

IN BRIEF

High Adventure! tells the tale of Pasang, a Sherpa boy who befriends a visitor to the Himalayan mountains. This pack will tell you about the Sherpas and the mountains they live in!



1. LITERACY LESSON IDEAS

- The **Storytime Glossary** contains definitions for words in this month's magazine that kids might not know. Encourage them to look up any unfamiliar terms and then use them in a sentence – this is a brilliant way to build vocabulary.
- The **Class Discussion Sheet** has questions about making friends – especially with people from different backgrounds. Building connections with different people is an important life skill. Encourage the class to talk about times that they have interacted with people from other cultures!
- The **Reading Comprehension Sheet** challenges kids to find a *possessive* and words relating to position. Why not ask children to come up with different examples of these types of words?
- The **Story Sequencing Sheet** has a jumbled-up version of this month's story. The challenge is for students to put the events back in the right order by numbering the sections. Encourage them to go back and reread the story if they have any difficulty.
- The **Storyboard** pages contain an exercise that asks children to rewrite the story of Pasang in their own words, using illustrations from **High Adventure!** as prompts.
- Children will have to imagine what life is like for the young Sherpa hero when they answer the questions on the **Character Sheet: Pasang** page. After they have written their answers, it could be a good idea to do some research about what life is like for real Sherpa children.

Continued on page 2...

1. LITERACY LESSON IDEAS CONTINUED

- Part of this month's tale is retold from another point of view on the **Rebus Diary!** sheet. It is written by the boy Pasang befriends, but some of the words have been replaced with pictures. The challenge is to work out what the words should be and fill them in!
- Hopefully, the story will spark the imagination of the readers in your class. The **My Greatest Adventure!** sheet contains an activity where they have to create their own story about going on an epic journey. Encourage them to mention where they want to go, what and who they should bring, and the problems they might face (and how they will overcome them).

2. GEOGRAPHY LESSON IDEAS

- The **Nepal Fact File** has all kinds of cool information about the country that this month's story is set in. After they have read the sheet, encourage the class to come up with other things they would like to know about Nepal. A follow-up exercise could involve finding answers to their questions in the library or online.
- The **Parts of a Mountain** sheet has a diagram of an impressive peak and a list of words that define different parts of it. The challenge is to match the parts of the mountain with the correct terms.
- **The World's Highest Mountains** is about some of the tallest peaks on Earth. See if your students can label each mountain on the map! Also, get them to arrange the mountains in order of height. (Generally, continents with smaller mountains are older than continents with taller ones – so which continent might be the oldest?)
- **Let's Go Mountain Climbing!** encourages kids to think about what gear they would want to take if they went to the high Himalayas. The multiple-choice questions have some practical and less-than-practical options for them to consider...

Continued on page 3...

3. COOKING AND NUTRITION LESSON IDEA

- Tea is a very popular drink, but people drink it differently in different places! The **Tea Around the World** page lists six different traditions from different countries and challenges students to match the tea-serving implements with the nation. Ask them which drinks they would like to try, and which options would be healthier.

4. ART LESSON IDEAS

- **High Adventure!** features traditional Nepalese prayer flags, which are supposed to send blessings on the wind. The **Make Some Flags!** page has some blank banners for kids to cut out, colour in and decorate with their own positive messages. If everyone in the class completes one or more flags, they can all be hung up from a string to create a colourful and inspiring classroom decoration!
- What would it be like to reach the top of a tall mountain? On the **On Top of the World!** page, kids can colour in the picture and draw their own face on the mountaineer. They can also create a cool design for a flag they would want to place on the peak. It could be a national or local flag, or an original symbol...

5. MENTAL HEALTH AND WELLBEING

- Making friends is an important life skill – one that Pasang uses in this month's story. This is something that can be taught! The **My Mind Matters!** section in issue 102 was about 'Building Connections' – it has some good tips to help children get along with others! The links below have useful resources that could be used as a basis for lessons on this topic:
<https://www.childrensmentalhealthweek.org.uk/>
<https://www.theguardian.com.au/teacher-network/2015/jul/13/how-to-teach-making-friends-primary-secondary-school>

STORYTIME GLOSSARY

Look up any new words in this handy reference section!

