify objects in their surroundings and describe their location using prepositions.

Online exercises can reinforce learning through interactive games.

Prepositional phrases

Discuss how prepositional phrases help in providing more information and interest into writing.

Encourage them to practice the use of prepositional phrases in sentences/text using the link given in the next column.

Above the mountains,	After breakfast,	Through the dense forest,
Behind the sofa,	Between the land and the sea,	By the road,
Into the open,	By the evening,	In the classroom,
Down the street,	During the visit,	Since yesterday,
Before sunset,	On to the platform,	From another country,
Against the strong wind,	Past six o'clock,	Below the clouds,
Along the riverbank,	Beside my best friend,	On Tuesday,
Inside his mind,	Near to the danger,	Through the tunnel,
Through the night,	On the hour,	Towards the noise,
On the path,	Over the fields,	Up the stairs,

<https://wordwall.net/resource/4613135/in-on-at-with-time-and-place>

<https://wordwall.net/resource/32081307/prepositions>

[Prepositional Phrases Exercises](#)

[Prepositional Phrases Exercise 2](#)



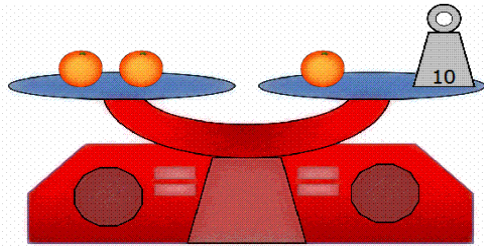
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Mathematics

To estimate and measure mass and convert between various units of mass.



To use efficient methods to solve problems involving capacity.

Encourage your child to calculate the weight of each nutrient on a food packet in grams.

Metric units of mass: Mass is measured in grams (g), kilograms (kg) and tons.

These are known as metric units of mass.

$$1 \text{ kg} = 1000 \text{ g}$$

$$1 \text{ ton} = 1000 \text{ kg}$$

Encourage your child to calculate to estimate and find out the capacities of containers that they find in their house.

Metric units of capacity: Capacity is measured in litres (l) and millilitres (ml).

These are known as metric units of capacity.

$$1 \text{ L} = 1000 \text{ ml}$$

Challenge:

Zoe's pick-a-mix weighed 0.64kg. She then added a jelly snake at 122g, and a lollipop at 0.168kg. How much did Zoe's pick-a-mix weigh altogether? She then divided the pick-a-mix equally into 5 bags.

<https://www.ictgames.com/mobilePage/mostlyPostie/index.html>

https://www.liveworksheets.com/worksheets/en/Math/Mass/Convert_units_of_mass_ee1374787jp

<https://www.liveworksheets.com/mn1839131jn>

<https://www.splashlearn.com/math/capacity-games>

<https://www.liveworksheets.com/worksheets/en/Math/Capacity>




https://www.liveworksheets.com/worksheets/en/Math/Capacity/Capacity_Word_Problems_0a1874964sy



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		 <p>How much did each bag weigh?</p>	
Science	Life cycle of animals. To describe the characteristics of the reptiles.  To describe the life cycle of the reptiles.	Some fun activities to help your child explore the topic: Observe Local Wildlife: Visit a park or zoo to see reptiles and discuss their life cycle. Encourage: Encourage your child to observe and take notes on the different reptiles they see, paying attention to their sizes, features, and behaviors. Discuss: Discuss how these observations relate to the different stages of a reptile's life cycle. DIY Snake Shedding: Use glue on wax paper, let it dry, then peel it off to mimic how reptiles shed skin. Encourage: Encourage your child to conduct research on a specific reptile species and its life cycle. They can create a poster, PowerPoint presentation, or even a short video to showcase their findings.	reptile - Kids Britannica Kids Homework Help



