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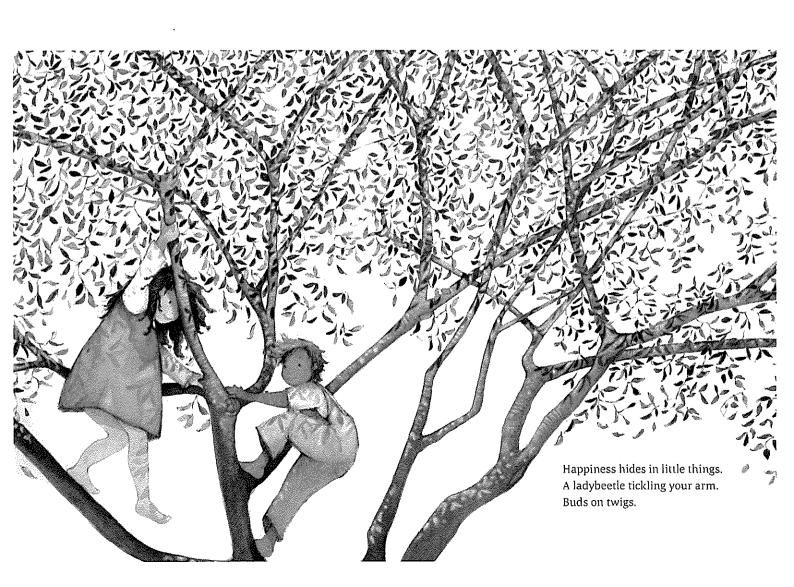
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# Mhere Happiness Hides

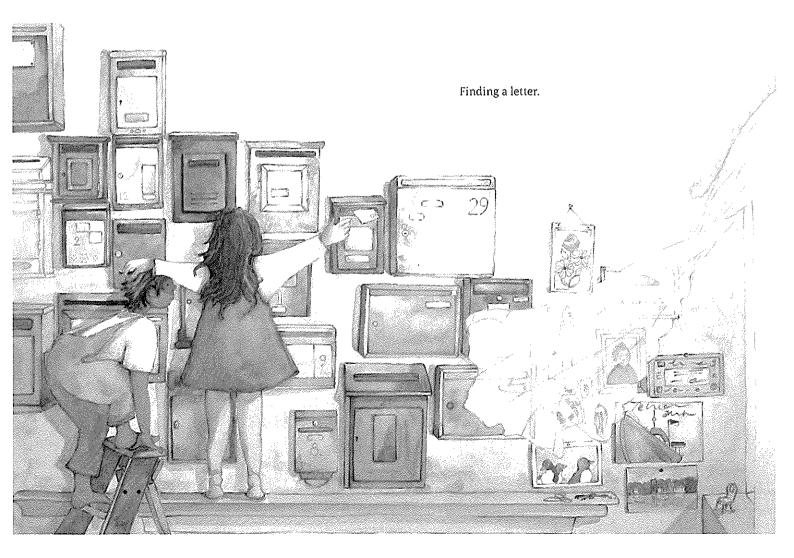
ANTHONY BERTINI S
JENNIFER GOLDSMITH

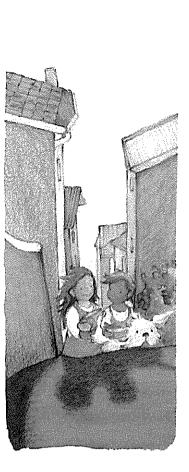


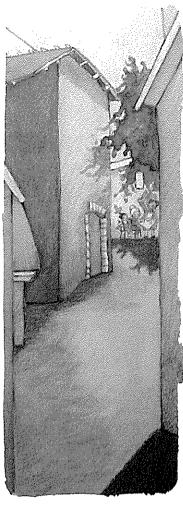


The last raspberry.



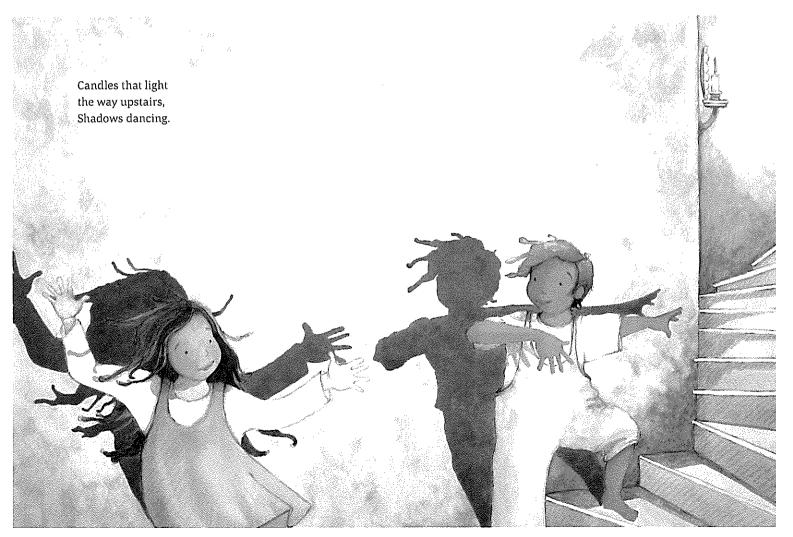






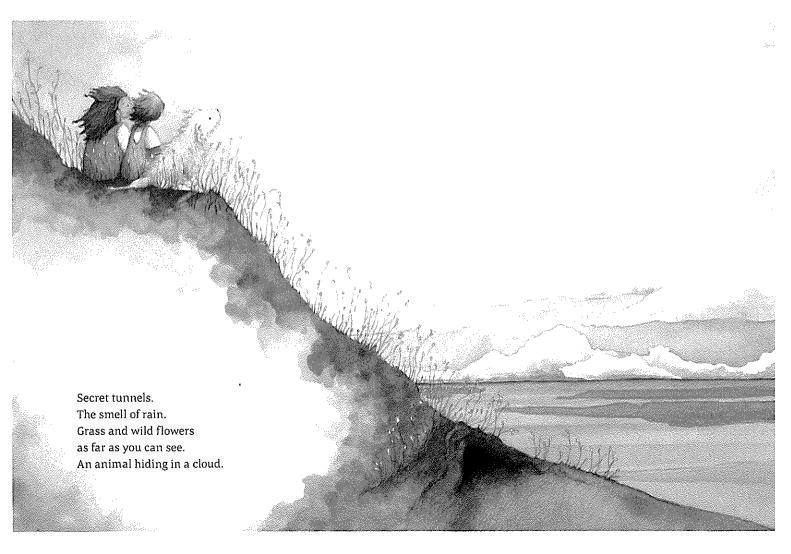
A chair for everyone. Warm soup full to the brim.





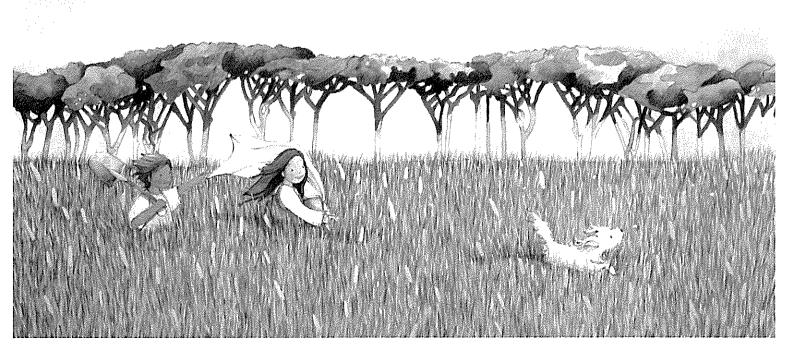
Warm sand that sticks to toes. Ripples at the water's edge. Crabs running over rocks. The first bite.

