

4th Grade FUESD Study Plan/ Student Copy: May 18-22

Week 9: May 18-22

Monday/ lunes	Tuesday/ martes	Wednesday/ miercoles	Thursday/ jueves	Friday/viernes
<p>ELA</p> <ul style="list-style-type: none"> Read 30 minutes independently Reading Log Entry Read Passage 1: 1 Lexia/or Reading Plus Lesson Daily Journal Entry: 	<p>ELA</p> <ul style="list-style-type: none"> Read 30 minutes independently Reading Log Entry Read Passage 1: 1 Lexia/or Reading Plus Lesson Daily Journal Entry: 	<p>ELA</p> <ul style="list-style-type: none"> Read 30 minutes independently Reading Log Entry Read Passage 2: 1 Lexia/or Reading Plus Lesson Daily Journal Entry: 	<p>ELA</p> <ul style="list-style-type: none"> Read 30 minutes independently Reading Log Entry Read Passage 2: 1 Lexia/or Reading Plus Lesson Daily Journal Entry: 	<p>ELA</p> <ul style="list-style-type: none"> Read 30 minutes independently Reading Log Entry Read Passage 2: 1 Lexia/or Reading Plus Lesson Daily Journal Entry:
<p>ELD</p> <ul style="list-style-type: none"> Monday ELD Activity or/ BrainPop ELL (Access through Clever) 	<p>ELD</p> <ul style="list-style-type: none"> Tuesday ELD Activity 	<p>ELD</p> <ul style="list-style-type: none"> Wednesday ELD Activity or/ BrainPop ELL (Access through Clever) 	<p>ELD</p> <ul style="list-style-type: none"> Thursday ELD Activity 	<p>ELD</p> <ul style="list-style-type: none"> Friday ELD Activity or/ BrainPop ELL (Access through Clever)
<p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Monday Homework Math Skills Practice(1-2) 	<p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Tuesday Homework Math Sprint 1 	<p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Wednesday Homework Math Skills Practice 3-4 	<p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Thursday Homework Math Sprint: 2 	<p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Friday Homework Math Skills Practice 5-6 Math Sprint: 3
<p>PE</p> <ul style="list-style-type: none"> Week 9 Activities 	<p>PE</p> <ul style="list-style-type: none"> Week 9 Activities 	<p>PE</p> <ul style="list-style-type: none"> Week 9 Activities 	<p>PE</p> <ul style="list-style-type: none"> Week 9 Activities 	<p>PE</p> <ul style="list-style-type: none"> Week 9 Activities
<p>SEL/Leader In Me</p> <ul style="list-style-type: none"> FUESD Social Emotional Wellness Leader in Me/Social Emotional Wellness Activities 	<p>SEL/Leader In Me</p> <ul style="list-style-type: none"> FUESD Social Emotional Wellness Leader in Me/Social Emotional Wellness Activities 	<p>SEL/Leader In Me</p> <ul style="list-style-type: none"> FUESD Social Emotional Wellness Leader in Me/Social Emotional Wellness Activities 	<p>SEL/Leader In Me</p> <ul style="list-style-type: none"> FUESD Social Emotional Wellness Leader in Me/Social Emotional Wellness Activities 	<p>SEL/Leader In Me</p> <ul style="list-style-type: none"> FUESD Social Emotional Wellness Leader in Me/Social Emotional Wellness Activities

4 Grado - Plan de Estudio Independiente de FUESD/ Student Copy -May 18-22

Week 9: May 18-22

Monday/ lunes	Tuesday/ martes	Wednesday/ miércoles	Thursday/ jueves	Friday/ viernes
<p>ELA</p> <ul style="list-style-type: none"> Leer 30 minutos independientemente Entrada de lectura Leer: Lección 1 Lexia/or Reading Plus entrada diaria de escritura <hr/> <p>ELD</p> <ul style="list-style-type: none"> Lunes Actividad ELD o/ BrainPop ELL (Acceso a traves de Clever) <hr/> <p>Math</p> <ul style="list-style-type: none"> Tarea del Lunes lección1 Dreambox or ST Math Skills Practice (1-2) <hr/> <p>PE- Educación Física</p> <ul style="list-style-type: none"> actividades de semana 9 <hr/> <ul style="list-style-type: none"> Actividades para el bienestar Actividad de liderazgo <hr/> <p>Actividades para el I bienestar social emocional</p>	<p>ELA</p> <ul style="list-style-type: none"> Leer 30 minutos independientemente Entrada de lectura Leer: Lección1 Lexia/or Reading Plus entrada diaria de escritura <hr/> <p>ELD</p> <ul style="list-style-type: none"> Martes Actividad ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> Tarea del Martes Lección 1 Dreambox or ST Math Sprint: 1 <hr/> <p>PE- Educación Física</p> <ul style="list-style-type: none"> actividades de semana 9 <hr/> <ul style="list-style-type: none"> Actividades para el bienestar Actividad de liderazgo <hr/> <p>Actividades del bienestar social emocional</p>	<p>ELA</p> <ul style="list-style-type: none"> Leer 30 minutos independientemente Entrada de lectura Leer: Lección 1 Lexia/or Reading Plus entrada diaria de escritura <hr/> <p>ELD</p> <ul style="list-style-type: none"> Miércoles Actividad ELD o/ BrainPop ELL (Acceso a traves de Clever) <hr/> <p>Math</p> <ul style="list-style-type: none"> lección1 Dreambox or ST Tarea del Miércoles Math Skills Practice (3-4) <hr/> <p>PE - Educacion Física</p> <ul style="list-style-type: none"> actividades de semana 9 <hr/> <ul style="list-style-type: none"> Actividades para el bienestar Actividad de liderazgo <hr/> <p>Actividades para el bienestar social emocional</p>	<p>ELA</p> <ul style="list-style-type: none"> Leer 30 minutos independientemente Entrada de Lectura Leer: Lección 1 Lexia/or Reading Plus entrada diaria de escritura <hr/> <p>ELD</p> <ul style="list-style-type: none"> Jueves Actividad de ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> lección1 Dreambox or ST Tarea del Jueves Math Sprint: 2 <hr/> <p>PE- Educación Física</p> <ul style="list-style-type: none"> actividades de semana 9 <hr/> <ul style="list-style-type: none"> Actividades para el bienestar Actividad de liderazgo <hr/> <p>Actividades para el bienestar social emocional</p>	<p>ELA</p> <ul style="list-style-type: none"> Leer 30 minutos independientemente Entrada de lectura Leer: Lección1 Lexia/or Reading Plus entrada diaria de escritura <hr/> <p>ELD</p> <ul style="list-style-type: none"> Viernes Actividad de ELD o/ BrainPop ELL (Acceso a traves de Clever) <hr/> <p>Math</p> <ul style="list-style-type: none"> lección1 Dreambox or ST Tarea del Viernes Math Skills Practice (5-6) Math Sprint 3 <hr/> <p>PE - Educación Física</p> <ul style="list-style-type: none"> actividades de semana 9 <hr/> <ul style="list-style-type: none"> Actividades para el bienestar Actividad de liderazgo <hr/> <p>Actividades para el bienestar social emocional</p>

