

Children's Mental Health Week 2020: Find Your Brave

Children's Mental Health week in 2020 takes place between the 3rd and 9th February and this year's theme is 'Find Your Brave'. It is a week where schools and other organisations can do activities and provide services that focus on helping children to try something new and to ask for help.

The Organisation behind It

Children's Mental Health Week is organised by a charity called Place2Be, who help children in schools all over the UK build up self-esteem and tackle any issues they might face. Children's Mental Health Week began in 2015 and has grown in its six years, helping many young people feel more positive about themselves. In the past, the themes have included kindness and resilience.

HRH The Duchess of Cambridge has been Place2Be's Royal Patron since 2013 and she recorded a video message to launch the week. HRH The Duchess of Cambridge takes a special interest in issues of mental health facing children today. She would like children to be given the opportunity to be the best versions of themselves.



HRH The Duchess of Cambridge says in her video message:

"Childhood is an incredibly important moment in our lives.

It is the time when we explore our personalities, discover the potential that lies within us and learn how to be ourselves.

Our experience of the world at this early stage helps to shape who we become as adults and how we begin to feel comfortable in our own skin."

Difficulties Faced by Children

Children encounter many different issues in their day-to-day lives, from family issues, to bullying, negative self-image and the effect of social media on self-esteem. 80% of children who come into contact with Place2Be are affected by low self-esteem.

Many children that work with Place2Be do not know where or how to ask for help when dealing with these challenges and therefore often feel hopeless about the situation that they are in and cannot see a way out.

Things can then worsen and children's mental health may begin to deteriorate as the individual feels a sense of futility. The theme of 'Find Your Brave' tries to make children and young people see that it's OK to find things challenging and that more importantly, it's important to open up and talk about things as well as asking other people for help and support.



What Is Being Done?

Place2Be and Children's Mental Health Week work towards making a difference in how people deal with issues and challenges that they face in life. They do not claim to wave a magic wand and make everything OK but they do work towards making a difference in people's lives by using positive thinking. This is done through activities that help people talk about problems and encourage them to ask for help. Place2Be also encourage children to push themselves out of their comfort zone and try something new as they believe this will help build their confidence and self-esteem.

Find Your Brave

The Theme of 'Find Your Brave' for 2020 looks at supporting people and giving them the confidence and tools to deal with problems and challenges in life. The theme aims to highlight the fact that although life can sometimes be challenging, if we are brave, we can overcome these challenges. Being brave is not about trying to deal with problems on your own or holding things in. Instead, bravery is about finding positive ways to deal with things that might be difficult such as asking for help from others, trying something new or pushing yourself outside your comfort zone.

Place2Be have suggested these tips for finding your brave:

- Make a list of times when you have done something brave. Think about the emotions you felt at this time and write them down.
- Decide on one new brave thing that you could do at school or in another social situation such as speaking up in class, standing up for someone or volunteering to do something. Start with something small and then try something scarier or more challenging next time.
- Consider learning a new skill or starting an activity that you've never done before. Remember that it is OK to feel nervous about trying something new – everyone has to start somewhere. Why not ask a friend to do it with you?
- When you are with other people, ask them what they do to Find Their Brave. They might come up with some good ideas that you could try!

Questions

1. When did Children's Mental Health Week begin?

2. Explain, using evidence from the text, how The Duchess of Cambridge feels about Children's Mental Health.

3. Match the following sentences.

The Duchess of Cambridge

Low self-esteem

Friendly people around

Place2Be

promotes mental wellbeing in schools.

help you with your own wellbeing.

has been a Royal Patron of Place2Be for at least 5 years.

means that you think negatively about yourself.

4. Which of the following words is closest in meaning to 'futility'. Tick **one**.

- hope
- uselessness
- fun
- fear

Questions

5. According to Place2Be, what percentage of children are affected by low self-esteem?

6. Explain what you think HRH The Duchess of Cambridge meant when she said “[In our childhood, we] learn to be ourselves.”

7. What do Place2Be believes happens when children do not ask for help?

8. ‘Place2Be also encourage children to push themselves out of their comfort zone...’
Explain in your own words what this means.

