

Tessa Lochowski

Rise and * Shine



Activity Book and eBook



10-22 <A1/A1

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Welcome

to Rise and Shine Towers

1  0.04a Listen and point.



2   0.04b Listen and colour. Then say.

1

2

3

4

5

6

7

8

9

10



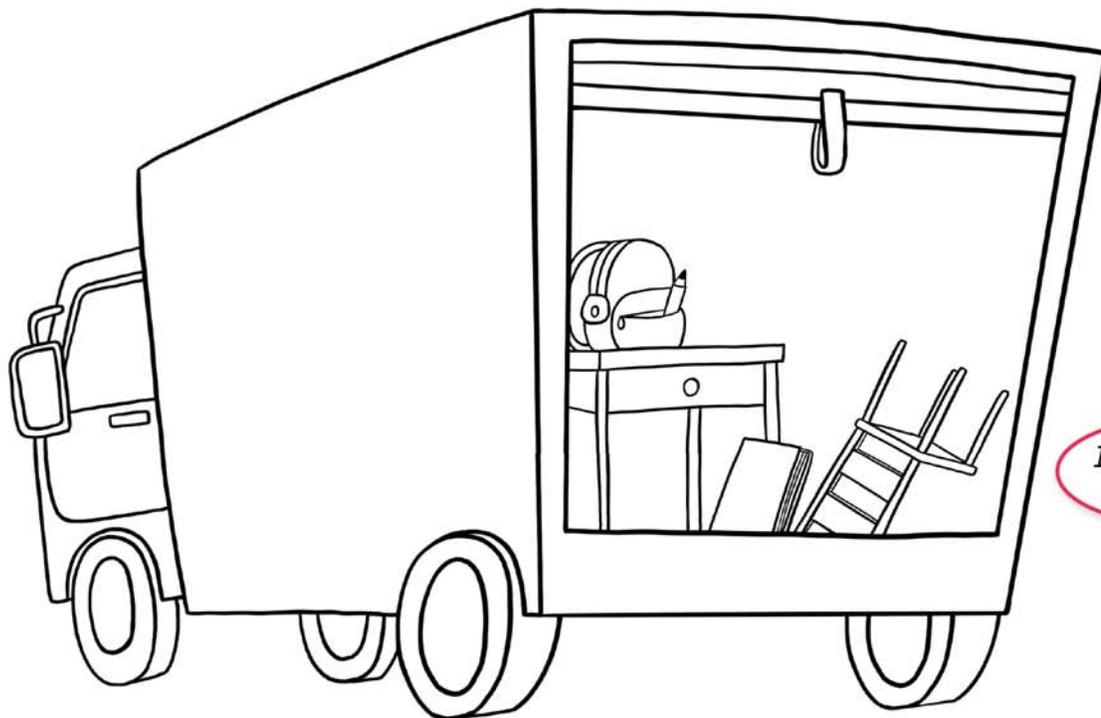
Tell me!

2

What's your favourite colour? Tell a friend.

Extra time?

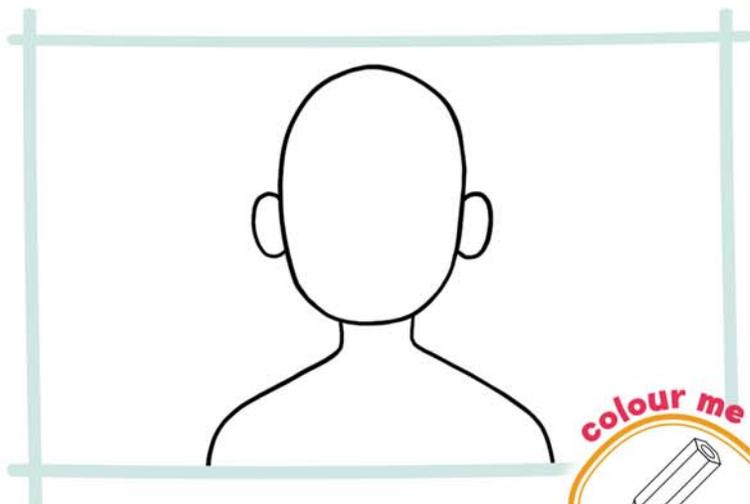
3  Find, circle and colour. Then say.



It's a pencil.
It's green.

I can shine!  

4  Draw for you.
Then say.



Say the numbers 1-10. **Extra time?**

1

Old toys, new toys

Lesson 1 → Vocabulary

Let's review!

PB p6

Find and colour.
Then say.



1 Match and say.



Tell me!

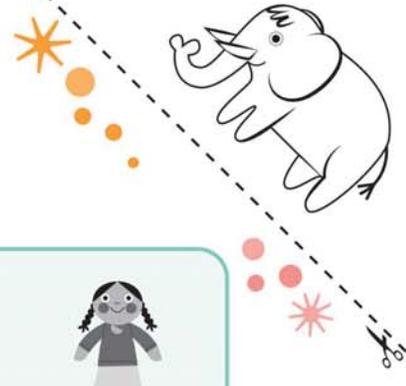


4

Say the words in alphabetical order.

Extra time?

Lesson 2 → Structures



1  1.06 Listen and circle.

1 a



b



2 a



b



3 a



b



4 a

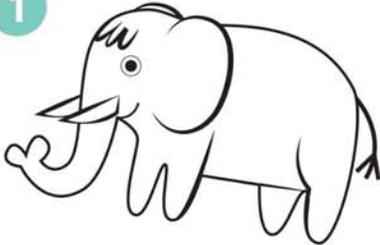


b

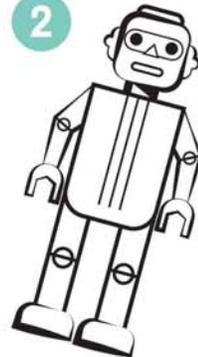


2  1.06a Listen and say yes or no.

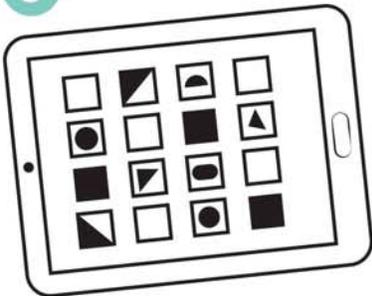
1



2



3



4



I can shine!

3



Colour a toy in Activity 2.
Then tell a friend.

colour me



Say your favourite toy word.

Extra
time?

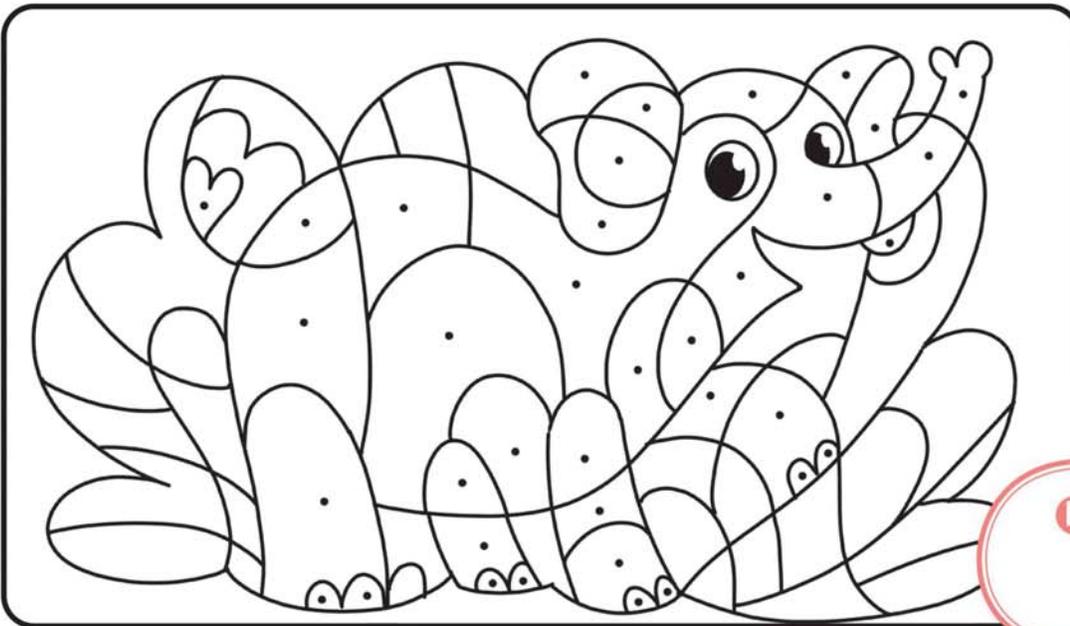
5

Lesson 3 → Story

1 PB p12-13 → Which toy is new? Point and say yes or no.



2  Find and colour. Then say.



Let's imagine!



I can shine! 

3  Draw. Then say.

And you? What's your favourite toy at school?



colour me

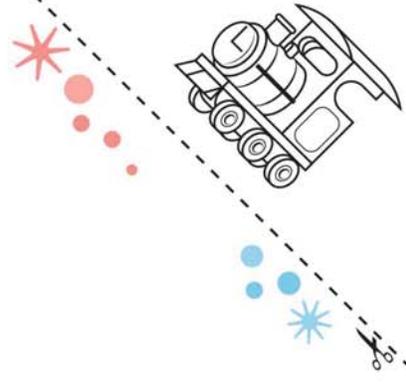


6

Rate the story and tell a friend. ☆☆☆

Extra time?

Lesson 4 → Vocabulary and structures



1 Which toy is big? Circle and say.

1

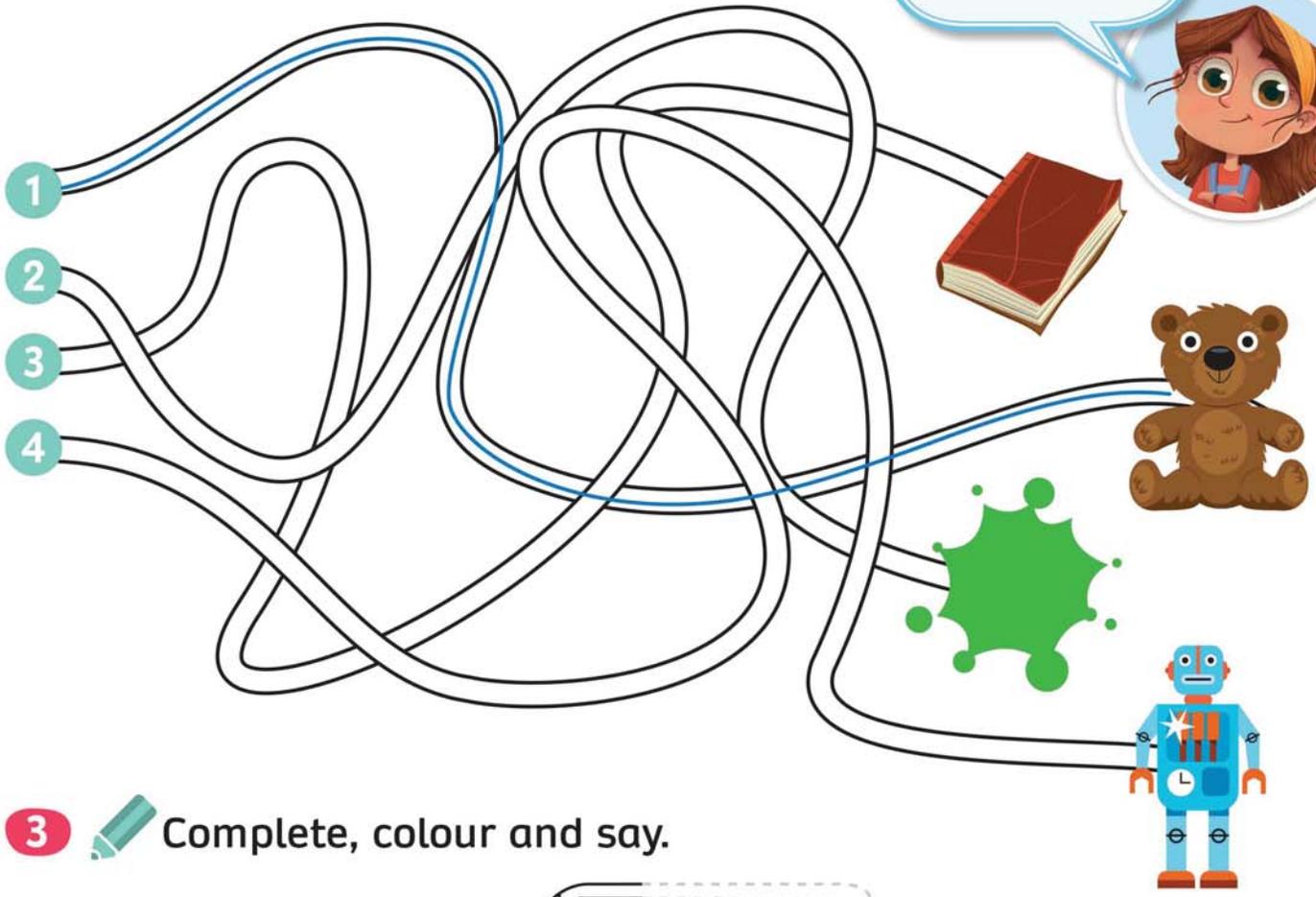


2

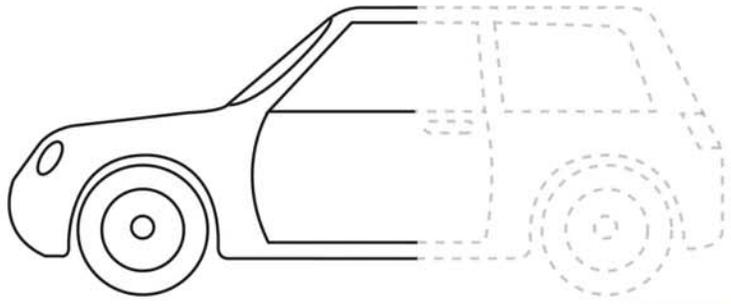


2 Follow, find and say.

Let's build!



