IN BRIEF

His First Voyage is based on the childhood of explorer and polar adventurer Sir Ernest Shackleton. This pack has activities about the poles and the challenges that explorers face when they go there. Pupils can take a trip there in their imaginations and learn from it too!



1. LITERACY LESSON IDEAS

- When students read new stories, they come across new words. For example, in 'His First Voyage', there are many terms related to sailing and the sea. The **Storytime Glossary** was created to help students find out what key terms mean. Encourage them to look here if they come across words they don't recognise.

- What do your pupils know about the North Pole and the Antarctic? Find out by asking them the questions on the **Class Discussion Sheet**. This is an ideal starting point for a series of lessons about the polar regions.

- This month's **Reading Comprehension Sheet** introduces *comparative adjectives* and *adverbs* – can your students find an example of each in the extract for the story? There is also an exercise where they can have fun creating alliteration. Who can come up with the most original example?

- Once your class has read 'His First Voyage', you can test their understanding of its key events and structure by giving them the **Story Sequencing Sheet**. It is made up of eleven sections describing different parts of the tale, but it's up to your students to number them in the correct order!

- The Antarctic is one of the most dangerous places on Earth, and the **Would You Rather...?** page has a series of either-or questions that encourage pupils to think about what it would be like to be there. They would be ideal for discussing in small groups. Children should be encouraged to talk about the reasons for their choices in a constructive way.

Continued on page 2...

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1. LITERACY LESSON IDEAS CONTINUED

- When students have read about polar exploration, encourage them to write a story about an imaginary journey to the Arctic or Antarctic on the **An Explorer's Journal** sheet. It's in a diary format with spaces for them to add dates, weather reports and updates about their expedition.

2. GEOGRAPHY LESSON IDEAS

- Reading maps is a key skill when studying geography, and the **Test Your Map Knowledge!** page is an exercise that involves the points of the compass and a map with labels for pupils to fill in. They should have an atlas or map to refer to while completing this sheet!

- The polar regions are unique places, and the **Arctic or Antarctic?** page has many fascinating facts about them. Can your pupils work out which facts are about the Antarctic and which are about the Arctic? Which would the members of your class most like to visit, and why?

3. HISTORY LESSON IDEA

- Sir Ernest Shackleton was one of many incredible polar explorers, and the **Know Your Explorers!** page has profiles of six that your pupils should definitely know about! Ask them to consider the contributions that each of them made and what we could learn from their achievements.

  If your pupils express an interest in finding out more about explorers, they could each choose and research an adventurer and create a display poster about them, complete with facts, maps and illustrations.

Continued on page 3...

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4. SCIENCE LESSON IDEAS

- The Antarctic has a very harsh environment, and explorers need to take the right equipment to face the challenges they will find there! The **Pack for the Pole!** activity lists different problems visitors might experience, and pupils should match each one with the right gear or supplies. You could compare the modern equipment on the list with that used by earlier adventurers like Sir Ernest Shackleton. In what ways is modern gear better than the earlier equipment?

- Some species have evolved to live in harsh polar environments, and the **Where Do They Live?** page lists seven of the most interesting ones. Your pupils should match each animal with its description and decide whether they come from the Arctic or the Antarctic. (**Tip:** the only land mammals in the Antarctic are human visitors!)

5. MATHS LESSON IDEA

- It gets cold at the poles – so cold that the temperature is often well below zero! The **Track the Temperature** sheet asks students to track temperatures in the Antarctic day by day. They should add or subtract a certain amount from the previous temperature to work out how cold it is at the end of the week! This exercise demonstrates a practical use for positive and negative integers and also explains the basics of the Celsius temperature scale.

6. ART LESSON IDEA

- The **Colouring the Sky!** page shows a polar scene, and it's up to your pupils to brighten it up! In the Arctic and Antarctic, the *aurora borealis* and *aurora australis* (also known as the Northern and Southern Lights) often shimmer across the sky – can your pupils draw similar colours on their scene, including reflections on the water and ice? Show them pictures of the real Northern Lights for inspiration and encourage them to try blending colours and gently shading from one hue to the next.

