

# Year 3 Reading Activities

## How the Sun, Moon and Wind Went Out to Dinner

One day, the Sun, Moon, and Wind went out to dine with their uncle and aunts, Thunder and Lightning. Their mother (one of the most distant stars you see far up in the sky) waited alone for her children's return.

Both Sun and Wind were greedy and selfish. They enjoyed the great feast that had been prepared for them, without a thought of saving any of it to take home to their mother—but the gentle Moon did not forget her. Of every dainty dish that was brought round, she placed a small portion under one of her beautiful, long fingernails so that Star might also have a share in the treat.

On their return, their mother, who had kept watch for them all night long with her little bright eye, said, "Well, children, what have you brought home for me?" Then Sun (who was eldest) said, "I have brought nothing home for you. I went out to enjoy myself with my friends, not to fetch a dinner for my mother!" And Wind said, "I have not brought anything home for you either, mother. You could hardly expect me to bring a collection of good things for you, when I merely went out for my own pleasure." But Moon said, "Mother, fetch a plate and see what I have brought you." Shaking her hands, she showered down an astounding dinner that one like it had never been seen before.

Then Star turned to Sun and said, "Because you went out to amuse yourself with your friends, and feasted and enjoyed yourself, without any thought of your mother at home, you shall be cursed. From now on, your rays shall ever be hot and scorching, and they shall burn all that they touch. Men will hate you, and cover their heads when you appear."

Then she turned to Wind and said, "You also forgot your mother in the midst of your selfish pleasures – hear your doom. You shall always blow in the hot dry weather and shall parch and shrivel all living things. Men shall detest and avoid you from this very time."

But to Moon she said, "Daughter, because you remembered your mother, and kept for her a share in your own enjoyment, from now on you shall be ever cool, calm and bright. No harmful glare shall accompany your pure rays and men shall always call you 'blessed'."

1. Find and copy three adjectives that mother says that the Moon will become.

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2. Which two characters in the story are the most similar? Give a reason.

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3. Why do you think that the Moon did what she did?

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4. Rewrite this story in less than 20 words.

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# Year 3 Reading Activities

## Queen Summer

When Summer on the earth was queen  
She loved to reign in gardens green  
On the walls hung tapestries of leaves,  
Where threads of gold the sun had weaved.  
With criss-cross patterns on the floor,  
Where velvet grass has been smoothed over.  
Waving palm leaves the soft winds spread  
Each way to cool Queen Summer's head:  
The woodland dove made music soft,  
Whilst bluebirds sang from roofs aloft.



1. In the poem, why does the wind wave the palm leaves?

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2. Write two facts about the tapestries mentioned in the poem.

1. 

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2. 

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3. Which two types of bird are mentioned in the poem?

1. 

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2. 

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4. Do you think Queen Summer's palace was a nice place to be? Why?

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# Year 3 Reading Activities

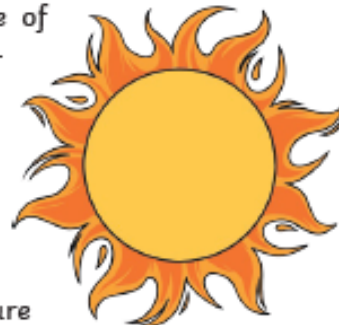
## Sun Safety Reading Comprehension

We all need some sun exposure - it's the top source of Vitamin D, which helps our bodies absorb calcium for stronger, healthier bones.

However, repeated, unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage and skin cancer.

Most children get much of their lifetime sun exposure before age 18, so it's important for parents to teach them how to enjoy fun in the sun safely.

Taking the right precautions is very important when protecting your skin.



### Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. Sunlight contains three types of ultraviolet rays: **UVA**, **UVB** and **UVC**:

- **UVA** rays cause skin aging and contribute to skin cancer. Because UVA rays pass effortlessly through the ozone layer (the protective layer of the atmosphere, or shield, surrounding the earth), they make up the majority of our sun exposure.
- **UVB** rays are also dangerous, causing sunburns and eye damage (cataracts). They also contribute to skin cancer. Melanoma, the most dangerous form of skin cancer, is associated with severe UVB sunburns that occur before the age of 20. Most UVB rays are absorbed by the ozone layer, but enough of these rays pass through to cause serious damage.
- **UVC** rays are the most dangerous, but fortunately, these are blocked by the ozone layer and don't reach the earth.



