



LA MESA-SPRING VALLEY SCHOOLS

4750 Date Avenue
La Mesa, CA 91942
619 668-5700
www.lmsvschools.org

HOME INDEPENDENT WORK PACKET

SDC ORANGE GROUP

PACKET 1 APRIL 13 - APRIL 24



Orange Group

Weeks 1-2

April 13- April 24

1. Daily Morning Work
2. Song Options
3. Spring – Field of 2 Answers
4. Yes/No Labeling
5. Interactive Sentence Starters – Cooking
6. News 2 You - Stress Awareness Month
7. News 2 You – Corona Virus
 - Some of the students may have already completed the Corona Virus News 2 You packets, however it has been provided for additional resources as well. Please see all worksheets for additional activities.

Name: _____

Today is...

Monday Tuesday Wednesday Thursday Friday

Write the day: _____

The month is...

January February March April May June July

August September October November December

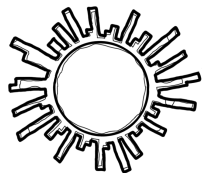
Write the month: _____

The date is...

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
19 20 21 22 23 24 25 26 27 28 29 30 31

The year is...

2018 2019 2020 2021



sunny



cloudy



rainy



windy



snowy

The weather is: _____

Write your information below.



First name

Last name

I am

--	--

years old.

Circle your birthday month.

January	July
February	August
March	September
April	October
May	November
June	December

Circle the day of your birthday.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



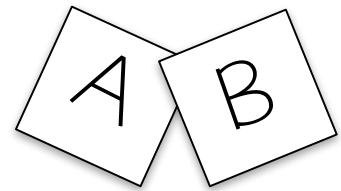
Write your birthday.

month

--	--

day

Use stamps or letter tiles to complete.



First name

Last name

I am

years old.

Circle your birthday month.

January	July
February	August
March	September
April	October
May	November
June	December

Circle the day of your birthday.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Write your birthday.

month

day

You may want to print a few of these as some names will use the same letter more than once.

Upper Case Letter Tiles



A	B	C	D	E	F	G	H
I	J	K	L	M	N	O	P
Q	R	S	T	U	V	W	X
Y	Z						

Lower Case Letter Tiles



a	b	c	d	e	f	g	h
i	j	k	l	m	n	o	p
q	r	s	t	u	v	w	x
y	z	a	e	i	o	u	

Skip Counting Tiles

(Copy on card stock, cut, and laminate for multiple use)



Number Tiles (1-20)

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

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

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

Name: _____

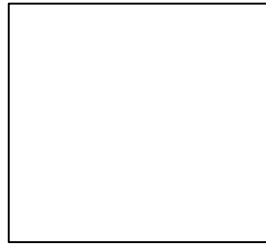
Our Weather Today

Today the weather is

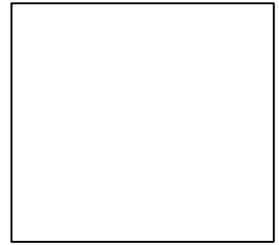


Copy the sentence here.

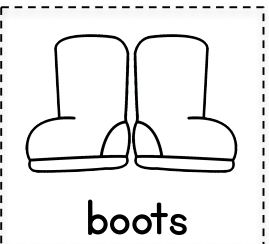
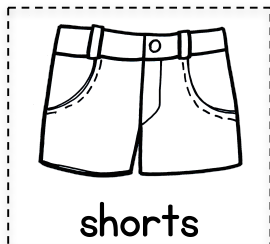
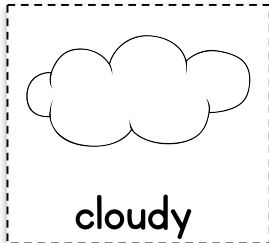
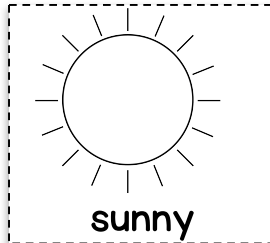
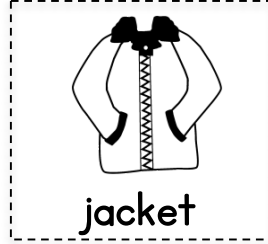
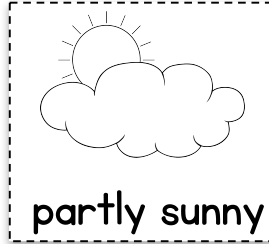
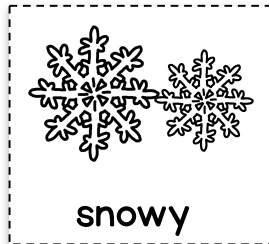
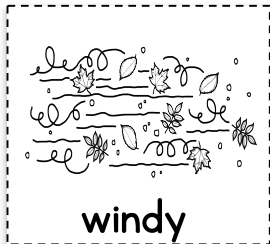
Today I should use



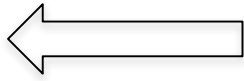
or



Copy the sentence here.



All About Today



Yesterday was:

Today is:

Tomorrow will be:



Sunday

Monday

Tuesday

Wednesday

Saturday

Friday

Thursday



Months of the Year

Place the calendar pictures above the matching calendar name.



January



February



March



April



May



June



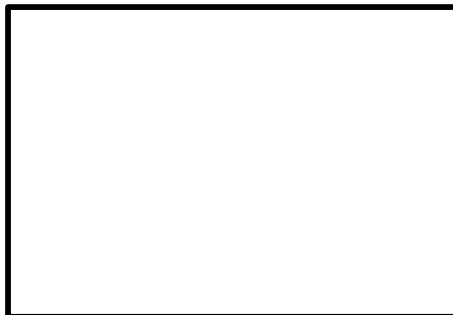
July



August



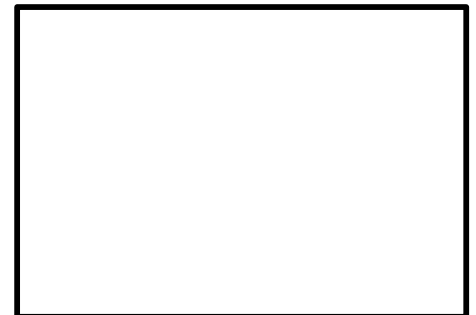
September



October

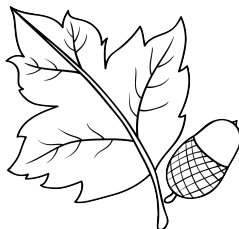
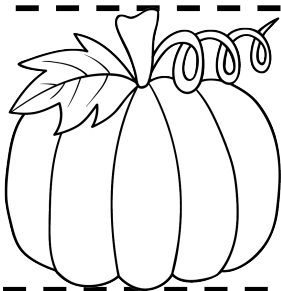
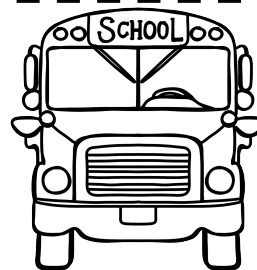
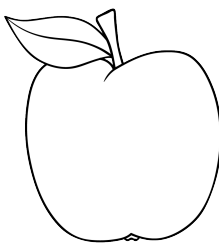
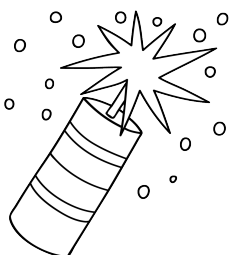
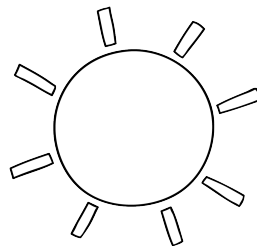
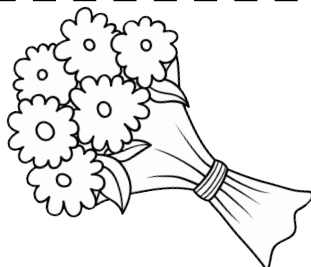
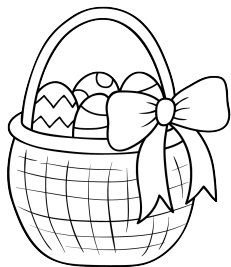
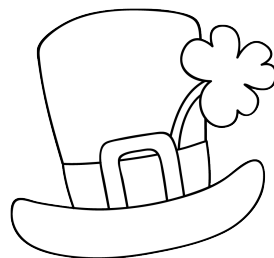
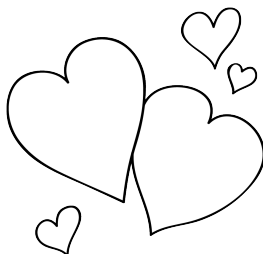


November



December

Color and then cut out and glue on the matching month.



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Graphics in this product were created by the following artists



Weeks One and Two

April 13, 2020 – April 17, 2020

And

April 20, 2020 – April 24, 2020



Good Morning

<https://www.youtube.com/watch?v=TFVjU-dsIM8>

Get Dressed For the Day

https://www.youtube.com/watch?v=KDE6i_ZZkFU

Kindness Song

<https://www.youtube.com/watch?v=H98Rfljxmsc>

It's A Beautiful Day

<https://www.youtube.com/watch?v=Iw8FddccIkQ>

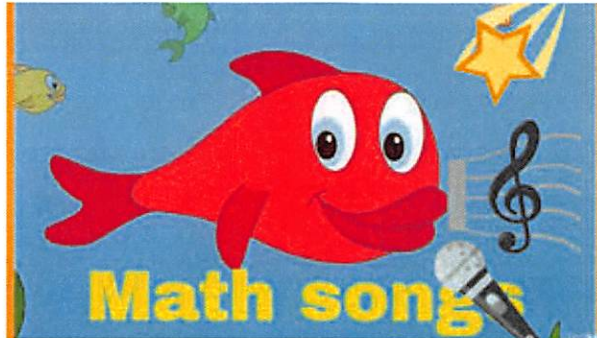
Weeks One and Two

Math Songs

April 13, 2020 – April 17, 2020

And

April 20, 2020 – April 24, 2020



Days of the Week

<https://www.youtube.com/watch?v=3tx0rvuXIRg>

Months of the Year

<https://www.youtube.com/watch?v=Fe9bnYRzFvk>

3D Shapes

<https://www.youtube.com/watch?v=guNdJ5MtX1A>

Shapes Song

<https://www.youtube.com/watch?v=OebRDtCAFdU>

Color Songs Playlist

<https://www.youtube.com/watch?v=I6ILheTtuq4&list=PLRAAAwYUzqsmMWm5Xgm9vGRR7occyNKs>

Field of 2



Name: _____ Date: _____

Easter

It is time for Easter!
We will decorate
Easter eggs.



1. What is it time for?



Easter

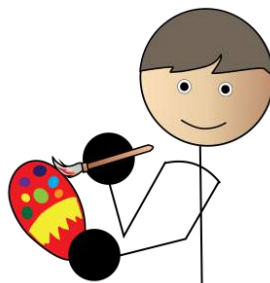


St. Patrick's Day

2. What will we do?



Make cards



decorate eggs

Name: _____ Date: _____

April

It is April. We will go to the park to play.

APRIL 						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1. What month is it?