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STORYTIME GLOSSARY

1 OF 2

New and interesting words from this month's magazine!

The Toys' Christmas (Page 6)

- **Department store:** large shop divided into sections that sell different things
- **Tinsel:** decorations made from thin strips of shiny material
- **Spotless:** completely clean
- **Gossamer:** light, thin and see-through
- **Wand:** stick used to perform magic
- **Buffet:** meal where people serve themselves from table of food
- **Bustling:** full of movement and activity
- **Trooped:** walked as a group
- **Dainty:** small, delicate and pretty
- **Candied:** cooked with sugar
- **Bathing:** covering something completely
- **DJ:** short for disc jockey, someone who plays records at party
- **Synchronised:** moving at the same time

The Laughing Monk (Page 10)

- **Steamed:** cooked with steam
- **Miso soup:** soup made with soybean paste
- **Freezing:** so cold that water freezes
- **Creepy-crawlies:** small bug-like creatures
- **Burrowed:** dug into the ground
- **Drifted:** moved slowly and lightly
- **Chimneys:** tall pipes on buildings to let smoke out
- **Seep:** slowly move through
- **Ashore:** onto land from the water
- **Gourd:** hard fruit shell used as container
- **Good fortune:** good luck or success

The Many-Furred Princess (Page 16)

- **Enchanted:** wonderful and magical
- **Velvet:** kind of soft, smooth fabric
- **Sewn:** joined together with stitches
- **Royal:** belonging to a king, queen or their family
- **Nutshell:** the hard outer part of a nut
- **Thorns:** sharp protective spikes on plants
- **Extraordinary:** very unusual or amazing
- **Grime:** dirt on something
- **Curtsying:** kind of bow usually performed by women
- **Simmer:** cook at below boiling point
- **Astounded:** Extremely surprised or amazed
- **Tasteless:** having no flavour
- **Apprentices:** young people who are learning how to do a job

The Snow Queen's Gift (Page 22)

- **Echoed:** repeated or bounced back as a sound
- **Palace:** huge, impressive home for someone important
- **Strode:** walked with long confident steps
- **Driving snow:** falling snow being blown by strong wind
- **Hammering:** hitting with a hammer
- **Wrapping:** covering something with paper
- **Harnessing:** attaching to something
- **Sleigh:** large sled pulled by animals
- **Icicles:** hanging pointy spikes of ice
- **Frozen:** turned to ice
- **Warmed:** made to feel warm

Continued on page 2...

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STORYTIME GLOSSARY

2 OF 2

The Christmas Reboot (Page 24)

- **Recycling:** using rubbish to make new things
- **Satellites:** machines in orbit around a planet
- **Almighty:** very powerful
- **Magnets:** objects that attract iron-based metals
- **Cavern:** big cave
- **Inhabitants:** people who live somewhere
- **Spindly:** very thin and tall
- **Synthetic:** made of non-natural materials
- **Decorations:** pretty things used to make something look special
- **Ritual:** repeated actions done for celebration or tradition
- **Sensation:** feeling
- **Efficient:** a good use of time or effort

His First Voyage (Page 31)

- **Expeditions:** trips made for exploration
- **Rambling:** large and spread out
- **Hedge:** wall of bushes planted in a row
- **Atlas:** book of maps
- **Suburb:** area for houses near a city
- **Memorise:** learn to remember exactly
- **Omnibus:** horse-pulled bus
- **League:** distance of about three miles
- **Submarine:** ship that can go underwater
- **Antarctica:** icy continent to the far south
- **Navy:** part of military that uses ships
- **Galley:** kitchen in a ship
- **Halyard:** rope for raising sail
- **Clewline:** rope for holding corners of sail
- **Ferocious:** very fierce and violent

The Magpie's Nest (Page 36)

- **Wisest:** most intelligent and sensible
- **Knowledge:** information or understanding
- **Feathered:** covered with feathers
- **Preen:** clean and comb feathers with beak
- **Confidently:** in a sure and certain way
- **Cosy:** warm, comfortable and snug
- **Considering:** thinking carefully about something
- **Trilled:** sang in a high musical way
- **Windproof:** so wind cannot get in
- **Homely:** simple, warm and comfortable
- **Weave:** twist and cross together to make something

