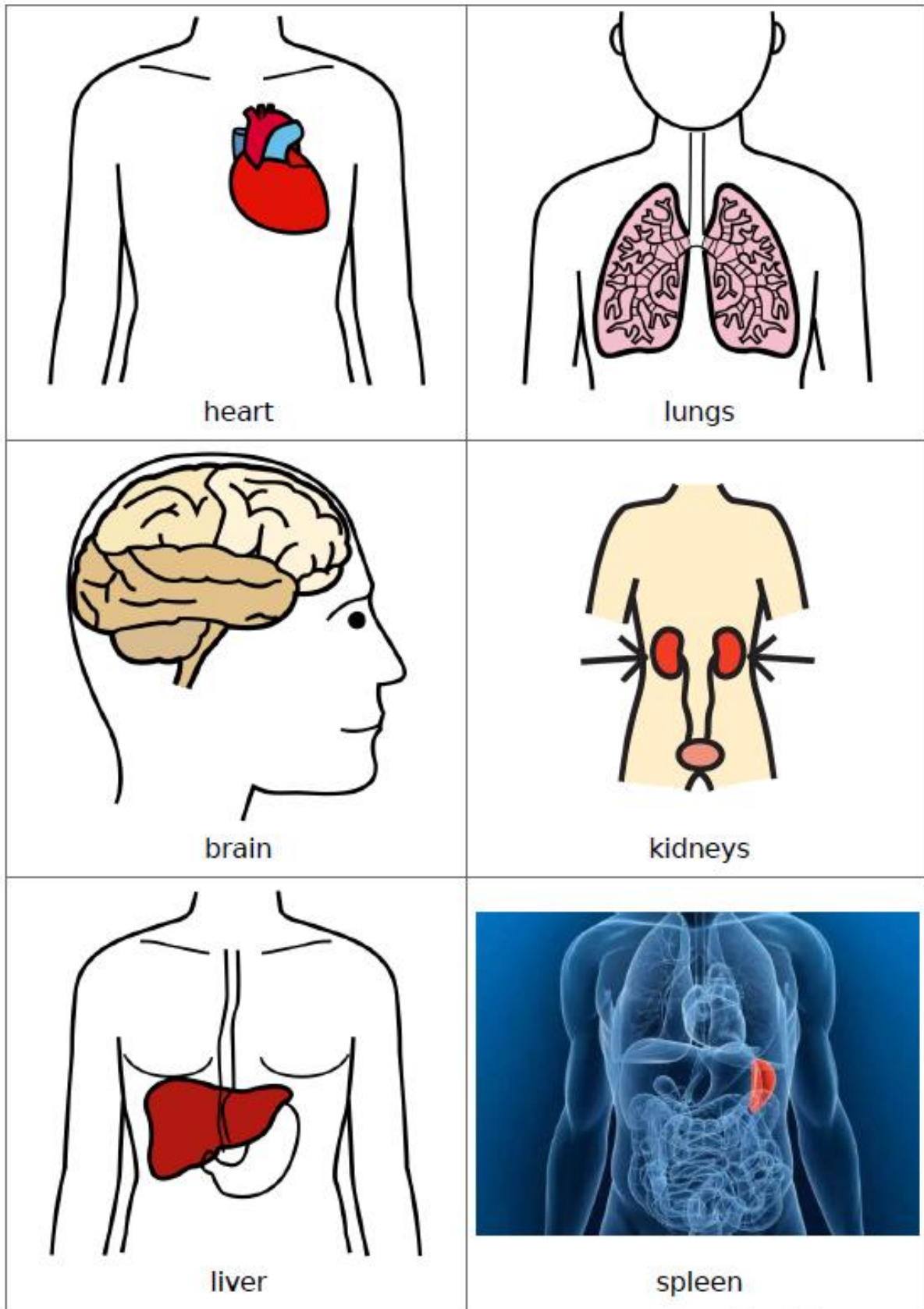


## 9. This is me - Body structure

### Attachment 9.1: Speaking frame 1

My monster has	one	head(s).	It uses them to	eat	everything.
	two	eye(s).		see	everywhere.
	three	ear(s).		run	loud.
	four	tooth/teeth.		walk	fast.
	five	nose(s).		crawl	slow.
	six	mouth(s).		show	quietly.
	seven	arm(s).		hear	
	eight	belly button(s).		growl	
	nine	leg(s).		shout	
	zero	foot/feet.		whisper	

Attachment 9.2: Vital organs flashcards



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**Attachment 9.3:** Vital organs functions word cards

