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# Learning and Participation Resource Pack

Around the World – Eastern Europe /  
Northern Asia (Russia)

Suitable for Year 1 and 2



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# Overview

This resource is the third in a six-part series of workshops based on travelling around the world. They are based upon a scheme of work created for Year 1 Children. In each resource, you will find tasks and activities to explore where the country is geographically and what we can learn about that country – whether it's the language, a game or a tradition! This pack is best used with an adult to support the pupil.

## Lesson Ideas

### Warm up/Icebreakers

#### Warm Up 1: Transport Statues

*In this activity, think of as many modes of transport as you can and write a list. Once your list is created, choose one e.g. an motorbike and see if you can:*

- Create a statue
- Create a movement
- Create a sound

#### Warm Up 2: Alphabet Soup

*In this activity, use your body to create shapes for the letters of the country we will be visiting today! This game can be used as a variation of Musical Statues too:*

**Step 1:** Move around the room to the music – look for traditional Russian music for inspiration (See Resource 1 at the bottom of this pack!)

**Step 2:** When the music stops make the shape of your first letter (R) – try to use your whole body!

**Step 3:** Move around the room to the music and repeat until you have spelled all the letters... **R U S S I A**



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## Task ideas/starting points

### Task 1: Where is Russia?

Using a Map of the World (See Resource 2 at the bottom of this pack!), see if you can identify where Russia is.

- What shape is it?
- What other countries is it near?
- What countries does it border? (A country that it is directly next to it)
- Draw your own compass and hold it next to your Map of the World (See Resource 3 at the bottom of this pack!). Use it to complete the following sentences by circling the correct answer:

Russia is \_\_\_\_ East/West \_\_\_\_ of Iceland

Iceland is \_\_\_\_ East/West \_\_\_\_ of Russia

Russia is \_\_\_\_ North/South \_\_\_\_ of Australia

Australia is \_\_\_\_ North/South \_\_\_\_ of Russia

### Task 2: True or False?

Create a heading with two tables like so, and place the statements under each heading:

<b>TRUE</b>	<b>FALSE</b>

Russia is EAST of the United Kingdom.

Russia is WEST of the United Kingdom

Russia is a larger country than India.

Russia is a smaller country than India.

Russia is double the size of Australia.

Russia is half the size of Australia.

In Russia, the people speak Russian.

In Russia, the people speak French.

## Task developments

### Task 3: The Princess Who Never Smiled (Part 1)

*'The Princess Who Never Smiled' is a Russian Fairy-tale, popular the world over! Follow these steps below to bring the story to life!*

**Step 1:** Watch or read the story. (See Resource 4 at the bottom of this pack!)

**Step 2:** List all the characters you can remember from the story.

**Step 3:** Create a statue using your body and face – make sure each character looks different! You can try in front of the mirror or ask someone to take photographs.

**Step 4:** Decide how this character walks – useful things to think about are: speed (fast/slow) weight (heavy/light) and leading body part.

### Task 4: The Princess Who Never Smiled (Part 2)

*In the story, everybody is trying to make the Princess smile and laugh. What would you do to try and make someone else happy? Here are some ideas to try below:*

- Create your own silly dance routine
- Write someone a letter about how special they are
- Create or learn a joke to tell someone
- Paint or draw someone a picture of something they like
- Sing them their favourite song

## Cool down ideas

### Cool Down 1: Time to go home!

It's time to go home! Can you remember what transport you chose to travel to Russia today at the beginning of this resource? Ask someone to read these simple steps to you to relax your mind on our journey back home:

(Relaxing music will help! See Resource 5 at the bottom of this pack!)

- Lie flat on your back, with your palms open and your eyes closed, take some deep breaths – in through your nose and out through your mouth.
- Imagine you are looking out of the window of your (e.g. a train). What do you see?
- What does the sky look like: is it clear and blue with bright sun? Is it dark and stormy with thick clouds? Is it a beautiful sunset?
- What does the landscape look like: are there trees and flowers? Is it empty and vast like a desert? Are there buildings and houses?
- Really try to capture the images in your mind, as if you are really looking out of the window at the world in front of you.
- When you are ready, wiggle your fingers and toes and gently, bring yourself to a sitting position. Well done!

## Outcome

Great job! You now know...

- What traditional Russian music sounds like
- How to use your body in a creative way to make different shapes including letters and modes of transport
- How to find Russia on a map and have practiced using a compass
- How to make a character statue using your body and face
- A traditional Russian story
- How you can use your creativity to make someone else happy
- How to use your imagination to help you relax

# Resources and useful links

**Resource 1:** Traditional Russian Music

<https://youtu.be/XzjRwbQdASg>

**Resource 2:** Interactive Map of the World

<https://geology.com/world/world-map.shtml>

**Resource 3:** Compass Example

<https://www.shutterstock.com/search/compass+rose>

**Resource 4:** The Princess Who Never Smiled Story and Video

<https://www.bedtimeshortstories.com/the-princess-who-never-smiled>

**Resource 5:** Relaxing Music for Kids

<https://www.youtube.com/watch?v=5HrkXT5Bc9E>

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