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# Learning and Participation Resource Pack

Around the World – Asia (India)

Suitable for Year 1 and 2



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# Overview

This resource is the sixth 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. a hot air balloon 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 Indian 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 (I) – try to use your whole body!

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



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## Task ideas/starting points

### Task 1: Where is India?

Using a Map of Asia (See Resource 2 at the bottom of this pack!), see if you can identify where India 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 Asia (See Resource 3 at the bottom of this pack!). Use it to complete the following sentences by circling the correct answer:

India is \_\_\_\_ **North/South** \_\_\_\_ of Sri Lanka

India is \_\_\_\_ **East/West** \_\_\_\_ of Taiwan

India is \_\_\_\_ **North-East / North-West** \_\_\_\_ of Cambodia

Cambodia is \_\_\_\_ **South-East / South-West** \_\_\_\_ of India

### 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>

India is South-West of Mongolia

India is South-East of Mongolia

India is North-West of Indonesia

India is North-East of Indonesia

There are six main languages spoken in India

There is one main language spoken in India

Tigers are a native animal to India

Lions are a native animal to India



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## Task developments

### Task 3: The Elephant's Friend

*'The Elephant's Friend' is a retelling of an old Indian folktale, exploring themes of friendship and generosity.*

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

**Step 2:** Create a statue using your body and face of: The King, the Elephant and the Dog. Make sure each statue is different!

**Step 3:** Now bring each of your statues to life by adding movement and sound.

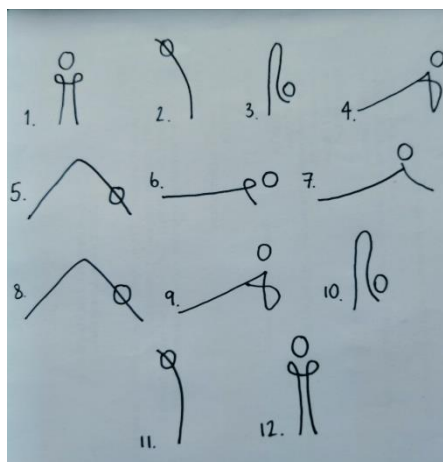
**Step 4:** Choose a voice that the Elephant might have or a voice that the Dog might have. How are they different? Think about: volume (loud/quiet) pitch (high/low) and emotions!

**Step 5:** Ask someone to help you record your own telling of the story using your sound effects and voices for the characters

### Task 4: Sun Salutations!

*Yoga is an ancient form of exercise that is widely practiced and rooted in Indian culture. It is a group of physical, mental and spiritual practices that anyone can follow!*

*A Sun Salutation is a series of postures that warms, strengthens and aligns the entire body! See the diagram below to try it out! (Or see Resource 5 at the bottom of this pack!)*



## 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 India 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 6 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 Indian 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 India on a map and have practiced using a compass
- How to make an animal character statue using your body/face
- A traditional Indian story
- How to practice a Sun Salutation
- How to use your imagination to help you relax

# Resources and useful links

**Resource 1:** Traditional Indian Music

[https://www.youtube.com/watch?v=XoI\\_PcOzW4Q](https://www.youtube.com/watch?v=XoI_PcOzW4Q)

**Resource 2:** Interactive Map of Asia

[http://www.yourchildlearns.com/asia\\_map.htm](http://www.yourchildlearns.com/asia_map.htm)

**Resource 3:** Compass Example

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

**Resource 4:** The Elephant's Friend

[https://www.youtube.com/watch?v=tps\\_aSdrAmE](https://www.youtube.com/watch?v=tps_aSdrAmE)

**Resource 5:** Sun Salutations Tutorial

<https://www.youtube.com/watch?v=qlGRZS-YMWo>

**Resource 6:** Relaxing Music for Kids

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

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