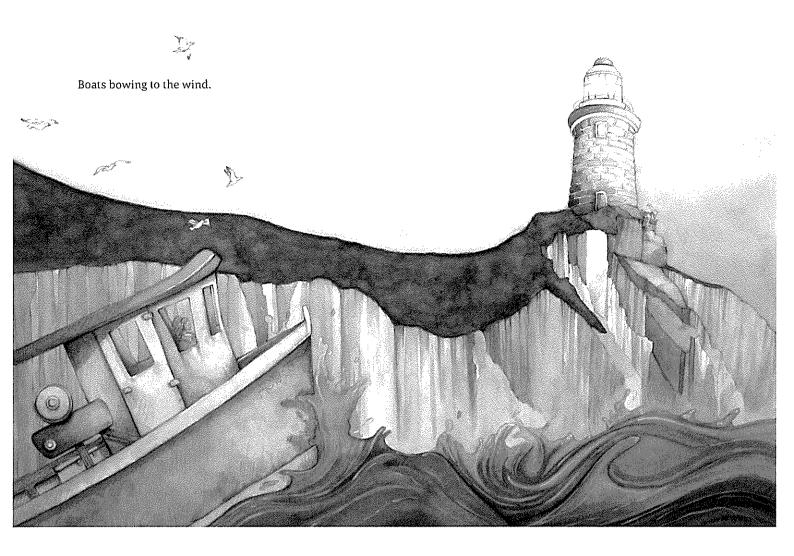




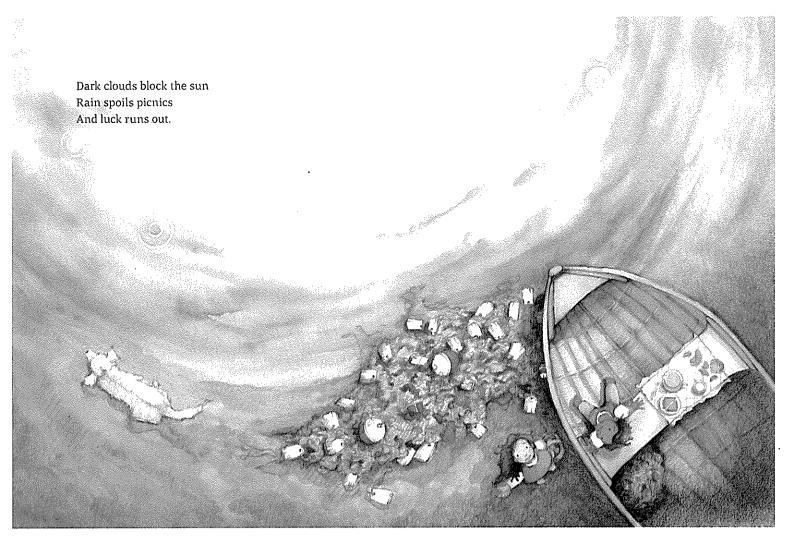


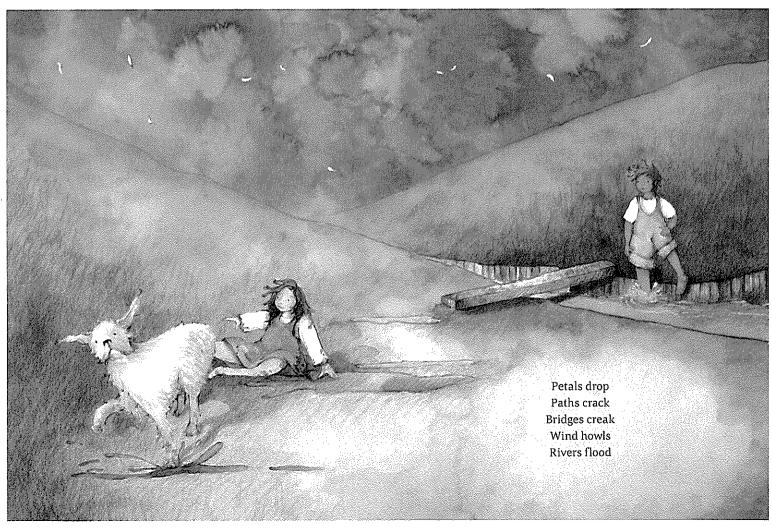
Buried treasure.
A box of shiny things.











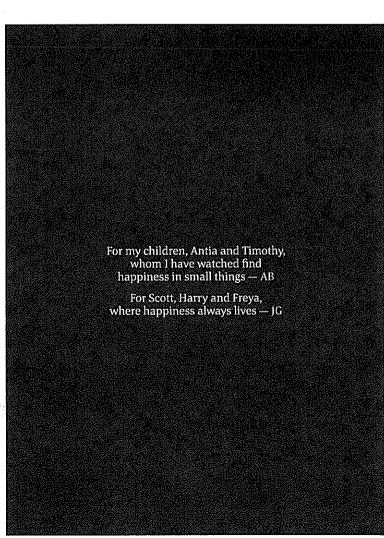


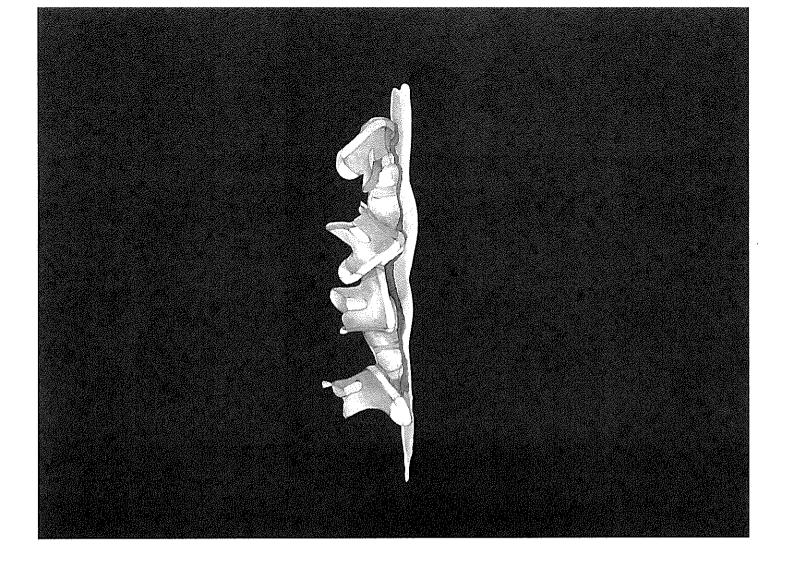
Still, happiness is found in little things. Storms pass. Puddles beckon and,



arm in arm, rainbows come with rain.









Name:			_	•							Class	: <u></u>			_
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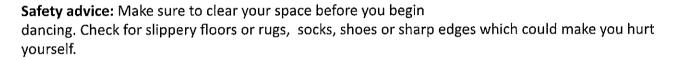
# Make Your Own Happiness - Activity Instructions

"Sometimes ice-cream melts.

Still, happiness is found in little things.

Storms pass.

Puddles beckon"



Step 1. Read Where Happiness Hides.

**Step 2.** In this story, along with things that make them happy, the kids list some things that make them sad sometimes. But they know that even something sad like a rainstorm can leave something good behind, like puddles to splash in.

Make a list of some ways you can change your mood and make yourself happy when you're feeling down.

Step 3. One of the best ways to change your mood is to get moving.

Grab your favourite CD or look through YouTube for a happy, bouncy song that really gets you moving.

**Step 4.** Once you've chosen your song, listen to it while thinking of some dance moves.

<u>I Like To Move It</u> is good for some inspiration.

Step 5. When you've practised heaps, record your dance routine. Remember to have fun and smile!

#### Taking It Further

Create a poster featuring pictures and words of all the things that make you happy. Stick it up somewhere visible so when you're feeling sad, you can go and look at this poster and remind yourself of how to get happy again!



## Boggle

#### Spelling Word Puzzle

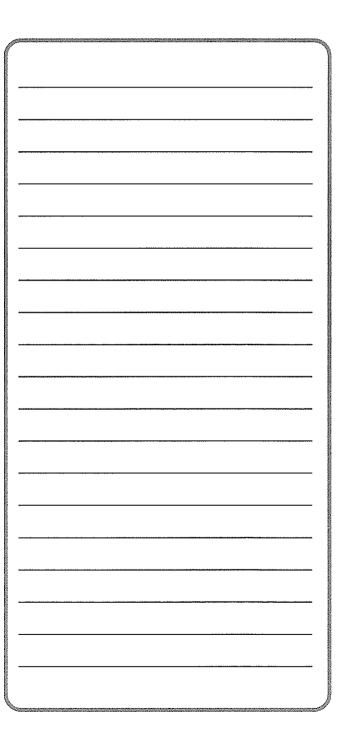
Date:

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Word Count:

S	K	E	P
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## Boggle

#### **Spelling Word Puzzle**

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Name:

Word Count:

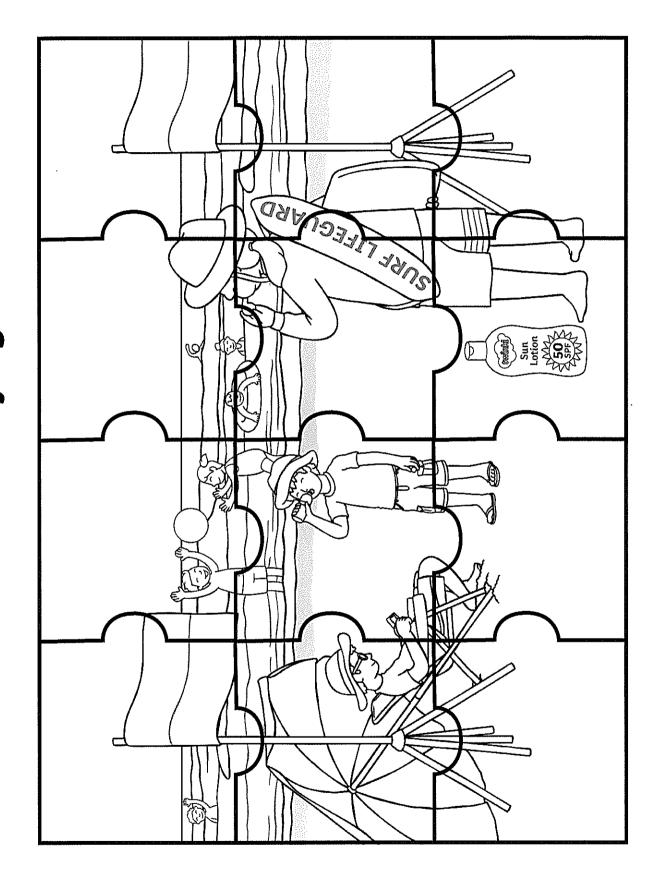
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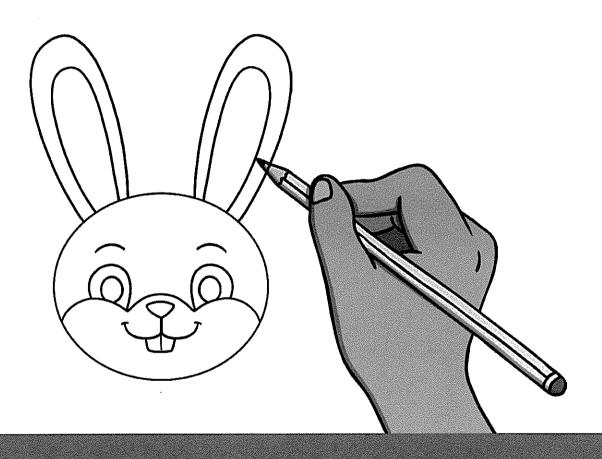


# Beach Safety



# Pet Investigation - Day Three Pet Portrait

Create a portrait of your pet. You might choose to create a collage or paint a picture or even sculpt with playdough! It's up to you.