3 Complete, colour and say.



Think of an old toy you've got. Draw and tell a friend.

Extra time?

Lesson 5 → Communication

1



Listen and colour.



My sounds

2



Listen and repeat. Then circle the odd one out.



1



2



I can shine!

3



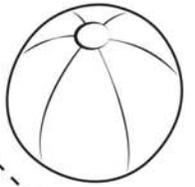
Listen to a friend and draw. Then swap.

It's a...
It's...



colour me





1 Circle the odd one out. Then say.

It's a new doll.



I can shine!

Think and share



2 Look, ask and answer. Then act out.



What's this?

It's a car.

colour me



What toys do your friends share with you? Talk with a friend.

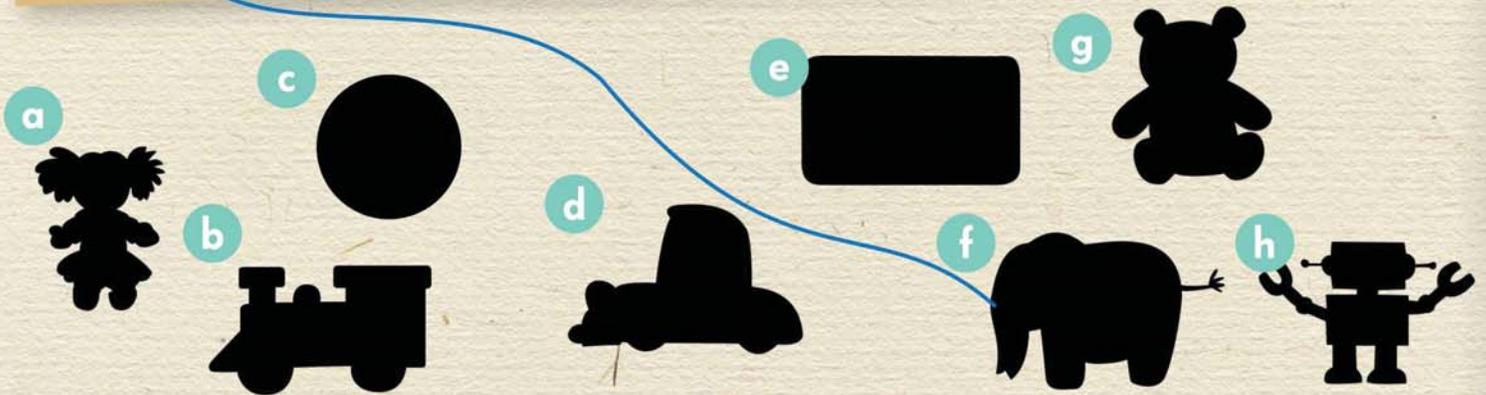
Extra
time?



Lessons 8 and 9 → Unit 1 Review



1 Look, match and say.



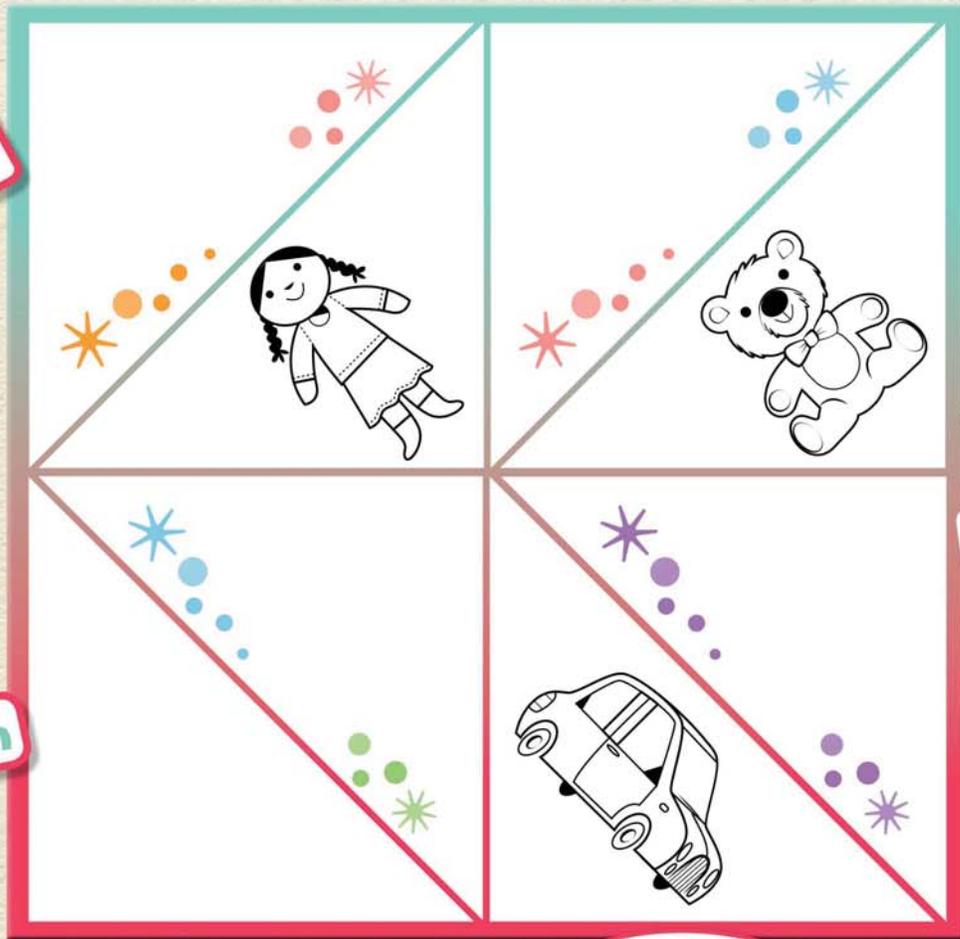
2  Choose a toy. Is it new, old, big or small? Draw and colour. Then tell a friend.

It's a big car.
It's red.

3



Stick, draw and colour.
Then play the game.



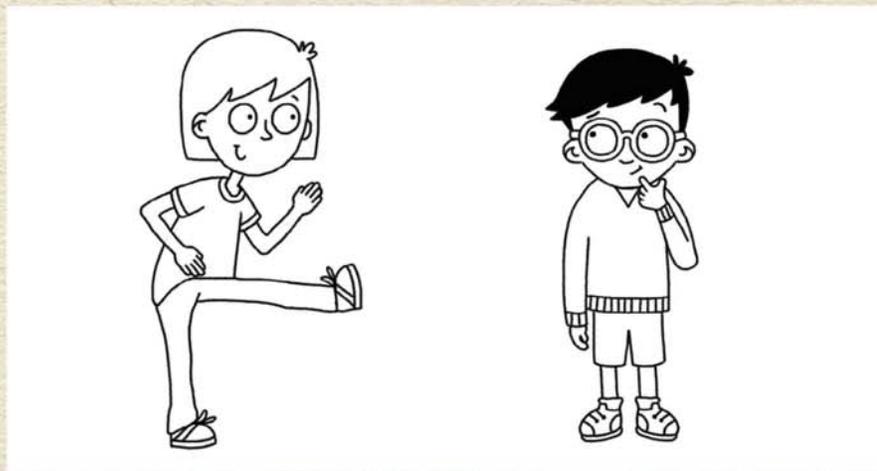
*It's an elephant.
It's grey.*

*It's a ball.
It's small.*

4



Think of new and old toys. Think of big and small toys.
Mime and guess.



Make a toy box. Then show and tell your family.

Home-school
link

2

All kinds of families

Lesson 1 → Vocabulary

Let's review!

PB p10-11

Find and colour.
Then say.



1 Match and say.

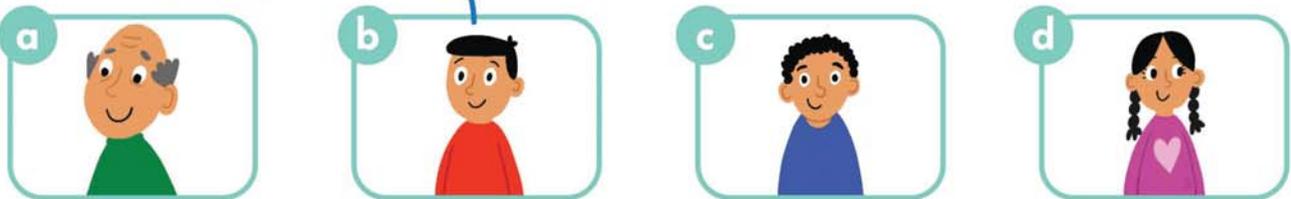
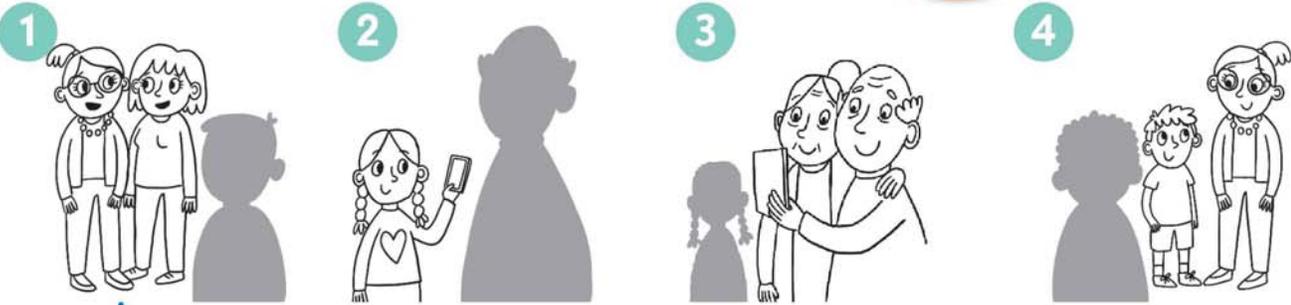


Tell me!



Lesson 2 → Structures

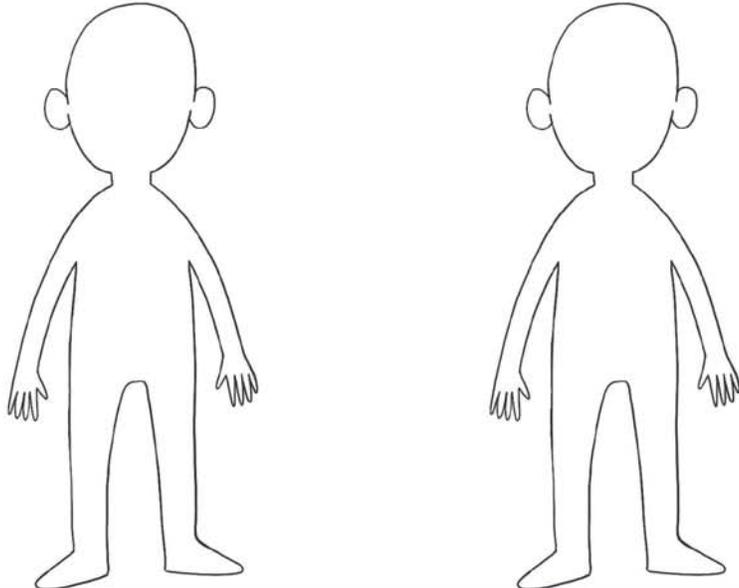
1  2.06 Listen and match.



2 Look at Activity 1. Describe and guess.

I can shine!

3   Draw two people in your family. Then tell a friend.



Say your favourite family word. **Extra time?**

Lesson 3 → Story

1

PB p22-23

Who is in Bruno's family?
Point and say *yes* or *no*.



2 Follow. Then say.



Let's imagine!



I can shine!