<p>1. Pumps blood through the blood vessels. Blood carries oxygen and nutrients to the body.</p>	<p>2. Extracts oxygen from the atmosphere for the body to use. Releases carbon dioxide from the body.</p>
<p>3. Controls all the body functions. Learning and thinking skills are centered here.</p>	<p>4. Blood goes through this organ and is filtered in it. Filtering removes toxins that then leave the body among urine.</p>
<p>5. Breaks down chemical substances and toxins. Produces the majority of proteins and fats that the body needs.</p>	<p>6. Removes old blood cells and holds a storage of blood. Helps the liver in filtering the body.</p>

## 10. This is me - Fire safety

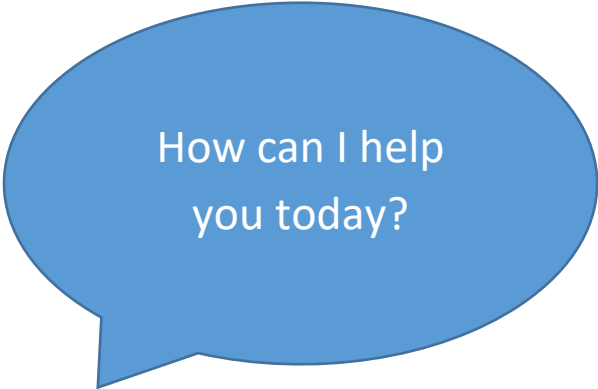
### Attachment 10.1: Speaking frame 1



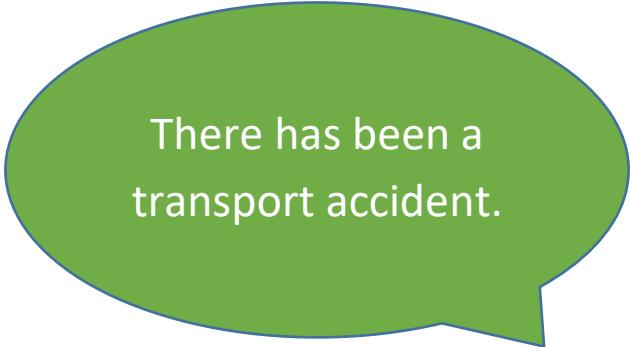
Hello, Fire Emergency  
Department.



Hello!



How can I help  
you today?



There has been a  
transport accident.



There is a fire.

Attachment 10.1: Speaking frame 1

There is a big flood.

A person  
needs rescuing.

No problem. We're  
here to help. What  
is the address of this  
incident?

Provides address.

Can I also take your  
phone number  
please?

Provides  
phone number.

Are there any persons involved in this incident?

Yes/No. There are \_\_\_\_\_.

Are the persons involved trapped or is evacuation in progress?

They are trapped /coming out now.

What type of place/building is at the location of this incident? Are there any hazards? Can you provide any other details that may help us?

Civilian explains locations, possible hazards and further details.



Attachment 10.2: Fire safety instructions





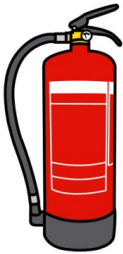

<p><b>Fire... Fire....</b> <b>Alert others.</b></p> 	<p><b>Use the stairs.</b></p> 	<p><b>Crawl through the smoke.</b></p> 
<p><b>Break the glass.</b></p> 	<p><b>Call 112.</b></p> 	<p><b>Get the fire extinguisher.</b></p> 
<p><b>Do not use elevator.</b></p> 	<p><b>Do not waste time on social network.</b></p> 	



**Attachment 10.3:** Speaking frame 2

<p>In the event of a fire indoors In the event of a fire outdoors If your clothes catch fire</p>	<p>leave the building. keep low when leaving. call 112. don't use the lift. use emergency exits. stop, drop and roll.</p>
--	---

Write instructions what to do in case of fire.

1. 	2. 	3. 
4. 	5. 	6. 