4th Grade Reading Log Week 9

Monday:

Book/Chapter(s) read:	
Minutes read:	
1 sentence comment about reading:	

Tuesday:

Book/Chapter(s) read:	
Minutes read:	
1 sentence comment about reading:	

Wednesday:

Book/Chapter(s) read:	
Minutes read:	
1 sentence comment about reading:	

Thursday:

Book/Chapter(s) read:	
Minutes read:	
1 sentence comment about reading:	

Friday:

Book/Chapter(s) read:	
Minutes read:	
1 sentence comment about reading:	

Parent Signature: _____ Date: _____

Monday:

Directions: Use the article "Too Much Trash!" to answer questions 1 to 2.

1. What is the goal of the "zero waste" plan?
2. What are three ways that the zero waste plan is being put into action?

Tuesday:

Directions: Use the article "A Ton of Trash" to answer the following question.

3. Why is more and more garbage going to waste-to-energy plants in many states?

Wednesday:

Directions: Use the article "A Ton of Trash" to answer the following question.

4. One benefit of recycling is that it means less garbage ends up in landfills or waste-to-energy plants. What is another benefit of recycling, according to this text?

Thursday

Directions: Use the articles "A Ton of Trash" and "Too Much Trash!" to answer question 5.

5. "Too Much Trash!" mentions that many people are working to solve the trash problem. Based on both texts, describe the trash problem that people today face.

Friday:

Directions: Use the articles "A Ton of Trash" and "Too Much Trash!" to answer question 6.

**6. Is recycling, reusing, and composting trash good for the Earth?
Use evidence from both texts to support your answer.**

A Ton of Trash

A group of fourth graders witnessed firsthand proof that one person's junk is another person's treasure. *Weekly Reader* joined the students on their visit to the Garbage Museum in Stratford, Connecticut, where a giant, multicolored dinosaur molded out of garbage towered above them.



Don Heiny/Weekly Reader

The Trash-o-saurus was made out of a ton of trash, including false teeth, license plates, and tires.

Trash-o-saurus was sculpted out of a ton of trash! That is equal to 2,000 pounds of garbage—the amount of trash each person, on average, threw away each year in the late 2000s. Philadelphia artist Leo Sewell scoured city dumps and created *Trash-o-saurus* out of old junk, from false teeth and license plates to toys, tires, and tennis rackets.

"I think the dinosaur is one of the coolest things I've ever seen," said fourth grader Jahkwe Aquart from Park City Magnet School in Bridgeport, Connecticut. His classmate Julie Pham, 9, agreed. "Instead of throwing away our garbage, we can reuse it."

That is exactly the point. "The museum shows what happens to our trash, how we can reduce

our trash, and what we can do instead of throwing our trash away," said museum director Satoria Montanari.

Garbage Trail

Americans created more garbage than ever before in the 2000s. In the early 1900s, most items were packed in containers that could be used again. In the 2000s, most of the food people bought, from cereal to milk, came in boxes and cartons that could be thrown away.

So what happens to trash after it is tossed out? Some trash ends up in **landfills**. In a landfill, garbage gets buried between layers of soil. Because many states have been running out of room for landfills, more and more garbage goes to **waste-to-energy** (or resource-recovery) plants. At these plants, garbage is burned and converted into electricity that people use to power their lights, TVs, and video games.

The Three R's



World Almanac for Kids

Plastic bottles can be recycled at centers like this one

Garbage is a form of solid waste. The Garbage Museum and its recycling plant, which are run by the Connecticut Resources Recovery Authority, provide visitors with ideas to cut down on solid waste. One way is to **reduce**, or make less, trash-by throwing away fewer napkins when you eat, for instance. Another way is to **reuse**, or find new uses for, old items. Paper bags, for example, can be reused to make book covers or wrap gifts.

People also help decrease their solid wastes when they **recycle**. Recycling refers to putting old objects, such as glass, plastic bottles, newspapers, and aluminum cans through a special process so that they can be used again.

Recycling has many benefits. Did you know that recycled plastic soft-drink bottles can be

made into park benches, carpeting, and backpacks? The more people recycle, the less garbage ends up in landfills or waste-to-energy plants.

Recycling also helps protect **natural resources**, or materials from Earth. To make an aluminum can from scratch, for example, the metal needs to be mined from the ground. That process harms the land and pollutes the air and water. Making aluminum cans from recycled cans uses 95 percent less energy and protects Earth's natural resources. In fact, the energy saved each year from recycled cans could light Washington, D.C., for nearly four years!

As part of their visit, the fourth graders got a look at the museum's recycling center. Here, they discovered that one **bale**, or bundle, of recycled newspapers can save 17 trees! The message seems to have stuck with 9-year-old Arron Smith. "When you recycle, you save trees and animals' homes."

Too Much Trash!

Less Mess

More people are recycling.

What do bottles, cans, paper, and tires have in common? They all end up as garbage. In the late 2000s and early 2010s, each American threw away about 4½ pounds of trash every day. That adds up to more than 1,600 pounds per person in one year!



Erlanson/Getty Images

Most of our trash ends up in landfills. Those are places where people dump trash. The rest of the trash gets recycled. When something is recycled, it is made into something new.

Many people have been working to solve the trash problem. One plan is known as "zero waste." Its goal is to teach people to make less trash. The plan is being used in schools, companies, national parks, and restaurants. Here are some ways that the plan is being put into action.

Recycling Trash



Jupiter Unlimited

Put items to be recycled in a recycling bin.

Some people sort their trash to see what can be recycled. Those items often include paper, glass, and certain plastics. Some towns also recycle tires and batteries. Taking items to recycling centers reduces the trash in landfills.