A portrait is a picture of someone showing their face as the main focus of the picture.



## Encouraging Phrases

k t е p g b b X С  $\mathfrak{a}$ y Χ С n Ч  $\mathfrak{a}$ u 0 f i d h α Х y W 0 i α g е C u p t S S q C n n е W g t t t  $\mathbf{a}$ S α r е h k 0 y  $\mathbf{q}$ n е t n 0 f f d t k S W t n m 0 į į d е S g r g n n d k k t t q S g

keep trying you can do it be brave

way to go

good thinking

wow

fantastic

super

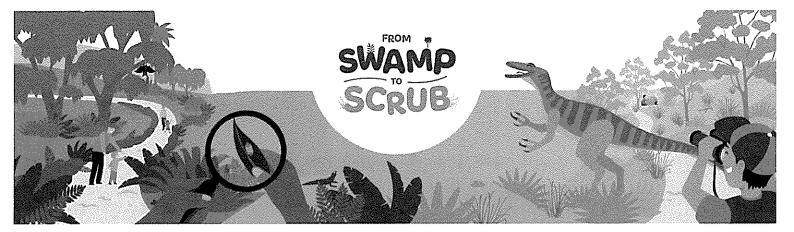
that is great

nice going









# Going on a bug hunt

Spiders and centipedes and beetles, oh my!

#### What you need:

Bug jar, small stick, paintbrush, magnifying glass, white sheet, insect ID book or app

#### Let's get started!

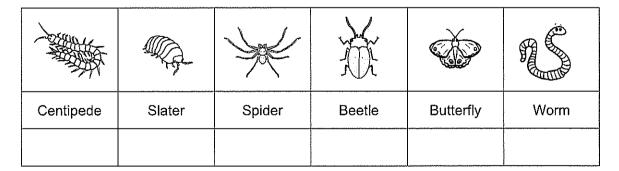
#### Going underground

- Bugs like dark, warm, moist places in the ground
- Use your stick to dig in the ground around the base of trees or under logs
- When you find a bug, use your paintbrush to gently push it into your jar
- Put the lid on the jar and take a closer look
- Do you know what bug it is?

#### Tree shake

- Place a white sheet on the ground under a bush or tree branch
- Give the branch a gentle shake and look what has fallen onto the sheet
- How many bugs did you find?

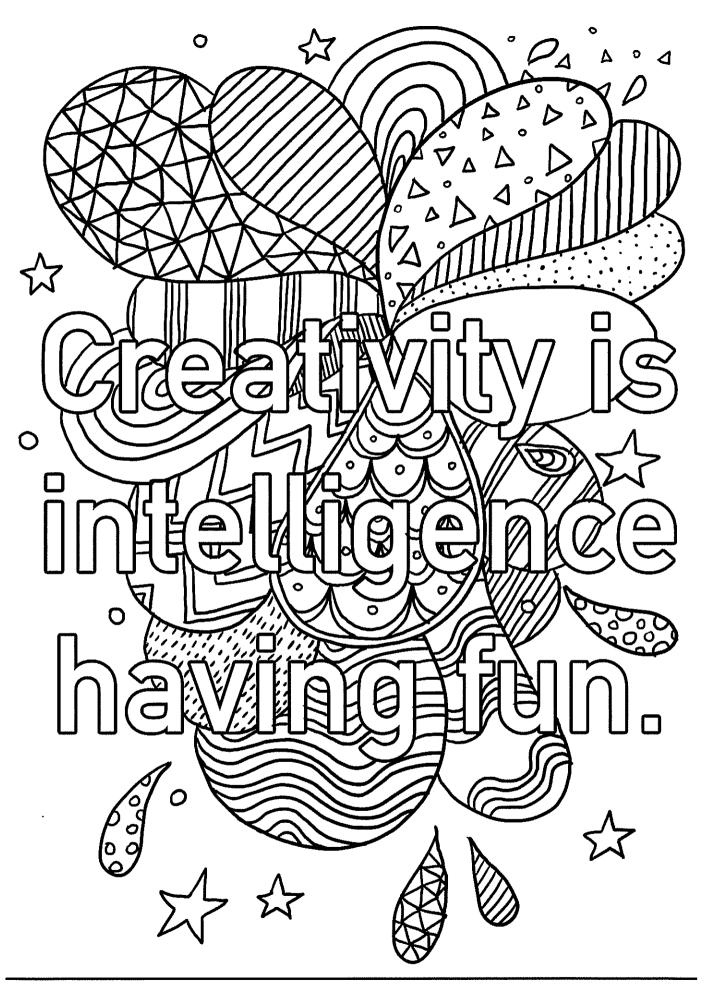
These are some of the bugs that you might find on your bug hunt Keep a tally of how many you find:





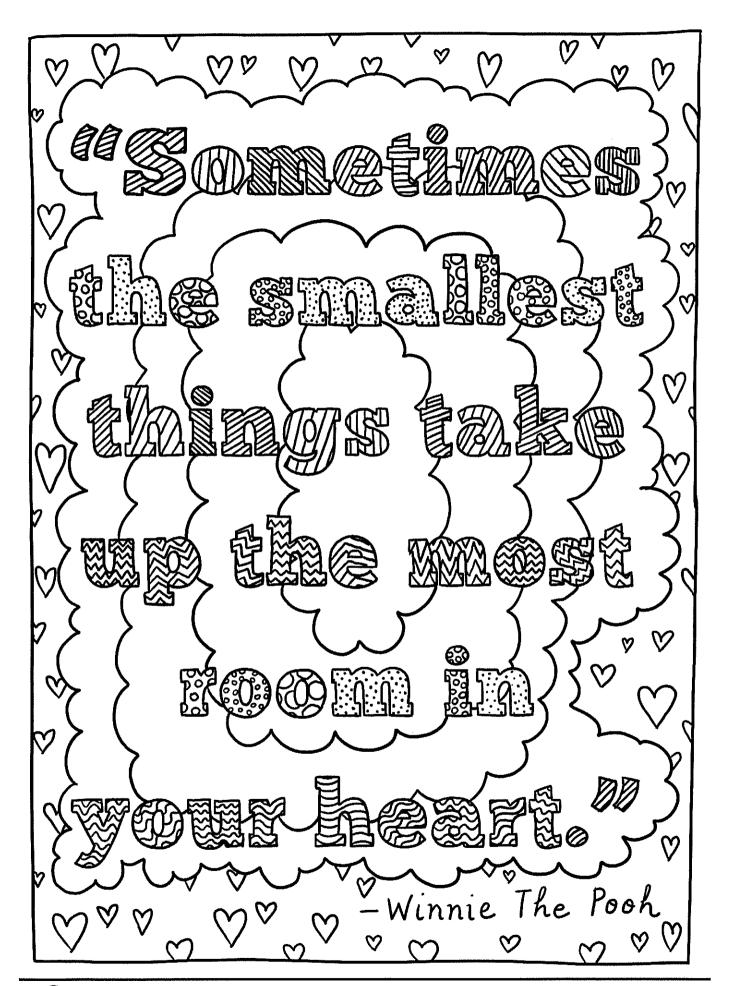








omise me you'll emember, you are ER: than you believe, STRO OU SEEM, SMARTER: than you think." -Christopher Robin 0







## Roll a Home Learning Story

Roll a dice four times. Each time you roll, a different part of your new story to write is revealed! Circle the new parts of your story as you roll the dice.

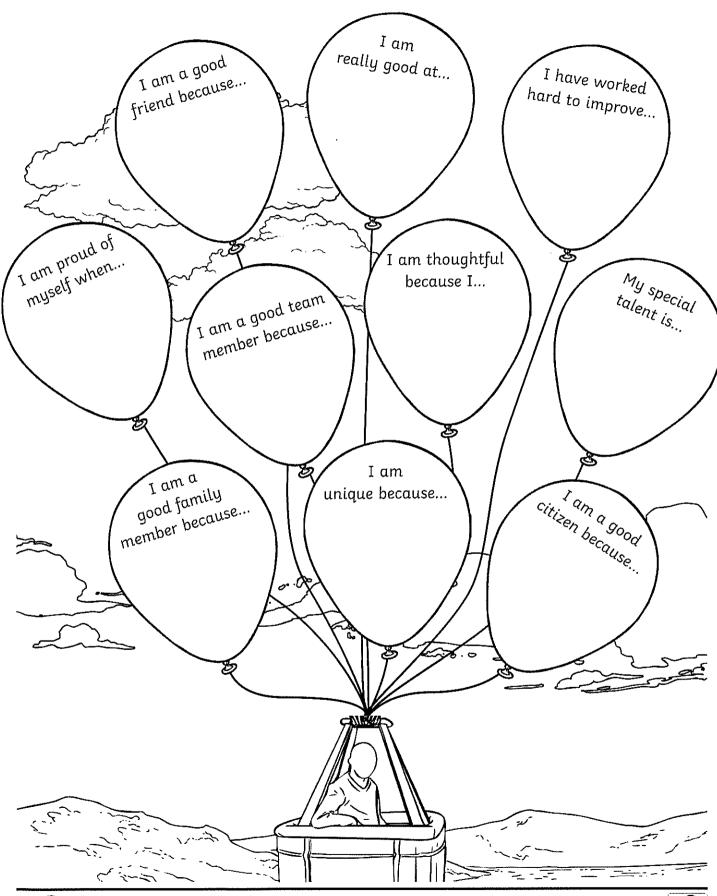
	Roll 1 Character	Roll 2 Setting Time	Roll 3 Setting Place	Roll 4 Conflict or Plot
000	my teacher	at breakfast	kitchen	someone cannot stop laughing!
0000	someone in my family	in the morning	bathroom	there is a huge secret!
	my pet	at lunchtime	living room	there is a big surprise!
000	a neighbour	in the afternoon	outside	an exciting discovery is made!
	a piece of school equipment	in the evening	my bedroom	someone or something is trying to ruin the first day of home learning!
0000	me	at night time	next door	someone or something is lost!