MARCH 						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

March

APRIL 						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

2. Where will we go?



Home



park

Name: _____ Date: _____

Spring

It is time for
spring. We will
plant flowers in
the garden.



1. What is this story about?



Spring

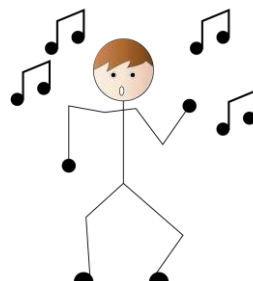


V- Day

2. What will we do?



Plant flowers

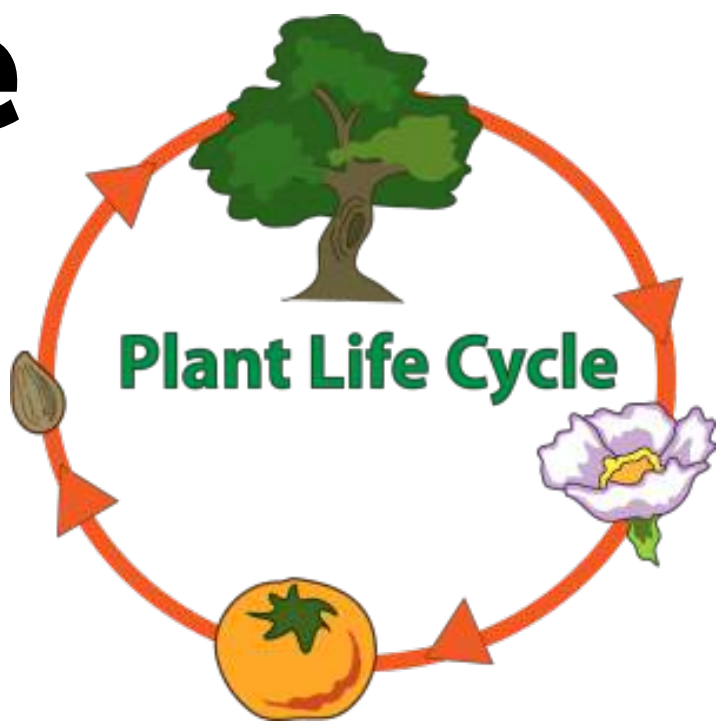


dance

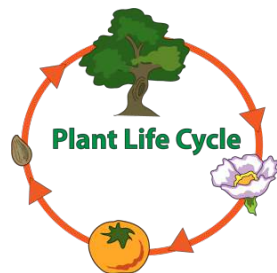
Name: _____ Date: _____

Life Cycle

In April we will learn about the life cycle of plants.



1. What is the story about?



Life cycle



cooking

2. What month is it?

APRIL													
			1	2	3	4							
5	6	7	8	9	10	11							
12	13	14	15	16	17	18							
19	20	21	22	23	24	25							
26	27	28	29	30	31								

April

MAY													
			1	2	3	4							
5	6	7	8	9	10	11							
12	13	14	15	16	17	18							
19	20	21	22	23	24	25							
26	27	28	29	30	31								

May

Name: _____ Date: _____

Spring Cleaning

It is finally time for
spring cleaning.
We will dust and
sweep.



1. What is this story about?



Snowman



spring cleaning

2. What will we do?



clean



play

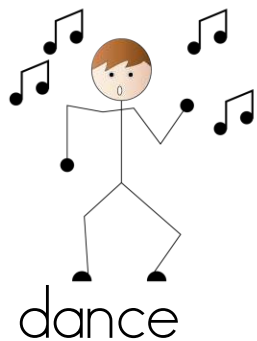
Name: _____ Date: _____

Recess

It is so nice out.
We will play
outside for
recess.

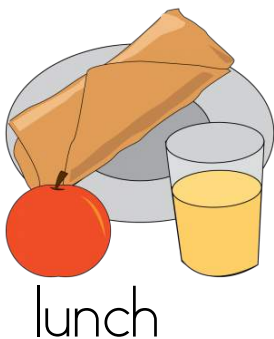


1. What is this story about?



recess

2. What time is it?



recess

Name: _____ Date: _____

Rain

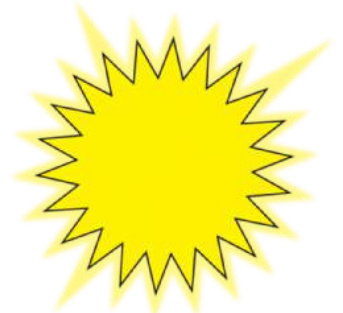
It is a rainy day.
April showers
bring may
flowers.



1. What is this story about?

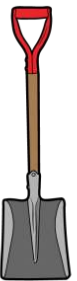


rain



sun

2. What do April showers bring?



shovel



flowers

Name: _____ Date: _____

May

It is May. The sky is blue and the grass is green.

MAY 						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1. What is the story about?

MAY 						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May

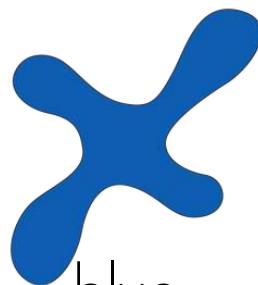
APRIL 						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

2. What color is the grass?



Green

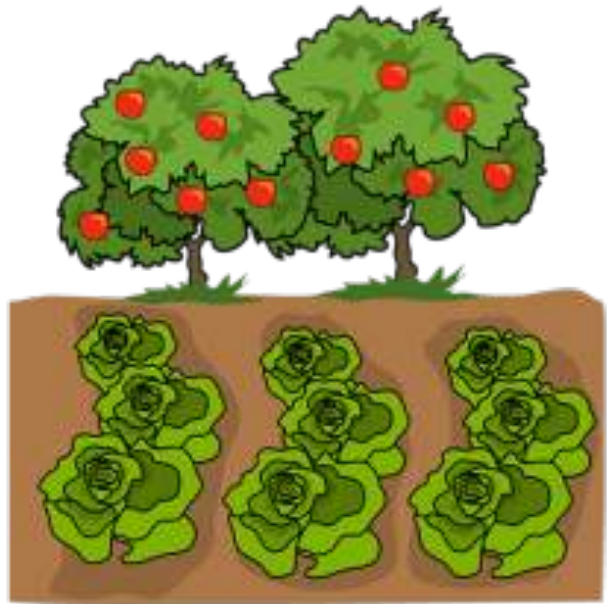


blue

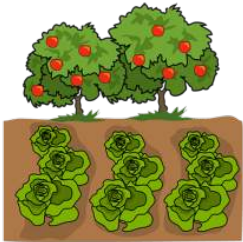
Name: _____ Date: _____

Garden

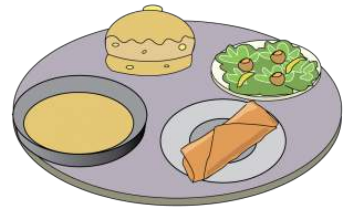
In the Spring, we will plant the garden. Gram will plant vegetables.



1. What is this story about?

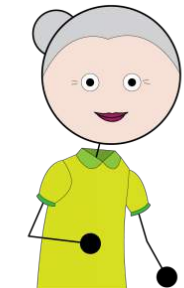


Garden

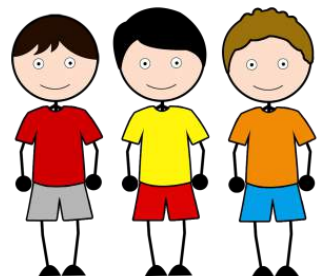


dinner

2. Who will plant vegetables?



Gram



kids

Name: _____ Date: _____

Spring

It is time for spring. The pink flowers will start to bloom.



1. What is the story about?



Spring



Winter

2. What color are the flowers?



blue



pink

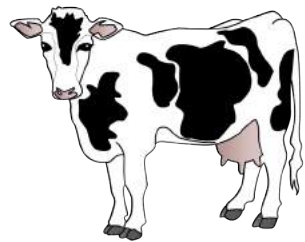
Name: _____ Date: _____

Lemonade

The weather is nice.
We will make pink
lemonade! It will make
the kids happy!



1. What is the story about?

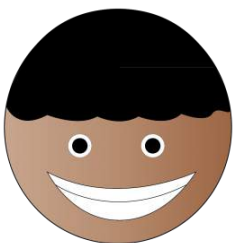


cow

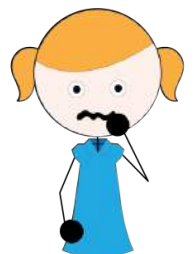


lemonade

2. How does it make the kids feel?



Happy



scared

Name: _____ Date: _____

Frog

In the spring you
can find green
frogs by the
pond.



1. What is the story about?

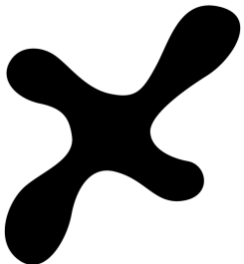


Cat



frog

2. What color is the frog?



Black



green

Name: _____ Date: _____

May

In May the birds
and insects come
back around.



1. What is the story about?




Dog



birds and insects

2. When does he take a bath?

February 						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

MAY 						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May

Name: _____ Date: _____

Plant

In May we will start
to plant flowers in
the school garden.
We will need seeds
and dirt.



1. What is this story about?

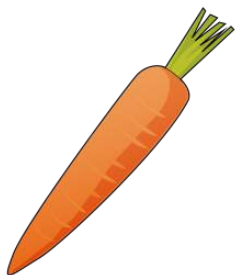


Animals

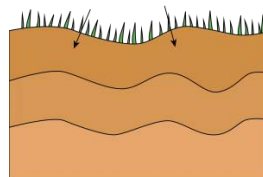


Planting

2. What does he need?



carrot



dirt

Name: _____ Date: _____

Umbrella

April brings lots of rain storms. We need an umbrella to stay dry. Mom's umbrella is orange.



1. What is the story about?

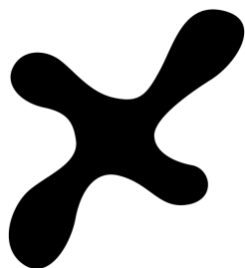


Umbrella



Sunglasses

2. What color is it?



black



Orange

Name: _____ Date: _____

Bird House

Mom will paint
our birdhouse
for the blue
birds.