The Golden Duck (Page 6)

- ▷ **Tumbling** – jumping head over heels
- ▷ **Smirked** – smiled in an irritating way
- ▷ **Cunning** – cleverness
- ▷ **Ridge** – high spot
- ▷ **Amphibian** – type of cold-blooded animal
- ▷ **Staggered** – walked unsteadily
- ▷ **Overhead** – above their heads
- ▷ **Gratefully** – in an appreciative way
- ▷ **Merchant** – person who sells things

Little Bo-Peep (Page 10)

- ▷ **Keen** – excited
- ▷ **Bleats** – wailing noises made by sheep
- ▷ **Lazybones** – lazy creatures
- ▷ **Graze** – eat
- ▷ **Bellwether** – leading sheep of a flock
- ▷ **Snug** – warm and cosy
- ▷ **Hind** – back
- ▷ **Prance** – move in a lively, show-offy way
- ▷ **Disaster** – terrible event
- ▷ **Hooting** – trumpet-like
- ▷ **Fluttered** – flew gently
- ▷ **Perch** – sit
- ▷ **Tattered** – worn and ragged

Amelia's Wild Ride (Page 15)

- ▷ **Gripped** – tightly held
- ▷ **Distractions** – things that attract attention
- ▷ **Re-enactment** – acting out
- ▷ **Contraption** – strange-looking machine

- ▷ **Sceptical** – doubtful
- ▷ **Rickety** – badly built
- ▷ **Clamber** – climb
- ▷ **Fascinated** – very interested
- ▷ **Tomboys** – girls who like activities traditionally associated with boys
- ▷ **Outbuilding** – small building near a main building
- ▷ **Timber** – wood for building
- ▷ **Steep** – nearly vertical
- ▷ **Grinning** – smiling with her teeth showing

The Dogfish's Stomach Ache (Page 20)

- ▷ **Fishing rod** – stick for catching fish with a hook and line
- ▷ **Rowing boat** – small boat moved with oars
- ▷ **Gleaming** – shining
- ▷ **Dreadful** – very bad
- ▷ **Slimy** – slime-covered
- ▷ **Wheezed** – made whistling sounds
- ▷ **Paddled** – swam by moving his fins

Where Rubies Come From (Page 22)

- ▷ **Minarets** – thin, high towers
- ▷ **Doted on** – showed a lot of love to
- ▷ **Vessel** – ship or boat
- ▷ **Wailed** – cried out loudly
- ▷ **Whirlpool** – fast circular current
- ▷ **Sash** – cloth tied around his waist
- ▷ **Peculiar** – strange
- ▷ **Ragged** – worn out and damaged

Continued on page 2...

STORYTIME GLOSSARY

2 OF 2

- ▷ **Summoned** – called for
- ▷ **Swirling** – moving in a circular way
- ▷ **Meditation** – silent thought or prayer
- ▷ **Shrieked** – screamed
- ▷ **Bow** – front of a ship

The Great Flood (Page 30)

- ▷ **Massive** – huge
- ▷ **Tremble** – shake
- ▷ **Raft** – floating platform
- ▷ **Rattan** – kind of climbing palm tree
- ▷ **Hornbills** – birds with very large beaks
- ▷ **Scrambled** – climbed in a hurried way
- ▷ **Chittered** – made a noise like ‘chitter’
- ▷ **Jerk** – a sudden movement
- ▷ **Drifting** – gently moving
- ▷ **Cooperate** – work together

High Adventure! (Page 34)

- ▷ **Huddled** – stayed close
- ▷ **Blessings** – good luck and protection
- ▷ **Churning** – mixing
- ▷ **Gulped** – swallowed
- ▷ **Summit** – highest point
- ▷ **Bowed** – bent down to show respect
- ▷ **Crockery** – cups and plates
- ▷ **Whirling** – spinning around
- ▷ **Blizzard** – a fierce, snowy storm
- ▷ **Cautiously** – carefully
- ▷ **Slope** – area of land that is not flat
- ▷ **Driving snow** – snow being blown fast
- ▷ **Gesture** – signal with hands

The Gift of Corn (Page 40)

- ▷ **Destroyed** – wiped out
- ▷ **Fertile** – good for growing things in
- ▷ **Underworld** – a big underground area
- ▷ **Gloomy** – dark and depressing
- ▷ **Ventured** – went
- ▷ **Realm** – country or kingdom
- ▷ **Sacred** – religiously important
- ▷ **Nutritious** – healthy and satisfying
- ▷ **Kernel** – kind of seed
- ▷ **Sustenance** – things needed to survive
- ▷ **Squashes** – vegetables of a certain type
- ▷ **Tasselled** – with tassels on
- ▷ **Regained** – got again
- ▷ **Crop** – plant that is farmed
- ▷ **Prospered** – became strong and successful

CLASS DISCUSSION SHEET

LET'S TALK ABOUT... **making friends!** In this month's story, Pasang gets along well with a visitor, even though they don't speak the same language. These questions are about connecting with others!

