

1st Grade FUESD Study Plan - May 11

Week 8 May 11 Monday	Tuesday	Wednesday	Thursday	Friday
ELA - Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List _____ - Read: <u>Mask! Masks! Masks!</u> Writing: Using the sentence frame, answer the question: What is the main idea of the article? - Optional Story: <u>Our Flag, Make A Doll</u> ELD ESL at Home, Week 2, Monday Math 1 Dreambox or ST Math Lesson Monday Homework Math Fluency Practice: 7-5 Well-Being & Leader In Me - Ways to Calm My Worry <i>Be Proactive/Begin With the End In Mind: Make a To-Do List for the week</i> PE - Choose a PE Task	ELA - Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List _____ - Reread: <u>Masks! Masks! Masks!</u> Using the sentence frame, answer the question: Have you ever worn a mask? What did it look like? - Optional Story: <u>Our Flag, Make A Doll</u> ELD ESL at Home, Week 2, Tuesday Math 1 Dreambox or ST Math Lesson Tuesday Homework Math Fluency Practice: 8-6 Well-Being & Leader In Me - Answer the first journal writing prompt <i>Think Win-Win: Clean your room without being told.</i> PE - PE Task	ELA - Read 20 minutes,, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List _____ - Reread: <u>Masks! Masks! Masks!</u> Using the sentence frame, answer the question: What are some ways people use masks? - Optional Story: <u>Our Flag, Make A Doll</u> ELD ESL at Home, Week 2, Wednesday Math 1 Dreambox or ST Math Lesson Wednesday Homework Math Fluency Practice: 3+4 Well-Being & Leader In Me - Calming Tools <i>Think Win-Win: Help your family with the dishes.</i> PE - PE Task	ELA - Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List _____ - Read: <u>Such A Grand Day!</u> Using the sentence frame, answer the question: What happened at the beginning of the story? - Optional Story: <u>Our Flag, Make A Doll</u> ELD ESL at Home, Week 2, Thursday Math 1 Dreambox or ST Math Lesson Thursday Homework Math Fluency Practice: 3+7 Well-Being & Leader In Me - Answer the second journal writing prompt. <i>Think Win-Win: Think of something you can do today to make someone happy.</i> PE - PE Task	ELA - Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List _____ - Reread: <u>Such A Grand Day!</u> Using the sentence frame, answer the question: What happened at the end of the story? - Optional Story: <u>Our Flag, Make A Doll</u> ELD ESL at Home, Week 2, Friday Math 1 Dreambox or ST Math Lesson Math Fluency Practice: +16-18 Well-Being & Leader In Me <i>Sharpen the Saw: Color and cut out your mask. Wear it around the house for fun.</i> PE - PE Task

Plan de Estudio Independiente de FUESD para primer grado - 11 de mayo

Semana 8 11 de mayo 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: <u>Masks! Masks!</u> - Escritura: Usando el marco de la oración, responde la pregunta: ¿Cuál es la idea principal del artículo? - Historias Opcionales: <u>Our Flag</u>, <u>Make A Doll</u> ELD ESL en casa, Semana 2, lunes Matématicas 1 Dreambox o lección matemática de ST Tarea del lunes Práctica de fluidez matemática: Bienestar - Maneras de calmar mi preocupación <i>Ser proactivo/comenzar con El Final en Mente:</i> - Haz una lista de tareas para la semana Educación Física - Escoge una tarea 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: <u>Masks! Masks!</u> - Escritura: Usando el marco de la oración, responde la pregunta: ¿Alguna vez has usado una máscara? ¿Como era la máscara? - Historias opcionales: <u>Our Flag</u>, <u>Make A Doll</u> ELD ESL en casa, Semana 2, martes Matématicas 1 Dreambox o lección matemática de ST Tarea del Martes Práctica de fluidez matemática: Bienestar *Responde el primer aviso del diario. *Piensa en ganar-ganar: limpia tu habitación sin que te lo digan. 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: <u>Masks! Masks!</u> - Escritura: Usando el marco de la oración, responde la pregunta: ¿Cuáles son algunas maneras en que las personas usan máscaras? - Historias opcionales: <u>Our Flag</u>, <u>Make A Doll</u> ELD ESL en casa, Semana 2, miércoles Matemáticas 1 Dreambox o lección matemática de ST Tarea del Miércoles Práctica de fluidez matemática: Bienestar *Herramientas para tranquilizarte * <i>Piensa en ganar-ganar:</i> Ayudale a tu familia con los platos. 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: <u>Such A Grand Day!</u> - Escritura: Usando el marco de la oración, responde la pregunta: ¿Qué pasó al comienzo de la historia? - Historias opcionales: <u>Our Flag</u>, <u>Make A Doll</u> ELD ESL en casa, Semana 2, jueves Matemáticas 1 Dreambox o lección matemática de ST Tarea del Jueves Práctica de fluidez matemática: Bienestar *Responde el segundo aviso del diario. * <i>Piensa en ganar: Piensa en algo que puedas hacer el día de hoy para hacer feliz a alguien.</i> 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: <u>Such A Grand Day!</u> - Escritura: Usando el marco de la oración, responde la pregunta: ¿Qué pasó al final de la historia? - Historias opcionales: <u>Our Flag</u>, <u>Make A Doll</u> ELD ESL en casa, Semana 2, viernes Matemáticas 1 Dreambox o lección matemática de ST Práctica de fluidez matemática: Bienestar <i>Afila la Sierra:Colorea y recorta tu máscara. Úsala en casa como diversión.</i> Educación Física - Haz una actividad de Educación Física