The Discovery of Nothing (Page 39)

- **Discovery:** finding something new
- **Rumbled:** made a deep rolling sound
- **Crowded:** full of people or things
- **Servants:** people who work for others
- **Saris:** traditional dresses worn by women in India
- **Noble:** lord of high rank
- **Shrugged:** lifted her shoulders to show she didn't know or care
- **Calculations:** answers worked out in maths
- **Intrigued:** very interested
- **Astronomer:** scientist who studies stars and space
- **Represents:** stands for or symbolises something
- **Undefined:** not having a clear answer

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CLASS DISCUSSION SHEET

LET'S TALK ABOUT...

the North and South Poles! These icy places lie in the Arctic and Antarctic and many explorers have tried to reach them – including Sir Ernest Shackleton!

1. What do you already know about the North and South Poles? Can you find them on a map?

2. How do you think life at the poles is different compared to where you live?

3. Why do you think it's so cold there all year round?

4. Do you know which animals live in the Arctic and Antarctic?

POLAR OPPOSITES!

Can you think of words that are the opposites of the ones below?

Ice

Snow

Cold

Dark

Far

White

ANSWERS: Fire, Sunshine, Hot, Light, Near/Close, Black

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READING COMPREHENSION SHEET

Find the *comparative adjective* and master the art of *alliteration*!

> As the days passed, the winds became fiercer. There was a freezing chill in the air, and ice formed on the rigging. Finally, they reached the southern tip of South America.
>
> The sea there was incredibly stormy, and the ship had to sail against ferocious winds.
>
> Ernest climbed the mast to trim the sails, holding on with frozen fingers. What would happen if he fell into the ocean below, he wondered.

1. A *comparative adjective* is a describing word that is used to compare something with something else. These adjectives often end in *-er* – can you spot one in the first sentence of the extract?

   _____

2. In the fourth sentence there is an *adverb*, which is a word used to describe or provide more information about a verb, adjective or other adverb. What is it?

   _____

3. An *alliteration* is when two words in a row begin with the same letter or sound. What is the alliteration in the fifth sentence?

ALLITERATION CHALLENGE!

Add adjectives (describing words) that begin with the same letter as each of the nouns below!

_____ car

_____ monkey

_____ bird

_____ house

ANSWERS: 1. *Fiercer.* 2. Incredibly. 3. *Frozen fingers.*

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STORY SEQUENCING SHEET

Someone has written down the events of Ernest's story, but they are out of order! Number them from 1-11 to show the order they *should* be read in!

When the boy turned ten, his father said that they were moving to London! When they arrived, Ernest went to the local school. ☐

The story thrilled Ernest, and he was determined to go on his own adventures. He told his father that he wanted to go to sea. ☐

The *Houghton Tower* sailed south around Cape Horn at the bottom of South America. It was freezing cold while Ernest worked on the sails! ☐

One day, when he was going to school, he saw an exciting magazine in a shop. He bought it and couldn't wait to start reading! ☐

Ernest took the train to Liverpool and boarded the ship the *Houghton Tower*. Soon, they were sailing out into the open sea! ☐

Even when he was little, Ernest loved stories – and he especially liked telling them! He would tell tales and have adventures with his sisters. ☐

The ship's mate pointed out a huge iceberg and the icy continent of Antarctica beyond. Ernest thought going there would be incredible! ☐

He wanted to learn about distant lands, but was disappointed by the many boring facts he had to memorise instead! ☐

Ernest scrubbed the ship's decks, hauled on ropes and learned all about the sails and rigging. It was hard work! ☐

Ernest's dad wanted him to become a doctor and couldn't afford to send him for navy training, but he found him a place on a sailing ship. ☐

In the magazine was part of a story called *20,000 Leagues Under the Sea*. It was about a scientist who went on an underwater adventure. ☐

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WOULD YOU RATHER...?