3



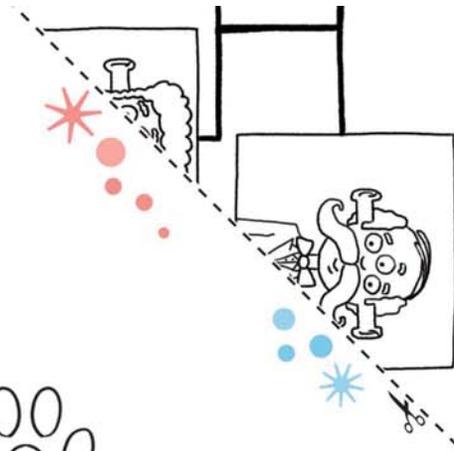
Draw.
Then say.

And you?
Who's in your
family?

colour me



Lesson 4 → Vocabulary and structures



1 2.08a Listen and circle.

1			
2			
3			

2 Match and say.

1

2

3

4

Let's build!

a

b

c

d

Think of a pet for you. Draw and tell a friend. **Extra time?**

Lesson 5 → Communication

1  2.13 Listen and point.



My sounds

2  2.14 Listen and repeat. Then point and say.



I can shine!

3  Circle for you. Then tell a friend.

I've got a...
And you?



colour me



1  Listen, point and say.

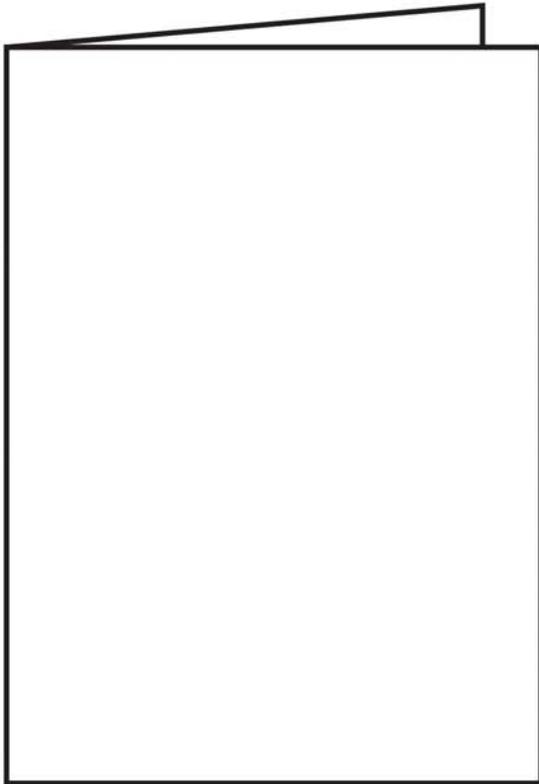
*This is for
my cousin.*



I can shine!

Think and share

2   Draw. Then tell a friend.



Who do you help in your family? Tell a friend.

Extra
time?



Lessons 8 and 9 → Unit 2 Review

1 2.17a Listen, point and say.



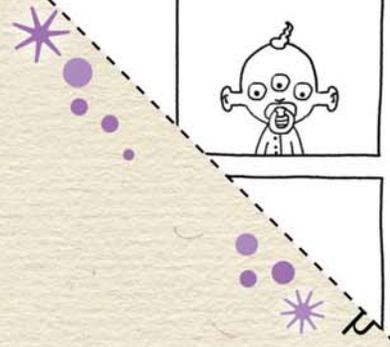
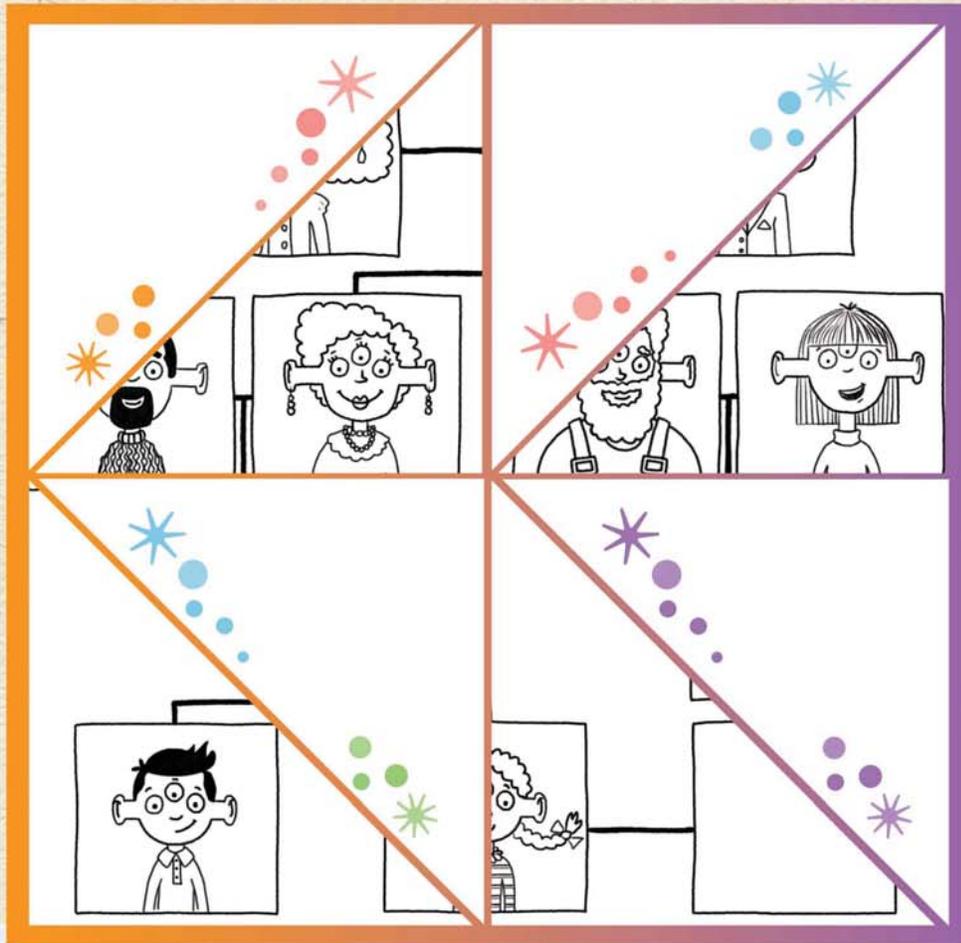
2 2.17b Listen and match. Then match for you. Tell a friend.



3



Stick, draw and colour. Then complete the family tree.



4



Think and draw for you. Then tell a friend.



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Review 1 Important to me

1  Colour and say.

It's a train.



2  **2.19**  Listen and point. Then ask and answer.



Who's this?

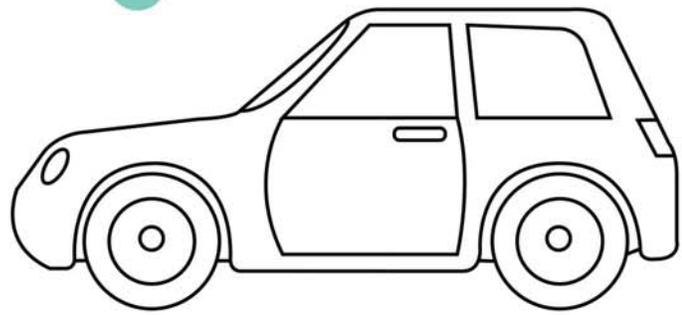
This is my...

What's this?

It's a...

3  Colour, point and say.

1



2

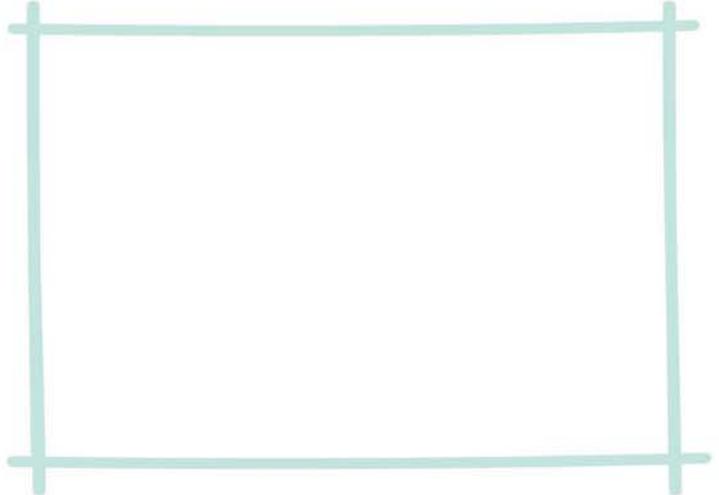


4  **2.19a** What have you got? Listen, circle and say.



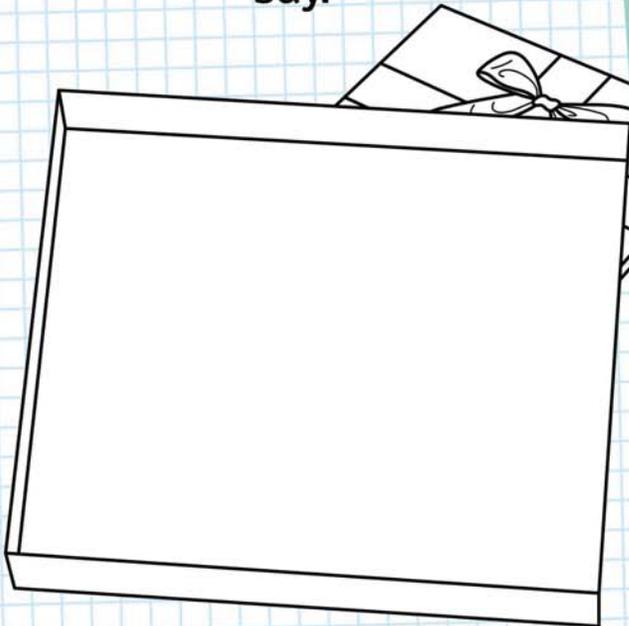
5  Think of a toy to play with. Draw and say.

Let's play with the car!



Mini-project

6  Think of a toy to give to your best friend. Draw and say.



Time to shine!

7  Look, think and colour.

1

			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------	--------------------------	--------------------------	--------------------------

2

			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------	--------------------------	--------------------------	--------------------------

3

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------------------------------------------------------------------	--------------------------	--------------------------	--------------------------

3

Amazing bodies

Lesson 1 → Vocabulary

Let's review!

PB p20-21

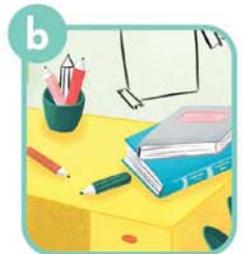
Find and colour.
Then say.



1 Match and say.



Tell me!

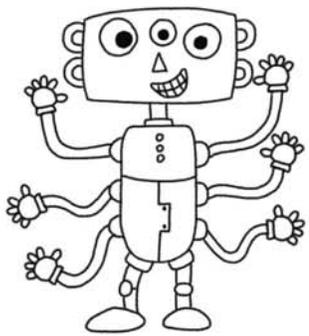


Lesson 2 → Structures

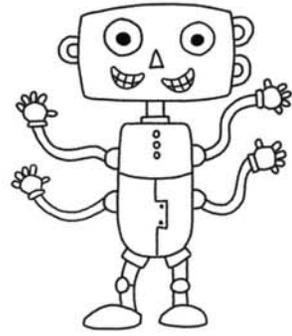


1  3.06 Listen and circle.

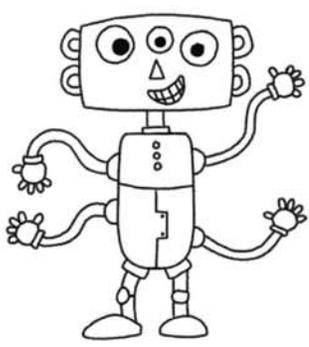
1



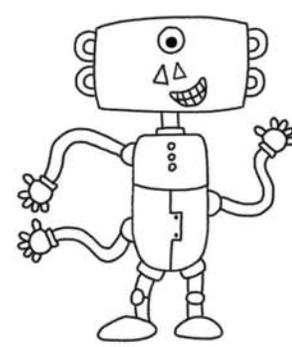
2



3



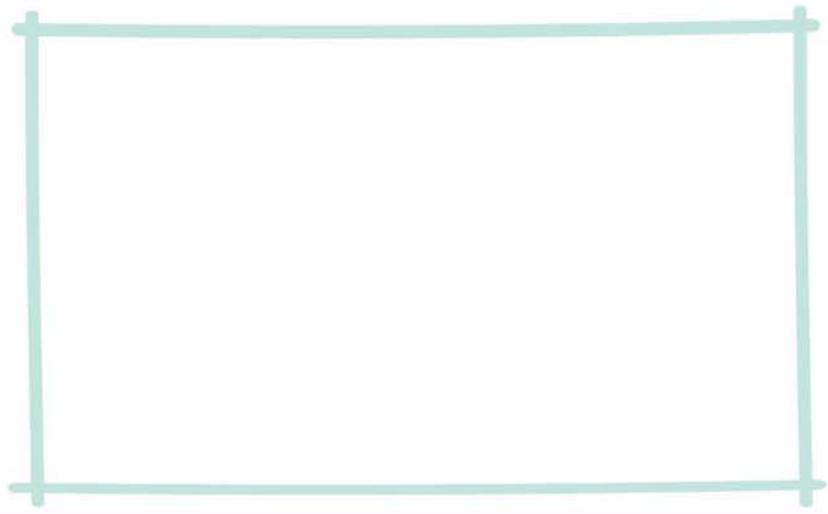
4



2 Look at Activity 1. Describe and guess.

I can shine! 