### I Am an Amazing Person!

Read and finish the sentences in the balloons below.







Thursday

# Pet Investigation - Day Four Pet Palace Design

What do you think would be your pet's dream home?

Would it be a big fluffy blanket over a comfy cushioned bed?

A cozy kennel with their name at the top?



A big tank of clean water filled with colourful pebbles and glittery seaweed?

A giant palace with tunnels and different places to hide in?

Whatever you think would best suit your pet, draw a picture of it and label your design to point out all of its most important features.



## Boggle

#### **Spelling Word Puzzle**

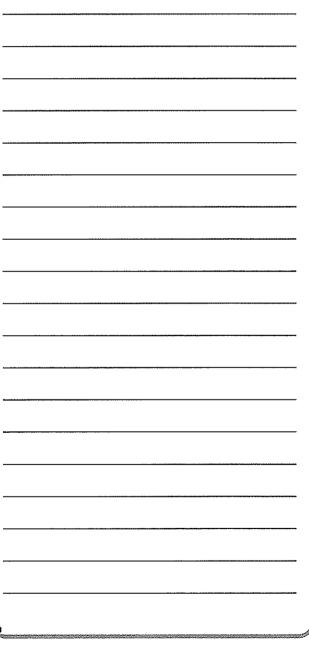
Date:

Name:

Word Count:

S	D	E	H
Н	U	L	J
D	Α	D	G
V	T	F	0







## Boggle

#### Spelling Word Puzzle

Date:

Name:

Word Count:

Н	Α	S	P
О	S	M	D
K	L	N	A
F	T	I	M



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	 	 <u>.</u>
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# Sun, Sea and Beach Safety

elwseakyn

gisaznągc

p f u f c k x y q

reneflags

og otsking

t u o y u c h a t

e an luqwe g

crwaterch

t d v b e a c h s



beach sun sea safety lifeguard flags protect water hat skin



# Sun, Sea and Beach Safety

b h p n α u n  $\mathfrak{a}$ b b m q  $\mathfrak{a}$  $\mathfrak{a}$ α n r t q е n a u е 0  $\mathfrak{a}$ t y α е е  $\mathfrak{a}$ W k е y 0 d h k h h i α С 0 t p g α p S r q k X u y X b b d α g 0  $\mathfrak{a}$ h S  $\mathfrak{a}$ p g  $\mathfrak{a}$ d e f r g Z g g α α S

t t m S y m Z S



beach sun sea safety

lifeguard protect water hat

skin flags danger swim





## Abstract Artist Fact Sheet

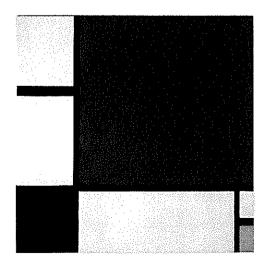
Piet Mondrian 1872 - 1944



Piet Mondrian was born in Amersfoort in the Netherlands, in 1872. His father and uncle were both artists so he was introduced to art at a very young age.

In 1892, Piet began working as a teacher at the Amsterdam Academy of Fine Art. He practised painting in his spare time. His first works were landscape paintings of the Dutch countryside. These paintings were 'representational', which means it is easy to see what the painting is about.

Over time Mondrian began painting in a style known as 'cubism'. In cubism artists represent their subject through combinations of geometric shapes. This allows them to show lots of different viewpoints at the same time. But Mondrian wanted his paintings to be even more abstract. Abstract art doesn't show pictures of things but uses colours, lines and shapes to express how the artist is feeling.



Eventually Mondrian developed a style all of his own. He called it 'neo-plasticism'. He got rid of everything that he thought was not 'essential' and limited his work to what he termed 'the basic forms of beauty'. He painted using simple lines and rectangles in white, black, and the primary colours. Mondrian made many paintings in this style.

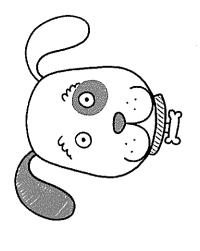
Piet Mondrian died of pneumonia in New York City in 1944. His distinctive style has continued to grow in fame since his death.

Work: Composition No.III, 1921-1925

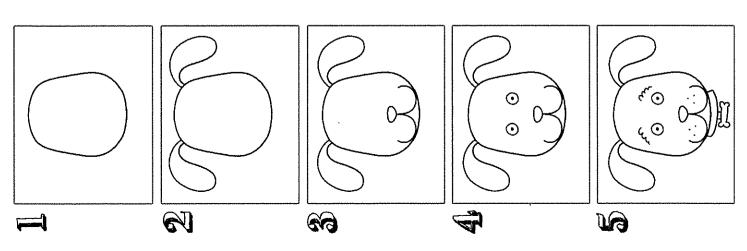


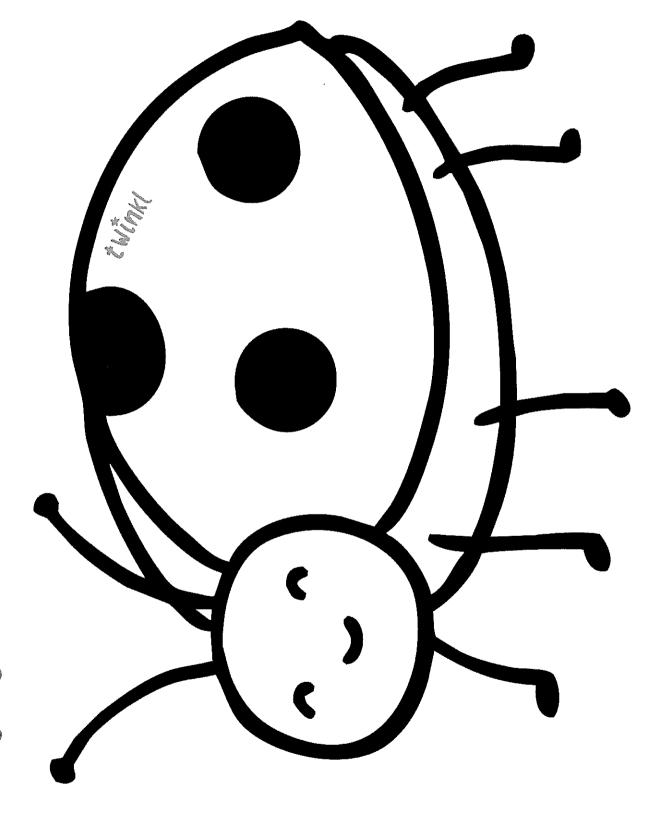
# Mondrian Colouring Sheet

					,
Colour in the Mondrian Mondrian choose in his a	style shapes bel rtwork?	low. Consider	the colours that yo	ou use. W	hat colours did



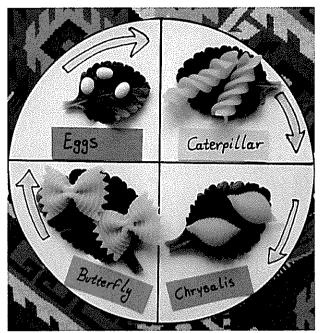


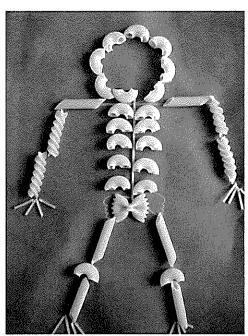


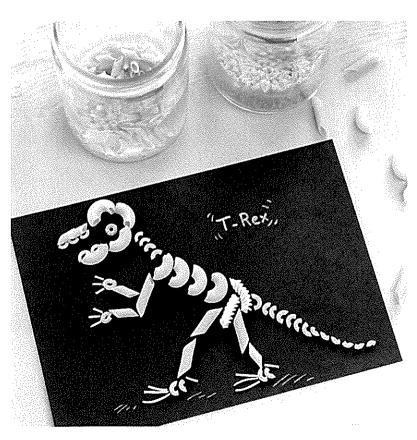


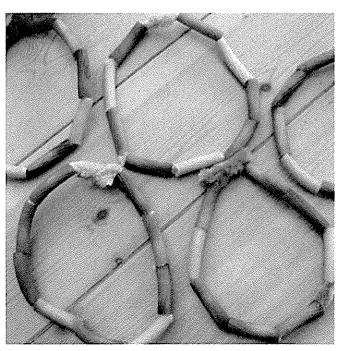
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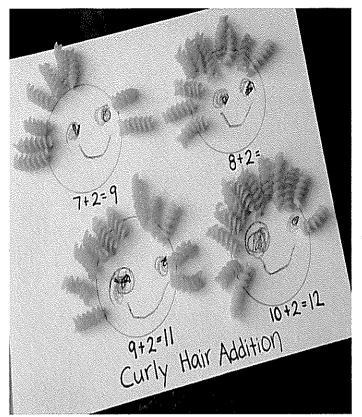
Can you create your own pattern using pasta (or even lego, rocks, blocks etc.) Take a photo and send it to your teacher.



