

1st Grade FUESD Study Plan - May 4

Week 7 May 4 Monday	Tuesday	Wednesday	Thursday	Friday
ELA - Read 20 minutes, Reading Log (linked) 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List _____ - Read: Smile, Mike! Writing: Using the sentence frame, answer the question: <i>What do you think Mike's family will do the next time he cries?</i> Optional Story: Race to a Fire!	ELA - Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List _____ - Reread: Smile, Mike!! Using the sentence frame, answer the question: <i>How is Mike's family like your family?</i> - Optional Story: Race to a Fire!	ELA - Read 20 minutes,, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List _____ - Reread: Smile, Mike!! Using the sentence frame, answer the question: <i>What are some other ways you can make a baby smile and laugh?</i> - Optional Story: Race to a Fire!	ELA - Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List _____ - Read: Job Time for the Pines Using the sentence frame, answer the question: <i>What jobs did Mike and Kim do?</i> - Optional Story: Race to a Fire!	ELA - Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List _____ - Reread: Job Time for the Pines Using the sentence frame, answer the question: <i>What happened when Dad tried to make Mike's bed?</i> - Optional Story: Race to a Fire!
ELD ESL at Home, Week 1, Monday	ELD ESL at Home, Week 1, Tuesday	ELD ESL at Home, Week 1, Wednesday	ELD ESL at Home, Week 1, Thursday	ELD ESL at Home, Week 1, Friday
Math 1 Dreambox or ST Math Lesson Monday Homework (linked) Math Fluency Practice: +10-12 (M-F linked)	Math 1 Dreambox or ST Math Lesson Tuesday Homework Math Fluency Practice: 6-3	Math 1 Dreambox or ST Math Lesson Wednesday Homework Math Fluency Practice: +13-15	Math 1 Dreambox or ST Math Lesson Thursday Homework Math Fluency Practice: 10-4	Math 1 Dreambox or ST Math Lesson Math Fluency Practice: Mystery Message
Well-Being & Leader In Me Mindfulness and Wellness Tools-Choose one activity <i>Be Proactive/Begin With the End In Mind:</i> Make a To-Do List for the week	Well-Being & Leader In Me - Answer the first journal writing prompt <i>Put First Things First:</i> Create a daily schedule using the planner	Well-Being & Leader In Me Mindfulness and Wellness Tools-Choose one activity <i>Put First Things First:</i> Keep your list organized-check things off as you do them	Well-Being & Leader In Me - Answer the second journal writing prompt. Positive Words to Describe Me	Well-Being & Leader In Me <i>Sharpen the Saw:</i> Get ready for Mother's Day and make a card for your Mom. Make it pretty!
PE Choose a PE Tasks	PE PE Task	PE PE Task	PE PE Task	PE PE Task

Plan de Estudio Independiente de FUESD para primer grado - 4 de mayo

Semana 7 Lunes	Martes	Miércoles	Jueves	Viernes
Lenguaje/Literatura - Leer 20 minutos, (enlace) Registro de Lectura - Lexia - lección de Lexia - Practicar las palabras de uso frecuente Sight Words, Lista_____ - Leer: Smile, Mike! - Escritura: Usando el marco de la oración, responde la pregunta: ¿Qué crees que la familia de Mike hará la próxima vez que lllore? - Historia Opcional: Race to a Fire! ELD ESL at Home, Week 1, Monday Matématicas 1 Dreambox o lección matemática de ST Tarea del lunes (enlace) Práctica de fluidez matemática +10-12 (enlace para toda la semana) Bienestar Herramientas de atención plena y bienestar: Escoge una actividad - Ser proactivo/comenzar con El Final en Mente: Haz una Lista de tareas para la semana. Educación Física - Escoge una tareas de educación física (enlace)	Lenguaje/Literatura - Leer 20 minutos, Registro de lectura - Lexia - lección de Lexia - Practicar las palabras de uso frecuente Sight Words, Lista_____ - Leer: Smile, Mike! - Escritura: Usando el marco de la oración, responde la pregunta: ¿Qué tienen en común la familia de Mike y la tuya? - Historia opcional: Race to a Fire! ELD ESL at Home, Week 1, Tuesday Matématicas 1 Dreambox o lección matemática de ST Tarea del Martes Práctica de fluidez matemática: 6-3 Bienestar *Responde el primer diario writing prompt *Pon primero lo primero: Crea un horario diario utilizando el planificador. Educación Física - Haz una actividad de Educación Física	Lenguaje/Literatura - Leer 20 minutos, Registro de lectura - Lexia - lección de Lexia - Practicar las palabras de uso frecuente Sight Words, Lista_____ - Leer: Smile, Mike! - Escritura: Usando el marco de la oración, responde la pregunta: ¿De qué otras maneras puedes hacer que un bebe sonría y se ría? - Historia opcional: Race to a Fire! ELD ESL at Home, Week 1, Wednesday Matemáticas 1 Dreambox o lección matemática de ST Tarea del Miércoles Práctica de fluidez matemática: +13-15 Bienestar *Herramientas de atención plena y bienestar: Escoge una actividad * Pon primero lo primero: Mantén tu lista organizada y ve marcando lo que vayas terminando. Educación Física - Haz una actividad de Educación Física	Lenguaje/Literatura - Leer 20 minutos, Registro de lectura - Lexia - lección de Lexia - Practicar las palabras de uso frecuente Sight Words, Lista_____ - Leer: Job Time for the Pines - Escritura: Usando el marco de la oración, responde la pregunta: ¿Qué trabajos hicieron Mike y Kim? - Historia opcional: Race to a Fire! ELD ESL at Home, Week 1, Thursday Matemáticas 1 Dreambox o lección matemática de ST Tarea del Jueves Práctica de fluidez matemática: 10-4 Bienestar *Responde el segundo aviso del diario. * Pon primero lo primero: Positive Words to Describe Me Educación Física - Haz una actividad de Educación Física	Lenguaje/Literatura - Leer 20 minutos, Registro de Lectura - Lexia - lección de Lexia - Practicar las palabras de uso frecuente Sight Words, Lista_____ - Leer: Job Time for the Pines - Escritura: Usando el marco de la oración, responde la pregunta: ¿Qué pasó cuando papá intentó tender la cama de Mike? - Historia opcional: Race to a Fire! ELD ESL at Home, Week 1, Friday Matemáticas 1 Dreambox o lección matemática de ST Práctica de fluidez matemática: Mensaje Misterioso Bienestar Afila la Sierra: Prepárate para el Día de las Madres y haz una tarjeta para tú mamá. ¡Hazla bonita! Educación Física - Haz una actividad de Educación Física