- 1.** Pasang and his new friend come from different countries and don't speak the same language, but they are both boys of a similar age. Can you think of a time when *you* discovered that you had something in common with someone different from yourself?

- 2.** In the story, Pasang communicates with the visitor using facial expressions. Can you think of other ways in which you can communicate with someone who doesn't speak the same language as you?

- 3.** Pasang welcomes his young guest by giving him a cup of tea. What might you give to a person who visits your home or classroom to make them feel welcome?

WHAT MAKES A GOOD FRIEND?

What are the qualities you would like in a new friend?

Write down the things that are important to you below!

_____	_____
_____	_____
_____	_____
_____	_____

NAME _____

CLASS _____

READING COMPREHENSION SHEET

See if you can find a *possessive* in this extract – and match the adjectives to describe how different foods taste!

66

Pasang put a cup in front of him. The Sherpa then poured a cup for himself and sat down opposite the boy. He picked up his cup and smiled.

The boy took his tea and sniffed it. He took a sip and made a funny face. The taste of tea with butter and salt must be strange to him! But the boy then gulped it down.

99

1. What words in the first paragraph lets you know where the teacup is?

2. In the second sentence, there is a word that tells you where Pasang sits. What is it?

3. A *possessive* is a word that indicates who something belongs to. There is a possessive in the second paragraph – do you know which word it is?

4. See if you can rewrite the second paragraph so the visitor to the teahouse is a girl instead of a boy. Remember to change the *pronouns* and *possessives*!

TALKING ABOUT TASTE!

The tea the boy drinks in the extract is salty! Can you match the foods below with the *adjectives* (describing words) that tell us how they taste?

A lemon tastes _____.

Honey tastes _____.

Curry tastes _____.

SPICY SOUR SWEET

Answers: 1. 'in front of', 2. 'opposite', 3. 'his', 4. 'The girl took her tea and sniffed it. She took a sip and made a funny face. The taste of tea with butter and salt must be strange to her! But the girl then gulped it down.' Talking about taste: A lemon tastes sour, honey tastes sweet and curry tastes spicy.

NAME _____

CLASS _____

STORY SEQUENCING SHEET

Can you put the events of Pasang's tale back in the right order?

Put a '1' after the first one, a '2' after the second one, and so on.

Then, he spotted some people coming up the path towards the village. He ran down the rocky slope to his family's teahouse.

They were lost in the swirling snowstorm – but then Pasang spotted a line of prayer flags. They followed them to the village and safety!

He took some teapots and teacups and went to welcome the foreign visitors to the teahouse and serve them drinks.

The other boy did not understand what he was saying, but he politely drank the tea.

The Sherpas found the tourists in the storm, but the boy Pasang had befriended was missing! But then, he thought he heard a noise.

From his place high on the mountainside, Pasang stared down at the temple below and the village where he lived.

Pasang's father said that a snowstorm was coming, so he, Pasang and the other villagers went out to make sure the tourists were safe.

By following the sound, Pasang found his foreign friend at the bottom of a steep slope. He had injured his leg! Pasang helped him up.

He noticed that one of the visitors was a boy about his age. He gave him tea and chatted to him in a friendly way.

Then, it was time for the visitors to go. They left the teahouse, and the boy bowed to Pasang before he left.

When he got inside, he saw his mother making traditional butter tea by churning tea with salt and butter.

NAME _____

CLASS _____

STORYBOARD

1 OF 2

Retell the story of Pasang and his foreign friend, using the pictures below as inspiration. Write about their adventures in the spaces underneath!