1. What is this story about?

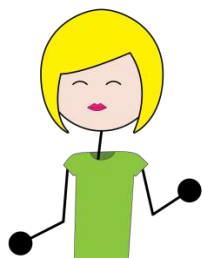


Orange Juice

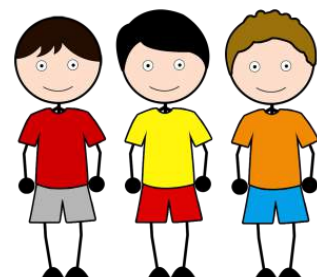


bird house

2. Who will paint the birdhouse?



Mom

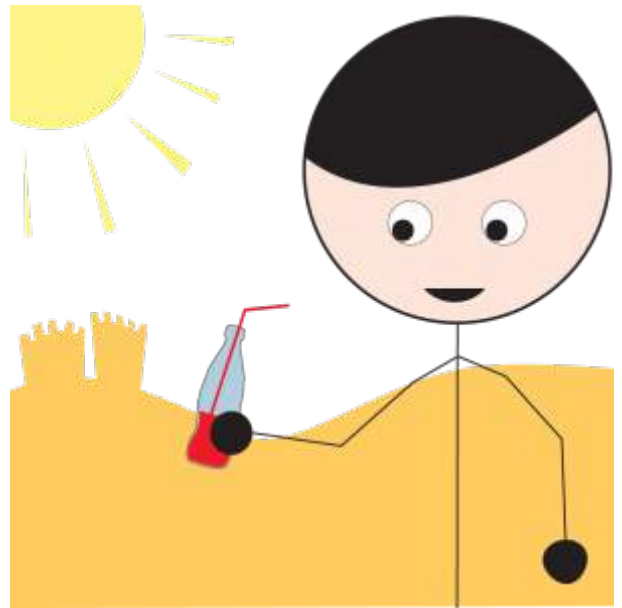


Kids

Name: _____ Date: _____

Vacation

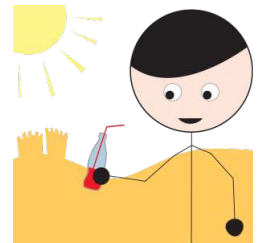
In May we will
go on vacation.
We will read on
the beach.



1. What is this story about?



Apples

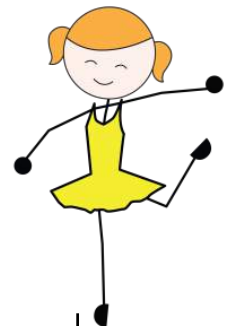


Vacation

2. What will they do?



read

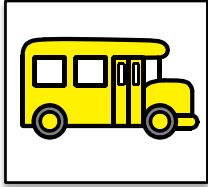


dance

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a bus?

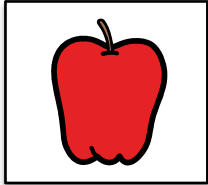


YES



NO

2. Is this an apple?

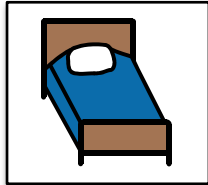


YES



NO

3. Is this a banana?

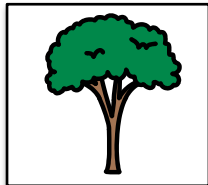


YES



NO

4. Is this a bird?

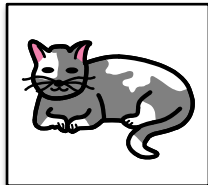


YES



NO

5. Is this a dog?

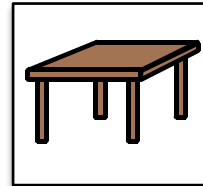


YES



NO

6. Is this a table?

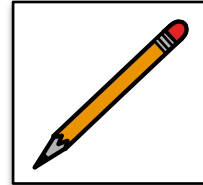


YES



NO

7. Is this a pencil?

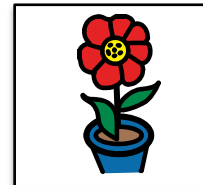


YES



NO

8. Is this a flower?

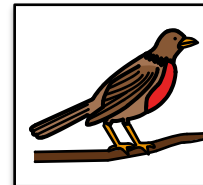


YES



NO

9. Is this a bear?

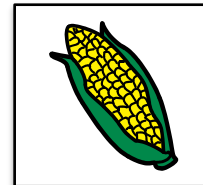


YES



NO

10. Is this a pumpkin?



YES

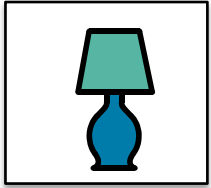


NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a bird?

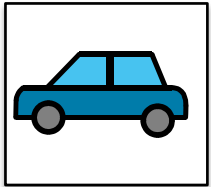


YES



NO

2. Is this an car?

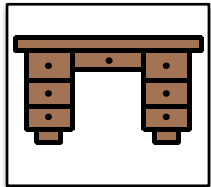


YES



NO

3. Is this a desk?

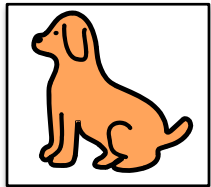


YES



NO

4. Is this a cow?

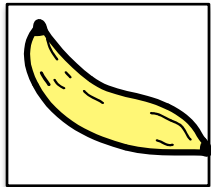


YES



NO

5. Is this an apple?

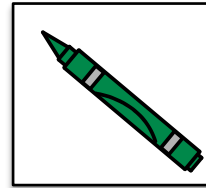


YES



NO

6. Is this a crayon?

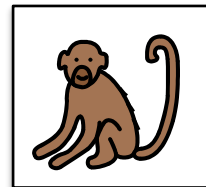


YES



NO

7. Is this a pizza?



YES



NO

8. Is this pizza?

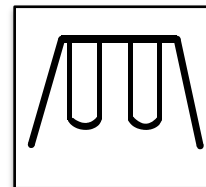


YES



NO

9. Arew these swings?

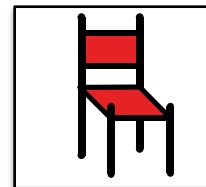


YES



NO

10. Is this a shoe?



YES



NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a dog?

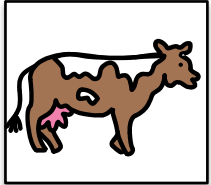


YES



NO

2. Is this an cow?

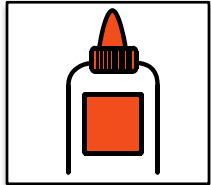


YES



NO

3. Is this a glue?

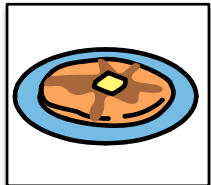


YES



NO

4. Is this a pumpkin?

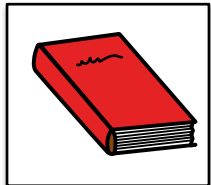


YES



NO

5. Is this a book?

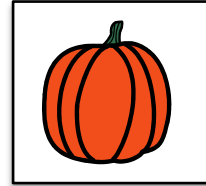


YES



NO

6. Is this a pumpkin?

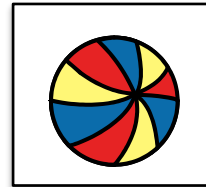


YES



NO

7. Is this a pencil?

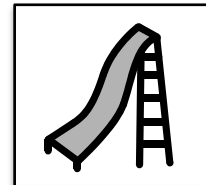


YES



NO

8. Is this a car?

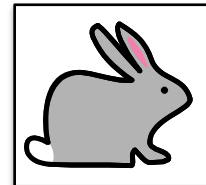


YES



NO

9. Is this a bird?

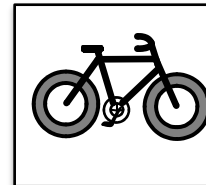


YES



NO

10. Is this a bike?



YES

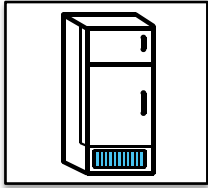


NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a car?

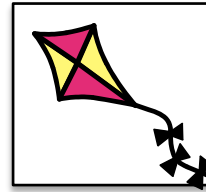


YES



NO

6. Is this a kite?

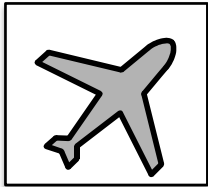


YES



NO

2. Is this an plane?

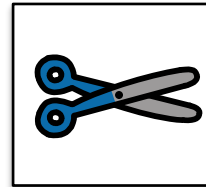


YES



NO

7. Is this a pencil?



YES



NO

3. Is this a flower?



YES



NO

8. Are these shoes?

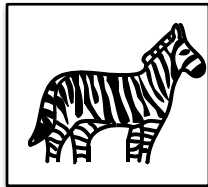


YES



NO

4. Is this a zebra?

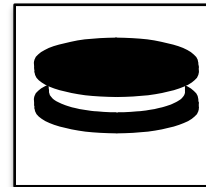


YES



NO

9. Is this a apple?

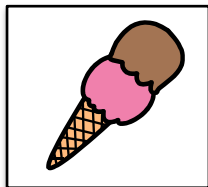


YES



NO

5. Is this ice cream?

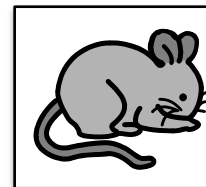


YES



NO

10. Is this a chair?



YES

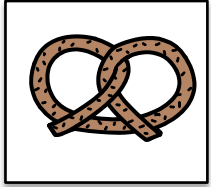


NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a pretzel?

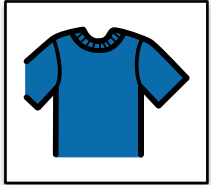


YES



NO

2. Is this a shoe?

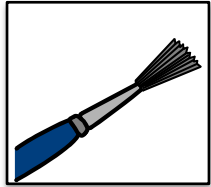


YES



NO

3. Is this a paint brush?



YES



NO

4. Is this a leaf?

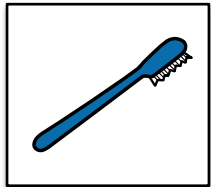


YES



NO

5. Is this a cup?



YES



NO

6. Is this a computer?

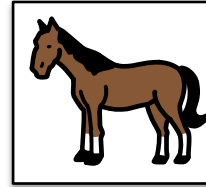


YES



NO

7. Is this a pig?

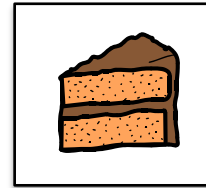


YES



NO

8. Is this a pumpkin?

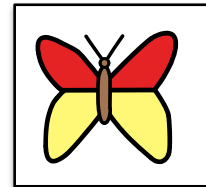


YES



NO

9. Is this a crayon?

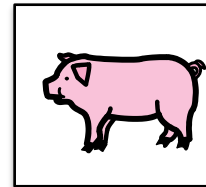


YES



NO

10. Is this a pig?



YES

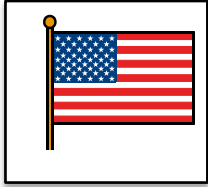


NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a desk?

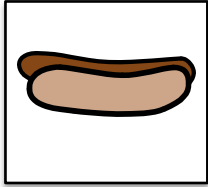


YES



NO

2. Is this an hot dog?

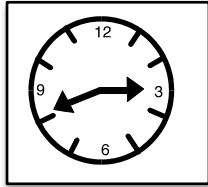


YES



NO

3. Is this a clock?

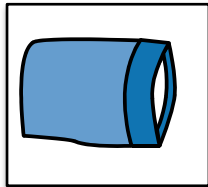


YES



NO

4. Is this a pillow?

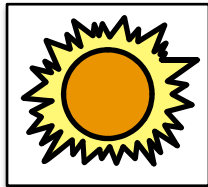


YES



NO

5. Is this a tree?

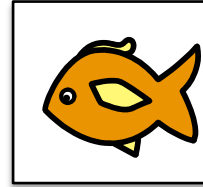


YES



NO

6. Is this a fish?

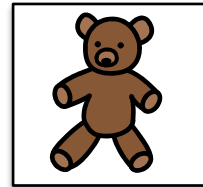


YES



NO

7. Is this a teddy bear?

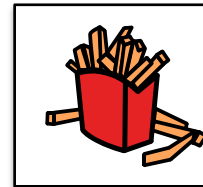


YES



NO

8. Is this a banana?

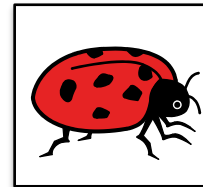


YES



NO

9. Is this a flower?

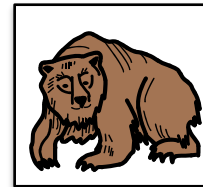


YES



NO

10. Is this a bird?



YES

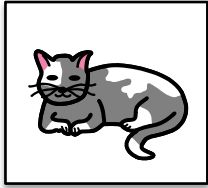


NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a cat?

