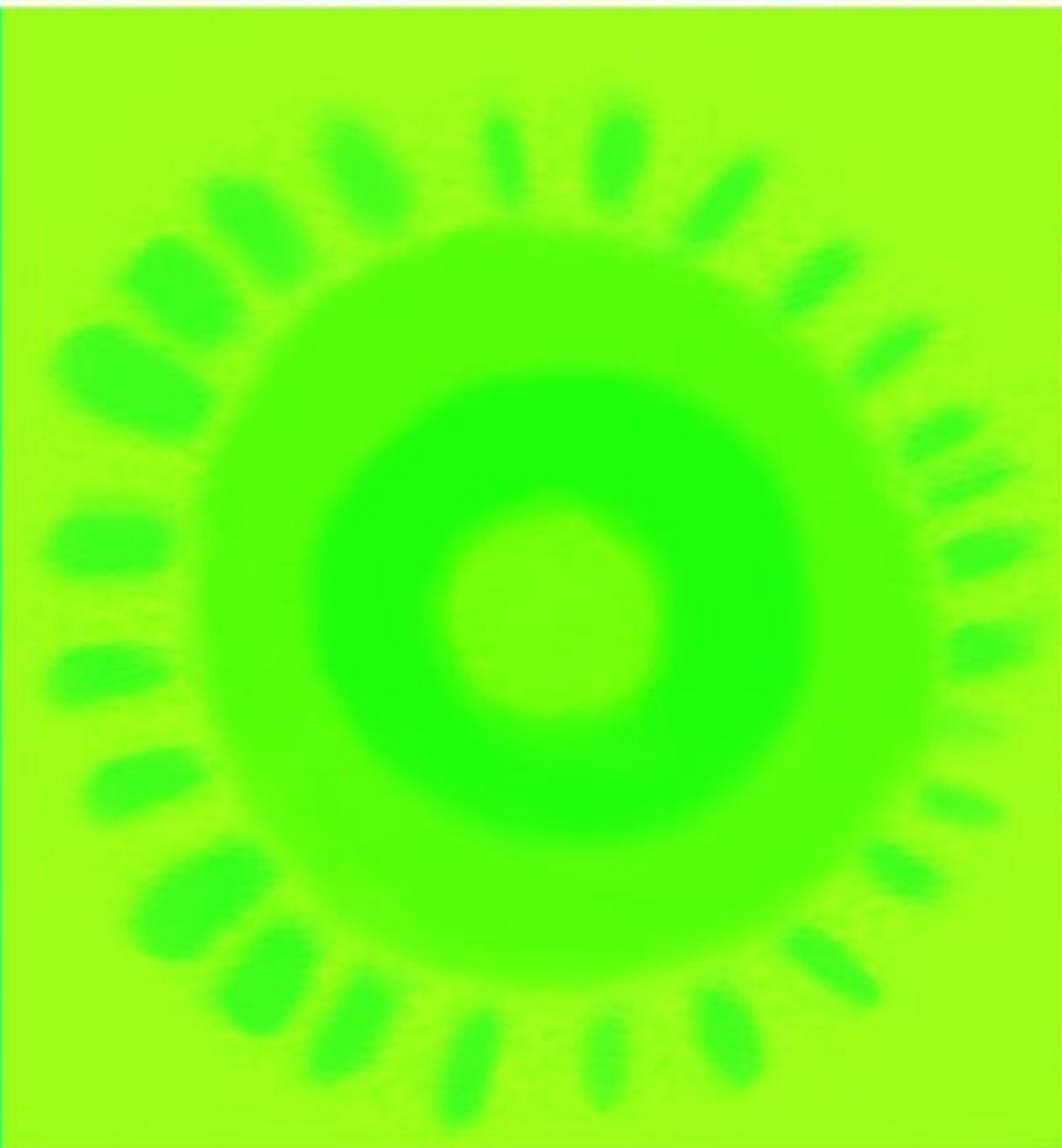


Pakistan



Extended Visit Workbook



Extended Visit Workbook

Key Stage 2

List of things to take:

- a pen
- a pencil
- a rubber
- crayons
- glue stick
- camera -
you don't have to use a camera unless
you want to
- some extra paper or a notepad

Don't worry if you can't answer all the
questions. Do what you can.



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Sandy Nott
Abbe Qayyum

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NALDIC
NASSEA
The people of Pakistan who allowed us to photograph them.

Sandwell address:

S.E.M.A.P Training and Development Centre
Popes Lane, Oldbury, West Midlands B69 4PJ
Telephone & Fax: 0121 569 4479

Additional copies of the Pakistan Workbook can be obtained from:

Ethnic Minorities Support Service, Centre for Professional Development, Rosary Road,
Fitton Hill, Oldham OL8 2QE.

Telephone: 0161 911 3668 / 3669 / 3670 E-mail: els.emss@oldham.gov.uk

Further resources on Pakistan for teachers can be obtained from DEC (SY), Scotia Works, Leadmill
Road, Sheffield S14SE Telephone: 0114 241 2750

ISBN 1 897630 10 7





A Message to Parents and Carers

This workbook has been developed to recognise and record the learning experiences of your child during the time they are in Pakistan. It provides a range of activities which aim to stimulate personal development and enable continued learning. The activities have clear links with the national curriculum which your child is following in school.

We hope that you will encourage and support your child to attempt as many activities in the workbook as possible. When your child returns to their school we hope that he / she will be able to share their workbook and their experiences with their teachers and other pupils.

We hope that you and your family enjoy your visit to Pakistan and find the workbook a useful record of your visit.

School _____

Phone number _____

Contact person _____





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Getting ready to go



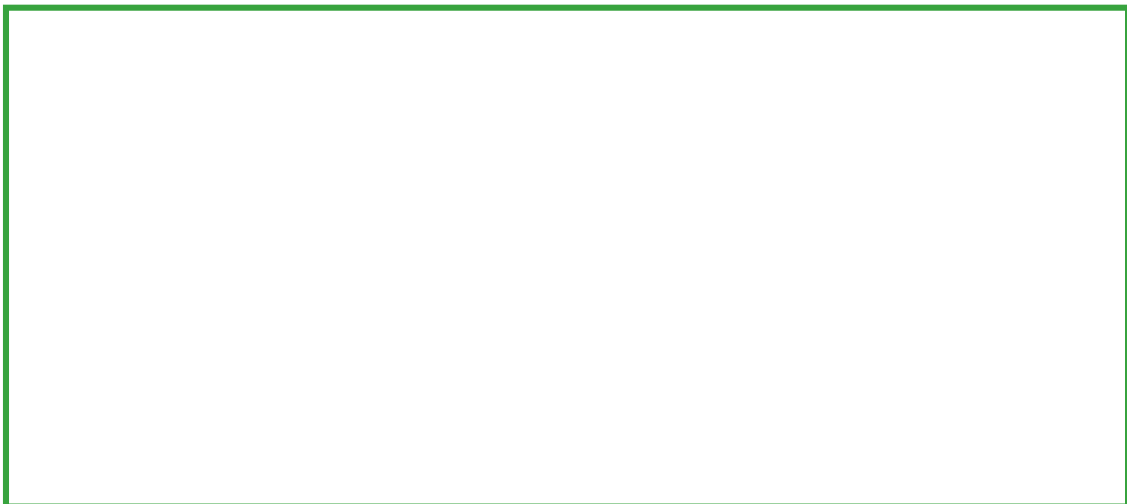
When you use this book, remember to:

- read the information carefully
- write and draw your answers neatly where you see this symbol of a pencil
- you can use a camera when you see this picture



My family is going to Pakistan.

Here is a picture of me with my family.





My name is _____

I am going to Pakistan with _____

What did you pack in your suitcase?

Draw and label some of the things you packed in the suitcase below.





Before you went...

Did you do any of these activities? Tick the boxes

I went to see the doctor.

☐

I had my photograph taken.

☐

I bought some presents.

☐

I bought some new clothes.

☐

I said goodbye to my friends.

☐

**Choose one thing that you did
and write about it.**



My Journey



Going to the airport

Circle the type of transport that you used.

train	car	bus	coach
boat	bike	motorbike	taxi

How long did it take you to get to the airport?

_____ hours



At the airport

Write about three things that you saw at the airport.

