



North Downs Home Learning Projects and Activities

Year 4: Week Beginning Monday 1st June 2020

Weekly Maths Tasks (Aim to do 1 per day)

Due to popular demand, Fluent In Five is back. These are your daily warm ups before you do your main Whiterose/Bitesize activities. As usual, the answers are down below - no looking until you've had a good go!

Day 1

▲ A. $70 + 20 =$ ▲ B. $\frac{4}{5}$ of $50 =$

■ C. $38 \times 5 =$ ▲ D. $49 + 33 =$

■ E. $8483 - 2948 =$

Day 2

■ A. $7694 + 7896 =$ ▲ B. $\frac{1}{3} + \frac{1}{3} =$

▲ C. $5 \times 9 =$ ■ D. $75 \times 9 =$

▲ E. $42 \div 7 =$

Day 3

■ A. $47 \times 6 =$ ▲ B. $6 \times 2 \times 2 =$

▲ C. $\frac{1}{8} + \frac{6}{8} =$ ■ D. $5879 - 3483 =$

▲ E. $11 \times 9 =$

Day 4

■ A. $34 \times 8 =$ ■ B. $84 \div 3 =$

▲ C. $\frac{1}{5} + \frac{11}{5} =$ ▲ D. $2 \times 2 \times 3 =$

▲ E. $12 \times 9 =$

Weekly Reading Tasks (Aim to do 1 per day)

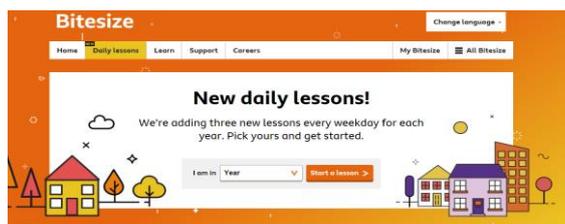
Reading activities are included in the English plan this week as part of Stories from other cultures. Please see below.

Day 5

A. $79 \times 9 =$	B. $? \div 9 = 2$
C. $3 \times 4 \times 5 =$	D. $\frac{1}{4} + \frac{2}{4} =$
E. $6932 - 1859 =$	

Use White Rose videos again for week beginning 01/06/20
<https://whiterosemaths.com/homelearning/year-4/> to watch and a link to that day's BBC Bitesize page for more information and even more lesson content. <https://www.bbc.co.uk/bitesize/tags/z63tt39/year-4-and-p5-lessons/1>

These lessons are designed to make sure you have covered all the key concepts ready for next year, and that you have covered new learning not yet done in school.



Weekly Phonics/Spellings Tasks (Aim to do 1 per day)

WALT add the prefix 'ir' onto root words

For example: ir + relevant = irrelevant
What happens to the meaning of the root word? It changes to mean the exact opposite. What was once relevant becomes irrelevant.

Common Exception Words

regular, occasionally, particular, possession

18 brave children trialled Spellzone before half term. Good news, the trial has been extended until 19 June so there are daily activities based on our word list. On Purple Mash, Harry G has put step by step instructions for anyone who needs help! I wonder if we can

Weekly Writing Tasks (Aim to do 1 per day)

Stories from other cultures.

WALT: I can highlight the main features of an Indian story.

WILF:

- Can you build a mind map of features?
- Can you annotate the text?
- Can you highlight the main features?
- Can you read the different stories?

Task 1: (up to 2 sessions)

Today we are beginning a new topic in English entitled Stories from Other Cultures. We will be focussing on stories from India.

Can you locate India on the map?
(see attached).

increase the number of children who use it. Go on, give it a go!

Spellzone using your normal log in

<https://www.spellzone.com/>



Task 1: Conduct a word observation

e.g. from irresponsible

you could have:
number of syllables,
word definition,
starts with a vowel,
ends with a vowel,
contains how many vowels
and how many consonants,
prefix/suffix or make as many
words as you can from this
word. For example: response!

Task 2: Write three different sentences all containing the same word.

Task 3: Choose three words and write a sentence containing all of them.

Task 4: Create a spelling game to help you learn some of the trickier words

Write down anything you think you already know about this country and start to build a mind map of existing knowledge of India.

Now read the stories attached and begin to build a mind map of features that you notice in the stories. Highlight or annotate (make notes) on the texts to help you.

