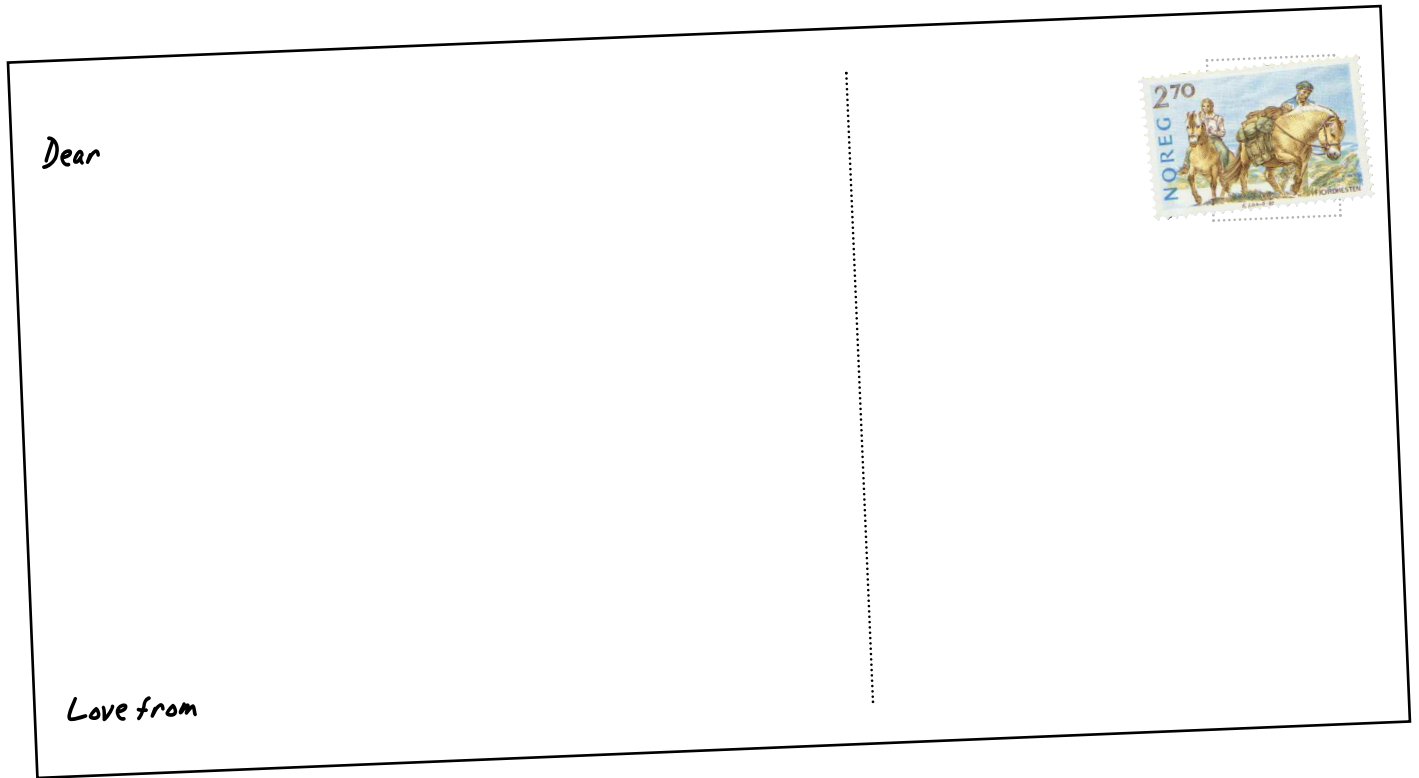


WORKSHEET 1


Things to do

Write out a postcard to a family member or friend.

A large rectangular template for a postcard. On the left side, the word "Dear" is written in a cursive font. On the right side, there is a postage stamp featuring two people on horseback in a landscape. The stamp is labeled "NOREG 270" and "FORSKJETT". A vertical dotted line separates the address area from the message area. At the bottom left, the words "Love from" are written in a cursive font.