1. _____

2. _____

3. _____

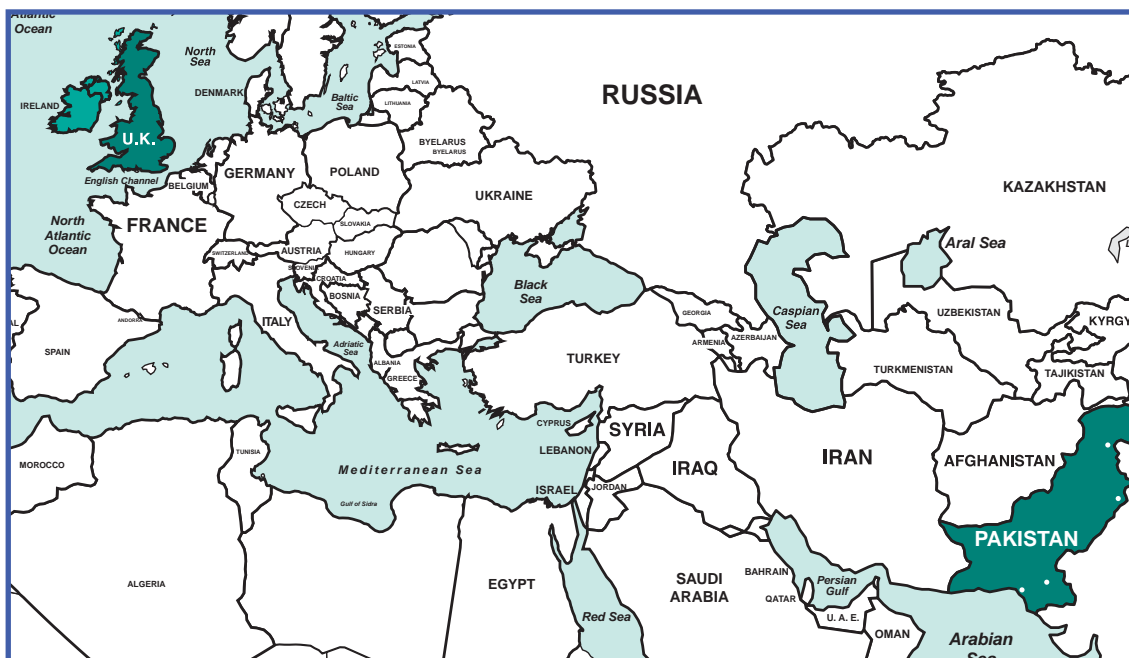


Complete the word wheel.





Choose three words from the word wheel to write into sentences.



Mark your journey to Pakistan on the map. Look at the video on the plane.
You can follow your journey on the video.

Name 5 countries you
flew over:

1.

2.

3.

4.

5.



What did you like best about your journey? Write three sentences about it.

1. _____

2. _____

3. _____



Maths questions about the journey

How long were you on the plane?

How many people sat in your row?

If there were 10 rows, and every seat had someone in it, how many people were there altogether on the plane?

There were 18 children on the plane.
How many adults were there?

How many drinks would be needed if everyone wanted two drinks each?

You can do your working here.



Aeroplane wordsearch



aeroplane

aisle

cockpit

engine

life jacket

luggage rack

oxygen

pilot

safety belt

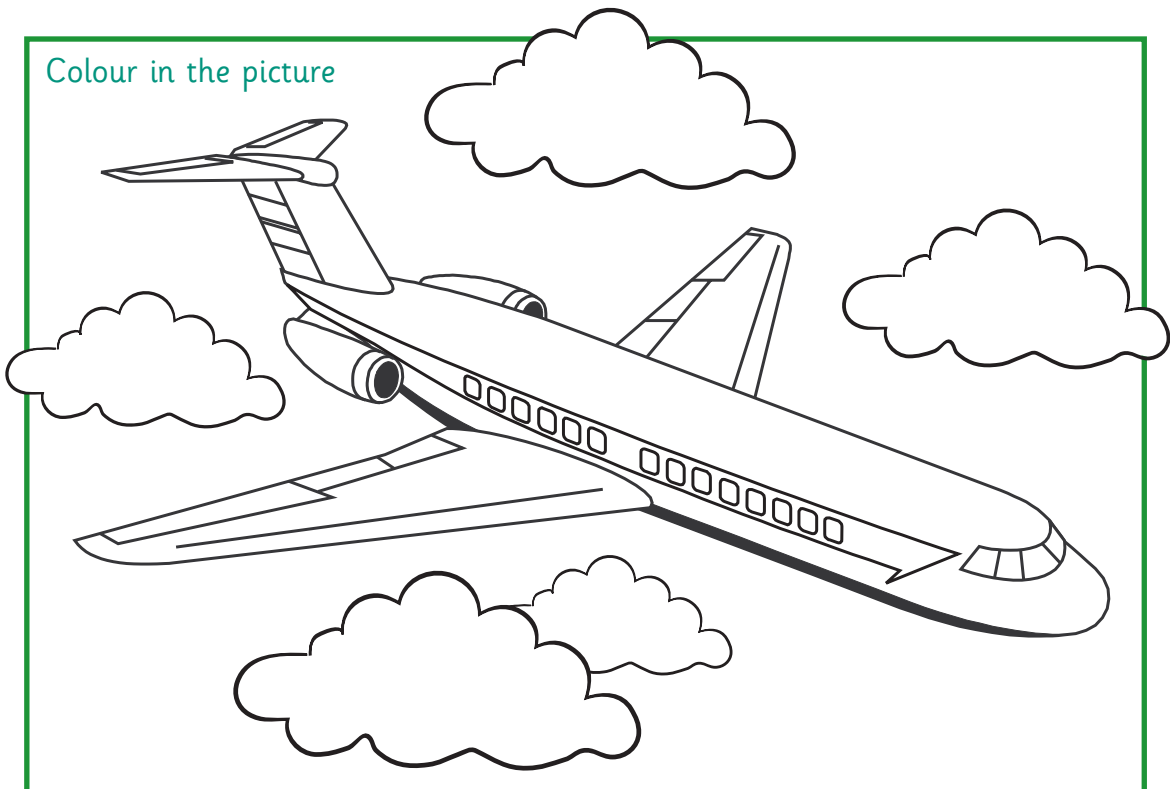
tail

window seat

wings

l	e	m	e	n	a	l	p	o	r	e	a
t	u	a	w	v	i	o	t	x	b	m	s
e	j	g	e	s	s	h	s	y	f	d	a
k	p	s	g	f	l	j	o	g	s	w	f
c	i	r	d	a	e	a	b	e	g	z	e
a	l	t	s	a	g	w	h	n	n	o	t
j	o	a	m	v	f	e	p	o	i	x	y
e	t	i	e	u	t	n	r	i	w	k	b
f	x	l	a	z	a	b	r	a	r	m	e
i	b	c	t	i	p	k	c	o	c	g	l
l	y	e	n	g	i	n	e	x	r	k	t
w	i	n	d	o	w	s	e	a	t	s	w

Colour in the picture



About Pakistan



Pakistan is a big country. It is more than three times bigger than Britain. There are over 130 million people living in Pakistan compared with 60 million people living in Britain and 68 different languages are spoken.



Put these important cities on the map.

1. Islamabad

2. Lahore

3. Karachi

4. Mirpur

Money and Stamps

In 2003 100 rupees were about the same as £1.00.
So 1 rupee would be about the same as 1p.

These stamps are used in Pakistan.
They are 5 rupees, 10 rupees,
12 rupees, 15 rupees and 25 rupees.

In 2003 it cost 30 rupees to send a letter to England.

Which stamps could you choose to make 30 rupees?



Draw them here.

Can you find another way?

On some of the stamps and money there is a picture of a very important man.

Ask an adult you know to help you write his name and tell you something about him.
You can write in English or Urdu.



The man's name is _____



Can you write about why this man is important?

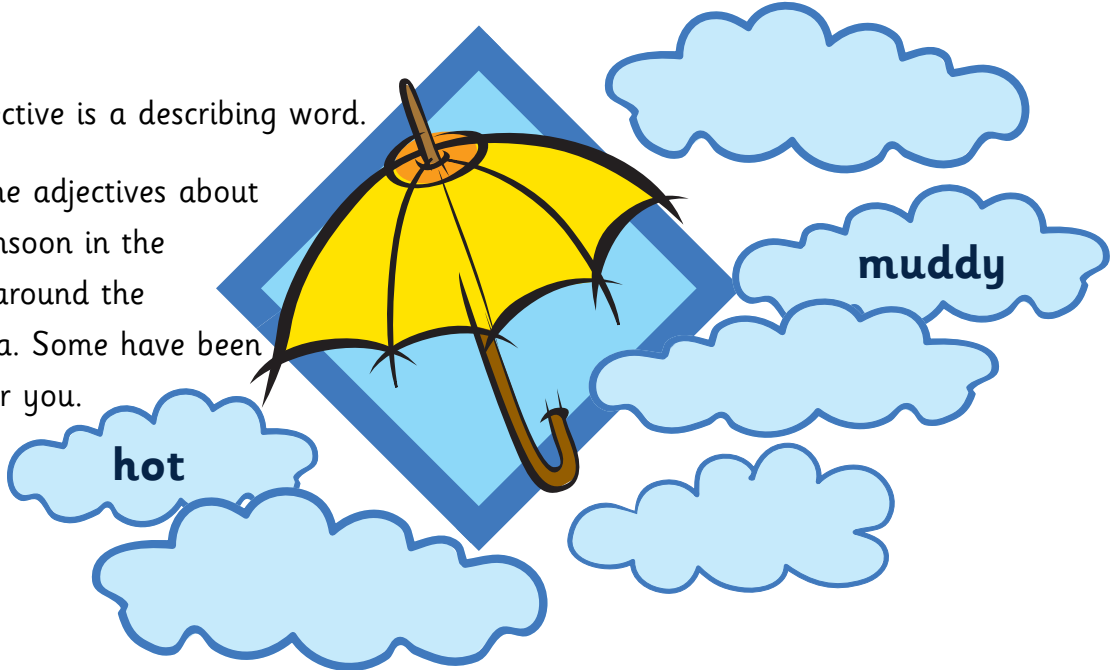
Weather

In July and August Pakistan has a rainy season called "The Monsoon". In the monsoon season it is very hot and sticky. It rains heavily most days and sometimes it causes floods. Ask one of your family to describe the monsoon season.