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			<p>Eastings, Northings, south west corner, four-figure grid references, six-figure grid references</p>
<p>UAE Social Studies</p>	<p>To explore the services provided by governments.</p> <p>To explore the role of courts and councils.</p> <p>To explore the purpose and benefits of rules.</p>	<p>Talk to your child about the roles of the government. Share with your child the services provided to communities by the government and how they are funded. Encourage your child to assess the importance of the services provided by the government.</p> <p>Talk to your child about the need for courts in a country. Share the role of the civil and criminal courts, laws and councils. Encourage your child to recommend ways to resolve conflicts in different situations.</p> <p>Talk with your child about the pros and cons of rules. What would the world be like if there were no rules? Share the significance of being socially responsible. Encourage your child to research the UAE laws related to civil responsibilities.</p>	<p>UAE Social Studies Government Services.pdf</p> <p>https://u.ae/en</p> <p>Key vocabulary: government, tax, fee, institution, income</p> <p>UAE Social Studies Courts and Councils.pdf</p> <p>https://u.ae/en/about-the-uae/the-uae-government/</p> <p>Key vocabulary: law, court, judge, council, penalty</p> <p>UAE Social Studies Social Responsibilities.pdf</p> <p>Key vocabulary: fine, rules, rights, responsibilities, consequences</p>



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<p>Arabic for Arabs</p>	<p>قصة الخوف يأتي من الدّاخل</p> <p>أن يفسر التلميذ المفردات المستخدمة في النصوص الأدبية. أن يستنتج المتعلم العلاقة بين الأحداث (أحداث بسيطة من النص). أن يجيب التلميذ عن أسئلة النصّ وَيَطْرَحُ أسئلة: (من - ماذا - متى - أين - لماذا - كيف) مُظهِرًا فَهْمَهُ لِلنَّصِّ، مُبَدِّيًا رَأْيَهُ فِيهِ. أن يحلل التلميذ النص تحليلًا أدبيًا أن يستنتج المتعلم الأحداث والشخصيات بالنص والعناصر الفنية. القواعد النحوية (الضمائر) أن يحدد الطالب أنواع الضمائر. أن يُقارن المتعلم بين أنواع الضمائر. أن يوظف الضمائر في سياقات لغوية.</p>	<p>قراءة بعض القصص من خلال منصة كتي يَكْتُبُ الْمُتَعَلِّمُ فِقْرَةً مُصَمِّمًا إِيَّاهَا جُمْلَةً رَئِيسَةً، وَتَفَاصِيلَ دَائِمَةً، وَجُمْلَةً خَتَامِيَّةً مَعَ الْإِلْتِمَامِ التَّامِ بِالْمَعَايِيرِ. يُجِيبُ التَّلْمِيزَ عَنِ اسْئَلَةِ النَّصِّ وَيَطْرَحُ اسْئَلَةً: (مَنْ - مَاذَا - مَتَى - أَيْنَ - لِمَاذَا - كَيْفَ) مُظْهِرًا فَهْمَهُ لِلنَّصِّ، مُبَدِّيًا رَأْيَهُ فِيهِ يُحَدِّدُ الْمُتَعَلِّمُ بَعْضَ الْأَحْدَاثِ مُسْتَحْلِصًا مَعْرَاهَا، مُعَبِّرًا عَنِ رَأْيِهِ فِيهَا . تدريب الطالب بالمنزل على بعض الكتابات الوصفية وأيضا كتابة اليوميات يمكن لولي الأمر الدخول من خلال الرابط المرفق لموقع قناة اللغة العربية والتربية الإسلامية الخاص بمدرسة ونشستر ومتابعة التسجيلات الخاصة بالدروس ومشاركتها مع التلميذ وتدوين ما تعلمه في دفتره المدرسي.</p>	<p>منصة كتي للقراءة</p> <p>قناة اللغة العربية والتربية الإسلامية بمدرسة ونشستر</p>
<p>Arabic for Non-Arabs</p>	<p>الهوايات To describe different hobbies that you can preferer (reading- drawing-shopping- writing...) To use specific expressions and forms to write about a Hobbies. To express his/her opinion in different Hobbies. To analyse a text about the Hobbies. To create a paragraph about the Hobbies.</p>	<p>Encourage your child to use the topic vocabulary to practice writing about his favorite hobby. Encourage your child to memorize his/her new vocabulary about the new topic from the Arabic notebook and book (dictionary). Share videos with your child about hobbies in Arabic to help him - her in speaking and writing about them.</p> <p>Go through the links on the Arabic and Islamic YouTube channel so that you can help your child learn more at home about the topic.</p>	<p>Arabic and Islamic YouTube Channel</p>