Name _____

I am on sight word list # _____

Word List- Unit 3.2

like
spike
ride
hide
bike
mine
make
came
how
there

Reading Log

1) Read 20 mins a day

2) Write book title

1. _____
2. _____
3. _____
4. _____
5. _____

First Grade Sight Words

1 <i>Red</i>	2 <i>Orange</i>	3 <i>Yellow</i>	4 <i>Green</i>	5 <i>Dark Blue</i>	6 <i>Purple</i>
a are can do for go has have he here I is like little look 15	me my play said see she the this to you was we what where with 30	jump not up it over too be ride run come good pull down help now 45	use very her our they two eat no of some who live many out place 60	again could make one then three all put show together under want away school today 75	way why call funny how more so there every from into people soon your after 90
7 <i>Pink</i>	8 <i>Light Green</i>	9 <i>Light Blue</i>	10 <i>Bright Blue</i>	11 <i>Peach</i>	12 <i>Gray</i>
done find new old work any boy by does friends girl water across carry eight 105	once saw upon walked about give pretty says were write better buy change move ball 120	head never should shout also because blue or other until another climbed full poor through 135	grew house knew would great know sound their warm against below fall orange sure yellow 150	air enough eyes learn open always father four love mother along early instead nothing thought 165	build goes laugh only before been gone searching around begin brought certain minutes straight idea 180

Comprehension

Genre

A **Play** is a story that can be acted out.

Story Structure

Make Predictions

Use your **Predictions Chart**.

What I Predict	What Happens

Read to Find Out

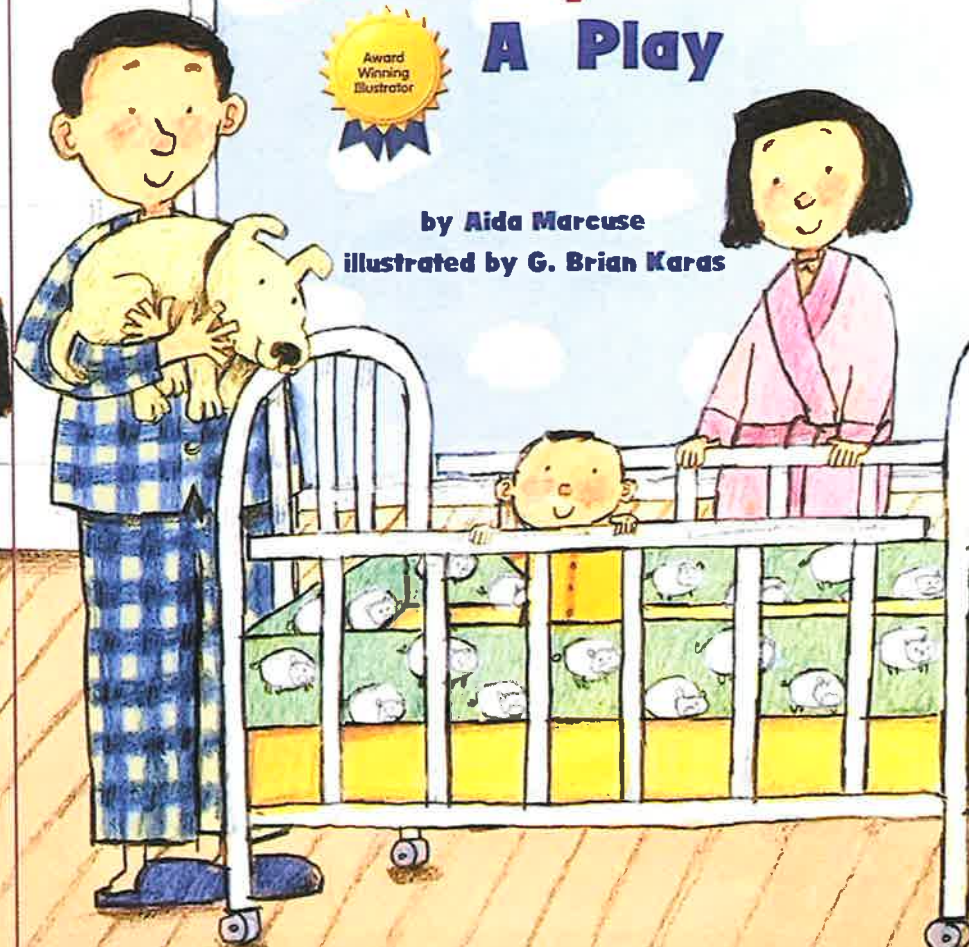
Who will make Mike smile?

Smile, Mike!

A Play



by Aida Marcuse
illustrated by G. Brian Karas



Meet the Characters



Mike



Spike



Juan



Ana



Mom



Dad



Gram



Pops

1



Mike: Waaaah!



Mom: Here we are, little Mike.



Dad: Did you **call** us?
Do you want to eat?



Mom: No, he just had a fine snack.

2



Mike: Waaaah!



Ana: Why is Mike **so** sad?



Juan: Let's make him happy.
Do you want this cat, Mike?

3



Mike: No! No! No cat!



Ana: Let's sing. **A - B - C - D -**
E - F - G - H - I -



Dad: **J - K - L - M - N - O - P -**



Juan: **Q - R - S - T - U - V - W -**
X - Y - Z.