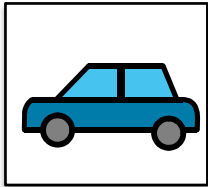


YES



NO

2. Is this a bed?

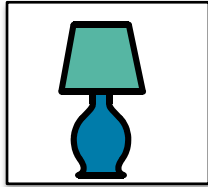


YES



NO

3. Is this a lamp?

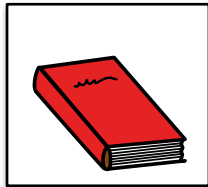


YES



NO

4. Is this a crayon?

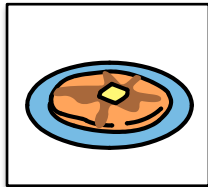


YES



NO

5. Is this a pancake?

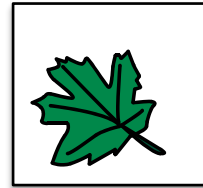


YES



NO

6. Is this a bird?

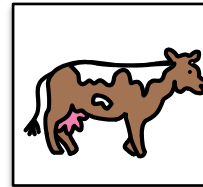


YES



NO

7. Is this a zebra?

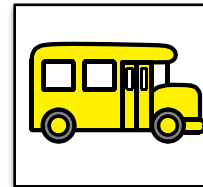


YES



NO

8. Is this a banana?

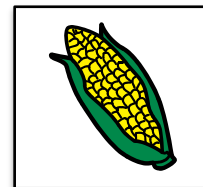


YES



NO

9. Is this corn?

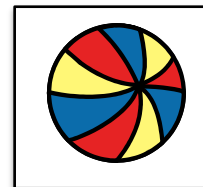


YES



NO

10. Is this a ball?



YES



NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Are these swings?

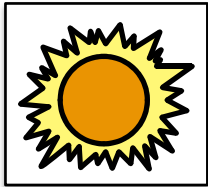


YES



NO

2. Is this a sun?

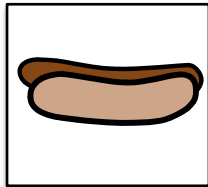


YES



NO

3. Is this a table?

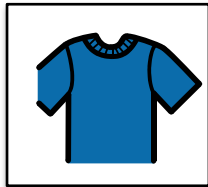


YES



NO

4. Is this a shirt?

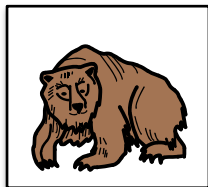


YES



NO

5. Is this a bear?

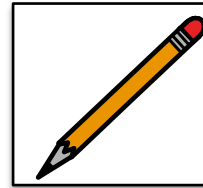


YES



NO

6. Is this a flag?

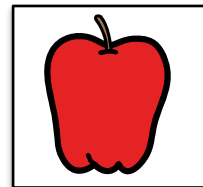


YES



NO

7. Is this a cake?

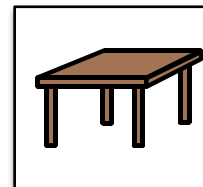


YES



NO

8. Is this a chair?

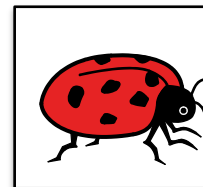


YES



NO

9. Is this a ladybug?

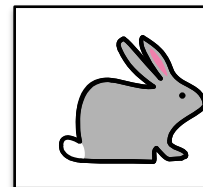


YES



NO

10. Is this a rabbit?



YES

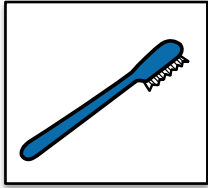


NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a toothbrush?

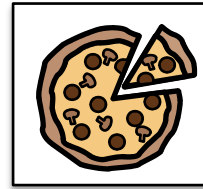


YES



NO

6. Is this a chair?

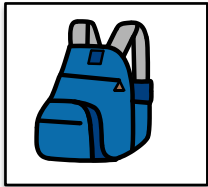


YES



NO

2. Is this a backpack?

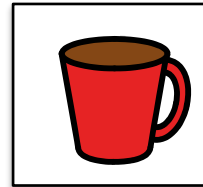


YES



NO

7. Is this a cup?

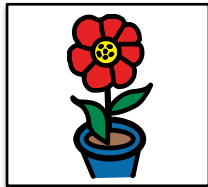


YES



NO

3. Is this a monkey?

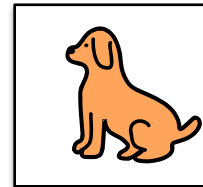


YES



NO

8. Is this a dog?

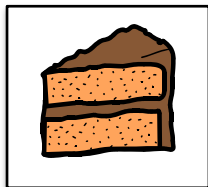


YES



NO

4. Is this a cake?

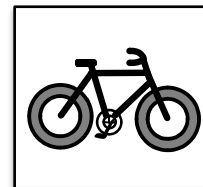


YES



NO

9. Is this an airplane?

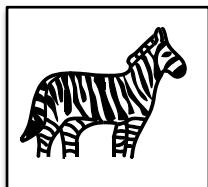


YES



NO

5. Is this a kite?

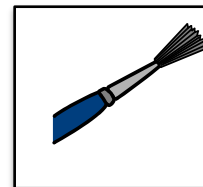


YES



NO

10. Is this a car?



YES



NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a dog?

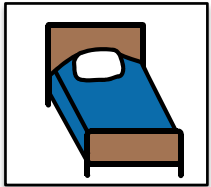


YES



NO

2. Is this a bed?

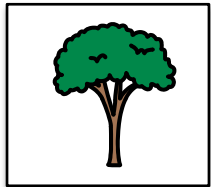


YES



NO

3. Is this a tree?

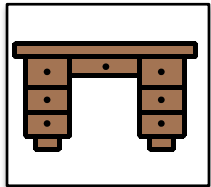


YES



NO

4. Is this a cup?

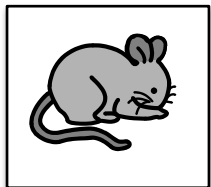


YES



NO

5. Is this a mouse?

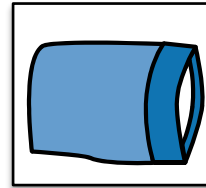


YES



NO

6. Is this a car?

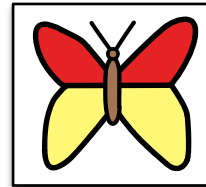


YES



NO

7. Is this a butterfly?

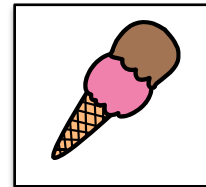


YES



NO

8. Is this a rabbit?

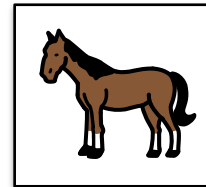


YES



NO

9. Is this a horse?

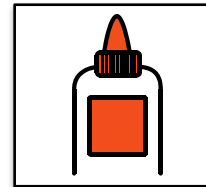


YES



NO

10. Is this a pencil?



YES

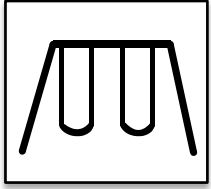


NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a slide?

