

Dear Parents,

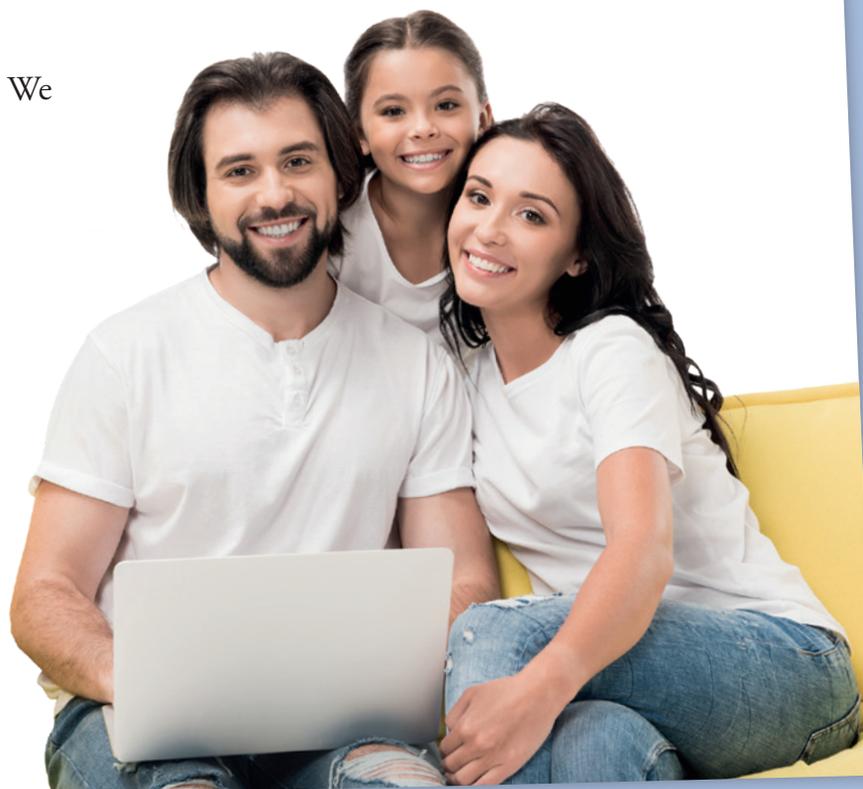
Welcome to Topic 4 of *Open Day 3 Home Connection*. We hope you enjoyed working with your child on Topic 3.

Topic 4 is called **Everyday Heroes**. In this topic, your child learns about family history and important jobs in the community. In addition to this, they will be making simple predictions about the future. The **Topic Preview Activity** is a great opportunity for you to show your child that you are interested in what he or she is learning in the English class. In the **Animal Activities**, we continue the theme of family and community by looking at panda families and how pandas are released back into the wild once they have reproduced successfully and are in good health conditions. Did you know that giant panda numbers are slowly increasing and that pandas have gone from being an endangered species to a vulnerable species? This is fantastic news but we need to keep up the good work!

The **Mindfulness** section of this topic focuses on mindful moments. Your child will get more practice in focusing on the present moment. In the **Content and Integrated Learning (CLIL)** section we work with the subject of social studies. Children learn about volunteering and the benefits of helping out in their community. **Citizenship** continues the community theme by talking about those members of society who may feel lonely or excluded.

The topic emphasises how individuals can do things to benefit community life. In the **Closing Activity**, you have got the opportunity to focus on this theme by making an everyday heroes badge.

You don't have to do the activities all at once. We recommend that you try each one after your child has completed the corresponding sections in their Student's Book or Practice Book. The corresponding Student's Book pages are indicated in each section. We hope you will enjoy taking this active role in your child's learning.



Topic Preview Activity Student's Book pages 102–103

Everyday Heroes

It's useful to make children aware of how people in everyday life often do things that can be thought of as heroic without asking for or getting much recognition.

- **Get Ready**

Part 1

Find photos of people in your family who have got jobs. Ask your child what jobs the different people do, then encourage him or her to say how the different jobs help the community.

Part 2

Watch the news or look at a newspaper or website with your child. Talk about items of interest. They might be related to the environment, music, sport or fashion. Encourage your child to give his or her opinion. Don't judge but appreciate that your child is sharing his or her feelings about things with you.

- **Do a Video Interview**

Help your child arrange to interview an older member of the family about his or her working life. Plan some questions to ask: What does the person do in a typical day? How does he or she contribute to the community? How does the job make the person feel? Your child could also ask the family member to talk about his or her hopes for future generations. You could use a smartphone to video the interview and then share it with the rest of the family.