Name _____

I am on sight word list # _____

Word List- Unit 3.3

whip

whale

catch

match

chin

chop

like

ride

your

from

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

Name _____

1st Grade, Week 8

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

Monday: What is the main idea of the article?

The main idea of the story is _____

Tuesday: Have you ever worn a mask? What did it look like?

I _____ worn a mask. It _____
have or have not

Wednesday: What are some ways people use masks?

People can use masks to _____

Name _____

1st Grade, Week 7

Directions: Using complete sentences, proper capitalization, and punctuation, answer the questions to the story, *Such a Grand Day*.

Thursday: What happened at the beginning of the story?

At the beginning of the story, _____

Friday: What happened at the end of the story?

At the end of the story, _____

Words to Know

people

every

from

your

into

soon

Make A Doll



Dolls are like **people**.
They come in **every** size
and shape.

What do you think
this doll was made **from**?
Yes! It was made from
a bit of cloth.

You can make a doll with **your** sock.
Put some fluff **into** the sock. Then
stitch it up. **Soon** you can play with
your doll!



CA Comprehension

Genre

Nonfiction

A nonfiction article tells about real people and things.

Summarize

Main Idea and Details

Look for details that give information about masks.



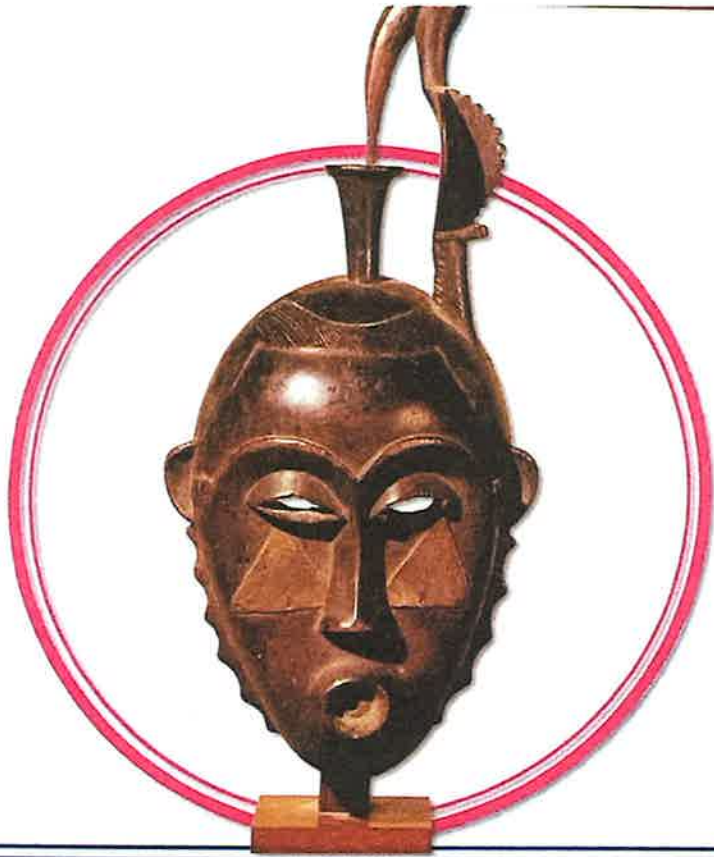
Masks! Masks! Masks!



A mask hides **your** face. When you put on a mask, you can act out a story. You can act as if you are not yourself.



People make masks in **every** land. Masks help them tell tales. And masks help them have fun.



This mask is **from** Africa. What shapes can you see on the mask? Which animal is on top?



The masks on this page are from Japan. People use them when they act in plays. What tales could they tell with such masks? **1 2**



Look at this bird. How do you think this mask was made? What is it made out of?

