

04/10/20

The living world of plants



*You can either play a video of me saying the morning verse (labelled **Greeting and Morning Verse**), or you can say it by yourself.*

Good morning everyone,

Let us now light a candle and cross our hands over our hearts and say the Morning Verse.

Morning verse

**I look into the world
In which the sun is shining
In which the stars are sparkling
In which the stones repose**

**Where living plants are growing
Where sentient beasts are living
Where human souls on earth
Give dwelling to the spirit.**

**I look into the soul,
That lives within my being
The World Creator weaves
In sunlight and in soul light,
In world space there without
In soul depths here within.**

Before we start today, I would like you to go outside and choose one plant in your garden (it can also be moss, lichen, algae or fungi) and investigate it for 5 minutes. Later when you return to your desk, you will need to write one short sentence of what you have noticed about it (you can describe its structure, colours and scent). Every day, you will be looking at the same plant and each time you will try to discover something new about it (plants change all the time, it is only a matter of looking carefully).

After your nature observation I would like you to practice a long jump as well Greek wrestling, you will need a partner for both activities. In the long jump, your partner will mark where you land, and in wrestling, your partner will be your opponent. You can spend about 10 - 15 minutes on both practices.

When you go outside, and before you start, I would like you to say the following verse. Practice saying it with grace and confidence in your voice.

*The most important thing in the Olympic Games
is not to win, but to take part, just as the most
important thing in life is not the triumph, but the struggle.
The essential thing is not to have conquered,
but to have fought well.*

Once you are finished with a long jump and wrestling, you can return to your desk and repeat the following tongue twister.

*Higglety, pigglety, pop!
The dog has eaten the mop;
The cat's in a flurry,
The pig's in a hurry,
Higglety, pigglety, pop!*

Read the tongue twister a few times and then try to say it from memory. Once you are confident say it fast 3 times.

Now, you can open your spelling book and in your most beautiful running writing and by using your fountain pen (or a grey led) copy the spelling list twice. Do not forget to include the date and make sure all the letters are in lower case. Also try to look, cover, copy and then check your spelling.

Week 1 Spelling list

blossoms
disperse
produce
reproduce
minerals
dissolved

leaf **filament**
leaves **germinate**

After you have copied the spelling list, I would like you to take a separate piece of paper and write down one sentence about the plant you have observed earlier. Keep the piece of paper in your Main Lesson book, as you will add a new sentence each day.

