

HOLT EARTH SCIENCE CHAPTER 12

REVIEW ANSWERS

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How do plants and animals help weather rock? Biological weathering is caused by the movements of plants and animals. For example, a rabbit can burrow into a crack in a rock making it bigger and eventually splitting the rock, or a plant may grow in a crack in a rock and, as its roots grow, cause the crack to widen.

How can a plant contribute to both chemical and mechanical weathering? Plants can cause mechanical and chemical weathering. When plants cause mechanical weathering, their roots grow into rocks and crack them. It can also happen in streets or sidewalks. When plants cause chemical weathering, their roots release acid or other chemicals, onto rocks, which then forms cracks, and breaks apart.

What is the sudden return of elastically deformed rock to its undeformed shape? Elastic rebound is the sudden return of elastically deformed rock to its undeformed shape. Elastic rebound occurs when more stress is applied to rock than the rock can withstand.

What is the movement or trembling of the ground that is caused by a sudden release of energy when rocks move along a fault? FACT: Earthquakes are sudden rolling or shaking events caused by movement under the Earth's surface. An earthquake is the ground shaking caused by a sudden slip on a fault. Stresses in the earth's outer layer push the sides of the fault together.

How do plants cause weathering? Plants grow around rocks where roots penetrate and crack the rocks. Plants grow around rocks and disintegrate the rock into soil. Water from plants is absorbed by minerals in rock and they are weathered

due to expansion and contraction. Plant roots cause temperature fluctuations within the rocks to cause weathering.

How can plants reduce weathering? By binding fine particles, plants can greatly increase weathering rates in areas of high physical erosion. Where erosion rates are lower, the effect of plants is less clear. On long timescales plants may decrease chemical weathering by binding secondary products and isolating unweathered minerals from meteoric water.

How do plants help to weather rocks in Quizlet? Plants help weather rocks by retaining rainwater which can help chemical weathering take place. They assist in mechanical weathering by their roots growing into cracks in rocks which can split rocks apart.

How can plants break down rocks? Root Pry: Plants and plant roots also tend to pull rock apart (a form of mechanical weathering). Roots follow nooks and crannies along in the subsurface and, as they get older, expand. Root expansion pulls and pries apart rock.

What are two types of weathering? Weathering is often divided into the processes of mechanical weathering and chemical weathering. Biological weathering, in which living or once-living organisms contribute to weathering, can be a part of both processes.

What do we call seismic waves that are transmitted along the outside of Earth? Surface waves travel along the Earth's surface. Two examples of surface waves are Rayleigh waves and Love waves.

How many dominant plates are interacting on the Earth's lithosphere? Earth's lithosphere, the rigid outer shell of the planet including the crust and upper mantle, is fractured into seven or eight major plates (depending on how they are defined) and many minor plates or "platelets".

What type of faults are produced under compression? In terms of faulting, compressive stress produces reverse faults, tensional stress produces normal faults, and shear stress produces transform faults.

Can aftershocks be worse? While most aftershocks are smaller than the mainshock, they can still be damaging or deadly. A small fraction of earthquakes are followed by a larger earthquake, in which case the first earthquake is referred to as a foreshock. For example, the 2011 M9.

What are two other names for S waves? S-waves, also known as secondary waves, shear waves or shaking waves, are transverse waves that travel slower than P-waves.

What is the process of elastic rebound rocks on each side of a fault? Elastic rebound is what happens to the crustal material on either side of a fault during an earthquake. The idea is that a fault is stuck until the strain accumulated in the rock on either side of the fault has overcome the friction making it stick.

How does erosion affect Earth's surface? Flexi Says: Erosion shapes and changes the Earth's surface by wearing away rocks and soil through processes like water flow, wind, ice movement, and gravity. This can result in the formation of valleys, canyons, and cliffs.

What is abrasion in physical weathering? Rocks and sediment grinding against each other wear away surfaces. This type of weathering is called abrasion, and it happens as wind and water rush over rocks. The rocks become smoother as rough and jagged edges break off. In this activity, you will model how abrasion works.

What can you infer in the process of breaking down rocks? Weathering describes the breaking down or dissolving of rocks and minerals on the surface of Earth. Water, ice, acids, salts, plants, animals, and changes in temperature are all agents of weathering.