Reading the stories may take a little while. If possible, share the reading with mum or dad, sister or brother. If in as key worker children, share reading with a learning partner.

Choose your favourite and explain why you chose it.

Task 2: (up to 2 sessions)

Watch this short film via the link.

<http://www.youtube.com/watch?v=GOssT9FJTty&feature=related>

Discuss the story. Who are the main characters? Where is the story set? Why is the story different to fairy stories?

We will be looking at a very famous Indian story called The Ramayana.

Watch the start of this movie up until about 15 minutes.

<https://www.youtube.com/watch?v=UA2BYSivPXA>

Discuss the main features of the film clip and note down things of interest.

Focus on the setting and the elaborate images you saw.

Q: What are the different settings that you saw today?

Q: Why do you think that settings are so important to a story?

Q: Do you think that we met our hero in the story clips?

Q: Why do you think that?

Look at the setting attached. Describe the setting using description including simile and personification.

See attached adjectives sheet to help.

Task 5 Crossword Friday

Friday Word search day! Here is the link to puzzle or see at bottom of maths in this column.

<https://thewordsearch.com/puzzle/1204694/>

1 June IRR WORDS

O	B	A	T	F	A	I	R	I	U	N	C	I	B
C	R	I	L	I	S	S	R	R	A	S	S	R	I
C	I	R	E	R	P	T	S	R	P	R	T	R	R
A	N	R	R	R	R	U	P	A	O	L	N	E	R
S	N	E	S	E	N	I	S	T	S	A	A	S	A
I	A	S	E	G	L	E	O	I	S	E	V	I	L
O	U	P	N	U	O	T	L	O	E	B	E	S	U
N	G	O	B	L	P	O	A	N	S	O	L	T	C
A	H	N	S	A	L	T	C	A	S	F	E	I	I
L	T	S	C	R	O	B	U	L	I	E	R	B	T
L	Y	I	T	R	T	Y	V	A	O	A	R	L	R
Y	S	B	A	I	E	O	S	I	N	R	I	E	A
L	Y	L	C	A	Y	R	A	U	R	B	E	F	P
I	R	E	L	L	N	Y	R	S	Y	R	S	N	P

Play this puzzle online at : <https://thewordsearch.com/puzzle/1204694/>

Fluent In Five Answers

Day 1

▲ A. $70 + 20 = 90$ ▲ B. $\frac{4}{5}$ of $50 = 40$

■ C. $38 \times 5 = 190$ ▲ D. $49 + 33 = 82$

■ E. $8483 - 2948 = 5535$

Day 2

■ A. $7694 + 7896 = 15590$ ▲ B. $\frac{1}{3} + \frac{1}{3} = \frac{2}{3}$

▲ C. $5 \times 9 = 45$ ■ D. $75 \times 9 = 675$

▲ E. $42 \div 7 = 6$

Day 3

■ A. $47 \times 6 = 282$ ▲ B. $6 \times 2 \times 2 = 24$

▲ C. $\frac{1}{8} + \frac{6}{8} = \frac{7}{8}$ ■ D. $5879 - 3483 = 2396$

▲ E. $11 \times 9 = 99$

Day 4

■ A. $34 \times 8 = 272$ ■ B. $84 \div 3 = 28$

▲ C. $\frac{1}{5} + \frac{11}{5} = \frac{12}{5}$ ▲ D. $2 \times 2 \times 3 = 12$

▲ E. $12 \times 9 = 108$

Day 5

A. $79 \times 9 = 711$	B. $18 \div 9 = 2$
C. $3 \times 4 \times 5 = 60$	D. $\frac{1}{4} + \frac{2}{4} = \frac{3}{4}$
E. $6932 - 1859 = 5073$	

Learning Project - to be done throughout the week: *PSHE*
 (These are things to do though the week...aim for two or more if you can)

Any PDFs required can be found on school website.