Imagine that you are an explorer setting out on a great adventure! Try answering one or more of the questions below. You can discuss them in small groups or write down your ideas.

EXPLAIN IT!

Think about *why* you chose your answer. Can you explain your reasons clearly?

Then see if you can convince your friends to change their minds! Have a mini-debate and find out who has the best persuasion skills!

Would you rather sail across the icy ocean on a big ship or dive beneath it in a submarine?



Would you rather sleep in an igloo or a tent on the ice?

Would you rather meet a blue whale or a polar bear?

Would you choose to go to the Arctic or Antarctic?

Would you prefer to travel by snowmobile or reindeer sleigh?

Would you rather eat tinned fish or freeze-dried soup?

Would you rather see the midnight sun or the Northern Lights?

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AN EXPLORER'S JOURNAL

Polar explorers recorded what happened on their travels in journals. Imagine you are on a polar expedition and write about the challenges that you might face on the page below.

Date: _____ Weather: _____

What happened today? _____

_____

How are you and your crew coping? _____

_____

_____

Date: _____ Weather: _____

What happened today? _____

_____

How are you and your crew coping? _____

_____

Date: _____ Weather: _____

What happened today? _____

_____

How are you and your crew coping? _____

_____

Date: _____ Weather: _____

What happened today? _____

_____

How are you and your crew coping? _____

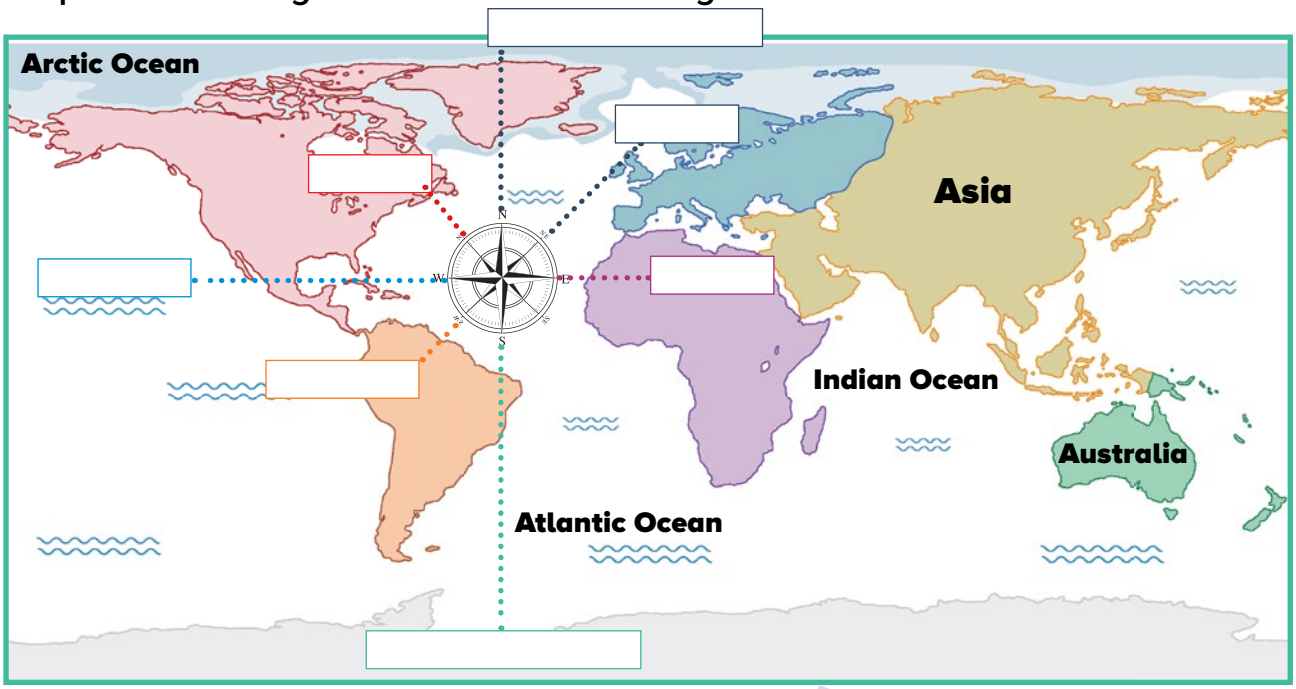
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TEST YOUR MAP KNOWLEDGE!