3   Draw your robot. Then tell a friend.



Say your favourite body word.

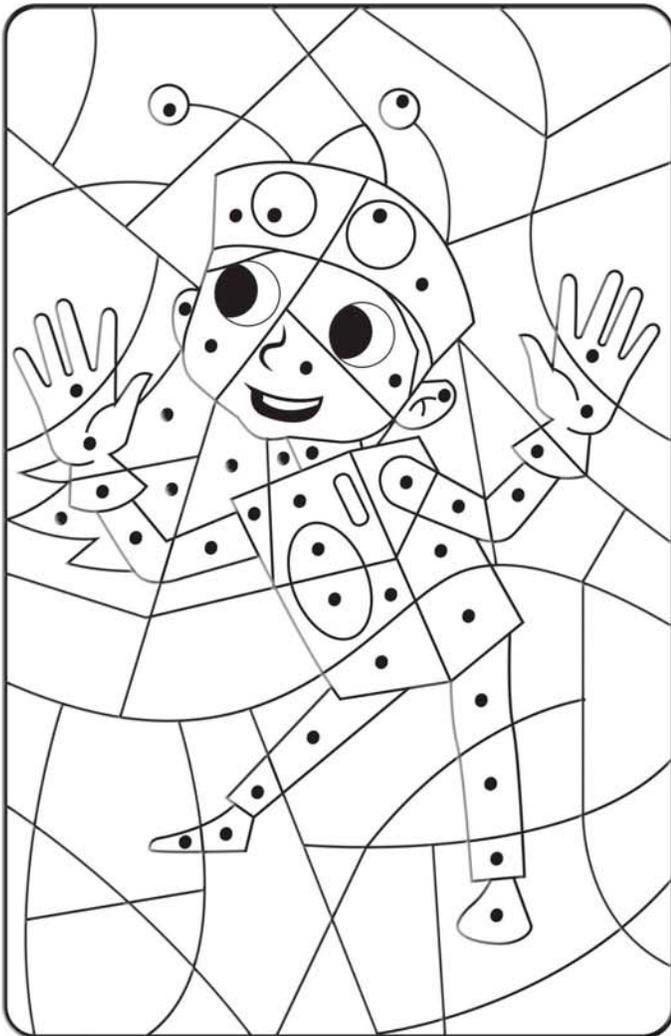
Extra time?

Lesson 3 → Story

1  PB p34-35 Which is the odd one out? Point and say yes or no.



2  Find and colour. Then say.



Let's imagine!



I can shine!

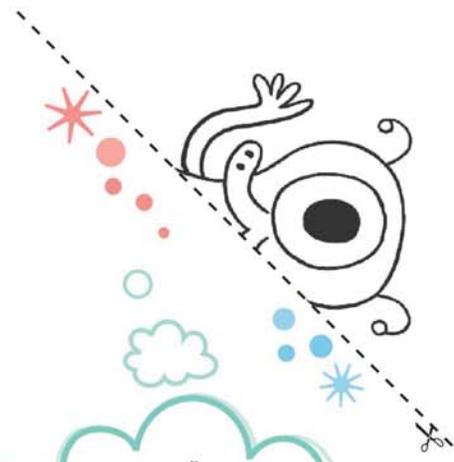
3  Draw. Then say.

And you?
Can you dance?

colour me



Lesson 4 → Vocabulary and structures



1 3.08a Listen and match.

2 Match and say.

Let's build!

Think of something you can do. Draw and tell a friend.

Extra time?

Lesson 5 → Communication

1  3.13 What can't they do? Listen and match.



1

2



My sounds

2



3.14 Listen and repeat. Then point and say.



I can shine!

3



What can you do? What can't you do? Tell a friend.



colour me





1  Listen, point and say.



1 - Clap your hands!

I can shine! 

2  Look, think and draw.



Think and share



Play a clapping game with a friend.

Extra
time?



Lessons 8 and 9 → Unit 3 Review

1   Listen and draw. Then colour.



2  Match and say. Then play with a friend.

1



2



3



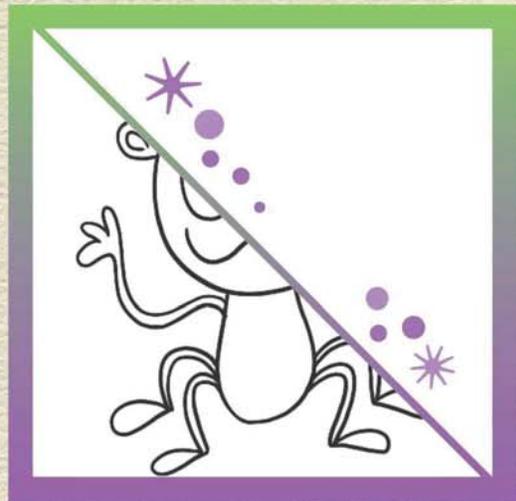
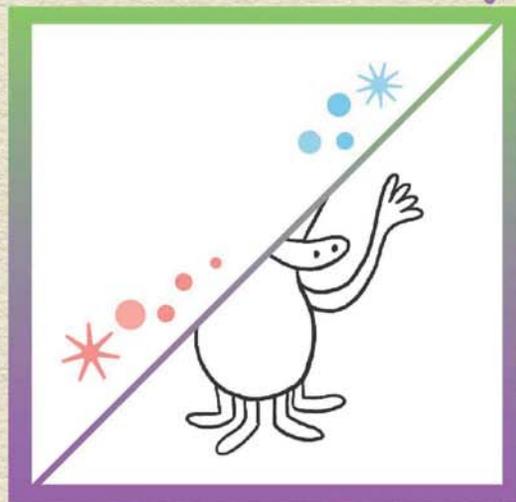
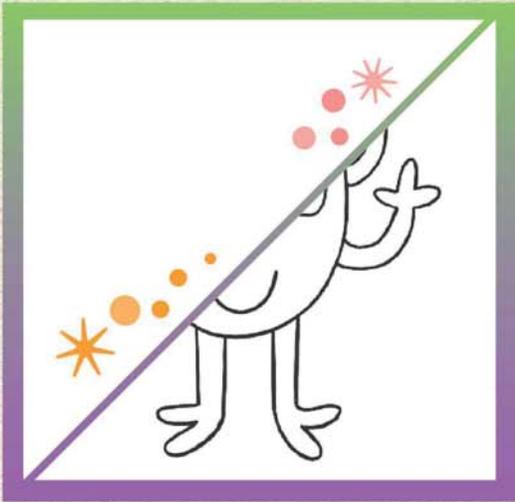
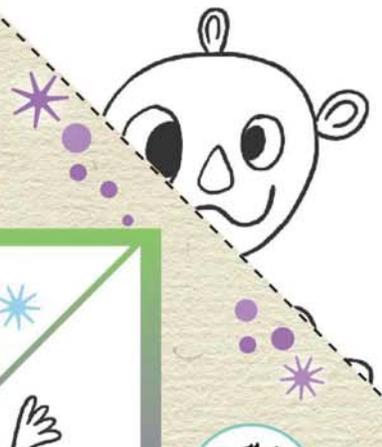
4



3



Stick and circle. Then tell a friend.



4



Think and circle for you. Then tell a friend.



Make an 'I can do it!' poster. Then show and tell your family.

Home-school link

4

Let's eat up

Lesson 1 → Vocabulary

Let's review!

PB p32-33

Find and trace.
Then say.



h



n

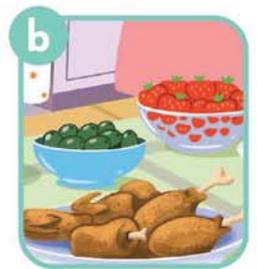


e

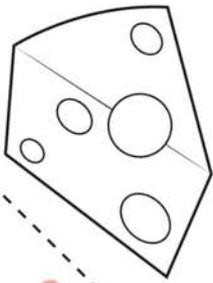
1 Trace and match.



Tell me!



Lesson 2 → Structures



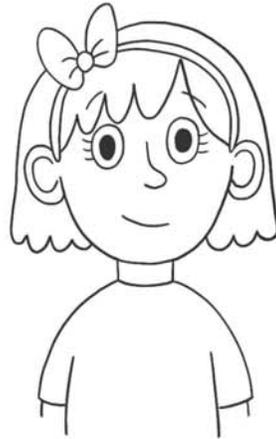
1 4.06 Listen and tick (✓) or cross (X).



2 Trace. Then read and draw 😊 or ☹️.

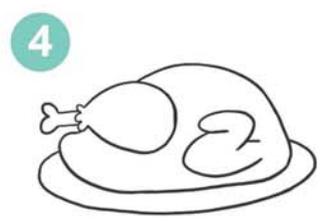
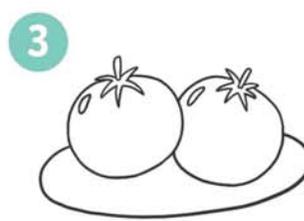
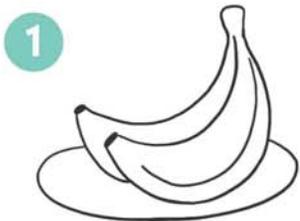
I like *bananas*.

I don't like *tomatoes*.



I like *bread*.

I don't like *chicken*.



I can shine! ✨ ✨

3 Colour the food you like in Activity 2. Then draw the food you don't like. Tell a friend.



Say your favourite food word.

Extra time?

Lesson 3 → Story

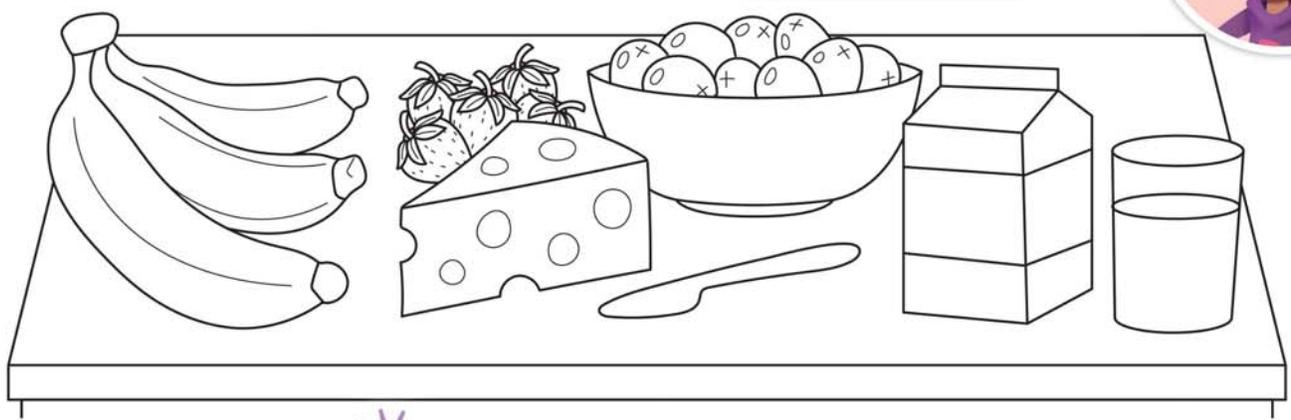
1  PB p44-45 Look and find. Then tick (✓) the food you see together.

1  +  2  + 

3  + 

2  4.07a  Listen and find. Then colour.

Let's imagine!



I can shine!

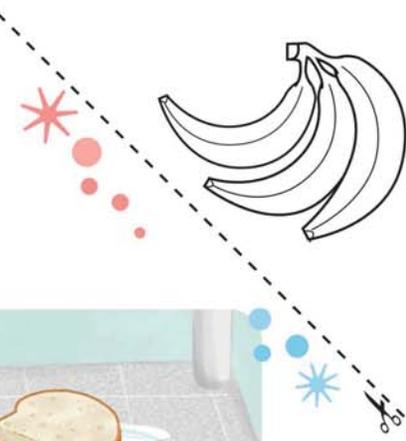
3  Draw. Then say.

