

## Looking Forward edition 83 Feb 2022

After almost two years, Covid restrictions are now being lifted. Although we still need to be careful and remember to test for Covid if we have symptoms, we can all, hopefully and carefully, look forward to life returning to normal.

So, as the new year begins on a journey that is full of promise, it is a good time for us to listen to words of advice and sayings that will encourage us as we look forward.

### **“When life gives you lemons, make lemonade”**

Things will not always go well for us or happen as we would like them to, in other words life throws us lots of lemons. However, if we can stay positive and try to turn the problem into an opportunity then things can often work out for the best. Some people looked on their time during the Covid lockdown as a chance to learn a new skill by doing online courses. Others took up a new hobby. With the slower pace of life, many people felt they were able to spend more time with family. Many people returned to the joys of cycling and walking and discovering the beautiful countryside around them.

### **“There is always light at the end of a tunnel”**

Sometimes, when we are going through a hard time, it can seem like there is no way out. But we need to remember that everything passes and there is light at the end of every tunnel. This difficult time too will come to an end for us

### **“Yesterday is history. Tomorrow is a mystery. Today is a gift. That’s why it’s called the present.”**

We cannot change what has already happened in the past, we do not know what tomorrow will bring but we can enjoy today. Every day we get up, we need to be thankful for the gift of life.

The founder of the technology company Apple, Steve Jobs, was given the news in 2005 that he had cancer which could not be cured. After life-saving surgery he lived for seven more years before passing away in 2012.

In a speech before he died, he said that when faced with death, he realised that life is the most precious gift that has been given to us and we must never waste it. He said we should live each day as if it was our last, and not be afraid to live our dreams. We must have the courage to follow what is in our own hearts even when others tell us we can’t.

### **“When you change the way you look at things; the things you look at change”**

Very often it is not what we look at but how we look at something that makes us see it differently. For example, we didn’t enjoy all the Covid restrictions that were placed on us over the past two years. But when we remembered that they were there to keep us safe, we saw them in a different way and accepted them. If we can look on life with a more positive attitude, then the world will seem kinder and full of promise.

The most famous heavy- weight boxer of all time, Muhammad Ali, when asked about how he managed to become so successful said, **“If my mind can conceive it, and my heart can believe it, then I can achieve it”** If we believe in something strongly enough and want it badly enough then we can make it happen.

### **“If I cannot do great things then I can do small things in a great way”**

**Martin Luther King**

We can’t all have jobs with the power to make big changes or decisions, but we can all make sure that even the smallest task we do, we can give it our best shot. I might not be the leader of the country, but I can volunteer in my local community or in a local charity. It is the thousands of people doing small things well that make a country great.

## Compound words

This is when two or more words are joined together to make a new word.

armchair	birthday	footprint	newspaper	timetable
bathroom	everyone	headache	rainbow	toothbrush
breakfast	fireplace	landlord	shoelace	weekend

### Here are more compound words.

Match a word from line 1 with a word from line 2 to make a new word.  
(The first one is done for you)

Line 1	Line2	new word
• air	cake	1. <u>airport</u>
• bath	coat	2. _____
• straw	web	3. _____
• pan	port	4. _____
• rain	room	5. _____
• cob	berry	6. _____
• finger	child	7. _____
• foot	top	8. _____
• grand	nail	9. _____
• wheel	night	10. _____
• lap	ball	11. _____
• mid	chair	12. _____

A collective noun is a word that is given to a group of things that are the same.

Example A **herd** of elephants.

