# English

Pupil's Book

# Contents

	Unit	Unit aims	Vocabulary and Phonics	Values
\	Welcome back!	<ul> <li>How can I talk about myself?</li> <li>Describe holidays.</li> <li>Describe family.</li> <li>Use dates.</li> <li>Ask and answer about birthdays.</li> </ul>	Family: aunt, uncle, grandparents, parents Ordinal numbers: 1st–31st	Listen to others and say how you feel.
	Into the wild	How can we plan a class adventure?  Use outdoor activity words.  Talk about future plans using going to.  Ask and answer about future plans.  Write an SOS message.	Outdoor activity words: compass, gloves, map, matches, rope, boots, whistle, wheel, blanket, branches, leaves, grass Phonics: ir, ear bird, girl, learn, heard	Work together.
	Into the past	<ul> <li>How can I make a model of an Aztec city?</li> <li>Use words to describe life in the past.</li> <li>Compare the past and present.</li> <li>Ask and answer using could and ago.</li> <li>Write a newspaper article.</li> </ul>	Verbs: wore, built, ate, drank, grew, made Food: maize, cocoa, turkey, beans Objects: jewellery, pyramid Phonics: air, ear chair, fair, bear, wear	Think about others.
H	Checkpoint	Review Units 1–2	pp. 38–39	
1	Culture	Finland	pp. 40-41	
	3 Up into space	How can I design a vehicle for the future?  Describe space and the future.  Talk about the future using will.  Ask and answer about the future.  Write a brochure.	Space words: gravity, control panel, handle, fuel, lights, seat, radio, oxygen, screen, engine, the Earth, planet  Phonics: eer, ear near, hear, clear	Look after your world.
	<b>Dragons</b> pp. 56–69	How can I invent a story about a fantasy animal?  Use words to describe dragons.  Talk about activities in the past.  Ask and answer about events in the past.  Write a witness statement.	Story-telling words: flew, swam, slept, burn, walk, dangerous, strong, brave, village, north, west, east Phonics: bl, pl, gl, cl, fl, sl blue, place, glass, clean, fly, sleep	Be the best you can.
	Checkpoint	Review Units 3–4	pp. 70-7 <b>1</b>	
ŀ	Culture	Panama	pp. 72–73	
1	Culture  5 Endangered animals  pp. 74–87	Panama  How can I organise a campaign to save an animal?  • Use animal and habitat words.  • Use sentences with if.  • Describe quantities with more and fewer.  • Write a letter.	pp. 72–73  Endangered animal words: butterfly, wolf, otter, eagle, tiger, turtle, threat, habitat, pollution, chemicals, field, mountain  Phonics: br, pr, fr, gr, cr, dr, tr brown, princess, frog, green, crab, dragon, tree	Look after wild animals.
	5 Endangered animals	How can I organise a campaign to save an animal?  Use animal and habitat words.  Use sentences with if.  Describe quantities with more and fewer.	Endangered animal words: butterfly, wolf, otter, eagle, tiger, turtle, threat, habitat, pollution, chemicals, field, mountain Phonics: br, pr, fr, gr, cr, dr, tr	animals.
	5 Endangered animals pp. 74–87  6 Join in!	How can I organise a campaign to save an animal?  • Use animal and habitat words.  • Use sentences with if.  • Describe quantities with more and fewer.  • Write a letter.  How can I have a club fair?  • Use club activity words.  • Talk about rules using should.  • Ask and answer using should.	Endangered animal words: butterfly, wolf, otter, eagle, tiger, turtle, threat, habitat, pollution, chemicals, field, mountain  Phonics: br, pr, fr, gr, cr, dr, tr brown, princess, frog, green, crab, dragon, tree  Hobby words: meet, practise, get better, take part in, cheer, make new friends, neighbourhood, contest, choir, chess, ice-skating, drama  Phonics: sc, sk, sm, sn, sp, st, sw	animals.  Make new
	5 Endangered animals pp. 74-87  6 Join in! pp. 88-101	How can I organise a campaign to save an animal?  Use animal and habitat words.  Use sentences with if.  Describe quantities with more and fewer.  Write a letter.  How can I have a club fair?  Use club activity words.  Talk about rules using should.  Ask and answer using should.  Write a flyer.  Review Units 5–6  Senegal	Endangered animal words: butterfly, wolf, otter, eagle, tiger, turtle, threat, habitat, pollution, chemicals, field, mountain  Phonics: br, pr, fr, gr, cr, dr, tr brown, princess, frog, green, crab, dragon, tree  Hobby words: meet, practise, get better, take part in, cheer, make new friends, neighbourhood, contest, choir, chess, ice-skating, drama  Phonics: sc, sk, sm, sn, sp, st, sw score, skate, small, snail, space, start, swan	animals.  Make new