How does vegetation affect soil erosion? First, plant roots hold sediment in place, helping to stabilize the areas where they are planted. Second, by absorbing water, breaking the impact of raindrops or wave-splash, and physically slowing the speed and diffusing the flow of overland runoff, plants reduce runoff erosion.

How do people contribute to soil erosion? Deforestation, habitat loss, and agricultural activities. Removing trees and plants, plowing fields, and overgrazing by livestock disrupts roots that stabilize sediment and soil. These human activities can

increase erosion rates 10 to 100 times that of non-human geologic processes.

Which of the following factors can affect soil erosion?

How do two activities of plants or animals help weather rocks? How do plants and animals help weather rocks and soil? The roots of plants create cracks in rocks. Animals dig in soil and expose new rocks to weathering.

How do animals help with weathering? Animals: Many animals, including insects, burrow into the ground. Their digging can break apart rocks and soil, leading to mechanical weathering. This is often referred to as bioturbation.

What role plants can play in the process of weathering of rocks? Root Pry: Plants and plant roots also tend to pull rock apart (a form of mechanical weathering). Roots follow nooks and crannies along in the subsurface and, as they get older, expand. Root expansion pulls and pries apart rock.

Can plants and animals contribute to weathering? Mechanical and Chemical Weathering by Plants and Animals As the roots grow, they exert significant pressure, eventually leading to the rock breaking apart. Furthermore, burrowing animals break apart rock when they dig for food or create homes, which contributes to mechanical weathering.

Tips for Explaining Death to Children: Insights from Dr. Liana Lowenstein

As parents or caregivers, confronting the difficult task of explaining death to children can be overwhelming. To navigate this sensitive conversation effectively, renowned expert Dr. Liana Lowenstein shares invaluable guidance.

1. Choose a Safe and Private Place: When discussing death with children, select a peaceful and private environment where they feel comfortable sharing their thoughts and emotions.

2. Be Honest and Direct: Use age-appropriate language to explain that death is a permanent separation from life. Avoid euphemisms or mystical explanations that may confuse children.

3. Answer Questions Openly: Encourage children to ask questions and answer them honestly and sensitively. Emphasize that death is a natural part of life and that everyone experiences it differently.

4. Use Age-Appropriate Analogies: For younger children, use analogies to explain death, such as comparing it to a plant that wilts and cannot be revived. This can help them understand the concept in a tangible way.

5. Offer Comfort and Support: Reassure children that they are not alone and that you are there for them. Let them know it is okay to express their feelings and that grieving is a normal and necessary process.

Some Simple Grammar Games for Group Table Games

Grammar games can be a fun and engaging way to practice grammar skills. They can be used in the classroom or at home, and they can be tailored to any age group. Here are a few simple grammar games that you can try with your group:

1. What's the Part of Speech?

In this game, one person thinks of a word and tells the group what part of speech it is. The other players then take turns guessing the word. The first person to guess the word correctly wins the round.

2. Adjective Charades

In this game, one person writes down an adjective on a piece of paper. The other players then take turns acting out the adjective. The first person to guess the adjective correctly wins the round.

3. Noun Bingo

In this game, each player gets a bingo card with a grid of nouns. The caller then reads out a list of nouns. The players mark off the nouns on their cards as they hear them. The first player to get five nouns in a row wins the game.

4. Verb Pictionary

In this game, one person writes down a verb on a piece of paper. The other players then take turns drawing a picture of the verb. The first person to guess the verb correctly wins the round.

5. Grammar Scavenger Hunt

In this game, the teacher hides grammar terms around the room. The students then search for the terms and write them down on a piece of paper. The first student to find all of the terms wins the game.

These are just a few examples of simple grammar games that you can try with your group. With a little creativity, you can come up with many other games that will help your students practice their grammar skills.

Is Headspace meditation or mindfulness? Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day. Care for your mental health in three minutes a day.

What is the Headspace Guide to meditation and mindfulness about? The Headspace Guide to Meditation & Mindfulness This is a book about meditation. But not as you know it. There's no chanting, no sitting cross-legged and no need for scented candles. Andy Puddicombe, Co-founder of Headspace, shows you how just ten minutes' meditation each day can change your life.

What type of meditation does Headspace use? Headspace combines techniques from both calming and insight meditation.

What is the connection between mindfulness and meditation? Mindfulness and meditation both require a heightened sense of awareness and staying present in the moment. The two can prove to be highly beneficial for your physical, mental, and emotional well-being, and each can facilitate a sense of calm, inner peace, and gratitude.

