

Grade 1-3

Smile & Yoga



Naukasana

The Boat Pose



Garudasana

**The Eagle Pose** 



Virabhadrasana I

**The Warrior Pose I** 

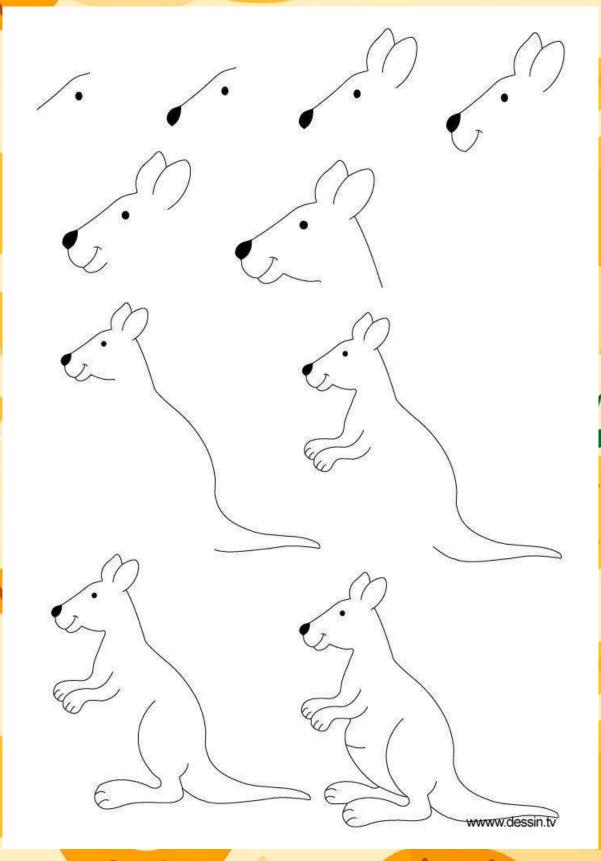


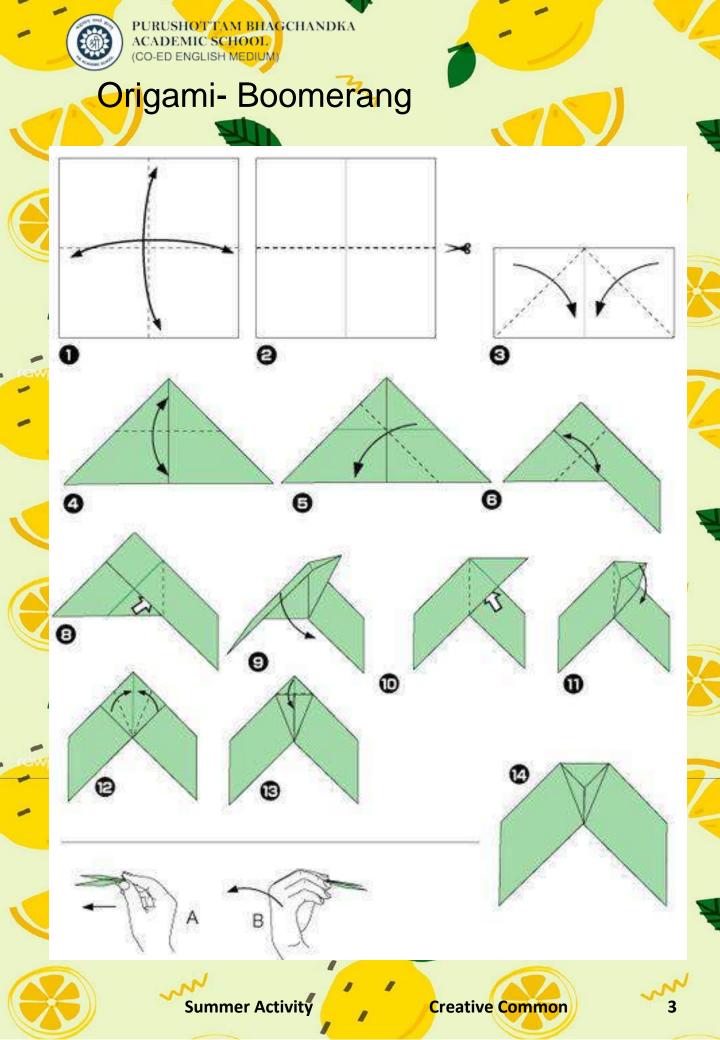
Baddha Konasana

The Butterfly Pose



# Step by Step Drawing







# QUIZ on AUSTRALIA



		-	
1. Austral	ia is a country and a	also a	
2 Austral	is is bolow the cour	ator Thate why ite called	
Z. Austrai	ia is below the equa	ator. Thats why its called	
	a) Continent	c) land down under	
	b) Equatorial	d) Aboriginal	
<b>—</b>			
3. Austral	ia is made up of	_states andterritories	
	a) two,six	c) two, four	
	b) six, t <mark>wo</mark>	d) nine, two	1
4. The bru	ush tailed possum b	ouild their nests in a	1
Applat 1	tree.		
Г . Тh о о	the electron was a second		1
		very much rain and is very part of the country?	,
ary. re	a) Eastern	c) Middle	>
1	b) Northern		
6. Anothe		ne Candyland in Australia is	?
	r name for the gam	ne Candyland in Australia is	?
7. The	r name for the gam used the boome		?
7. The	r name for the gam	ne Candyland in Australia is	?