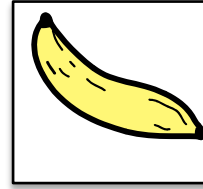


YES



NO

6. Is this a banana?

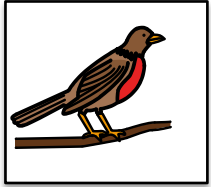


YES



NO

2. Is this a bird?

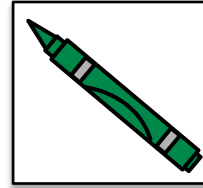


YES



NO

7. Is this a cookie?

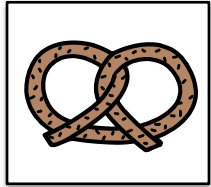


YES



NO

3. Is this a dog?

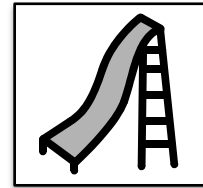


YES



NO

8. Is this a slide?

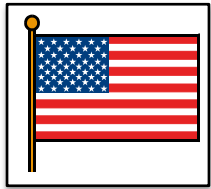


YES



NO

4. Is this a flag?



YES



NO

9. Is this a pumpkin?

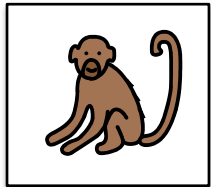


YES



NO

5. Is this a monkey?

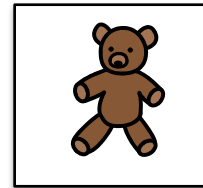


YES



NO

10. Is this a book?



YES

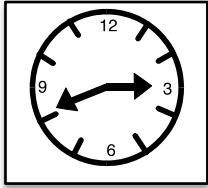


NO

Name: _____

Date: _____ yes ?'s ____/5 = ____% No ?'s ____/5 = ____%

1. Is this a bus?

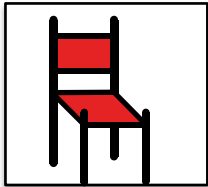


YES



NO

2. Is this a chair?

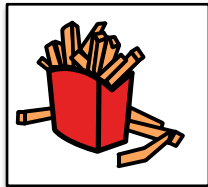


YES



NO

3. Are these french fries?

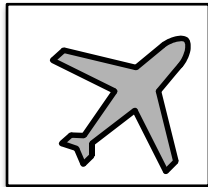


YES



NO

4. Is this a fish?

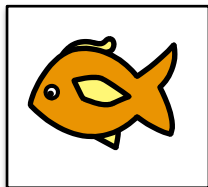


YES



NO

5. Is this a leaf?

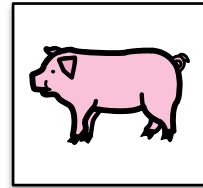


YES



NO

6. Is this a pizza?

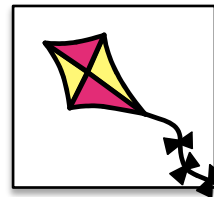


YES



NO

7. Is this a pretzel?

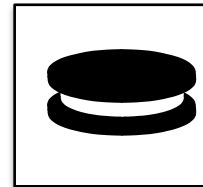


YES



NO

8. Is this a cookie?

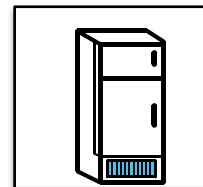


YES



NO

9. Is this a fridge?

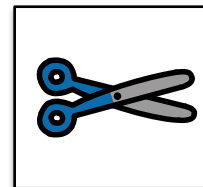


YES



NO

10. Are these scissors?



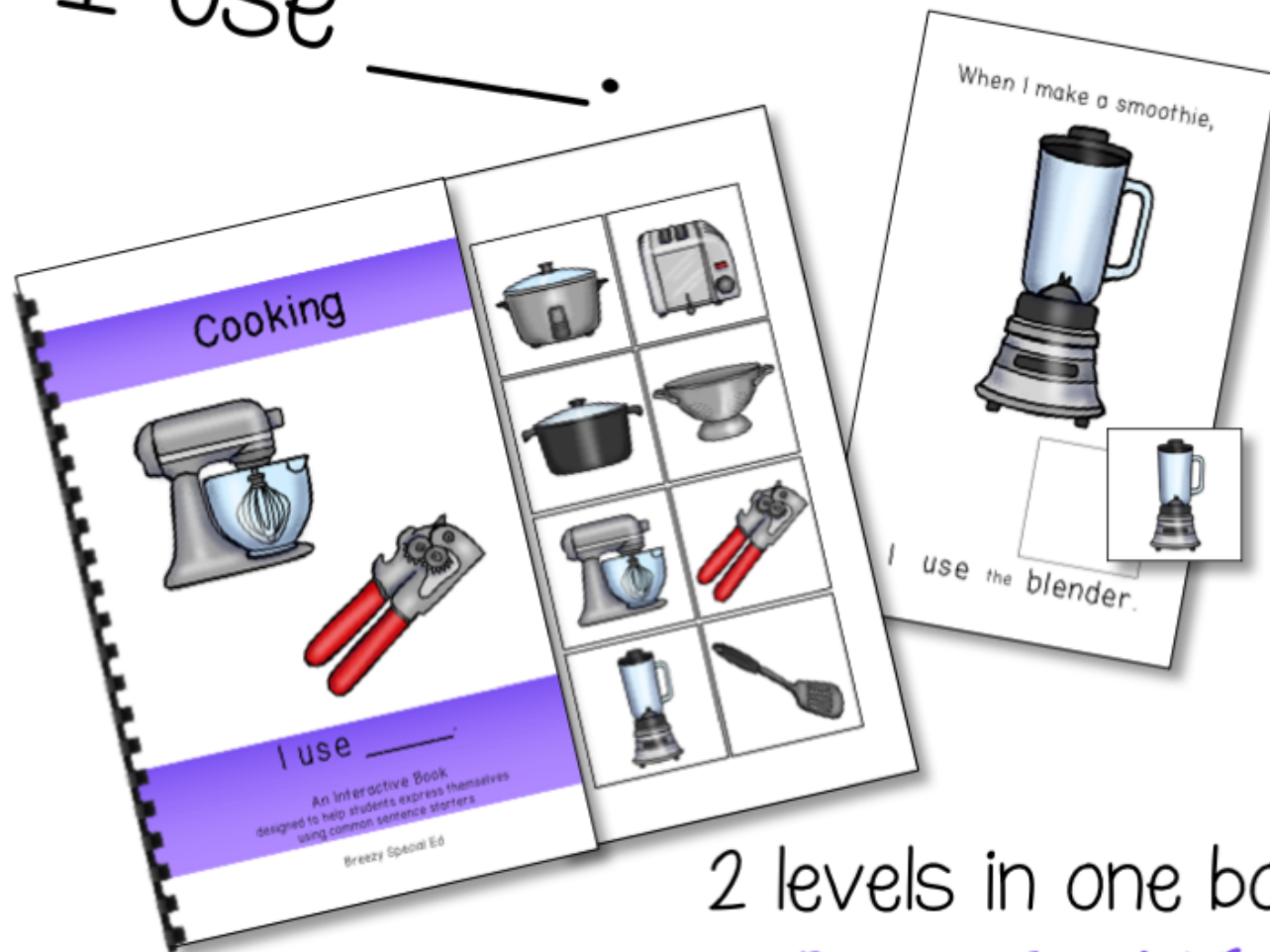
YES



NO

Interactive Sentence Starter Book

I use _____.



2 levels in one book
Breezy Special Ed

Ways to Use this Interactive Book:

Reading

You Read – I Read Option: Staff reads top section, student reads predictable text at the bottom section (great for beginning readers/speakers or device users).

Level 1: Beginning readers only read bottom sentence. (Smaller article (the) optional depending on student's ability)

Level 2: Advanced readers read the entire page.

Interactive Pieces

Level 1: Students match the picture from the choice page to each page while they read.

Level 2: Students take off the picture from each page and match to the word on the choice page.

Extension Activities

Find these materials in the kitchen.

Practice using these appliances / materials in the kitchen.

Talk about when you might use these things.

Other Sentence Starter Books

More books include: "I need", "I play", "I like", "I feel", "I want", and more!

Find them at bit.ly/sentencestarterbooks

← Intro Page:
Add this page right after the cover page in order to help staff/tutors/parents know how they can use this book with the individual they are reading it with.



→
Cut out these symbols and add to the choice page for students to match while they read.

Cooking

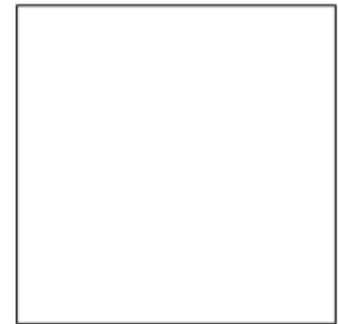


I use _____.

An Interactive Book
designed to help students express themselves
using common sentence starters

Breezy Special Ed

When I make smoothies,



I use the blender.

Ways to Use this Interactive Book:

Reading

You Read – I Read Option: Staff reads top section, student reads predictable text at the bottom section (great for beginning readers/speakers or device users).

Level 1: Beginning readers only read bottom sentence. (Smaller article (the) optional depending on student's ability)

Level 2: Advanced readers read the entire page.

Interactive Pieces

Level 1: Students match the picture from the choice page to each page while they read.

Level 2: Students take off the picture from each page and match to the word on the choice page.

Extension Activities

Find these materials in the kitchen.

Practice using these appliances / materials in the kitchen.

Talk about when you might use these things.

Other Sentence Starter Books

More books include: "I need", "I play", "I like", "I feel", "I want", and more!

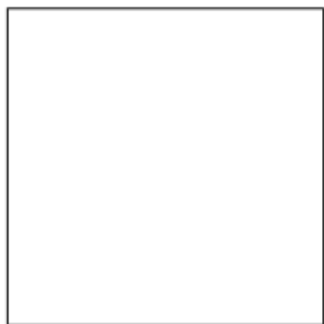
Find them at bit.ly/sentencestarterbooks

← Intro Page:
Add this page right after the cover page in order to help staff/tutors/parents know how they can use this book with the individual they are reading it with.



→
Cut out these symbols and add to the choice page for students to match while they read.

When I will cook something all
day long,



I use the crockpot.

When I make toast,



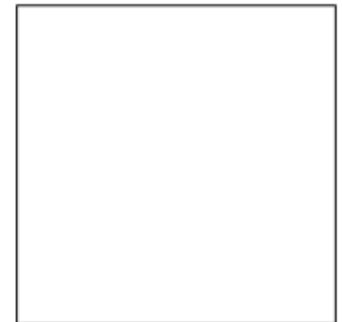
I use the toaster.

When I boil water,



I use the pot.

When I strain pasta,



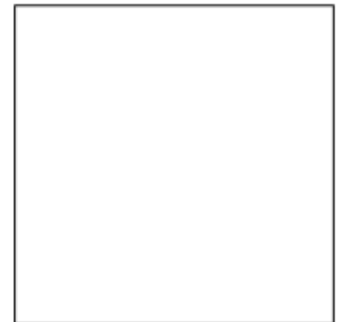
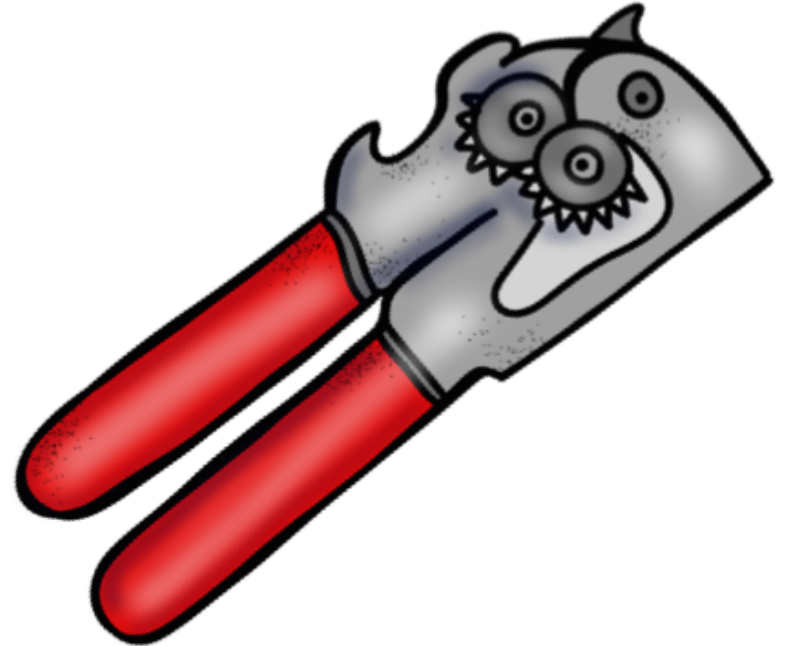
I use the strainer.

When I mix batter,



I use the mixer.

When I open cans,



I use the can opener.

When I flip pancakes,



I use the spatula.

spatula

crockpot

toaster

mixer

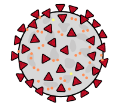
can opener

strainer

blender

pot

Leave this page connected to the choice page.
Cut off and discard this end section.

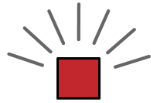


Experiment

THE SPREAD OF GERMS



Introduction



Many people around the world are sick with the coronavirus now. Germs spread the coronavirus from person to person. Germs are very tiny particles that can only be seen with a microscope. People cannot see where germs are or how they move from person to person, but coronavirus germs can spread when sick people cough, talk, sneeze or touch something. The germs can spread when sick people shake hands with healthy people. They can spread when sick people have germs on their hands and touch surfaces and objects. When healthy people touch those same surfaces and objects, the germs can move to the healthy person, making them sick too. That is why it is important for students to learn healthy habits. These habits include washing their hands regularly and well. Promoting healthy habits can help stop the spread of coronavirus germs.

This experiment can help students understand how easily coronavirus germs can spread. Instead of germs, this experiment uses mold spores. Like germs, mold spores are too tiny to see with just our eyes. They can spread when someone touches a surface where mold spores are. Mold spores can be on desks, phones, chairs and more! Also like germs, washing hands well with soap and water can remove mold spores from hands. If they are not washed away, mold spores can grow into mold that we can see.

In this experiment, students can see which surfaces have the most mold spores. Your students can use slices of bread to grow mold from mold spores. They will have one bread slice that is untouched. They will have a bread slice they touched without washing their hands. They will have a bread slice they touched after washing their hands with soap and water and another they touched after using hand sanitizer. The last bread slice, they will rub on a desk. Then each bread slice will go into a labeled zip-top bag. You should label the bags with the cut-out symbols from the Label Page (page 61). Observe the bread slices for about a month and see the differences! You can have your students draw what the bread slices look like after each week if you want to extend the experiment.

