



# Uffington Class

## Term 5 2021 Homework


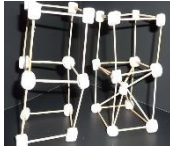




### Japan

EQ: Self regulation

Definition: **Self-regulation** is the ability to understand and manage your behaviour and your reactions to feelings and things happening around you.

(Raising children.net)

<p><b><u>Task 1</u></b></p>	<p>Create a fact file about Japan. Find out information about the country, food, places to visit, customs</p>	
<p><b><u>Task 2</u></b></p>	 <p>Japan is located in an area where there are earthquakes and tsunamis. Design and build a 'building' that would be earthquake proof.</p>	
<p><b><u>Task 3</u></b></p>	 <p>dragon</p> <p>Japanese writing uses symbols and is thought to be one of the most complicated in the world. Find out 2 facts about Japanese writing. Can you find out how to write your name in Japanese? (Try Google translate)</p>	
<p><b><u>Task 4</u></b></p>	<p>Japan is a world leader in technology, including designing and building robots. Design your own robot and describe how it works and what it does.</p>	
<p><b><u>Task 5</u></b> EQ task</p>	<p>Our EQ focus is Self-regulation <b>Self-regulation</b> is the ability to understand and manage your behaviour and your reactions to feelings and things happening around you. Play games where you have to use self-regulation:                   'Jenga'                  'Simon Says'                  'Bop-it' Think about what you can do to self-regulate when you play a game. How can you control your emotions, behaviour and thoughts, especially when the game becomes tricky.</p>	
<p><b><u>Reading</u></b></p>	<p>Try to read to an adult for at least 5-10 minutes a day. Record the reading in your reading record book</p>	