## 11. This is me - First aid

### Attachment 11.1: First aid vocabulary flashcards

a first aid kit	a thermometer
scissors	medicine
band-aids	disinfecting wipes




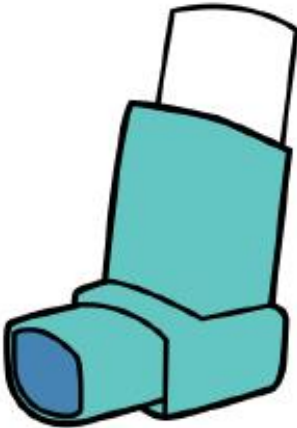


**Attachment 11.1:** First aid vocabulary flashcards

plastic gloves	alcohol pred pads
cotton pads	gauze
elastic bandage	safety pins

**Attachment 11.1:** First aid vocabulary flashcards


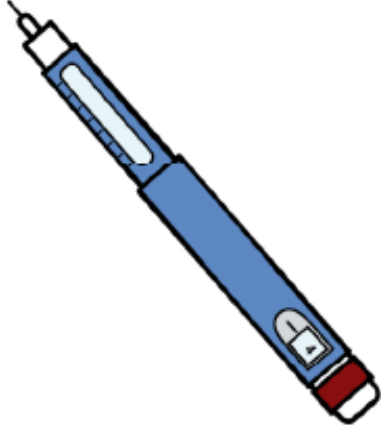

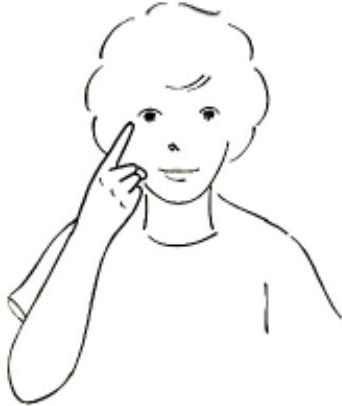


tape	popsicle sticks	tweezers
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Attachment 11.2: First aid situations pictures

<p>sore stomach</p>  A cartoon illustration of a person with blonde hair, wearing a red long-sleeved shirt and a green skirt. They have a sad expression and are clutching their stomach with both hands. Red lightning bolt symbols are positioned on either side of their stomach, indicating pain.	<p>tooth fell out</p>  A simple white cartoon illustration of a tooth with a root, set against a solid black square background.
<p>bumped head</p>  A cartoon illustration of a person's head. There is a pink, oval-shaped bump on the forehead. Three short lines radiate from the bump, suggesting impact or pain.	<p>puffer</p>  A cartoon illustration of a teal-colored inhaler. It has a cylindrical body with a blue nozzle at the bottom and a white cap on top.
<p>sore knee</p>  A line drawing of a person's knee. A light pink, rectangular patch is applied to the knee joint. A black arrow points to the patch.	<p>epipen</p>  A photograph of a yellow EpiPen auto-injector. It has a blue cap at the top and an orange needle guard at the bottom.



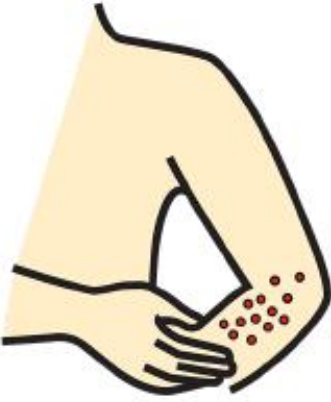

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Attachment 11.2: First aid situations pictures

<p>medicine bottle</p>  An illustration showing a collection of medical supplies: a glass jar filled with pink pills, a yellow plastic bottle, a green plastic jar, and several loose pills (yellow and white) scattered on the surface.	<p>insuline</p>  A blue and white insulin pen, shown diagonally.
<p>bleeding</p>  A line drawing of a hand with a red wound on the palm, with several red droplets of blood falling from it.	<p>sore eye</p>  A simple line drawing of a person's face and upper body, with their right hand raised to their eye, indicating discomfort.
<p>sore arm</p>  A line drawing of a person from the chest up, wearing a red shirt. Their right arm is supported by a white medical sling.	<p>headache</p>  A line drawing of a person with blonde hair, wearing a red shirt, holding both hands to their head in pain. Red lightning bolts around the head symbolize a headache.

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Attachment 11.2: First aid situations pictures

<p>bee sting</p>  An illustration of a person's arm with a bee stinging the elbow area. The bee is yellow and black with a stinger.	<p>sore throat</p>  An illustration of a person with a sad expression, holding their hand to their throat. Red lightning bolts are shown near the throat area to indicate pain.
<p>rash</p>  An illustration of a person's arm with a cluster of small red dots on the forearm, representing a rash.	<p>earache</p>  An illustration of a person with a sad expression, holding both hands to their ears. Red lightning bolts are shown near each ear to indicate pain.
<p>splinter</p>  A close-up photograph of a person's fingertip with a small, dark, pointed splinter embedded in the skin.	

