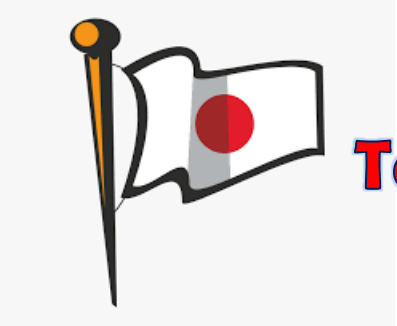


Avebury Class

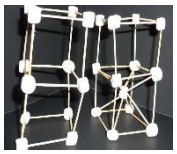
Term 5 2021 Homework

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)

Task 1	Create a fact file about Japan. Find out information about the country, food, places to visit, customs
Task 2	 Japan is located in an area where there are earthquakes and tsunamis. Design and build a 'building' that would be earthquake proof.
Task 3	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)
Task 4	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.
Task 5 **EQ task**	Our EQ focus is Self-regulation **Self-regulation** 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.
Reading	Try to read to an adult for at least 5-10 minutes a day. Record the reading in your reading record book