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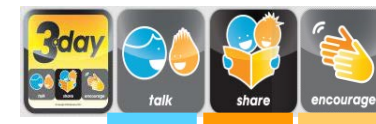












Islamic for Arabs	<p>سورة النبأ أن يتلو الطالب الآيات (1-16) من سورة النبأ تلاوة صحيحة.. أن يبين الطالب معاني المفردات في الآيات الكريمة. أن يستنتج الطالب دلائل قدرة الله تعالى في الكون من خلال الآيات أن يصف الطالب حال المكذبين كما ورد في السورة. أن يتلو الآيات القرآنية مطبقاً لحكم القلقة.. الطريق إلى الجنة أن يُعدد الطالب درجات الجنة . أن يستنتج الطالب أسس الحوار البناء في المجتمع. أن يستنتج الطالب أثر الأخلاق الحسنة في توطيد العلاقات الاجتماعية.</p>	<p>مساعدة الابن في البحث عن مواضع القلقة في الآيات القرآنية وتطبيقها. مساعدة ولي الأمر للطالب أن يستنتج دلائل قدرة الله سبحانه وتعالى في الكون. يمكن لولي الأمر الدخول من خلال الرابط المرفق لموقع قناة اللغة العربية والتربية الإسلامية الخاص بمدرسة ونشستر ومتابعة التسجيلات الخاصة بالدروس ومشاركتها مع التلميذ وتدوين ما تعلمه في دفتره المدرسي.</p>	<p>قناة اللغة العربية والتربية الإسلامية بمدرسة ونشستر</p>
Islamic for Non-Arabs	<p><u>Surat An-Nabaa</u> To recite the holy verse properly and correctly. To explain the vocabulary of the verses. To infer the signs of Allah's power in the universe. <u>Make things easy (A Noble Hadith).</u> To explain the importance of choosing easiest of matters in Islam. To explain the aspects of tolerance of Islam.</p>	<p>Share the given link with your child and practice reciting the holy verse properly and correctly. Speak with your child about the signs of Allah's power in the universe. Share your child the general meaning of the Hadith. Talk with your child about the aspects of tolerance of Islam. Share your child the general meaning of the Hadith. Go through the links on the Arabic YouTube channel so that you can help your child learn more at home about the topics.</p>	<p>Arabic and Islamic YouTube Channel</p>



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<p>French</p>	<p><u>Topic: French poster creation</u></p> <p><u>La description physique</u> To describe myself and others. <u>verbe (être – avoir)</u> To conjugate verbe (être -avoir) in présent tense. <u>les affaires de l'école</u> To identify school objects and differentiate between masculine, feminine and plural nouns in French.</p>	<p> </p> <p>Ask your child to describe himself – others in French. Ask your child to talk about school objects and differentiate between masculine, feminine and plural nouns using verb avoir with the correct pronoun.</p> <p> </p> <p>Create a game about school objects. Create a bingo game using verb (être) and (avoir) .</p> <p> </p> <p>Students to keep exploring the links given. Ask your child to describe himself – others in French. Ask your child to talk about school objects and differentiate between masculine, feminine and plural nouns using verb avoir with the correct pronoun.</p> <p> </p>	<p></p> <p>Topic : <u>La description physique</u> https://www.languagenut.com/global/</p> <p> Digital Language Resources for Primary & Secondary Schools</p> <p>SIGN UP LOG IN</p> <hr/> <p>Kindly note that all students have their login details. Wordwall Activity https://wordwall.net/resource/11647529/french/la-description-physique-1</p> <p>Quizlet Activities https://quizizz.com/admin/quiz/61702e20c86a5e001d8cae30/les-affaires-decole?source=search-result-page&page=search-result-page&arid=bfc1987e-c5bd-4fbd-9fc7-f271d7840718&apos=-1&term=les+affaires+de+l%27%C3%A9cole</p>
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		<p>Create a game about school objects. Create a bingo game using verb (être) and (avoir) .</p> <div style="display: flex; align-items: center; justify-content: center;">  <div style="border: 2px solid gold; padding: 5px; text-align: center;">Encourage</div> </div> <p>Students to keep exploring the links given.</p>	
<p>Physical Education</p> <p>Activity -1</p> <p>Activity - 2</p> <p>Activity - 3</p> <p>Activity - 4</p>	<p>Cricket- Forward drive</p> <p>Cricket-Bowling</p> <p>Cricket-Attacking fielding</p> <p>Cricket-High catches</p>	<p><u>Talk and Encourage the children to do the following:</u></p> <p><u>Proper warm up</u> The Students will do the proper warm up and will practice the skills with basic rules.</p> <p>Follow the links for the skills and rules</p> <p><u>Cooldown</u> After the game students will do proper cooldown activity.</p>	<p>Cricket - Forward drive.mp4</p> <p>Cricket -Mitchell Starc's Bowling.mp4</p> <p>CRICKET FIELDING.mp4</p> <p>High Catching.mp4</p>
<p>Information and Communication Technology</p>	<p>TOPIC –Arcade MakeCode</p> <p>To build a fully functional game by evaluating attributes, setting up a tile map, spawning cherries, defining sprite behavior, designing the map and implementing a countdown feature.</p>	<p>Encourage your child to view games not just as entertainment but also as an opportunity to delve deeper into the world of game development, fostering critical thinking and creativity.</p> <p>Motivate your child to explore game development by discussing the awareness in career opportunities within the industry.</p>	<p>Microsoft MakeCode Arcade</p>
<p>Music (Mr. Joyson)</p>	<p>Learning musical staff line note and space notes and play notes G A B in the recorder with the backing track</p> <p>Line notes E, G, B, D, F.</p>	<p>Let the child practice at home with the backing track, even though there will be squeaking.</p>	