Mike: No! No! No sing!

4



Gram: Why is our little Mike so sad?



Mike: Waaaah!



Pops: **How** can we make him smile?



Gram: Let's clap hands!



Pops: Clap with us, Mike.



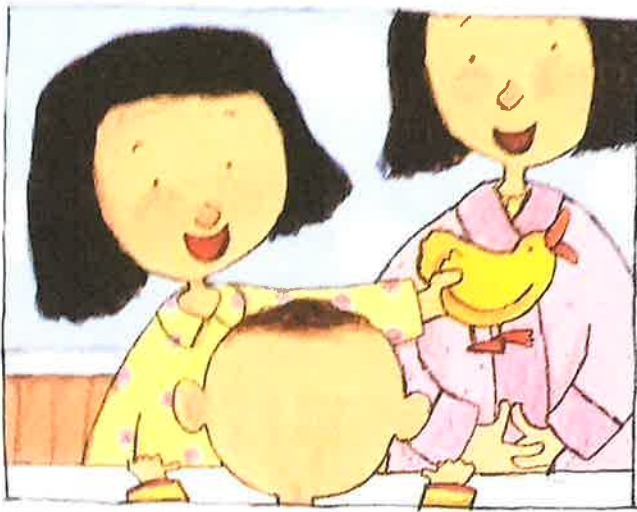
Mike: Waaah!



Gram: Clap hands with us.



Mike: No! No! No clap! **5 6**



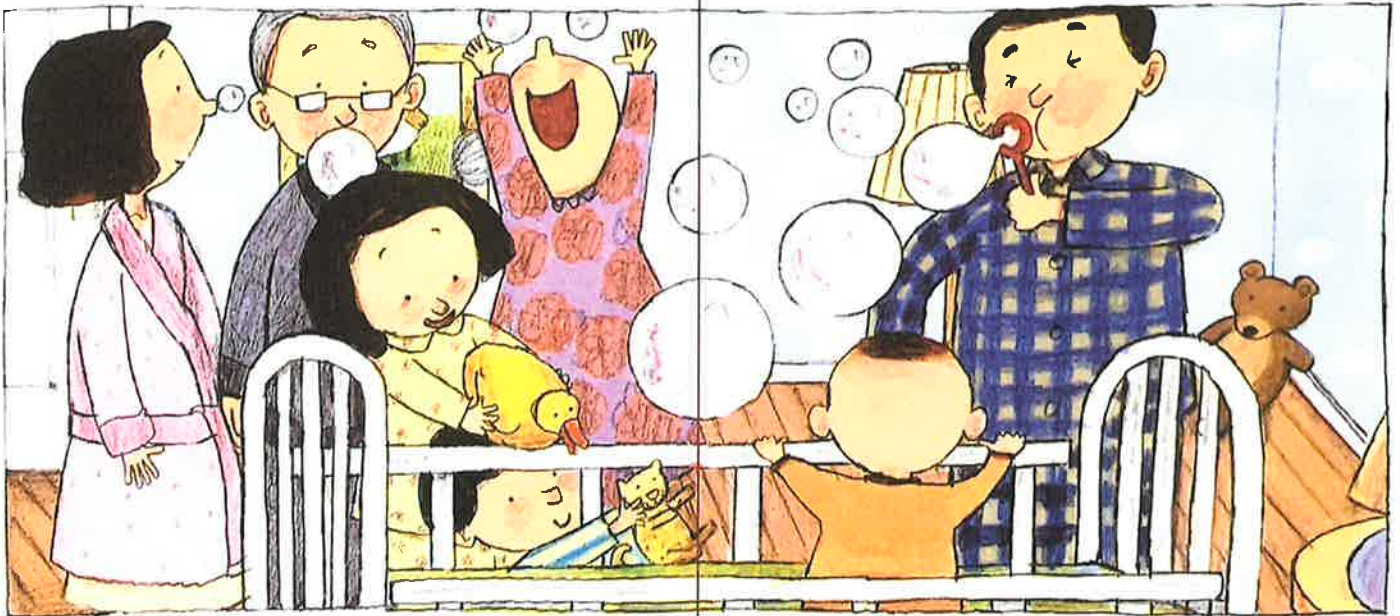
-  **Ana:** This **funny** duck will make Mike smile.
-  **Mike:** Waaah!
-  **Mom:** Do not be sad, Mike.
Quack with us. Quack! Quack!
-  **Mike:** No! No! No quack!

7



-  **Dad:** Look, Mike! I can make bubbles!
-  **Mike:** Waaah!
-  **Gram:** And I can get a bubble.
-  **Mike:** No! No! No bubbles!

8



 **Ana:** Mike, look at my funny duck.

 **Mike:** Waaah!

 **Juan:** And look at my little cat.

 **Gram:** Look at me, Mike.

 **Mike:** Waaah!

 **Dad:** Look! **There** are **more** bubbles!

9



Pops: Look, Mike! There is Spike.



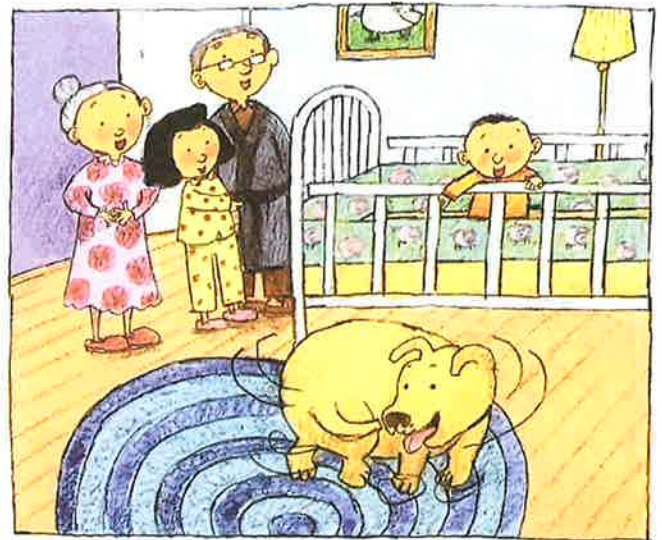
Mike: Waaah!