1



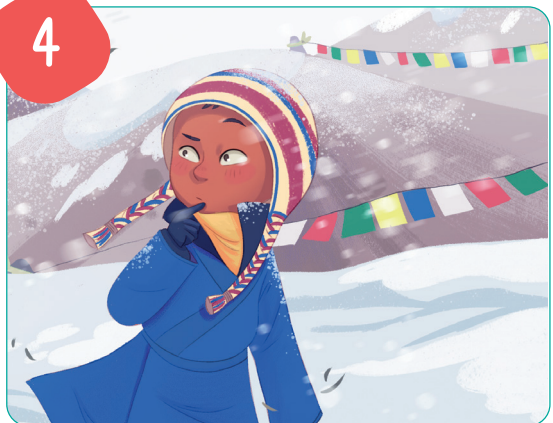
2



3



4



NAME _____

CLASS _____

STORYBOARD

2 OF 2

5



6



WHO ARE THE SHERPAS?

- ❖ 'Sherpa' means 'people living in the East'. They migrated into the area of Nepal in the 15th century and lived as traders, herders and farmers.
- ❖ Sherpas belong to Tibetan culture and speak a language called Sherpa which is closely related to the Tibetan language. However, most Sherpas live in Nepal and speak Nepali as well.
- ❖ The air in the high areas of the Himalayas has very little oxygen, and visitors from lower altitudes find it hard to breathe there. However, the Sherpas are used to breathing the thin air!
- ❖ Nowadays, many Sherpas work as guides and porters for tourists and mountain climbers in the Himalayas. They carry heavy loads of supplies up steep mountains and often rescue climbers who get into trouble.

NAME _____

CLASS _____

CHARACTER SHEET: PASANG

Pasang lives a very different life from most of us!
These questions ask you to think about what life
is like in the world's highest mountains!



Which three skills do you think Pasang
has learned living in the mountains?

What do you think he would
have for breakfast?

What dangers could he face living
in the Himalayas?

Draw one thing Pasang should
have with him if he is
climbing a high mountain!



How do you think Pasang and his
family would mostly travel?

In his free time, what do you think Pasang would do for fun?
Which games might he play with his friends up there?






REBUS DIARY!

















Pasang's new friend has written about his adventures in his diary – but he has used pictures to replace some of the words! Write in what each picture means under the story!

I packed up my  this morning and got ready for our adventure. Dad had a  and big . He said it might be cold, so we all put our  on too!

It was my first time on such a high  – I was really excited! I wonder if there are any animals living up there, or even .

We stopped at a  halfway up the . There were bright  outside, and a ! Inside it was very cosy and we were served hot  with  in it. At first I thought it tasted weird, but it warmed me up!

I sat across from another boy. I think he lives here. We did not the same language but he had a friendly . I wonder what life is like on the . Does he play , and what is his favourite ? I wish I could ask him all these .

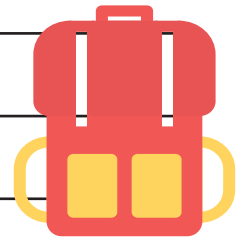
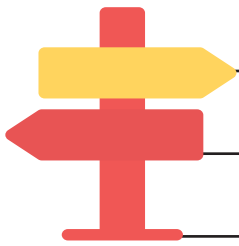
			
			
			
			

Answers: In order: backpack, map, boots, gloves, mountain, yak, butter, tea, smile, speak, football, food, questions.

MY GREATEST ADVENTURE!



In this month's story, the two boys have an adventure on the world's highest mountain range. What great adventure would *you* like to go on? Write a story about where you would go, the gear you would take and the challenges that you would overcome...



NEPAL FACT FILE

Nepal is a fascinating country!

Here are ten things that make it special...



Most countries have rectangular flags. Nepal is the only one with a cool **twin-tailed design!**



Nepal has **five seasons**: autumn, winter, spring, summer and monsoon (when winds bring heavy rains to the country).

The **Buddha**, the inspiration for the Buddhist religion, was born in what is now Nepal!



Nepal is home to many **endangered species**, including the Bengal tiger, red panda, one-horned rhinoceros and South Asian river dolphin.

Legends say that a hairy apelike creature called the **Yeti** or **Abominable Snowman** haunts Nepal – but it has never been found.

The peak of **Mount Everest**, the highest place on Earth, lies on the border between Nepal and China.



Nepal is **landlocked**, which means it does not have a sea coast. It lies between two very big countries: China and India.



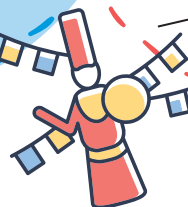
Nepal's beautiful landscape and culture make it **very popular with tourists** – more than a million visit every year!



Nepal's main language is Nepali, but **more than a hundred other languages** and dialects are also spoken there.