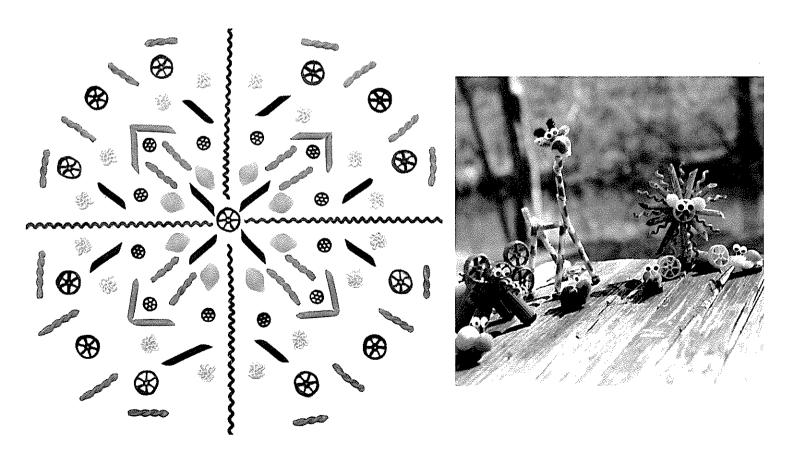








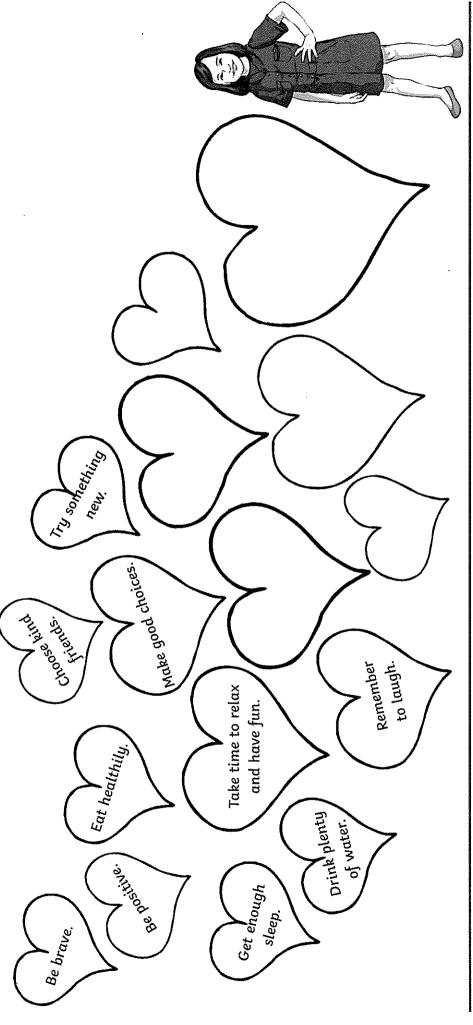




# How Can You Be Kind to Yourself?

write your own ideas about how you can be kind to yourself. Some ideas have been given to start you off. We often think about how we can be kind to others and what effect our behaviour has on other people. Have you ever thought about how you can be kind to yourself? Using the hearts below,

Once you have recorded these ideas, start to think about how you can carry out these ideas to be kind to yourself.



## MU SEA UM

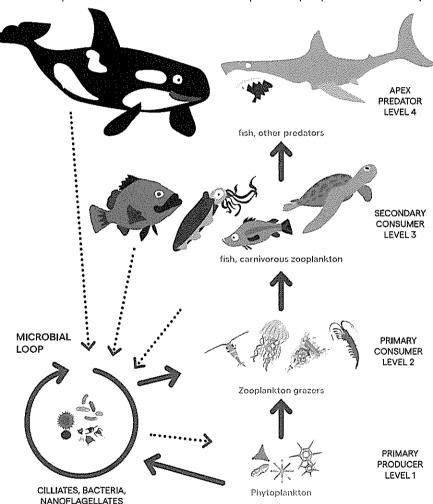


These are some vocabulary words you might come across when you are talking about food chains and food webs

Plankton form the base of the marine food web, it's one of their PLANKTON SUPERPOWERS – supporting all other life in the ocean.

Below you can see a basic food chain for an ocean ecosystem.

A food chain shows how the energy flows through an ecosystem – from the plants and animals at the bottom...up to the apex predators at the top.



The ocean is a big place with many different marine ecosystems. This chain would have different creatures in it depending on which marine ecosystem you are looking at- a kelp forest, a coral reef, the open ocean, Antarctic ocean, deep sea and so on.



Everything that lives in the ocean can become food for another creature.

In the ocean, a food chain typically starts with energy from the photosynthesising phytoplankton, and follows a course such as: phytoplankton  $\rightarrow$  herbivor ous zooplankton  $\rightarrow$  carnivorous zooplankton  $\rightarrow$  filter feeder  $\rightarrow$  predatory vertebrate

Those are some **big scientific words**. If you want to look up some of these words, we've included a short list of vocabulary to help you.

#### PRIMARY PRODUCER - LEVEL 1

a living thing (usually a plant) that produces their own food (rather than eating someone else). Examples: phytoplankton, algae

#### PRIMARY CONSUMER - LEVEL 2

a living thing (plant or animal) that eats primary producers to get energy. Examples: mussels, oysters, krill, copepods, dinoflagellates, shrimp

#### SECONDARY CONSUMER - LEVEL 3

a living thing (usually an animal) that eats primary consumers to get energy. Examples: blue claw crab, lobster, seastar, humpback whale

#### **APEX PREDATOR - LEVEL 4**

an animal at the top of the food chain with no predators. Examples: shark, dolphin

#### **DECOMPOSER**

a living thing that breaks down dead plant and animal material and wastes and releases it again as energy and nutrients in the ecosystem. Examples: bacteria, fungi, worms, crabs

#### FOOD CHAIN

group of organisms linked in order of the food they eat, from producers to consumers, and from prey to predators, scavengers, and decomposers

#### **FOOD WEB**

all related food chains in an ecosystem

#### MARINE ECOSYSTEM

community of living and nonliving things in the ocean that interact with each other. Eg. A coral reef is a marine ecosystem

#### **PHOTOSYNTHESIS**

a process by which plants turn water, sunlight, and carbon dioxide into oxygen, and simple sugars

#### **PHYTOPLANKTON**

microscopic organism that lives in the ocean and can convert light energy to chemical energy through photosynthesis

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

#### TROPHIC LEVEL

levels in the food chain or food web

#### PHYTOPLANKTON

are Primary Producers

#### ZOOPLANKTON

are Primary Consumers

#### FISH AND OTHER MARINE ANIMALS

are Higher order consumers

#### MICROBIAL ORGANISMS

also play a role as decomposers- making nutrients available. Even though they don't fit in the "food chain" they are still very important for life in the occan.

# You might need to research the diet of some animals to be able to complete your food chain.

You might need to research the diet of some animals to be able to complete your food chain. We've included a few predators on each plant/animal card to help get you started.

#### MAKE YOUR OWN OCEAN FOOD CHAIN

#### 1. PRINT AND CUT OUT

these printable cards for your ocean food chain game. You might like to glue them onto some cardboard so they last longer. We've left a few circles blank so you can add extra creatures into your food chain if you wish.

#### 2. ADD SOME BLU TAC

to the back of each card.

#### 3. CREATE AN OCEAN FOOD CHAIN

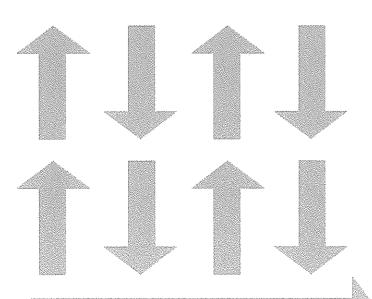
on an empty wall / floor space. Start with some phytoplankton at the bottom and then an arrow to who eats them (maybe a zooplankton species) and then an arrow to who eats them (maybe a fish) and so on. Each arrow means "is eaten by".

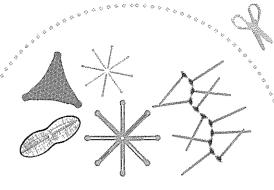
#### 4. IF YOU HAVE TIME

create a second food chain starting with the turtle or the Jellyfish. Join that to the first chain with arrows and start to build a food web!

#### THINGS TO THINK ABOUT:

What happens when there is imbalance- too many of a particular species in any level of the chain? This could happen because of climate change, changes in nutrients in the water, overfishing by humans, pollution and other reasons.