9. According to the text, what is bravery?

10. Explain what you think the positive impact of having Children’s Mental Health Week as an event could be.

Answers

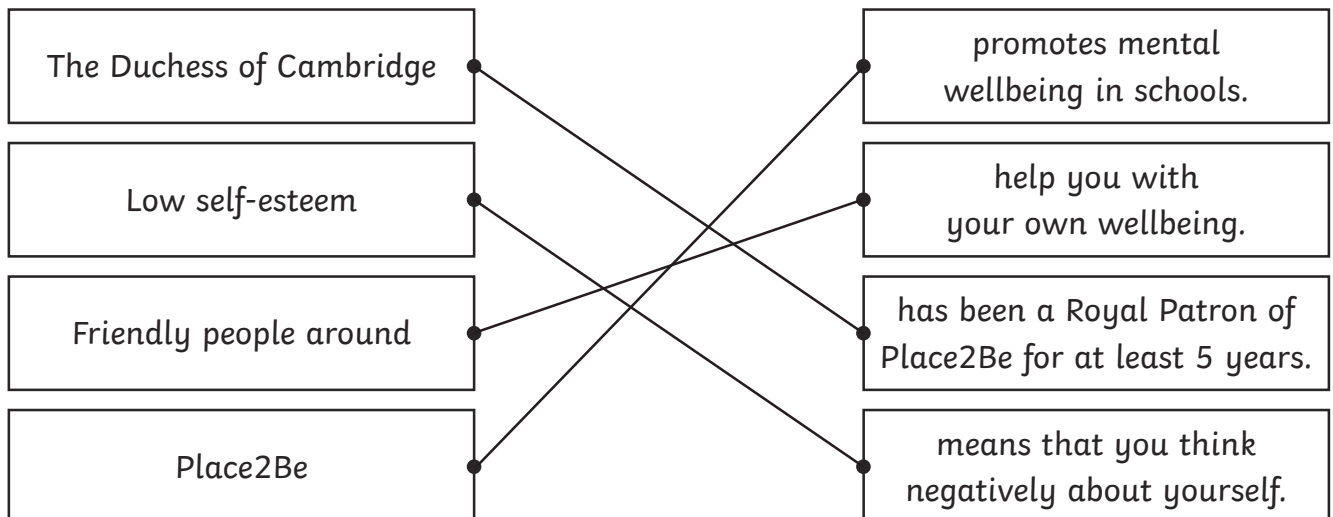
1. When did Children's Mental Health Week begin?

2015

2. Explain, using evidence from the text, how The Duchess of Cambridge feels about Children's Mental Health.

Accept any suitable answer, such as: The Duchess of Cambridge thinks children's mental health is very important and she supports the work of the charity Place2Be. The evidence for this is that she is the Royal Patron of the charity and recorded a message to launch the week, showing that she thinks children's mental health is very valuable.

3. Match the following sentences.



4. Which of the following words is closest in meaning to 'futility'. Tick **one**.

- hope
- uselessness**
- fun
- fear

Answers

5. According to Place2Be, what percentage of children are affected by low self-esteem?

80%

6. Explain what you think HRH The Duchess of Cambridge meant when she said “[In our childhood, we] learn to be ourselves.”

Pupil’s own response, such as: I think the Duchess of Cambridge meant that our childhood is a time to explore our likes and dislikes and what suits us so that we can accept ourselves for who we are.

7. What do Place2Be believes happens when children do not ask for help?

Pupil’s own response, such as: Place2Be believe that when children do not ask for help, things can get worse as the child’s mental health gets worse and they cannot see a way out of their problem.

8. ‘Place2Be also encourage children to push themselves out of their comfort zone...’ Explain in your own words what this means.

Pupil’s own response, such as: I think this means that Place2Be encourage children to do something that they wouldn’t ordinarily do or that they do not think they are capable of doing.

9. According to the text, what is bravery?

Bravery is finding positive ways to deal with difficult things such as asking for help, trying something new or pushing yourself out of your comfort zone.

10. Explain what you think the positive impact of having Children’s Mental Health Week as an event could be.

Pupil’s own response, such as: I think the positive impact of having Children’s Mental Health Week as an event could be that more time is spent thinking about children’s wellbeing and mental health which will increase awareness of issues faced by young people.

Usain Bolt

Biography

So, how do you become the greatest sprinter of all time?

Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' He first showed sprinting potential at a very young age and became the fastest 100m runner at his school by the age of 12. Whilst at secondary school, Usain was encouraged to concentrate on sprinting, which led him to win his first High School Championships medal. Since then, he has set new world records, overcome injuries, won numerous medals, become a national treasure in his home country of Jamaica and he hasn't even finished yet!

Usain was born on 21st August 1986, in Jamaica, to parents Wellesley and Jennifer Bolt. He grew up with his brother and sister, and adored playing football and cricket.

He competed in his first race whilst at primary school, but sprinting wasn't his first love. Bolt has often said that if he hadn't have become a sprinter, he would have loved to have been a fast bowler, having been inspired by Waqar Younis, a former international cricket player.

Whilst at high school, Usain focused on sprinting and won his first silver medal in the 2001 High School Championships. His talent caught the eye of former Jamaican Olympic sprinter Pablo McNeil, who went on to become his coach. Pablo would sometimes get frustrated with Bolt as he didn't always take his training seriously and enjoyed playing practical jokes.

The 2001 World Youth Championships was Usain's first appearance on the world stage. He didn't win any medals, but he did set a new personal best in the 200m race. The Jamaican Prime Minister recognised Bolt's talent and arranged for him to move to Kingston to train with the Jamaican Amateur Athletic Association.



Usain Bolt



The World Junior Championships came next for Usain and it was here that he became the youngest World Junior gold medallist. He continued to win medals in 2003, when he competed at the World Youth Championships.

In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds. With this fantastic time, he turned professional and was chosen to compete in the Jamaican Olympic team. He went to the Olympic Games in Athens in 2004 but a recurring leg injury ruled him out of winning any medals. He received offers to go and train in America but Bolt wanted to stay true to his roots and despite the basic facilities available to him, remained in Jamaica. For some time, injuries thwarted him, but he came back even stronger.

As the years passed by, Bolt took his sport more seriously and began to train harder to win events. At the 2008 Beijing Olympic Games, he broke more world records, winning gold in the 100m, 200m and relay. This was followed by the World Championships in Berlin where he improved his times, running the 100m race in 9.58 seconds and the 200m in 19.19 seconds.

Bolt competed in the 100m, 200m and relay events at the London 2012 Olympic Games, where he won three golds once again. This made him the first person to win all three events at consecutive Olympic Games. Following his performance in London, a fellow competitor said, 'There's no doubt he's the greatest sprinter of all time.'

Usain is nicknamed 'Lightning Bolt' and continues to be widely regarded as being the fastest sprinter of all time. He plans to retire in 2017.

Olympic Games	Event	Medals
2008 Beijing	100m, 200m, relay	Gold
2012 London	100m, 200m, relay	Gold

Usain Bolt Comprehension

Try to answer the questions using full sentences.

1. When and where was Usain born?

2. By what age had Bolt become the fastest 100m runner at this school?

3. Who is he inspired by??

4. Why did Pablo McNeil get frustrated with Bolt?

5. Why did Usain move to Kingston?

6. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?

7. Why do you think Usain reached a point in his life where he decided to take his sport more seriously and train harder?