Super adjectives!

adjectives are words which describe

People 	Objects 	Good feelings 	Bad feelings 	Size 	Time 
adorable adventurous aggressive annoying beautiful clumsy confident considerate excitable glamorous grumpy helpful important intimidating obnoxious odd talented thoughtless timid handsome	bright clear distinct drab elegant filthy gleaming grotesque long magnificent muddy precious sparkling spotless strange unsightly unusual valuable	brave calm cheerful comfortable courageous determined eager elated encouraged energetic enthusiastic excited exuberant fantastic fine healthy joyful pleasant relieved	angry annoyed anxious ashamed awful bewildered bored clumsy confused defeated defiant depressed disgusted disturbed dizzy embarrassed envious frightened hungry lonely	big colossal enormous gigantic great huge immense large little long mammoth massive mini minuscule puny short tall teeny tiny	ancient brief early fast late modern old quick rapid short slow swift young

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GURU NANAK.

Guru Nanak, Mardana and Bala, his two friends who always served him, traveled to the country of Kashmir. They came to the city of Sri Nagar and the people knew who he was because of his grace and his light. The people were very happy and blessed to sit with him and learn from him. In that city there was also a Pundit named Brahm Das. He was very learned and through his devotion to the goddess he had gained occult powers. When he heard that a great Guru had come to town he thought, "I don't think I will be that impressed

with this new-comer. It is I who has great knowledge and supernatural powers. I will show him my skill. Sitting on this carpet I will fly over to where he is and there is no doubt that he will be totally impressed with my presentation."

Sure enough he got on his carpet, levitated up and flew to where the large crowd had gathered around the Guru. Everyone seemed happy and engaged by someone. But he looked and looked but didn't see anyone there. He landed and asked the people, "Where is this 'Guru'?" The Guru, with his sweet voice and beautiful face, was certainly there. They were surprised and said to the pundit, "He's sitting right in front of you!" The pundit couldn't see the beauty around him. He tried to fly his carpet away but... it didn't work. None of his tricks worked and he had to walk back on foot carrying his carpet.

Later he asked his servant, "Was the Guru in fact there?" "Oh yes he certainly was, he was so kind and beautiful and we all had a great time!" Everyone else seemed to understand but the learned pundit was confused, "Well if he was there, than why couldn't I see him?!?" He was shocked when he heard the reply, "It is because of your pride that you couldn't see."

So the next day the pundit humbly walked on foot to meet the Guru. This time he did see the Guru among the crowd. The pundit bowed before the Guru, who is a friend to all. The Guru said, "Come sit over here." Pundit Brahm Das sat next to the Guru and asked, "Respected Guru, when I came here yesterday... why couldn't I see you?" The Guru said, "How could you see in such extreme darkness?" "Darkness? But it was broad daylight when I came here yesterday!" The Guru replied, "Is there any deeper darkness than pride?" These words struck the pundit, "Because you can fly you think you are so great. Look around, the birds can fly, the insects can fly. Do you want to be like them?"

The Truth struck home and the pundit confessed, "Forgive me, I see your wisdom great Guru. I have read sacred books and gained super powers but I'll admit... I have not found peace and happiness. Please tell me how I can touch the feet of the Creator." The Guru explained to him, "You worship gods and goddesses and just like humans they are temporary. You have followed men of great knowledge and you have become lost in that knowledge. **That kind of knowledge which increases the darkness of ego, will not help.** Words are only meaningful when you realize the truth they represent. These are all just symbols. We must look within."

The Guru sings beautiful songs.

If someone is praised by all. If someone is powerful and tall. But there's no internal sacred call, it doesn't really matter at all. The Creator gives to us all the same. Let us lovingly sing Thy Name.

The pundit dawned on the truth, "I have now learned to seek wisdom and happiness from inside and not from outside. In the future I will do my very best to get rid of my thoughts of ego and remain absorbed in the Naam by the grace of the Lord."

THE CROW'S HASSLE



ONCE upon a time a farmer's wife was sifting corn. Then a crow, flew by, and swooped off with a grain from her basket. The farmer's wife got really angry and threw a mud ball at the bird. She had such good aim, the mud ball hit the crow, who fell to the ground, the grain of corn fell out of the crows mouth and it rolled under the roots of the great Banyan tree. The farmer's wife ran up to the crow, and grabbed it by the tail, **"Give me back my grain of corn, if you don't, I'll eat YOU instead!**

The poor bird was so afraid, **"I'll get the grain of corn and give it back to you. I promise, I'll get it, I promise."** He tried and tried but his beak couldn't quite reach the corn, **"Don't worry wife of farmer, I'll get it somehow, don't eat me, I promise I'll get the corn. I know what to do."**

So he flew to the wood-cutter and said,

"Man! man! cut tree; I can't get the grain of corn to save my life from the farmer's wife"

But the wood-cutter refused to cut the tree; So the crow flew on to the King's palace, and said,

"King! king! Punish man; Man won't cut tree; I can't get the grain of corn; To save my life from the farmer's wife!"