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Attachment 11.3: Speaking frame 1

You	should	go see a doctor. go to the the school nurse. take medicine. lie down. get a bandaid. disinfect the cut. take your temperature.
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## 12. Me as a scientist - Finland / Nordic and Baltic countries

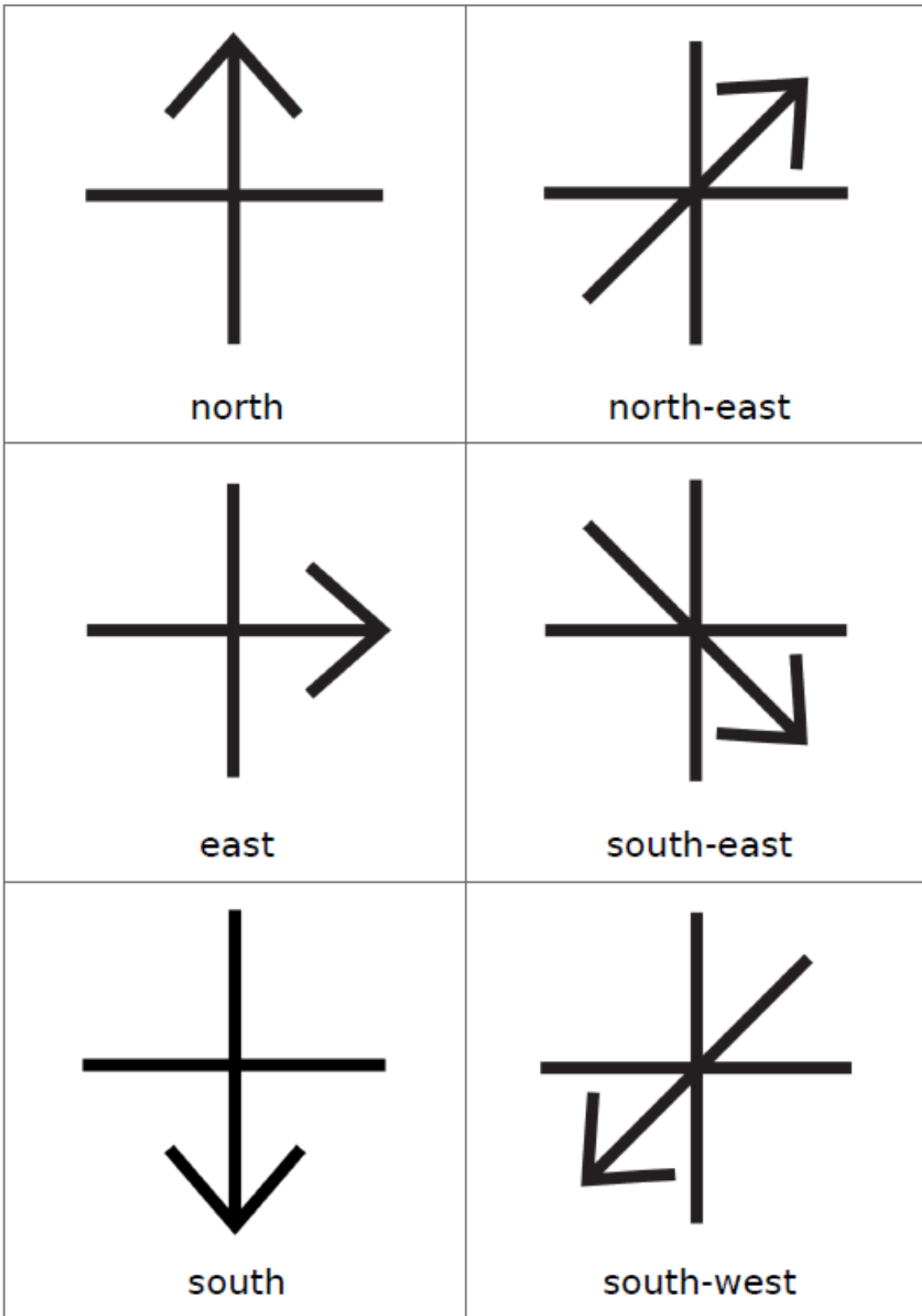
Attachment 12.1: Map of Finland 1



**Attachment 12.2:** Map of Finland 2





**Attachment 12.3:** The points of the compass flashcards



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**Attachment 12.3:** The points of the compass flashcards

 <p>west</p>	 <p>north-west</p>

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Attachment 12.4: Speaking frame 1

What is	the city	north south east west north-west south-west north-east south-east	of	Helsinki? Vantaa? Jyväskylä? Kuopio? Pori? Espoo? Oulu? Jyväskylä? Lahti? Turku?
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Attachment 12.5: Writing frame 1

My / our presentation is about Lahti.

Lahti is the 9th biggest city in Finland. \_\_\_\_\_ people live there.

Lahti is situated in Päijät-Häme, north of Helsinki.

Lahti is known for \_\_\_\_\_.

In Lahti, you can visit \_\_\_\_\_ or \_\_\_\_\_.

