

## SATEFL WORKSHOP: Stirling, October 9<sup>th</sup> 2010

### WEATHER FORECASTING – THE NATURAL WAY

#### Task 1

Do you think the following statements are true or false:

1. *When bees stay in their hives it means bad weather is coming.*
2. *Red sky at night means the weather will be fine the next day.*
3. *Pine cones open up just before rain.*
4. *When there are a lot of berries on the trees that means a good winter.*
5. *Swallows flying high means good weather*
6. *When seaweed is dry and brittle we are going to have rain.*
7. *When rooks build their nests at the top of trees we should expect a bad winter.*
8. *Spiders make larger webs when the weather is going to be stormy.*

#### Task 2

We can learn quite a lot about what sort of weather to expect by observing plants and the behaviour of animals, birds and insects. What sort of weather do you think the following observations might lead you to expect:

- 1 *Seaweed turning dry and brittle?*
- 2 *Seaweed soft and swollen?*
- 3 *Swallows flying high in the air.*
- 4 *Skylarks descending rapidly?*
- 5 *Red sky at night?*
- 6 *Red sky in the morning?*
- 7 *Spiders tightening their webs?*
- 8 *Rooks building their nests at the tops of trees?*
- 9 *Bees remaining in their hives?*
- 10 *Pine cones tight closed?*
- 11 *Pine cones open?*
- 12 *Bushes covered with bright berries?*

#### Task 3

In Britain there is a saying *Red sky at night, shepherds' delight. Red sky in the morning, sailors' warning.* This means that a red sky at night is usually followed by good weather, while red sky in the morning means that storms are likely.

Do you know any ways of forecasting the weather in your country?

## WEATHER FORECASTING - THE NATURAL WAY.

Watching the flight of birds can give clues to the weather. Swallows fly high when the weather is set to stay fair and some say that if the skylark descends too rapidly after flying high then rain is imminent.

A red sky in the evening is a good sign. It means the air in the western sky is dry and dusty and that tomorrow should be fine.

Bring home some seaweed to hang in the porch. It provides a clear accurate forecast: dry and brittle in dry weather, it swells and softens when the humidity rises as rain approaches.

Another of nature's long range weather forecasters is the spider. Large webs show the day will be fine but small webs stand up to bad weather better. Some say that spiders tighten the strands of their webs like a camper adjusting the ropes of his tent before a storm.

What does it mean when rooks build their nests close to the tops of trees? According to natural weather lore it shows that a good spring will follow as rooks will build lower, more stable nests if storms are expected.

The pine cone is a very reliable forecaster. Cones close when it is damp and there is rain about, and open for prolonged dry periods.

Bees have a dislike of thunder storms and will usually return to their hives well before a storm breaks.

A bumper crop of berries on the trees and bushes is said to herald a bad winter.

## FEAR OF SPIDERS

### Task 1

Which of the following do you think would be most frightening for someone with a fear of spiders?

*a plastic spider; photographs of a spider; a real spider in a jar; doodles which look like a spider*

### Task 2

Which of the following do you think would be most frightening for someone with a fear of spiders?

*a plastic spider; photographs of a spider; a real spider in a jar; doodles which look like a spider*

How might you use these things to help someone overcome a fear of spiders?

### **Task 3**

Here are the first sentences from a newspaper article describing a success story from a new organisation who help people overcome their phobias:

*One woman was so afraid of spiders she could not be left in a house alone. If she saw one she would climb on the table and not be able to get down until somebody came into the room and removed it.*

Put the following sentences in the correct order to see how the woman overcame her fear of spiders:

- a) During her first TOP meeting, she noticed doodles on a page which resembled spiders and she suddenly recoiled in horror. She had to be calmed down by the group members.*
- b) Two and a half months after first going to the group her phobia had gone.*
- c) She was eventually persuaded to look at photo-graphs of spiders in books, then leave the pages open in a room so she saw them each time she walked in. Her husband began to move the position of the book and change the page so she saw a different one each time.*
- d) She later agreed to take the real spider home and gave it the name Bernard.*
- e) One of the group took a real spider in a jar to the next meeting, where it was gradually moved nearer to the sufferer.*
- f) Someone told her about the new organisation Triumph Over Phobia (TOP), so, after making a few enquiries, she found a group in her neighbourhood, and joined.*
- g) After three weeks she was given a plastic spider at a TOP meeting and took it home.*