It takes much skill to make such a mask. **3** **4**



This mask is from Peru. It is shaped like the sun. Look at it. Can you see snakes? **5**

Make a Mask

You can make a mask, too! First, get a plate. Cut holes **into** it. Check that you can see.



Next, color the mask. Paste fun things on it. **Soon** you will have a mask!



Last, tape a band on the back of the mask. Put the mask on. Who are you?



CA Critical Thinking

Tell What You Learned

What did you learn about making masks?

Think and Compare

1. What is the main idea of the article?
2. Have you ever worn a mask? What did it look like?
3. What are some ways people use masks?
4. Would you rather make a sock doll or a mask? Why?



Our Flag

This is our flag.
It is red, white, and .



It stands for the U.S.A



Our flag has 50 . They
stand for the 50 states.
It has 13 red and white stripes.
They stand for the first 13 states.



This is a flag from the past.
It has 13 whites .



Check for the red, white, and .
flag. It waves on flagpoles. It is in
every class.



It is in homes.
It is on your stamps.
It is in space!



Wave flags on July 4!
Stand up and clap! Our land is free!





Such a Grand Day!

The big sun is up at six. People stretch
in bed and then get up.

Let's check in with them.



Whip up a batch of buns.

I wish I had a hot baked bun. Yum!

Which one can I pick?



Kids can take care of a pet.

This dog gets some more fresh water.

When will the dog get fed?



Kids chat in a bunch.

There is so much to tell.

Don't be late for class!



Kids check the lunch case.

Munch on fish and chips!

Grab a sandwich!



Play a game of chess.

Pitch and catch a ball.



The sun sets in the
west. I can see pink and
red.



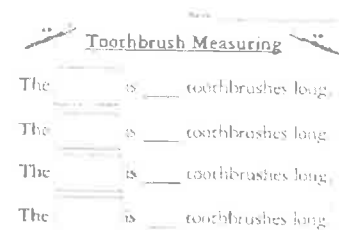
ESL at Home K-2 Weeks 1-2

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. Toothbrush Measuring 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. Encuentran 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. 

Name _____

Adjectives are Words That Describe

1. **Adjectives** are describing words that tell about a person, place or thing.
2. They can tell how things look, or taste, or sound or feel.

Find the two describing words in each sentence below. Circle them.

Choose one sentence to illustrate on the back of this paper.

1. The white kitten is fluffy.

2. Two noisy squirrels ran up a tree.

3. This old book is torn.

4. The apple was sweet and crisp.

5. The bright sun is warm on my neck.

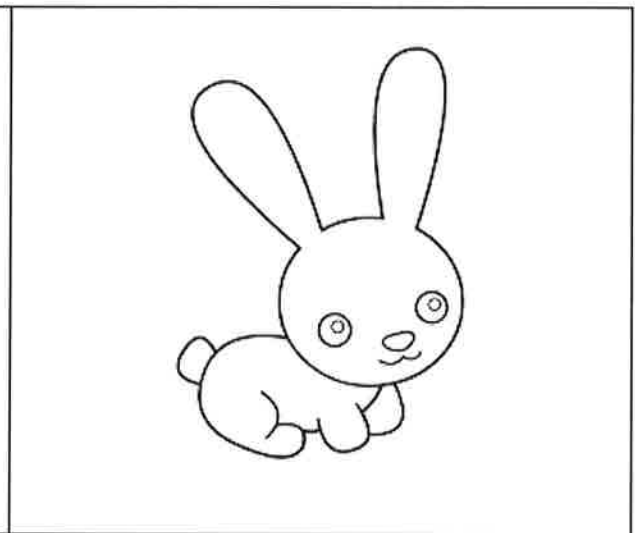
6. Six ducks swam in a round pond.