An adjective is a describing word.



Put some adjectives about the monsoon in the clouds around the umbrella. Some have been done for you.



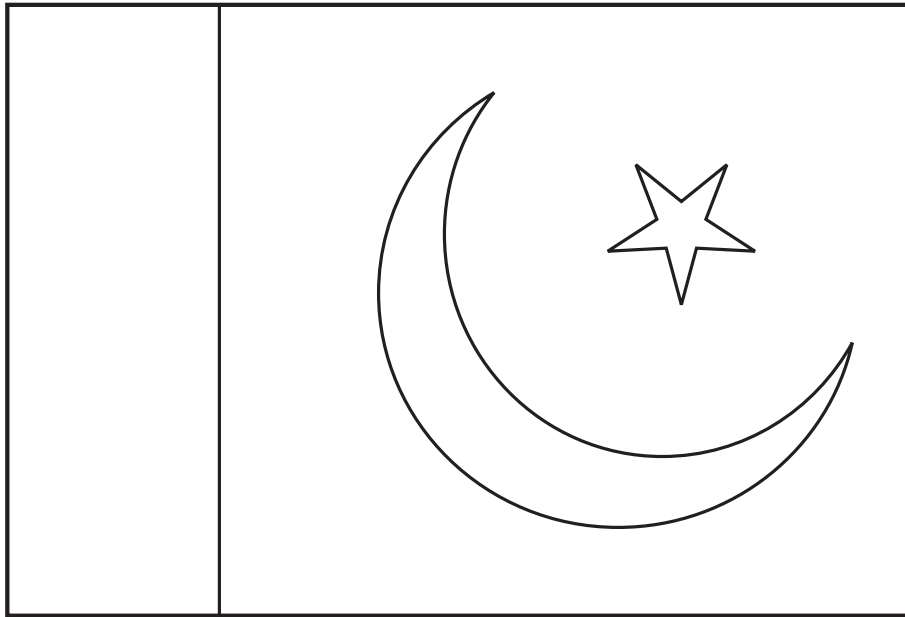
Complete the weather chart for one week. You can use these symbols:

A weather chart			
cloudy	rainy	stormy	sunny



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

The Pakistani Flag



Colour the flag carefully.



Name three of the shapes that you can see on the flag.

1.

2.

3.



Ask someone in your family what the shapes on the flag mean.

Name three places where you have seen the flag.

1.

2.

3.

Choose one of the places and draw it with the flag on it.



Urdu writing



You will see Urdu writing everywhere. Urdu is the national language of Pakistan.



Ask someone to help you to write your name in Urdu.

یہ میرا گھر ہے۔



Ask someone to tell you what this Urdu writing means.
Copy the writing and write what it means in English

Houses



What is the name of the town or village where you are staying?



Name the nearest big town.

Draw a picture of the house where you are staying.

A large, empty rectangular box with a blue border, intended for drawing a picture of the house where the respondent is staying.

Your home in Pakistan



Draw a plan of the rooms on the ground floor of the house.

A large, empty rectangular box with a blue border, intended for drawing a plan of the rooms on the ground floor of the house.

Write your answers to the questions in sentences.



What do you sleep on? _____



Draw it in this box.

A large, empty rectangular box with a green border, intended for drawing.

Do you have electricity?

If so, how many hours can you use it? _____

In the kitchen



This woman is cooking.
Who does the cooking in
your house? Who helps?



What is the woman in the picture cooking on? _____



Ask an adult you know to write its name in Urdu.



What do you think she is cooking? _____



Kitchen wordsearch

f	l	w	o	b	g	n	i	x	i	m	h
n	n	d	w	u	m	e	u	r	h	e	p
o	t	o	p	g	n	i	k	o	o	c	l
o	u	g	m	b	z	h	t	f	u	a	a
p	w	a	u	s	w	p	o	p	s	x	t
s	e	l	d	a	l	k	b	l	k	a	e
n	a	x	n	a	e	o	z	s	n	s	z
e	p	e	t	r	a	j	e	c	i	p	s
d	f	e	q	r	s	o	o	a	f	j	i
o	o	h	d	c	z	b	k	f	e	c	n
o	r	g	e	f	r	i	d	g	e	x	k
w	k	x	b	o	e	z	f	s	k	i	m

wooden spoon

cooking pot

cupboard

mixing bowl

fridge

hot plate

knife

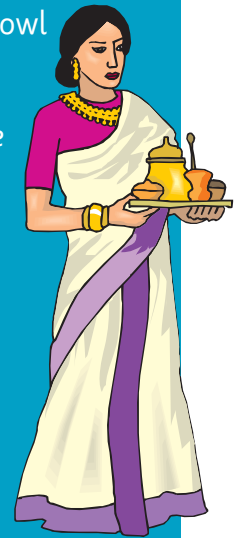
ladle

fork

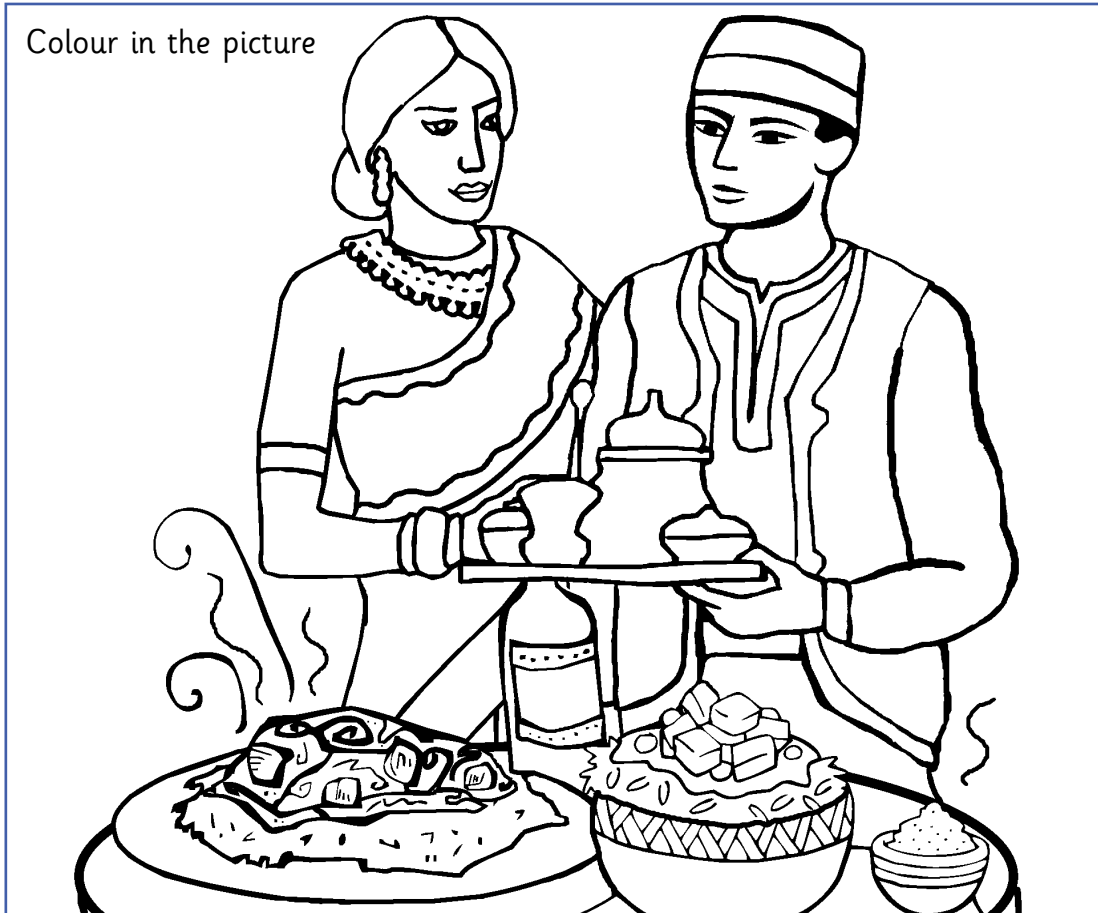
plate

sink

spice jar



Colour in the picture



Pakistani houses and English houses



English house



Pakistani house



Write some sentences about your house in England and the house where you are staying in Pakistan. Here are some words to help you.