Animal Activity Unit 7 Student's Book pages 106–107

- **Get Ready**

Your child needs to know that he or she is supported by family and friends. Ask your child to name all the people who are involved in his or her life, whether at home, at school or in free time. (The list can get quite long but don't worry, that's the point.)

- **Make an Important People Jar**

Get your child to choose a few people from the list. Find a large jar or box and fill it with things that represent the people. Have your child look after the jar and add to it as more important people enter his or her life. In the future, your child will have great fun looking at the jar and remembering the people in it.

Did you know that giant pandas in the wild don't live in family groups? The males live alone. Female pandas usually have got one cub every two or three years and the cub will leave its mother after about eighteen months.



Mindfulness Student's Book page 110

• Get Ready

The Mindfulness focus for this topic is mindful moments. Being fully aware of the present moment is at the core of all mindfulness activities. A good way to encourage your child to do these activities is to have a special place in your house to sit and focus. The special place doesn't have to be a room—it could just be a chair where your child can do some of the activities he or she has learned in class.

• Have Mindful Moments

Here are some possibilities for you to do together:

Mindful Breathing

Always start with this activity. Close your eyes and breathe in and out slowly. Rest your hands on your stomach to feel it while you breathe.

Mindful Listening

Sit and focus on the sounds around you. If your attention begins to wander, bring it back to the sounds you hear.

Mindful Body

Sit or lie and focus your attention on different parts of your body, calming your mind as your attention moves around. These videos will help you perform a body scan:

English: https://www.youtube.com/watch?v=ihwcv_ofuME

Spanish: <https://www.youtube.com/watch?v=voYbO-MfNeE>



Animal Activity Unit 8 Student's Book pages 120–121

• Get Ready

Explain to your child that animals sometimes end up in animal sanctuaries. The sanctuaries look after the animals and then let them go back into the wild. Here are two videos that show the process:

Pandas: <https://www.youtube.com/watch?v=0hAvd8qgJTQ>

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

• Watch a Film

You and your child might also enjoy one of these full-length films about animals returning to the wild: *Fly Away Home*, *Free Willy*, *Dolphin Tale* or *Born to Be Wild*.

Did you know there are 27 animal sanctuaries in 21 countries that have got giant pandas? The pandas are very popular with visitors. However, there is a serious reason why the pandas are in sanctuaries. The idea is for them to reproduce and then be returned to the wild in China.



- **Get Ready**

Ask your child about things that could be better about your community. For example, maybe there could be less traffic, cleaner streets or greener places to play in.

- **Improve the Community**

Choose one of the things and think of a way to do something about it. One easy and practical idea is to organise a litter walk. Ask some friends or neighbours to join you. Get some large rubbish bags and some disposable gloves, then walk around your neighbourhood and pick up rubbish. This is a great activity because you see dramatic results immediately. Doing this shows your child that small individual actions can have a big effect on the community.

Here are two videos that show younger and older members of the community picking up litter in their neighbourhoods.

<https://www.stuff.co.nz/environment/114150370/woman-88-spends-three-hours-picking-up-rubbish-off-the-streets-every-day>

<https://www.shutterstock.com/de/video/clip-1033833173-cleaning-coast-portrait-little-happy-volunteer-girl>



Citizenship Student's Book page 128

- **Get Ready**

Are there groups or individuals in your community at risk of exclusion? They might be people who are new to the area, people of a different appearance or culture, or simply old people living on their own who feel lonely. Talk to your child about these different groups and discuss why these people are left outside the community. Suggest simple things your child can do to help.

- **Make Someone Smile!**

One idea is to make someone smile every day! Your child can do this by holding a door open for an older person or making sure to say “thank you” brightly. Within the family, get your child to think of people who live alone. Encourage your child to do something to show they care, for example by calling or paying a visit to the other person. Make sure your child understands the importance of keeping in touch and thinking about others.

An Everyday Heroes Badge

Although recognition is not the most important thing to consider when carrying out good deeds and helping others, it is still very nice to receive praise and appreciation from those around us.

- **Get Ready**

Ask your child if he or she can think of someone who has been an “everyday hero” to them, either recently or someone they have admired for some time because of what they do. Encourage your child to tell you why they have chosen this person.

- **Make an Everyday Heroes Badge**

Once your child has chosen a hero, it is badge-making time! For this activity, you will need card, scissors and crayons or pencils. Help or supervise your child in designing the badge on paper to get a rough idea of what shape he or she wants it to be. When it is ready, cut out the card to the shape and size your child has chosen. Get your child to label the badge “You are my everyday hero” and decorate it.

Once the badge is finished, accompany your child to present their hero with it. Remind your child to tell the person why they are receiving this recognition.

