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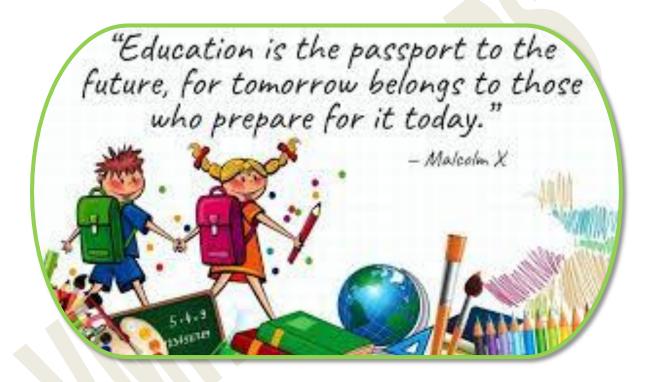




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Earth



☐ The earth is our home.

☐ It is also the home of trees, animals, birds and fish.

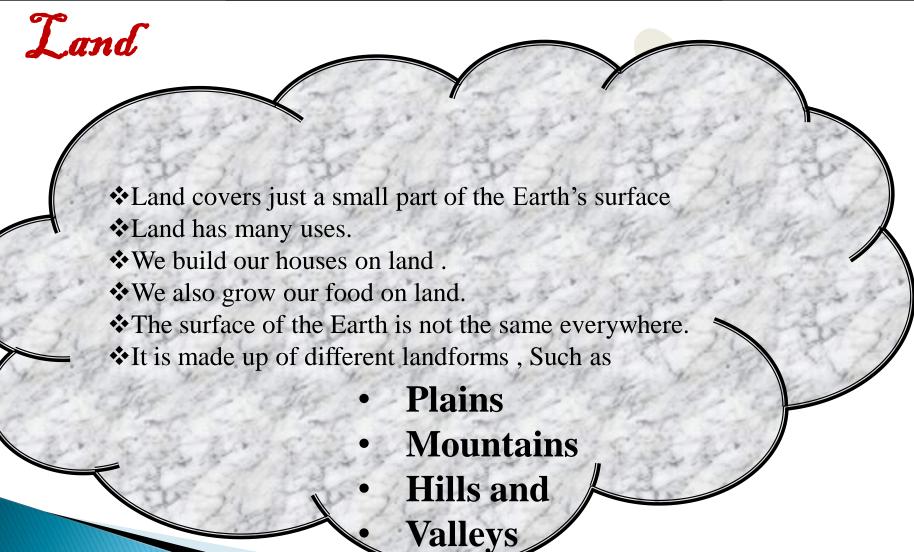
☐ When you look at the earth from distance, it looks like a ball.

☐ The surface of the earth is made up of land and water, and it is surrounded by air.

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Plains

A large area of low, flatland is called a Plain. Farming, or growing plants like rice and wheat for food, is mainly done in the plains.

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Mountain



At some places, the land rises very high. Such land forms are called mountains. It is cold at the top of many mountains. Rivers and Streams start from the mountains and hills.

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Hills are highlands that are smaller than mountains.

They can be pleasant and cool in summer and winter.

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Valley



The low land between two hills are mountains is called a valley.

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Sky

The sky is what we see when we stand outside and look upwards. It spreads like a dome over the earth, and includes the sun, the clouds, the moon and the stars. The colour of the sky appears to change from morning to night. It looks blue in the morning, and black at night.

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Horizon



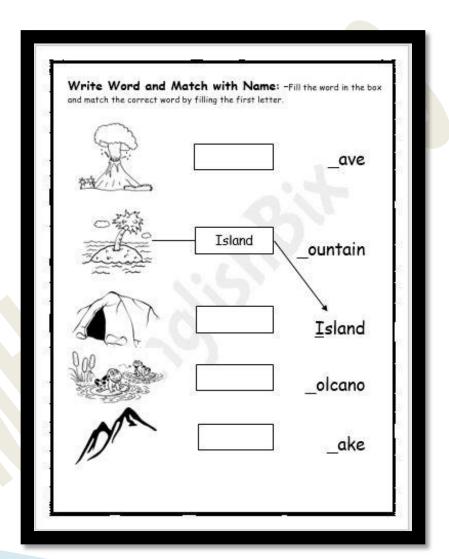
The line in the distance where the sky and the earth appear to meet is called the horizon. The horizon can never be reached. It appears to move further away as we travel towards it.