Buying Recycled Products



Carrin Ackerman/Weekly Reader

This fleece, by Patagonia, is made from recycled plastic bottles.

Many products are made from recycled materials. Clothes and bags can be made from recycled plastic bottles. Recycled plastic can also be made into lumber. Lumber is used for building things.

Making Compost Piles





SuperStock; Trash: iStockphoto

Plant and food scraps can be put into compost piles.

Food scraps usually end up in the trash. But some people put the scraps into compost piles. Those are mixtures of plant and food scraps. Worms and bugs help break down the scraps. That turns into soil, which helps plants grow.


ESL at Home 3-5 Weeks 3-4

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

Monday	Tuesday	Wednesday	Thursday	Friday		
Read a book to your family, but don't let them see the title. Let them take turns to guess the title.	Make a T-chart. Make a list of opposites in your home. <table><tr><td>washer spoon</td><td>dryer fork</td></tr></table>	washer spoon	dryer fork	Find food in your house, like crackers or water bottles. Write or draw a word problem. Omar has 36 crackers. Neveah ate twenty-three. How many are left?	Go outside. Write and draw what you see, hear, think, feel, and smell.	Choose two animals. Draw and label their body parts. Create a venn diagram to compare them.
washer spoon	dryer fork					
Monday	Tuesday	Wednesday	Thursday	Friday		
Create a shadow puppet story on the wall. Write the title, characters, problem, solution, and ending to your story.	Use crackers or candy to write words you find in your home. 	Take a walk in your neighborhood. Use sticks, leaves, and rocks to leave messages for your neighbors. 	Think of someone you would like to interview. Write them a letter with your questions.	Use the food in your house to create a menu with prices. Use them to write word problems. Example: Milk = \$2.00 Bananas = \$3.00 Ice cream = \$1.00		

ESL en Casa 3-5 Semanas 3-4

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

Lunes	Martes	Miercoles	Jueves	Viernes
Leer un libro a tu familia, sin decirles el titulo. Al final, deja que adivinen el titulo.	<div>Crear una graficia T. Haz una lista de cosas opuestas en tu casa.</div> <div><div>lavadora</div><div>secadora</div><div>cuchara</div><div>tenedor</div></div>	Encontrar comida en tu casa, como galletas o botellas de agua. Escribe una historia de problema matematica. Omar tiene 36 galletas. Neveah se comio vintitres.?	Ve afuera. Dibuja lo que ves, oyes, piensas, tocas y hueles.	Escoge 2 animals. Dibujalos y etiqueta los partes de su cuerpo. Crear una table para compararlos
Lunes	Martes	Miercoles	Jueves	Viernes
Crear un espectaculo de marioneta de sombras con tus manos y la pared. Escribe el titulo, personajes, problema, solucion y el fin de la historia.	Usar galletas o dulces para escribir palabras de cosas que encuentres en tu casa. <div>Candy</div>	Sal a caminar en tu vecindad. Usa palos, hojas y piedras para hacer palabras para que vean tus vecinos. <div></div>	Piensa en alguien a quien te gustaría entrevistar. Escríbeles una carta con tus preguntas.	Usa la comida que tienes en casa para crear un menu con precios. Usalos para escribir problemas. <div>Ejemplo: Leche = \$2.00 Platanos = \$3.00 Nieve = \$1.00</div>

ESL Assignments
Week 9

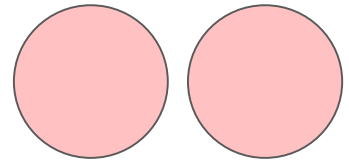
Monday Assignment: Read a book to your family, but don't let them see the title. Let them take turns to guess the title.

Did your family guess the title of the book you read?

YES

NO

Click on the
circle and drag
it over the
correct answer



Did you give them any clues? Yes No

If so, what were they?

ESL Assignments Week 9

Tuesday Assignment: Use the T-chart below and make a list of all of the opposites in your home.

Opposites in Your Home	

ESL Assignments Week 9

Wednesday Assignment: Find food in your house, like crackers, or water bottles. Write or draw a word problem to represent them.

Example: Omar has 36 crackers. Neveah ate twenty-three. How many are left?

Draw, write, or take a photo and insert it below.

