

Dear Parents,

Welcome to Topic 4 of *Open Day 2 Home Connection*. We hope you enjoyed working with your child on Topic 3.

Topic 4 is called **My Free Time**. Free time is an important part of children's lives because it gives them the opportunity to play, experiment and discover the world. In this topic, your child will learn about sports, music and other leisure activities. 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. We continue the theme of sports in the **Animal Activities** by exploring the "sporting abilities" of turtles. Did you know that on average, a leatherback turtle swims 16,000 kilometres per year?

The **Mindfulness** section of this topic focuses on mindful emotions. Working with mindful emotions increases your child's ability to calm himself or herself down when he or she is upset and then take better decisions. In the **Content and Language Integrated Learning (CLIL)** section we will work with the subject of music. Your child will learn about the sounds of different musical instruments from around the world. The **Citizenship** section will let your child discuss the importance of working in a group, teamwork and helping each other.

The topic recognises the importance of play, music and the different emotions connected to them. In the **Closing Activity**, we will bring these important concepts together by making a family free time photo album with your child.

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

My Free Time

Having free time to enjoy hobbies and sports is an important part of everyone's lives. Sharing this time with your child is a great way to bond and create lifelong memories.

◆ Get Ready

Part 1

Ask your child to say what they think your favourite free time activities are, such as playing a sport or a musical instrument, watching films, reading, and so on. Talk about why you enjoy the different activities. Then talk about other members of the family. You might have photos of family members doing different free time activities that you can talk about.

◆ Try Something New

Decide on something new to try together. It might be trying a new sport or learning a musical instrument. Find out where you can learn in your town or ask a family member or a friend to teach you. Remember that you are a role model for your child and showing that you are open to trying new free time activities will encourage him or her to try new things too.

Part 2

It is very important for young children to learn how to swim. Swimming is fun, a great way to stay fit and it may even save your child's or someone else's life! If you or your child can't swim yet, find out where you can learn. Look for local swimming pools close to your house. Remember: It's never too late to learn!

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

◆ Get Ready

For this activity you will need a smartphone or tablet with a map application, or you can also use a printed map. It's also a good idea to review the different directions with your child: north, south, east, west.

◆ Play *How Do I Get There?*

You can have fun with your child finding where different places are in your town on a smartphone map application. If the app is not available, you can also use a printed map. Draw attention to the different directions (north, south, east, west) and ask your child to tell you where different places are and how to get there on foot, or by other forms of transportation. Then you could quiz each other without using the map! It's a good idea for your child to learn how to orientate himself or herself from a young age.

Did you know that turtles use the Earth's magnetic field like a GPS (Global Positioning System) to help them navigate? Turtles migrate long distances every year to find food but they always return to the same beach to nest.



Mindfulness Student's Book page 110

◆ Get Ready

The Mindfulness focus for this topic is mindful emotions. Children can learn to control negative emotions when they feel angry, frustrated or upset. To do this, they need to recognise and be aware of what triggers the emotion. Then they can step back and find alternative ways to deal with the situation.

◆ Opening Up

You could talk with your child about times when he or she felt angry or upset. Encourage your child to say why he or she felt that way and what happened next. Then talk about ways to calm down when these feelings arise again. You could share some of your own strategies with your child. What do you do in similar situations?

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

◆ Get Ready

Even after they know how to swim, children can continue to learn and practise different styles. Watch these videos with your child and talk about how the children are swimming.

Front Crawl

<https://www.youtube.com/watch?v=VbdG37cluU>

Breaststroke

<https://www.youtube.com/watch?v=rSug3W0UODg>

Backstroke

<https://www.youtube.com/watch?v=b1oBnGaEews>

◆ Take a Pool Trip

After you have watched the videos, ask your child: *Which styles can you do? Which would you like to learn?* Now organise a trip to the pool to try out the different styles!

Did you know that leatherback turtles can swim at 20 miles per hour? They can also hold their breath under water for up to 5 hours.



Content and Language Integrated Learning (CLIL) Student's Book pages 126-127

◆ Get Ready

Music has many benefits for children. It teaches them coordination and encourages self-expression. It also exposes them to other cultures. Talk to your child about the kind of musical instruments he or she likes. Compare them with your own favourite instruments. Talk about how they are similar or different.



◆ Do a Music Show

If you play an instrument, why don't you start a family band and make a music show? Or you can have a karaoke night at home where everyone sings his or her favourite songs. If you don't have any musical instruments, you can make some! Watch this video to find out how:

<https://www.youtube.com/watch?v=7sUNXA4NYKI>

Citizenship Student's Book page 128

◆ Get Ready

The Citizenship focus in this topic is working in teams. Working in teams helps children develop social skills, confidence in themselves and trust in other people. Ask your child if he or she knows any activities that are done in teams. Share ideas. Tell your child why working in teams is important in these activities.

◆ Teamwork Activities

Here are some activities you can try at home which involve teamwork:

1. Play different board games. These are fun, and good for learning how to take turns and collaborate with others.
2. Cook together. You will need to agree how to divide the work with your child, follow instructions and help each other.
3. Put on a family play, show or concert. Events like these take quite a lot of organising and everybody can collaborate.

4. Encourage your child to participate in team games, as well as other outdoor activities like making dens or building sandcastles.
5. Try party activities like “keeping the ball in the air” or “human knot.” They involve working together and problem solving. If you don't know how to play human knot, this video shows you:

<https://www.youtube.com/watch?v=P54Vz1MbMow>



A Family Free Time Photo Album

This is a great way to finish off Level 2 as well as allowing you to spend time with your child. The finished album can be a wonderful present for a loved one, such as a parent or grandparent.

◆ Get Ready

Ask your child which family members they want to include in the album. Then find or take pictures of these people doing different things in their free time. Aside from time activities like gardening or playing tennis, you can also include things like people taking an afternoon nap or chatting.

◆ Make your Family Free Time Photo Album

To make the album, you will need either a scrapbook or photo album or some sheets of coloured paper, as well as the pictures. You will also need glue, pens and coloured pencils. Help your child to stick the pictures on the different pages. Get them to write captions for the different pictures and encourage them to decorate the album to make it as attractive as possible.



This is my grandpa.
He is playing tennis.