Usain Bolt Comprehension

8. Explain how Bolt has shown resilience in his professional career.

9. Why is Usain nicknamed 'Lightning Bolt'?

10. Which do you think is Usain's greatest achievement to date? Why?

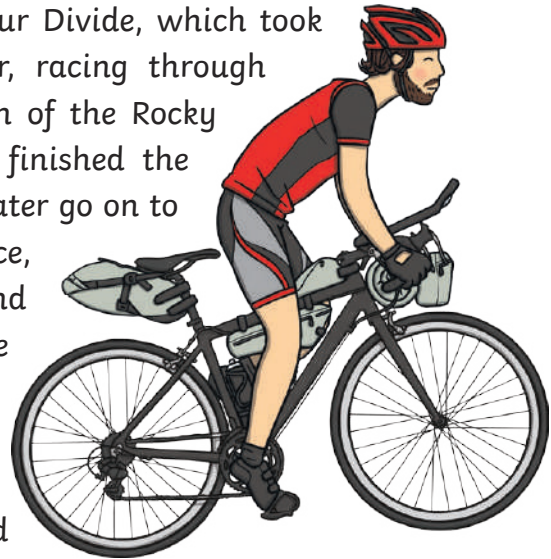
Usain Bolt Answers

1. When and where was Usain born?
Usain was born in Jamaica on 21st August 1986.
2. By what age had Bolt become the fastest 100m runner at this school?
He became the fastest 100m runner at his school by the age of 12.
3. Who is he inspired by?
He is inspired by Waqar Younis, a former international cricket player.
4. Why did Pablo McNeil get frustrated with Bolt?
He got frustrated with Usain because he didn't always take his training seriously and enjoyed playing practical jokes.
5. Why did Usain move to Kingston?
He moved to Kingston because the Prime Minister spotted his talent and wanted him to train with the Jamaican Amateur Athletic Association.
6. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?
Answers will vary.
7. Why do you think Usain reached a point in his life where he decided to take his sport more seriously and train harder?
Answers could include reference to: Usain realising his own potential, upcoming important sporting events were getting closer, not wanting to become injured again and /or that he felt the need to please people who had believed in him, like his trainer and the Jamaican president.
8. Explain how Bolt has shown resilience in his professional career.
In 2004, Bolt went to the Olympic Games in Athens but a leg injury stopped him from winning any medals. He was injured for some time but came back stronger to win gold at the 2008 Olympic Games.
9. Why is Usain nicknamed 'Lightning Bolt'?
It's a play on words because of his surname and also to signify his speed - as fast as lightning!
10. Which do you think is Usain's greatest achievement to date? Why?
Answers will vary.

Mike Hall

Have you ever been worn out after a short bike ride? Imagine if your bike ride was more than a thousand miles long! This would have been a short trip for Mike Hall. Mike was born on 4th March 1981 in Harrogate, North Yorkshire. He began to compete in long distance races - over 24 hours - when he was about 28 years old. He soon made the step up to ultra-distance racing. These are races that cover thousands of miles and last for weeks.

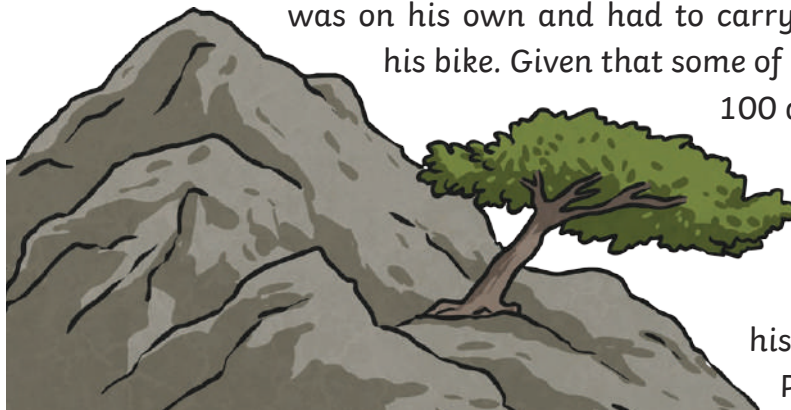
Mike's first ultra-distance race was the Tour Divide, which took him from Canada to the Mexican border, racing through the USA. He unbelievably raced the length of the Rocky Mountains whilst being injured and still finished the race in an amazing 11th place. He would later go on to dominate the event, winning the race twice, whilst setting course records, which still stand today. Mike was a force in ultra-distance racing, often finishing in first place! He won the Trans AM Race, which runs from the west coast of America to the East, for approximately 4200 miles. Mike completed this race in an astonishing 17 days and 16 hours.



No one has ever completed the race in a faster time!

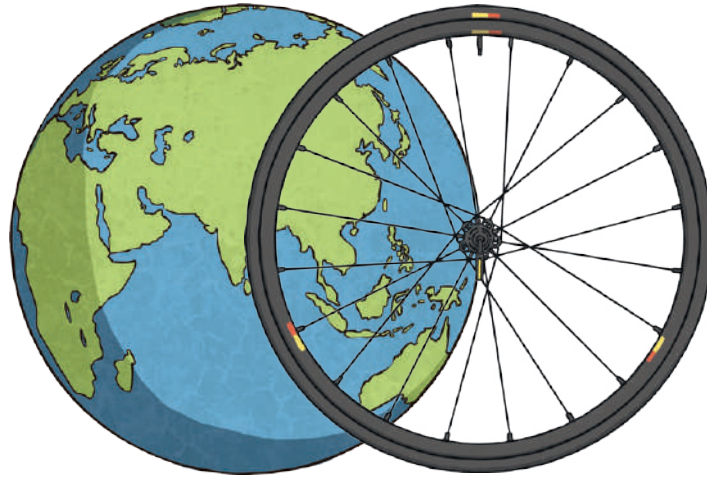
He was also a keen race organiser and passionate fundraiser. He was the main organiser of the Transcontinental Race, which takes place in Europe. Riders travel from the UK to the border of Europe and Asia in Turkey. Throughout his racing career, he raised thousands of pounds for a charity supporting newborn children in Vietnam, Asia.