Juan: Did you come to see Mike, Spike?



Ana: Spike wants to make Mike smile.



Gram: Look at Spike spin.



Ana: Spike is funny!



Gram: Look! Mike has a big smile.



Pops: Spike made Mike smile.



 **Juan:** Good dog! This is for you, Spike.

 **Dad:** Show us how you can jump.

 **Mike:** Jump, Spike! Jump!

 **Spike:** Ruff! Ruff!



 **Dad:** At last, Mike is happy.

 **Mom:** Now it is time for bed.

 **Ana:** Mike will get some rest now.

 **Gram:** And so will we!

READ TOGETHER

Smile with Aida Marcuse!

Aida Marcuse says, “I wrote *Smile, Mike!* because mothers always try to make their children happy. I remember the day when my little boy wouldn’t stop crying. At last we discovered what he wanted! I hope you enjoy reading this play. I enjoyed writing it!”



Find out more about
Aida Marcuse at
www.macmillanmh.com.



Author's Purpose

Aida Marcuse wanted to write about making a sad boy smile. What makes you smile? Write about it.



Critical Thinking

Retell the Story

Use the Retelling Cards to retell the story in order.



Retelling Cards

Think and Compare

1. What do you think Mike's family will do the next time he cries?
2. How is Mike's family like your family?
3. What are some other ways you can make a baby smile and laugh?
4. How is Wags in "A Dog for Ike" like Spike?

What I Predict	What Happens



Name _____

1st Grade, Week 7

Directions: Using complete sentences, proper capitalization, and punctuation, answer the questions to the story, *Smile, Mike*.

Monday: What do you think Mike's family will do the next time he cries?

The next time Mike cries, I think his family will _____

Tuesday: How is Mike's family like your family?

Mike's family is like my family because _____

Wednesday: What are some other ways you can make a baby smile and laugh?

You can make a baby laugh by _____

Name _____

1st Grade, Week 7

Directions: Using complete sentences, proper capitalization, and punctuation, answer the questions to the story, *Job Time for the Pines*.

Thursday: What jobs did Mike and Kim do?

The jobs that Mike and Kim did were _____

Friday: What happened when Dad tried to make Mike's bed?

When Dad tried to make Mike's bed he _____

Bonus Question: What happened when Mom tried to deliver Mike's papers?

When Mom tried to deliver Mike's papers she _____



Job Time for the Pines

Mom and Dad rest today.
“Let’s switch our jobs,”
Mike and Kim tell them.
“Fine,” nod Mom and Dad.



“Would you like a snack?”
Mike asks Dad.
Dad takes a bite.
“This is not ripe! Take it away!”



Mom rides Kim’s bike. “Your bike
isn’t my size,” Mom tells Kim.
“It is way too little!”



Dad must make Mike’s bed.
“Lets make it line up,” Dad tells Mike.
But Dad bumps the light.



Kim wipes up the suds.
“I must rest,” she whines. “It’s time
to switch back,” smiles Mom.





Race to a Fire!

A  is on fire. Who will we call to help?



Brave  will help!
They can save it.



Time to grab a hat.

Time to grab a .



Hop on a red 
Drive fast to the blaze.



Smell the smoke up there!
Go up the .



Use a fire hose. Wet
the hot flames.



The fire is out. How?
The heroes save the !



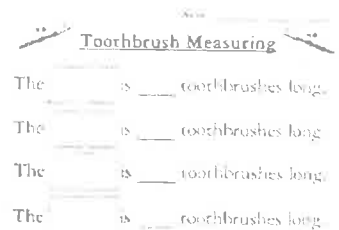
ESL at Home K-2 Weeks 1-2

Use notebook paper to complete these activities. Do one each day!

Monday	Tuesday	Wednesday	Thursday	Friday
Watch a TV show or movie. List: - Title - Characters - Setting - Beginning - Middle - End	Use objects in your house to invent something. Illustrate it and label it. 	What do you look like? Use a mirror to draw and label yourself. 	Write a word that starts with every letter of the alphabet. Example: A: apple B: boy	Use a toothbrush to measure 5 things in your house. <u>Toothbrush Measuring</u> The _____ is _____ toothbrushes long. The _____ is _____ toothbrushes long. The _____ is _____ toothbrushes long. The _____ is _____ toothbrushes long.
Monday	Tuesday	Wednesday	Thursday	Friday
Find 10 things that are heavy. Draw them or write a list. Find 10 things that are red. Draw them or write a list. Find 10 things that are soft. Draw them or write a list.	Stack cans and boxes to make a tower. Stand back and throw a small pillow to knock it down.	Write a message to someone, then write it backwards. Ask them to figure it out! Example: I love you uoY evol I	Write an acrostic poem using <u>your name</u>. Example: R: Really fun O: Outgoing Y: yellow hair	Watch two TV shows or movies and pick two characters. Draw a cartoon of them meeting each other. 

ESL en Casa K-2 Semanas 1-2

Usar una hoja de libreta para completar las actividades. Hacer uno por día.

Lunes	Martes	Miercoles	Jueves	Viernes
Ver un programa de television o una pelicula. Lista: • Titulo • Personajes • Lugar • Comienzo • Medio • Fin	Usar objetos en su casa para inventar algo. Dibuja y ponle una etiqueta. 	Como te miras? Usa un Espejo y etiquetate. 	Escribir palabras que empiezen con todas las letras del abecedario. Ejemplo: A: abeja B: banco	Usa un cepillo de dientes para medir 5 cosas en tu casa. 
Lunes	Martes	Miercoles	Jueves	Viernes
Encuentra 10 cosas que son pesadas. Dibujalas o escribe una lista. Encuentra 10 cosas que son rojas. Dibujalas o escribe una lista. Encuentra 10 cosas que son blandas. Dibujalas o escribe una lista.	Encimar latas y cajas para hacer una torre. Da un paso atras y avienta un cojin pequeno para derribarlo. 	Escribe un mensaje a alguien, despues escríbele al revez. Pídele que lo resuelvan. Ejemplo: Buenos días Said soneub	Escribe un poema acrostico con tu nombre. Ejemplo: J: Jugador O: Optimista S: soltero E: emocionado	Ver dos programas de television o dos peliculas. Escoger dos personajes, dibujalos conociendose. 