Name _____

Adjectives

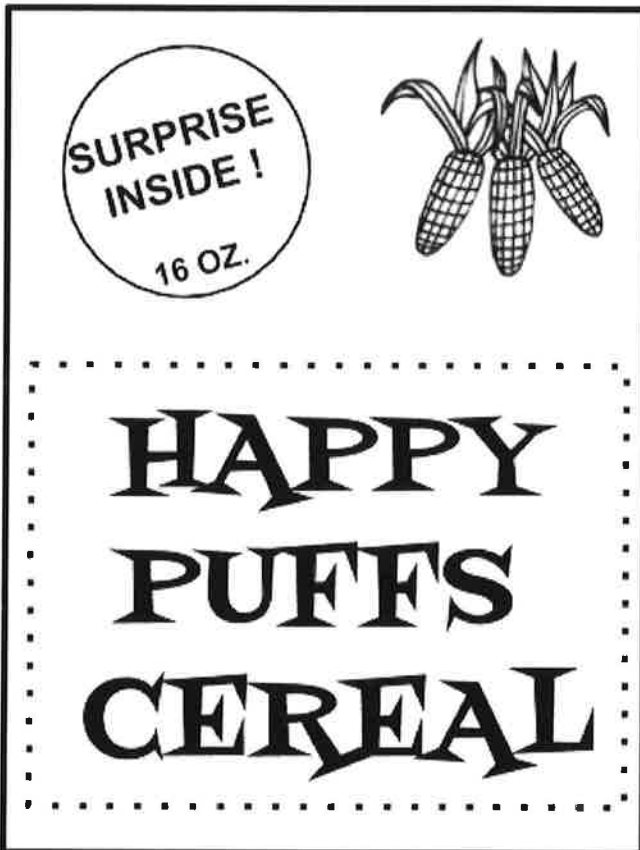
big	little	fat	soft
white	hungry	furry	sticky

Write the adjectives under the correct picture.



Name _____ Cereal Box Adjectives

Choose seven adjectives that could describe Happy Puffs Cereal.



Word Bank: Choose seven of these words to write next to the cereal box.

sweet furry delicious crunchy

stinky healthy crispy fruity

old sour flaky funny

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

Complete the fact families.

2, 8, 10

$2 + \underline{\quad} = 10$

$8 + \underline{\quad} = \underline{\quad}$

$10 - 2 = \underline{\quad}$

$\underline{\quad} - \underline{\quad} = 2$

1, 4, 5

$1 + \underline{\quad} = 5$

$\underline{\quad} + \underline{\quad} = 5$

$5 - \underline{\quad} = \underline{\quad}$

$\underline{\quad} - \underline{\quad} = 1$

3, 7, 10

3 + =

 + 3 =

10 - =

 - 7 =

5, 6, 11

$5 + 6 = 11$

$6 + 5 = 11$

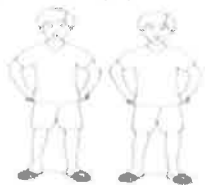
$11 - 5 = 6$

$11 - 6 = 5$

Three girls made 18 bags. If they each made the same amount, how many bags did each girl make?


$$+ \quad + \quad =$$

Rob and Matt made 14 pies. If they each made the same amount, how many pies did each boy make?


$$\text{---} + \text{---} \xrightarrow{\text{H}_2\text{O}} \text{---} + \text{---}$$

Rose has to make 16 toys. She has already made 11. How many more does she need to make?

1000

or

$$+ =$$

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

71 = 7 tens and 1 ones

tens	ones
------	------

65 = 6 tens and 5 ones

tens	ones
------	------

--

19 = 1 tens and 9 ones

tens	ones
------	------

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Level A 7-5

Name _____

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

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

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

$$\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

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

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

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

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

$$\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

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

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

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

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

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

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

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$$\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