Dear

Love from

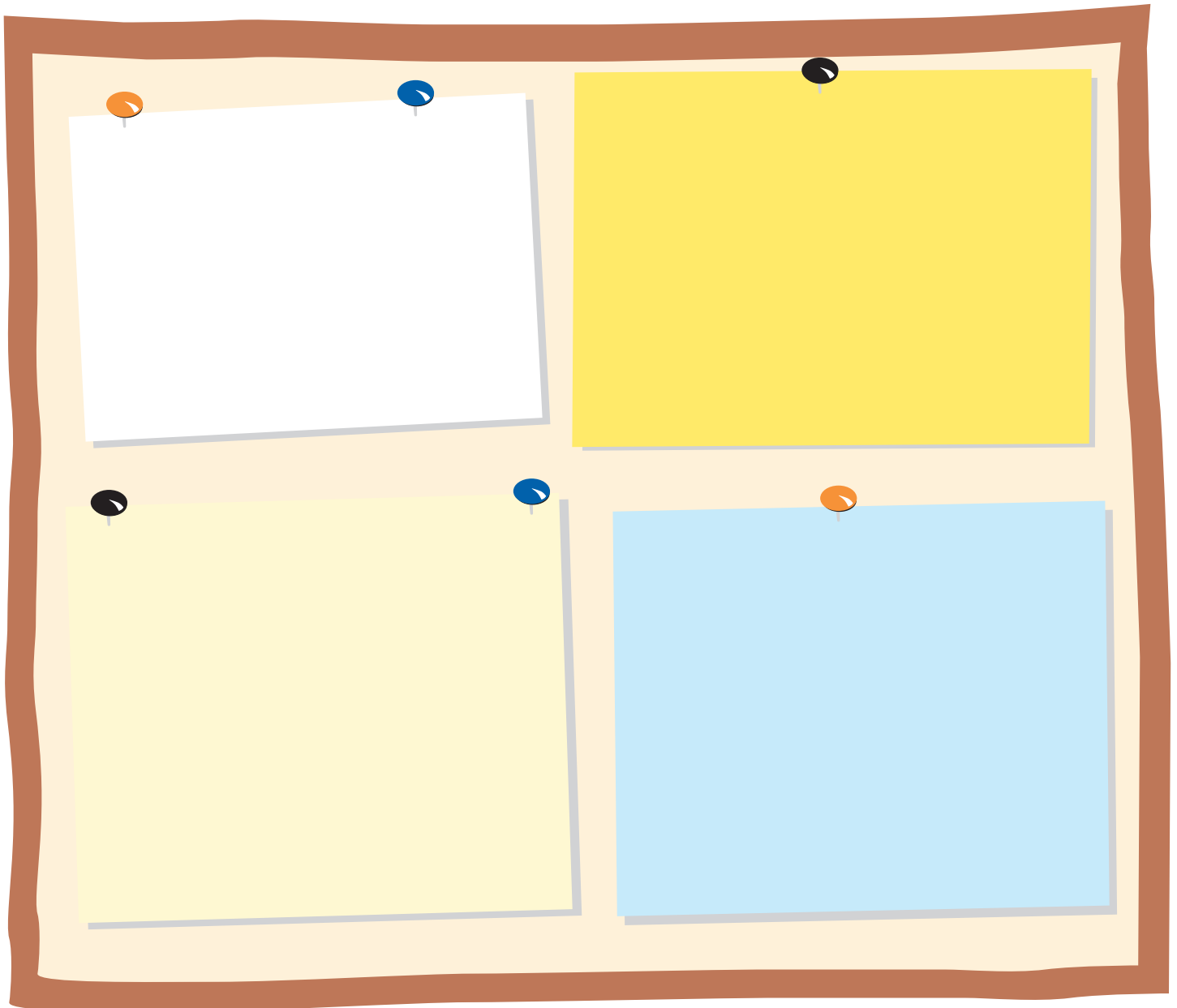
A Norwegian postage stamp with a value of 270. It depicts two people on horseback in a natural setting. The word "NOREG" is written vertically on the left, and "FORSKJETT" is written at the bottom right of the stamp.

WORKSHEET 2

The rules!

Things to do

Write in all the do's and don'ts you can think of to keep safe when out on adventures.

A large, hand-drawn illustration of a bulletin board with a brown border. The board is divided into four quadrants by a light beige background. Each quadrant contains a rectangular sticky note: top-left is white, top-right is yellow, bottom-left is light yellow, and bottom-right is light blue. Each sticky note is held in place by two pushpins of different colors (orange, blue, black, and orange).

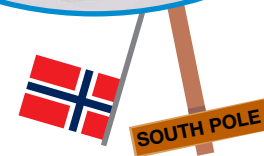
WORKSHEET 3

Polar trekking



TRUE

FALSE



Things to do

- Read the sentences and decide if they are true or false.
- Write the sentences in the right globe.
- 5 are true and 5 are false.

1. The North Pole is very hot
2. The North Pole is very cold
3. The South Pole is very hot
4. The South Pole is very cold
5. No one has ever got to the South Pole
6. Some explorers have reached the South Pole
7. The first person to get to the North and South Pole was French
8. The first person to get to the North and South Pole was Norwegian
9. It would be dangerous to go to the South Pole
10. It would be easy to walk to the North Pole

WORKSHEET 4

Things to do

Fill in the timeline to record important times in your life.

A timeline for (name) _____

When I was

I am now _____
years old

WORKSHEET 5

Things to do

- Fill in the diary page.
- Write about how Scott might have felt on the night he reached the South Pole.

