



Contingency Learning Third Level Week 1

We have included a Self-Reflection Grid at the end of this pack to help you think about your learning at the end of each day.

<p style="text-align: center;">Literacy and English – Writing</p> <p>Write a poem about something, somewhere or someone you love. Use word choice, imagery and structure to create a positive impression of this thing, place or person.</p>	<p style="text-align: center;">Numeracy & Mathematics – Probability Investigation</p> <p>Complete the page – Probability Investigation – to explore the possible outcomes (and how likely they are) when we flip coins.</p> <p>Challenge: Can you repeat the experiment for rolling 1 or 2 dice? For 2 dice, which number is the most likely to be rolled? Which is the least likely (or impossible) to roll?</p>	<p style="text-align: center;">Health and Wellbeing – Taking Care of You (Sleep)</p> <p>The right amount of rest and sleep can improve your mood, self-confidence and sleep quality, as well as giving you more energy and reducing your stress levels. There is an activity to complete later in this pack.</p>
<p style="text-align: center;">Social Studies (History) – Twitter Feed</p> <p>Think about a topic you are studying in History or the last topic you finished. Imagine that you were living through the events you learned about and that Twitter had been invented. Write three tweets to tell your followers about the key events.</p> <p><i>Tweets must be no more than 140 characters and they must be informative. Use # for keywords.</i></p>	<p style="text-align: center;">Science (Biology) – Uses of Plants</p> <p>Plants are vital to sustaining life on Earth (without them we would not be able to survive).</p> <ul style="list-style-type: none"> • Make a list of useful materials which come from plants e.g. wood (how many can you think of?). • Next to each material explain what it is used for, and which type of plant that it comes from. <p>Challenge: Our throwaway culture means that we can waste natural resources. What could we do to reduce waste e.g. upcycle an old piece of furniture?</p>	<p style="text-align: center;">Technologies (Business Studies) – Needs and Wants</p> <p>A business sells goods and services to satisfy the needs and wants of customers.</p> <p><u>Needs</u> – A need is something our body requires to survive, e.g. water, food, housing, clothes.</p> <p><u>Wants</u> - A want is something our body does not require to survive. It is something we would like to have, e.g. holidays, laptop, designer handbag.</p> <p>Look for the activity to complete on Needs and Wants.</p>
<p style="text-align: center;">Expressive Arts (Art) – A View From My Window</p> <p>Select one window at home and position yourself in front of it. Draw the window frame and the view you can see through the window. You can also include any blinds, curtains or any other details around your window. Your view could be anything from parked cars and buildings to trees and a field. Whatever you see, make sure you include it in your drawing.</p> 	<p style="text-align: center;">Literacy and English – Character Traits</p> <p>Think about the main character from film or TV. Write down five words you think describe this character's personality. Try to include both positive and negative personality traits. Now think of 2 pieces of evidence from the story that reveal each of these personality traits. It could be from what the main character says, what other characters say about them (quotation) or from the character's actions and behaviour.</p> <p>Now create a mind map, using your information, which describes the main character you have chosen.</p>	<p style="text-align: center;">Numeracy and Mathematics – Misleading Graphs</p> <p>There are many examples of graphs and charts in the media, but can we always trust what they seem to be telling us?</p> <p>Find the page later in this pack to explore how graphs can be misleading.</p>