	5 Endangered animals pp. 74-87  6 Join in! pp. 88-101  Checkpoint	How can I organise a campaign to save an animal?  • Use animal and habitat words.  • Use sentences with if.  • Describe quantities with more and fewer.  • Write a letter.  How can I have a club fair?  • Use club activity words.  • Talk about rules using should.  • Ask and answer using should.  • Write a flyer.  Review Units 5-6	Endangered animal words: butterfly, wolf, otter, eagle, tiger, turtle, threat, habitat, pollution, chemicals, field, mountain  Phonics: br, pr, fr, gr, cr, dr, tr brown, princess, frog, green, crab, dragon, tree  Hobby words: meet, practise, get better, take part in, cheer, make new friends, neighbourhood, contest, choir, chess, ice-skating, drama  Phonics: sc, sk, sm, sn, sp, st, sw score, skate, small, snail, space, start, swan  pp. 102–103	animals.  Make new
	5 Endangered animals pp. 74-87  6 Join in! pp. 88-101  Checkpoint  Culture  7 Marvellous medicines	How can I organise a campaign to save an animal?  Use animal and habitat words.  Use sentences with if.  Describe quantities with more and fewer.  Write a letter.  How can I have a club fair?  Use club activity words.  Talk about rules using should.  Ask and answer using should.  Write a flyer.  Review Units 5–6  Senegal  How can I make a plant fact file?  Use illness and medicine words.  Explain why we do something.  Ask and answer about illnesses.  Write a doctor's report.	Endangered animal words: butterfly, wolf, otter, eagle, tiger, turtle, threat, habitat, pollution, chemicals, field, mountain  Phonics: br, pr, fr, gr, cr, dr, tr brown, princess, frog, green, crab, dragon, tree  Hobby words: meet, practise, get better, take part in, cheer, make new friends, neighbourhood, contest, choir, chess, ice-skating, drama  Phonics: sc, sk, sm, sn, sp, st, sw score, skate, small, snail, space, start, swan  pp. 102–103  pp. 104–105  Medical words: patient, check-up, medicine, neck, shoulder, stomachache, sore throat, bandage, cream, pill, temperature, thermometer  Phonics: tw, qu	animals.  Make new friends.
	Endangered animals pp. 74-87  6 Join in! pp. 88-101  Checkpoint  Culture  7 Marvellous medicines pp. 106-119  8 Theme parks	How can I organise a campaign to save an animal?  Use animal and habitat words.  Use sentences with if.  Describe quantities with more and fewer.  Write a letter.  How can I have a club fair?  Use club activity words.  Talk about rules using should.  Ask and answer using should.  Write a flyer.  Review Units 5–6  Senegal  How can I make a plant fact file?  Use illness and medicine words.  Explain why we do something.  Ask and answer about illnesses.  Write a doctor's report.  How can I make a model theme park ride?  Use theme park words.  Compare the past, present and future.  Express my feelings.	Endangered animal words: butterfly, wolf, otter, eagle, tiger, turtle, threat, habitat, pollution, chemicals, field, mountain Phonics: br, pr, fr, gr, cr, dr, tr brown, princess, frog, green, crab, dragon, tree  Hobby words: meet, practise, get better, take part in, cheer, make new friends, neighbourhood, contest, choir, chess, ice-skating, drama Phonics: sc, sk, sm, sn, sp, st, sw score, skate, small, snail, space, start, swan pp. 102–103  pp. 104–105  Medical words: patient, check-up, medicine, neck, shoulder, stomachache, sore throat, bandage, cream, pill, temperature, thermometer Phonics: tw, qu twelve, twins, queen, quick  Theme park words: roller coaster, dodgems, Ferris wheel, queue, take your seat, scream Food: popcorn, candyfloss, hot dogs, crisps Feelings: scared, excited, interested, worried Phonics: j, g, c	Make new friends.  Look after yourself.