And you? What's your favourite food at school?

colour me



Lesson 4 → Vocabulary and structures



1 Trace. Then look and write.



1 I like sandwiches.

2 I like pizza.

3 I don't like milkshake.

4 I don't like ice cream.

2 Follow and find. Trace and circle for Elena. Then say.



1 Do you like cheese sandwiches?
Yes, I do. / No, I don't.

2 Do you like strawberry pizza?
Yes, I do. / No, I don't.

3 Do you like olive milkshake?
Yes, I do. / No, I don't.

4 Do you like banana ice cream?
Yes, I do. / No, I don't.

Think of your favourite sandwich. Draw and tell a friend.

Extra time?

Lesson 5 → Communication

1  4.13 Listen and tick (✓) or cross (X).

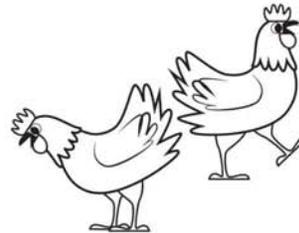
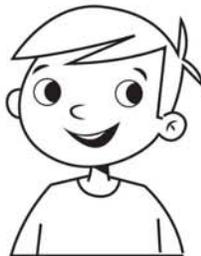
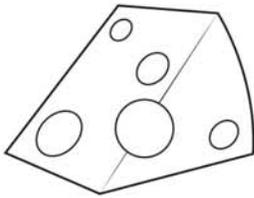


My sounds

2  4.14 

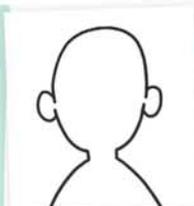
Listen and repeat. Trace. Then colour 'ch' words blue and 'h' words red.

ch h



I can shine!

3   Draw the food you like. Ask and answer. Then draw for a friend.

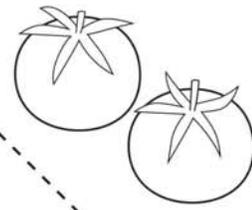
	
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Do you like bread?

Yes, I do.

colour me



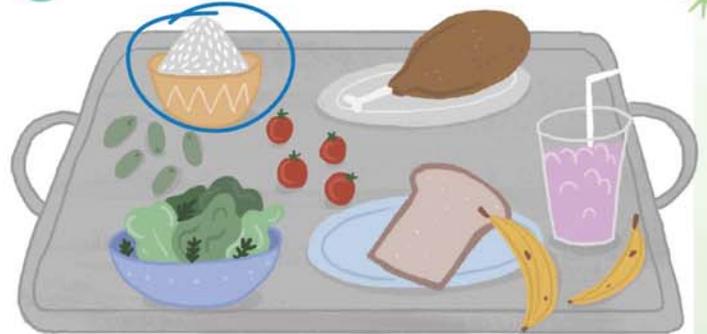


1 Circle four differences. Then say.

1



2



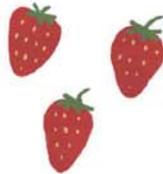
Picture 1.
Pasta.

Think and share



I can shine!

2  Listen and circle. Then act out.

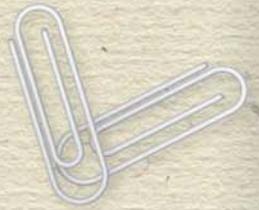


Can I have
some..., please?



Guess your friend's favourite food.

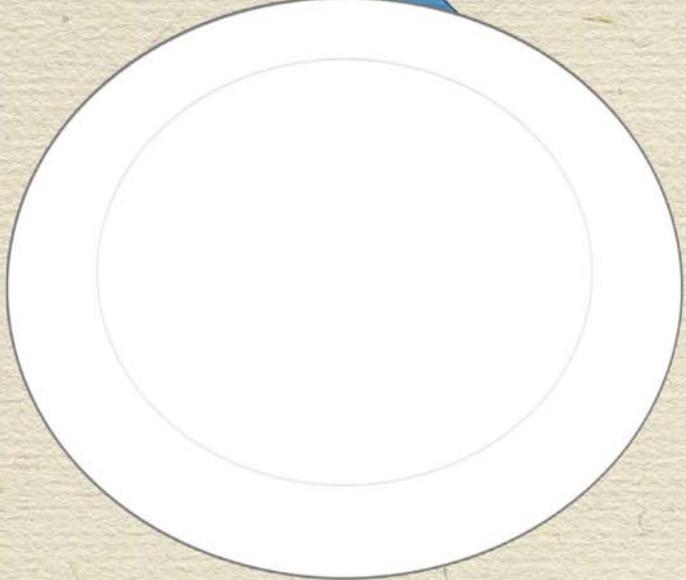
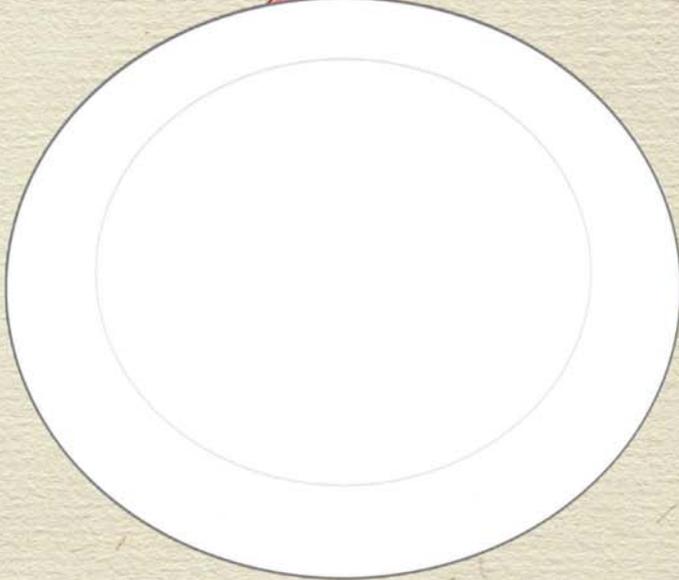
Extra
time?



Lessons 8 and 9 → Unit 4 Review

1  4.17b

 Listen and draw.



2  Trace and match to make your own food. Then ask and answer.

1 cheese

2 olive

3 banana

4 strawberry

ice cream

milkshake

sandwiches

pizza

Do you like...?

Yes, I do. / No, I don't.

3



Stick, draw and colour.
Then play the game.



4



Think and draw.

I like cheese.

I don't like pizza.

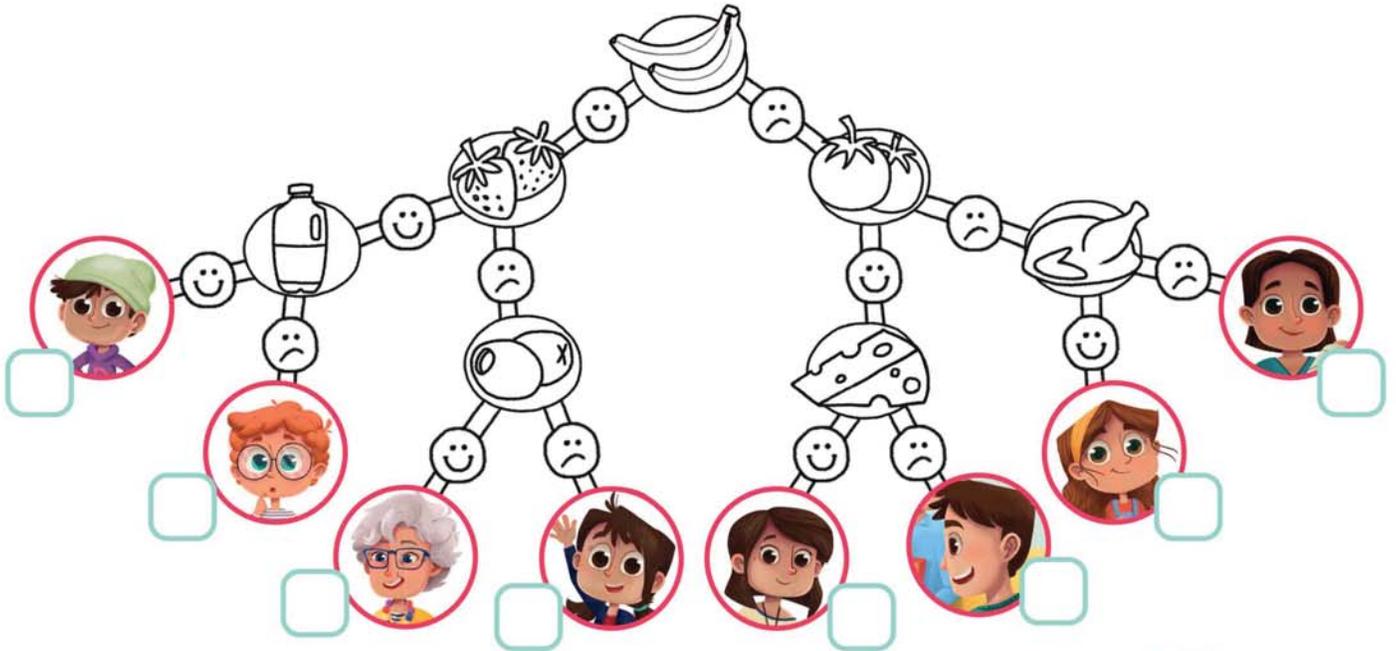


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4

Review 2 All about me

1  Listen and follow. Then tick (✓).



2 Trace. Then look at Activity 1 and match.

1 *I like **bananas**. I like strawberries. I don't like milk.*



2 *I don't like bananas. I don't like tomatoes. I like chicken.*

3  Ask and answer.

Do you like olives?

Yes, I do.

Do you like cheese?

No, I don't.

4 Look and tick (✓) for you. Then act out.

MENU









Can I have some pizza, please?

Mini-project

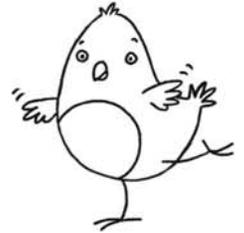
6  Think of a pet for you. What can your pet do? Draw and say.

5 Trace. Then look and match.

1

I've got 4 **legs**
and 2 big ears.
I can **run**.

FACT FILE



2

I've got small eyes.
I can **hop**.

FACT FILE



Time to shine!

7  Look, think and colour.

1  ✓ ? X

2    ✓ ? X

3    ✓ ? X

5

Nature around us

Lesson 1 → Vocabulary

Let's review!

PB p42-43

Find and trace.
Then say.



b



ch



t

1 Look and trace.



Tell me!



Lesson 2 → Structures



1 5.06 Listen and tick (✓) or cross (✗).

1	2	3	4
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

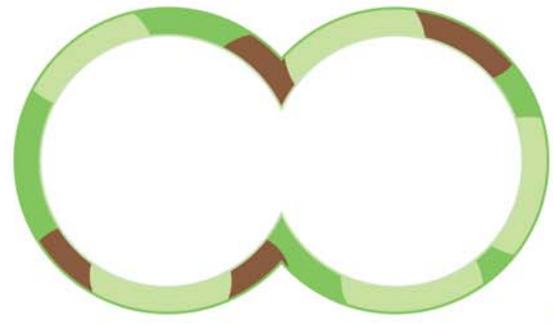
2 5.06a Count and match. Then listen and check.



7
5
6
4

I can shine!

3 Draw. Then tell a friend.



Say your favourite animal word.

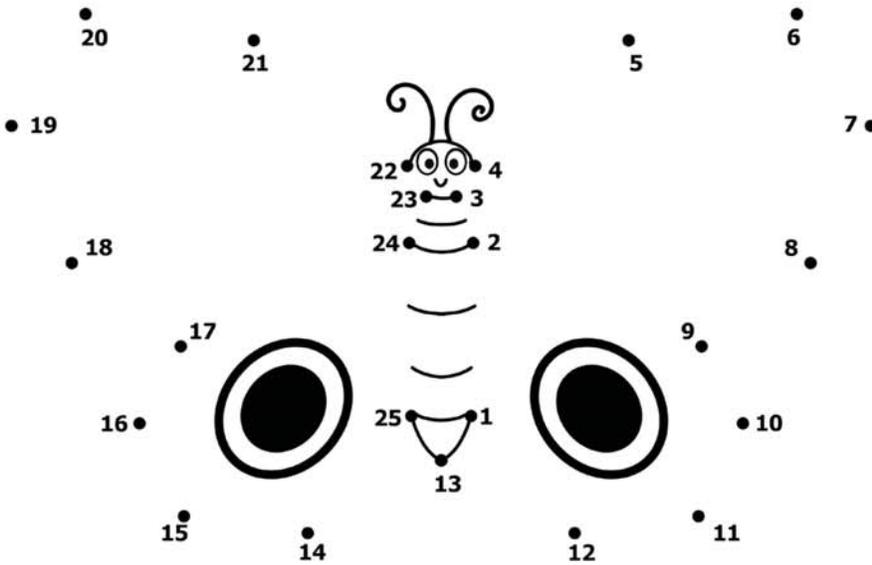
Extra time?

Lesson 3 → Story

1 PB p 56-57 → Circle the odd one out.



2  Join the dots. Then colour.



Let's imagine!