First Grade Homework



Name _____

FUESD 2016

Trimester 2, Week 7: _____

1.OA.3, 1.OA.4, 1.OA.6, 1.OA.8

Complete the fact families.

Monday:

2, 4, 6

$$\begin{array}{rcl} 2 + 4 & = & 6 \\ 4 + ___ & = & 6 \\ 6 - 2 & = & ___ \\ 6 - ___ & = & 2 \end{array}$$

3, 5, 8

$$\begin{array}{rcl} 3 + ___ & = & 8 \\ ___ + 3 & = & 8 \\ 8 - ___ & = & 5 \\ 8 - ___ & = & 3 \end{array}$$

Tuesday:

4, 6, 10

$$\begin{array}{rcl} 4 + ___ & = & 10 \\ ___ + 4 & = & 10 \\ 10 - ___ & = & 6 \\ ___ - 6 & = & ___ \end{array}$$

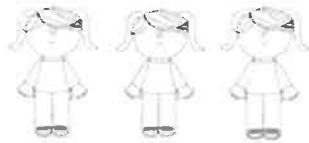
3, 4, 7

$$\begin{array}{rcl} ___ + ___ & = & 7 \\ ___ + 3 & = & ___ \\ 7 - ___ & = & ___ \\ ___ - 4 & = & 3 \end{array}$$

1.OA.1, 1.OA.2, 1.OA.3

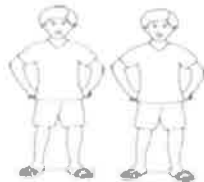
Wednesday: Solve the story problems using number bonds, tens frames and drawings.

There are 3 friends. Each friend has 4 pens. How many pens do the friends have all together?



_____ + _____ + _____ = _____

Tom and Jim ate 8 pizzas. If they both ate the same amount, how many did each of them eat?



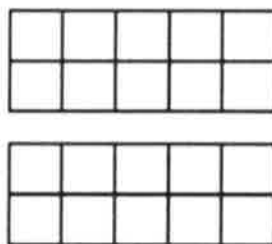
_____ + _____ = 8

Fran is making cookies. She needs to make 12. She has already made 8. How many more does she need to make?

_____ - _____ = _____

or

_____ + _____ = _____



1.NBT.2

Thursday: Solve. Draw sticks for tens 'rods,' and squares for ones 'units.' Complete the T-chart.

23 = _____ tens and _____ ones

tens	ones	

44 = _____ tens and _____ ones

tens	ones	

52 = _____ tens and _____ ones

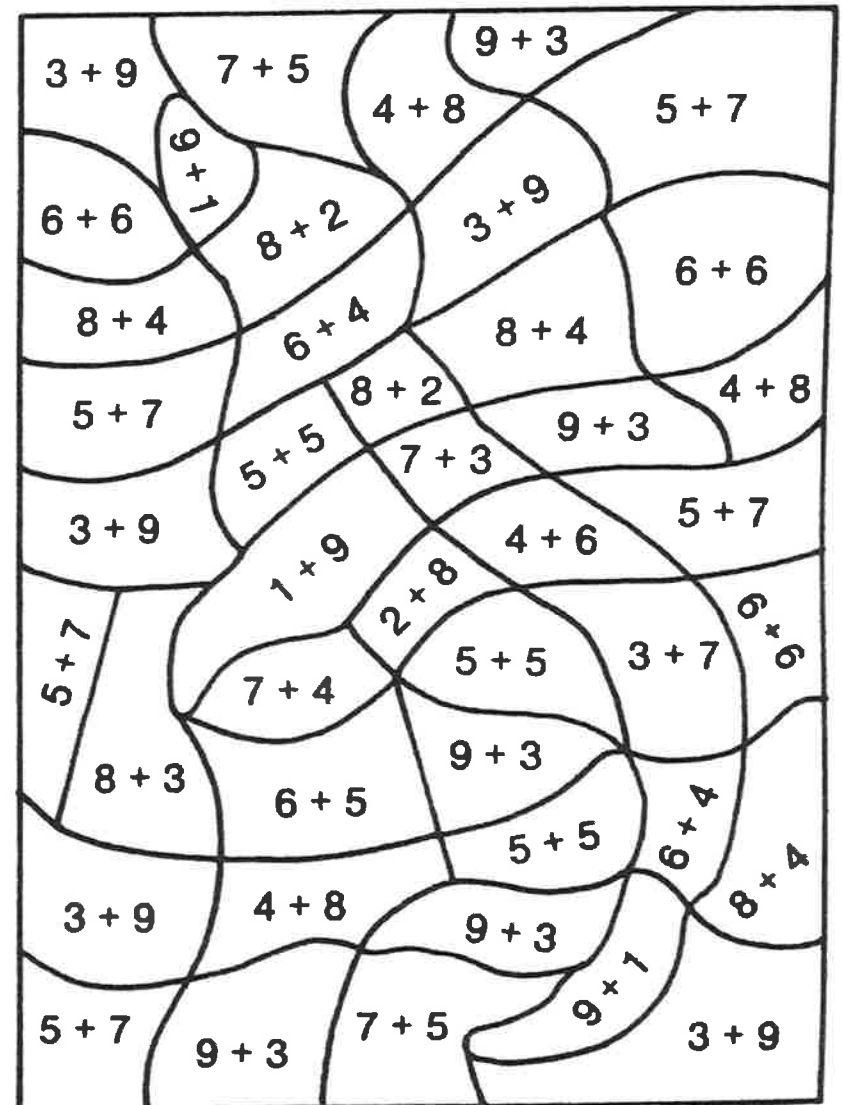
tens	ones	

Name _____ Skill: Addition drill

Color all boxes and spaces. Use the color key.