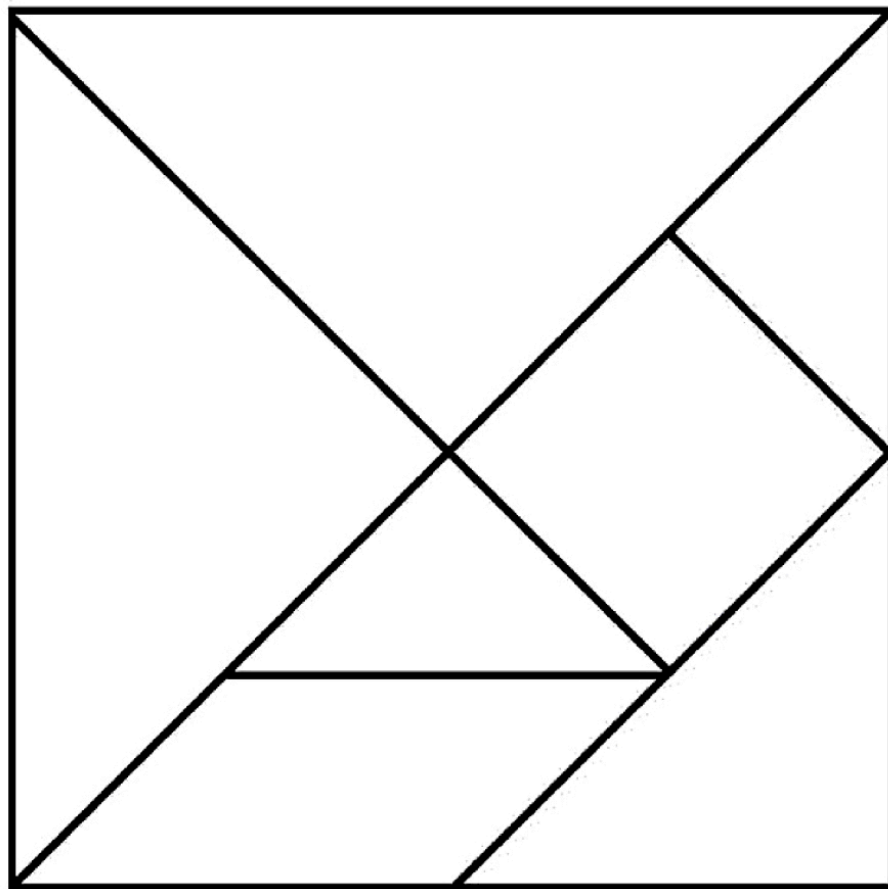
Tangram puzzle

How to use the Tangram puzzle

Firstly, cut out all the 7 shapes along the lines.

When using the tangram to create pictures:

1. The pieces must all be connected.
2. They must be flat.
3. No pieces may overlap.
4. The pieces may also be rotated and/or flipped to form the shape.
5. All seven pieces must be used.
6. Each completed **puzzle** must contain all seven pieces



The picture you will need to create today, will be a rooster. Make sure you follow all the rules listed above.



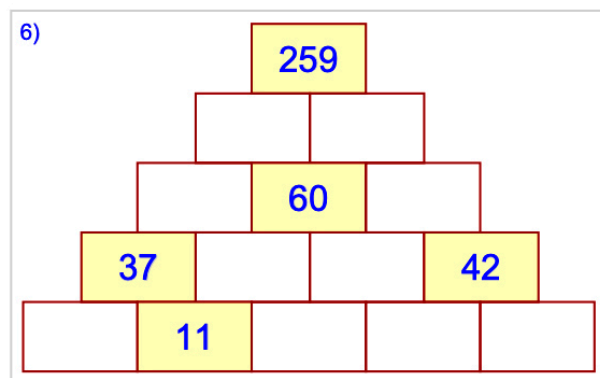
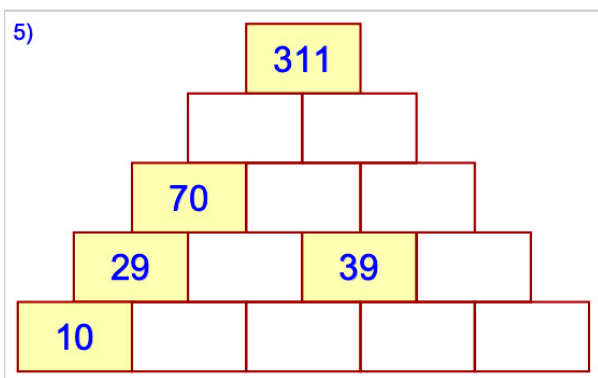
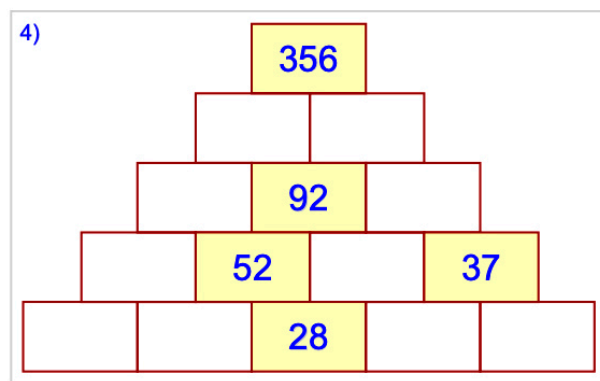
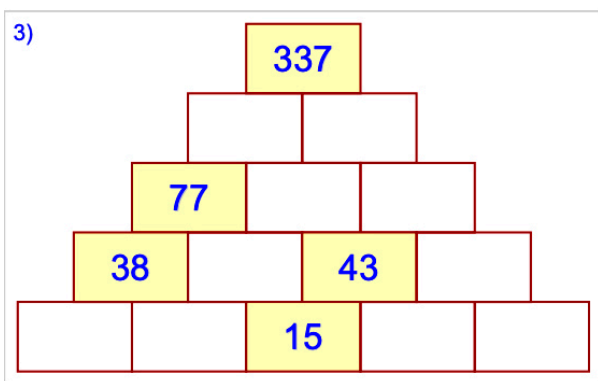
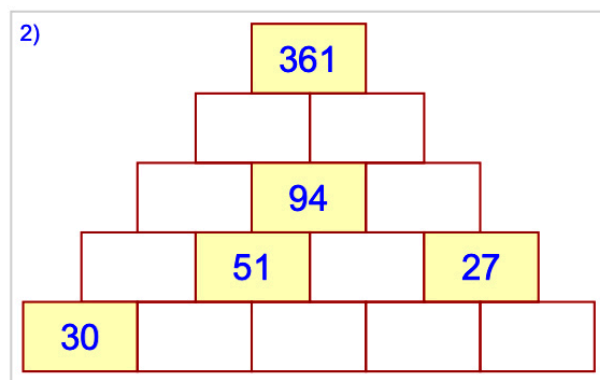
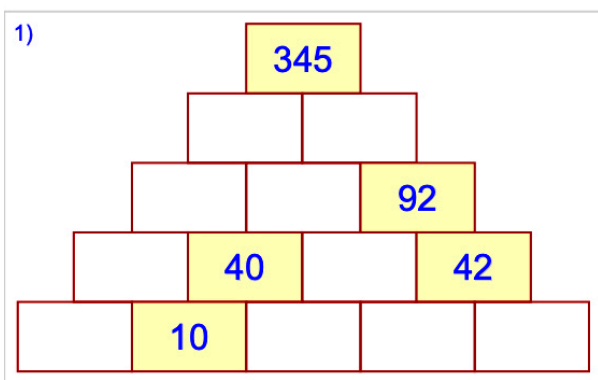
For your maths warm up, today you will try and solve the **Maths Pyramids**. Make sure you read the instructions first.