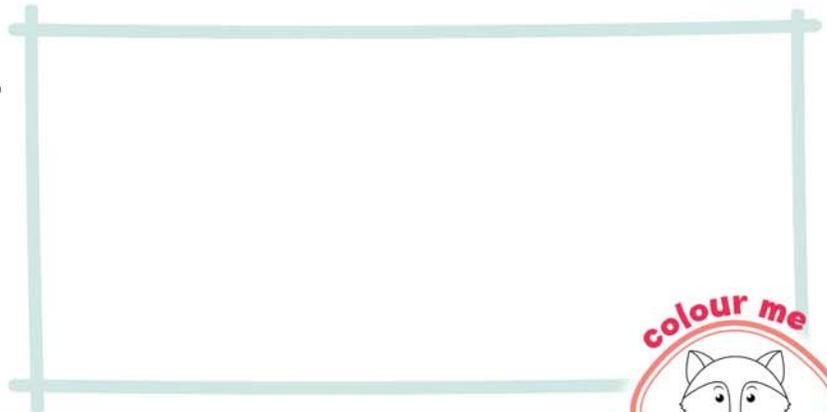
I can see a butterfly.



I can shine!

3  Draw. Then say.

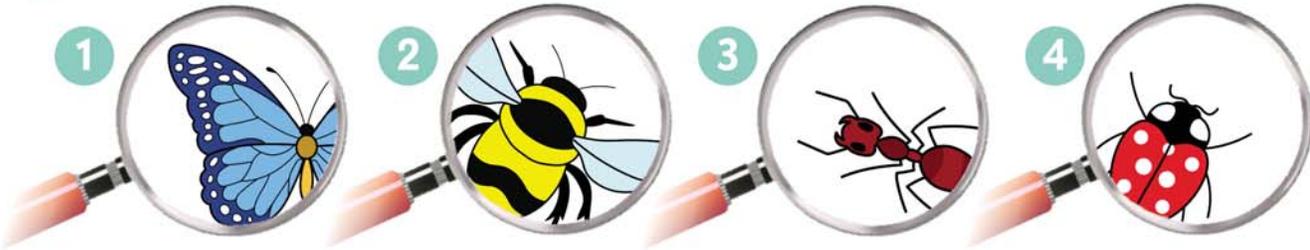
And you? Can you see a big animal?



Lesson 4 → Vocabulary and structures



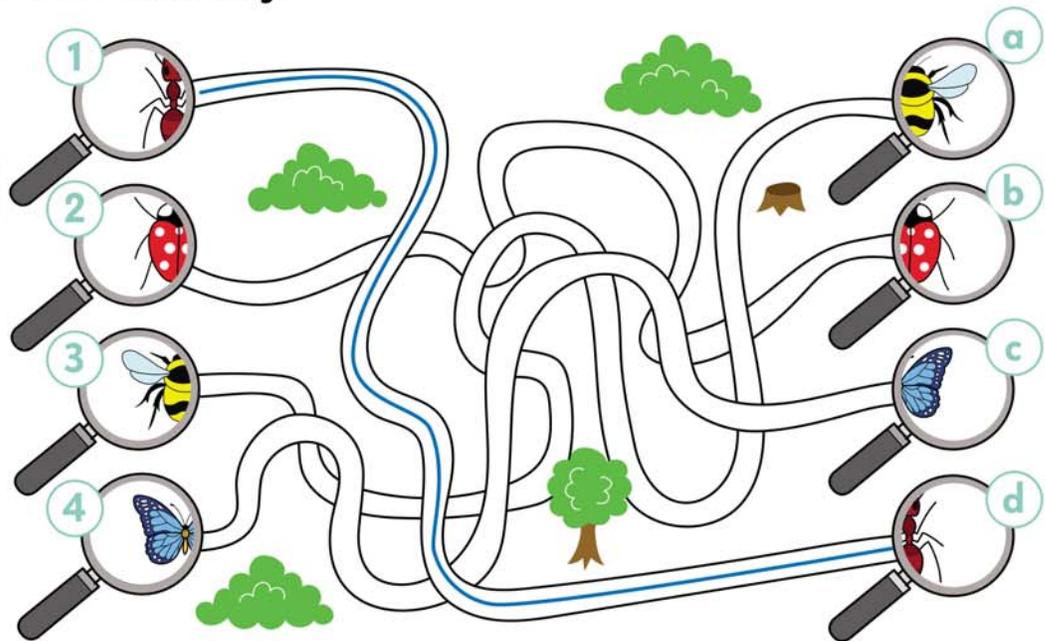
1 **5.08a** Listen and find. Then ask and answer.



1 Is it a ladybird? Yes, it is. / No, it isn't.
 2 Is it a bee? Yes, it is. / No, it isn't.

2 Follow and find. Then say.

Let's build!
 Which animals are in the park?



3 Look and match. Then trace.



ladybird
 ant
 butterfly
 bee

Think of your favourite small animal. Draw and tell a friend.

Extra time?

Lesson 5 → Communication

1  Listen and trace.



My sounds

2  Listen and repeat. Trace. Then tick (✓) the odd one out.



1



2



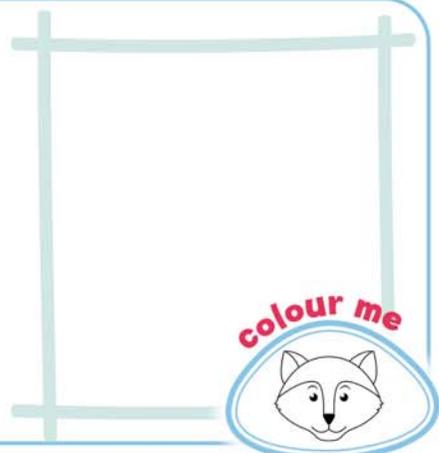
I can shine!

3  Ask and answer with a friend. Then draw.



Is it a/an...?

Yes, it is.



1 Trace. Is it their home?
Tick (✓) or cross (X).



Look at
the frog.



I can shine!

Think and share

Think about a park near
you. Can you find a pond
with ducks or frogs?



2 Look at Activity 1. Choose and draw
an animal in its home. Tell a friend.

Look at
the animal!



colour me



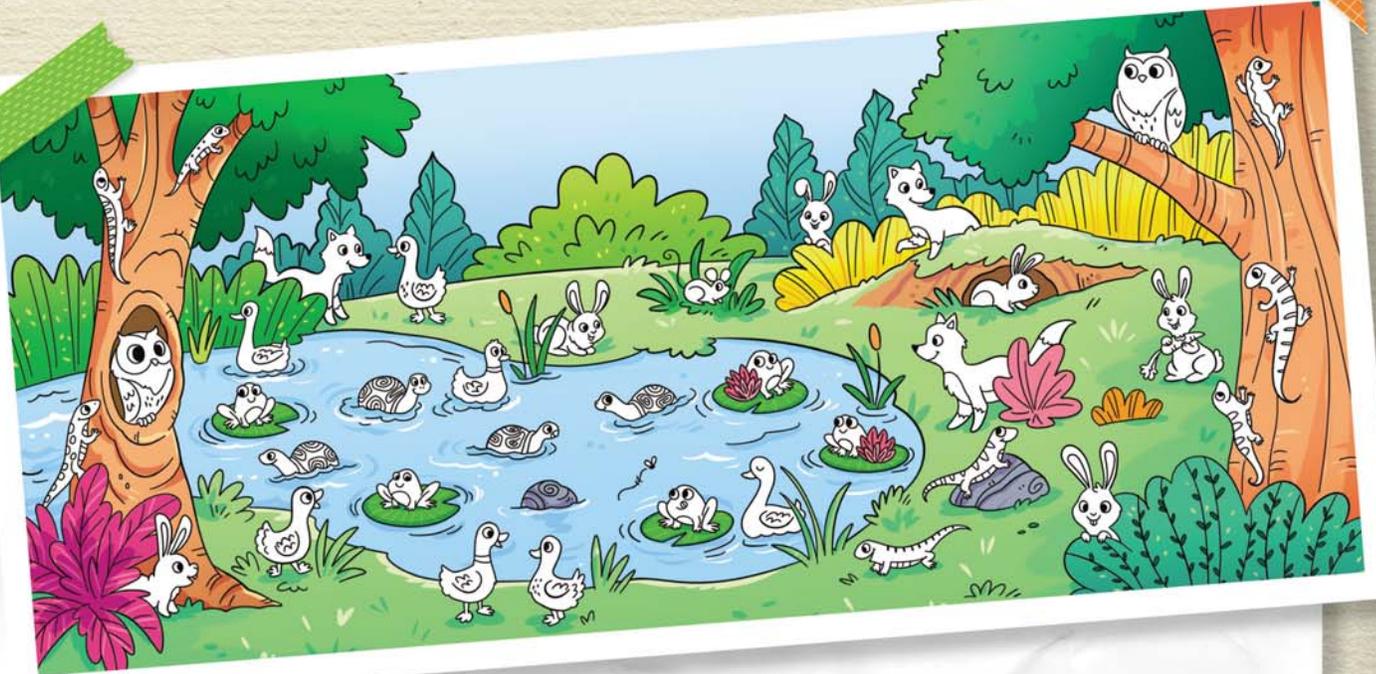
What can you see in your classroom? Tell a friend.

Extra
time?



Lessons 8 and 9 → Unit 5 Review

1 Trace. Then look, count and match.



frog

lizard

mouse

turtle

fox

owl

rabbit

duck

1

2

3

4

5

6

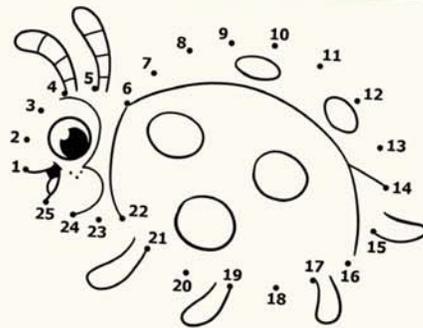
7

8

2



Ask and answer.
Then join the dots
and say.

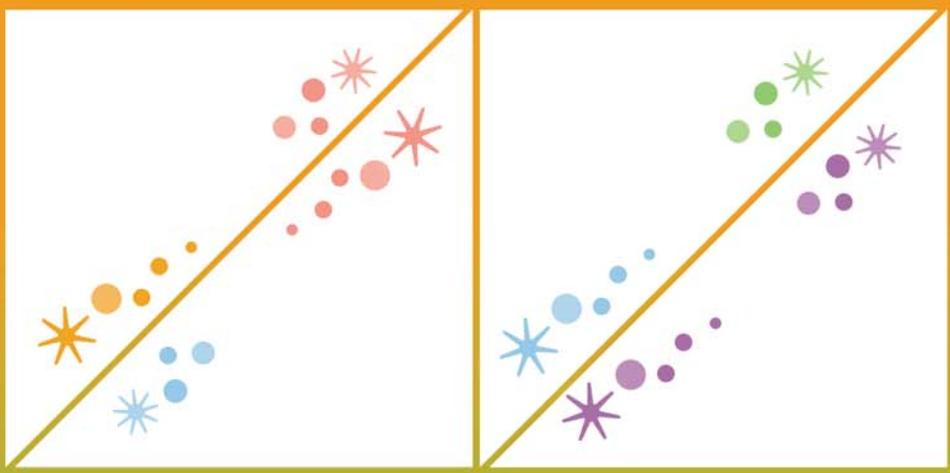


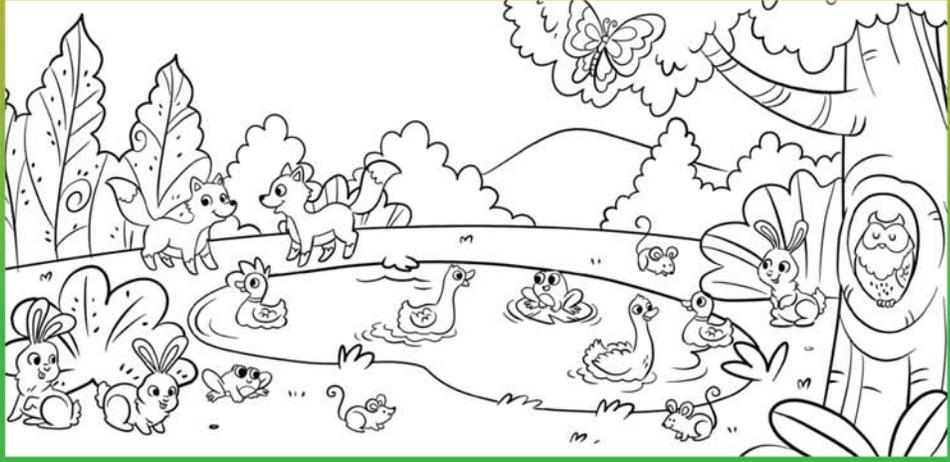
Is it a bee?

No, it isn't.