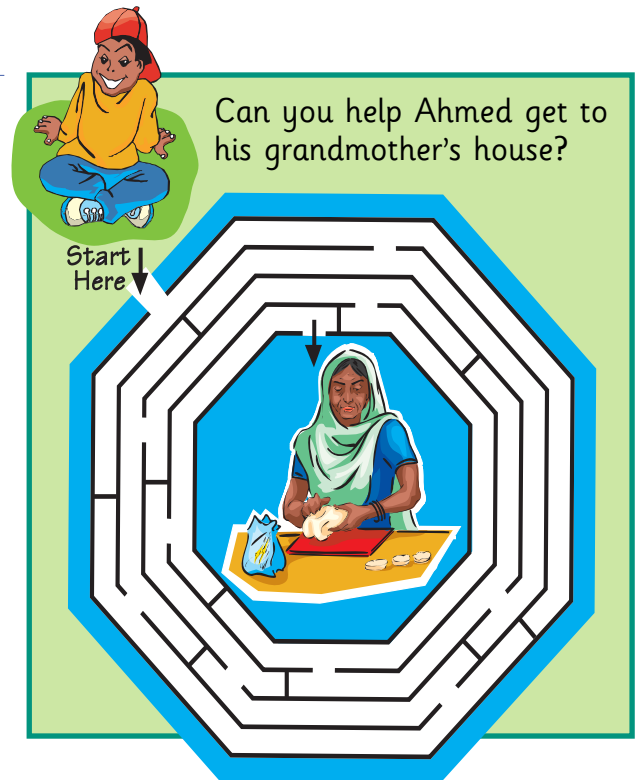
roof

veranda

window

garage

garden



Measuring your house

Measure the smallest room in your house in strides.

When you measure, go round all the four walls.



The smallest room is _____ strides.

Measure the biggest room in strides.



The biggest room is _____ strides.

What is the difference in strides between the two rooms?



The difference between the two rooms is _____ strides.



Outside the house



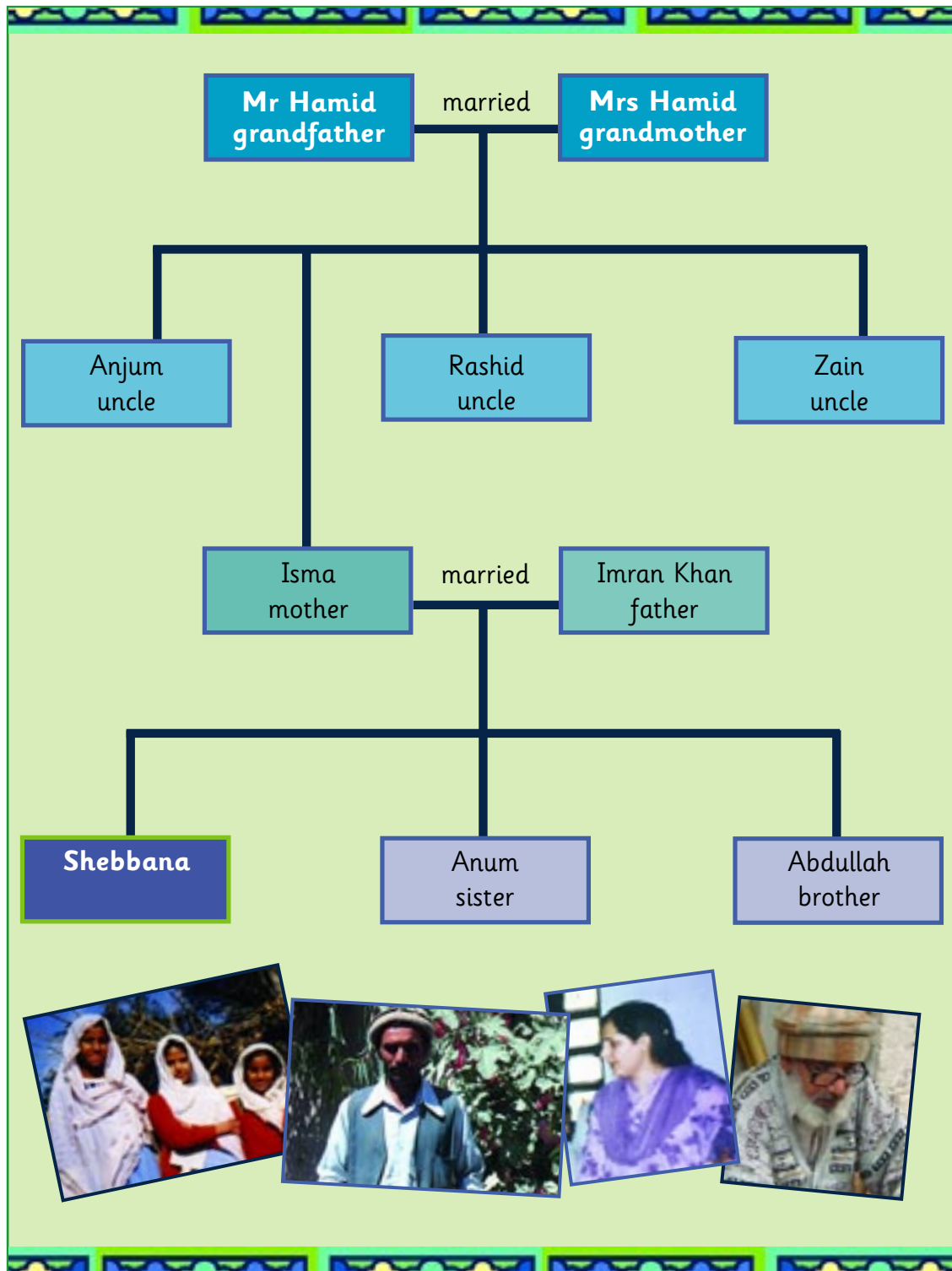
Do you grow anything outside the house?

Draw and label some of the things that you grow.

A large, empty rectangular box with a blue border, intended for a child to draw and label things they grow outside their house.

Family and Friends

Families are important in Pakistan. Here is a family tree for Shebbana.





Draw your family tree

Your name



Write the name of, or draw, one relative who is older than you and one who is younger than you. You can write and draw if you wish.



Friends



How many new friends have you made?

Choose one of your new friends and ask them these questions. Write the answers in sentences.



Q. What games do you like playing? _____



Q. What is your favourite food? _____



Q. What do you like doing at school? _____



Q. How many people are there in your family? _____

Food and cooking



Your food might be a bit different while you are in Pakistan.

Fill in this chart to show what you had to eat on one day.

You can write, draw or do both.

Day _____		
Breakfast	Midday	Evening

What is your favourite meal in Pakistan? Draw it on the plate.





Fruit and vegetable wordsearch

Look at the wordsearch and find as many types of fruits and vegetables as you can.

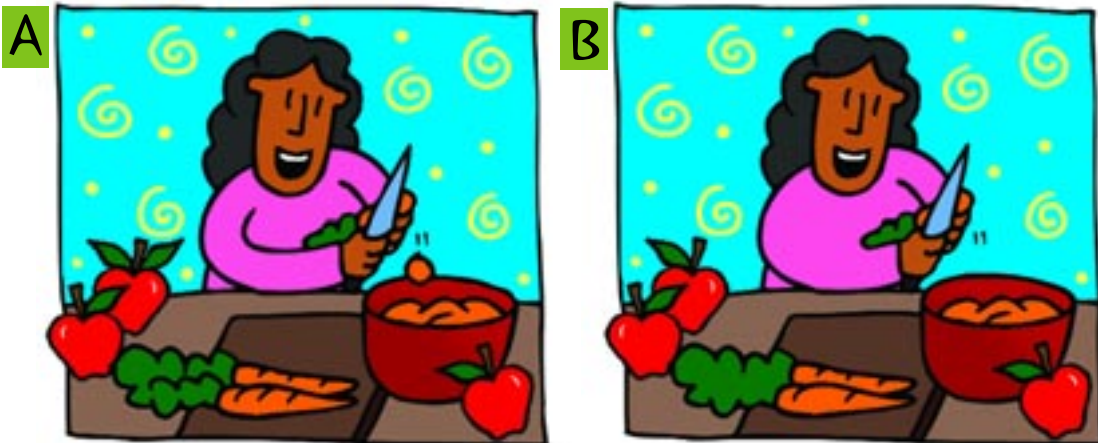
apples
banana
beetroot
carrots
cucumber
grapes
guava
lemon
lettuce
mango
melon
aubergine
onion
peppers
spinach
strawberries
sugar cane
turnip

s	r	e	p	p	e	p	w	t	s	a	e
e	b	s	e	l	p	p	a	f	p	n	n
i	e	e	t	a	m	o	t	o	i	p	a
r	e	p	z	r	m	z	u	g	n	e	j
r	t	a	a	e	a	x	r	n	a	c	o
e	r	r	n	b	s	e	n	n	c	u	l
b	o	g	a	m	b	k	i	n	h	t	e
w	o	a	n	u	a	u	p	o	b	t	m
a	t	v	a	c	q	n	r	i	m	e	o
r	n	a	b	u	h	x	g	n	l	l	n
t	w	u	e	c	a	r	r	o	t	s	r
s	u	g	a	r	c	a	n	e	g	i	w



Can you spot the differences?

Look at both of the pictures below and see if you can spot 7 differences between them. Mark them on picture B.



Something nice to eat

Look at the picture.

These men are selling
something nice to eat.

Do you know what it is?



Write the name in the box.



Have you tried this?

yes

☐

no

☐

Complete the sentences choosing the correct words from the box. Ask an adult that you know if you need help.

sweet

sour

peel

suck

chew

drink

cook



This food tastes _____. When you eat it you have to _____
off the skin and then you _____ it.

Sometimes, people will _____ the juice instead of eating this food.



These pictures show people making chapattis.

Most people in Pakistan eat chapattis every day.

Ask someone in your house how to make chapattis. Write down a recipe for making chapattis.