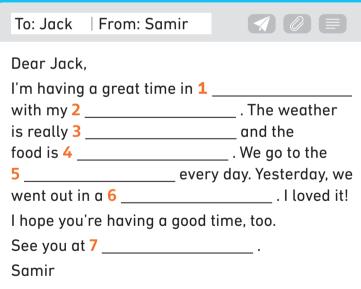
Writing	Structures		STEAM	Project and Revie
	Language lab Where are you from? I'm from Ecuador. Where is your aunt from? She's from Ecuador.	When's your birthday? It's on 31st March. When is your uncle's birthday?		
Write an SOS message.	Language lab Dan is going to make a camp. Are you going to use a rope? Yes, I am. / No, I'm not.	Communication When are you going to go sailing? On Monday.	Engineering: Strong bridges Experiment: How can I build a bridge?	Plan a class adventure
News articles.	Language lab The players kick the ball. The players kicked the ball. The players wore protection.	Communication When could you swim? I could swim when I was six. I could ride a bike two years ago.	Maths: Number systems Project: Can you make a number square?	Make a model of an Aztec ci
Brochures.	Language lab We will live on a space colony. We won't need fuel. Will we recycle our waste?	Communication Where will you live? What will you eat? When will you arrive?	Science: Sound and communication Experiment: Can you make a telephone?	Design a vehicle for the futu
Write a witness statement.	Language lab The dragon was flying. They weren't eating. Was the dragon swimming? Yes, it was. / No, it wasn't.	Communication What were you doing when the fire started? I was swimming in the pool when the fire started. I wasn't eating when the fire started.	Science: Flying machines Experiment: What model of aeroplane flies best?	Invent and tell a story about fantasy animal
Letters.	Language lab If they build a lot more houses, it will be very noisy. If they don't look after the wildlife, it won't be a beautiful place.	Communication Are there more wolves than eagles? There are fewer bears than wolves. There are more owls than otters.	Art and Design: Light boxes Experiment: Can you make an animal light box?	Organise a campaign to sav an animal
Flyers.	Language lab You should tidy the space. You shouldn't push your friends.	Communication Should I clean the equipment? Yes!	Science: Sport and the senses Experiment: What senses do I need for balancing?	Have a club fair
Write a doctor's report.	Language lab Doctors use medicine to make us better. Dentists use X-rays to see our teeth. Nurses use a thermometer to take our temperature.	Communication My head hurts. Does your ear hurt? Her stomach doesn't hurt.	Science: Tracking germs Experiment: How do you track germs?	Make a plant fact file
Fill in a form.	Language lab She went to the dinosaur race. She is looking at the fossil exhibition. She will go on the roller coaster.	Communication I'm scared of roller coasters. I'm interested in dinosaurs. I'm worried about the long queue	Science: Forces of motion Project: How can I test friction on	Make a model theme park ri





2 Read and complete.

beach boat cousins delicious hot school Spain



Was your holiday the same or different? Discuss with a partner.

I went to the beach, but I didn't go to Spain.

Imagine you are on holiday.
Make a postcard for a friend.

#### **Big families**

**VOCABULARY** 

I will learn family words.

#### 1 Read and underline the countries.

Four generations of my family live in this town, but my family comes from all over the world!

The first generation were my grandparents. My dad's parents are from Russia and my mum's parents are from Ecuador.

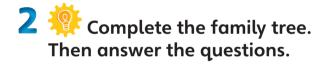
The second generation here are my parents and my uncle. My mum and her sister are from the USA, and my dad and his brother are from Scotland.