It is about 1250 miles long. It is called the



### **QUIZ on AUSTRALIA**

O IIThe finat		> > >	>
	inhabitants of Auses, who migrated	d there at least 40,	000 vear
ago fron			
10.ln 1999	and 2003, Austral	ia won the	_World
	a) Rug <mark>by</mark> b) Cricket	c) Basketball d) Rules Footbal	
		olore Que <mark>ensland</mark>	
	a) Dutch b) British	<ul><li>c) Portuguese</li><li>d) Aborigines</li></ul>	
		tralia fought along	side
	ountry ? " a) Germay	c) China	4
		d) USA indigenous animal	to
Australia		c) Kangaraa	>
A	a) Emu b) Kiwi	c) Kangaroo d) <mark>kook</mark> aburra	
14.Melbour	ne's motto is Vire	es ac <mark>quirit eundo r</mark>	neaning
15.Which o	the following an	imals was not fou	nded in
Australia	3 >	7	

16.An acronym for Queensland and Northern Territory
Air Service is a name for a major airline for Australia.
The name is .?

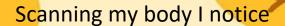




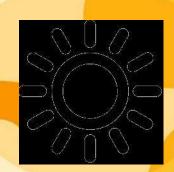


# THE BODY WEATHER REPORT

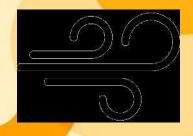
Just like the weather changes outside, our thoughts and emotions change in our body. Take your weather report by answering the following prompts:



Cool Hot Warm Burning



### Observing my mind I notice:



Calm

Gentle

Blank

Mess

Checking in with my heart I notice:

Slow

Regular

Fast

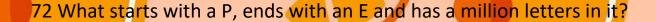
Rapid





# Solve these Riddles

71 I cannot hear or even see,
But sense light and sounds there may be,
Sometimes I end up on a hook,
I can be combined with a book.
What am I?



73 What type of house weighs the least?

74 What kind of room doesn't have physical walls?

75 What kind of room has no doors or windows?

76 What goes up and down without moving?

77 Which popular cheese is made backwards?

78 What fastens two people yet touches only one?

79 When you do not know what I am, then I am something. But when you know what I am, then I am nothing. What am I?

80 A red house is made out of red bricks. A blue house is made out of blue bricks. What is a green house made out of?

81 What gets wetter and wetter the more it dries?

82 What is so delicate that even mentioning it breaks it?

**Summer Activity** 

**Creative Common** 









Use the numbers in the grid each time.

6	7	12	25	21
9	10	19	13	18
16	14	23	11	5

#### Challenge 1

Find pairs of numbers that add up to 30.

Try to find 6 different pairs.

#### Challenge 2

Try to find sets of 3 numbers that add up to make 30.

Try to find 6 different answers.





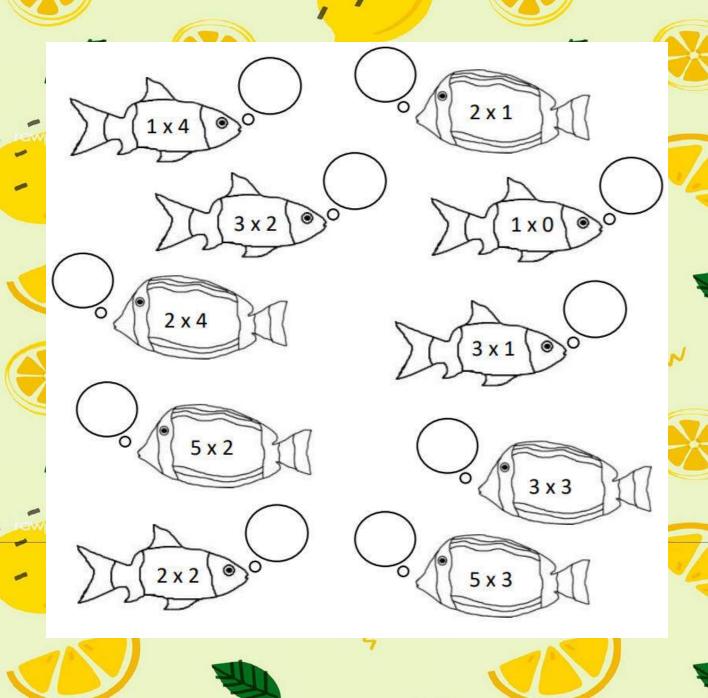






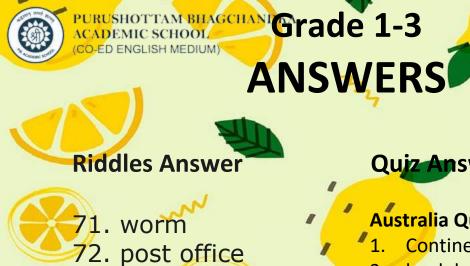
# FUN MULTIPLICATION

Write the correct answer inside the bubbles









lighthouse

4. chat room

75. mushroom

78. wedding ring

76. stairs

77. Edam

79. riddle

80. glass

81. towel

82, silence

### **Quiz Answers**

#### Australia Quiz Answers

- Continent
- land down under
- 3. six, two
- 4. Gum
- Middle
- Lollieland
- aborigines, weapon
- Great Barrier Reef 8.
- Southeast Asia 9.
- 10. Cricket
- 11. Dutch
- 12. Britain
- 13. Platypus
- 14. We gather strength as we grow
- 15. Kiwi
- 16. QANTAS





21 + 9

→ 16+14

23 + 7

18+12

25+5

19+11



### Challenge 2

There are many different combinations



5+7+18

6+11+13

6+10+14

7+10+13

9+10+11