But the King refused to punish the man; So the crow flew on to the Queen, and said,

"Queen! Queen! convince King: He won't punish man; Man won't cut tree; I can't get the grain of corn; To save my life from the farmer's wife!"

But the Queen refused to convince the King; So the crow flew on till he met a snake, and said,

"Snake! snake! bite Queen; She won't convince King; King won't punish man; Man won't cut tree; I can't get the grain of corn; To save my life from the farmer's wife"

But the snake refused to bite the Queen; So the crow flew on till he met a stick, and said,

"Stick! Stick! Beat the snake; Snake won't bite Queen; Queen won't convince King; King won't punish man; Man won't cut tree; I can't get the grain of corn; To save my life from the farmer's wife!"

But the stick refused to beat the snake; So the crow flew on till he saw a fire, and said,

"Fire! Fire! Burn the stick; Stick won't beat snake; Snake won't bite Queen; Queen won't convince King; King won't punish man; Man won't cut tree; I can't get the grain of corn; To save my life from the farmer's wife!"

But the fire refused to burn the stick; So the crow flew on till he met some water, and said,

"Water! water! Put out fire; Fire won't burn stick; Stick won't beat snake; Snake won't bite Queen; Queen won't convince King; King won't punish man; Man won't cut tree; I can't get the grain of corn; To save my life from the farmer's wife!"

But the water refused to quench the fire; So the crow flew on till he met an ox, and said,

"Ox! Ox! Drink the water; Water won't put out fire; Fire won't burn stick; Stick won't beat snake; Snake won't bite Queen; Queen won't convince King; King won't punish man; Man won't cut tree; I can't get the grain of corn; To save my life from the farmer's wife!"

But the ox refused to drink the water; So the crow flew on till he met a rope, and said,

"Rope! rope! tie up ox; Ox won't drink water; Water won't put out fire; Fire won't burn stick; Stick won't beat snake; Snake won't bite Queen; Queen won't convince King; King won't punish man; Man won't cut tree; I can't get the grain of corn; To save my life from the farmer's wife!"

But the rope wouldn't bind the ox; so the crow flew on till he met a mouse, and said,

"Mouse! Mouse! Chew up rope; Rope won't tie up ox; Ox won't drink water; Water won't put out fire; Fire won't burn stick; Stick won't beat snake; Snake won't bite Queen; Queen won't convince King; King won't punish man; Man won't cut tree; I can't get the grain of corn; To save my life from the farmer's wife!"

But the mouse said to the crow,

"But Crow, if I chew the rope, the rope will tie up the ox; the ox will drink up the water; the water will put out the fire; the fire will burn the stick; the stick will beat the snake; the snake will bite the queen; the queen will convince the king; the king will punish the man; And then the man, well the man will cut down the great banyan tree!"

The crow said, **"Yes! Then I can get the grain of corn and save my life from the farmer's wife."**

And the mouse said, **"The great banyan tree must not die. If the great banyan tree dies... the man will have no dead branches to chop. The king and queen will have no shade to enjoy. The snake will have no vines to climb. The stick will have no twigs to play with. The fire will have no leaves to burn. The water will have no roots to feed. The ox will have no bark to scratch his back. The rope will have no tree to hang from. Don't you see crow! If the great banyan tree dies, everyone suffers!"**

The crow was amazed and asked, **"Well it's the only thing I can do save my life from the farmer's wife."** But the mouse was clever and said, **"There must be something else to do. I know someone who helps everyone, who is very old and wise. Let us go and ask from them."**

Do you know who they went to go ask?... The crow and the mouse went to ask the great Banyan tree! The crow said to the Banyan tree, **"I need the mouse to chew the rope; So the rope will tie the ox; So the ox will drink the water; So the water will put out the fire; So the fire will burn the stick; So the stick will beat the snake; So the snake will bite the queen; So the queen will convince the king; So the king will punish the man; So the man will cut you down; So I can get the grain of corn to save my life from the farmer's wife!"**