How to make chapattis

You will need:

First you:

Next you:

Clothing

Pakistan is a very hot country so you will wear different sorts of clothing.

In the boxes draw pictures of some clothing showing what you wear in England and what you wear in Pakistan.

In England



In Pakistan

What is different about the clothes you wear in Pakistan? Answer the questions below.



Are the clothes loose or tight - why? _____



What sort of materials are the clothes made from? _____



What colour is most common. Do you know why? _____

True or False



Tick the correct boxes

	True	False
Pakistan is in Europe	<input type="checkbox"/>	<input type="checkbox"/>
Pakistan is to the East of England	<input type="checkbox"/>	<input type="checkbox"/>
Pakistan is smaller than England.	<input type="checkbox"/>	<input type="checkbox"/>
The capital city of Pakistan is Islamabad.	<input type="checkbox"/>	<input type="checkbox"/>
In Pakistan you need to wear lots of clothes to keep warm all year round.	<input type="checkbox"/>	<input type="checkbox"/>
Rice is one of the main foods eaten in Pakistan.	<input type="checkbox"/>	<input type="checkbox"/>
The Pakistani flag is red and blue.	<input type="checkbox"/>	<input type="checkbox"/>
Pakistan is more crowded than Britain. (see page 8)	<input type="checkbox"/>	<input type="checkbox"/>

Jobs people do in Pakistan



Make a list of all the jobs that you have seen.



Choose one of the jobs that you have seen. Draw a picture and write about it.







These people all have jobs in Pakistan.

Draw a line to match the picture with the words. One has been done for you.



office worker

milkman

dentist

shoeshine man

hairdresser

teacher

police inspector

factory worker

machinist

book binder



Maths activities about jobs

This man is making footballs.

He has made lots of footballs.

Look at the picture below and estimate how many balls you think he has made.



Write the number in the box.





Tick the shapes that you can see in the picture.



hexagon

☐

octagon

☐

triangle

☐

sphere

☐

square

☐

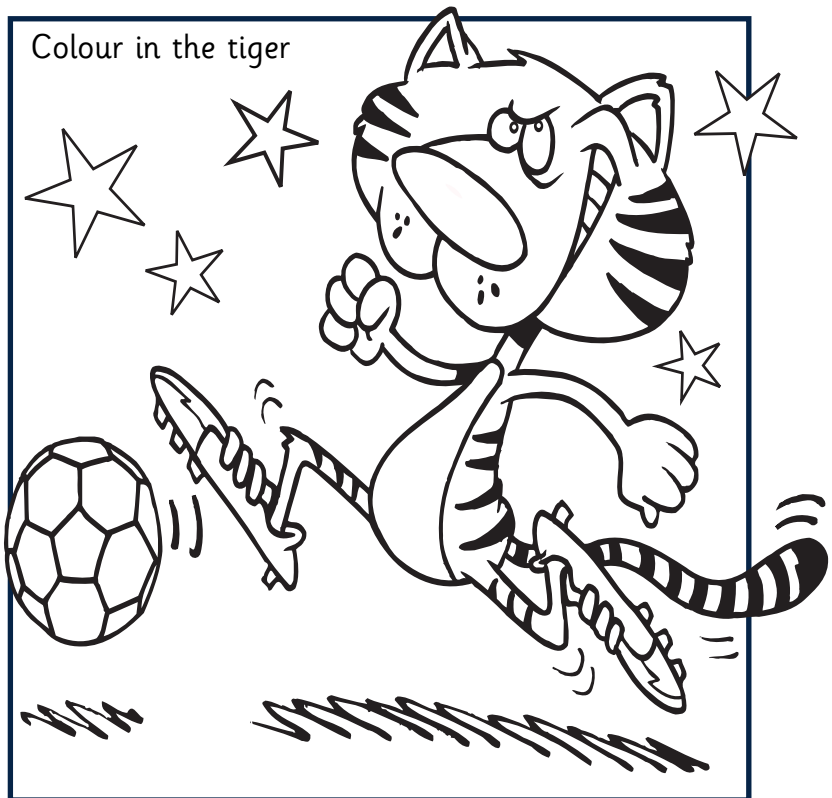
rectangle

☐

circle

☐

Colour in the tiger



Games people play



What games do you like playing?

1.

2.

3.

Have you seen people taking part in these activities in Pakistan?



Can you name the four activities.

1

2

3

4



1



2



3



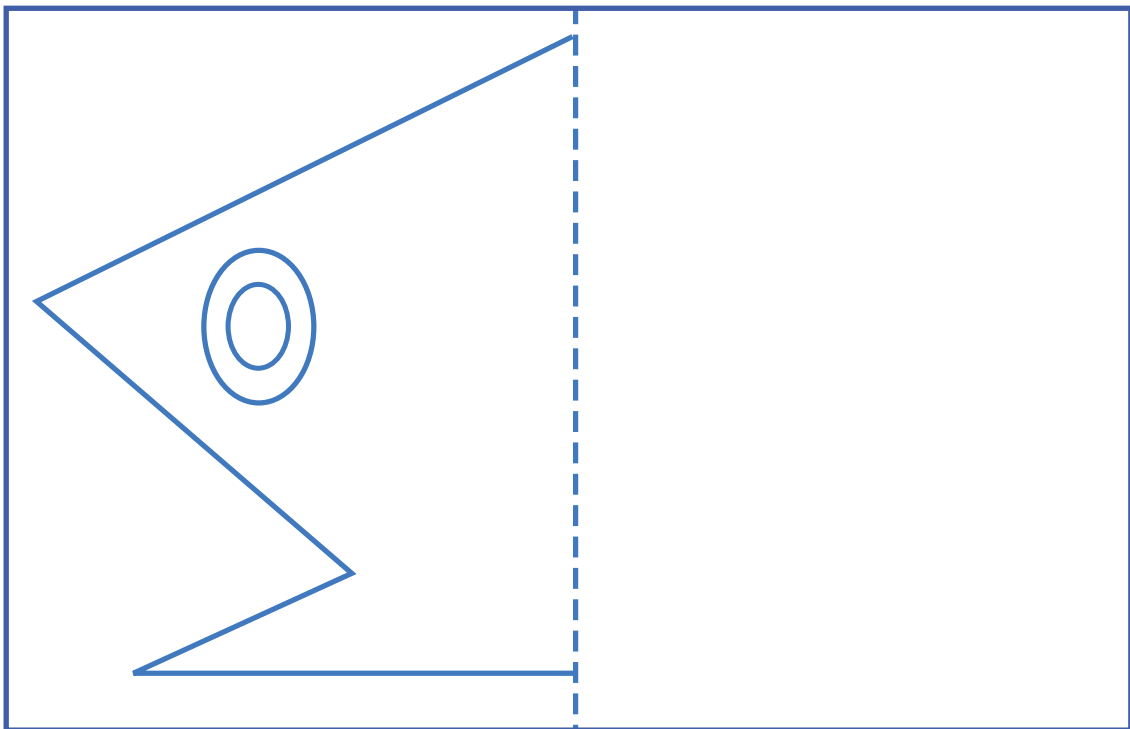
4

Basant

These are pictures of the Basant kite flying festival. People in Pakistan fly kites at the end of winter to welcome spring. There are two types of kites, the Patang kite and the Gudha kite.



The picture shows a Gudha kite. A Gudha kite is symmetrical. Only half of the kite has been drawn. Can you draw and colour the rest of the kite to match?



Asif is playing on the slide. Can you see what the other children are playing?



Asif

Salma

Zahra

Salem



Pakistan's national game

Pakistan's national game is cricket.

In one day cricket there are 50 overs played. There are 6 balls in an over. Do you know how many balls there are in 50 overs?



There are _____ balls in 50 overs.



Transport



How do people travel from place to place?

Write a list of the different kinds of transport you have seen.

Ahmed and Shebbana made a survey of the traffic near their house.

This is their tally chart.