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# Year 3 Reading Activities

## Sun Safety

### Melanin: The Body's First Line of Defense

UV rays react with a chemical called melanin that's found in skin. Melanin absorbs dangerous UV rays before they cause skin damage. The lighter someone's natural skin colour, the less melanin it has and the darker a person's natural skin colour, the more melanin it has to protect itself.

As the melanin increases in response to sun exposure, the skin tans. Those who are regularly exposed to the sun are at a much greater risk. Sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin.

### Avoid the Strongest Rays of the Day

Seek shade when the sun is at its strongest (usually from 10am to 4pm). If you are in the sun during this time, be sure to apply and reapply sunscreen. Most sun damage occurs as a result of incidental exposure during day-to-day activities, not sunbathing! Even on cloudy, cool or overcast days, UV rays travel through the clouds. Clouds don't filter out UV rays and this 'invisible sun' can cause unexpected sunburn and skin damage. People are often unaware that they're developing sunburn on cooler or windy days because the temperature or breeze keeps skin feeling cool.

Cover Up	Use Sunscreen	Use Protective Eyewear
One of the best ways to protect yourself from the sun is to cover up and shield skin from UV rays. Be sure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them. Babies under 6 months should be kept out of the sun.	Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against UVA and UVB rays. For sunscreen to do its job, it must be applied correctly. So be sure to: <ul style="list-style-type: none"><li>• Apply sunscreen whenever you are in the sun and reapply often (every 2 hours).</li><li>• Apply a water-resistant sunscreen around water or when swimming.</li></ul>	Sun exposure damages the eyes as well as the skin. The best way to protect eyes is to wear sunglasses. Not all sunglasses provide the same level of ultraviolet protection; Purchase sunglasses with labels ensuring that they provide 100% UV protection.

# Year 3 Reading Activities

## Sun Safety Questions

1. How does Vitamin D help our bodies?  

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2. What are the three types of ultraviolet rays which radiate from the sun? Which is the least dangerous and which is the most dangerous?  

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3. How does the ozone layer work to protect us from the sun's rays?  

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4. How does melanin protect the skin?  

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5. Why does sunburn happen?  

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6. When is the sun at its strongest?  

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7. True or false: Clouds filter out UV rays.  

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8. What is meant by 'invisible sun'?  

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9. What precautions should parents of babies take?  

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10. Why is it important to reduce 'tanning'?  

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11. True or false: Sunscreen should protect against UVC rays.  

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12. What should you look for when purchasing sunglasses?  

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# Year 3 Reading Activities

## Pet Care of a Bearded Dragon

Bearded dragons are from the lizard species. They are often referred to as "beardies" and are one of the most popular lizards in captivity in the UK. Their name comes from the spikey folds of skin around their neck, which inflate and turn black when they are excited or defending themselves.



They originate from the dry scrublands and woodlands of Australia, therefore in captivity they need their environment to replicate their natural surroundings in the wild.

### Environment

Bearded dragons must be kept in a vivarium. This is a large, secure, glass enclosure. A recommended size to accommodate one lizard is a vivarium which is 120cm long and 60cm high. Beardies can grow up to 45cm long and need room to move around and stretch out.

As bearded dragons are ectothermic and use the environment to regulate their body temperature, they need a warm end of the vivarium and a cool end. There must also be a basking zone, which is the warmest part of the enclosure. They like to lie, or bask, on a natural stone near the heat lamp provided. A thermostat must be installed to ensure the temperature doesn't fluctuate. It must not drop below 22°C at night.