Mike competed in self-supporting, ultra-distance races, which means that he was on his own and had to carry everything he needed on his bike. Given that some of his races could last almost 100 days, this was a challenge.



He would have to find his own water and use the power he generated whilst riding to charge his phone and GPS (Global Positioning System).

Sadly, Mike Hall was killed in a collision with a car whilst competing in the Indian Pacific Wheel Race in Australia in March 2017. Mike had almost completed the race and was in 2nd place. The race was cancelled following this tragic incident. The race organisers paid tribute to Mike, saying that he would leave 'an incredible legacy'.



Questions

1. At what age did Mike start competing in long distance races?

2. Which was Mike's first ultra-distance race?

3. What does the word 'dominate' mean?

4. Where does the Transcontinental Race start and finish? Circle two answers.

Start	Finish
UK	Bulgaria
France	Turkey
Norway	Italy

5. Why was Mike's time for the Trans AM Race described as 'astonishing'?

6. What does GPS stand for?

7. Mike had to carry all the water he needed for his races. True or False? Explain your answer.

8. Why was it a challenge for Mike to carry all of his equipment?

9. Find two pieces of evidence to show Mike Hall was a determined person.

10. What ultra-challenge might you want to attempt?

Answers

1. At what age did Mike start competing in long distance races?

Mike started competing in long distance races when he was 28.

2. Which was Mike's first ultra-distance race?

Mike's first ultra-distance race was the Tour Divide.

3. What does the word 'dominate' mean?

Dominate means that you beat others or win for a long time.

4. Where does the Transcontinental Race start and finish? Circle two answers.

Start	Finish
UK	Bulgaria
France	Turkey
Norway	Italy

5. Why was Mike's time for the Trans AM Race described as 'astonishing'?

It was astonishing because he rode such a long way in a very short time.

6. What does GPS stand for?

GPS stands for Global Positioning System.

7. Mike had to carry all the water he needed for his races. True or False? Explain your answer.

False. He had to find water during the race rather than carry it all.

8. Why was it a challenge for Mike to carry all of his equipment?

He has to carry enough equipment for lots of days but only had his bike to put it on.

9. Find two pieces of evidence to show Mike Hall was a determined person.

Variety of answers possible linked to the ideas of determination, covering long distances, riding when injured, trying again to beat his time or place, racing every year, etc.

10. What ultra-challenge might you want to attempt?

Variety of answers possible linked to challenges, swim the Channel, climb mountains, walk across a country, etc.

The Football Association Challenge

The Cup Final

Cup Final Facts

- The match is widely known as just the **Cup Final**.
- It is the last match in the **Football Association (FA) Challenge Cup**.
- From 2015 to 2018 it was also known as the **Emirates FA Cup**.
- The first televised final in 1937 had about **10 000 viewers**.
- Today's final has about **88 600 stadium spectators** and over **10 million** TV viewers tune in to the BBC Sport channel.
- **875 million** viewers watched the 2016 final worldwide.
- A women's tournament is held at the same time, the **FA Women's Cup**.
- The **FA trophy** (winner's cup) is only on loan to the winning side.
- It is the oldest cup competition in the world, first played in the **1871 - 72** season.
- The 2016 champions are **Manchester United**.

Who Can Enter?

The Challenge Cup competition is open to any club in the top ten levels of the English Football League. Once clubs have registered to play, the tournament is organised into 12 randomly drawn rounds, followed by the semi-finals and finals. The higher ranked teams join the competition in round three.

Clubs Entering the FA Cup

1871 - 72	15
1921 - 22	656
2004 - 05	660
2006 - 07	687
2007 - 08	731
2014 - 15	736



Where Are the Matches Held?