Remember $\text{||||} = 5$

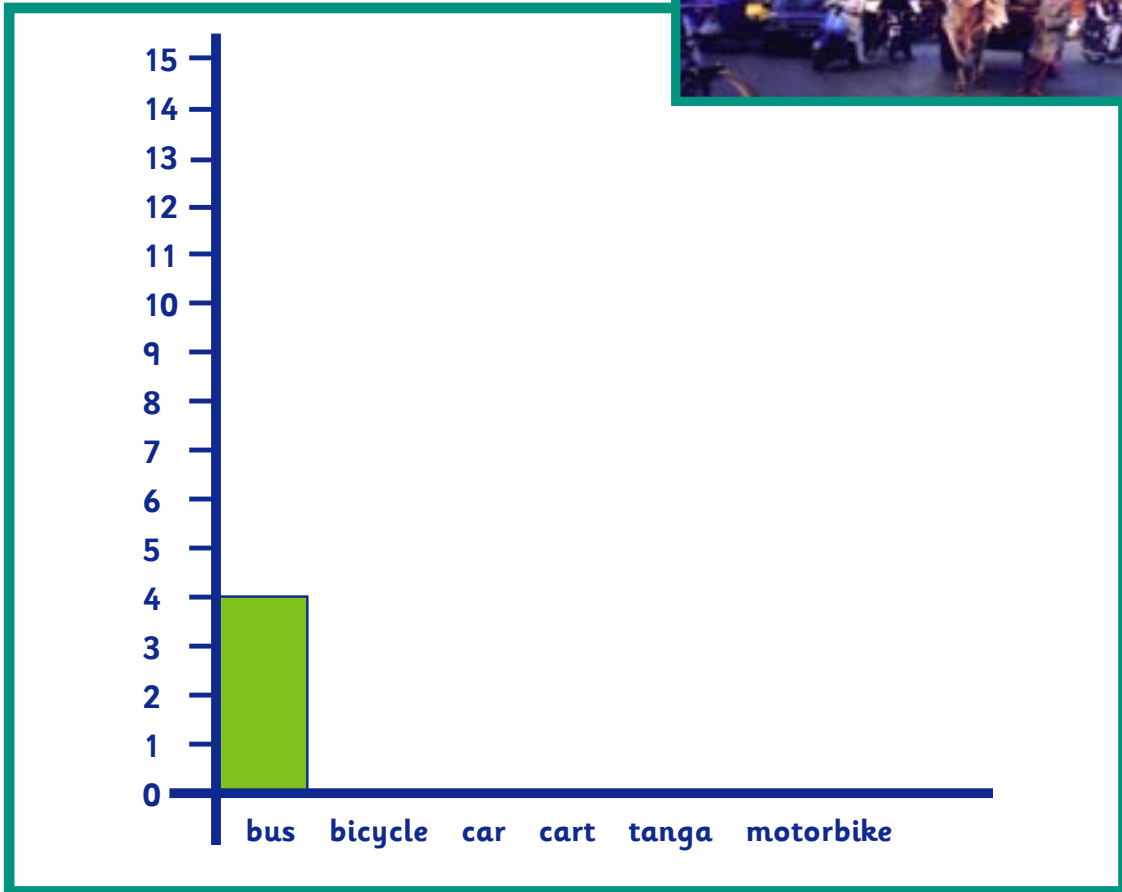


Transport	Number	Total
Bus		4
Bicycle	III	
Car	I	
Cart		
Tanga		
Motor bike	II	

Complete the total column.



Using the information from the tally chart complete this bar chart to show the number of vehicles Ahmed and Shebbana saw. The first one has been done for you



Using your bar chart



How many things did Ahmed and Shebbana see altogether?

Which do you think is the slowest?

Which type of transport is most popular?

Carts and tangas are pulled by animals. How many carts and tangas did Ahmed and Shebbana see altogether?

Which is least popular?

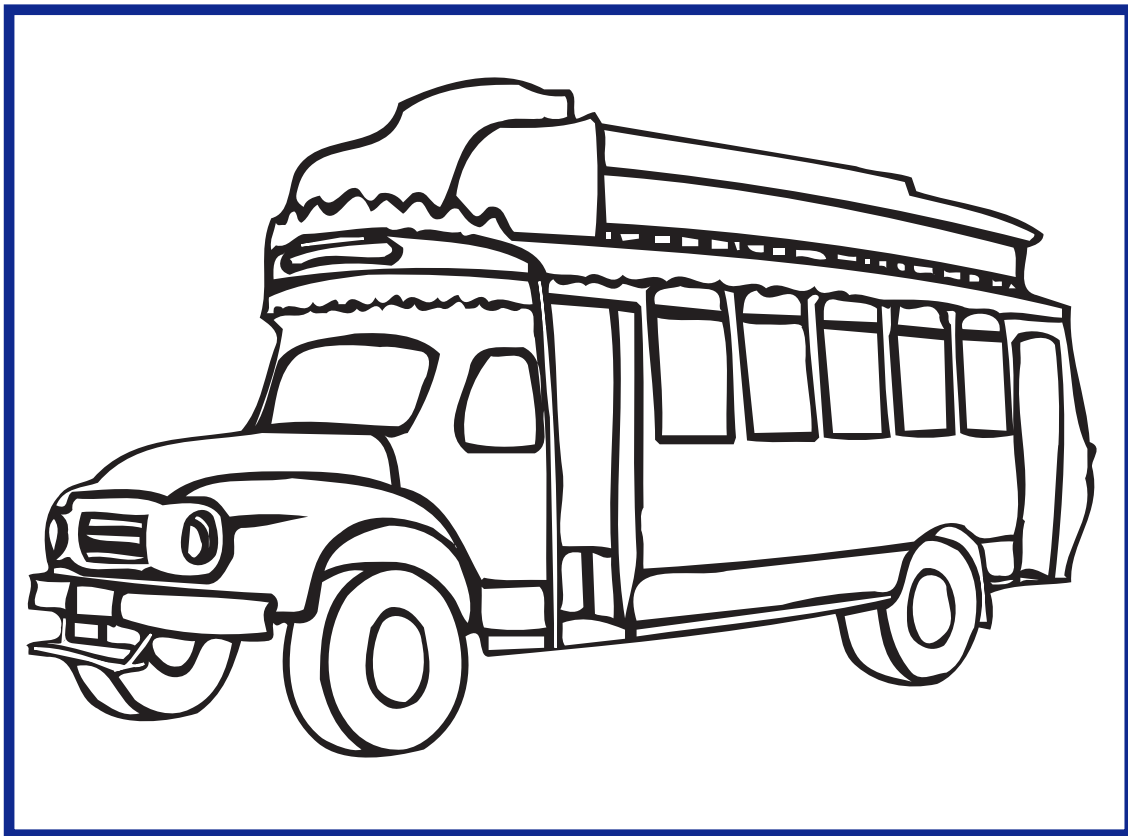
Which do you think is the fastest?

How many more motor bikes than buses did they see?

In Pakistan buses
are decorated.



Can you decorate this bus ?



Shopping



Look at these shops in Pakistan and write down as many differences as you can see between them and shops in Britain.

Shops in Pakistan	Shops in Britain



Mariam and Aamar are going to the Azad Mega market. Follow the maze to find which way they go.





In Pakistan you see many people selling things in the street. What things can you buy that you don't see in England?

Shopping Maths questions



If you bought 12 apples, 6 oranges and 2 melons, how many pieces of fruit would you have altogether?

If you gave 5 apples to your friends, how many apples would you have left?

If you cut each melon into 8 pieces, how many pieces will you have?

Ahmed's Shopping List

a cricket bat

a football

an ice cream

an apple

an orange

Can you find out the price of each item for him?

Shopping for presents



Did you buy presents to take home for your family and friends?

Draw some of them and label them.

Get an adult to help you to label them in Urdu as well as in English.

Animals



Make a list of animals that you have seen and say where you saw them.

Animals	Where I saw them

Some animals have to work. Draw a picture of some animals that you saw working and write about one of them.





Animals that provide us with food



Some animals provide us with food. The goats and the buffalos in the pictures provide us with milk. Do you know the names of any other animals that provide us with food?

Write what they are called in the box.

Plants

You will see lots of different plants in Pakistan.



Find one plant. Write its name.
Draw and colour it carefully.
Label it with these words.

flower

leaf

stem

root

Name _____



Which three things are needed for a plant to grow?
Write their names in the boxes.

1.

2.

3.

What would happen if the plant did not have one of these things?
Write a sentence.



Buildings



This picture shows a town in Pakistan. Look at the buildings and make a list of things that are different from buildings in England. The first one is done for you..



1 There are no gardens

2

3

4



Draw a building that you can see near where you are staying.



Special Buildings



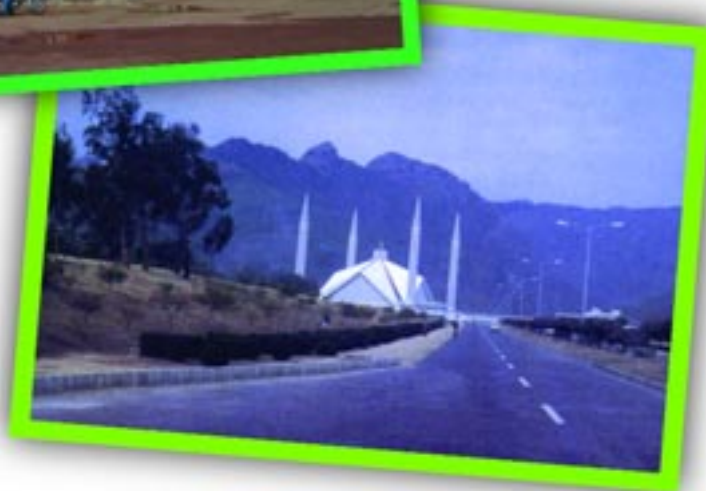
This is the **Bad Shahi Mosque** in Lahore. Long ago the Mogul kings used this mosque to pray in. Now, lots of people go there to pray.

This is the **Lahore Fort**. It was built by the Mogul kings to defend themselves. There used to be lots of soldiers there.



This is **Sialkot railway station**. It was built a long time ago but people still use it today.

This is the **Shah Faisal Mosque**. It is the largest mosque in Islamabad. It was built recently. Lots of people go there to pray.