$\begin{array}{r} 3 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 7 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 4 \\ \hline \end{array}$
$\begin{array}{r} 8 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 7 \\ \hline \end{array}$
$\begin{array}{r} 4 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 2 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 3 \\ \hline \end{array}$
$\begin{array}{r} 7 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 5 \\ \hline \end{array}$
$\begin{array}{r} 4 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 7 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 8 \\ \hline \end{array}$

10 — brown 11 — orange 12 — blue



Level A 6-3

Name _____

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 4 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 0 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 1 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 4 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 2 \\ \hline \end{array}$$

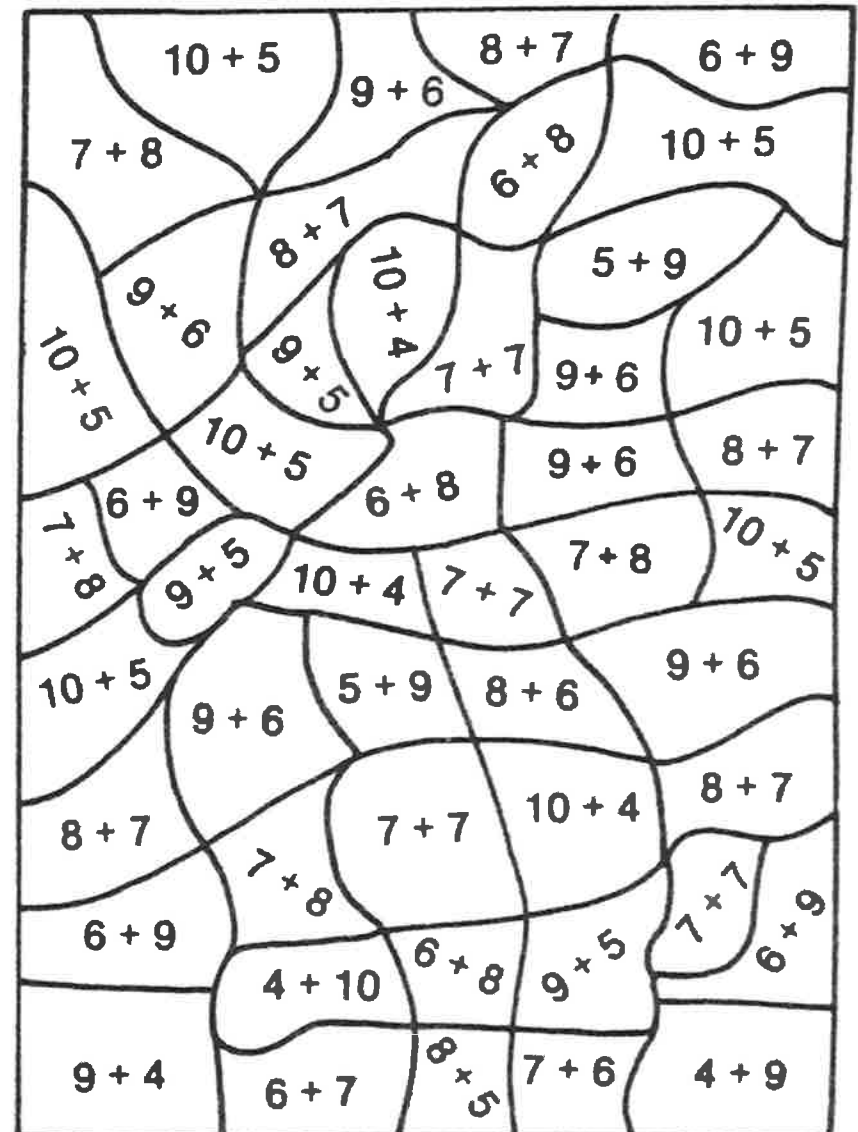
Name _____

Skill: Addition drill

Color all boxes and spaces. Use the color key.

$\begin{array}{r} 9 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 7 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 3 \\ \hline \end{array}$
$\begin{array}{r} 7 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 8 \\ \hline \end{array}$
$\begin{array}{r} 6 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 5 \\ \hline \end{array}$
$\begin{array}{r} 9 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 7 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 8 \\ \hline \end{array}$
$\begin{array}{r} 7 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 6 \\ \hline \end{array}$

13 — green 14 — yellow 15 — blue



Level A 10-4

Name _____

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

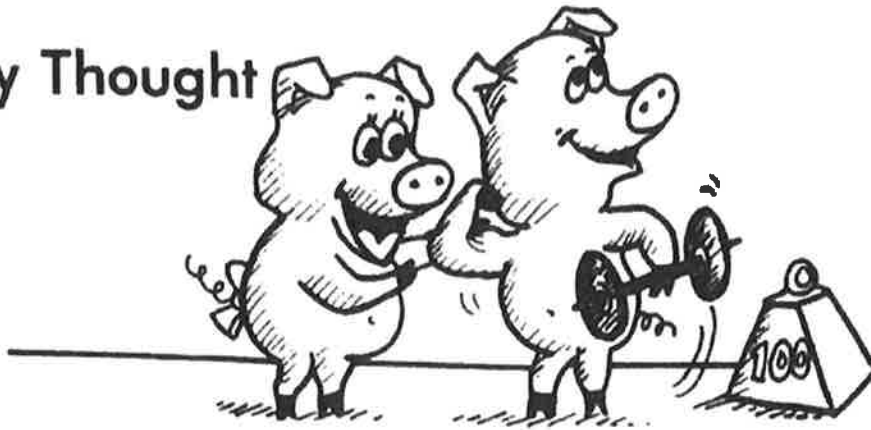
$$\begin{array}{r} 10 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