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ACTIVITY 1



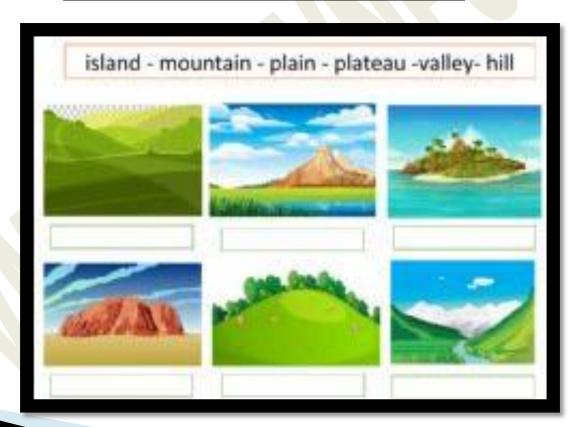
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ACTIVITY 2

IDENTIFY THE PICTURE NAME



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HEALTH TIPS

Self Care During the Holidays

1.Start with gratitude

When your mind goes towards a negative, find a way to flip that around.

2. Just say no

It's okay to say "no" sometimes. Be mindful about your own needs.

3. Get restful exercise

Try to take some time to walk outside or practice yoga.

4. Reduce exposure to stimulation

During the holidays, there are more sights and smells than other times in the year. Try to detox from stimulation, maybe go without technology for a period of time.

5. Pay attention to nutrition

During the holidays, good health habits seem to go out the window. Don't deprive yourself, but try to make good decisions about food as this can positively impact your mood.







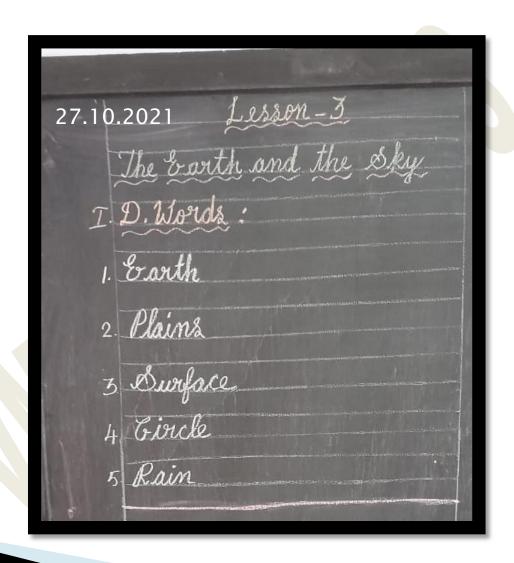




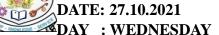
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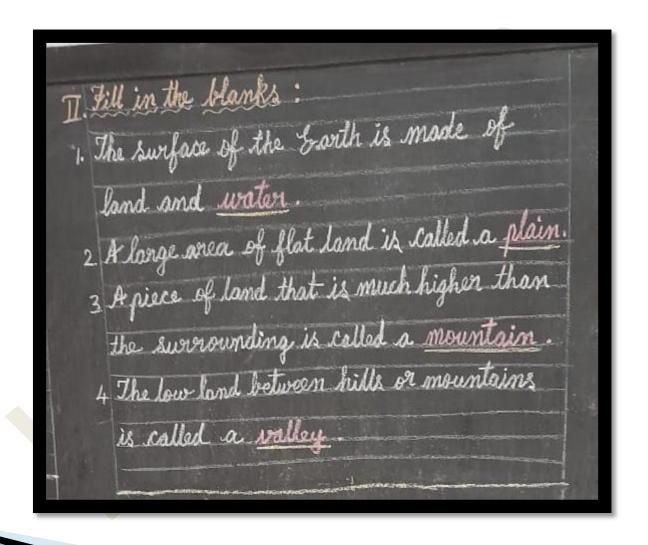




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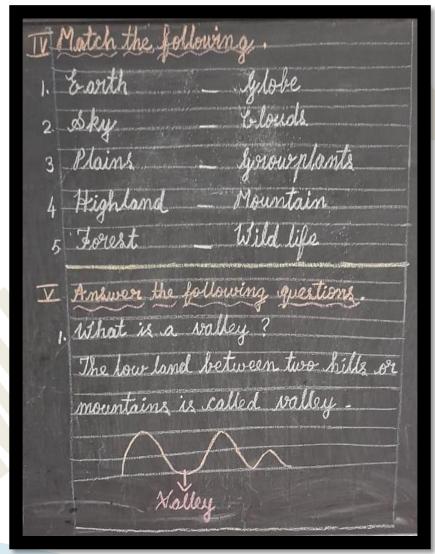


II Choose the correct answer. 1. The Earth's surface is made up of different
land forms.
[forest / land forms]
2 We grow plants for food mainly in the plains. [hills / plains]
3. The following is a highland a hill.
[mountain'/ hill]
4 This natural feature often has a river
flowing through it a valley.
[Sea valley]

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