**Speaking frame:**

Good morning class. I am going to be speaking about Iceland.

Iceland is a Nordic country. It is an island in the Atlantic Ocean.

Iceland is a republic. Its capital is Reykjavík. Its flag is blue, red and white.

Its population is 360,390. It is a small island.

In Iceland, they speak Icelandic. The main industries are fishing and tourism.

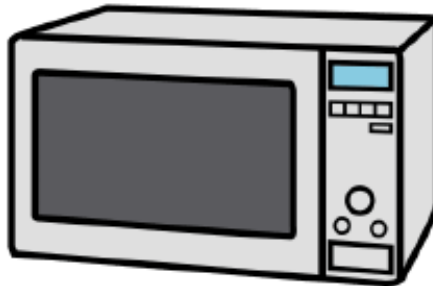
Iceland is famous for its sweaters and the singer Björk.

### 13. Me as a scientist - Technology, electricity and safety

#### Attachment 13.1: Appliances flashcards



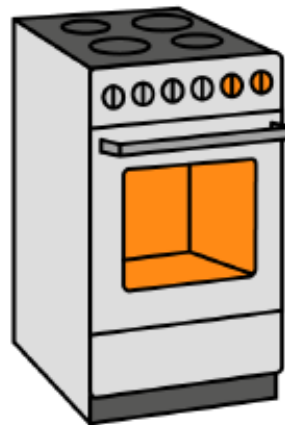
a washing machine



a microwave



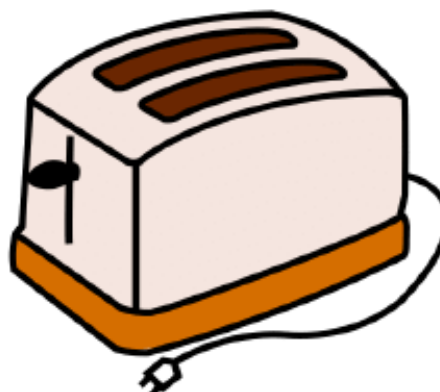
a stove



an oven



a sauna heater



a toaster

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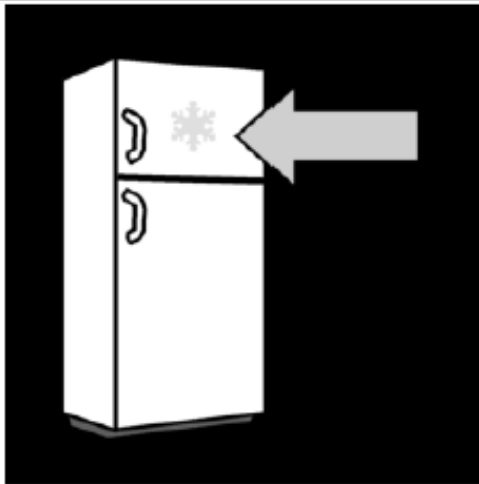
Attachment 13.1: Appliances flashcards



a dishwasher



a fridge



a freezer



a vacuum cleaner



a coffee maker



a kettle

[kuvatyokaslu.papunet.net](http://kuvatyokaslu.papunet.net)

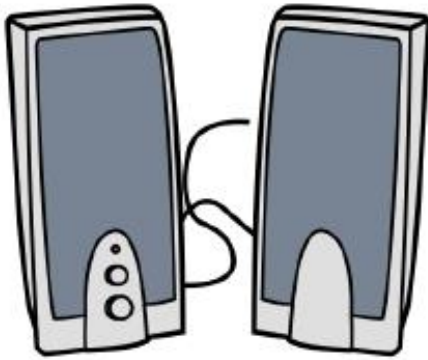
Attachment 13.1: Appliances flashcards



a dryer



a computer



speakers



a television



a sewing machine



a lamp

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**Attachment 13.2: Worksheet 1**

Name: \_\_\_\_\_

Electrical appliances in the classroom	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li><li>6.</li><li>7.</li><li>8.</li><li>9.</li><li>10.</li></ol>
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**Attachment 13.3: Speaking frame 1**

**Key words**

electric shock, fire, burns

**Speaking frame:**

A washing machine A microwave A stove An oven A sauna heater A toaster A dishwasher A vacuum cleaner A kettle A dryer	needs electricity for	boiling. moving. heating. warming. washing. lighting. drying.
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**Attachment 13.4: Worksheet 2**

Name: \_\_\_\_\_

Top 5 electrical appliances at home	1. 2. 3. 4. 5.
-------------------------------------	----------------------------

Name: \_\_\_\_\_

Top 5 electrical appliances at home	1. 2. 3. 4. 5.
-------------------------------------	----------------------------

Name: \_\_\_\_\_

Top 5 electrical appliances at home	1. 2. 3. 4. 5.
-------------------------------------	----------------------------

Name: \_\_\_\_\_

Top 5 electrical appliances at home	1. 2. 3. 4. 5.
-------------------------------------	----------------------------

**Attachment 13.5:** Worksheet 3

Name:	Appliance:	How often does he/she use it?