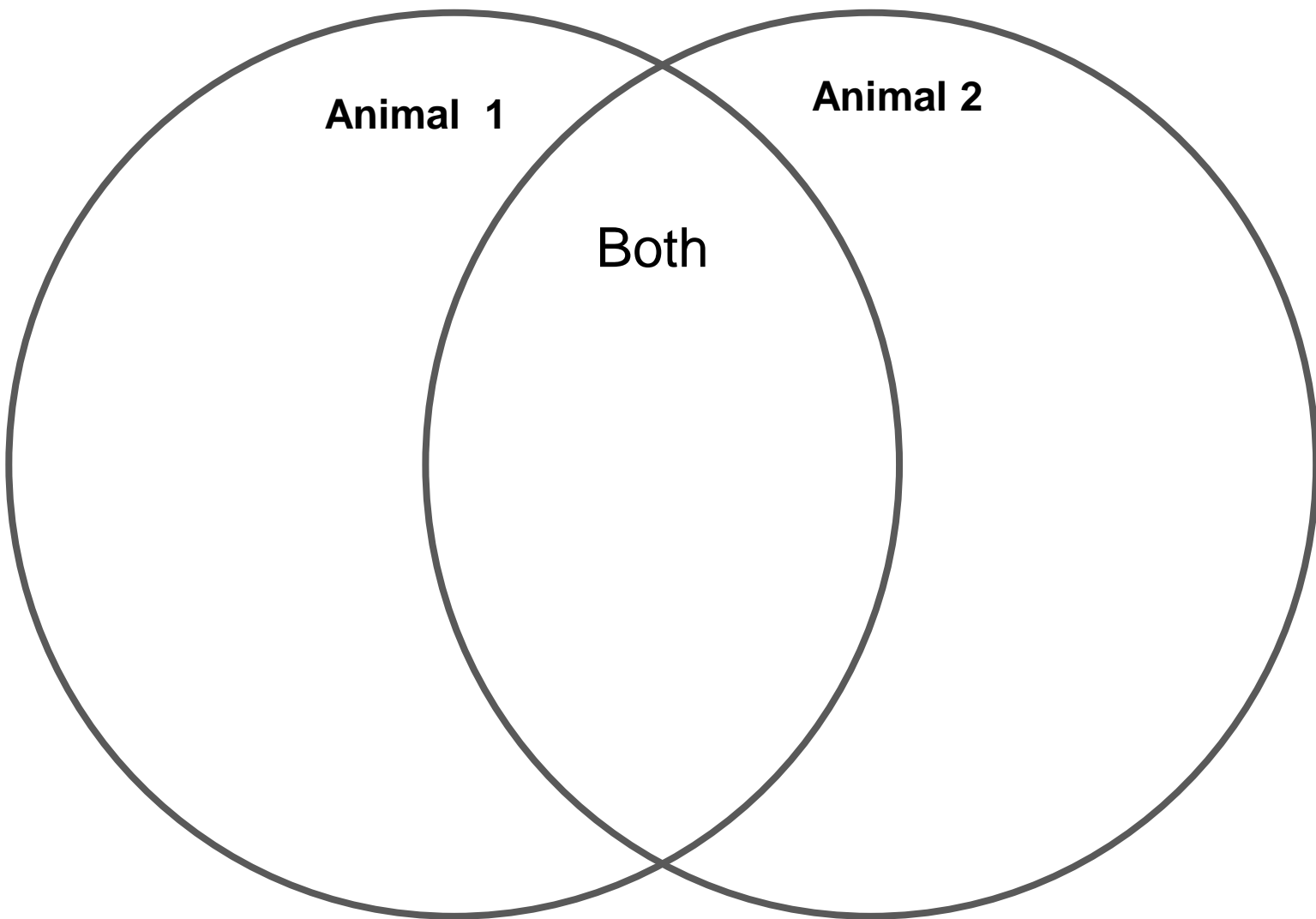
ESL Assignments Week 9

Thursday Assignment: Go outside and observe nature. Use your chromebook to take a photo of something you find interesting. Insert the picture below and write what you thoughts about what you saw. felt, heard and smelled as you observed nature.

Insert your picture and text below.

ESL Assignments Week 9

Friday Assignment: Choose two animals. Draw and label their body parts. Be creative. Use the Venn Diagram below to compare their parts. Take a picture of the two animals you created.



1) 496,192 + 290,251 <u> </u>	2) 832,175 - 535,248 <u> </u>	3) 693,210 + 260,153 <u> </u>	4) 720,253 - 435,627 <u> </u>
----------------------------------------------	----------------------------------------------	----------------------------------------------	----------------------------------------------

1)	2)	3)	4)	5)
----	----	----	----	----

1) $5 \times \underline{\hspace{2cm}} = 60$ 2) $7 \times 8 = \underline{\hspace{2cm}}$ 3) $28 \div 4 = \underline{\hspace{2cm}}$ 4) $27 \div 9 = \underline{\hspace{2cm}}$

WILEY-LISS, INC. • 1987 • VOLUME 4 • NUMBER 1

1)	2)	3)	4)	5)
----	----	----	----	----

Wednesday: Place Value to Millions

Write in expanded form.

- 1) 2,183,426 = _____
- 2) 5,358,135 = _____
- 3) 9,444,972 = _____
- 4) 678,083 = _____

Put in order from **least to greatest**.

463,259

640,240

1,304,883

649,762

1)

2)

3)

4)

5)

Thursday: Word Problems (multiplication, basic division, using multiplication to solve division)

Solve and show your thinking on the back.

- 1) Ken's score on a video game is 44 points. Ken's score is 4 times as many points as Alex's score. How many points is Alex's score? _____
- 2) Tanya scored 3 times as many points as Stacy on a video game. Stacy scored 57 points. How many points did Tanya score? _____
- 3) Peter scored 4 times as many points as Bob on a video game. Bob scored 84 points. How many points did Peter score? _____
- 4) Emily scored 2 times as many points as Sarah on a video game. Sarah scored 63 points. How many points did Emily score? _____

1)

2)

3)

4)

5)

Math Sprints 1

Multiply or Divide

1.	$3 \times 2 =$	11.	$6 \times 6 =$
2.	$3 \times 4 =$	12.	$7 \times 6 =$
3.	$3 \times 6 =$	13.	$7 \times 7 =$
4.	$4 \times 8 =$	14.	$7 \times 11 =$
5.	$4 \times 2 =$	15.	$7 \times 10 =$
6.	$4 \times 4 =$	16.	$12 \div 3 =$
7.	$4 \times 6 =$	17.	$21 \div 3 =$
8.	$6 \times 2 =$	18.	$15 \div 3 =$
9.	$6 \times 3 =$	19.	$12 \div 4 =$
10	$6 \times 4 =$	20.	$24 \div 4 =$

414 A/ Second Half

1.		11.	
2.		12.	
3.		13.	
4.		14.	
5.		15.	
6.		16.	
7.		17.	
8.		18.	
9.		19.	
10		20.	

Math Sprints 2

Multiply or Divide

1.	$3 \times 3 =$	11.	$6 \times 2 \times 2 \times 2 =$
2.	$3 \times 2 \times 3 =$	12.	$7 \times 3 \times 2 =$
3.	$3 \times 4 \times 2 =$	13.	$7 \times 7 =$
4.	$2 \times 3 \times 2 =$	14.	$7 \times 8 =$
5.	$48 \div 2 =$	15.	$7 \times 9 =$
6.	$4 \times 8 =$	16.	$99 \div 33 =$
7.	$72 \div 2 =$	17.	$180 \div 30 =$
8.	$36 \div 2 =$	18.	$120 \div 40 =$
9.	$2 \times 5 \times 3 =$	19.	$189 \div 60 =$
10.	$2 \times 3 \times 6 =$	20.	$88 \div 22 =$

414 B/ First Half

1.		11.	
2.		12.	
3.		13.	
4.		14.	
5.		15.	
6.		16.	
7.		17.	
8.		18.	
9.		19.	
10.		20.	