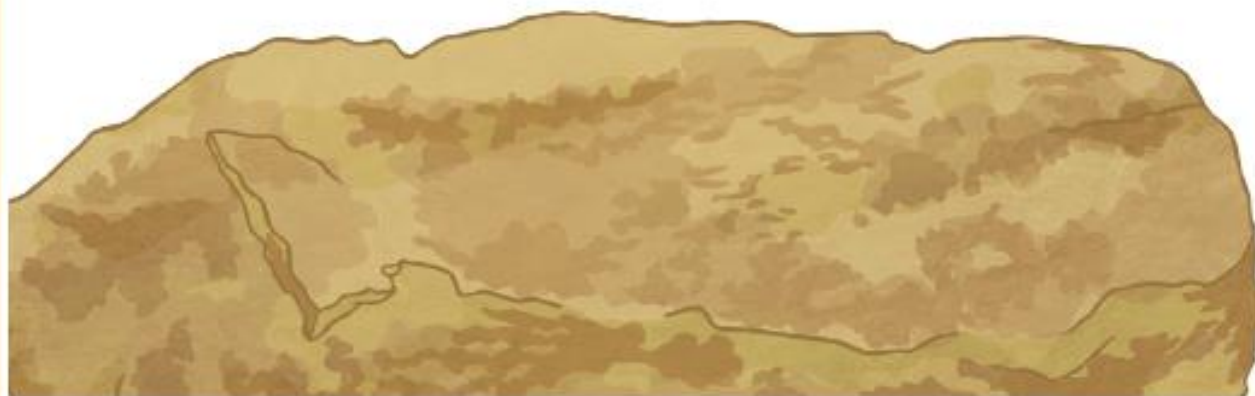
### Substrate

The base of the vivarium needs to be covered with a sand and soil mixture, due to the bearded dragon's natural instinct to dig. Stone tiles should have ridges to help the reptile grip.



### Did You Know?

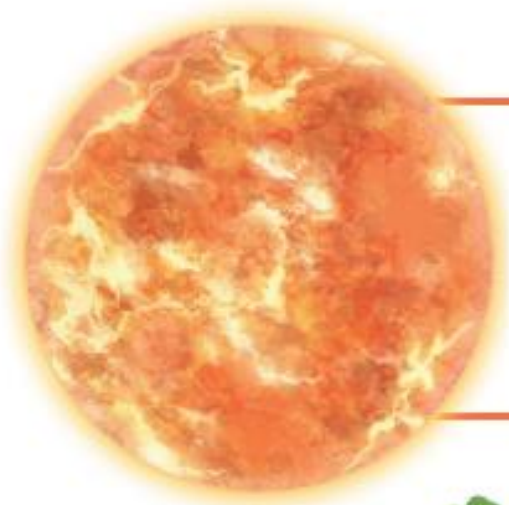
Bearded dragons are diurnal which means they are active during the day.





# Year 3 Reading Activities

## Pet Care of a Bearded Dragon



### Light

Lizards use the ultraviolet light from the sun to make vitamin D in their skin. This is essential for the storage and use of calcium in their bodies. A special UV light must be installed in their vivarium.

### Diet

Bearded dragons are omnivorous; they eat live invertebrates and plants (greens). They like live food, which should be kept in a well-ventilated container and fed the the same 'greens' as the dragon so that the lizard benefits from the nutrition.



Safe Greens	Live Food
watercress	
rocket	
cress	crickets
grated butternut squash	locusts
dandelions	calciworms
clover	
plantain leaves	

These lizards must not have spinach, as it affects the dragon's ability to absorb calcium into their bodies.

### Feeding Tips

- Remove any uneaten live foods as they can bite the lizard;
- Cover the live food with supplement powder to ensure the lizard is getting all the nutrients it needs.

# Year 3 Reading Activities

## Pet Care of a Bearded Dragon

### Two's Company

Bearded dragons are fiercely territorial. Males live a solitary life and in the wild, chase other males off their space. Females can fight if they are in groups - they have been known to bite the toes off other lizards and sometimes kill! Captive bearded dragons should be singular.