The first 12 round matches will usually be played at the home ground of one of the two teams. From 1923 to 2000, the old Wembley Stadium hosted the finals. The only exception was in 1970, when the replay between Leeds and Chelsea was held at Old Trafford, Manchester.

Between 2001-2006, whilst Wembley Stadium was being rebuilt, the final was held at the Millennium Stadium in Cardiff.

The final match has been played at the rebuilt Wembley Stadium since 2007 and the semi-final and final matches have been played there since 2008.



What Do the Winners Receive?



The winners of the final match receive the Football Association Cup, the FA Cup. It comes in three parts, the base, the cup and a lid. Over the years, there have been two designs of trophy and five cups have been made. The first cup, known as the 'little tin idol', was stolen in 1895 and never returned. In 1958, a criminal by the name of Henry James Burge claimed to have carried out the robbery, but the police reports did not match his account of events and the case was closed. The FA fined Aston Villa £25 to pay for a replacement as it was stolen whilst they had it in their care. An exact replica was made and used until 1910. In 2005, this version was sold at auction and made £42 000. It was bought by David Gold, chairman of Birmingham City, and presented to the National Football Museum for public display. From 1911, a new design was made. It was larger than the previous trophy,

The Football Association Challenge

standing 61.5cm high. In 1992, another copy was made as the cup was wearing out from being handled, and another replacement was made in 2014. This took over 250 hours to make and weighs 6.3kg of solid silver. The cup is presented at the end of the match, giving the engraver just five minutes to engrave the winning team on the silver band on the base. The cup has ribbons from both teams decorating it during the final. The loser's ribbon is removed before the presentation.

Each club in the final match is given 30 winners or runners-up medals. These are given to players, staff and officials. In 1914, Burnley won the cup and received medals struck in error, as "English Cup Winners".

Fantastic Final Facts

Most wins:

Arsenal and Manchester United (12)

Most appearances in a final:

Arsenal (20)

Number of spectators at first final:

2000, at Kennington Oval in 1872

Most defeats:

Everton (8)

Biggest winning margin:

6 goals (Bury v Derby County, 6-0)

Most goals in a final:

7 goals (Blackburn Rovers v Sheffield Wednesday, 6-1 and Blackpool v Bolton Wanderers, 4-3)

Most appearances without losing:

Wanderers (5)

Most appearances without winning:

Leicester City (4)

Youngest FA Cup finalist:

Curtis Weston of Millwall (17 years 119 days.)

Oldest FA Cup finalist:

Billy Hampson of Newcastle United (41 years and 257 days.)

Most individual wins:

Ashley Cole (7)

Most individual appearances:

Arthur Kinnaird (9)

Cost of old Wembley (Empire Stadium):

£750 000 (1923)

Cost of new Wembley Stadium:

Over £750 000 000 (2007)

Did You Know?

- The first winners of the cup in 1872 were Wanderers, who also won it the following year.
- The Challenge Cup was suspended in 1915 - 1919 because of the First World War.
- In 1923, the final was played at the newly opened Wembley Stadium.
- The Challenge Cup was suspended again between 1939 - 1945 because of the Second World War.
- Since the creation of the Football League, Tottenham Hotspur is the only non-league club to win the Cup (against league runners-up, Sheffield United in 1901).
- 4 FA finals have finished goalless.
- In 1971, Alvechurch and Oxford City had to play 6 games to eventually produce a winner – the first five being drawn matches; an amazing 11 hours of football!
- The FA Cup has only been won by a non-English team once, by Cardiff City in 1927. In the same season, they won the Welsh Cup.



The Football Association Challenge: The Cup Final

Questions

1. During which year did the Cup Final have 10 000 TV viewers?

2. What is the women's competition called?

3. How many rounds of football are there in the competition?

4. How many fewer entries were there in 1921 - 22 than in 2014 - 15?

5. Put the following information in the order it is found in the text. The first one has been done for you.

In 2005, this version was sold at auction and made £42 000.

The FA fined Aston Villa £25.

The losers ribbon is removed before the presentation.

In 1914, Burnley won the cup.

The 'little tin idol', was stolen.

Standing 61.5cm high.

Henry James Burge claimed to have carried out the robbery.

Giving the engraver just five minutes.