Math Sprints 3

Multiply or Divide

1.	$3 \times 2 =$	11.	$6 \times 2 \times 3 =$
2.	$3 \times 2 \times 2 =$	12.	$7 \times 3 \times 2 =$
3.	$3 \times 3 \times 2 =$	13.	$7 \times 7 =$
4.	$2 \times 8 \times 2 =$	14.	$7 \times 11 =$
5.	$48 \div 6 =$	15.	$7 \times 5 \times 2 =$
6.	$4 \times 2 \times 2 =$	16.	$96 \div 24 =$
7.	$72 \div 3 =$	17.	$210 \div 30 =$
8.	$36 \div 3 =$	18.	$120 \div 24 =$
9.	$2 \times 3 \times 3 =$	19.	$120 \div 40 =$
10	$2 \times 3 \times 3 =$	20.	$240 \div 40 =$

414B/ Second Half

1.		11.	
2.		12.	
3.		13.	
4.		14.	
5.		15.	
6.		16.	
7.		17.	
8.		18.	
9.		19.	
10		20.	

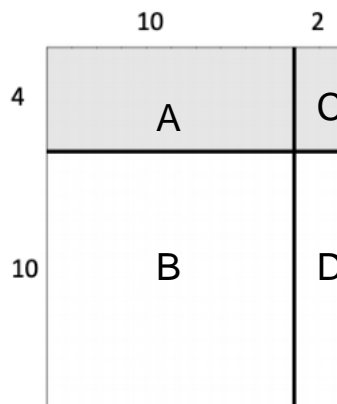
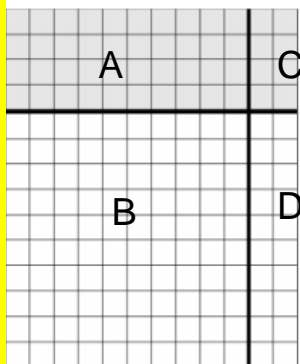
Name _____

Date _____

1. a. In each of the two models pictured below, write the expressions that determine the area of each of the four smaller rectangles.

Write the **equation** for each letter.

- A.
B.
C.
D.



Write the **area** for each rectangle.

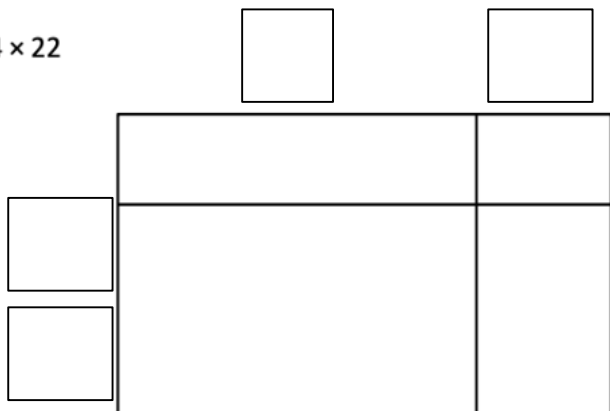
- A.
B.
C.
D.

- b. Using the distributive property, rewrite the area of the large rectangle as the sum of the areas of the four smaller rectangles. Express first in number form, and then read in unit form.

$$14 \times 12 = (4 \times \boxed{}) + (4 \times \boxed{}) + (10 \times \boxed{}) + (10 \times \boxed{})$$

2. Use an area model to represent the following expression. Record the partial products and solve.

$$14 \times 22$$



$$\begin{array}{r} 22 \\ \times 14 \\ \hline \\ \hline \\ \hline \\ \hline \\ \hline \end{array}$$

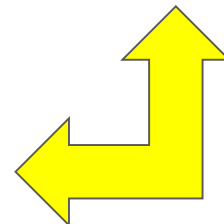
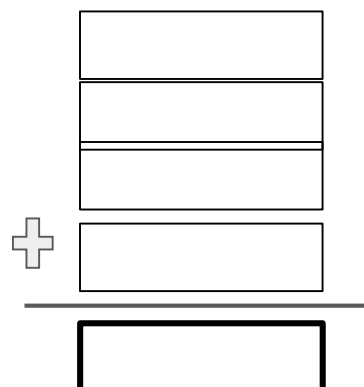
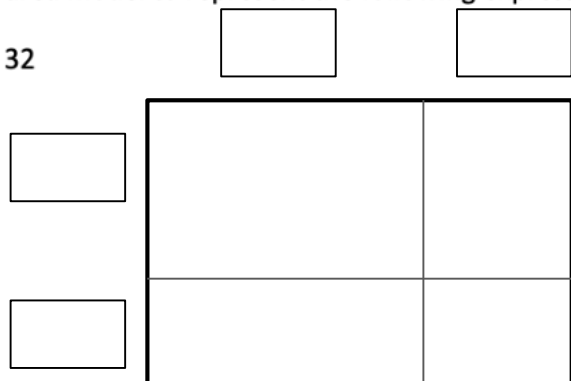
Directions:

Label the area model and record each partial product in the spaces below.

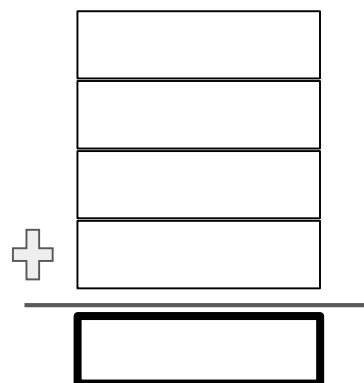
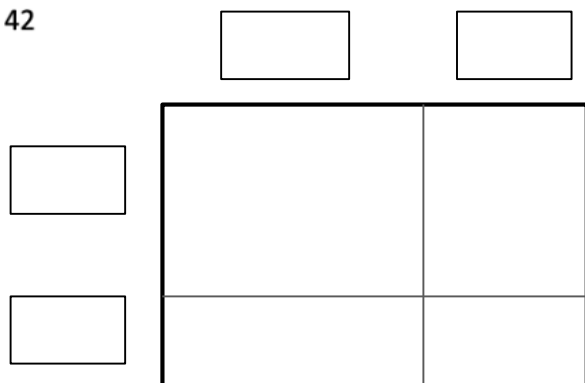
Record partial products here and add Vertically

Draw an area model to represent the following expressions. Record the partial products vertically and solve.

3. 25×32



4. 35×42



Visualize the area model and solve the following numerically using four partial products. (You may sketch an area model if it helps.)

5. 42×11

6. 46×11

5. $(\quad) + (\quad) + (\quad) + (\quad) = \boxed{\quad}$

6. $(\quad) + (\quad) + (\quad) + (\quad) = \boxed{\quad}$

BLACK WIDOW

WARM-UP

Complete three rounds of each exercise!