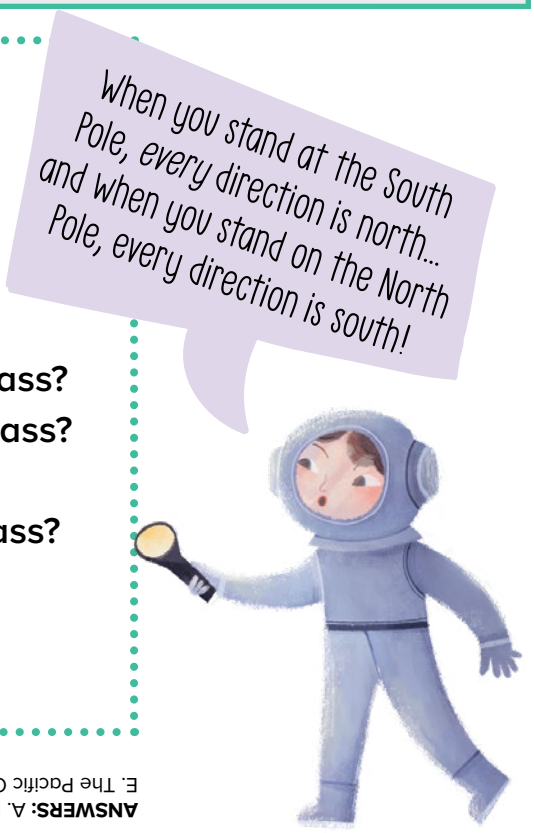
An ocean, an island and five continents have blank labels on the map below. Can you name them correctly?



COMPASS DIRECTIONS:

The four main directions used to navigate are *north, south, east* and *west*. In between them are the directions *northeast, southeast, southwest* and *northwest*.

A. What continent is *northwest* of the compass?
B. What continent is *southwest* of the compass?
C. Which continent is *east* of the compass?
D. What continent is *northeast* of the compass?
D. What island is *north* of the compass?
E. What ocean is *west* of the compass?
F. What continent is *south* of the compass?



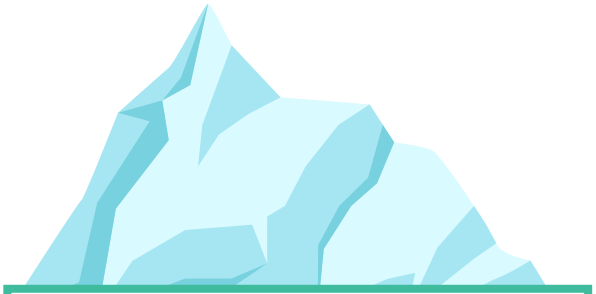
ANSWERS: A. North America, B. South America, C. Africa, D. Europe, E. The Pacific Ocean, F. Antarctica

NAME _____ CLASS _____

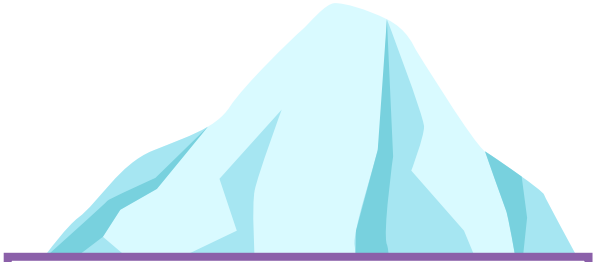
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ARCTIC OR ANTARCTIC?

Which of these facts are about the Antarctic, and which are about the Arctic? Put the letter for each in the correct box!