The bread slices with the least amount of mold touched the cleanest surfaces. The bread slices with the most mold touched the surfaces with the most mold spores. Remind your students that mold spores are like germs, so surfaces that had the most mold spores probably have the most germs, too.



What We Know:

- The coronavirus spreads from person to person.

- Washing your hands with soap and water can help stop the coronavirus.

- Washing your hands can get rid of germs, dirt and more.

- Washing your hands can get rid of mold spores too.

- Mold spores grow to become mold.



Step 1: Ask a Question

- Which bread will grow the least amount of mold?



Step 2: Make a Guess / Hypothesis

I think...



Not Touched



Dirty Hands



Washed Hands



Hand Sanitizer
Hands

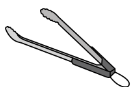


From Table



Need

tongs



5 slices white bread



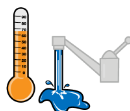
5 zip-top, gallon-sized bags,
labeled (See Introduction)



soap



warm water



hand sanitizer



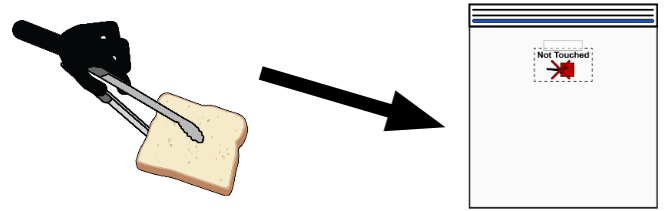
table



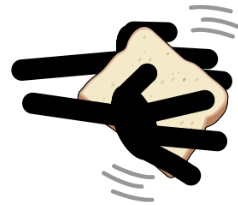


Step 3: Do an Experiment

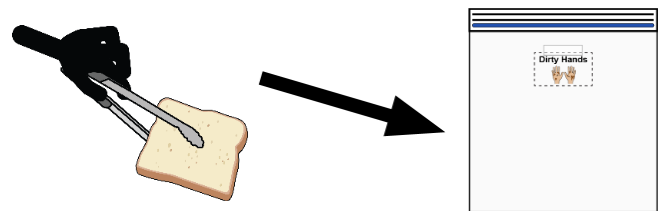
1. Using tongs, carefully put one bread slice into bag labeled Not Touched.



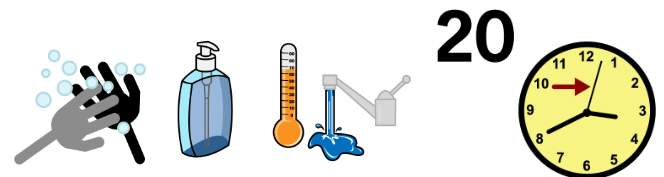
2. Have one student rub hands on second bread slice.



3. Have student put bread slice into bag labeled Dirty Hands.



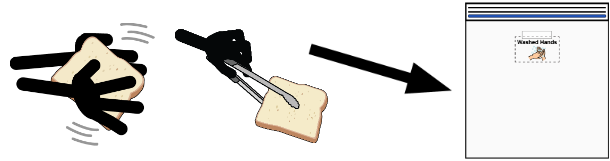
4. Have another student wash hands with soap and warm water for at least 20 seconds.



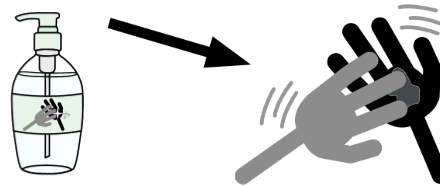


Step 3: Do an Experiment

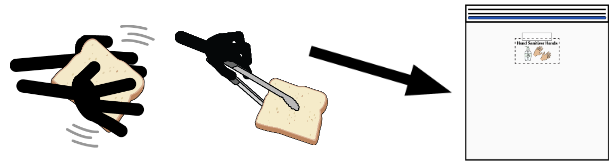
5. Have student rub hands on third bread slice. Put bread slice into bag labeled Washed Hands.



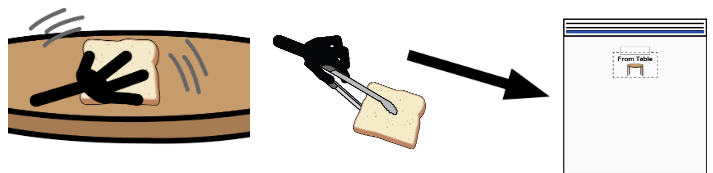
6. Have another student rub hand sanitizer onto hands.



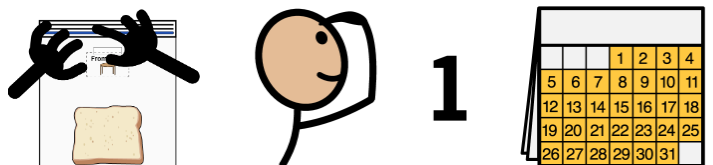
7. Have student rub hands on fourth bread slice. Put bread slice into bag labeled Hand Sanitizer Hands.

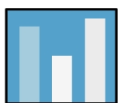


8. Rub fifth bread slice on table. Put bread slice into bag labeled From Table.



9. Seal each bag. Observe for 1 month.





Step 4: Organize Data

1. Did each slice of bread look the same at the start of the experiment?



yes



no



2. Did some slices of bread look different by the end of the experiment?



yes



no



3. What did some bread slices grow?



dirt



mold



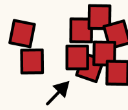
trees





Step 5: Find the Conclusion

1. Did some bread grow more mold than others?



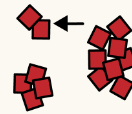
yes



no



2. Which bread grew the least amount of mold?



Not Touched



Dirty Hands



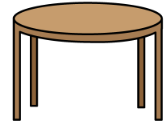
Washed Hands



Hand Sanitizer
Hands



From Table



3. Was your guess correct?



yes



no



Questions for Class Discussion

- What other objects do you think would make a bread slice grow mold? Why?
- Why is washing your hands with soap and water important?
- What else can you do to stay healthy?

Vocabulary Words and Definitions

Name: _____

Read, practice and post these words on classroom word walls.

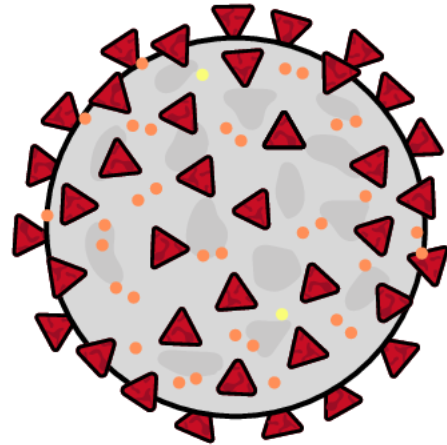
Coronavirus

world



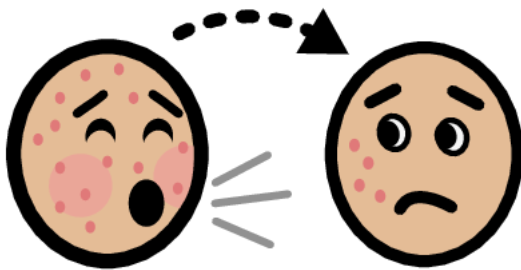
The Earth and everything on Earth

coronavirus



A new illness that spreads quickly from person to person

spread



To affect more and more people

stop

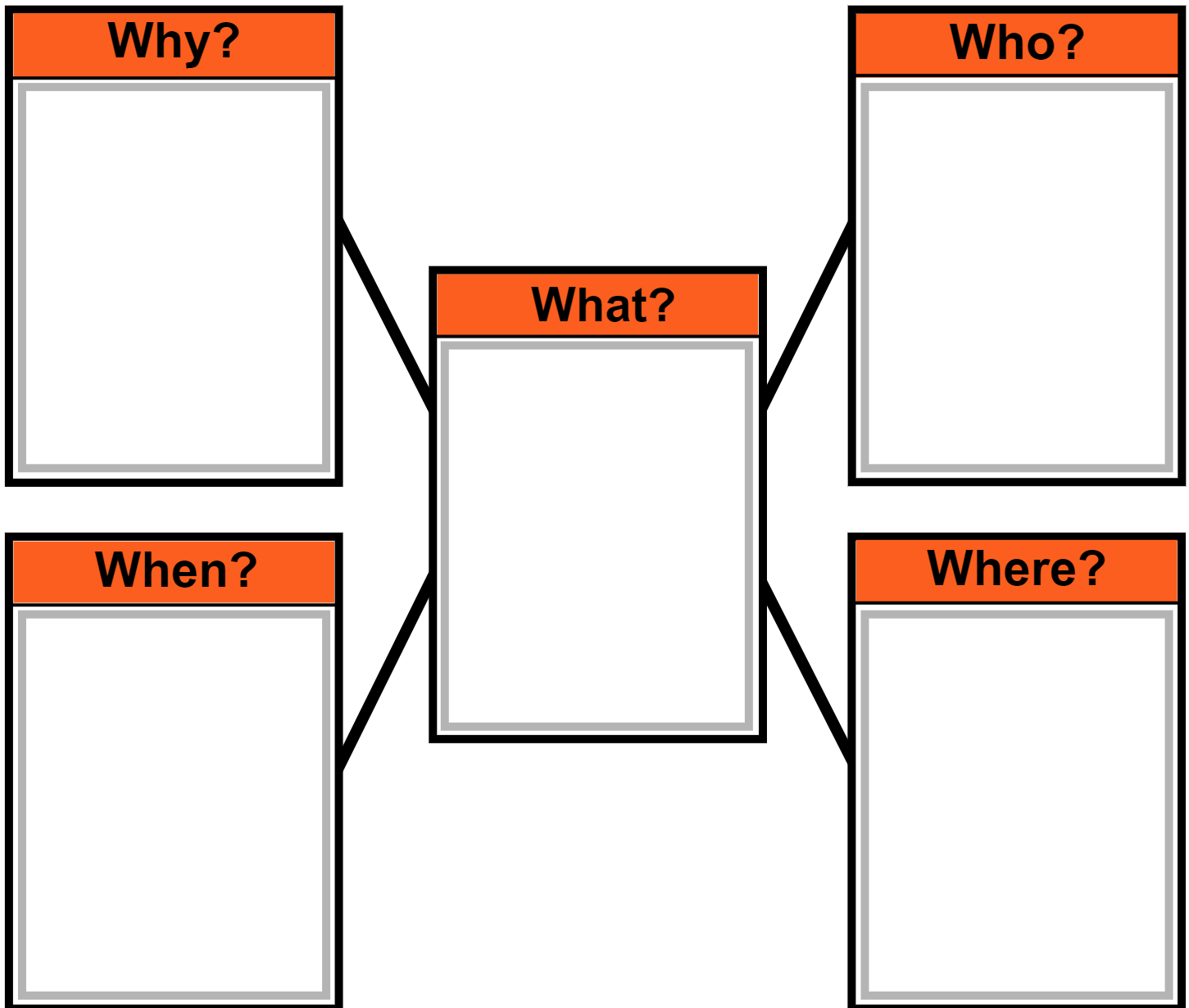



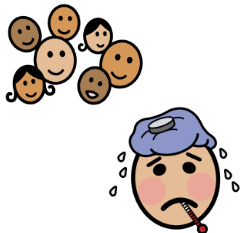


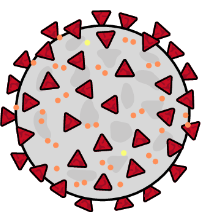
To cause something to end

Webbing

Name: _____

Choose a picture/word card to fill in each part of the web.



now 	many people are sick 	world 	doctor 	Coronavirus 
--	---	--	---	--

Counting Syllables

Name: _____

Say each word. Count the syllables. Place the number in each box.