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

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

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

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

$$\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

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

Level A 8-6

Name _____

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

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

$$\begin{array}{r} 7 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

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

$$\begin{array}{r} 7 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

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

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

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

$$\begin{array}{r} 7 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

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

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

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

$$\begin{array}{r} 7 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

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

$$\begin{array}{r} 7 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

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

Level A 3+4
Practice Page A

Name _____

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

$$\begin{array}{r} 1 \\ + 6 \\ \hline \end{array}$$

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

$$\begin{array}{r} 0 \\ + 9 \\ \hline \end{array}$$

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

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

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

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

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

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

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

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

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

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

Level A 3+7
Practice Page A

Name _____

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

$$\begin{array}{r} 1 \\ + 8 \\ \hline \end{array}$$

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

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

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

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

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

$$\begin{array}{r} 0 \\ + 6 \\ \hline \end{array}$$

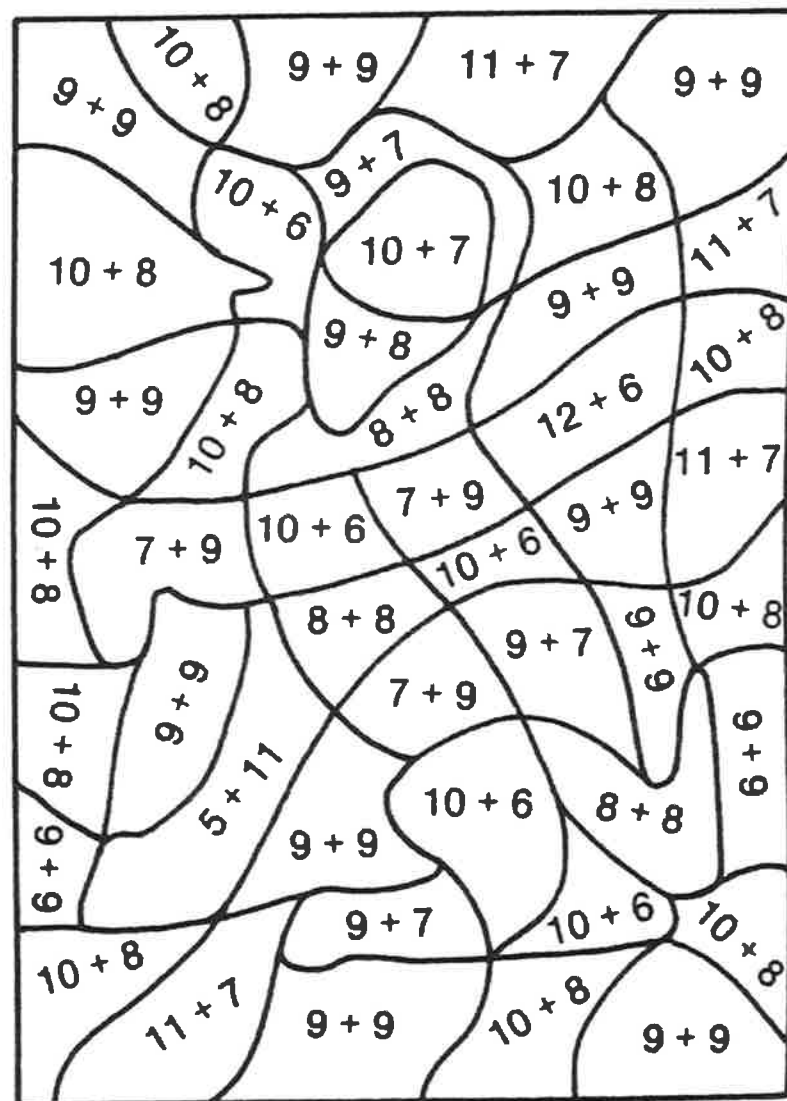
$$\begin{array}{r} 6 \\ + 3 \\ \hline \end{array}$$

Name _____ Skill: Addition drill

Color all boxes and spaces. Use the color key.

$\begin{array}{r} 9 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 11 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 7 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 9 \\ \hline \end{array}$
$\begin{array}{r} 10 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 12 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 11 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 8 \\ \hline \end{array}$
$\begin{array}{r} 9 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 12 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 13 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 12 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 9 \\ \hline \end{array}$
$\begin{array}{r} 11 \\ + 7 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 11 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 7 \\ \hline \end{array}$
$\begin{array}{r} 10 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 11 \\ + 7 \\ \hline \end{array}$	$\begin{array}{r} 12 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 11 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 7 \\ \hline \end{array}$

16 — yellow 17 — orange 18 — green





TABATA



1. PUSH-UPS



10 SEC REST

20 SEC MOVE



2. SKIER JUMPS



10 SEC REST

20 SEC MOVE



3. ALT. LEG KICKS



10 SEC REST

20 SEC MOVE



4. BURPEES



10 SEC REST

20 SEC MOVE

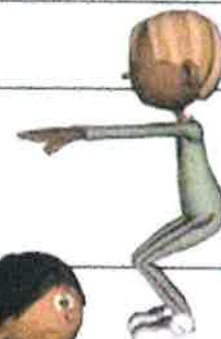


5. SQUATS



10 SEC REST

20 SEC MOVE



6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



6

HIGH INTENSITY INTERVAL TRAINING

©Phila Giametta (Dor's Petco), 2007

beginner circuit

WORKOUT

by DAREBEE

@darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



12 jumping jacks



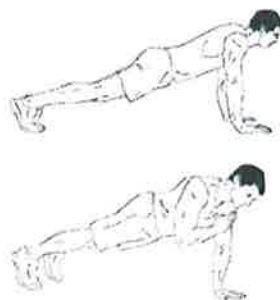
6 squats



6 calf raises



12 raised arm circles



6 shoulder taps



6 plank rotations

100%

DAREBEE **HIIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec shoulder taps



20sec high knees



20sec shoulder taps



20sec plank hold



20sec shoulder taps



20sec high knees



20sec shoulder taps



20sec high knees

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.

Early
Morning

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

I feel scared when...



© Pinned to by PRIMART 2007

I feel confused when...



© Pinned to by PRIMART 2007

Color the mask. Cut out the slots for eyes. You can poke string through the small holes on the side to fasten-on your mask.