ARCTIC



ANTARCTIC

A. The southernmost region in the world!

B. The northernmost region in the world!

C. Inuit, Yupik and Sami people live here!

D. No permanent residents, only visiting scientists!

E. Polar bears, walruses and reindeer live here!

F. Seals, penguins and whales live here!

G. Aurora borealis (Northern Lights)!

H. Aurora australis (Southern Lights)!

I. No one owns it!

J. Eight nations have territories here!

K. Agreements allow fishing and shipping!

L. No mining or military activity allowed!

FUN FACT:

They might both be icy and cold, but Earth's two poles are different in many ways! The **Arctic** is a frozen ocean surrounded by land. It isn't ruled by one country, but eight nations (Canada, Denmark/Greenland, Finland, Iceland, Norway, Russia, Sweden and the USA) work together to protect and study it.
The **Antarctic**, on the other hand, is a continent of land covered by thick ice. It's protected by the Antarctic Treaty (1959), signed by over 50 countries, which says it can only be used for peaceful scientific purposes but belongs to no one!

Answers: Arctic: B, C, E, G, J, K. Antarctic: A, D, F, H, I, L.

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KNOW YOUR EXPLORERS!

Find out about Sir Ernest Shackleton and other adventurers who tried to reach the poles!

Sir Ernest Shackleton
Greatest achievement:
Led the Imperial Trans-Arctic Expedition of 1914-17. When his ship was crushed by ice, he led all his men to safety and sailed to South Georgia to arrange a rescue expedition.



Roald Amundsen
Greatest achievement:
Led the first successful expedition to reach the South Pole, arriving on 14 December 1911. He used dog sleds pulled by huskies. In 1926, he also visited the North Pole on the airship *Norge*.



Robert Falcon Scott
Greatest achievement:
Led the 1910-1913 British Antarctic Expedition and reached the South Pole just five weeks after Roald Amundsen. Unfortunately, he and his companions died on the way back from the pole.



Richard Byrd
Greatest achievement:
Claimed to be the first person to fly to the North Pole (1926) and South Pole (1929). On both flights he was accompanied by his dog, Igloo!



Sir Edmund Hillary
Greatest achievement:
Hillary and Tenzing Norgay were the first people to climb Mount Everest, in 1953. Hillary travelled to both the South Pole (in 1958) and the North Pole (in 1985), becoming the first person to climb the highest mountain on Earth *and* go to both poles.



Ann Bancroft
Greatest achievement:
She was the first woman to reach the North Pole and in 1992 became the first woman to have reached both poles. A former teacher, she works to inspire kids and campaigns against climate change.



If you were an explorer... what dangers or problems do you think you'd face and how would you overcome them?

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PACK FOR THE POLE

The South Pole is a cold and dangerous environment, so you'll need to bring the right equipment! Write the letter for each problem you might face next to the equipment or supplies that would help you overcome it!

A. To keep warm, I'll need to eat something that gives me lots of energy!

B. The ground is covered in deep snow. How can I move across it?

C. It's easy to get lost out here. How can I find my way?

D. There's a steep, slippery slope ahead. What could I use to help others climb?

E. The wind is freezing! What should I wear to stay warm?

F. The sunlight is giving me sunburn. How can I protect my skin?

G. The bright sunlight hurts my eyes. What could I wear to protect them?

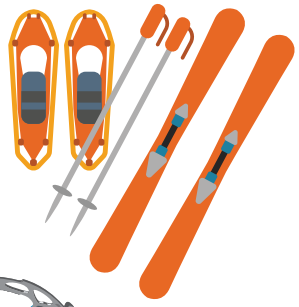
H. It's dark during the polar night! What could I use to see where I'm going?

I. There are no shops or drinking fountains. What can I use to carry water?

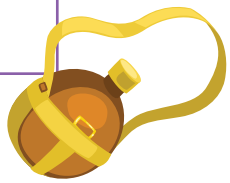
J. If someone gets hurt or feels ill, what should I have with me just in case?



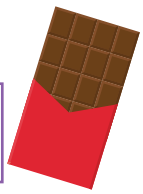


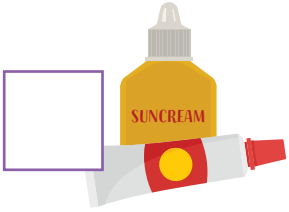
















ANSWERS: A. Chocolate, B. Skis and snow shoes, C. compass, D. Rope and ice axe, E. Insulating jacket and underlayer, F. Sunscreen, G. Sunglasses, H. Torch, I. Water bottle J. First aid kit.