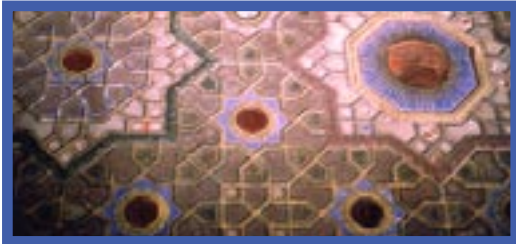


All the special buildings have been built very carefully.
The builders used many different shapes to make them look interesting.
Draw some of the shapes that you can see.

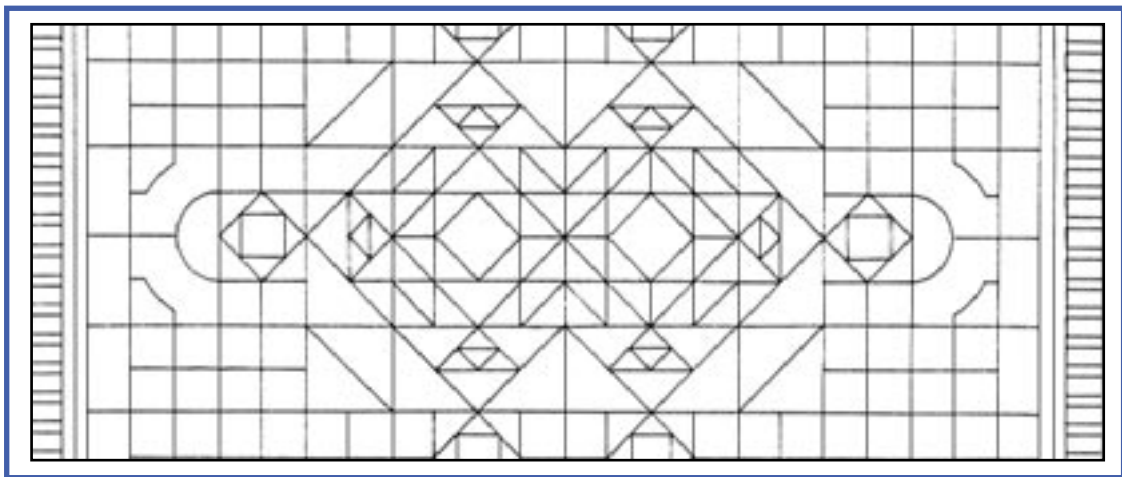


Inside buildings in Pakistan

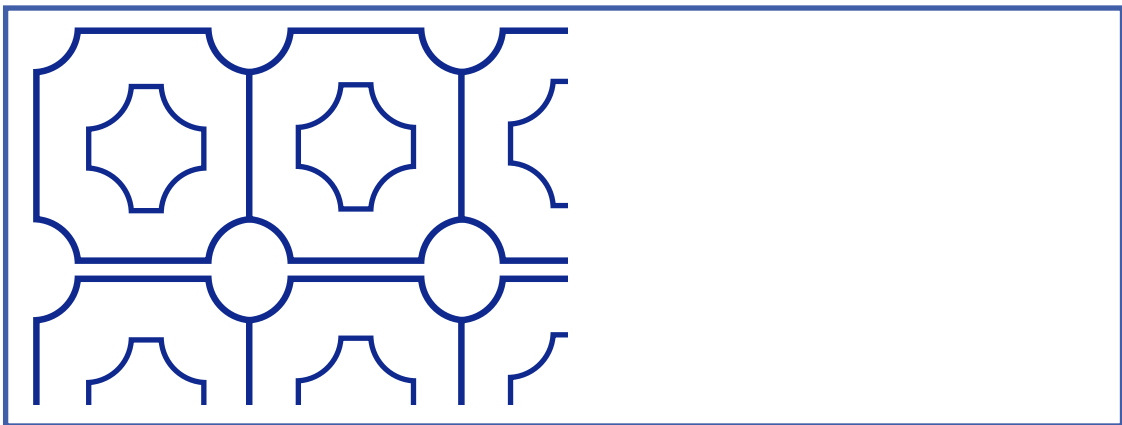
Inside many buildings in Pakistan you will see beautiful patterns made with tiles. Some are on the floor and some are on the wall.



Colour the pattern below



Someone has started this pattern. Can you finish it and colour it?



Schools

Do you or any of your relatives go to school in Pakistan?

--

Write about what it is like in the school. Write in sentences.



These children go to school in Pakistan.
Write down some differences between schools in England and schools in Pakistan.



classroom in Pakistan	classroom in England

These people work in schools.



Who do you think they are?



Going home

These children
are going home
from school.

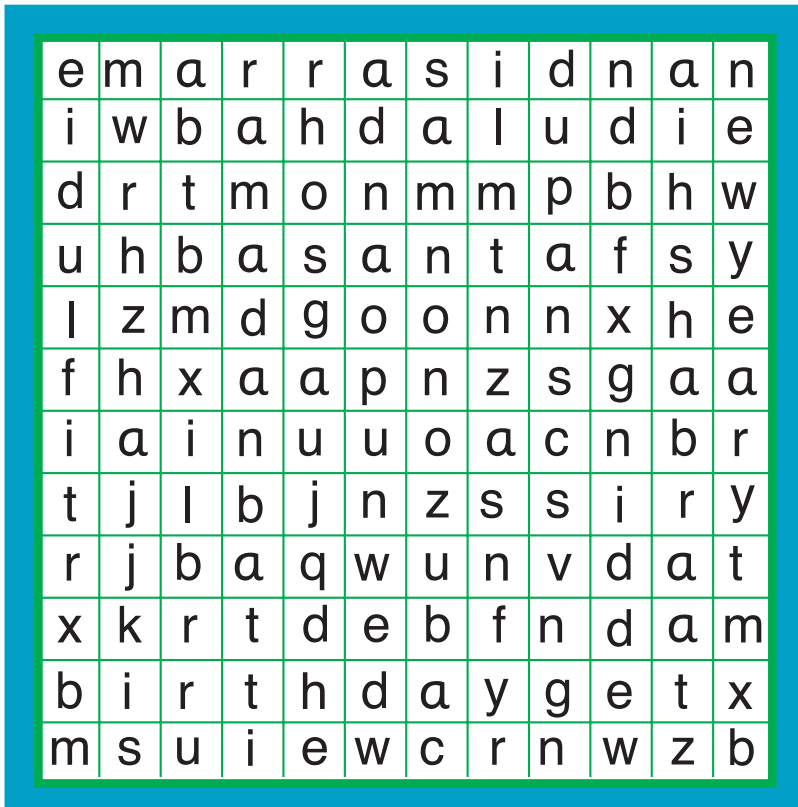
Imagine what
their journey is
like and write
about it.



Festivals and celebrations



Festival wordsearch



wedding
eid ul fitr
eid ul adha
ramadan
miraj un nabi
basant
new year
hajj
birthday
shabrat

Have you celebrated any of these festivals during your visit? What did you enjoy the most?



Can you name any festivals you have celebrated in England?





Here are some pictures from a wedding in Pakistan.



1



2



3



Write about what each picture is showing

1

2



3

Have you been to a wedding during your stay?

Tick the right box.

yes

no

Draw a wedding invitation card or design one of your own. You can write in English or Urdu

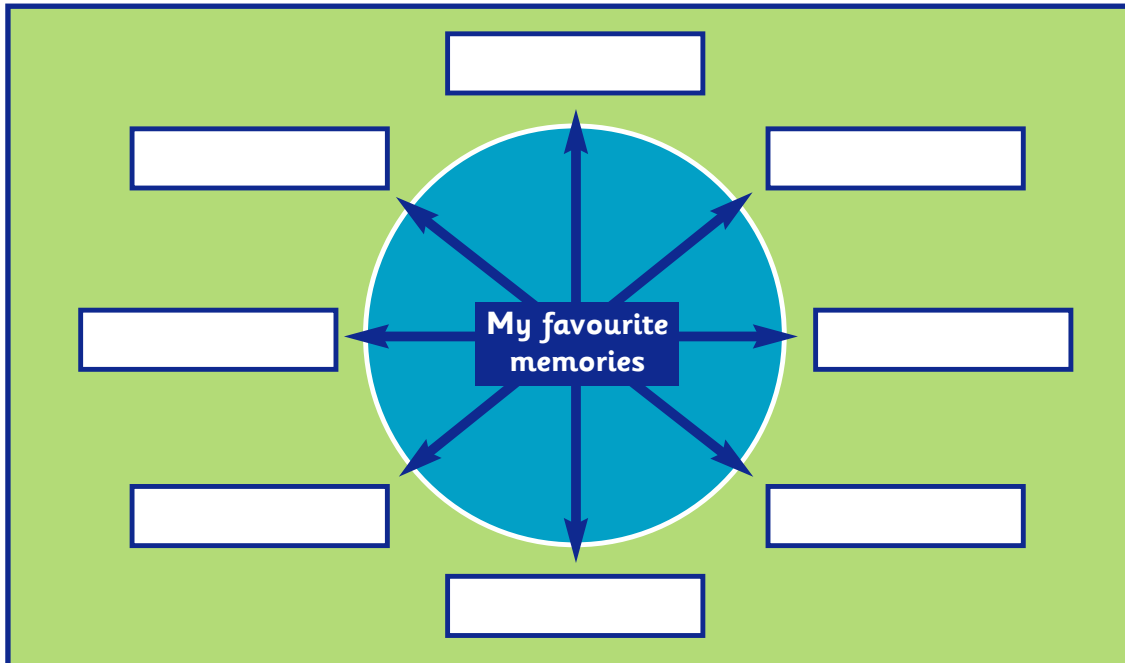
Make a list of things you might eat at a wedding.