Maths Pyramids

Can you fill the empty bricks with the correct numbers?

Every brick should have a number, but not all the numbers are visible any more. Scientist discovered the way to find the missing numbers. They discovered that every brick contains the sum of the two bricks below. This rule applies for every brick in the pyramid (except for the bottom row). With this information you are able the fill in the numbers in the empty bricks.

Good Luck!



Now you can have a 5-minute break.

Welcome back.

Most of you had your old Botany books delivered over the weekend while some of you were given new Main Lesson books. If you were given a new book it is because I could not find your old one in your desk. Could you please try to find your old book at home first before starting a new one, as it would be great if we all could simply continue with the same Main Lesson book.

If you were unable to find your old book, or it is finished, you can start a new one.

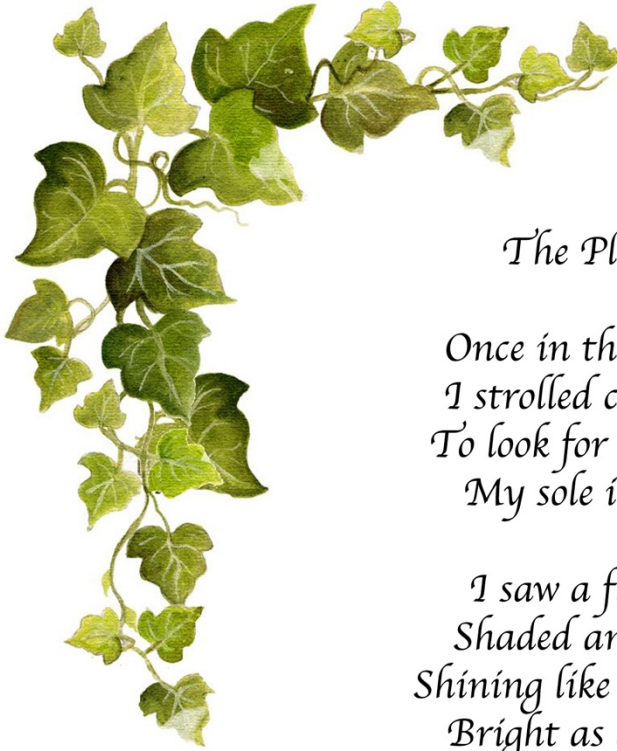
As today is the first day of school, you will only have two tasks for the day.

