

**1076 NADI SANGAM SCHOOL
YEAR 7**

ENGLISH WORKSHEET 4

Strand	Short-Stories
Sub Strand	Pacific Island Short Stories
Content Learning Outcome	Read and comprehend given passage

Pacific Folk Tales- *(Children are expected to refer to Pacific Folk Tales and read the story first before attempting these notes and activity)*

Tuwawa And Tuifaga

Setting: Fiji

Characters: Tuwawa (giant), Makalesi (witch), Dog, Tuifaga

Summary:

The people of Matuku decided to leave their Island because of a giant who used to grab and eat people. When they were leaving, a baby slips and falls into shallow water.

The baby is found by Makalesi's dog. She cares for the baby who grows into a strong young man. One day Tuifaga met the giant on the beach and fought.

The giant is killed by the dog. Tuifaga sets off in his boat to the neighbouring island to tell the villagers the joyful story.

The mother was happy to see her son and the people of Matuku returned to their home island.

Activity:

1. Choose a character you like and state why?
2. Choose a character you dis-like and state why?
3. State an exciting event in the story.
4. Write the theme of the story:

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LESSON NOTES / WORKSHEET 4

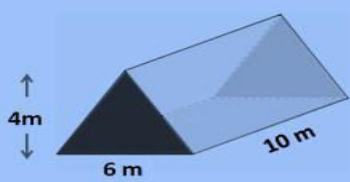
Subject: Mathematics

Year/Level : 7

Strand	M 3: MEASUREMENT
Sub Strand	M 3.2: Volume/Capacity
Content Learning Outcome	<ul style="list-style-type: none"> ➤ Express volumes and capacities using appropriate units and language of comparison ➤ Estimate, measure and compare capacities using standard unit ➤ Solve word problem in volume

VOLUME OF TRIANGULAR PRISM

Triangular Prism - FORMULA



$$V = \frac{1}{2} \times b \times h \times H$$

or

$$V = \frac{1}{2}bhH$$

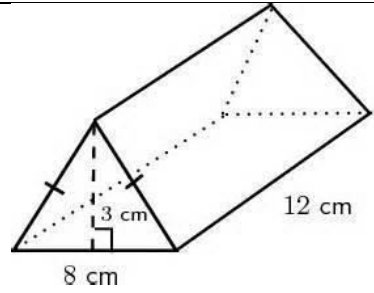
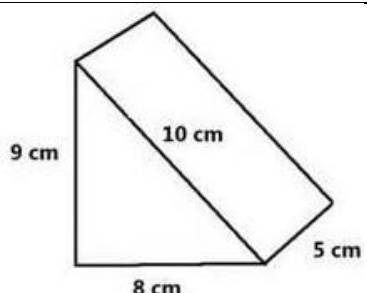
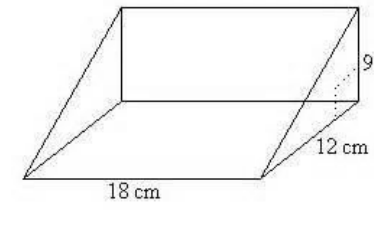
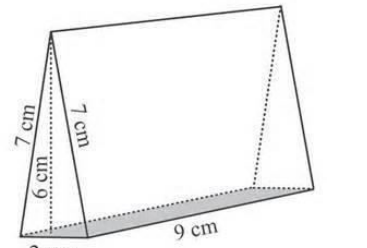
$$V = \frac{1}{2} \times b \times h \times H$$

$$V = \frac{1}{2} \times 6 \times 4 \times 10$$

$$V = 120 \text{ m}^3 \checkmark$$

EXERCISE:

1.