The great Banyan tree just laughed, **"Ohohaha, Oh all that doesn't have to happen! I got a much better idea..."**

The crow said, **"Oh, anything to save my life from the farmers wife!"**The Banyan tree said, **"Mouse, is it true that you are rather sneaky?"** The mouse said, **"Why yes, I am very sneaky."** The Banyan tree said, **"Is it true that you can squeeze through any crack"**The mouse said, **"Why yes, I can squeeze through any little old crack!"**The Banyan tree said, **"Why don't you sneak down in to my roots and get the grain of corn."**

So the mouse snuck in the great banyan trees roots and got the grain of corn. The crow gave the grain of corn to the farmer's wife... The Great Banyan tree was still alive. The man still had branches to chop. The king and queen still had shade to enjoy. The snake still had vines to climb. The stick still had twigs to play with. The fire still had leaves to burn. The water still had roots to feed. The ox still had bark to scratch his back. The rope still had a tree to hang from

The farmer's wife went back to sifting corn. The crow flew away, and everyone was happy. He finally understood that when you think only of yourself, life becomes a hassle after hassle after hassle. But when you think of others everything is taken care of. The Guru says,

"Sadh Sang Sabh Hot Nibera

By the company of the Holy, all problems are ended."

Five brave men

A Sikh story

Key Ideas: courage, commitment, symbols of belonging, Baisakhi

It was the spring of 1699. The Sikhs had many enemies, including the Emperor of India, who was a Muslim. Guru Gobind Singh, the tenth leader of the Sikhs called them together at Baisakhi, an old Indian festival celebrating spring. They were to meet at Anandpur. People came from far and wide, and soon over a hundred thousand Sikhs were gathered together. On Baisakhi day, after early morning prayers, Guru Gobind Singh stood outside his tent, ready to talk to the huge crowd. He was dressed in military uniform, and held a sword in his hand as he began to speak. A hush fell over the crowd. Everyone seemed to sense the seriousness of the occasion.

The Guru held his sword high, and it glinted in the sun. "Which of you is ready to die for your faith? Who will give his head to prove he is ready to die for what he believes?" A gasp went round the crowd. This was a strange demand from a leader who had always been so kind and gentle. You could hear a pin drop. Then some people in the crowd started to turn and walk away. They thought the Guru had gone mad.

Suddenly one man stepped forward. His name was Daya Ram. He looked his leader in the eye. Daya Ram said he loved God enough to die for him. The people in the crowd held their breath. What would happen next? Guru Gobind Singh took Daya Ram into the tent. There was a swish, and a thud, and blood flowed out. The Guru emerged, his sword dripping red. He demanded another head for God. Most people were terrified by now, but another man plucked up courage, and said that he too was willing to die for God.

Again there was a swish and a thud from inside the tent, and again the Guru emerged, sword dripping. And again, he asked for a head. Another volunteer stepped forward. Twice more the same thing happened, until five men had gone into the tent, and only the Guru had come out. By now the crowd was much smaller. All those who were afraid, or who thought Gobind Singh was mad, had left. Those who remained were awe-struck by what they had seen. They were even more amazed when, a few moments after the last swish and thud, all five volunteers emerged from the tent with the Guru. All five were dressed in saffron uniforms. All five carried swords.

The Guru announced to the crowd that these five were now his brothers and the first members of the Khalsa, an army of soldiers for God, and a brotherhood where everyone is equal. Each of the five men was given a drink of water and sugar, called amrit, and some was sprinkled over them. By the end of the day nearly all of the people present had taken part in the same ceremony, including the Guru and his wife.

To show that they belonged to the Khalsa, Gobind Singh asked all Sikhs to wear the five symbols of their faith, the five Ks, as a sign that they are all equal. He also gave everyone in the Khalsa a new name to show they belonged. All men should take the name Singh, which means lion, and all women Kaur, meaning princess.

Even today, Baisakhi is a day when many Sikhs take part in the ceremony to show they belong to the Khalsa. They wear the five Ks, and take the name Singh or Kaur.