The first task will be to draw a Title page for the new Main lesson. It is the same drawing as at the beginning of today's workbook.

Make sure you spend at least 30 minutes on your drawing, use a variety of colours, be as detailed as you can and use the whole page of your Main Lesson book.

Your second task will be to copy a poem on the following page. Use your most beautiful running writing and decorate the borders with Ivy leaves and branches.

The poem is attached below.



The Plant

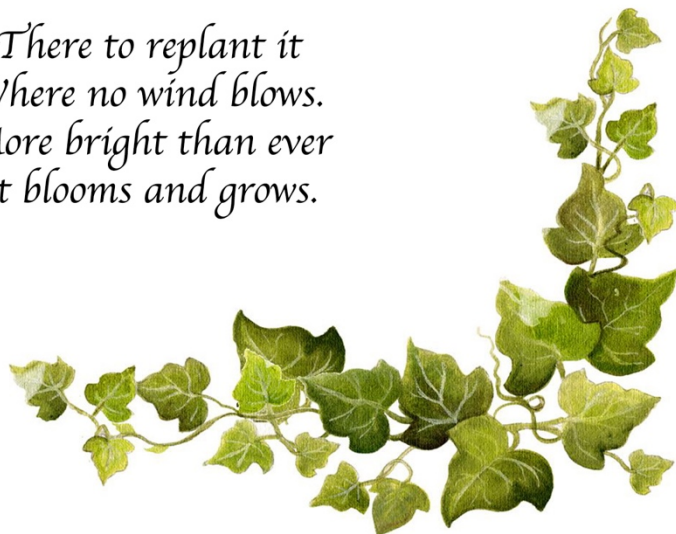
*Once in the forest
I strolled content,
To look for nothing
My sole intent.*

*I saw a flower,
Shaded and shy,
Shining like starlight
Bright as an eye.*

*I went to pluck it.
Gently, it said:
Must I be broken,
Wilt and be dead?*

*Then whole I dug it
Out of the loam,
And to my garden
Carried it home.*

*There to replant it
Where no wind blows.
More bright than ever
It blooms and grows.*



*Once finished, I would like you to open a document named **Eurythmy Week 1** and spend the rest of your time on the tasks that Beth has set out for you to do.*

*Once finished, you can pack everything away and play the recording named **Lower and Higher Flowering plants**, otherwise, read the story attached below.*