### Signs of a healthy lizard:

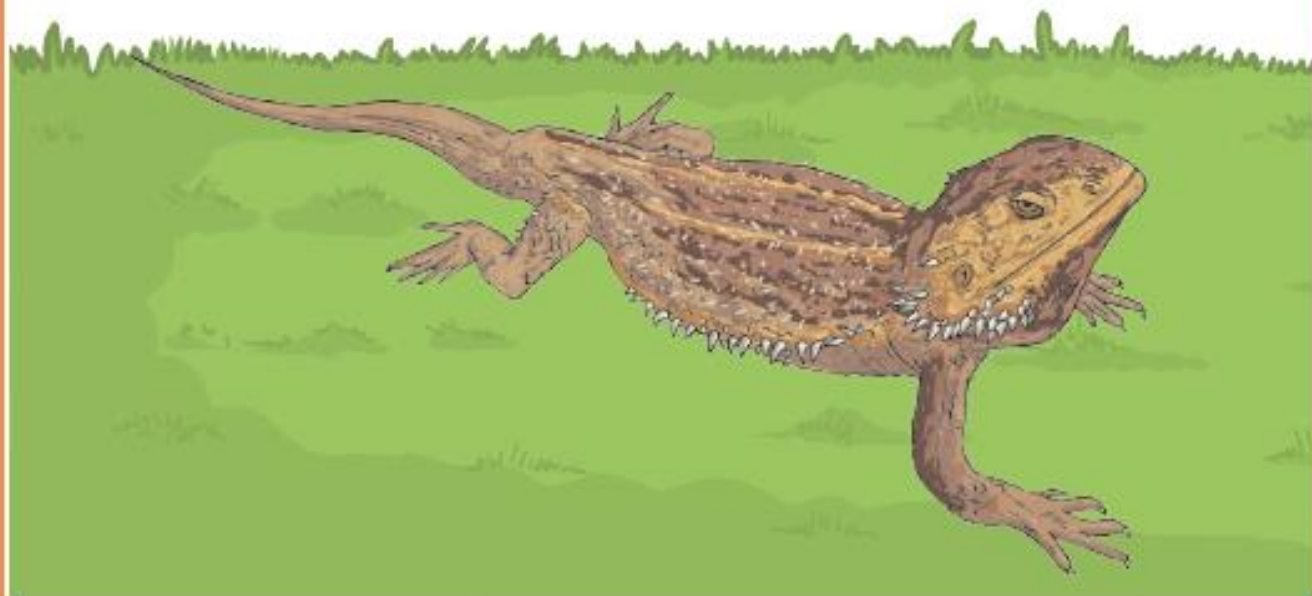
- clear, bright eyes;
- thick base to its tail;
- hips will not be sticking out;
- bright colour after basking.

### Signs of calcium deficiency:

- muscle twitching;
- swollen legs;
- fragile bones;
- deformed limbs, spine, jaw.

### Sunbathing Lizard

A bearded dragon can be taken outside on sunny, warm days to feel the benefit of natural UV light. Shade must be available and the reptile must be constantly supervised.





# Year 3 Reading Activities

1. Explain how bearded dragons came to be known by this name.

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2. Why do you think their captive environment needs to replicate their natural environment?

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3. Explain why the vivarium needs to be secure and large.

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4. A thermostat must be installed to 'ensure the temperature doesn't fluctuate'. What does this mean?

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5. A new owner of a bearded dragon is planning to put newspaper in the bottom of the vivarium. Explain what you think of this idea, and what other suggestions would you make?

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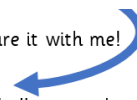
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# Year 3 Reading Activities

6. Why do you think the live food that will be fed to the dragon needs to be fed and looked after?

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7. What is the purpose of putting a powder supplement on the live food before giving it to the dragon?

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8. Your friend is going to get a much larger vivarium and put three bearded dragons in there.

What would you tell them?

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9. A bearded dragon has a swollen leg and one of its muscles is twitching. What could be wrong with it, what could have caused it and what might help, until you can get it to a reptile expert?

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10. Write a definition for each of these words:

Diurnal:\_\_\_\_\_

Omnivore:\_\_\_\_\_

Ectothermic:\_\_\_\_\_

# Year 3 Reading Activities

## Hindu Gods

Religions around the world usually fall into two categories:

- monotheism – a belief in one god/goddess
- polytheism – a belief in many gods/goddesses

Hindus believe that there are three great gods (Māhadevas). These are considered the Trimurti - the three aspects of the universal supreme God known as Brahman.