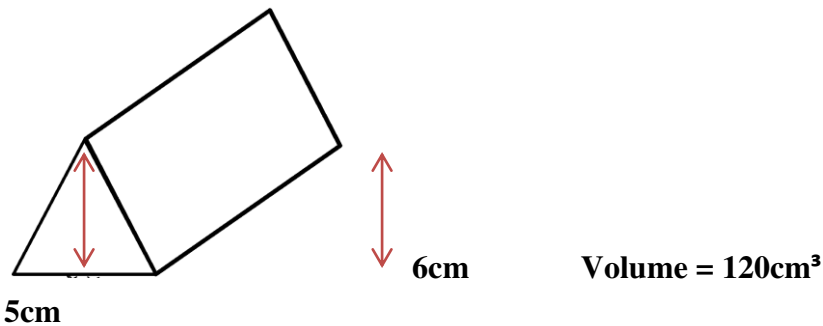
	
	

2. Calculate the missing heights area of bases and volumes:

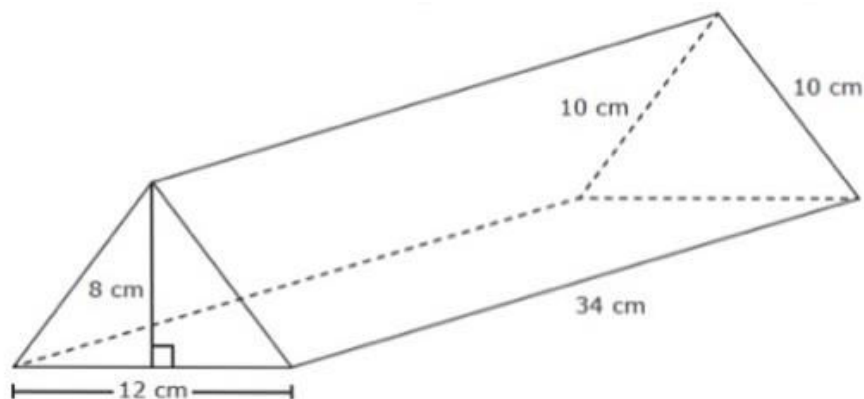
	Area of base (A)	Height (h)	Volume of triangular prism (V)
a	18cm ²	4cm	
b	24cm ²		96cm ³
c		0.1m	120cm ³
d	0.5m ²	30cm	

3. Using the formula find the Height of this triangular prism.

$$V = \frac{1}{2} \times b \times h \times H$$



4. The dimensions of a triangular prism are shown below in the diagram.



What is the volume of the triangular prism in cubic centimeters?

- a. 1,360
- b. 408
- c. 1,632
- d. 816

5. Which of these triangular prisms has a greater volume?

Prism 1: base 10cm, height 12cm and Height 14cm

Prism 2: base 15cm, height 13cm and 11cm

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YEAR 7

BASIC SCIENCE

WORKSHEET 4

INVESTIGATING MATTER

STRAND	STRAND 2 MATTER
SUB STRAND	2.1 INVESTIGATING MATTER 2.1.1 STRUCTURE AND PROPERTIES OF MATTER
CONTENT LEARNING OUTCOMES	<ul style="list-style-type: none">➤ Recognize the differences in the physical properties of matter➤ State the solubility of some solids

STRAND 2

Matter

- When you look around, you can probably see wood, trees, metal, plastics, soil, glass, paint, water, paper and even feel air. Although substances may differ from one another in many ways, they all consist of matter.
- **Matter** is regarded as anything that occupies space and has mass.
- **Mass** is the amount of material in a substance.
- **That** means that matter is everything that we can think of.
- The way to explain what something is and how it works is called a **MODEL**.
- The model that we use to explain matter is called a **particle model**. According to Particle model, all matter is made up of particles.

Properties of Matter

- Matter is recognized by their properties. An object can be identified and classified according to its properties.
- Common physical properties of matter which are clearly observed include colour, shape, and size. Others include strength, hardness, **solubility**, **density**, melting point and heat conductivity.

SOLUBILITY

- Salt is soluble in water meaning that salt can dissolve in water.
- However if you put several heaped teaspoonful of salt in a test tube half full of water, will all the salt dissolve.
- The answer is that some salt will dissolve in water, but there is a limit to the amount you can dissolve.
- This limit is called the solubility of the substance.