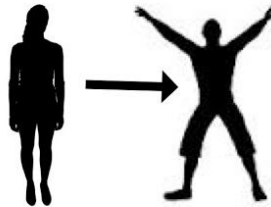
@MRS AJKO



BLACK WIDOW WARM-UP



JOG IN PLACE: 45
SECONDS



15 JUMPING JACKS



SIDE PLANK: 30
SECONDS BOTH
SIDES



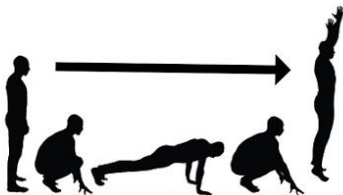
10 SQUAT JUMPS



SELF DEFENSE KICK:
10 TIMES EACH LEG



JOG IN PLACE: 45
SECONDS



10 BURPEES

HAMMER OUT
THIS WARM-UP
2 MORE
TIMES



FLASH

WARM-UP

Complete three rounds of each exercise!

@MRS AJKO



FLASH WARM-UP



JOG IN PLACE:
15 SECONDS



SPRINT IN PLACE:
15 SECONDS



JOG IN PLACE:
15 SECONDS



PUSH UP POSITION:
30 SECONDS



SPRINT IN PLACE:
15 SECONDS



JOG IN PLACE:
30 SECONDS



SPRINT IN PLACE:
15 SECONDS

WOAH!
THAT WAS FAST!
CAN YOU DO IT
AGAIN?



IRON MAN

WARM-UP

Complete three rounds of each exercise!

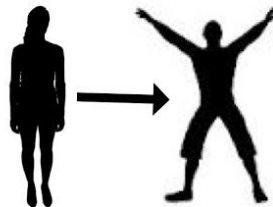
@MRC5AJKO



IRON MAN WARM-UP



JOG IN PLACE: 30 SECONDS



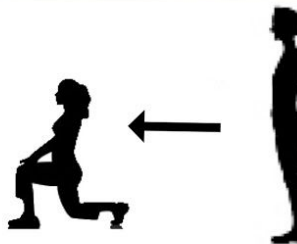
30 JUMPING JACKS



10 PLANKS WITH ROTATION



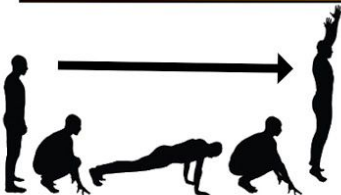
5 SQUAT JUMPS



5 LUNGES EACH LEG



10 LEG LIFT CRUNCHES



5 BURPEES

REPEAT THIS WARM UP
2 MORE TIMES.
THEN...YOU...ARE...
IRON MAN!



**Leader In Me/Social Emotional Wellness
Grade 4, Week 9
Weekly Schedule**

*Leader in Me Weekly Habit Focus: Seek First to Understand
then Be Understood*

Social Emotional Learning:

Monday: Proactive Weekly Planner

Tuesday: Reading Passage: Bon Appetit

Wednesday: Reading Passage: Bon Appetit

Thursday: Lily's Missing Red Paint Video/Questions

Friday: Sharpen the Saw Activity

Mon-Thurs:

MONDAY

PUT FIRST THINGS FIRST: HAVE A PLAN!



Having a planner helps you know your schedule for the week and allows you to plan ahead. Use this weekly planner and type in your assignments for the week!

	ELA	Writing	ELD	Math	SEL/LIM	PE
Monday 5/18						
Tuesday 5/19						
Wed. 5/20						
Thursday 5/21						
Friday 5/22						

TUESDAY- WEDNESDAY

Seek First to Understand, Then to Be Understood

Seek First to Understand

Habit 5: Seek First to Understand, Then to Be Understood emphasizes the importance of good communication. Good communication starts with truly understanding each other.



Bon Appétit?

Long ago, a young man named Bentnose took a ship across the ocean. Each night the passengers gathered for dinner.

The first night, the young man sat beside a Frenchman, who before beginning the meal said, "Bon appétit." Thinking the man was introducing himself, the young man introduced himself. "Bentnose," he said.

Night after night, the same conversation was repeated. The Frenchman would nod his head and say, "Bon appétit," before beginning to eat. In return, Bentnose would smile and reply "Bentnose!"

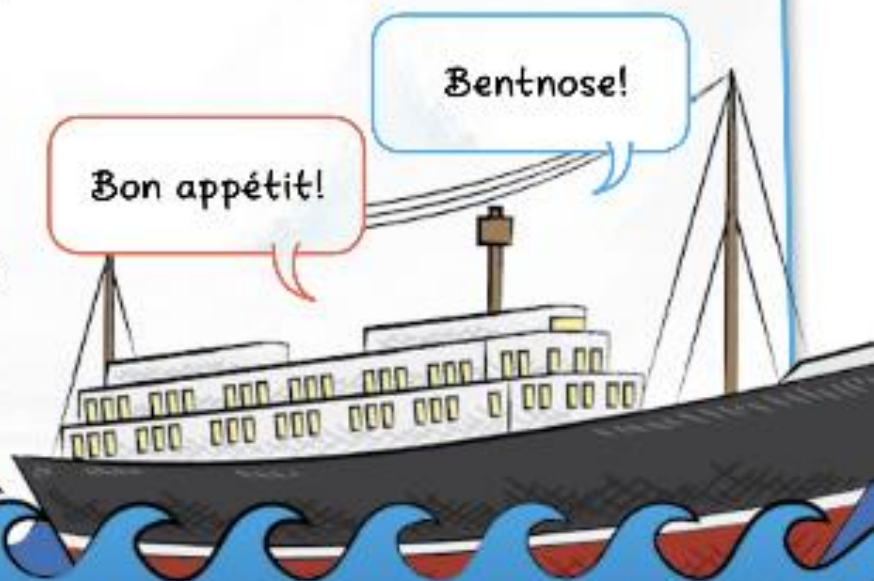
After a while, Bentnose became tired of introducing himself. "Why can't he remember my name?" he asked the ship's captain.

"You've got it all wrong. The Frenchman isn't introducing himself to you. 'Bon

appétit' is the French way of telling you to enjoy your meal."

Bentnose was terribly embarrassed and was determined to make things right. So as the Frenchman arrived at dinner that evening, Bentnose, nodded at him and said, "Bon appétit."

At that, the Frenchman nodded in response and answered, "Bentnose."



It is easy to think we know what others mean.

Fill in the blank with the word your teacher provides.