**Attachment 13.6: Speaking frame 2**

How often	do	you	use	a phone? a washing machine? a microwave? a stove? an oven? a sauna heater? a toaster? a dishwasher? a vacuum cleaner? a kettle? a hair dryer? a television?
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**Attachment 13.7: Speaking frame 3**

I	use	a phone	two hours a day.
My friend	uses	a washing machine	three times a day.
		a microwave	day.
		a stove	four times a week.
		an oven	week.
		a sauna heater	once a week.
		a toaster	once a month.
		a dishwasher	once a year.
		a vacuum cleaner	
		a kettle	
		a hair dryer	
		a television	

## Text 1

### Safe Electricity

#### Safe Electricity

Using electricity in a safe way is very important. Otherwise, there is a risk of a fire or an electrical shock.

Before using an electrical appliance, read the instructions manual and make sure that you understand it. To disconnect the power cord, pull it out by plug. Do not drag the cord itself. Doing so may result in damage to the cord, leading to fire or electric shock. Use the appliance only in the room in which it's been plugged to. Do not handle an electrical appliance with wet hands and keep water away from any appliance.

Faulty appliances should always be repaired by a professional - do not try to fix them yourself.

Electrical appliances should never be covered, as they need air circulation to keep them from overheating. Overheating is dangerous and can lead to a fire. This applies to lamps, too.

In case of an electrical emergency, ensure your own safety. Turn the power off at the power point and remove the plug. Get an adult and call 112.

## Text 2

### Saving Electricity

#### Saving Electricity

The way we use electrical appliances has a big impact on the environment. Here are a few tips on saving electricity.

When not using an appliance, turn it off and unplug the cord. This goes for your mobile phone, too! Also turn off all lights you are not using.

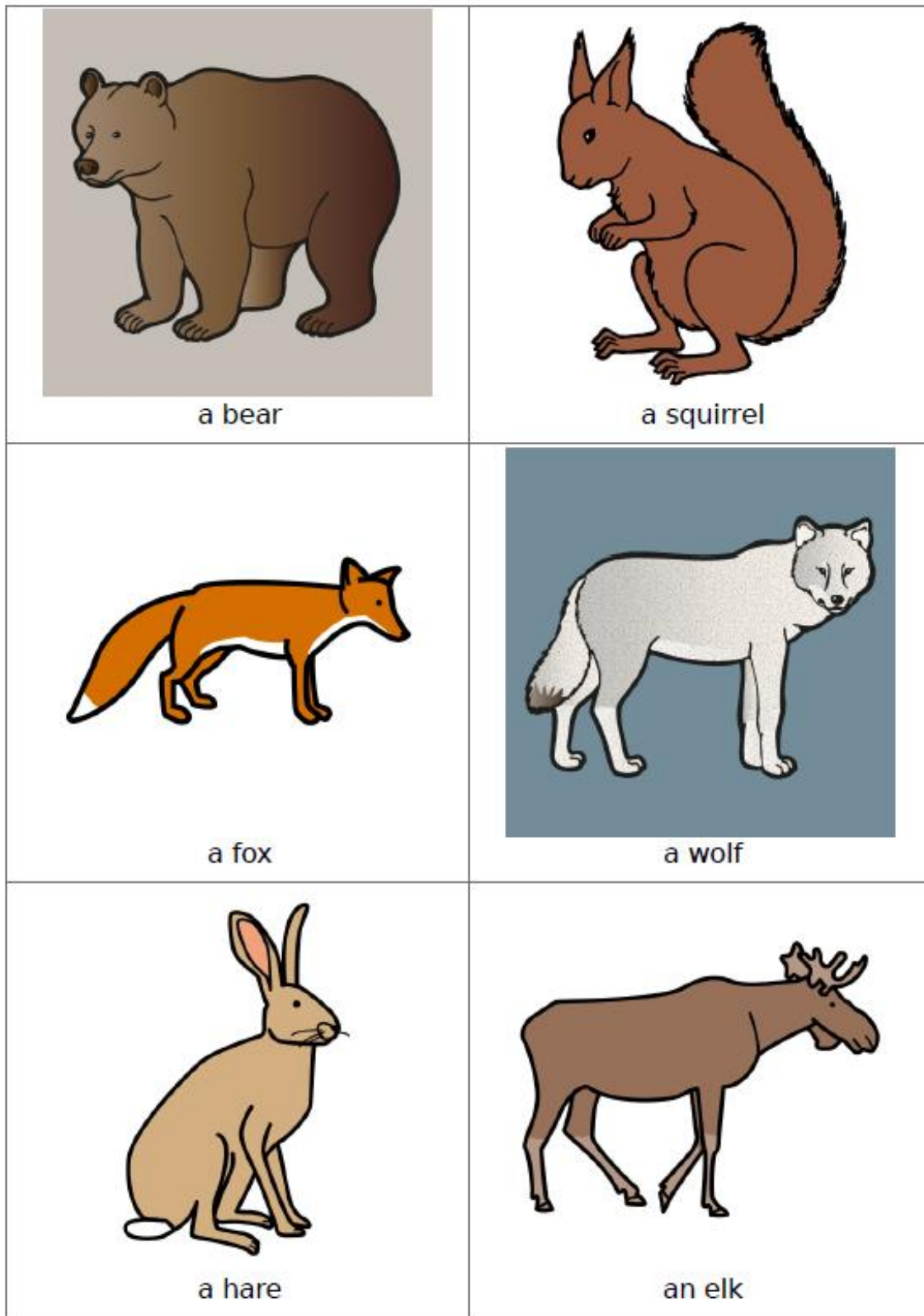
When cooking, prefer lower temperatures. Use your microwave oven instead of a stove if possible. Minimize the amount of warm water you use, both in the kitchen and in the bathroom.