6. Circle your choice from the answers below.

a. Number of spectators at the first final?

7500

200

2000

750 000

b. Who had the most individual appearances in a Cup Final?

Alan Shearer

Henry Kinnaird

Ashley Cole

Arthur Kinnaird

c. How many times more expensive was the new Wembley Stadium compared with the old one?

100

10

10 000

1000

7. **Find** and **copy** a word that means postponed or put off until another time.

8. In the matches against Alvechurch and Oxford City, if each half was 45 minutes long, how long was each interval?

9. How is this information text organised? List as many features as you can.

10. Do you think the team winning the FA Cup should be able to keep the trophy? Explain your opinion.

Answers

1. During which year did the Cup Final have 10 000 TV viewers?

The 1937 Cup Final had 10 000 viewers.

2. What is the women's competition called?

The women's tournament is called the FA Women's Cup.

3. How many rounds of football are there in the competition?

Twelve first rounds and the semi-final and final matches are played, making 14 in all.

4. How many fewer entries were there in 1921 - 22 than in 2014 - 15?

There were 80 fewer entries in 1921 - 22 than in 2014 - 15.

5. Put the following information in the order it is found in the text. The first one has been done for you.

In 2005, this version was sold at auction and made £42 000.

The FA fined Aston Villa £25.

The losers ribbon is removed before the presentation.

In 1914, Burnley won the cup.

The 'little tin idol', was stolen.

Standing 61.5cm high.

Henry James Burge claimed to have carried out the robbery.

Giving the engraver just five minutes.

6. Mark your choice from the answers below.

- a. Number of spectators at the first final?

2000

- b. Who had the most individual appearances in a Cup Final?

Arthur Kinnaird

- c. How many times more expensive was the new Wembley Stadium compared with the old one?

1000

The Football Association Challenge: The Cup Final

7. Find and copy a word that means postponed or put off until another time.

Another word for postponed is suspended.

8. In the matches against Alvechurch and Oxford City, if each half was 45 minutes long, how long was each interval?

If each half of the match was 45 minutes, the whole match would be 90 minutes, making 540 minutes for 6 matches. There are 660 minutes in 11 hours, $660 - 540 = 120$, divided by six matches, making each interval 20 minutes long.

9. How is this information text organised? List as many features as you can.

The text is organised into headings, sub-headings, paragraphs, bullet points, text boxes, bold font and illustrations.

10. Do you think the team winning the FA Cup should be able to keep the trophy? Explain your opinion.

Various responses which could include the opinions;

I think the winning team should be able to keep the trophy because they have worked hard to achieve it and it would be a permanent reminder of their success.

Or,

I do not think that the winning team should be able to keep the trophy because if their name is engraved on it then their success is recorded for ever and the trophy can be passed on to another team without anyone's achievement being forgotten.

Ibn Battuta



Ibn Battuta was born Abu Abdullah Muhammad Ibn Battuta on 25th February, 1304. He was a Muslim born in Tangier, Morocco and was a scholar and traveller. The family he was born into were of Berber origin and were traditionally legal scholars, so Ibn Battuta was educated in Islamic law.

At the age of 21, Ibn Battuta embarked on his first hajj, or pilgrimage, to Mecca. This is a journey of much significance for Muslims.

The journey should have taken 16 months. Ibn Battuta did not return home for 24 years!

A Long Journey

He usually joined a caravan on his travels. This meant that he was part of a larger group of travellers so that there was safety from bandits and robbers on the land.

Before Ibn Battuta arrived in Mecca, he spent the month of Ramadan in Damascus, then joined a caravan to Medina to see the site of the prophet Muhammad's tomb.

After four days, Battuta continued to Mecca. Instead of returning home from his pilgrimage, Ibn Battuta decided to continue on his journey to the north-east of India.

Alone

Ibn Battuta wrote;
"I set out alone, having neither fellow-traveller in whose companionship I might find cheer.

My parents, being yet in the bonds of life, it weighed sorely upon me to part from them, and both they and I were afflicted with sorrow at this separation."



Disaster!

He spent six years in Hansi in India. The sultan of Hansi made it difficult for Ibn Battuta to leave so when a group of travellers from China arrived, asking for Battuta's help to build a Buddhist temple in China, he agreed and left with them. On the journey, bandits attacked the travellers. Ibn Battuta was robbed and nearly lost his life.