Jagjit's Mysterious Book

Once there was a man whose name was Jagjit. When he was young, his parents always used to fight with each other. His brothers and sisters were mean to him and they never had very much money. But when he grew up he became very wealthy, he had lots and lots of friends and he was a very kind man. He was very happily married and had many blessings in life.

One time Jagjit had a guest visit his house, "Welcome Gupta, please come in!" The guest loved him, and he loved her. Her name was Narayan Gupta, she was Jagjit's best friend. Jagjit went to get some food for them to eat, "While I'm gone, treat this as your own home!" She decided to comb her hair and went looking for an extra comb. When she came in Jagjit's room, she saw a beautiful altar with flowers, incense and beautiful inspiring pictures above it. The altar looked so enchanting, Narayan moved closer to see everything. She noticed some really dazzling and expensive jewels! "Wow! rubies, emeralds... sapphire gems all decorating this wonderful altar! This is so gorgeous. I didn't know my friend was that rich!" As she moved closer to see what was there. Narayan's eyes shined as she saw more wonders.

In the center of the altar was a book. The cover of the book was filled with the most expensive jewels, and rich designs. The letters were made out of solid gold and studded with the purest glittering diamonds! "Gold...pure diamonds!! I've never heard of a book that has so much jewelry on it! What kind of book is this anyway?" As she looked closer, the gold designs were so tiny that it seemed only an ant could have crafted it. "What kind of stories could possibly be written in this book?" Gupta became even more intrigued when she read the gold and diamond studded title of this seemingly magical book. It said, 'The Secret To All Happiness And Success'.

Even though it was on her best friends altar, she couldn't resist herself. She had to open the book to see what was written inside. On the first page she saw something written by her friend, Mr. Jagjit himself. "It's definitely his handwriting." It looked like a diary. "If it's just a diary, why would he have put so many expensive jewels on this book??" She was so so curious now! "What is on these pages? Did Jagjit write down notes from a spiritual master? Does it contain the secrets of the universe??"

She read from the first page. It said: "*It is December and I am 9 years old. Today I was walking down the street and a lady I've never met before smiled and said 'Hi' to me. She was a stranger and she waved to me as she walked by. It made me feel nice.*" Narayan flipped forward some pages: "*It is March and I am 14 years old. God must have given me a high-five today because I just found a five dollar bill on the road. I feels good to be lucky!*" She flipped some more pages forward: "*It is June and I am 18 years old. My friend Narayan Gupta just treated me to lunch. I thanked her. It was very generous of her to do that for me.*" Narayan thought, "Gosh that was so many years ago. I can't believe he remembered that. Yes actually think about it I did give him lunch! I was in a generous mood that day!"

She was still confused though, "It really wasn't worth writing down... who thinks of such small things? Why did Jagjit write down all these little things that happened? They were nice things sure, but why did he put such a silly thing in the middle of his altar? Why on earth did he put so many diamonds and gold work on the cover of the book? And why is the book called 'The Secret To All Happiness and Success.!'?"

She flipped through more of the book. It was filled... filled with these things that happened in Jagjit's life. Some were big things, but by far, most of them very small things. One of the entries said: "*It is September and I am 30 years old. My mom just gave me something I really like for my birthday. I love my family so much!*" Gupta thought to herself, "I don't understand Jagjit. He's always been a very smart man... he mostly seems very happy, he has a good job that he really likes doing, he loves his wife and kids very much, he has everything he's really wanted in life.... actually come to think of it... HE REALLY MUST HAVE THE SECRET TO HAPPINESS AND SUCCESS!!!"

Just then the door opened, Gupta was surprised, "Oh! Sorry, I was just... I .. the altar... it..it smelled nice..." "I see you've found my secret to success and happiness."

Remember what happened last time?..... Narayan Gupta was reading Jagjit's book, he came in while she was reading it and said, "I see you've found my secret to happiness and success!".... Then Gupta asked her friend with pure curiosity, "My dear man... I don't get it. Why did you put so many diamonds and all that beautiful gold work on this little diary?" He told her that is was not a simple diary, he said, "Listen my beloved friend. What you hold in your hand is an incredible secret.... I haven't told anyone. In that book I have written down some very specific things." What he had written seemed random to her, so he explained, "My friend, I wrote down two things. Number one: I wrote down every single time someone did something kind to me!" Narayan Gupta thought for a second and said, "I'm not sure if I could fill a book with things people did that was kind to me." He gave her a mischievous smile, "You would be surprised, If you really paid attention, you would realize that there is a lot more kindness in the world than you think!"