My cousin, sister and I are the third generation in the



Aunt Mary lives in Spain with her family, but Uncle John and his family live here.

My cousin Sally's got a new baby! Eddie is the fourth generation of the family in this town!

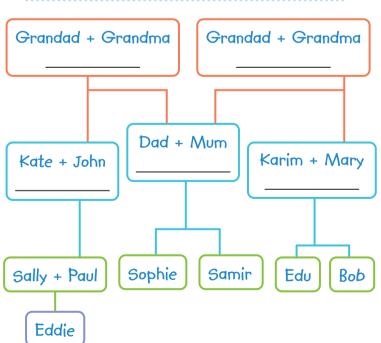


- 1 Has Samir's mum got a sister?
- 2 How many aunts has Samir got?
- Who are Edu and Bob's parents?
- Who are Eddie's grandparents?

Ask and answer about Samir's family.



Aunt Grandparents (2) Parents Uncle



## Language lab

**GRAMMAR: WHEN ...?** 

I will learn to ask and answer about dates.

	Adda .		₹			
1	Listen and tick 🗹 .		When's your b	rthd	ay? It's on 3rd Octobe	r.
1	Who is having a party?		***************************************	>>>>>		0000000F
	a Samir's sister	b	Samir	c	Samir's best friend	
2	When is the birthday?					
	a 3rd October	b	11th October	C	28th October	
3	When's the party?					
	a 3rd October	b	5th October	C	28th October	
4	Where is the party?					
	a in the park	b	at school	c	at home	

#### 2 Read and write the the first letter of their names.

3				October				(1)
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
		1st	2nd	3rd	4th	5th	6th	
	7th	8th	9th	10th	11th	12th	13th	
	14th	15th	16th	17th	18th	19th	20th	•
	21st	22nd	23rd	24th	25th	26th	27th	
	28th	29th	30th	31st	О			0

- 1 Lucy's birthday is on the fifteenth.
- 3 John's birthday is on the thirty-first.
- Make a bar chart showing your friends' birthdays.



- 2 Harry's birthday is on the twentieth.
- 4 Clare's birthday is on the twelfth.

#### 4 Complete.

- **1** When's your friend \_\_\_\_\_'s birthday? It's on \_\_\_\_\_.
- 2 \_\_\_\_\_'s your friend \_\_\_\_\_\_'s birthday? It's on \_\_\_\_\_\_.

#### Story lab

**READING** 

I will read a story about a birthday.

Look at the pictures. How old is Grandad?

Read and listen.

#### The birthday part

Grandad's birthday is at the end of February.



'That's a nice idea', Mum said. But Grandad didn't want a party. 'Don't worry about me', he said. 'It's not an important day.'

The children didn't agree. 'Please can we have a party for Grandad?' Sofia asked her mum. 'His 70th birthday is important!' 'We can invite all the family', Samir said. 'All right', Mum said.

Samir and Sofia talked to their cousins. 'Can you come to Grandad's party?'

The children did a lot of work for the party, but Grandad wasn't happy.



Values Listen to others and say how you feel.

#### Answer the questions.

- Why does the family want to celebrate Grandad's birthday?
- What did Grandad say about the party at the start of the story? 2
- Why did he say this? 3
- Why wasn't Grandad happy? \_\_\_\_\_
- What is special about Grandad's birthday?

The day before the party, Dad made a big birthday cake.

Finally, Grandad and Mum arrived at the party. 'Happy birthday!' everyone shouted.

#### What are the candles for?



On the day of the party, Samir and Sofia went to the park. First, Samir's school friends arrived. They put lanterns and a piñata in the trees. Then the cousins arrived with their parents. Soon, everyone was there.



Everyone looked confused. 'I was born on 29th February', Grandad explained. 'I have a birthday once every four years ... I'm not 70. I'm only 17!'

#### Read and complete.

first second third fourth fifth sixth seventh

- Dad was the \_\_\_\_\_ person to arrive at the party.
- Uncle Karim was the \_\_\_\_\_ person to arrive at the party.
- Samir and Sofia were the and people 3 to arrive at the party.
- Aunt Mary was the \_\_\_\_\_ person to arrive at the party.
- The cousins were the \_\_\_\_\_ and \_\_\_\_ people to 5 arrive at the party.