#### DIATOMS & DIATOM CHAINS

Phytoplankton - producers

Eats: nothing - makes its own energy by photosynthesis

!s eaten by: Dinoflagellates, Zooplankton like

copepods, radiolaria, sea urchins, snails,

shrimp, crabs, some kinds of fish



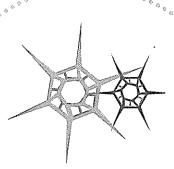
#### DINOFLAGELLATES

Plankton - some are producers, some are consumers

Eats: bacteria, bluegreen algae, diatoms, ciliates, and other dinoflagellates is eaten by: other Dinoflagellates, Zooplankton like copepods

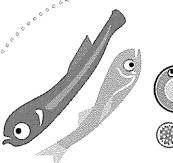


Zooplankton - consumer
Eats: Phytoplankton
Is eaten by: krill, jellyfish, other crustaceans,
seahorses, shellfish, squid, corals, fish,
whales, seabirds



#### SILICOFLAGELLATES

Phytoplankton - producer Eats: makes its own energy by photosynthesis is eaten by: zooplankton, small fish and crustaceans



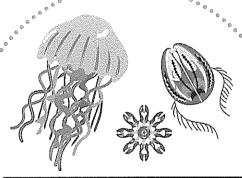






#### FISH EGGS & FISH LARVAE

Zooplankton - consumer
Eats: phytoplankton
Is eaten by: copepods, arrow worms, jellyfish,
marine snails, krill, bigger fish

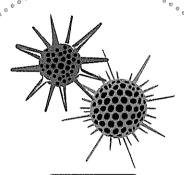


#### **JELLYFISH AND EPHYRA (Larval Jellyfish)**

Zooplankton - consumer

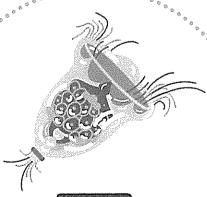
Eats: zooplankton like copepods, fish larvae, crustaceans, small fish, phytoplankton

Is eaten by: other jellyfish, turtles, penguins, predatory fish like tuna, sunfish, salmon,



#### RADIOLARIA

Zooplankton - consumer Eats: Diatoms Is eaten by: larger zooplankton - jellyfish, crustaceans, arrow worms



#### ROTHERA

Zooplankton - consumer Eats: phytoplankton, decomposing material, algae Is eaten by: seabirds, clams, shrimp, tadpoles, aquatic insects



Zooplankton - consumer Eats: phytoplankton, decomposing material, algae Is eaten by: jellyfish, squid, penguins, seals, fish, whales, seabirds

# MIEEERWHAEE Mammal - apex predator Eats: Other whales, sharks, seals, squid, fish

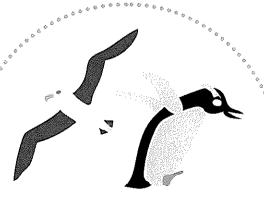
SHARK

Elasmobranch fish - apex predator Eats: fish May be eaten by: killer whale,

tiger shark

Mammal - apex predator Eats: squid, fish, krill, other zooplankton May be eaten by: killer whale

WHALE



DOLPHIN

Mammal - apex predator Eats: squid, fish, octopus

SEABIRD

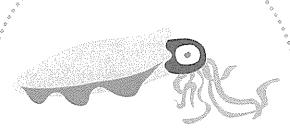
Bird - consumer

Eats: phytoplankton, fish, zooplankton - krill, copepods, hatchling turtles is eaten by: some seals, predatory fish

#### TURTLE

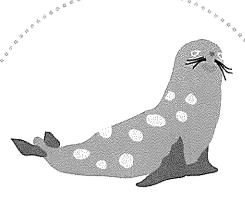
Reptile - consumer

Eats: jellyfish, phytoplankton algae, seagrass, zooplankton, crustaceans
Is eaten by: tiger sharks, killer whales
\*young turtles are also eaten by smaller animals like ghost crabs, seabirds and fish



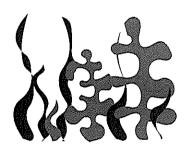
#### SOUID

Cephalopod - consumer
Eats: crustaceans - crabs, mussels, clams
Is eaten by: whales, predatory fish,
penguins, seals



#### SEAL

Mammal - consumer Eats: squid, fish, seabirds Is eaten by: killer whales



#### SEAWEED (ALGAE)

Marine plant - primary producer
Eats: produces its own energy by photosynthsis
Is eaten by: sea birds, dugong, fish, turtles,
zooplankton, crustaceans

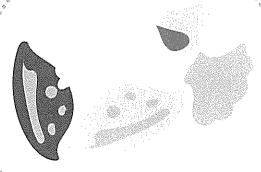


#### CRAB

Crustacean - consumer
Eats: phytoplankton, zooplankton, fish
Is eaten by: turtles, fish,
squid, octopus



CORAL



SHELLEISH)

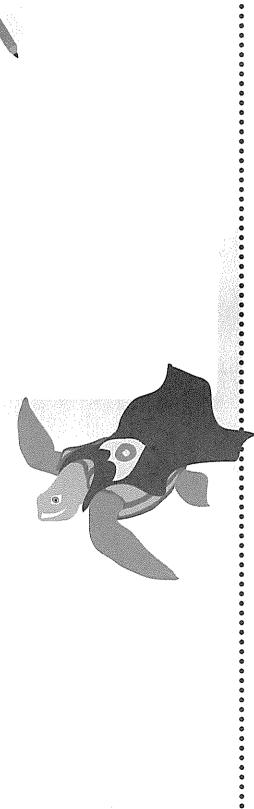


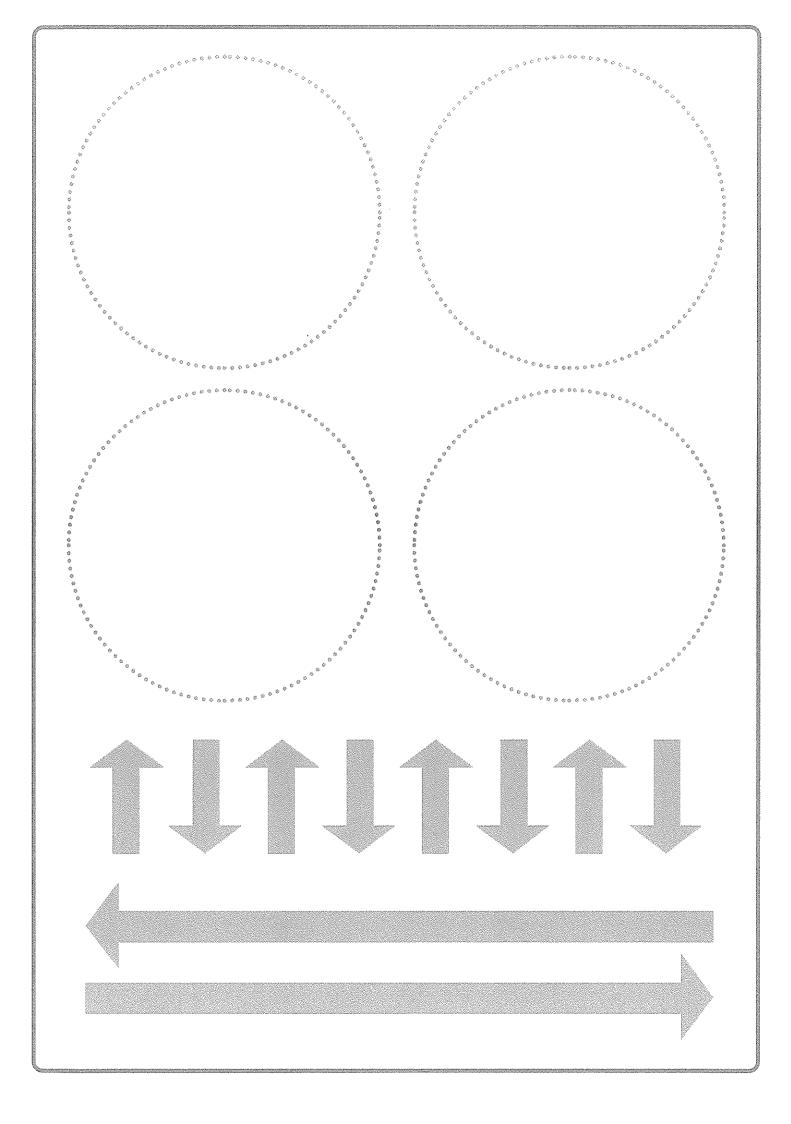
#### WHICH IS YOUR FAVOURITE ANIMAL IN YOUR FOOD CHAIN?