Name _____

A Happy Thought



$$\overline{2} \quad \overline{12} \quad \overline{16} \quad \overline{11} \quad \overline{17} \quad \overline{16} \quad \overline{11} \quad \overline{13}$$

$$\overline{8} \quad \overline{9} \quad \overline{11} \quad \overline{9} \quad \overline{17} \quad \overline{11} \quad \overline{2} \quad \overline{18} \quad \overline{9} \quad \overline{15} \quad \overline{13} \quad \overline{11} \quad \overline{s},$$

$$\overline{8} \quad \overline{18} \quad \overline{17} \quad \overline{11} \quad \overline{2} \quad \overline{5} \quad \overline{7}$$

$$\overline{12} \quad \overline{15} \quad \overline{17} \quad \overline{2} \quad \overline{13} \quad \overline{7} \quad \overline{16} \quad \overline{h} \quad \overline{8} \quad \overline{13} \quad \overline{g}.$$

A $\begin{array}{r} 1 \\ + 1 \\ \hline \end{array}$	C $\begin{array}{r} 4 \\ + 5 \\ \hline \end{array}$	D $\begin{array}{r} 2 \\ + 3 \\ \hline \end{array}$	E $\begin{array}{r} 7 \\ + 4 \\ \hline \end{array}$
F $\begin{array}{r} 7 \\ + 5 \\ \hline \end{array}$	I $\begin{array}{r} 5 \\ + 3 \\ \hline \end{array}$	M $\begin{array}{r} 9 \\ + 9 \\ \hline \end{array}$	N $\begin{array}{r} 9 \\ + 4 \\ \hline \end{array}$
O $\begin{array}{r} 9 \\ + 6 \\ \hline \end{array}$	R $\begin{array}{r} 8 \\ + 9 \\ \hline \end{array}$	T $\begin{array}{r} 7 \\ + 9 \\ \hline \end{array}$	Y $\begin{array}{r} 3 \\ + 4 \\ \hline \end{array}$

Daily Routine Planning Tool

STEP 1

Enter your daily priorities in the spaces to the right. Here are a few ideas to get started:

Connecting with family and loved ones

Academic learning

Helping around the house

Creative time

Time outdoors

Healthy food choices

Exercise

Learning something new

Sleep

Reading

STEP 2

Plug your priorities into the daily schedule to create your empowered routine.

5:00 - 6:00 AM

6:00 - 7:00 AM

7:00 - 8:00 AM

8:00 - 9:00 AM

Late
Morning

9:00 - 10:00 AM

10:00 - 11:00 AM

11:00 AM - 12:00 PM

12:00 - 1:00 PM

Afternoon

1:00 - 2:00 PM

2:00 - 3:00 PM

3:00 - 4:00 PM

4:00 - 5:00 PM

Evening

5:00 - 6:00 PM

6:00 - 7:00 PM

7:00 - 8:00 PM

8:00 - 9:00 PM

Late
Night

9:00 - 10:00 PM

10:00 - 11:00 PM

11:00 - 12:00 PM

TIC TAC TOE #1

Find some tokens and complete three games with a family member if you can!
(Or, videochat a friend and challenge them to a game!)

T i c T a c T o e	20 Arm Rotations 	8 Straddle Jumps 	12 Standing Toe Touches 	F I T N E S S
	Hold a Sit & Reach for 15 Seconds 	10 Curl Ups 	15 Sec. Butterfly Stretch 	
	10 Push Ups 	Hold a Plank for 15 Seconds 	15 Mountain Climbers 	

TIC TAC TOE #2

Find some tokens and complete three games with a family member if you can!
(Or, videochat a friend and challenge them to a game!)

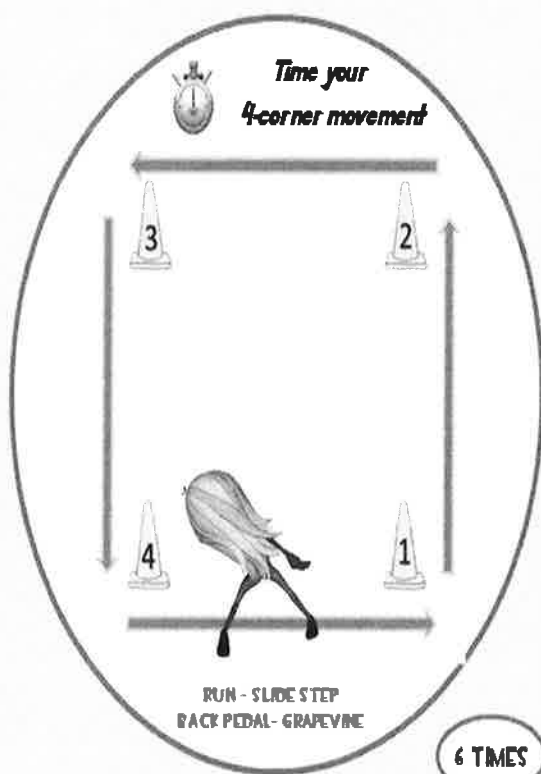
T i c T a c T o e	20 Sec. Wall Sit 	Hold a Plank for 15 Seconds 	Tricep Stretch for 12 seconds 	F I T N E S S
	8 Reachers 	Runners Stretch for 15 Sec 	8 Burpees 	
	12 Skier Jumps 	7 Star Jumps 	10 Lunges 	

CHALLENGE COURSES

Choose one to complete or alternate
between the two!

(You could use cardboard boxes for cones and number them!)

FOUR CORNER DRILL



Start at cone 1- Run Forward to cone 2.

Slide step facing out to cone 3.

Back pedal to cone 4.

Grapevine step back to cone 1.