1	5
2	6
3	7
4	8




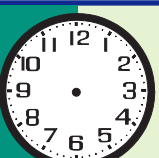


Remembering

When you get back to England you will want to remember your visit to Pakistan. Make a topic web of the things you will want to remember.



This diagram shows a day in Pakistan. Draw the time on the clock and write down what you did next to it.

Morning		<hr/> <hr/>
Afternoon		<hr/> <hr/>
Evening		<hr/> <hr/>
Night		<hr/> <hr/>

Remembering things to collect

You will want to take things back to England to help you remember your visit.

Make a list of things you will collect. Some are done for you.



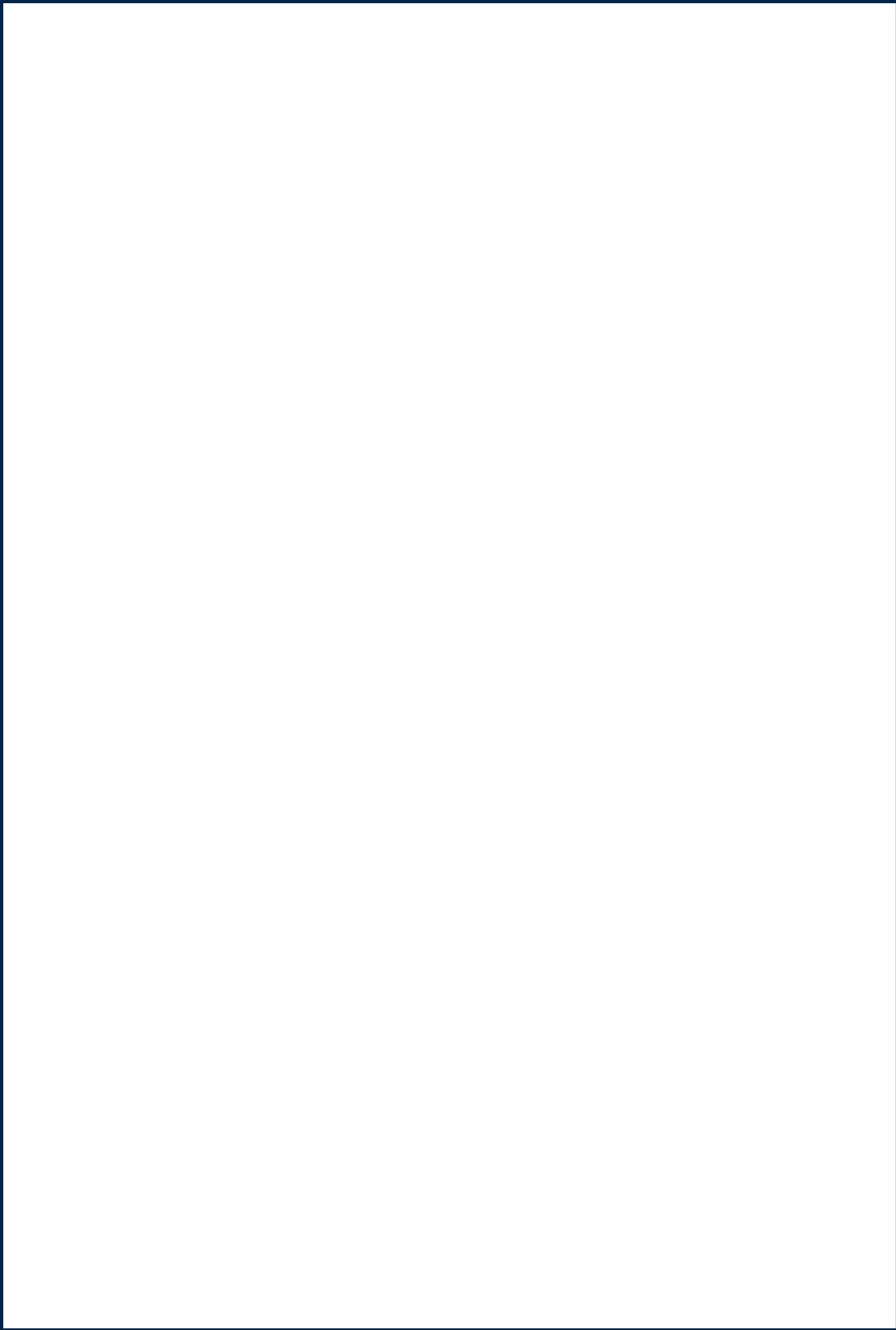
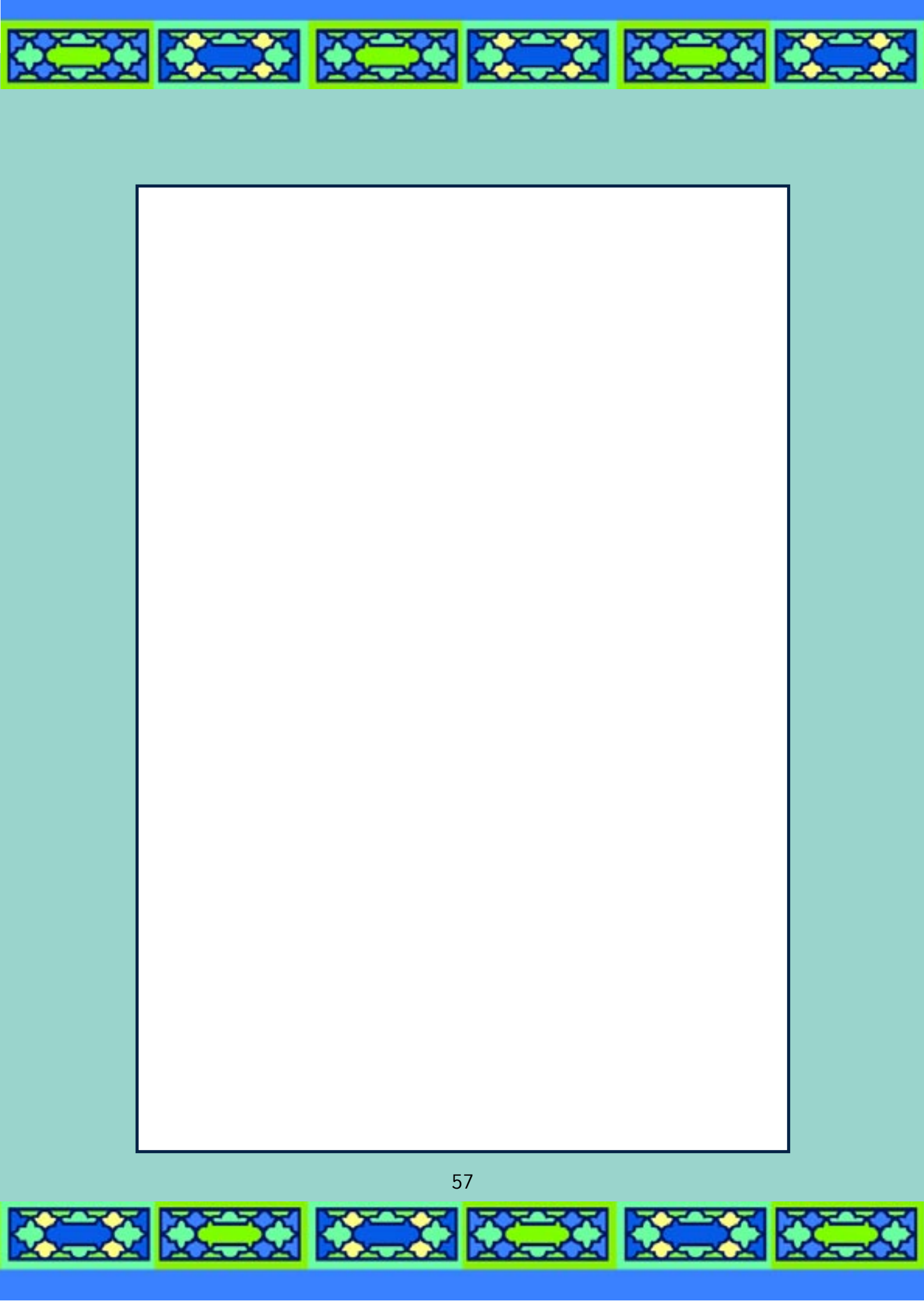
1	a bus ticket	6
2	photographs	7
3		8
4		9
5		10

Draw some pictures

My Scrapbook of Pakistan



On these pages you can draw pictures and patterns or glue anything that you would like to keep such as bus tickets, photographs or food wrappers.



Arriving home

These pages are for you to fill in when you get back home.



Did you enjoy your visit to Pakistan? _____



Was it what you expected? Explain why? _____



What was different? _____



Make a list of 5 things you liked.



Was there anything you did not like ?

1	
2	
3	
4	
5	

What do you remember most?



Use the box to describe all the things you can think of.



Now, using these ideas and favourite memories, make a poster to show what it was like in Pakistan and to encourage your friends to go.

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When you have finished this book, show it to your parents and your teacher.





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