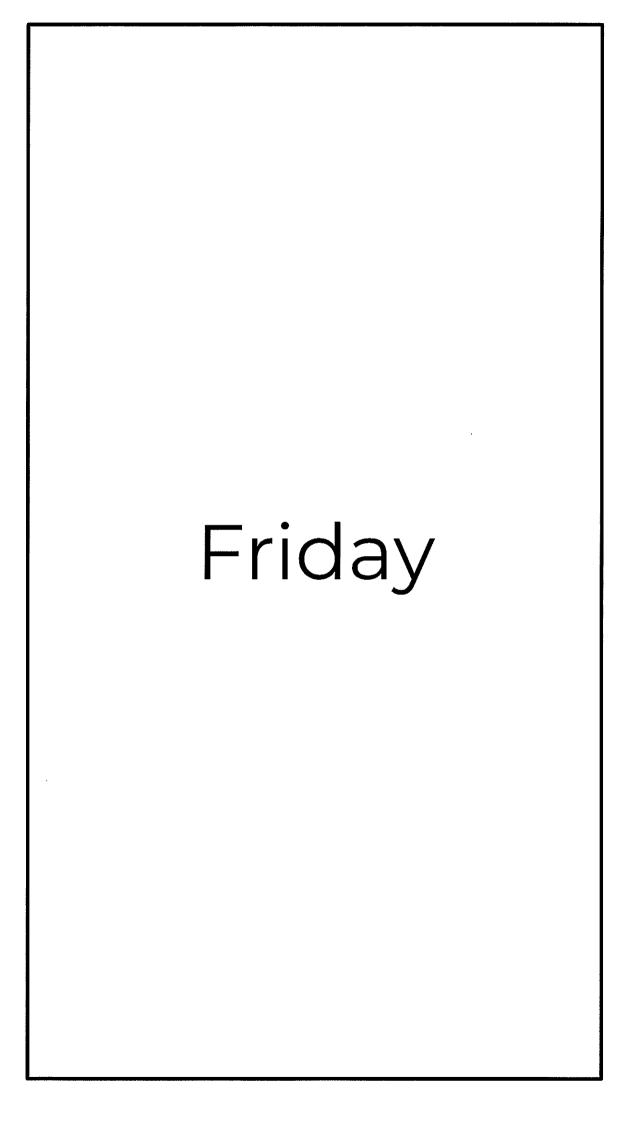
Use the OCEAN SUPERHEROES FACT FILE card to create a story about your favourite animal. You might even want to send it in the mail to someone you haven't seen in a while.



Ì	Name:					
•	Other names:					
ę	Where I live:					
•	What I eat:					
•	Superpowers:					
	engas namen - concessor de la Nemesia:	afe ti		ř.		
(	(other creatures who eat me)		Tegy (sy		1919	
ļ	A story about me:					







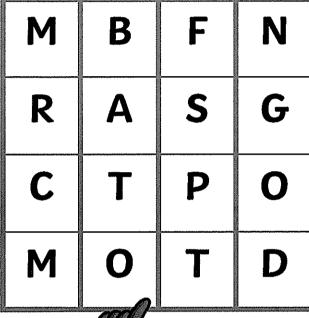
# Boggle

#### **Spelling Word Puzzle**

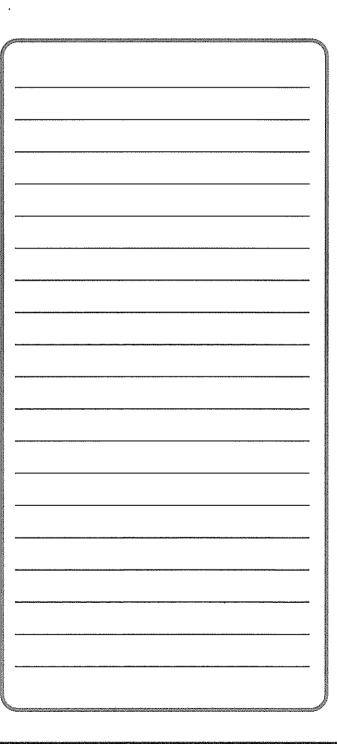
Date:

Name:

Word Count:







# Boggle

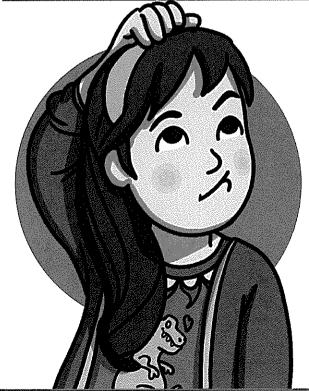
#### **Spelling Word Puzzle**

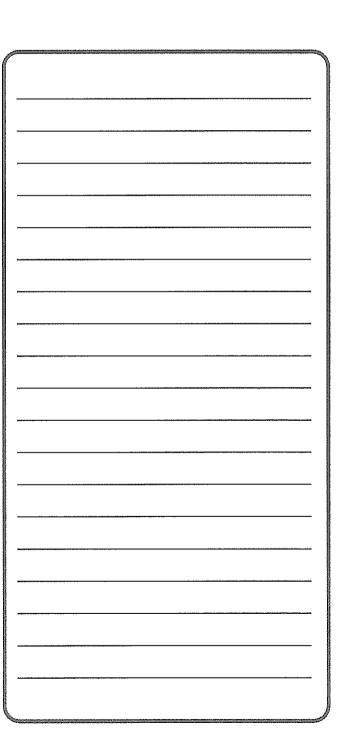
Date:

Name:

Word Count:

E	T	R	A
Н	G	Α	В
L	J	N	G
U	Н	M	E







# Jogging on the Spot

Jog on the spot and try your best to keep in the same place.



# Jogging

Jog from one point to another and try your best to keep the same pace.



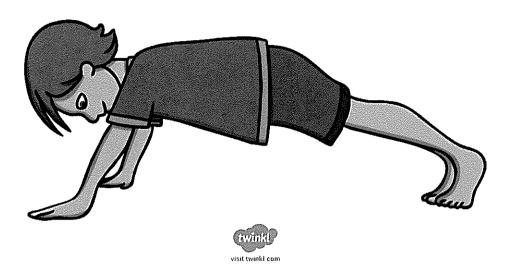




# Plank

Hold your body in the plank position for as long as you can. Take a rest when you need to.

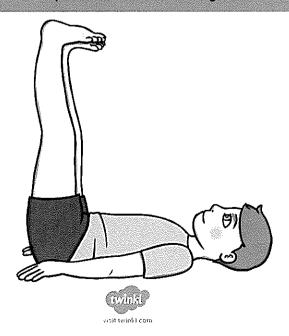
You can put your knees on the floor to make the move easier.



# Leg Raises

Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor.

Repeat with the other leg.

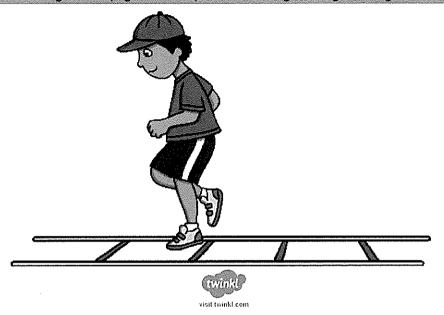


# Ladder Run

One at a time, jog up the ladder, placing both feet into each space as you go.

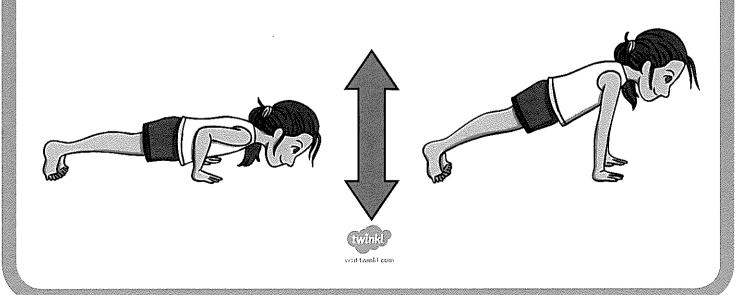
To make it more challenging, you could step outside the ladder and back in at each space.

Try to keep your toes pointed and your legs straight.



# Press-Ups

You can put your knees on the floor to make the move easier.

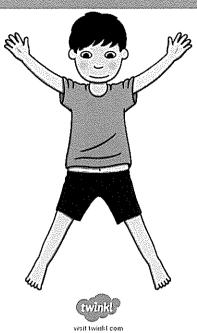


# Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.

#### What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.



# High Knees

Raise each knee in front of you, one at a time, as high as you can.

To make this more challenging, try to do this quicker.



# Step-Ups

Carefully, step on and off the bench, one foot at a time.



# Pet Investigation - Day Five Pet Talk

# If your pet could talk to you, what do you think they would say?

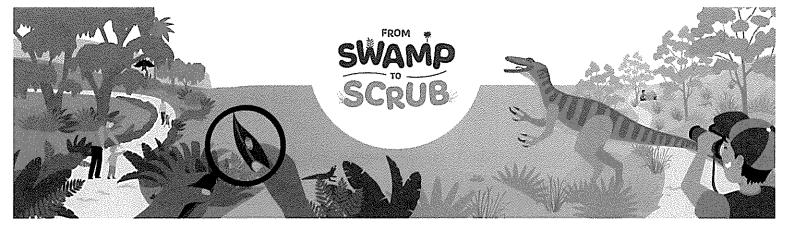
Write down at least three different things you think your pet might like to tell you. You can be as creative or as sensible as you like!

You are my favourite person



Today is the last day of our Pet Investigation project. Make sure that all of your daily investigation activities are completed and ready to share.





# EcoArt scavengers

Comb, collect, and create!

#### What you need:

Natural materials, creativity, a sense of adventure

#### Let's get scavenging!

Natural items - find rocks, leaves, sticks...

Colours - find things that are green, red, yellow, purple, pink...

Textures - find things that are smooth, spikey, rough, hard, soft...

Make your own challenge – find a certain number of materials in each category. For example, find five rocks, four sticks, three things that are red, two things that are green, and one thing that is spikey

Only collect materials that have already fallen to the ground!