Ten days later, Ibn Battuta caught up with the group, but while visiting a mosque, a storm blew up and sank one of their ships. The other ship sailed without him.

He took a detour to the Maldives but left after nine months. He was unhappy with how the women in the Maldives were allowed to dress, which was against Islamic rules.

Back Home

In 1348, Ibn Battuta travelled to Damascus in Syria where he heard that back in Tangier, his father had died 15 years earlier.

On his way home, he made one last detour to Sardinia and in 1349, he finally returned to Tangier, Morocco. Here he discovered his mother had died just a few months before.

Battuta went on more travels but finally returned to Morocco in 1355, where he was appointed as a judge. Not much is known about this time of his life and he died in 1368.

Through the years of travel, Battuta married and divorced a number of times and had children, though there is no indication he stayed with any of them or helped bring them up.

Critics do not believe he visited all the places he said he had, mainly due to the timescales he gave. Some people think he copied other written accounts of travellers' experiences and made it seem like they were his own.

Whatever the truth is, he certainly travelled a lot and through his book, helped people understand how Islam spread throughout the world.

Travels

Battuta didn't keep a journal during his travels, but recounted his adventures to Ibn Juzayy, a scholar he had met years before. Juzayy wrote the *Rihla*, which means 'the travels'.



Questions

1. Write three facts about Ibn Battuta.

2. Which word closely matches the meaning of 'embarked'. Circle your choice.

climbed

began

mission

adventure

3. Look at this sentence "...it weighed sorely upon me to part from them, and both they and I were afflicted with sorrow at this separation." Give two impressions this gives you about Ibn Battuta's decision to leave.

4. Describe what joining a caravan meant.

5. Look at the paragraph beginning "He spent six years in Hansi in India."
What opportunity arose, giving Battuta the chance to leave?

6. Identify two problems that Battuta encountered.

7. Place these sentences in the correct order.

- Battuta found out that his mother had died a few months before.
- Battuta became a judge.
- Battuta travelled to Damascus and was told his father had died.
- Battuta returned to Morocco.

8. Look at the paragraph beginning “Through the years of travel...” to the paragraph ending “...like they were his own”.

What impressions do you get of Ibn Battuta and how his adventures have been received by some people?

9. Explain how we know about his travels.

10. What are your general thoughts about Ibn Battuta?

Answers

1. Write three facts about Ibn Battuta.

Ibn Battuta was Muslim/named Abu Abdullah Muhammad Ibn Battuta/born on 25th February 1304/born in Tangier, Morocco/family of Berber origin/he was educated in Islamic law.

2. Which word closely matches the meaning of 'embarked'. Circle your choice.

climbed

began

mission

adventure

3. Look at this sentence "...it weighed sorely upon me to part from them, and both they and I were afflicted with sorrow at this separation." Give two impressions this gives you about Ibn Battuta's decision to leave.

that Ibn Battuta was sad/upset/found it hard to leave his parents.

that his parents found it difficult, him leaving/were very sad/full of sorrow.

4. Describe what joining a caravan meant.

Joining a caravan means that people travelled in large groups together so there was safety from being attacked by robbers and bandits on land.

5. Look at the paragraph beginning "He spent six years in Hansi in India."

What opportunity arose, giving Battuta the chance to leave?

A group of travellers from China came to Hansi in India and asked Battuta to help them build a Buddhist temple in China. This gave him chance to leave.

6. Identify two problems that Battuta encountered.

The group that Battuta was travelling with were attacked by robbers and he was nearly killed. Then, a storm blew up and sank one of the ships. The other ship sailed away without him.

7. Place these sentences in the correct order.

3 Battuta found out that his mother had died a few months before.

4 Battuta became a judge.

1 Battuta travelled to Damascus and was told his father had died.

2 Battuta returned to Morocco.

8. Look at the paragraph beginning “Through the years of travel...” to the paragraph ending “...like they were his own”.
- What impressions do you get of Ibn Battuta and how his adventures have been received by some people?

Answers will vary.

9. Explain how we know about his travels.

We know about his travels because he told a fellow scholar, Ibn Juzayy, who then wrote down all the adventures in a book called the Rihla, which means ‘the travels’.

10. What are your general thoughts about Ibn Battuta?

Answers will vary.