These are other words that are used to describe a group,

**flock hive bunch deck team**

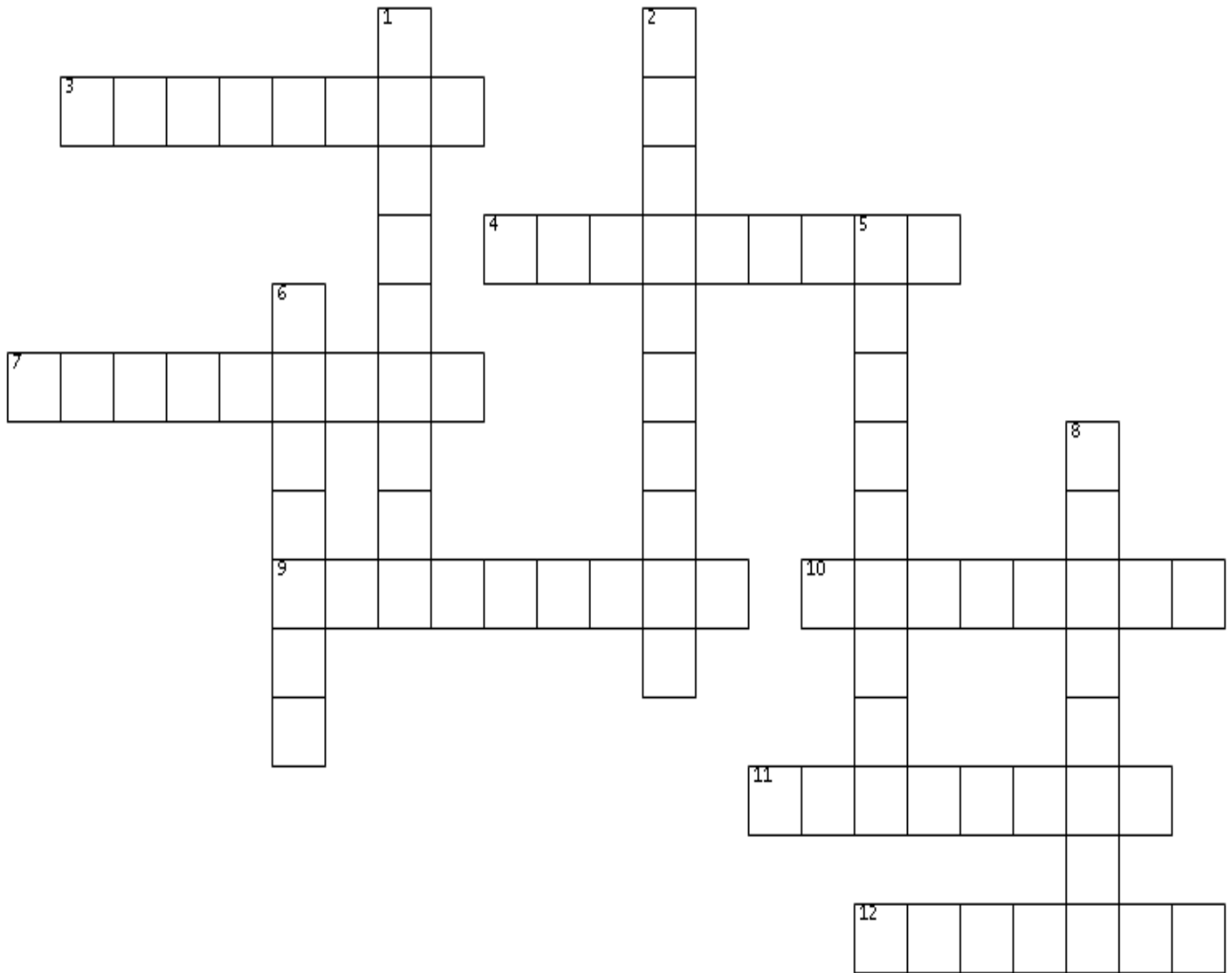
**crowd gang army board pack**

**Choose a word from the list above to describe a group of the following:**

1. A \_\_\_\_\_ of bees.
2. A \_\_\_\_\_ of people.
3. A \_\_\_\_\_ of thieves.
4. An \_\_\_\_\_ of ants.
5. A \_\_\_\_\_ of directors
6. A \_\_\_\_\_ of flowers.
7. A \_\_\_\_\_ of sheep.
8. A \_\_\_\_\_ of hounds.
9. A \_\_\_\_\_ of players.
- 10 A \_\_\_\_\_ of cards.

## Crossword

The answers are all words from the list of compound words



### ACROSS

3. A big comfortable chair.
4. You leave this on the sand when you walk on it.
7. A list that tells us when things are on and at what time.
9. First meal of the day.
10. You pay rent to this person.
11. You celebrate this every year on the date you were born.
12. Saturday and Sunday are the two days in this.

### DOWN

1. You light a fire in this.
2. Use this to wash your teeth.
5. The "Sunday Independent" is one of these.
6. A band of seven colours across the sky.
8. Use this to tie your shoe.

**There is a spring sale on in the electric shop in town. There is 25% off the price of everything. (25% is the same as  $\frac{1}{4}$ )**

**Work out the new sale price for each item below**

**Hint** To work out a fraction of a number divide by the bottom number and multiply by the top number.

Example:

To Find  $\frac{2}{5}$  of 75

Divide 75 by 5 = 15

Then multiply 15 by 2

$15 \times 2 = 30$



2. price €46  
sale price \_\_\_\_\_



3. price €44  
sale price \_\_\_\_\_



1. price €320  
sale price \_\_\_\_\_



4. price €488  
sale price \_\_\_\_\_



5. price €76  
sale price \_\_\_\_\_



6. price €120  
sale price \_\_\_\_\_

answers

1. €240 2. €34.50 3. €33  
4. €366 5. €57 6. €90

Well done to Chloe from Sligo, Ann Marie from Tipperary and Norma from Kerry who are the winners of our Christmas Competition. The answer to the competition was Meath.

**Further help is available**

If you need help with these worksheets, or with reading, writing, maths or digital skills, you can contact NALA. Call us on Freephone **1 800 20 20 65** or text **LEARN** to 50050

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