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	Space notes F, A, C, E.		
Music (Mr. Kiko)	Improving children’s confidence and musicality through singing actions songs and chanting rhymes. Kind of Notes and Rests	Encourage the child sing action songs at home. Ask the child to perform the songs we learned in school. Help the child choose which other songs they know aside from the songs taught in school and let them invent their own singing actions.	https://www.timeout.com/new-york-kids/music/best-kids-songs/Kinds of Notes and Rests.mp4
Music (Mr. Sunil)	Learning how to play the song “Havana “on the recorder	Let the child practice at home, even though there will be squeaking. Be an audience. But better also check if the child is holding the recorder properly.	
Moral Education Leading Gemstones	“Leading with Vision” To develop leadership skills through goal-setting and future planning, inspired by the Labradorite gemstone, which symbolizes vision, determination, and personal growth.	<u>Vision Board Activity</u> -Ask your child to create a vision board using a poster, magazine cutouts, drawings, or a digital platform (like Canva or PowerPoint). Encourage them to visualize their future goals , leadership aspirations, and values they want to uphold. Discuss their vision and how they can work towards it in small, achievable steps.	https://schoolofkindness.org/random-acts-of-kindness-for-kids
Positive Emotions Compassion and Empathy	To understand and describe the importance of positive emotions like compassion and empathy in building strong relationships and creating a supportive community. To explain how demonstrating kindness, respect, and tolerance contributes to personal well-being and the well-being of others.	Talk to Your Child: Explain how acts of kindness, respect, and tolerance help create a positive and supportive environment. Share real-life examples of people helping others and discuss how this contributes to everyone’s well-being. Talk about the importance of self-respect and how valuing ourselves helps us respect others. Encourage your child to recognize their strengths and treat themselves kindly. Introduce your child to the concept of Labradorite as a leadership gemstone. Explain how it symbolizes goal-setting	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Vocabulary</p> <div style="display: flex; justify-content: space-around; margin: 5px 0;"> self-respect respecting others </div> <p style="font-size: small; margin: 5px 0;">1 Your teacher will hand out pictures that illustrate certain behaviours. Put these pictures on the class bulletin board. Then classify each behaviour as either respectful or disrespectful.</p> <div style="display: grid; grid-template-columns: 1fr 1fr; gap: 5px;"> <div style="border: 1px solid gray; padding: 2px;"> <small>1. I hold the door open for my grandmother.</small> </div> <div style="border: 1px solid gray; padding: 2px;"> <small>2. I open the door and enter the room without knocking.</small> </div> <div style="border: 1px solid gray; padding: 2px;"> <small>3. I leave my seat without permission.</small> </div> <div style="border: 1px solid gray; padding: 2px;"> <small>4. I make noise while eating.</small> </div> <div style="border: 1px solid gray; padding: 2px;"> <small>5. I study hard because I want to be successful.</small> </div> <div style="border: 1px solid gray; padding: 2px;"> <small>6. I am calm and polite even during an argument.</small> </div> </div> </div>



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To recognise the impact of intolerance and how empathy can help support those who are affected by it.