#### **Arrival Times**

Samir and Sofia: 4:00

Aunt Mary: 4:10

2 cousins: 4:30

Uncle Karim: 4:35

Dad: 4:50

Write an invitation for a party.



6 Act out the story in groups.

When you write an invitation, make sure you include who or what the party is for, where it is and when it is.





What are the children doing? Read and underline.

Playing outside is great! I really like climbing, swinging, collecting grass and leaves, and making a camp. I like balancing on branches, swimming and exploring. There are a lot of great things to do outside!

What other activities can the children do? Discuss with a partner.

> balance climb collect make a camp swing

branches grass leaves rocks trees

They can climb the trees.

They can't swing on the rocks.

4 Do an outdoor activities survey.



# CODE CRACKER



- Write four outdoor activities.
- Write your name and tick your two favourite activities. 2
- 3 Ask three friends and tick their two favourite activities.
- Add up the number of ticks for each activity.

Activities		
Name:		
Total 🗹 ticks		

What are your two favourite outdoor activities?

I like climbing trees and exploring.

#### In the forest

**VOCABULARY** 

I will learn outdoor activity words.

1 Listen and match. Sing the song.





#### Adventure camp

We've got a wheel and a rope.

We've got gloves and boots.

I said clap, clap, clap! Clap, clap, clap! I said stamp, stamp, stamp! Stamp, stamp, stamp!

I said let's get ready for adventure camp. 🦵 🧷

We've got grass and matches.



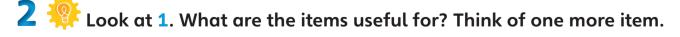
We've got a whistle and a blanket.

We've got a compass and a map.



We've got branches and leaves.





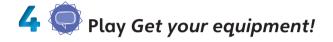
climbing cooking crossing the stream exploring making a camp swinging

The boots are useful for crossing the stream. 3 Look at 1. Choose three items and make a list. Add your new item.

My list

5 Make your own picture dictionary. Draw and write in order from the least to the most useful for playing outside.





- **climbing**
- exploring
- cooking
- making a camp
- crossing the stream 👪 swinging
- Take turns to roll the dice.
- 2 | Have you got the equipment for the activity?
- 3 Tick all the equipment on your list and you're a winner!

My list rope map compass spoon



I rolled a one that's 'climbing'! I've got a rope and that's useful for climbing.

6 Ph Listen and circle the correct tree. Then say.



A little girl with a skirt and a T-shirt heard a bird in a fir tree in the forest. Where's the fir tree with the bird the little girl heard?

Look at 6. Find and circle words with the same sound as learn.

## Language lab

GRAMMAR: GOING TO ...

I will learn to talk about future plans using **going to**.

1 Watch the video.



Dan is **going to** make a camp.

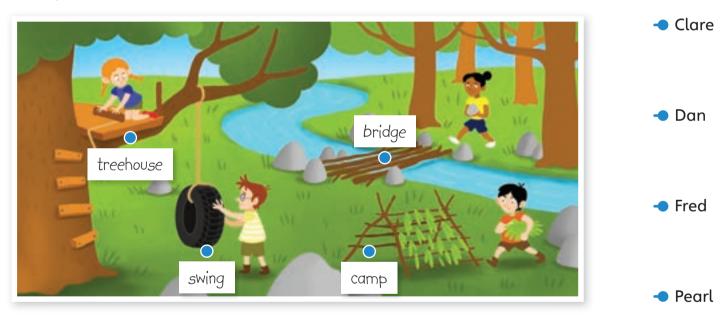
He isn't **going to** use branches.

Clare and Pearl are **going to** use branches.

They aren't **going to** use leaves.

Are you **going to** ...? Yes, I am. / No, I'm not.