3  Stick and colour. Then tell a friend.

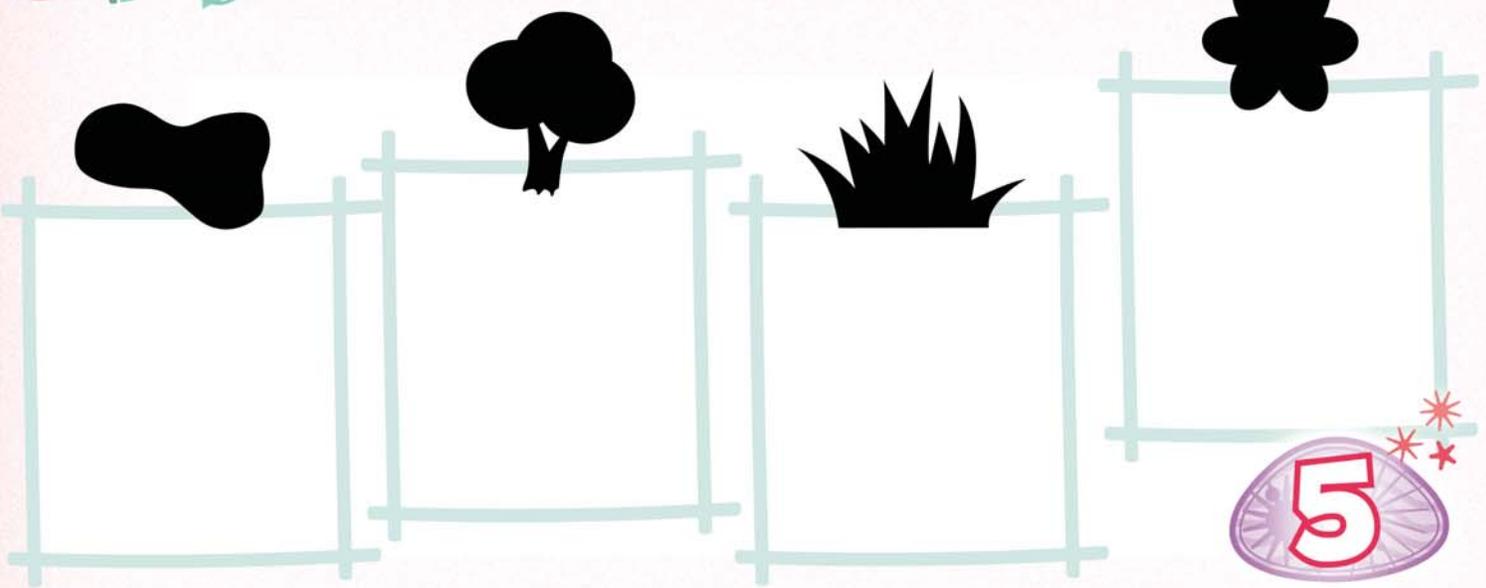
1 

2 

I can see one fox.

It's a butterfly.

4  Think and draw. Then tell a friend.



5 

Make an origami owl. Then show and tell your family.

 Home-school link

6

Let's dress up

Lesson 1 → Vocabulary

Let's review!

PB p54-55

Find and write.
Then say.



1 Look and write.

shirt trousers jumper shoes dress shorts T-shirt ~~pyjamas~~



pyjamas



Tell me!

Look at my new words.
Match and colour.

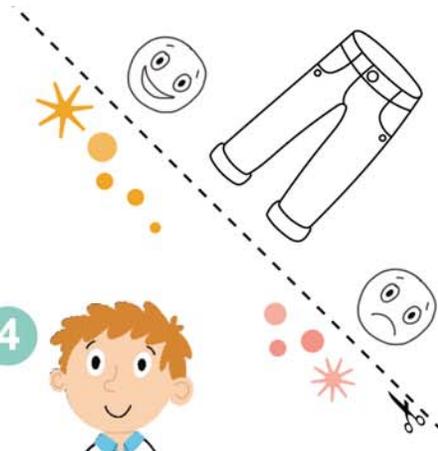


Clothes

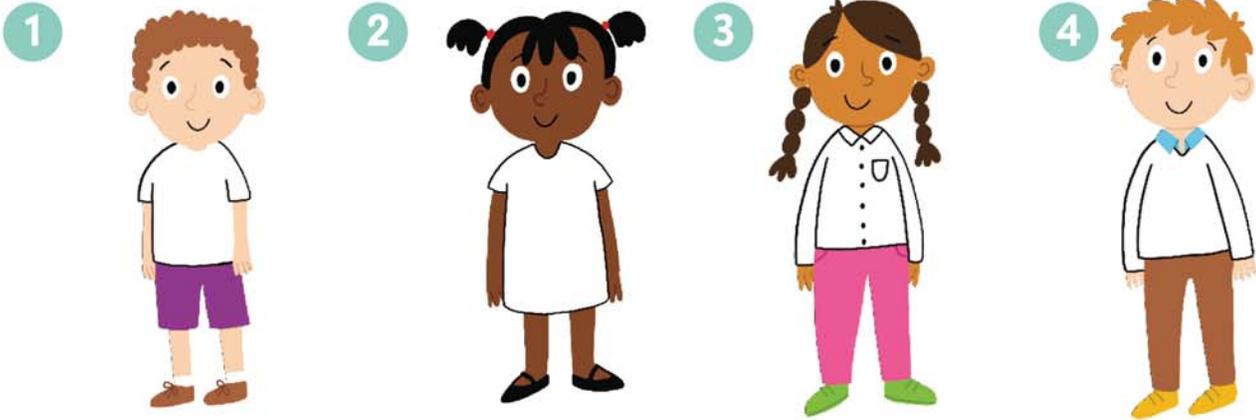


Nature

Lesson 2 → Structures



1 6.06 Listen and colour.



2 Look at Activity 1. Then read and write.

shoes shorts trousers shirt

1 I'm wearing purple shorts _____.

2 I'm wearing black _____.

3 I'm wearing pink _____.

4 I'm wearing a blue _____.

I can shine! ✨

3 Tick (✓) and say. Then tell a friend.

I'm wearing...

pyjamas

a T-shirt a dress

trousers shoes

a jumper



Write your favourite clothes word. _____

Extra time?

Lesson 3 → Story

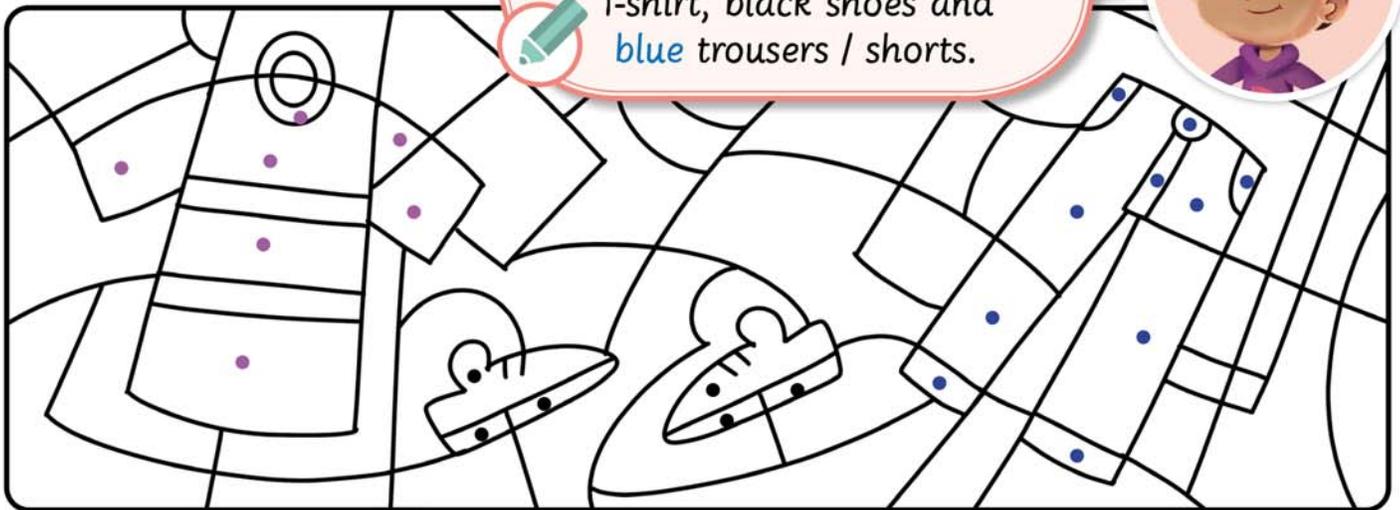
1 PB p66-67 → Who is happy? Look and circle.



2  Find and colour.
Then say.

Let's imagine!

I'm wearing a purple jumper /
T-shirt, black shoes and
blue trousers / shorts.



I can shine! ✨ ✨ ✨

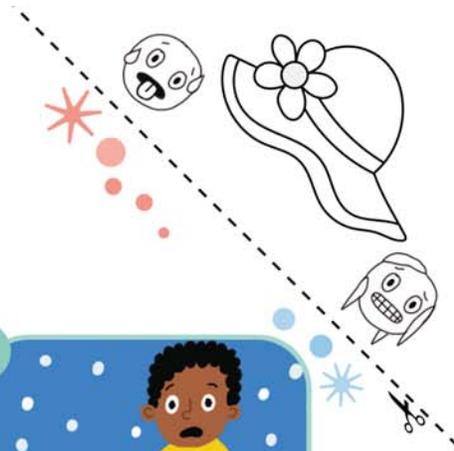
3   Draw and colour.
Write for you.
Then say.

I'm wearing
_____.

colour me



Lesson 4 → Vocabulary and structures



1 Trace. Then read and number.

1 I'm hot.

2 I'm happy.

3 I'm sad.

4 I'm cold.



Let's build!

What are you wearing?

2 Read and write.

~~cold~~ hot sad happy

- 1 I'm wearing pyjamas. I'm cold.
- 2 I'm wearing my favourite dress. I'm _____.
- 3 I'm wearing two jumpers. I'm _____.
- 4 I'm wearing a yellow T-shirt. I don't like yellow. I'm _____ . But I've got a red jumper. I like red!



Think of your favourite clothes. Draw and tell a friend.

Extra time?

Lesson 5 → Communication

1  6.13 Listen and tick (✓).

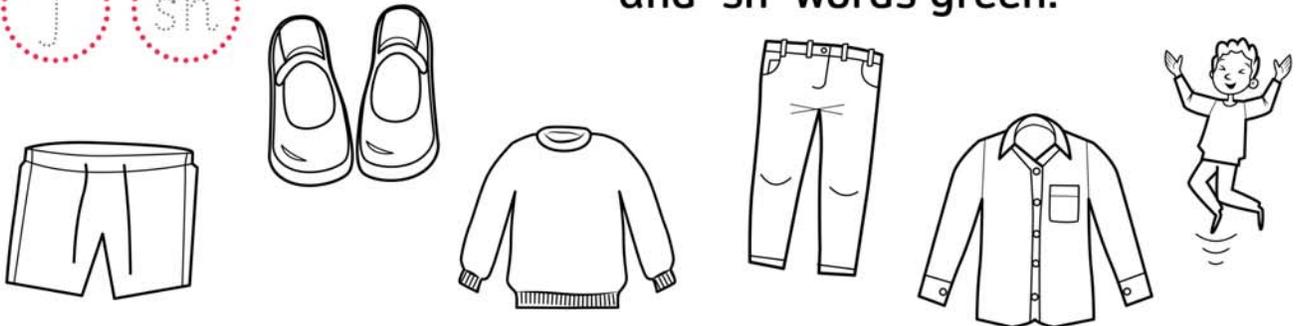


My sounds

2  6.14 

Listen and repeat. Trace.
Then colour 'j' words blue
and 'sh' words green.

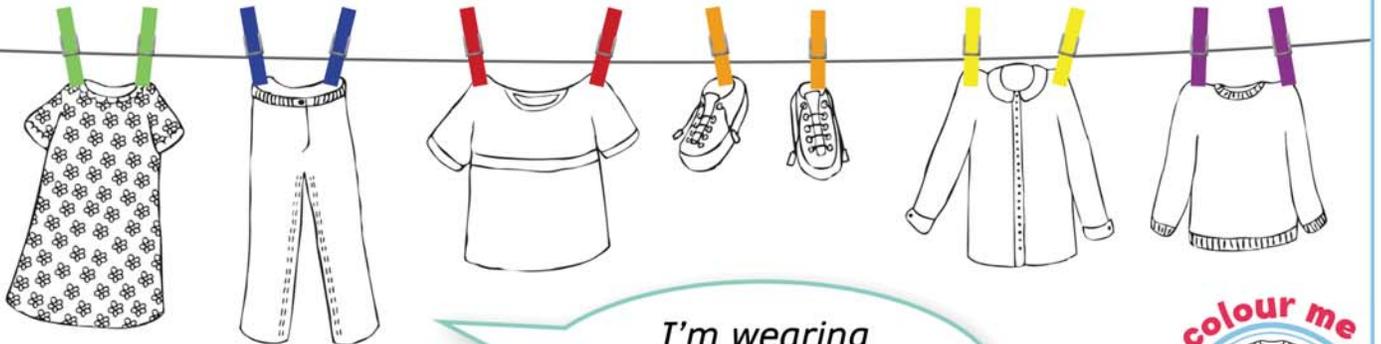
j sh



I can shine!