I feel

Write two sentences that might explain what the teacher is describing.

1.

2.

Write two questions that would help determine the teacher's true meaning.

1.

2.

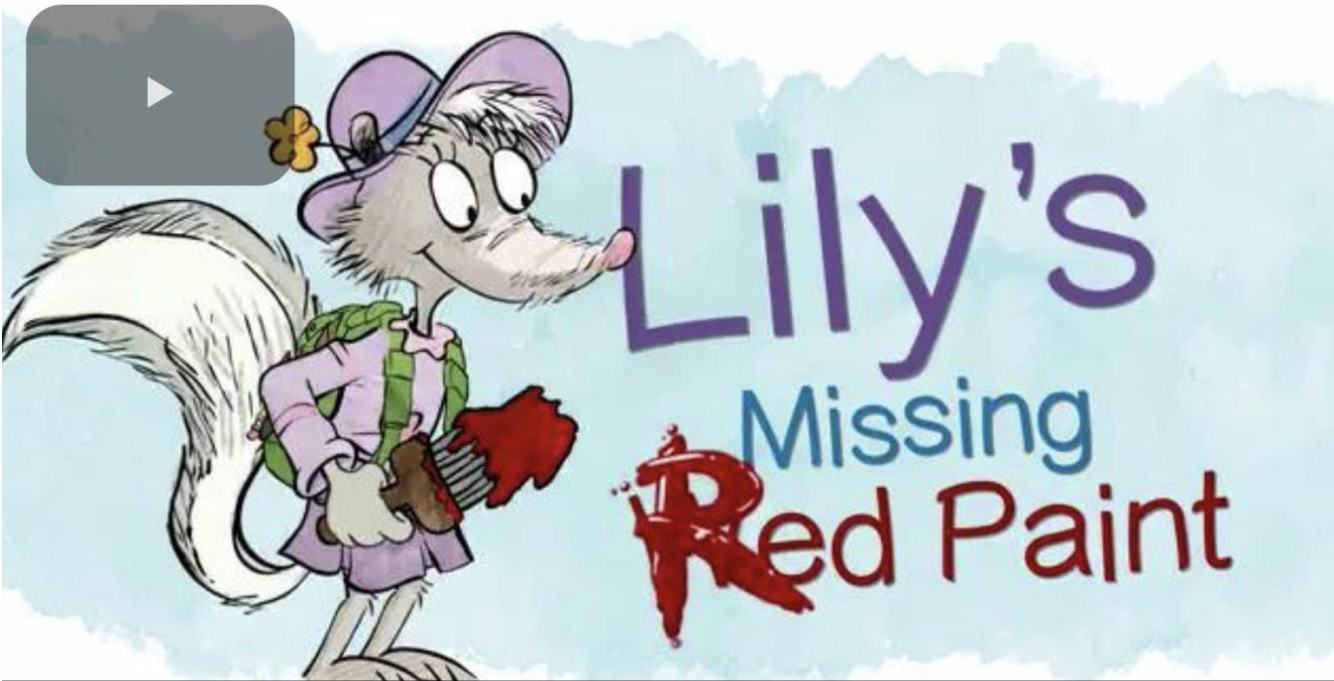


Riddle

Q: I am the beginning of elephant, and the end of place. I am the beginning of egg, and the end of space. What am I?

Type Answer Here

A: The letter E



Click on the link and watch the video to help you answer the following questions. [Lily's Missing Red Paint](#)

Questions:

1. What was Allie trying to tell Lily?

1. What happened because Lily didn't listen to Allie?

1. What is something you learned from this video?

FRIDAY

Balance is best.

I take care
of my soul.

I take care
of my heart.

HABIT 7:
**Sharpen
the Saw^s**

I take care
of my body.

I take care
of my mind.

How do I find balance in
my life?

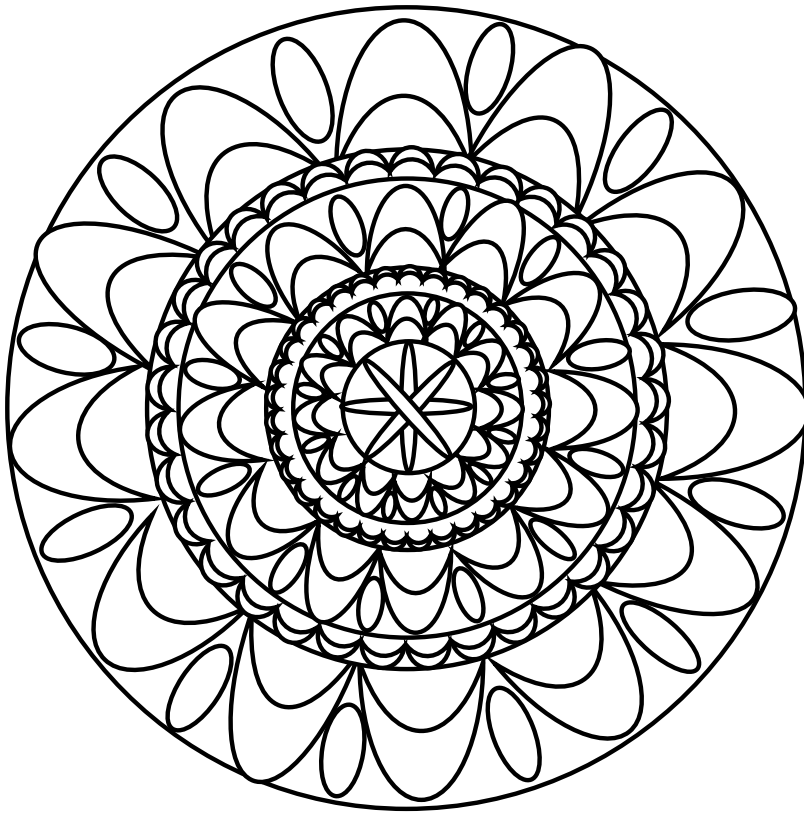
How do I take care of
my heart?

How do I take care of
my mind?