Nepalese people are known for their bravery! **Nepalese Gurkha soldiers** have served in the British army since 1815. Gurkhas are also members of the Indian Army, the Singapore Police Force and the military of Brunei.

MY EXTRA FACT ABOUT NEPAL IS..



PARTS OF A MOUNTAIN

Label all of the different bits of the mountain below using the words listed below. Don't worry, there are handy definitions for each one!



A. BASE: the bottom of a mountain

B. SUMMIT: the highest point of a mountain

C. RIDGE: a high, narrow section of a mountain

D. FACE: a steep or vertical area of a mountain

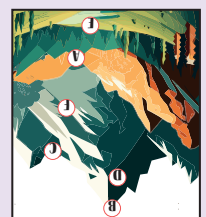
E. TREE LINE: the point at which trees stop growing

F. SNOW LINE: the line where snow begins to appear on the mountain

DID YOU KNOW?

Most mountains are formed when two sections of the Earth's crust collide with each other.

The place where they meet is often pushed up, crating mountains. Other mountains, called volcanoes, are formed when hot molten rock bursts up from inside the Earth and then hardens.



ANSWER:

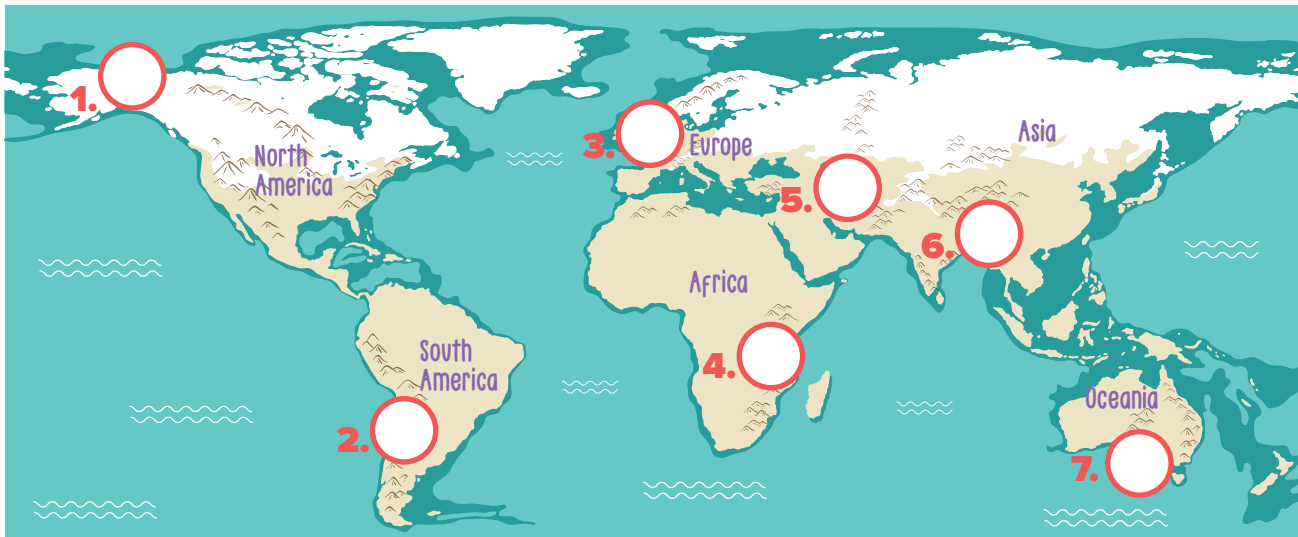
NAME _____

CLASS _____

THE WORLD'S HIGHEST MOUNTAINS

Below is a list of some of the tallest mountains on Earth.

Can you match the spots on the map with the mountains?



A. Mount Everest (8,848 metres) is Earth's highest mountain above sea level, located on the border between Nepal and China.

B. Mount Kilimanjaro (5895 metres) is Africa's tallest peak, and also the world's highest summit that is not part of a range (group of mountains).

C. Aconcagua (6962 metres) is the highest mountain in the Western and Southern Hemispheres, and the highest outside Asia.