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WHERE DO THEY LIVE?

Living in the Arctic can be difficult and dangerous for us humans, but some creatures dwell there all year round! Can you match each animal with its description and decide whether it is found in the Arctic or Antarctic?

A. ARCTIC

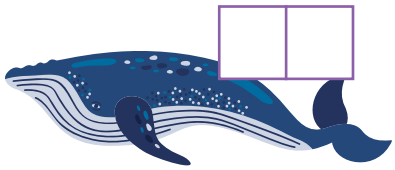
B. ANTARCTIC

I'm the largest land carnivore and a great swimmer!

1

I'm the 'unicorn of the sea'!

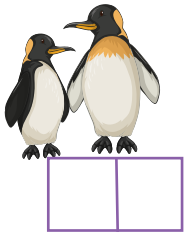
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I am herded by the Sami people and I pull sleighs!

3



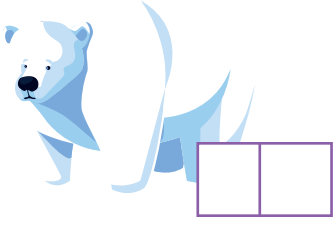


I'm a member of the seal family, famous for my tusks and bristly moustache!

4

I'm the largest animal on Earth!

5

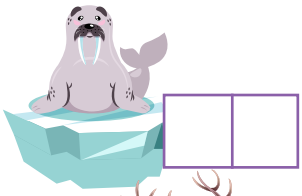


I'm a true Antarctic native and I live further south than any other mammal!

6

I'm the tallest and heaviest bird of my kind, and I have a royal name!

7





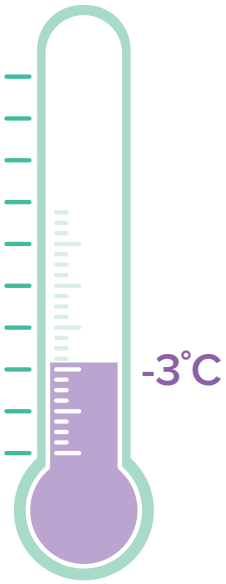


ANSWERS: Blue whale: 5B, Weddell seal: 6B, Emperor penguin: 7B, Polar bear: 1A, Walrus: 4A, Narwhal: 2A, Reindeer: 3A.

NAME _____ CLASS _____

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TRACK THE TEMPERATURE



Imagine that you are in a weather station in the Antarctic and have to keep track of how cold it is on different days! Below, we give you the temperature on the first day and then **you have to add to or subtract from that.** Each day, add or subtract from the temperature on the previous day... how cold is it on Sunday?

A. MONDAY: the temperature is **-3°C**

B. TUESDAY: It gets **5°C** *colder*, so it is now _____ **°C**

C. WEDNESDAY: It gets **11°C** *warmer*, so it is now _____ **°C**

D. THURSDAY: It is **3°C** *colder*, so it is now _____ **°C**

E. FRIDAY: It is **1°C** *warmer*, so it is now _____ **°C**

F. SATURDAY: It is **10°C** *colder*, so it is now _____ **°C**

G. SUNDAY: It is **3°C** *warmer*, so it is now _____ **°C**

COLDEST PLACE ON EARTH!

The Antarctic is *much* colder than the Arctic. The lowest temperature ever recorded there was -89.2°C at Vostok Station in 1983 – that's cold enough to freeze metal!

The Arctic is warmer because it's mostly ocean, and the sea helps keep temperatures a bit higher (though it's still very, very cold!).

CELSIUS SCALE!

In the Celsius scale, 0°C is the temperature when water freezes and 100°C is when it boils.

ANSWERS: A. -8°C, B. 3°C, C. 0°C, D. -3°C, E. -2°C, F. -12°C, G. -9°C.

NAME _____ CLASS _____

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COLOURING THE SKY!



NAME _____ CLASS _____

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