As Narayan held the book in her hands, she felt a flutter of hope in her heart. She started to think there actually might be some magic on these pages, "OK what was the second thing you wrote down?" Jagjit stood up straight and said with a radiant and totally satisfied smile, "I wrote down every time I honestly felt good!" The room echoed with a the purity of his cheerfulness. Narayan asked, "So, all you did was write down: Every time someone did something kind for you... and: Every time you felt honestly good!?... It seems so simple." Jagjit smiled, "This universe we live in is simple my friend.... I've never been sad for too long in my life. Whenever I feel bad, I would just read from this book. It reminds me of all the good stuff. It also reminds me of the kindness. I could never stay down for too long. How could I? If everyone else did this, no one would stay sad for too long."

She interjected, "But some people have really hard lives. What if no one is ever kind to them, and they never feel good?" Jagjit paused in a deep silence. Then he said, "Even they might be surprised if they wrote it all down. They might find they didn't realize how much kindness people give them. Certainly, I will give them kindness."

Narayan felt honestly good when her friend said that.

She just let the feeling sit in her heart until she thought of another question, "It's a beautiful and wonderful idea... just tell me why you put so much gold and diamonds on the cover of this book. It must be worth a fortune!" Jagjit kindly explained to her, "Kindness is the real wealth. It is more valuable than anything I own. All these jewels and gold will stay here on the earth when I leave this body of mine. Kindness... my friend... THAT I take with me." The room seemed to fill with light. "This little book reminds me of all the kindness that has been given to me. Then I am filled with kindness! It is because I am full of this kindness that people trust me, and I have become wealthy in this world. It is because I was full of this kindness that I have all the friends that I have. This book reminds me of all that makes me feel honestly good. It is this goodness that inspires me to share! It is because I am full of this goodness, that I know what I want. It is from being full of this goodness that I am totally satisfied with my life. This little book sincerely and truly is the secret to All Happiness and Success."

Just then Narayan remembered something kind some one did for her earlier. She said, "Actually just today, I got lost on the way to your house. I asked some one for directions and the guy who helped me was

being so nice. He took ten minutes to explain how to get here. He really went out of his way when he didn't have to. It was very kind of him. I felt good when he did that. I feel good again now just thinking of it again!"

Jagjit pulled another book from under the altar. It was totally plain on the outside and all the pages were blank. "It's not hard, try it. Go ahead by dear friend! Write down what he did for you... Write down how it made you feel... You can use this book." She took the book, "Thank you so much. I guess it can't hurt....Huh, it's funny, now that we're on the subject.... giving me the book was very kind of you! Oh! I'm going to write that down right now!" And she started writing it down... Then she got a smirk on her face, "This book doesn't have gold and diamonds on it." Jagjit told her most confidently, "Not yet my friend....but you would be surprised.... you would be surprised...."

PSHE Activities

There are 3 activities to do this week. These 3 PDFS can be found on the North Downs website home learning section for Year 4. Please see attached link <https://www.northdowns.surrey.sch.uk/page/?title=Year+4&pid=486>

Activity One: An A to Z of what makes you happy.....

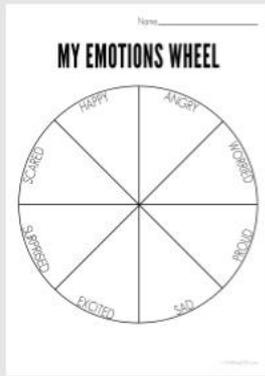
Well, I am thinking about myself and I know what I would put for B..... I'll give you a clue, I watch them from my classroom window!

A-Z of things that make me happy 😊

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
Y	Z		

ELSA  😊

Activity Two: An emotion wheel - write how each emotion makes you feel.
For example: angry for me is heart beating, head exploding, mouth dry, voice frozen.



Activity Three: Steps to success - set a goal for this week either personal or learning based, write it at the top of the ladder and write the small steps you will take to achieve it!

My Steps to Success

Finish