D. Mount Ebrus (5642 metres) is the highest peak in Europe and Russia and is home to 22 glaciers.

E. Mount Blanc (4807 metres) is the tallest peak in western Europe and a favourite of mountain climbers.

F. Denali (6190 metres) is in Alaska. It is sometimes called Mount McKinley, after the former United States president.

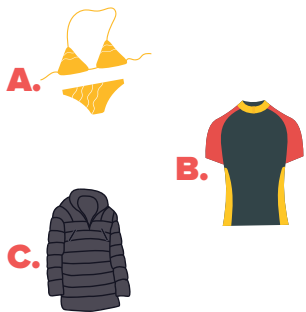
G. Mount Koscuizko (2228 metres) is in the Snowy Mountains, near Canberra, the Australian capital.

ANSWER: 1. F, 2. C, 3. E, 4. B, 5. D, 6. A, 7. G.

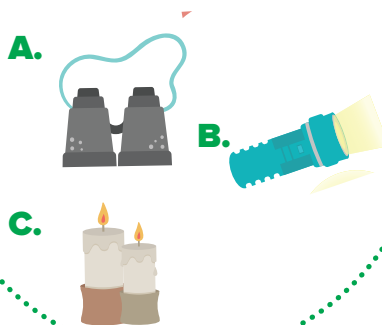
LET'S GO MOUNTAIN CLIMBING!

If you were going climbing in the Himalayas, what would you take?
Answer these questions correctly by choosing the best safety gear!

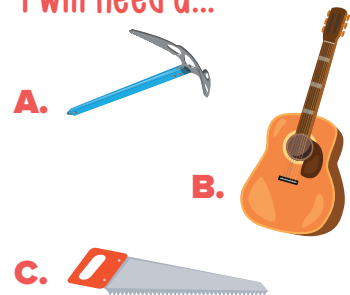
1. To keep out the cold,
I will wear...



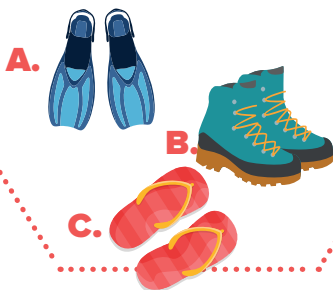
2. When it gets
dark, I will use...



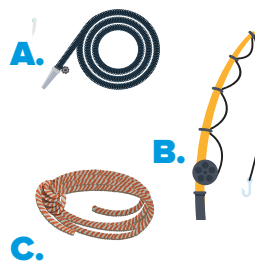
3. To chip into ice,
I will need a...



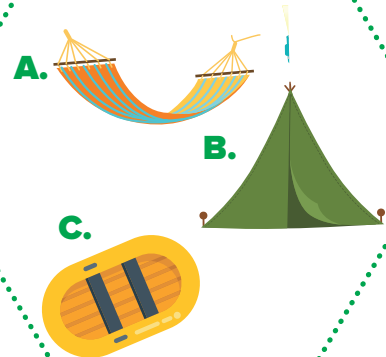
4. To keep a grip on
the rocks, I will wear...



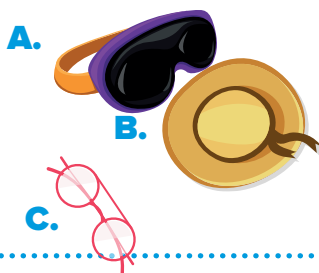
5. To stop myself
falling, I will
take a..



6. I will sleep in a...



7. To protect my eyes
from the bright sun,
I will wear...



8 I will carry my gear in a...



ANSWERS: 1. C, 2. B, 3. A, 4. B, 5. C, 6. B, 7. A, 8. A.

TEA AROUND THE WORLD

People in different countries drink tea in different ways! Can you match the teacups below with the different tea traditions?

A. CHADAO (China)

Translates as 'the way of tea'

The tea is prepared in a peaceful natural setting – and it is extra-special if drunk by moonlight. The tea comes from the leaves of the camellia plant.

A traditional Chinese tea ceremony needs a teapot, teacups, a tea strainer and a tea leaf holder.

B. CHAJI (Japan)

Translates as 'tea thing'

This traditional tea is made from *matcha* (powdered green tea) and drunk in bowls.

The bright green powder is poured into a bowl and whisked with a bamboo whisk until it's thick, smooth and foamy. It is traditionally served in rough and simple handmade bowls.

C. AFTERNOON TEA (UK)

This light meal is a special treat! The tea is served in fine china cups, along with a selection of little sandwiches, cakes, and scones with jam and cream.

The tea is brewed in a tea pot. The food is sometimes presented on a multi-layer silver tray.