1 Choose the face that best expresses how you are feeling at the moment. Discuss your feelings with your classmates. How important is it to recognise the feelings of others? How can negative feelings occur? How can positive feelings be strengthened?



3 Differentiating between sympathy and empathy.

Work in pairs. Discuss the pictures and situations below. Decide whether each situation is an example of sympathy or empathy. Explain your answers.

a. Samira saw a cat panting with fatigue next to her house. She gave the cat food and water every day until it had fully recovered.



Samira feeding the exhausted cat

b. Nahid watched a documentary about earthquake victims in Kamalpur, Nepal in 2015. She felt very sorry for them, especially when she saw they were homeless after their houses had been destroyed.



A Nepalese woman weeping over her destroyed house

c. Saif and Mohammed are childhood friends. They live in the same neighbourhood and go to the same school. One day, Mohammed's father falls ill and is taken to hospital. Saif stays with his friend. He talks to him about the time his own father was hospitalised and the feelings that he experienced before his father's recovery.



Saif consoling his friend Mohammed

and future planning, and discuss how setting positive goals helps in creating a compassionate and empathetic outlook.

Discuss and Share with Your Child:

Share personal stories of moments when you showed compassion and empathy, and how those actions made a difference.

Discuss real-world situations where people face intolerance or injustice, and explore how showing kindness and support can help.

Watch movies or read books with themes of kindness, respect, and empathy. Discuss the characters' actions and how they created positive change.

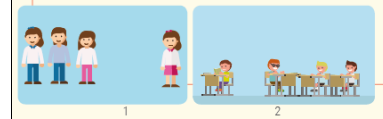
Talk about the importance of goal-setting and how planning for the future with a kind and respectful attitude helps build strong, positive relationships.

Encourage Your Child:

Encourage your child to reflect on their day and identify moments when they were kind, respectful, or empathetic. Celebrate these positive behaviors.

Support your child in setting personal goals for acts of kindness, like helping a friend or showing patience with a sibling.

3 A Look at these pictures and role-play the situations.



B Think of other situations involving discrimination against others. Act them out in front of the class.



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		<p>Help your child practice gratitude by creating a daily gratitude list, focusing on positive emotions and the impact of others' kindness.</p> <p>Encourage your child to set future goals that involve helping others and creating a supportive environment, inspired by the leadership qualities represented by the Labradorite gemstone.</p> <p>Acts of Kindness Challenge: Encourage your child to complete at least one act of kindness every day, such as helping a sibling with homework, writing a thank-you note, or sharing their toys. At the end of the week, discuss how these acts made them and others feel.</p> <p>Empathy Role-Playing: Create scenarios where your child can practice empathy, like imagining how a new student might feel on their first day of school. Discuss how they would offer support and kindness in those situations.</p> <p>Compassion Journal: Have your child keep a journal where they write or draw moments when they showed compassion or empathy, and reflect on how those actions impacted others.</p> <p>Family Storytelling: Share stories of compassion and empathy from books, movies, or real life. Discuss the characters' actions and how they demonstrated understanding and kindness toward others.</p>	
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		<p>Tolerance and Respect Discussions: Talk about the importance of respecting people from different cultures, beliefs, and backgrounds. Encourage your child to share their thoughts on how they can promote acceptance and inclusivity in their daily life.</p> <p>Support System Mapping: Help your child create a "Support System Map" showing who they can turn to when they feel sad, anxious, or overwhelmed. Include family members, friends, teachers, and discuss how each person can offer support and understanding.</p> <p>Awareness of Global Issues: Discuss global issues where people face intolerance and injustice. Help your child think of small ways they can show empathy and support, such as writing a kind message, donating to a cause, or participating in community events.</p>	
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