Items	Do they mix? (yes/no)
i. Water and salt	
ii. Milk and sugar	
iii. Water and rice	
iv. Ice and juice	

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YEAR 7
HEALTHY LIVING
WORKSHEET 4

STRAND	Unit 20 Building Healthy Relationship
SUB STRAND	Ways to get away from thinking about suicide
CONTENT LEARNING OUTCOMES	➤ Recognize and appreciate the role parents play in prevention of harmful situations such as suicides

How can Parent Assist in Prevention of Suicide?

1. **Get help immediately** - if the child has suicidal thoughts and plans to commit suicide contact emergency child welfare department for counseling and discussions
2. **Follow up and supervise** – continue to take threats seriously, even after the child calms down or informs the parent that “they didn’t mean it” avoid assuming that everything is all right.
3. **Be gentle and persistent** – be sure to offer help in gentle and persistent manner. Do not lecture your child as they will not be receptive to lecture at this time.
4. **Investigate the tunnel vision - motivate** your child and make them feel important – let them promise you that they will not betray your trust in taking their life. Assist them to get out of the tunnel vision.

Activity

List down three different times your parents have motivated you when things got hard in your life.

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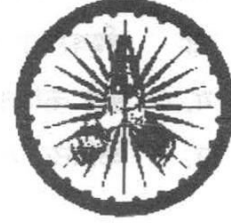
YEAR 7 कक्षा ७

HINDI हिन्दी

WORKSHEET 4

संस्कृति : पाठ दो

प्रार्थना



सभी धर्मों में प्रार्थना को विशेष महत्त्व दिया गया है। ईश्वर में विश्वास रखना और उसे सुख-दुख में याद करना प्रार्थना कहलाती है। ईश्वर ने इस धरती पर हमें सब-कुछ दे रखा है। उसे धन्यवाद देने के लिए भी हम प्रार्थना करते हैं।

प्रार्थना करने से ईश्वर और मनुष्य के बीच का फासला दूर हो जाता है। सूर्योदय तथा सूर्यास्त के आस-पास के समय प्रार्थना अवश्य करनी चाहिए। इसके अलावा ईश्वर को धन्यवाद देने के लिए प्रार्थना किसी भी समय और किसी भी स्थान पर की जा सकती है।

प्रार्थना का अर्थ है ईश्वर से बात करना तथा अपने सुख-दुख को ईश्वर के सामने रखना। अपने मन के भावों को ईश्वर के सामने प्रकट करना और परमात्मा से यह पुकार करना कि वह हमें सही रास्ता दिखाए ताकि हम सही कार्य करके सुखी जीवन बिता सकें।

प्रार्थना ऊँची आवाज में या धीमी आवाज या फिर बिना आवाज निकाले, मन में भी की जा सकती है। प्रार्थना सच्चे दिल से तथा विश्वास के साथ करनी चाहिए।

भगवान हमारे सबसे श्रेष्ठ मित्र हैं। उनसे हमें कोई बात छुपानी नहीं चाहिए। जैसे मित्रों से बात करते समय हम अपनी सब बातें उनसे कह देते हैं, उसी प्रकार भगवान से भी हमें अपने मन की सब बातें कह देनी चाहिए।

मनुष्य के अन्दर शुभ व अशुभ दोनों विचार रहते हैं। प्रार्थना से शुभ विचार जागते हैं और अशुभ विचार धीरे-धीरे समाप्त हो जाते हैं। शुभ विचार हमें शुभ कार्य करने की प्रेरणा देते हैं और तब मनुष्य अच्छे कार्य करके सुखी जीवन व्यतीत करता है।

प्यारे बच्चों, आपने महात्मा गाँधी का तो नाम सुना ही होगा। इनका पूरा नाम था मोहन दास करम चन्द्र गाँधी। गाँधी जी देखने में दुबले-पतले व्यक्ति थे परन्तु उनकी आत्मिक शक्ति (विल पावर) बहुत मजबूत थी क्योंकि वे ईश्वर में और उसकी प्रार्थना में अटूट विश्वास रखते थे।