2 Listen and match.



## 3 🏶 Look at 2. Read and answer.

- 1 This child is going to use a wheel and a rope. This child isn't going to use leaves or rocks. Who is it? \_\_\_\_\_
- This child is going to use rocks and branches. This child isn't going to use a blanket or grass. Who is it?
- 2 This child is going to use branches, a rope and an old door. This child isn't going to use rocks or a wheel. Who is it?
- 4 This child is going to use leaves and grass. This child isn't going to use a rope or boots. Who is it?

## 4 Dook at 2. Play Guess the picture.



Are you going to use a rope?

Yes, I am.

Are you going to make a swing?

No, I'm not.



Are you going to make a treehouse?

Yes, I am.

CODE CRACKER

# 5 What does it say? Use the

# spy's code to find out.

#### THE SPY'S CODE



1 Mr Red	2 the river	3 a black coat	the treehouse
5 Mr Gray	6 boots	7 a compass	8 a rope
9 Madam Black	10 gloves	11 the bridge	12 a hat

1 and are going to meet at

is going to wear 2

is going to take 3

6 Write a message with the spy's code.

## **Story** lab

**READING** 

I will read a story about an island adventure.

1 Look at the pictures. What happens?

2 Read and listen.

## Shipwrecked!



Jack swam to the beach and looked around, but Alice wasn't there. He blew his whistle three times and waited. Then he saw something far away. It was Alice!

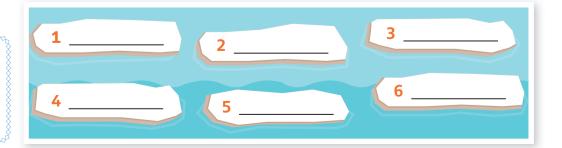


They collected rocks and wrote SOS on the sand. Then they waited for help. By the afternoon, they were hungry and needed water. 'Look! There are some trees up there.



Complete the story path.

beach trees lighthouse police station river sailing boat



They used their rope to climb up the rocks. On the other side, they found a river and some fruit trees.

Jack climbed up a tree. 'Pass me the knife!' he shouted, and he cut some fruit. Then they filled their water bottles with water from the river. Alice took out her compass.



They walked for a long time.

Then they saw a light. It was flashing on and off.

'That's the lighthouse. Come on!'

Officer Bond was happy to see the children. 'The search party found your SOS message at Pirate Bay. How did you get here?' she asked.



Values Work together.

4 How did the children work together to find help? Discuss with a partner.

Write a story about Jack and Alice getting lost in a forest.







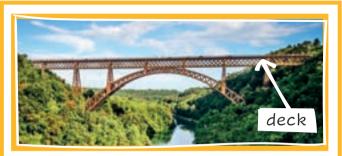


6 S Act out the story in groups.

I will learn how to build a bridge.

**ENGINEERING: STRONG BRIDGES** 

## 1 Read, listen and complete.



There are many different types of bridges, but they've all got a road or pathway. Engineers call this the deck of the bridge. We can describe bridges by the position of the deck.

An arch bridge has got a strong arch under the deck.

A truss bridge has got a deck at the bottom of the structure.

A suspension bridge has got a deck that hangs from cables.

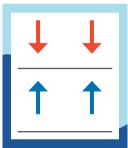


## Read, listen and complete.

pull up push down

Imagine a heavy lorry is going over a bridge. The weight of the lorry is pushing down on the deck. The bridge isn't going to break. The structure of the bridge is pulling the deck in the opposite direction. All bridges need a balance between a force pushing down and a force pulling up. A bridge breaks if one of the forces is greater than the other.





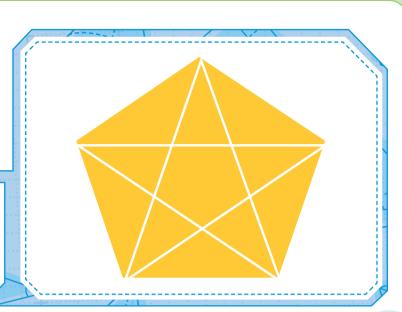
# Read and listen. Which photo has got the most triangles?

A triangle is a strong shape. Imagine you are pushing down on the point of a triangle. It's difficult to break. Triangles are used in many bridges to make the structure stronger.