D. BUTTER TEA (Nepal)

Fermented tea is brewed until it is very dark before being churned with yak butter and salt. Many people in the Himalayas drink several cups a day!

The tea is ladled into bowls for drinking. After a visitor takes a sip, the host refills their bowl!

E. BUBBLE TEA (Taiwan)

Cold tea with round tapioca balls, condensed milk and other flavourings. It is made by mixing the tea, tapioca, syrups and flavourings together in a bubble tea shaker. **Served in a plastic cup with a big straw, so you can suck up the tapioca balls!**

F. MATE (Argentina)

A tea brewed from the leaves of the yerba mate plant. The leaves are finely ground and then hot water is poured in. It is traditionally drunk in a group – people take turns sipping from the gourd. **It's served in a container made from a gourd with a metal straw, and a kettle of hot water to top it up with.**



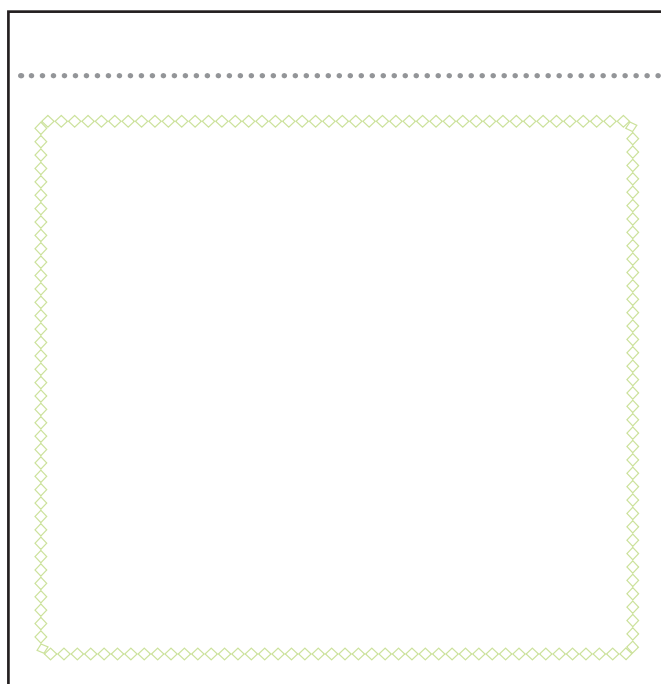
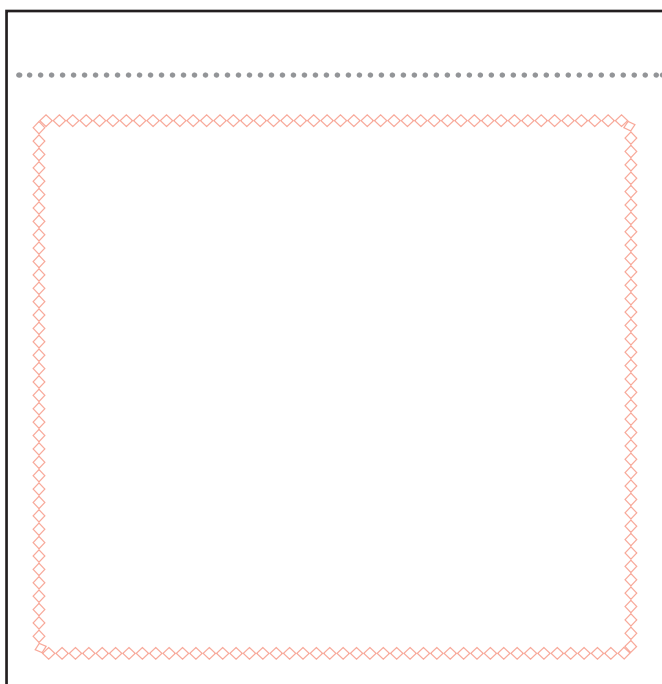
Answers: 1. B, 2. E, 3. D, 4. F, 5. A, 6. C.

NAME _____

CLASS _____

MAKE SOME FLAGS!

In Tibet, people hang up prayer flags with messages of peace that they want to spread out to the world. Cut out and colour in the peace flags below, and write positive things on them. Hang them up to give happy thoughts to everyone who sees them!



ON TOP OF THE WORLD!

When people reach the top of a mountain, they sometimes place a flag there. Imagine that you have climbed a high peak – what flag would you want to put there? Draw your face on the mountaineer below and draw a design on the flag as well!