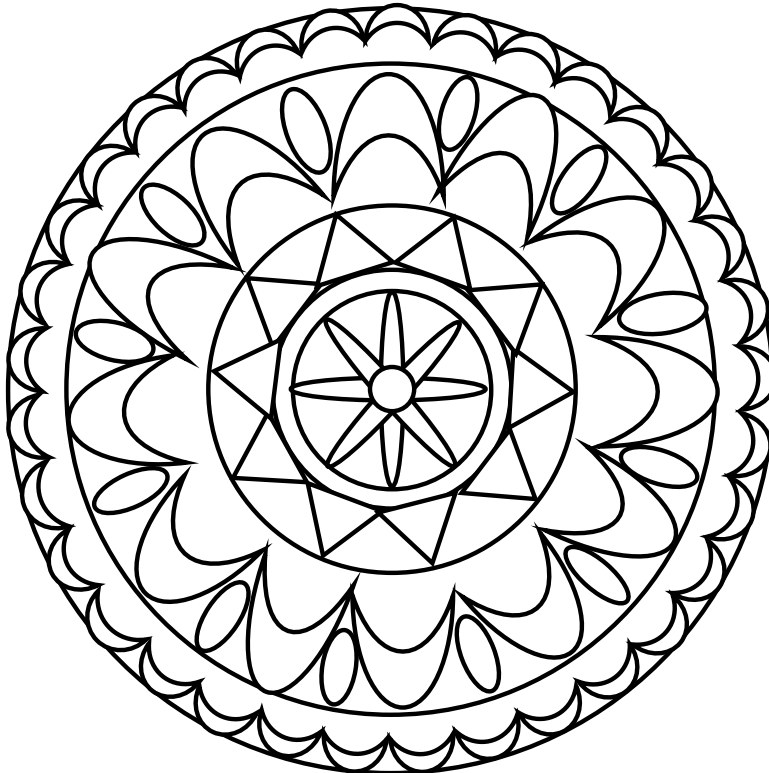
How do I take care of
my body?

How do I take care of
my soul?

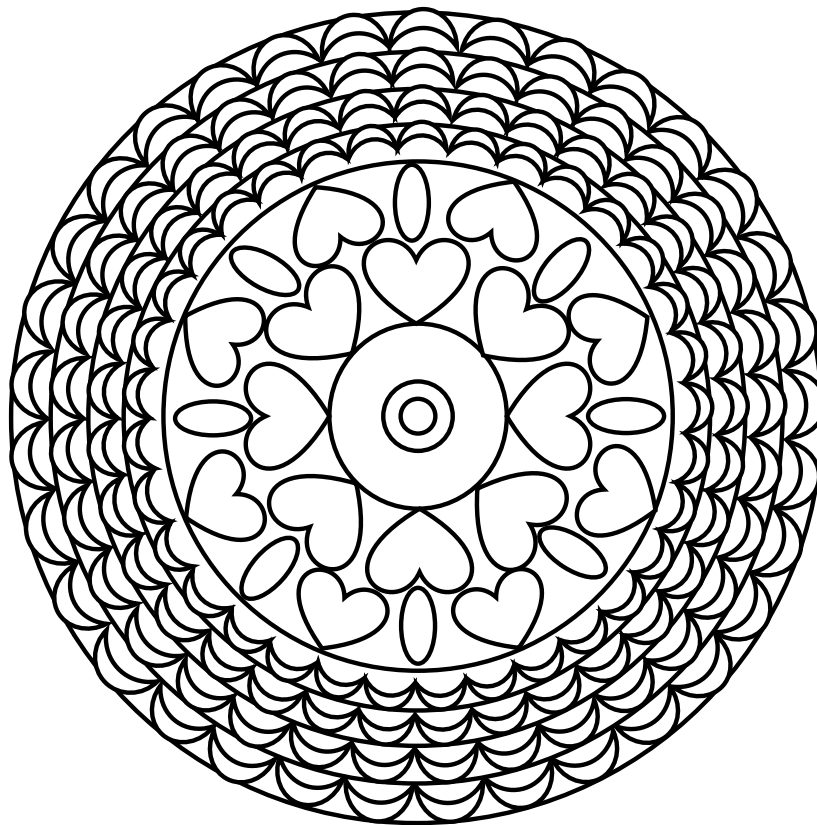
What is one thing I can work
on more?



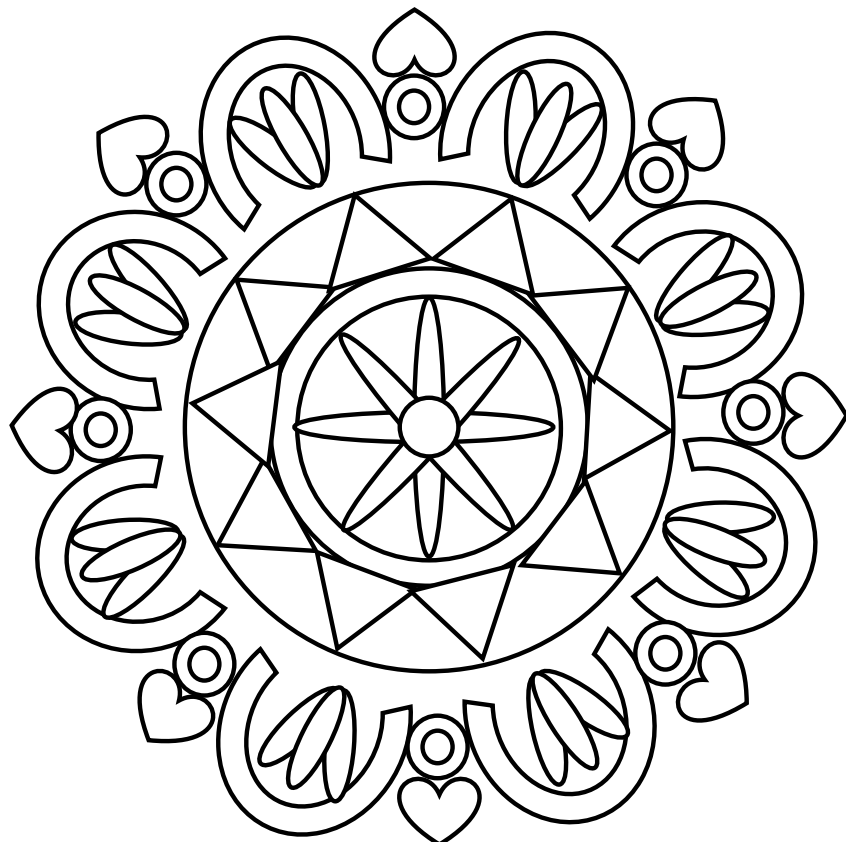
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