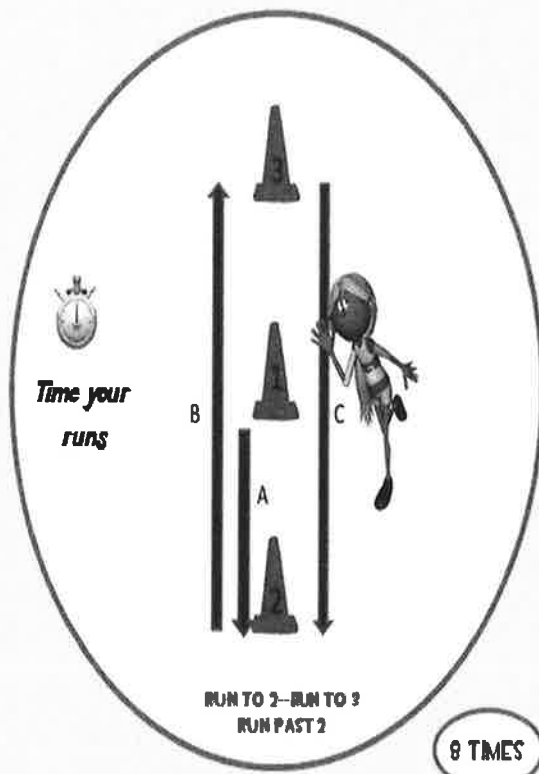
1

CONES AND POLYSPOTS



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TURN AND SPRINT



Start at cone 1 in an "athletic stance."

A. Run Forward to cone 2.

B. Turn quickly and run to cone 3.

C. Turn and sprint past cone 2.

2

CONES AND POLYSPOTS



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HOKEY POKEY AEROBICS

(SING ALONG WITH FAMILY MEMBERS)

HOKEY POKEY AEROBICS (WITH FAMILY MEMBERS)

Hokey Pokey Song by Maximo - Sing while doing the corresponding movement:

- Put your right foot in (lunge forward on the right leg)
- Put your right foot out (return to standing position)
- Put your right foot in and shake it all about (lunge forward on right leg and lightly bounce up in down in lunge position)
- Do the Hokey Pokey and turn yourself around (do jumping jacks while turning in a circle)
- Repeat above but do the opposite for the left leg.
- Continue to sing while working the following body parts
- Right arm and left arm (in-extend arm at the elbow, out-flex arm at the elbow, shake- bicep curls)
- Head (in-slowly touch chin to chest, out-back to starting position, shake- slowly side to side)
- Right hip and left hip (in-side jump in, outside jump out, shake- jump side to side)
- Whole self (in- forward jump, out- backward jump, shake-jump in and out)
- Finish with "Do the Hokey Pokey and turn yourself around, that's what it's all about!"

Variation(s) - Each time your turn yourself around you can incorporate different movements:

- Hopping on one foot - Leg squats
- Running in place



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**"Everything can be taken from us but one thing:
the freedom to choose our attitude in any given
set of circumstances" ~ Viktor Frankl**

5 Get active.
Even if you're
stuck indoors,
move & stretch

6 Contact a
neighbour or
friend and offer
to help them

7 Share what
you are feeling
and be willing to
ask for help

1 Make a plan
to help you keep
calm and stay
in contact

2 Enjoy washing
your hands.
Remember all
they do for you!

3 Write down
ten things you
feel grateful for
in life and why

4 Stay hydrated,
eat healthy food
and boost your
immune system

12 Immerse
yourself in a new
book, TV show
or podcast

13 Respond
positively to
everyone you
interact with

14 Play a game
that you enjoyed
when you were
younger

8 Take five
minutes to sit
still and breathe.
Repeat regularly

9 Call a loved
one to catch up
and really listen
to them

10 Get good
sleep. No screens
before bed or
when waking up

11 Notice five
things that are
beautiful in the
world around you

15 Make some
progress on a
project that
matters to you

16 Rediscover
your favourite
music that really
lifts your spirits

17 Learn
something new
or do something
creative

18 Find a fun
way to do an extra
15 minutes of
physical activity

19 Do three
acts of kindness
to help others,
however small

20 Make time
for self-care. Do
something kind
for yourself

21 Send a
letter or message
to someone you
can't be with

22 Find positive
stories in the news
and share these
with others

23 Have a
tech-free day.
Stop scrolling and
turn off the news

24 Put your
worries into
perspective and
try to let them go

25 Look for the
good in others
and notice their
strengths

26 Take a
small step
towards an
important goal

27 Thank three
people you're
grateful to and
tell them why

28 Make a
plan to meet up
with others again
later in the year

29 Connect with
nature. Breathe
and notice life
continuing

30 Remember
that all feelings
and situations
pass in time

ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

- Make a card for someone that you can't see right now to give to them when you can see them
- Spend 30 minutes in the sun
- Have a dance party - Play your own music or dance along with Go Noodle
- Have a movie night in your pajamas
- Read a book that you've never read before
- Help your parent/guardian prepare a meal
- Have a picnic indoors, outside on your front porch or in your backyard
- Find a spot at your home to organize and clean that you normally wouldn't clean
- Take a virtual drawing class and draw various Disney characters
- Grow those muscles! Have a family fitness day and try this workout
- Relax your muscles! Try out some deep stretching with Cosmic Kids
- Learn and memorize how to say "hello" in 15 different languages with Go Noodle
- Play pictionary with your family. Who will be the winner?
- Draw a picture/write a letter for your teacher. Show them at your next Google Meets meeting!
- Make a list of things you're looking forward to after quarantine is over
- Fill a family member's bucket by reminding them you love them
- Host a family talent show. Singing, dancing, magic tricks... what talent will you bring?
- Look at old family photos and reminisce with your family
- Play hide and seek with your family
- Rewatch one of your favorite shows or movies
- Go on a family nature walk
- Try a DIY (do it yourself) craft using some recycled household products (egg carton, toilet paper roll, etc)
- Explore the counseling website
- Create a new family bucket list

Have fun, be safe, and stay healthy! We miss you all so much!

Adapted from: Mrs. Vergara © schoolcounselormrsv

I feel excited when...



© Pencil to be PREPARED 2007

I feel surprised when...



© Pencil to be PREPARED 2007

POSITIVE WORDS TO DESCRIBE

ME.

Write words all over the page that describe you!

