

You may take a printout and use this as a worksheet or read the activities and write down the answers in a notebook labelled "My Daily 30-Minute Activity".

Know the scientist

Vera Rubin was an American astronomer who brought dark matter to light.

She found that galaxies did not rotate as people thought they did. Rubin argued that galaxies might be rotating around unknown centres, rather than simply moving outwards. This phenomenon came to be known as the galaxy rotation problem and it lent support to the theory that some other force was at work, namely dark matter. During her career as an astronomer, Rubin examined more than 200 galaxies.



Find out

- The Large Synoptic Survey Telescope (LSST), designed to study dark matter, has been renamed after Vera Rubin. Where is this under-construction facility located?
a) Atacama b) Chile c) Hawaii.
- Which is the closest big galaxy to our Milky Way?
a) Andromeda galaxy b) Black Eye galaxy c) Butterfly galaxy

Answers: 1. b) Chile, 2. a) Andromeda

Crack the code

Using the reference given below, crack the code and identify the terms:

Example: Computer would be coded as 111, 555, 5, 6, 777, 77, 22, 666

1 ABC	2 DEF	3 GHI
4 JKL	5 MNO	6 PQR
7 STU	8 VWX	9 YZ

- 5, 555, 777, 7, 22
- 7, 555, 222, 77, 88, 1, 666, 22
- 44, 22, 9, 11, 555, 1, 666, 2
- 5, 555, 55, 333, 77, 555, 666
- 333, 55, 77, 22, 666, 55, 22, 77

Answers: 1. Mouse, 2. Software, 3. Keyboard, 4. Monitor, 5. Internet

Fact vs Fiction

Can you tell whether the following statements about famous authors and their works are true or false?

- J.K. Rowling got the idea for the "Harry Potter" series when she visited a boarding school.
- The character of Percy Jackson is based on author Rick Riordan's son, Haley, who has dyslexia and ADHD.
- Charles Dickens wrote "The Pickwick Papers" under the pen name Boz.
- Mark Twain served as a fighter pilot in World War II.
- Stephenie Meyer was inspired to write "Twilight" after she had a dream about a beautiful vampire and a girl sitting in a meadow.



Answers: 1. False. She got the idea on a train to King's Cross. 2. True. 3. True. 4. False. Twain was a steam-boat pilot. 5. True.

Find out

Anagrams are words that have the same letters but arranged in a different order. Find the words with the clues given.

- Our planet.
What pumps blood in our body.
- A sage.
What cannot be easily removed.
- Shhh!
Lend me your ear.
- One of the largest joints.
Eager.
- One's identity.
Unkind.

Answers: 1. Earth / Heart, 2. Saint / Strain, 3. Silent / Listen, 4. Knee / Keen, 5. Name / Mean

Word of the day

Xenophobia

Xenophobia is the fear or extreme dislike of all things foreign such as people from other countries, cultures and customs. Xenophobic attitudes are believed to stem from the fear of differences and the inhibition of exposure to new aspects. With increased immigration, many people have started embracing different cultures. However, the intermingling of cultures has also increased discrimination against certain communities as a result of xenophobia. Xenophobia at times overlaps with racism.

Certain governments and international bodies have laws to prevent xenophobic practices. One such important document is the Vienna Declaration by the United Nations, which states that all countries should take measures to prevent and combat all forms of xenophobia and related intolerance.

ACTIVITY

Use the word "xenophobia" or "xenophobic" in a sentence.

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Easy search

Can you find five fitness activities hidden in this Word Search? Write your answers in the space provided.

Fitness activities

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-
-
-
-

D U B G Z F L I P Y
E W S K I P P I N G
O A E R O B I C S D
R S T P J W Y I S A
J D H J F A O R A N
X X R V M L G L U C
Z L U T D K A P A I
V T O W M I X Y Z N
O M W E J N Z H C G
F C Z T H G O J M Z

Answers: 1. Skipping
2. Walking 3. Aerobics
4. Dancing 5. Yoga

The W corner

Who is she?

Her face might have been blurred out, but there are more than enough clues in the image to point you in the right direction.



Answer: American tennis player Sofia Kenin. You can see the Australian Open trophy, which she won in 2020, in front of her.

Unscramble...

...to discover bird species

- NEROH
- NYAM
- NIISKFGERH
- NOEIGP
- WOLAWLS



Answers: 1. Heron, 2. Myna, 3. Kingfisher, 4. Pigeon, 5. Swallow

Journal writing

If you were given a chance to meet a character from a book, who would that be and why?

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