When doing laundry, wash only full loads and use cold wash. Hang out your laundry to dry instead of using a dryer.

When buying new appliances, prefer ones that use less energy.

## 14. Me as a scientist: Changes in animal behaviour

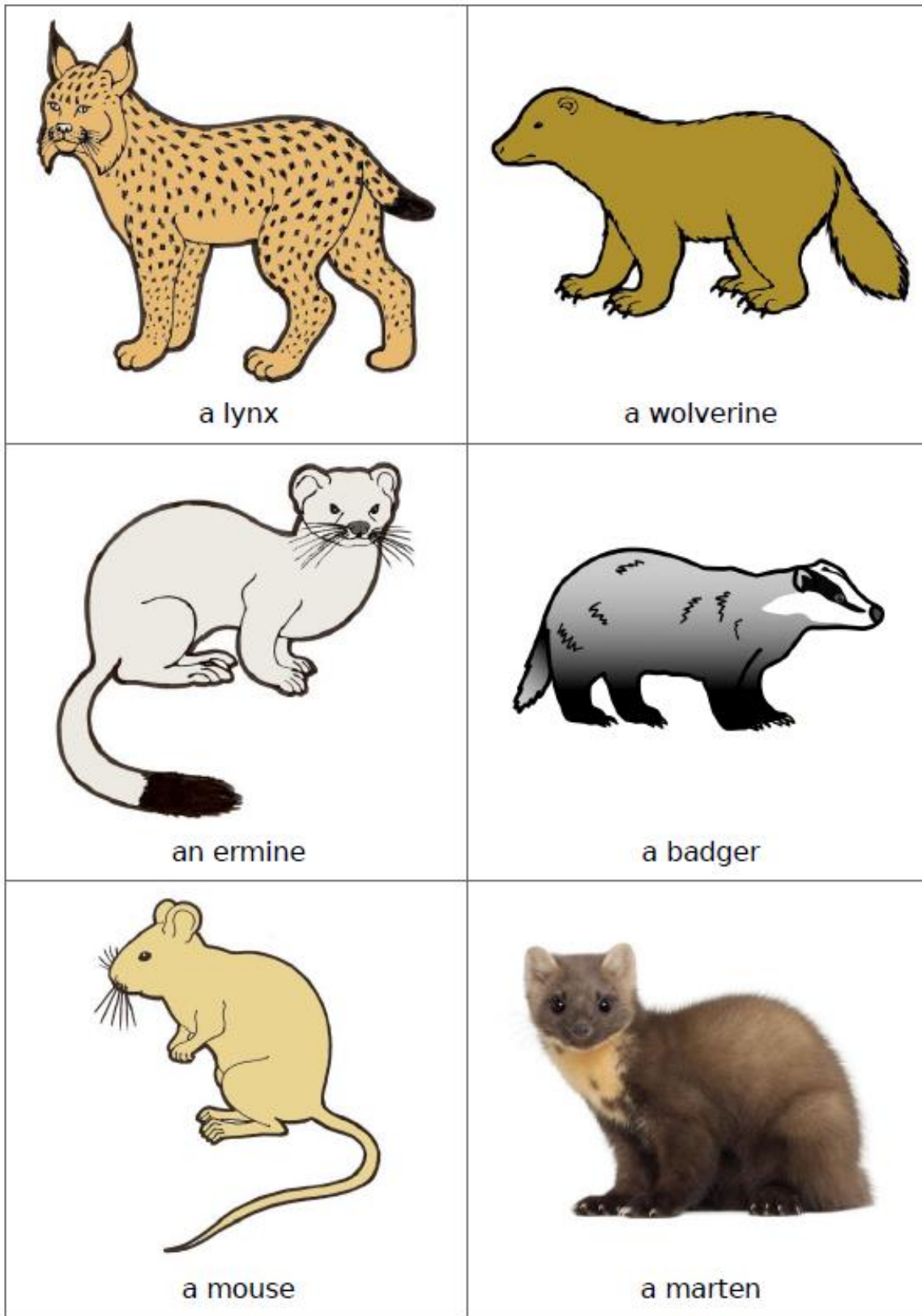
Attachment 14.1: Forest animal flashcards