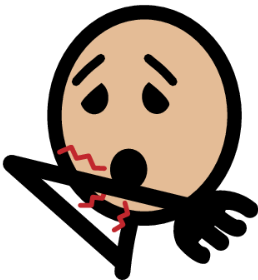
crowd



sick



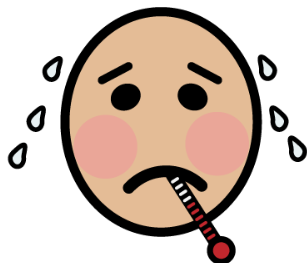
cough



doctor



fever



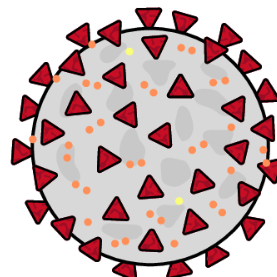
spread



pandemic



coronavirus



Word Beginnings

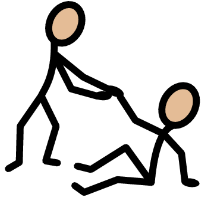
Name: _____

1. Say the name of each picture.
2. Put the letter or letters of the beginning sound in each box.

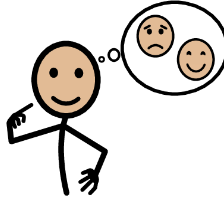
h

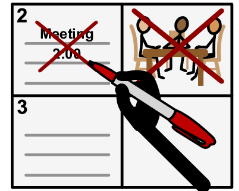
f

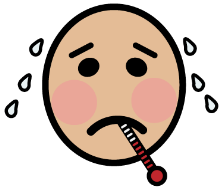
c

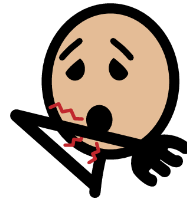


h

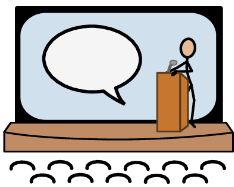


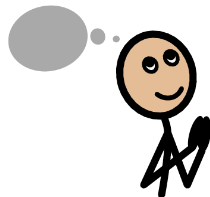


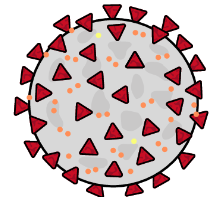












Key: help, coronavirus, hope, fever, cough, hospital, cancel, feel, conference

Word Sort

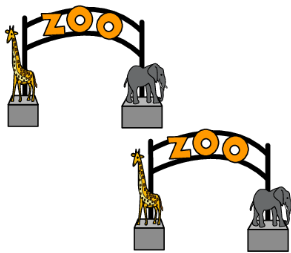
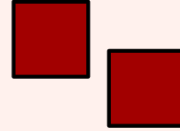
Name: _____

1. Cut out the words/pictures. Glue the top section of the page to construction paper.
2. Sort the singular and plural words.

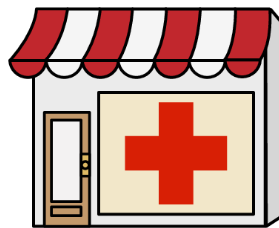
Singular



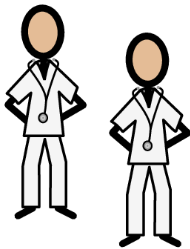
Plural



zoos



medical clinic



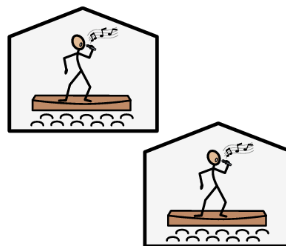
doctors



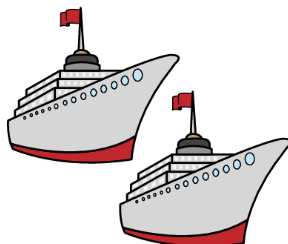
country



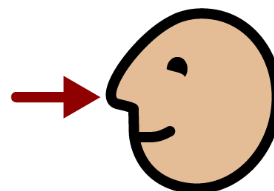
hospital



concerts



cruise ships



nose

Word Sort

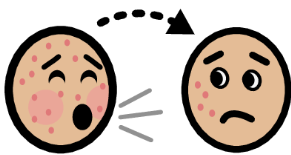
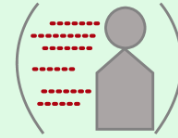
Name: _____

1. Cut out the words/pictures. Glue the top section of the page to construction paper.
2. Sort the nouns and verbs.

Nouns



Verbs



spread



cancel



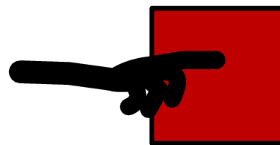
doctor



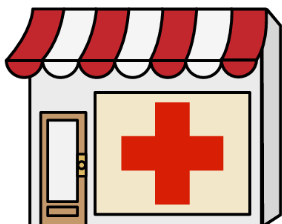
world



wash



touch



medical clinic



crowd

Punctuation

Name: _____

A period (.) comes at the end of a statement or telling sentence. (I like to run.)

A question mark (?) comes at the end of a question or asking sentence. (Do you run?)

An exclamation point (!) comes at the end of a sentence to show strong feelings or emotion. (He can run fast!)

Choose the correct punctuation mark at the end of each sentence.

1. How does the coronavirus spread

2. What is a pandemic

3. Wash your hands often, for 20 seconds or more

4. Who should you call when you feel sick

5. Leaders have closed public places with crowds

6. Doctors are still learning about the coronavirus

Capitalization and Punctuation

Name: _____

1. Circle all the capitalization and punctuation errors in each sentence.
2. Write the corrected sentence below each sentence.

1. Many people around the World are sick.

_____ (1 error)

2. Anyone can become sick with the coronaVirus

_____ (2 errors)

3. some People become Very sick.

_____ (3 errors)

4. students are Doing classes Online in their Homes.

_____ (4 errors)

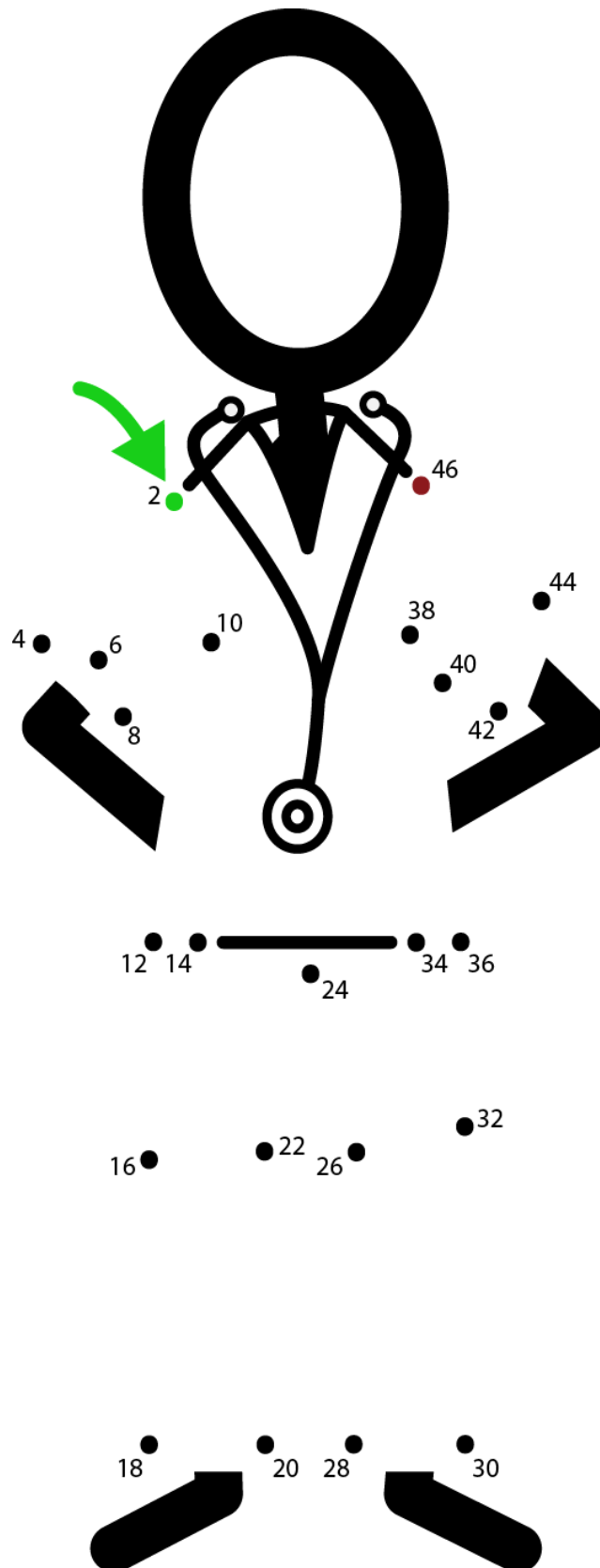
5. what are Doctors still Learning About.

_____ (5 errors)

Dot-to-Dot

Name: _____

Count by 2s. Who is this? _____

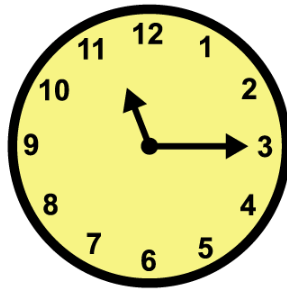


Time to the Quarter Hour

Name: _____

Read the question. Find the answer. Place the time on the clock.

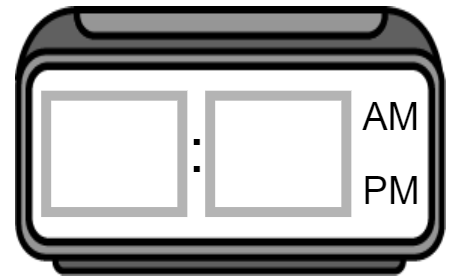
This morning my brother and I did math worksheets at home. What time did we start doing math worksheets?



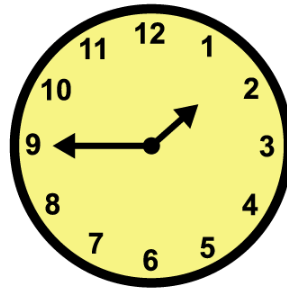
6:45

8:15

11:15



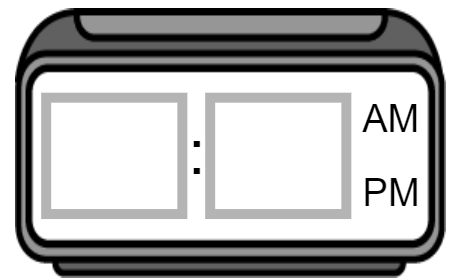
This afternoon a leader gave a speech about staying healthy. What time did the speech start?