**Trimurti** - Lord Brahma is the creator of the universe and all knowledge. He is the first god in the Hindu Trimurti - three gods who are responsible for the creation, preservation and destruction of the world. Brahma has 4 heads.

Lord Vishnu is the Hindu god who looks after the universe and its people. He is the second god in the Trimurti. Vishnu has four arms to represent the four corners of the world.

Lord Shiva is the destroyer of the universe; this means that new life can come again. Shiva is the third god in the Trimurti.

**Tridevi** - The Tridevi are goddesses who are just as important.

Lakshmi is the wife of Vishnu and travels on a lotus flower; she is the goddess of wealth and good fortune. Saraswathi is the wife of Brahma and the goddess of learning and wisdom. She also plays the lute. Finally, Shakti is the mother goddess who represents nature and can be nurturing as well as dangerous.



### Other Important Hindu Gods

There are many more Hindu gods and goddesses. Ganesh has an elephant's head and a human body. His tusks – one broken and the other unbroken – represent the good and bad things in the world. Hindus believe that he grants good fortune. They often pray to him when they are starting something new in their lives, such as getting married. Ganesh is very wise.

Surya is the Sun god. He is a warrior on a chariot pulled by seven white horses. Surya is thought to be able to heal those who are ill. Hindus believe that putting the sign of the Sun over main doors in the home will bring them good luck.

Krishna is often seen with blue skin, playing the flute and wearing peacock feathers on his head. He is the god of love and the most worshipped of all. Krishna is strong and handsome.

Hanuman is the Hindu monkey god. It is believed that as a child, Hanuman was mischievous and liked to play tricks. In the story of the festival of Diwali, he went with his army to help Rama fight against the demon Ravana, in order to rescue Sita.



# Year 3 Reading Activities

## Hindu Gods

Hindus believe in many different gods and goddesses.

The three most important gods are called the Trimurti - three forms of the supreme God known as Brahman.

### Trimurti



Lord Brahma:

- creator of the universe
- has 4 heads



Lord Vishnu:

- looks after the universe and its people
- has four arms



Lord Shiva:

- the destroyer of the universe so that new life can come again

**Tridevi** - The Tridevi are goddesses who are also very important.



Lakshmi:

- wife of Vishnu
- travels on a lotus flower
- goddess of good fortune



Saraswathi:

- the wife of Brahma
- the goddess of learning and wisdom



Shakti:

- mother goddess who represents nature

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# Year 3 Reading Activities

## Other Important Hindu Gods

Here is some information about a few more Hindu gods.



Ganesh:

- has an elephant's head and human body
- Hindus pray to him when they are about to start something new, such as starting a new job



Krishna:

- blue skin
- plays the flute
- wears peacock feathers on his head
- the god of love and the most worshipped



Hanuman:

- the Hindu monkey god
- He went with his army to help Rama's fight against the demon Ravana, in order to rescue Sita

Proud of something you've done?

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# Year 3 Reading Activities

1. What is the difference between monotheism and polytheism?  
\_\_\_\_\_
2. How many heads does Lord Brahma have?  
\_\_\_\_\_
3. Why do you think many Hindu gods have more than two arms and more than one head?  
Explain your reasoning.  
\_\_\_\_\_
4. Which goddess is the wife of Vishnu?  
\_\_\_\_\_
5. A Hindu who was just about to start a new school might pray to which god? Why?  
\_\_\_\_\_
6. What is the name of the Hindu god of war?  
\_\_\_\_\_
7. Why do many Hindus believe that placing the sign of the Sun over a main door in their home will bring them good luck?  
\_\_\_\_\_
8. Which other names is Vayu known by?  
\_\_\_\_\_
9. 'His tusks – one broken and the other unbroken – represent imperfection and perfection in the world'. Explain your understanding of this sentence in your own words.  
\_\_\_\_\_
10. Which is your favourite Hindu god? Why?  
\_\_\_\_\_

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