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Attachment 14.1: Forest animal flashcards



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Attachment 14.2: Speaking frame 1

**Which animal am I?**

Am I	white	?
Do I eat	brown	
Do I change	black	
Am I	nuts	
Can I	grass	
	mice	
	colour in the winter	
	small	
	big	
	cute	
	dangerous	
	run fast	
	fly	
	climb trees	

Attachment 14.3: Writing frame 1

**Writing frame:**

A year in a bear's life

In spring, baby bears are born. In summer, bears eat lots of food. In autumn, bears eat more, and build a den. In winter, they sleep (hibernate).

## Winter in the Forest

### Winter in the Forest

Hi there! Have you ever thought about how we animals survive the long, cold winter in the forest? There is hardly anything to eat and it's hard to find shelter against the freezing temperatures. Oh, I forgot to introduce myself - my name is Hank and I'm a hare. Let me take you on a tour in the wintry forest and show how I and other animals cope with snow, cold, and scarcity of food!

### Dietary Changes

When summer changes into autumn, we all start to prepare for the winter. We eat a lot of food that is stored under our skin as a layer of body fat. I need it because the only food available to me and other herbivores during winter is tree bark. Not exactly what I call a yummy meal! Some other animals like squirrels stash up food in tree trunks. Grouse eat pine needles instead of berries they have been consuming in the late summer and fall.

### External Changes

In the winter, there are changes in all the animals' fur and feathers. We mammals get a thicker fur for winter and the birds' feathers get more voluminous. I shed my brown fur and put on a white winter coat. I can also spread my toes into a so-called snow foot to avoid drowning into the thick layer of snow.

### Snow as Protection

Snow gives us animals protection against cold. I dig holes into the deep snow and try to keep warm. Small mammals such as mice dig under snow holes and passages both to keep warm and to look for food under the snow. Some birds make holes in the snow by diving into it straight from their fly.

### Dormancy

I stay awake the entire winter. Well, of course I sleep at my usual sleeping times, but you know what I mean.

Some other animals like bear, badger and raccoon dog fall into a deep sleep called torpor. They eat a lot to gain a thick layer of body fat. That way, they survive several months of hibernation by slowly using up the fat layer. Their energy consumption diminishes, bodily functions slow down, but their body temperature doesn't drop.

Hedgehogs, bats and some mice hibernate. Compared to torpor, hibernation is a state of much deeper sleep. A hibernating animal is unconscious, blood circulation is very slow, and the heart beats just a few times per minute. The body temperature of a hibernating animal drops drastically but never below zero degrees.

Reptiles, such as snakes and lizards, brumate. It is a state close to hibernation. What is different, however, is that their body temperature follows that of their environment, so that it can even drop to a few degrees below the freezing point. The breathing is very minimal, and the brumating animal is in a deep state of unconsciousness.

Now you understand some of the ways we animals adapt to the winter here in the North.

Read the text and fill in the missing words.

In the winter, there is less \_\_\_\_\_ in the forest.  
That is why some animals change the way they eat.

The weather gets \_\_\_\_\_, so animals have to find shelter against  
the dropped temperatures.

The hare changes into a \_\_\_\_\_ winter coat.

Many animals \_\_\_\_\_ in the winter. It can be called torpor,  
hibernation, or brumation.

During \_\_\_\_\_, the body temperature doesn't drop a lot. During  
\_\_\_\_\_, it drops but never below the freezing point. In  
\_\_\_\_\_, it can drop to a few degrees below the freezing point.