#### Let's get creative!

- Use the items you collected in your scavenger hunt to make your artwork
- You can make your art however you choose!
- Try making a mandala, a circular shape with geometric patterns inside

#### Magnificent mandalas!

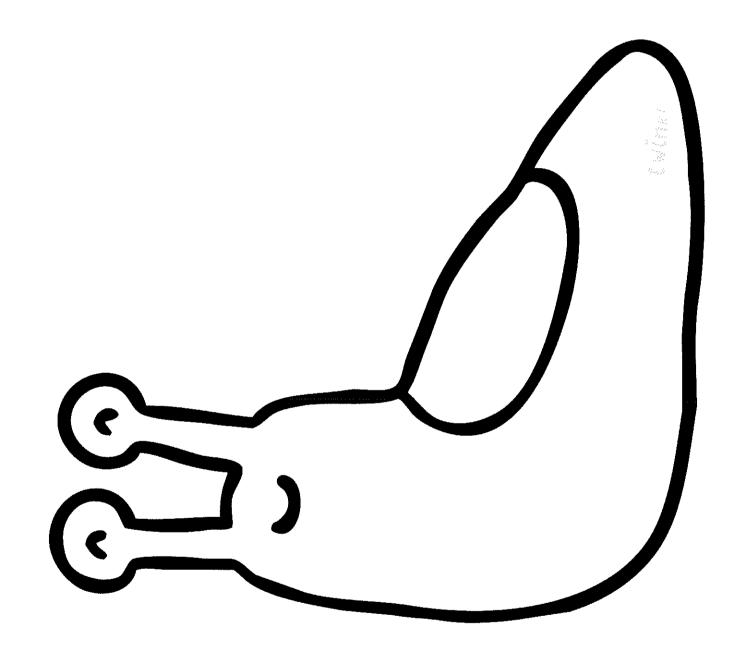
- Create a large circle with sticks, rocks, or leaves and then make geometric patterns or layers inside
- Or you can start your mandala with a centrepiece and work your way outward by adding layers of different colours, textures, or type of items
- Make a small mandala on your own or get your family involved in making a giant together!

Ephemeral art is art that is made using natural items that stays in the landscape for others to see and use!

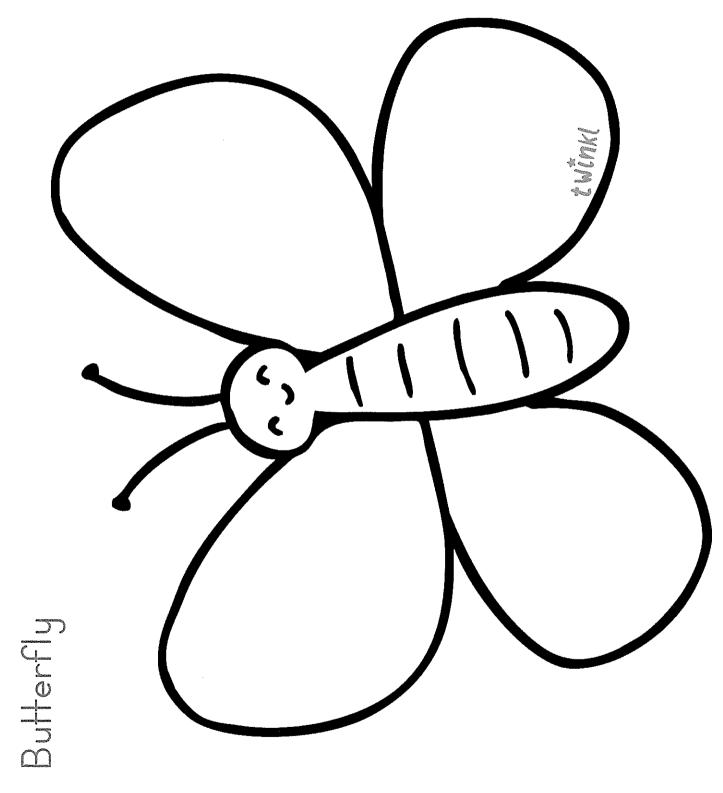






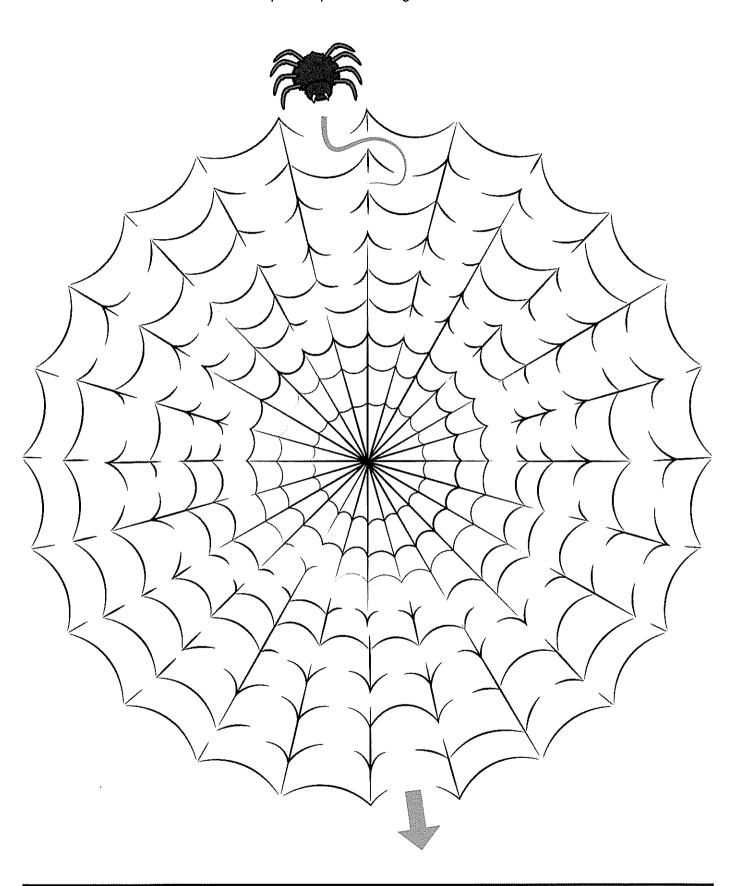


<u>S</u>



## Halloween Spider Maze

Help the spider through the web!







## Positivity Jar

This jar can be filled with positive words, comments or affirmations. The purpose of the jar is to use it whenever you are feeling sad and need to remember all the positive things about you.

There are a number of slips that have already been made for you, so you can put these in your jar. However, please try and think of all the positives about yourself and complete some of the blank slips below.

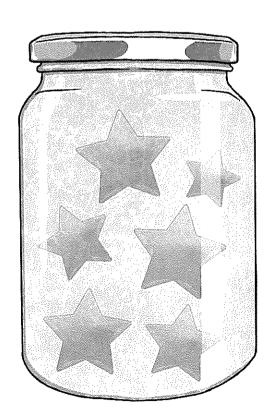
You can use a jam jar, coffee jar or a large glass storage jar. Feel free to decorate the jar however you wish. You could wrap the jar, use paints, and add accessories to it such as ribbon, stickers and pom poms.

The jar needs to be personal to you and make you feel happy when you look at it. Take your time decorating your jar and then decide what slips you are going to put in.

The adult you are with may have some positive slips that they want to complete about you as well. These can all be added to your jar.

Once you have completed your jar try to look at your jar every day for a few minutes and remember how special and positive you are as a person.

You could even give a jar to a special person. The jar could have all the positive, special qualities that you love about them. Just reading the positive comments will help them to feel more positive.





com

I am awesome!	t am in control of my own behaviour.				
good friend.	anything I	T am confident.			
Tung u	can and I will	I am courageous.		,	
	I can be who I want to be.	am talented.	2		
	s am a great friend.	I can forgive.	Constitution of the consti		

# The Supermarket

#### Spot the Difference

Look at the two pictures. Can you find the differences? (There are 5 things.)





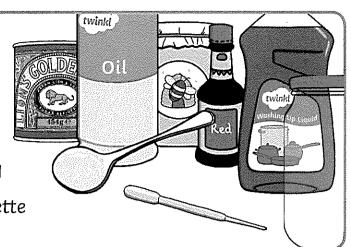




## Rainbow Jar

# You Will Need

- A tall, clear jar/container
- Honey
- · Golden syrup
- Washing up liquid (bright coloured)
- · Olive oil
- Water
- · Surgical spirit
- Food colouring
- A dropper/pipette



#### Method

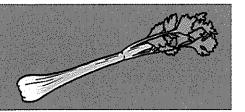
- 1 To start off, pour some honey into your jar, making sure you pour it into the middle of your container and that no honey touches the sides. Pour in enough to make a small layer at the bottom.
- 2 Colour your golden syrup using your choice of food colouring.
- 3 Pour the golden syrup into the jar. Once again pour it into the middle of the container, avoiding the sides.
- Add the washing up liquid on top of the golden syrup that is in the jar.
- 5 Choose a colour that isn't already in your jar and add food colouring in that colour to the water.
- 6 Pour the water into the middle of the jar, on top of the washing up liquid.
- The olive oil goes in next, again being careful to just pour it in the middle of the jar. Pour in a generous amount of olive oil because it will act as a good divide between the water and the surgical spirit.
- S Finally, choose a colour that isn't already in the jar and colour the surgical spirit. Then, using your pipette, carefully drop the surgical spirit along the sides of the jar, so it sits carefully on top of the olive oil. Do not pour the surgical spirit.
- You should now have 6 clear layers, all different colours.
- 10 If you move the jar, be careful not to disturb the contents.





# Coloured Celery

#### Science Experiment



#### Method

- 1. Pour some water into the glass.
- 2. Add a few drops of food colouring to the water and stir to distribute the colour.
- 3. Cut 2cm off the bottom of the celery stalk and put the stalk into the glass of coloured water.
- 4. Leave the glass and celery in a sunny spot for a couple of hours or overnight.
- 5. Observe the results.

#### You will need:

Celery stalk with leaves

Tall glass

Water

Food colouring

Scissors