What are the negatives of Headspace? One of the Headspace app's biggest downsides is that you have access to a free trial only after signing up for a paid plan. In many cases, subscriptions renew without warning. Unresponsive customer service. Users report the company's customer service can be very slow to respond.

Is mindfulness better than meditation? Moreover, a solid meditation practice can help you feel better and be more mindful long after your session is over. But that doesn't mean that meditation is necessarily superior to mindfulness. "Mindfulness can do the same thing, but it's not a set formal practice," Kristin explains.

Why is Headspace so good? The sessions are designed to not only give you a few minutes of rest, but to help you recharge and reassess, using varying meditation courses designed to help ease your mind, refocus your thoughts, and give you a little peace of mind. Headspace's library of content is designed to work around real-life experiences.

Can you meditate lying down Headspace? Can I meditate lying down? We generally recommend sitting instead of lying down. However, if it's too painful or uncomfortable to sit upright, you're OK lying down. Try placing a thin pillow under your head and bending your knees so your feet are flat on the floor.

Is there a free version of Headspace? While Headspace has advanced courses, none of the meditations are over 30 minutes. Experienced practitioners may be better off with other meditation apps. Unfortunately, Headspace doesn't offer any free content, but a free trial is offered with a subscription.

Is Headspace Buddhist? After leaving the monastery with a desire to make meditation more mainstream, Andy arrived in London, which is where Headspace was first born, delivering meditations and teachings rooted in both the Burmese and Tibetan Buddhist traditions, while remaining true to the lineage that first inspired the app.

What is the main focus of Headspace? If you're a young person aged between 12-25 years, headspace provides a range of services to improve your health and wellbeing. Our services cover four core areas: mental health and wellbeing, physical and sexual health, work and study support, and alcohol and other drug services.

Why calm is better than Headspace? Headspace may be a better choice for beginners and people looking for an app that offers plenty of quick meditations for folks who are short on time. Although it costs more, Calm may be a better fit for those with some meditation experience or advanced meditators, as it has less

structure.

What happens to the brain during mindfulness meditation? While research on mindfulness meditation is still in the early stages, some small, initial studies have found that over time mindfulness meditation may lead to increases in gray matter density in the hippocampus and other frontal regions of the brain as well as increases in anterior insula and cortical thickness.

When not to use mindfulness? Are the exercises safe for me to do? Some may involve sitting still for long periods of time and focusing on your breath, which might not be suitable for everyone. For example, if you have mobility issues or breathing problems. Talk to your GP or a trained mindfulness teacher if you have any concerns.

Can you practice mindfulness without meditation? Practice Mindfulness without meditating by Mindful participation in an activity. Any activity can be done mindfully. Coloring, cooking, washing dishes, folding laundry and playing solitaire are all examples of activities that you can practicing focusing your full attention on.

How to meditate properly?

Is headspace good for anxiety? Start a meditation practice with Headspace. And with a regular meditation practice, we increase our ability to manage anxiety. Studies show when it becomes a habit, meditation helps us develop the skills to better manage anxiety and stress, and cultivate peace of mind.

What is the main goal of headspace? support young people to be mentally healthy in their communities and. actively contribute to and shape the whole of mental health system reforms needed to achieve better outcomes for them.

What is more powerful than meditation? In short, meditation offers a variety of tools in a big toolbox, some involving breath. Breathwork, on the other hand, is a super-focused approach to your breath, using specific techniques or breathing patterns for specific goals.

What is mindfulness not good for? Although not all mindfulness practice involves formal meditation, there are a number of published examples of meditation leading to negative outcomes such as anxiety, depersonalization, and depression. One

published report found that 25 percent of meditators experienced unwanted effects, most of which were transitory.

Is there anything better than meditation? 4. Cloud gazing. For those who benefit from having something outside of themselves to focus on, cloud gazing can be an appealing alternative to meditation. Cloud gazing draws us outside, which has documented mental health benefits, while amorphous, softly shifting clouds give the attention something calming to focus on ...

What type of therapy is Headspace? Headspace Care is a mobile app that offers confidential mental healthcare through behavioral health coaching via text-based chats, skill-building resources, and video-based therapy and psychiatry. Support is available anytime, anywhere for whatever you are going through — all from the privacy of your smartphone.

Does meditation count as mindfulness? Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Is it practice mindfulness or meditation?

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