3   

Colour clothes for a cold day. Write.
Then tell a friend.



I'm wearing

_____ and _____.

colour me



1  Look and write.
Then say.

boots skirt hat jeans



jeans



*I'm wearing
jeans.*

Think and share

Think about a festival.
Do you dress up with
your friends?



I can shine!

2   Draw special clothes for your friend. Write.
Then act out.

*Wear _____
and _____!*



colour me



What are your favourite special clothes? Tell a friend.

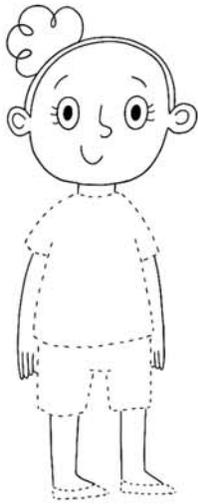
Extra
time?



Lessons 8 and 9 → Unit 6 Review

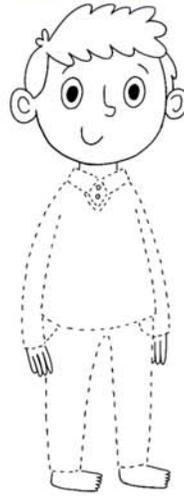
1  Trace and write.

trousers shorts a shirt ~~a T-shirt~~
shoes pyjamas a dress a jumper



I'm wearing
a T-shirt,

and
_____.



I'm wearing
_____,

and
_____.

2 Trace and match. Then act out.



I'm sad.

I'm hot.



I'm cold.

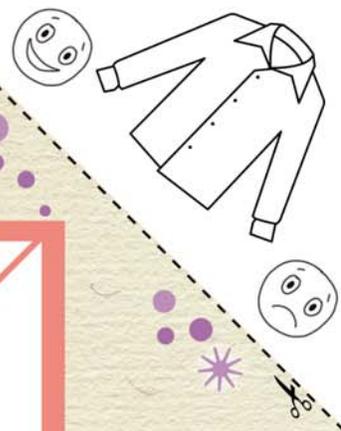
I'm happy.



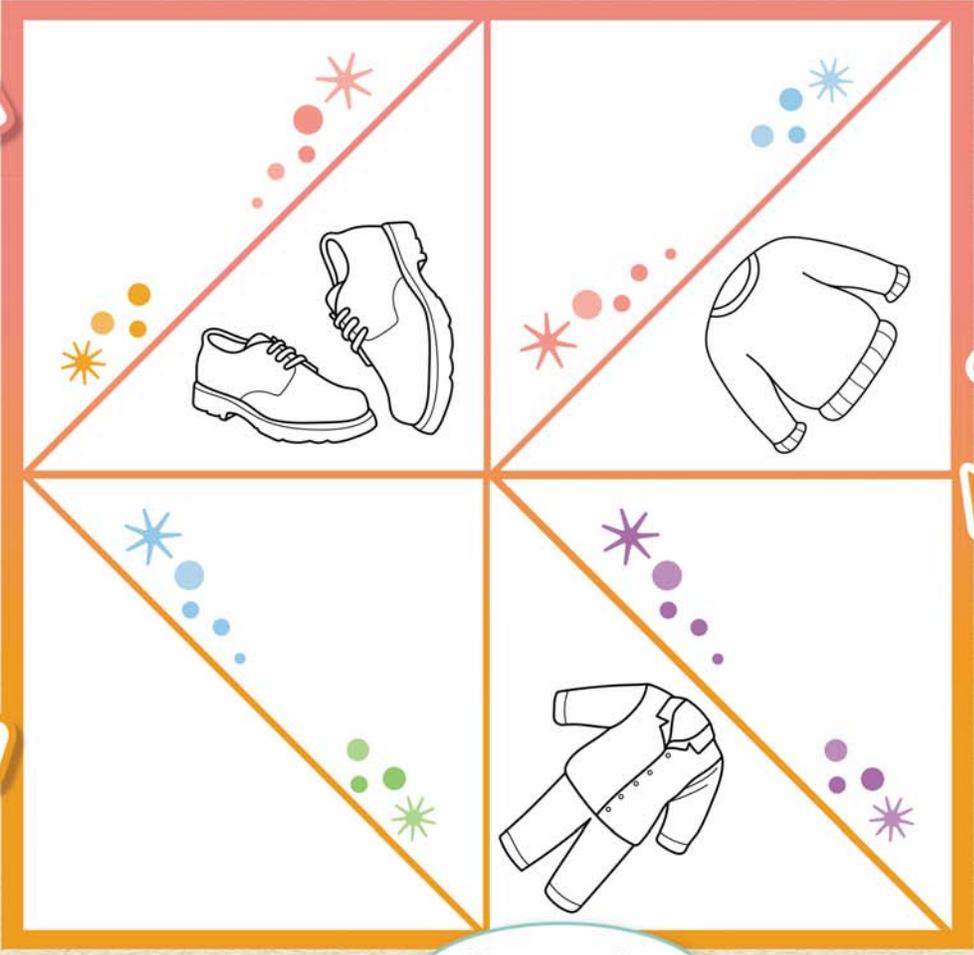
3



Stick, draw and colour.
Then play the game.



start



finish

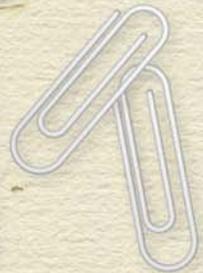
I'm wearing pyjamas.

I'm wearing a hat. I'm hot.

4



Read. Then think and write.



(My Clothes)

(Favourite)	(Special)



Make a party hat. Then show and tell your family.

Home-school link

Review 3 Around me

1 Find and circle five differences.

2  Listen and tick (✓).



3 Look at Activity 1. Trace. Then read and number.



*I'm wearing shorts.
I can see a mouse.*



*I'm wearing a dress.
I can see a lizard.*



4  Play *Which picture?* with a friend.

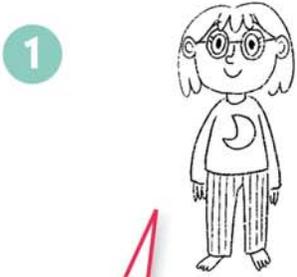
*I'm wearing jeans.
I can see a frog.*

Is it Picture 2?

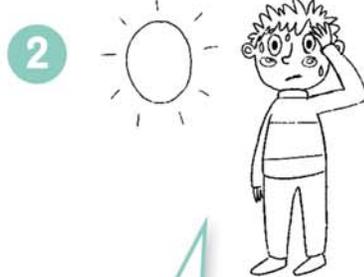
Yes, it is.

5  Trace. Then look and write.

sad hot happy



I'm wearing
pyjamas.
I'm _____.



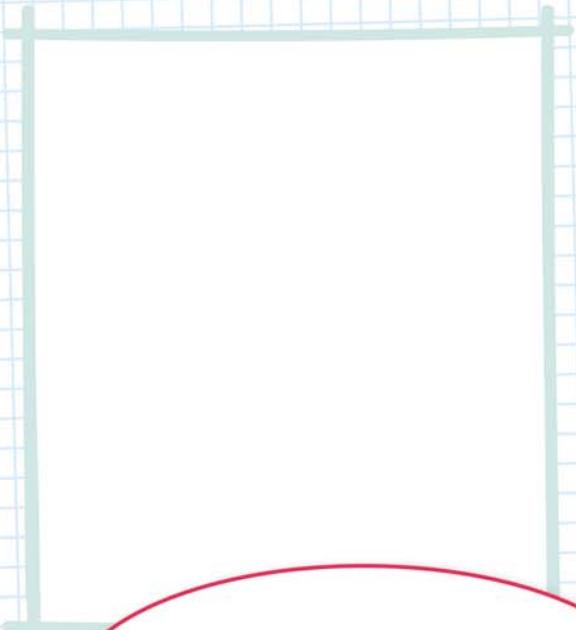
I'm wearing trousers
and a jumper.
I'm _____.



I'm wearing
a shirt.
I'm _____.

Mini-project

6   Draw clothes for your friend's dress-up party. Then write and say.



I'm wearing _____.
I'm _____.

Time to shine! ✨ ✨

7  Read and colour.

- 1 I can write animal words. ✓ ? ✗
- 2 I can write clothes words. ✓ ? ✗
- 3 I can talk about what's around me. ✓ ? ✗
- 4 I completed Review 3! ✓ ? ✗

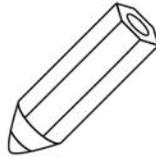
Goodbye

from Rise and Shine Towers

1  Trace. Then write and say.



book



pencil



flower



door



tree



bird



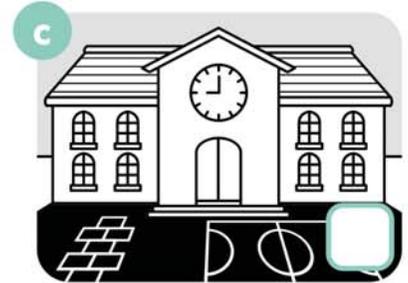
bag



ball

School	Park
book	
_____	_____
_____	_____
_____	_____

2  Listen and number.



3 Trace. Then circle.

It's a school.
I can see books / flowers.

It's a park.
I can see desks / trees.

4



Look and write. Then point, ask and answer.



Is it a/an...?

Yes, it is. /
No, it isn't.



music box
strawberries
elephant
bird party
rabbit



music box



5



Trace. Then sing.

Goodbye!
Happy holidays!

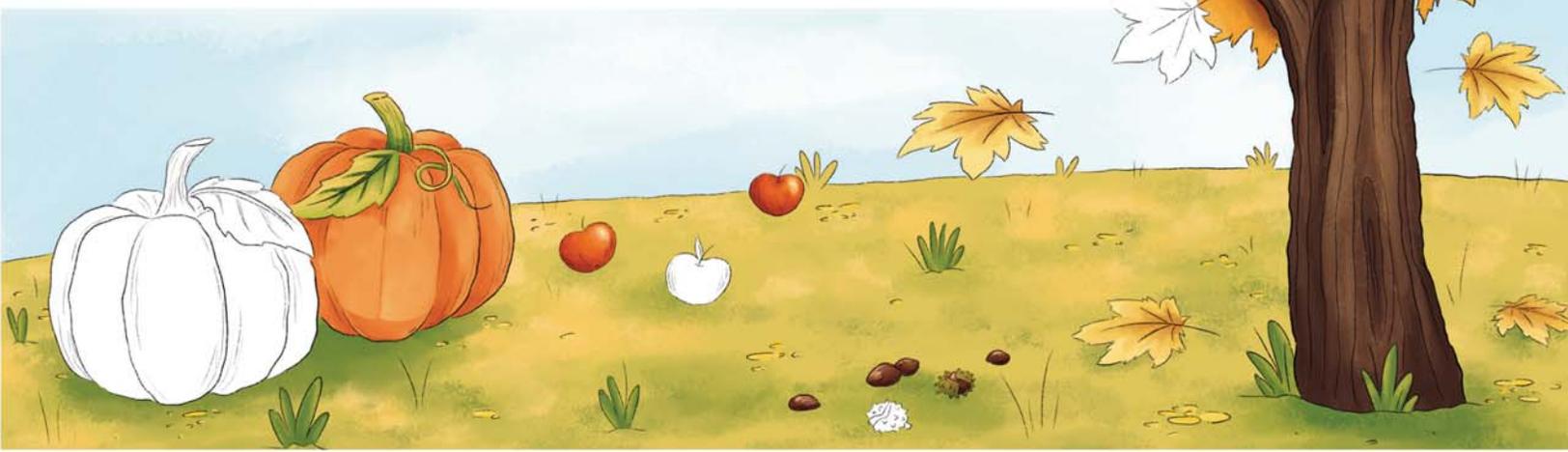


It's autumn!

1



Trace and match. Then listen and colour.



tree

leaf

apple

chestnut

pumpkin

fire

Winter holidays

2



Trace and match. Then listen and number.



1

hat

gloves

scarf

boots

snow

lights

Spring is here!

3  Trace. Then listen and number.

1      

egg blossom chick lamb flower rabbit

Sunny summer days

4  Trace. Then listen and circle.



sun hat

*I'm wearing my
/ swimming costume.*

I'm wearing a sun hat / sunglasses, too.

All ready to play,

On a sunny / picnic, summer day.



*I'm wearing my
swimming costume / sunglasses.*

We've got a beach / picnic lunch.

Let's have an ice cream each,

And go to the picnic / beach!