- 4 Which bridge do you think is the strongest? Why?
- 5 How many triangles can you see in the pentagon?



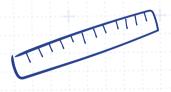
MATHS Clue: Number the single shape triangles from 1 to 10. Then count the triangles with two, three and five shapes.



# **EXPERIMENT TIME**



- 1 Connect the ice lolly sticks with clay to make triangles.
- 2 Connect the triangles to make a bridge.
- 3 Use the ruler for the deck of the bridge.
- 4 Test the strength of your structure with coins.







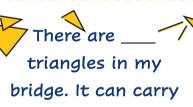
Watch a video about a bridge.

#### Materials

ice lolly sticks

clay







#### Time phrases

COMMUNICATION

I will ask and answer about future plans.

1 Listen and match.



A time – at two o'clock A day of the week - on Monday A month of the year – in September An amount of time – **for** two days

- When are you going to go sailing again? 1
- 2 When are you going to see your parents? •
- How long are you going to stay here? 3
- When are you going to visit Pirate Bay again?
- When are you going back to school? •

- In September.
- For two days.
- On Monday.
- At two o'clock.
- Tomorrow.

2 Ask and answer about your next holiday with a partner.

- Press out the cards.
- Write your name and your partner's name. 2
- Complete the information for you. 3
- information.

Ask your partner and complete their

When are you going on your next holiday?





I'm going in March.

Play Snap!



## **Writing** lab

AN SOS MESSAGE

I will learn to write an SOS message.

Alice and Jack wrote an SOS message, put it in a bottle and threw it into the sea.

1 Read and complete. beach food forest hungry Pirate Bay rocks water

Dear Friend, Our sailing boat smashed on some yesterday.  There is a behind the  We are OK, but we are and thirsty.  We are going to stay here for four hours and then we are going to look for and  Please send help.  From, Alice and Jack Samson  (somewhere near)	Our sailing boat smashed on some yesterday There is a behind the  We are OK, but we are and thirsty.  We are going to stay here for four hours and then we are going to look for and  Please send help.  From, Alice and Jack Samson
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#### 2 Number the features in 1.

- 1 = Who the letter is from
- 2 = Who the letter is for
- 3 = Location
- 4 = Request for help
- 5 = Date
- 6 = Landscape
- 7 = Conditions
- 8 = Plans

# Tick ✓ a place and write an SOS message.







- **1** Write your message.
- 2 Don't forget to ask for help!
- 3 Put your message in a bottle.
- 4 Play Pass the bottle.

# PROJECT AND REVIEW

Plan a class adventure

# Step 1



#### Research



Find out about local outside spaces.



- Make a list of different places near you.
- What activities can you do at each place?
- What equipment is going to be useful for the activities?

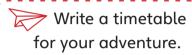
#### Places:

forest, beach, park

## Step 2



#### Plan



- Choose a place and a date for the outing.
- Decide the start and end times.
- Plan activities for the morning and the afternoon.
- Make a list of equipment.

Let's go to the river.

Yes! We can go in April.

OK. We are going to go to the river in April.

Let's go at nine o'clock in the morning!

	Activities	Equipment
Morning	making a camp	a blanket
	climbing	a rope
Afternoon	exploring	a compass
	swimming	a towel

## Step3



#### Create

Make a plan for your adventure.

Think of a name for your adventure.

Find photos or draw pictures of the place.

Include the date, the bus times, the timetable of activities and the equipment.

# River Outing!

Date: 27th April

Bus leaves: 9:00 a.m.

Activities: swimming, climbing rocks

Please bring: water, food for lunch,

rope, boots, swimming costume



Show your plan to your family.

Describe your adventure.

# Step 4



#### Show and tell

Hold a class competition for the favourite adventure.

Describe your plan for a class adventure.

Explain the exciting activities.

Your friends can choose three adventures.

Find the favourite adventure in the class.

What are you planning for the class adventure?

We're going to go to the river.



In the afternoon, we're going to swim.

## Now I can ...

... use outdoor activity words.

... talk about future plans using *going to*.

... ask and answer about future plans.

... write an SOS message.