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<p>Numeracy and Mathematics – Coin Puzzle</p> <p>In the UK we have 8 different coins which range in value from 1p to £2.</p> <p>Imagine that you have decided to create a new coin system for the country. Pence have been abolished. Everything is now priced in pounds.</p> <p>Your new coin system will have only four different value coins.</p> <p>Find the full instructions later in this pack and complete the activity to challenge your logical thinking and word problem solving.</p>	<p>Health and Wellbeing – Mindful Breathing</p> <p>Think about your breath. Don't change it, just be aware of it as it is. Notice the breath in, and out. Are they the same? Focus on the part of your body where you feel the breath – maybe your nose, chest or stomach. Your mind might wander off. Don't worry. Notice it and bring your attention back to your breath. Try this for 3 or 4 minutes. How does it feel to notice and pay attention to your breath? Did you notice anything interesting or surprising? Take some time to try 'mindful breathing' every day this week.</p>	<p>Literacy and English – Listening</p> <p>Listen to a documentary, TV news show, online video or podcast. Who do you think the text you have chosen is aimed at? How do you know? What do you think is the purpose of this text? How do you know that? Summarise the key ideas in your own words. Do you think the text you chose was biased or did it simply provide information? Give examples of any content you thought was particularly interesting or shocking. What is your opinion of the main topic discussed in the text?</p>
<p>Health and Wellbeing – What Can I Do To Make a Difference?</p> <p>Use images and words to explore how you can make a difference to you, your school, your local community and your world. Look for the activity later in the pack.</p>	<p>Technologies (CDT) - Plans</p> <p>Sketch the following views of any household object or building:</p> <p>Front Elevation (Front view) End Elevation (Side view) Plan (Bird's eye view)</p> <p>Challenge: Produce a 3D view of your chosen object. Render if you have coloured pencils.</p> 	<p>Modern Languages – Vocabulary Hunt</p> <p>You will know lots of words from the language you are learning but how many can you remember? Go round your house and hunt for items that you can say or describe in your foreign language. For example, in French I can describe the colour of my chair (jaune), how many forks I have (sept) and where I cook dinner (la cuisine). Can you name 10? Can you name 10 new ones each day (so 50 in total)? Can you use a dictionary or look online to learn some new words for items in your house (e.g. what is the word for sink?).</p> <p>Challenge: If you are learning 2 languages, can you complete this challenge in both languages? Which language do you know more words for?</p>



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Technologies (Business Studies) – Needs and Wants

Identify whether the items below represent a need or a want. The first one has been done for you:

Item	Need or Want
Potatoes	Need
House	
Visit to hairdressers	
Fish	
Holiday	
Jewellery	
Computer	
Water	

Were there any which were hard to categorise? How did you justify your decision?

List 3 needs and 3 wants of your own in the table below:

Needs	Wants

Challenge: Some companies sell items that we want, but don't need e.g. perfume, designer clothes. What tactics do they use to try to convince us to buy them? We've given one suggestion below. Can you think of some more?

Tactics Used by Companies

Gift items to influencers to share on social media

Health and Wellbeing – Taking Care of You (Sleep)

The right amount of rest and sleep can improve your mood, self-confidence and sleep quality, as well as giving you more energy and reducing your stress levels.

- Do you have a good sleep routine at the moment? Calculate how many hours sleep on average you get each night. Find out if you meet the recommended hours of sleep per night for your age.
- Discuss with a friend, or someone in your house, why sleep is important and list all the reasons. Now add in all the things which contribute to a good night's sleep. For example, cutting out caffeine and limiting screens in the bedroom.
- Create a sleep diary for a week. This is a daily log to record your sleep-wake pattern. It aims to measure the pattern and quality of your sleep, and factors that may affect your sleep. For example:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What time did you go to bed last night?							
What time did you wake this morning?							
Approximately, how long did it take you to first fall asleep (in minutes)?							
How many times did you wake in the night and for how long each time?							
How long did you sleep last night in total?							
What, if anything, disturbed your sleep?							

- Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep (refer to your list above). If you notice a pattern, make one change at a time to try to improve your sleep pattern.

If you are worried about your sleep pattern, make sure you speak about it to a trusted adult.



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Numeracy and Mathematics – Probability Investigation

Flip a coin 20 times, recording your results in the below table.

What are your predictions?

Outcome	Tally	Frequency
Head (H)		
Tail (T)		

Repeat this experiment for 2 coins (flip both coins at the same time and see what you get).

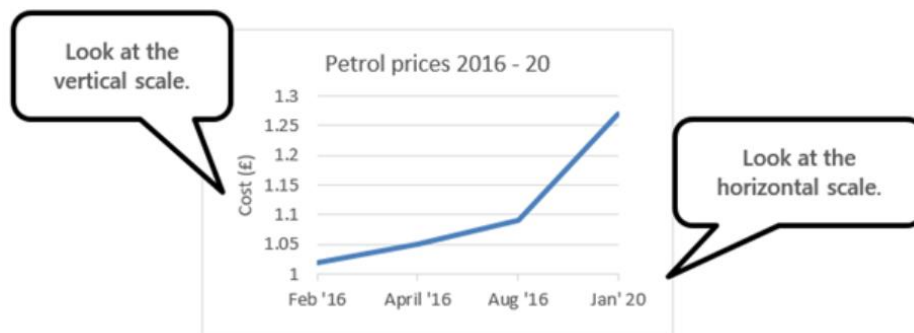
Outcome	Tally	Frequency
Both Heads (HH)		
Both Tails (TT)		
One of each (HT/TH)		

1. For the toss of **one** coin is a head or a tail more likely? Give reasons for your answer.
2. For the toss of **two** coins which outcome is more likely? Give reasons for your answer.
3. Use a **tree diagram** to show all possible outcomes when **two** coins are tossed.
4. Were your predictions correct? Explain your results?