### **FEAR OF SPIDERS**

.. One woman was so afraid of spiders she could not be left in a house alone. If she saw one she would climb on the table and not be able to get down until somebody came into the room and removed it. Someone told her about the new organisation Triumph Over Phobia (TOP), so, after making a few enquiries, she found a group in her neighbourhood, and joined. During her first TOP meeting, she noticed doodles on a page which resembled spiders and she suddenly recoiled in horror. She had to be calmed down by the group members. She was eventually persuaded to look at photo-graphs of spiders in books, then leave the pages open in a room so she saw them each time she walked in. Her husband began to move the position of the book and change the page so she saw a different one each time. After three weeks she was given a plastic spider at a TOP meeting and took it home. One of the group took a real spider

in a jar to the next meeting, where it was gradually moved nearer to the sufferer. She later agreed to take the real spider home and gave it the name Bernard. Two and a half months after first going to the group her phobia had gone.

## FEAR OF HEIGHTS

### Task 1

Work in groups. Does any of you have a fear of heights? Can you tell any stories about a fear of heights?

### Task 2

This is the beginning of a conversation between CB and BB:

*CB: I don't particularly like heights. Erm. Heights, er, at the top of a mountain, or a hill, where it's possible to fall. Erm, the top of something like a lighthouse or something I don't mind, because there's a barrier around you. But heights where you think you may be able to fall.*

*BB: Yeah. I was okay until I had a rather nasty experience about er, height.*

Here are some words and phrases from BB's story. They are in the same order as BB used them. Can you tell the story:

*on a lighthouse actually – all the stairs – narrow little parapet – a rail about eighteen inches high – a sheer drop – about a hundred feet – absolutely petrified – edged round – the other door – up a ladder – scared stiff*

### Task 3

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*BB: Yeah. I was okay until I had a rather nasty experience about er, height.*

Here are some words and phrases from BB's story. Can you tell the story:

*the other door – on a lighthouse actually – a sheer drop – a rail about eighteen inches high – edged round – up a ladder – all the stairs – narrow little parapet – about a hundred feet – absolutely petrified – scared stiff*

### FEAR OF HEIGHTS

CB: I don't particularly like heights. Erm. Heights, er, at the top of a mountain, or a hill, where it's possible to fall. Erm, the top of something like a lighthouse or something I don't mind, because there's a barrier around you. But heights where you think you may be able to fall.

BB: Yeah. I was okay until I had a rather nasty experience about er, height. Until then I was okay. I could go anywhere. But er, I was er, on a lighthouse actually. We were being taken round it. We went up all the stairs and to the light, er, room. And then the chap says 'Oh, come on. Right, we'll go out here.' I went through the door. And I was on this very very narrow little parapet...

CB: Yeah.

BB: ... with a rail about - perhaps eighteen inches high ...

CB: Mm.

BB: ... and then a sheer drop of about a hundred feet or something. I was absolutely petrified. I've never been as scared like that before or since.

CB: That's very frightening.

BB: And, you know, I sort of edged round. I couldn't go back through the same door. I edged round and managed to find the other door. And that's it. Ever since then if I go up a ladder I'm scared stiff now. It really is, it's er, changed my whole life, you know. Absolutely frightening, that.

## **WHICH IS COLDER: THE NORTH POLE OR THE SOUTH POLE?**

### **Task 1**

Which do you think is colder, the North Pole or the South Pole? Can you give reasons for your answer?

### **Task 2**

Look at these statements. Do you think they are true or false?

- 1 The polar regions get very little sunshine compared with the rest of the Earth.*
- 2 There is no land at the Arctic – only an ice-cap.*
- 3 The ice is several metres thick in the middle of the Arctic Ocean.*
- 4 For six months in the year there is no sunshine in the Arctic.*
- 5 Water keeps in the heat of the sun better than dry land.*
- 6 The Antarctic is by far the highest of the five continents, rising to more than two thousand metres above sea level.*

## **WHICH IS COLDER: THE NORTH POLE OR THE SOUTH POLE?**

The North and South poles are both very cold because they get very little sunshine compared with other latitudes. The sun never rises more than 23.5 degrees above the horizon, and for six months of the year the poles get no sunshine at all. Also most of the sunlight is reflected back by the bright white surface. So both poles are very cold, but the South Pole is much colder than the North Pole because it sits on top of a very thick ice sheet, which itself sits on dry land, on the continent of Antarctica. The top of the ice sheet near the South Pole is more than 3,000 metres above sea level – more than a mile and a half high, so Antarctica is by far the highest continent on earth. In comparison the North Pole rests in the middle of the Arctic Ocean, where the surface of the ice is only about a foot above the sea. Water keeps in more heat than dry land so the Arctic Ocean retains the heat, making it less cold in winter and warmer in the summer.