



That's Interesting!



A worksheet for adults to practise reading, writing, spelling and numbers.

Thoughts for the New Year



As we begin a new year, it is often nice to make plans or changes for the months ahead. Sometimes it can be helpful to look at some of the wise words of others to help inspire and encourage us.

Martin Luther King Junior (1929- 1968) was leader of the American Civil Rights movement in the 1960s, that stood up for the rights of black Americans.

He was against violence and instead organised large protest walks where thousands of people took part and listened to King giving rousing speeches. A line from one of his speeches from 1964 can be seen here:

"If I cannot do great things, then I can do small things in a great way."



Martin Luther King Junior

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We do not all have 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.

"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.

The founder of the technology company Apple, Steve Jobs (1955-2011), was given the news in 2005 that he had cancer which could not be cured. In a speech, shortly before he died, he said that when faced with death he realised that life is the most precious gift ever given to us.

We must never waste it. He said we should live everyday as if it was our last and never be afraid to live our dreams. We must have courage to follow what is in our heart even when others tell us we can't.

Mark Twain (1835-1910) was a famous American writer of many novels. He was famous for his many sayings, one such saying was:

"Twenty years from now, you will be more disappointed by the things that you didn't do, than by the ones you did do."

Many older people will tell you that they always regret something they didn't do or say or act on. So, if there's something you want to do, maybe this is the year to do it.

Nelson Mandela (1918-2013) was leader of the ANC (African National Congress), an organisation that worked for equal rights for all people in South Africa. He was sent to prison where he remained for 27 years. When he was released, instead of being angry, he called for peace. He became a well-respected speaker on behalf of peace, not only in South Africa, but all over the world. In 1994, at the age of 77, he became the first black president of South Africa. He is still famous for his many inspiring words.

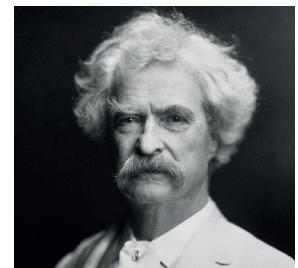
"I learned that courage was not the absence of fear, but the triumph over it. The brave person is not the one who does not feel afraid, but who conquers that fear."

"Do not judge me by my success, judge me by how many times I fell down and got back up again." - Nelson Mandela



Steve Jobs

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Mark Twain

Image source:
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Nelson Mandela

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Often, we have success only after we have failed many times. If we are afraid of failure, then we might never do anything. It takes a brave person to keep going with determination and to keep trying until they succeed.

Muhammad Ali (1942-2016), regarded as the greatest heavy-weight boxer of all time, was asked one time about how he managed to become so successful. He said:

"If my mind can conceive it, and my heart can believe it, then I can achieve it."

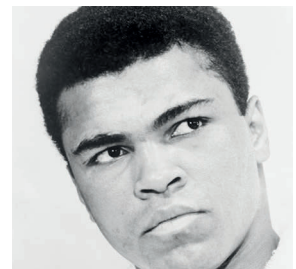
If we believe in something strongly enough and want it badly enough, then we can make it happen. Believe in yourself even if the whole world doubts you. Muhammad Ali's success was proof that dreams really do come true. Where there is a will, there's always a way.

It is important to remember that in today's busy world, we need more than ever, to know when to slow down and take a break.

Banksy, the famous English street artist, once said: **"When you're tired, rest. Don't quit."** When we become tired, every small task becomes huge and difficult, and it is at this point we often want to give up. This is the time to move away from it, take a break and have a rest. When we come back to it, we often see the task ahead with fresh eyes and more energy.

Finally, we should always try to remember the old saying: **"When you change the way you look at things, the things you look at change."**

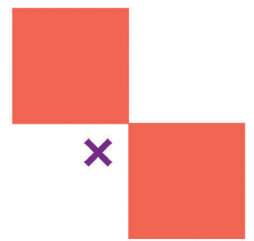
We do not always agree with new rules or plans or even other people's opinions. But instead of giving out and being negative, we need to look at things differently, from the other person's point of view or why this rule is being made. For example, last year the government brought in a 15-cent increase on all plastic drink containers. Although we were not happy to pay extra, we realise that it is to encourage people to recycle and cut down on our use of plastic to help the environment.