Lower and Higher Flowering Plants

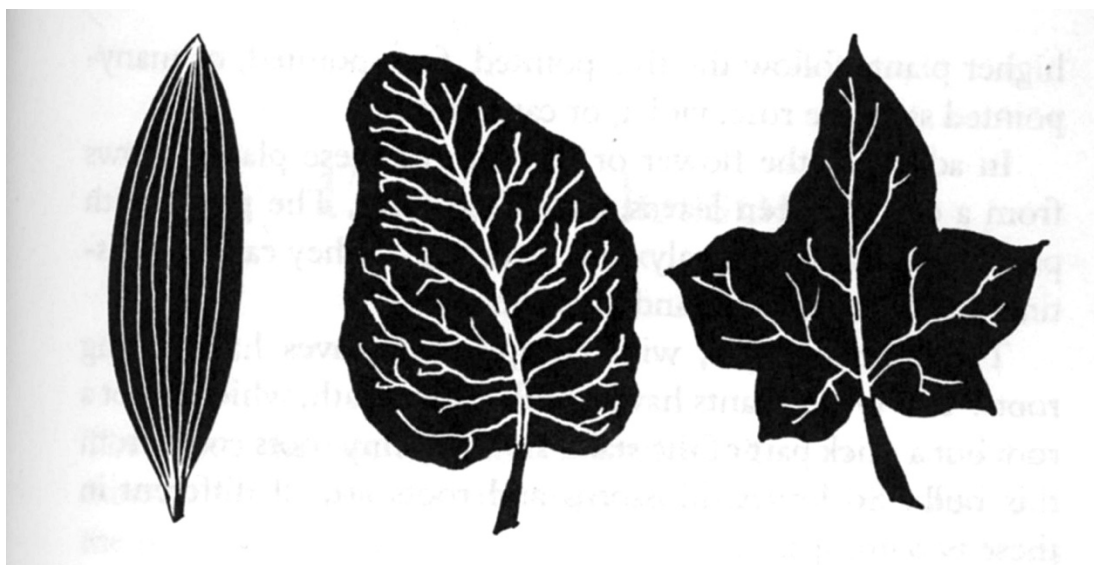
If you want to know what real attention is, then you can learn it from the flowers. The dandelion and some plants open their blossoms at sunrise and close them at sunset. But there are other plants that are even more attentive, the sunflower for instance. The sunflower always turns its head, its great blossom, toward the sun. As the sun moves across the sky, the sunflower follows its light right through the day.

But even smaller flowers do this. The violet also follows the sun — it turns its little head slowly so that it can always receive the sun's rays right into the heart of the blossom. The little violet is not only an attentive flower; it is also a flower that does not draw attention to itself — it hardly shows itself. And the violet also has a lovely scent, but you have to be close to it to notice it.

Carnations are quite different, they don't follow the sun so closely. They are very proud and conceited, having such pretty colours, and with some varieties their scent is so strong that, if you place violets or even roses beside them, you would hardly notice the others. Carnations are like children who are not especially attentive, but they want to draw attention to themselves, they want to show off.

The flowering plants are very much like school children. There are plants like the dandelions or daffodils, which have sturdy stalks that have enough strength to stand upright, but there are also climbing plants, which must always hold onto something else.

In the same way there are children who work on their own,



Left: Leaf with parallel veins. Centre and right: leaf with reticulate veins.

and others who always need help. There are also plants that like to make themselves unpleasant, the stinging nettles, for example. There is a way of dealing with stinging nettles, however. If you grasp them firmly they won't sting you, they can't. And, of course, it is the same with children who get up to mischief — one has to "grasp" them firmly.

Just as there are younger and older school-children, so there are two groups of flowering plants, a higher one and a lower one. And you can tell these two groups by their leaves. The lower flowering plants have *simple* leaves, and the higher flowering plants have more *complicated* leaves.

The leaves have so-called "veins," and the simple leaves have veins that are more or less parallel. But, the more complicated leaves, have veins that divide and cross over.

In botany they are called parallel and reticulate veins. The complicated leaves may also have more complicated edges, like the dandelion, or rose but the simple leaves have straight edges.

You can also tell them by their flowers. Lower flowering plants have flowers that follow the six-pointed star, like crocus, lilies, tulips, iris, snowdrops, narcissus, or daffodils. The

higher plants follow the five-pointed, four-pointed, or many-pointed star, like rose, violet, or carnation.

In addition, the flower or blossom of these plants, grows from a cup of green leaves, called the calyx. The plants with parallel veins have no calyx, no little cup — they can't yet distinguish between calyx and blossom.

The higher plants, with complicated leaves have strong roots. The lower plants have a bulb underneath, which is not a root but a thick part of the stalk, and only tiny roots come from this bulb. So leaves, blossoms and roots are all different in these two groups.

Now I would like you to cross your hands over your heart and say this verse to end the Main Lesson:

Kind hearts are gardens

Kind thoughts are roots

Kind words are blossoms

Kind deeds are fruits.

Blessings on our meal.

Now you may blow out the candle.

Enjoy your morning tea.