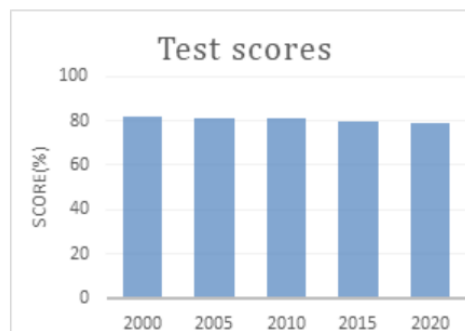
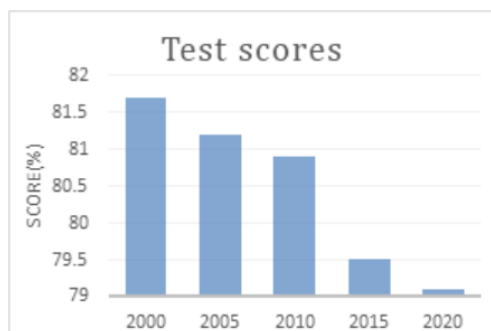
Numeracy and Mathematics – Misleading Graphs

There are many examples of graphs and charts in the media, but can we always trust what they seem to be telling us?

- Look at the graph below. Can you see any problems with this graph?



- Look at the two graphs below. What are your initial thoughts?



- Now look more closely at the information represented. Look at the vertical axis. Write down a summary of the information provided by each graph. What do you notice?
- Look for graphs in newspapers, magazines, on TV and online. Discuss with someone at home what the graph seems to show and compare this to what it actually shows. You could think about the way the data has been displayed and discuss why it has been displayed in this way. You might like to investigate other ways that information displayed in the media can be misleading. For example, look at surveys and find out how many people the survey represents and how they were chosen.

Numeracy and Mathematics – Coin Puzzle

In the UK we have 8 different coins which range in value from 1p to £2.

Imagine that you have decided to create a new coin system for the country. Pence have been abolished. Everything is now priced in pounds.

Your new coin system will have only four different value coins, for example you could choose to have a £2, £5, £7 and £8 coin, and you must be able to pay for any item up to and including £10 with **exactly** one or two coins.

What four coins would you choose?

Are there any other sets of coins you could choose?

Using your four chosen coin values to investigate the values you can make using 4 coins. What is the smallest amount that can't be made using four coins?

How do things change when you extend the investigation to include five coins?

Challenge: Investigate the minimum number of UK sterling coins needed to make all values under £1. You might like to record your results in a table or spreadsheet. Which values need the most coins? How many coins is this? If a new coin with a value of less than £1 was going to be released what do you think it should be and why?



Health and Wellbeing – What can I do to make a difference?

You will need a piece of A3 and A4 paper divided into four quadrants.

On the A4 paper draw your ideal future using pictures and words, or create a collage using a mixture of drawings, writing and cut outs from magazines or newspapers. The four quadrants should represent 'me', 'my school', 'my local community' and 'my world'.

You should then place your 'ideal future' representation in the middle of the larger (A3) piece of paper.

Reflect on what you are already doing as an individual to create your 'ideal future'. These can be small or bigger actions, such as buying Fairtrade products, volunteering in your local community, or being part of the school Eco-council. Write down ideas in the quadrants of the larger piece of paper, so that each action corresponds with the quadrant of your 'ideal future' that it is most related to.

What other actions could you individually take to contribute to your ideal future? You should each write down these ideas in a different coloured pen in the related quadrants of your larger piece of paper.

Consider the following questions:

- How would this action make a difference?
- Is it achievable?
- What would you need to do to make sure this action takes place?

Self-reflection Grid

At the end of a day of learning you might like to roll a die to select a self-reflection question. You can look at them by yourself or, even better, discuss them with someone else.



1	2	3	4	5	6
Did I find it easy to stay on task? What helped/hindered this?	Am I worried about anything after today's work? What can do if I am worried?	Did I get stuck? How did I get past that? Did I give up or try something else? What did I try?	What made my learning stick today? What did I do that helped me understand a particular task?	Did I have everything I needed to complete the tasks? Did I use anything to help me?	Were there any tasks today that I found too easy? Why? Could I have added my own challenge?