Muhammad Ali

Image source:
Ira Rosenberg, Public
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Capital Letters and full stops.



When to use capital letters:

1. At the **beginning of every sentence**. Example: The sun was shining.
2. **When writing about yourself, using "I"**.
Example: John and I went to school together.
3. **First letter of days of week, months and public holidays**.
Examples: Monday, September, Christmas, St. Patrick's Day.
4. **At the start of names and surnames**. Examples: Mary Black, Sam O'Brien.
5. **For names of places, towns, streets, countries, rivers, mountains, buildings**.
Examples: Parnell Street, Bray, Co. Wicklow, River Shannon, The Grand Hotel, Croke Park
6. **For letters used instead of a word in the title**.
Examples: RTÉ NALA PRSI GAA
7. **For the title of a person**. Examples: Mr. Mrs. Dr. Miss
8. **For titles of books, films and newspapers**.
Examples: "Harry Potter", "Star Wars", "The Sunday Independent".
9. **For brand names**. Examples: Barry's Tea, Tayto, Kit Kat, Jacobs Fig Rolls.
10. **For names of businesses, shops**. Examples: Penney's, Aldi, Dunne's Stores

When to use a full stop:

1. **At the end of every sentence**. Example: The car is parked outside.
2. **To show that a word has been shortened**.

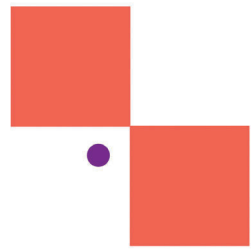
(We place the full stop at the end of the word.)

Examples: Instead of writing county, we shorten it to "Co."

Instead of using street, we use "St."

Instead of using Mister we use "Mr."

Instead of using Tuesday we use "Tues."



Place a full stop where needed in each sentence below:

1. Mr and Mrs Jones live on O'Connell St
2. Dr Smith is away on Mon and Tues next week
3. What veg is served with dinner
4. I work for the Dept of Health
5. I am away for the month of Dec
6. Jan and Feb can be very cold months

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Try these

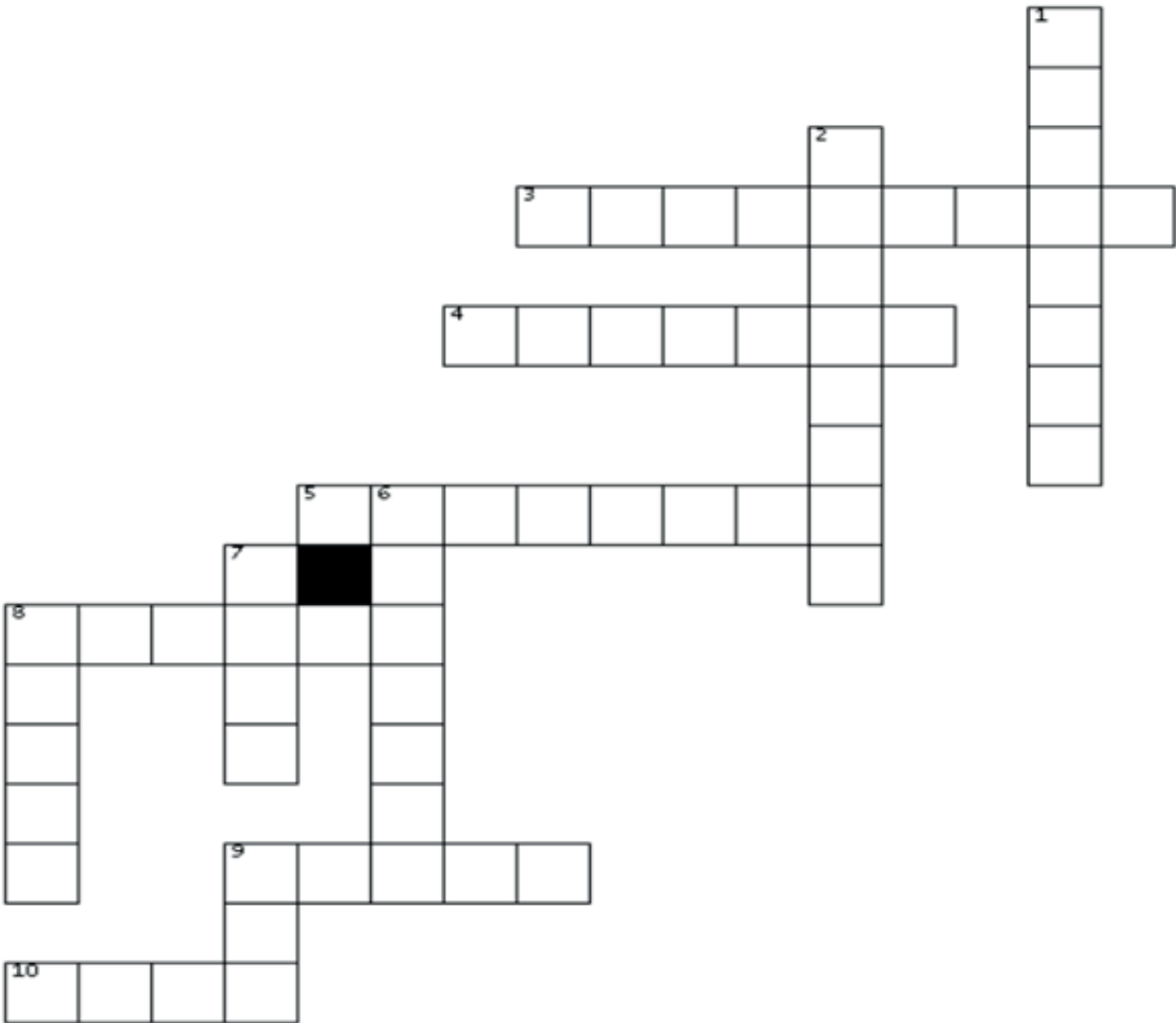
Match the word with its short version. (The first two are done for you.)