महात्मा गाँधी यह कहा करते थे कि -

“ मैं कोई काम बिना प्रार्थना के नहीं करता। प्रार्थना मेरी आत्मा के लिए उतनी ही अनिवार्य है जितना शरीर के लिए भोजन।”

प्रार्थना करने से मनुष्य की आत्मा प्रसन्न रहती है। आत्मा प्रसन्न रहने से मनुष्य की आयु बढ़ती है। अतः हमें नित्य, निरन्तर प्रार्थना करनी चाहिए।

अभ्यास कार्य:

१. शब्द और अर्थ - इन्हें पढ़िए और समझिए।

प्रकट	-	प्रस्तुत
सूर्यास्त	-	सूरज का छुपजाना
सूर्योदय	-	सूरज निकलना
अनिवार्य	-	आवश्यक, जरूरी
नित्य	-	हर रोज, प्रति दिन
निरन्तर	-	बराबर
शुभ	-	कल्याणकारी
प्रसन्न	-	खुश

२. पाठ के अनुसार सही शब्द से रिक्त स्थानों को पूरा कीजिए।

- क. प्रार्थना से ईश्वर और _____ के बीच का फासला दूर हो जाता है।
ख. ईश्वर को _____ देने के लिए भी प्रार्थना करते हैं।
ग. प्रार्थना दिल से तथा _____ के साथ करनी चाहिए।
घ. आत्मा प्रसन्न रहने से _____ बढ़ती है।

३. इन प्रश्नों के उत्तर लिखिए।

- क. 'मैं कोई काम बिना प्रार्थना के नहीं करता।' यह किसने कहा था?
ख. प्रार्थना करने से कैसे विचार जागते हैं?
ग. किस समय प्रार्थना अवश्य करनी चाहिए?
घ. इस धरती पर किसने हमें सब कुछ दे रखा है?

४. पाठ के अनुसार वाक्य पूरा कीजिए -

- क. प्रार्थना सचचे दिल _____ ।
ख. सभी धर्मों में प्रार्थना को _____ ।
ग. मनुष्य के अन्दर _____ ।
घ. आत्मा प्रसन्न रहने से _____ ।

**1076 NADI SANGAM SCHOOL
YEAR 7**

SOCIAL SCIENCE WORKSHEET 4

Strand	History
Sub Strand	Colonisation in the Pacific
Content Learning Outcome	Describe New Zealand and its characteristics

Colonisation in the Pacific

New Zealand



Settlers

- Polynesians settled in New Zealand about 1000 years ago.
- People settled close to food sources or near the coast or rivers.
- In 1840, the British and Maori signed the Treaty of Waitangi making New Zealand a British colony.
- New Zealand's culture is mainly derived from Maori and early British settlers.

Location and Other Characteristics

- The Maori name for New Zealand is Aotearoa.
- Has two main islands- the north Island (Te ika a Maui) and the South Island (Te Wai pounamu) and other smaller islands.
- It is located about 1500 kilometres (900 miles) east of Australia and about 1000 kilometres (600 miles) south of the Pacific Island areas of New Caledonia, Fiji, and Tonga.
- It has varieties of biodiversity of animals, fungi, and plant life.
- New Zealand's capital city is Wellington.
- Auckland is its most populated city.

Population

- 4.886 million people (2018).
- About 13 % of New Zealand's population is New Zealand Maori; most of them live in the North Island.

Government

- New Zealand is an independent sovereign nation. Queen Elizabeth II is the country's head of state and is represented by the Governor General. It has administrative responsibility for the Tokelau Islands and the ROSS Dependency in Antarctica.
- New Zealand is a member of the United Nations, Commonwealth of Nations, The Australia, New Zealand and United states security treaty (ANZUS), Organisation for Economic co-operation and development, Pacific Islands forum and Asia Pacific Economic Cooperation.

For You To Do

1. What is the Maori name for New Zealand?
2. Where is New Zealand located?
3. Name few things that New Zealand is famous for
4. Name the capital city of NZ
5. Who is the representative of the Queen in New Zealand?
6. Why is New Zealand important in the world today?