Tuesday	Co.	Saint	info.
County	eve.	information	appt.
September	Tues.	temperature	Wed.
evening	ave.	appointment	ph.
vegetables	TV.	Wednesday	St.
Avenue	veg.	January	temp.
Road	dept.	phone	kg.
department	Rd.	technology	Jan.
television	Sept.	kilogram	tech.

Crossword



The answers to all the clues are **the months of the year**.



Across

- 3. The schools reopen this month after the long summer break.
- 4. First month of the new year.
- 5. Days are short and nights are long in this month just before Christmas.
- 8. The last month of the summer holidays before children return to school.
- 9. We celebrate Saint Patrick's Day in this month.
- 10. A summer month when many people take their holidays.

Down

- 1. The last month of the year.
- 2. Valentine's Day is in this month.
- 6. Halloween is on the last day of this month.
- 7. Often called mid-summer, the longest day of the year is in this month.
- 8. The first day of this month is called "Fool's Day".
- 9. The first month of summer.

Maths



Price List

Cheese €6 per $\frac{1}{2}$ kg

Ham €16 per kg

Bananas €6 per kg

Milk €1.20 per litre

Butter €3.50 per $\frac{1}{2}$ kg

Turkey €12 per kg

Broccoli €8 per kg

Water €0.80 per litre

Carrots €6 per kg

Beef €14 per kg

Tomatoes €12 per kg

Eggs €2.50 per dozen

Calculate the cost of my shopping trolley this week if I buy the following:

Items	€
3 litres milk	_____
$\frac{1}{2}$ kg cheese	_____
$\frac{1}{2}$ kg ham	_____
$\frac{1}{2}$ kg turkey	_____
2 kg beef	_____
$1\frac{1}{2}$ kg bananas	_____
$1\frac{1}{4}$ kg broccoli	_____
$\frac{1}{4}$ kg tomatoes	_____
3 kg carrots	_____
4 litres water	_____
$1\frac{1}{2}$ kg butter	_____
2 dozen eggs	_____
Total	_____

Answer

€110.30

Notes



Further help is available

If you need help with these worksheets, or with reading, writing, maths or digital skills, you can contact the National Adult Literacy Agency (NALA).



Call us on Freephone 1 800 20 20 65

You can study online on our Learn with NALA website www.learnwithnala.ie or with a tutor over the phone, or we can give details of your local Education and Training Board.



National Adult Literacy Agency

Áisíneacht Náisiúnta Litearthachta do Aosaigh

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