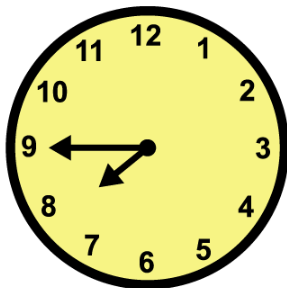
1:45

3:45

5:45



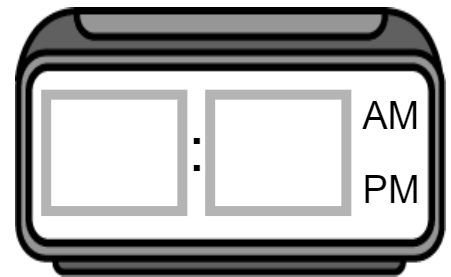
This morning my teacher posted a science lesson online. What time did my teacher post the science lesson?



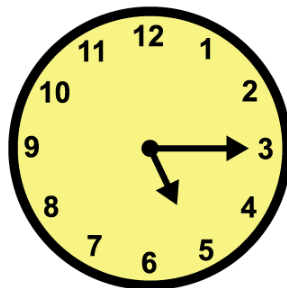
5:45

7:45

8:45



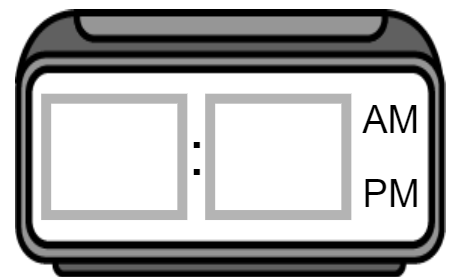
This afternoon a doctor went to work at a hospital. What time did the doctor arrive at the hospital?



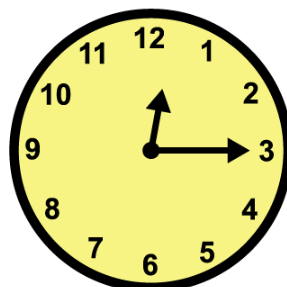
6:15

5:15

3:15



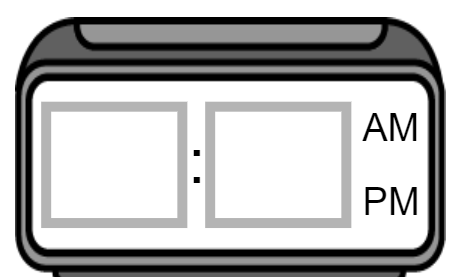
This afternoon a worker fed animals in a zoo. What time did the worker start feeding the animals?



3:15

1:15









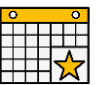

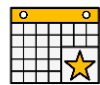
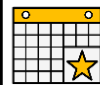












12:15

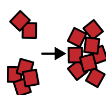


Graphing

Name: _____

- Count the number of symbols in each row. Place that number in the last column.
- Answer the questions about the graph.

doctor									
event									
hospital									
cruise ship									
concert									
	1	2	3	4	5	6	7	8	total



1. Which word has the most symbols?

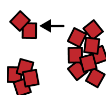
concert



event



doctor



2. Which word has the fewest symbols?

hospital



cruise ship



event



3. What is the highest number?

5

7

4



4. What is the lowest number?

7

6

2



5. Do any words have the same number?

yes



no

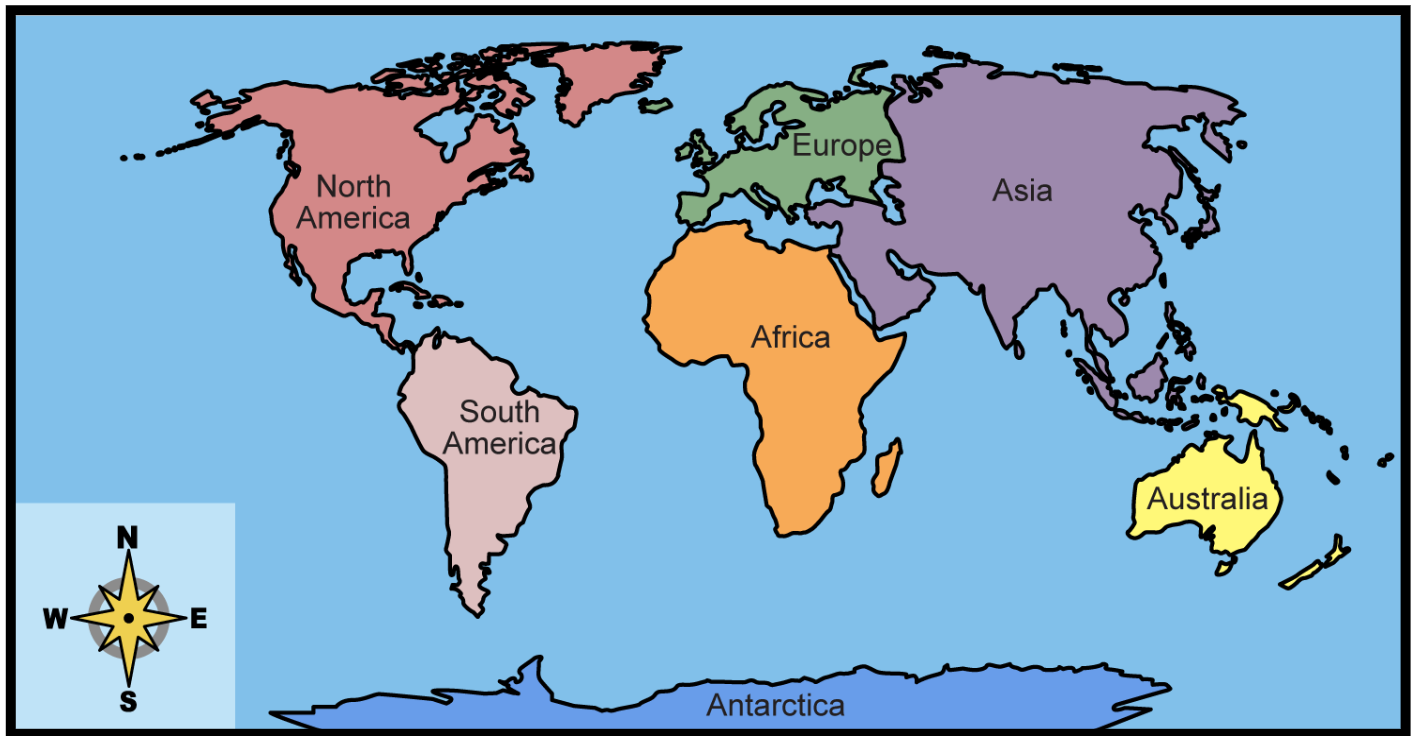


Geography

Name: _____

Use the map to answer the questions.

World 



What place is this page about?

Mars



world



Venus



ten

seven

three

10

7

3



How many continents does the world have?

Australia



Europe



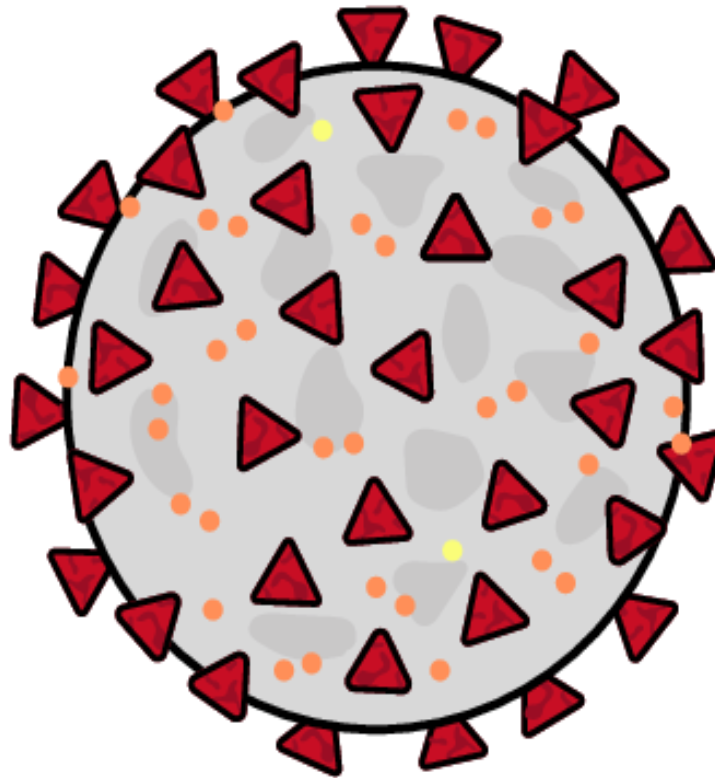
Asia



What continent is the biggest?



CORONAVIRUS





Many people are sick with the coronavirus now.

You can help stop the spread of coronavirus in many ways.

Let's take a look at some of the ways you can help!



The coronavirus is a germ.



A Girl Coughing

**Describe a time when you
were sick.**

- Germs are tiny organisms, or living things, that can make you sick.
- They are so tiny that you need a microscope to see them.
- Germs can spread through the air from person to person. They spread with coughs and sneezes.
- You can do many things to help stop the spread of germs like the coronavirus.



You can wash your hands often.

- Washing your hands often is the best way to stop the spread of germs.
- You should rub your hands together with soap and warm water for at least 20 seconds.
- Wash your hands every time you cough or sneeze and before you eat.
- You should wash your hands after you use the bathroom and after you play outside too.



A Person Washing Their Hands

When is another time you wash your hands?



You can avoid touching your face.



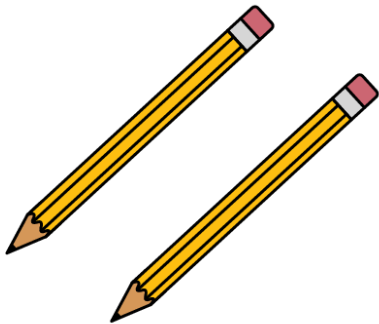
A Man Touching His Mouth

**How can you remember
not to touch your face?**

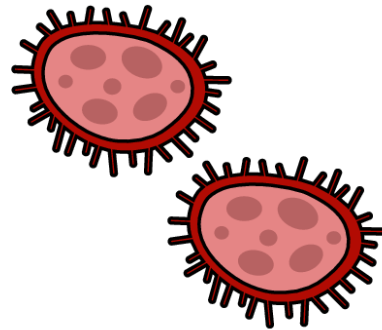
- Germs on your hands can go onto your face. Then the germs can enter your body and make you sick.
- The germs can enter your body through your eyes, nose and mouth.
- Studies have found that people touch their faces more than 16 times each hour!
- It can be hard to remember but try not to touch your face.

What are tiny organisms?

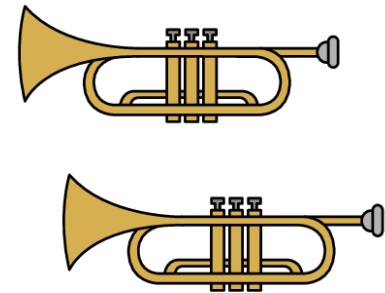
pencils



germs



trumpets

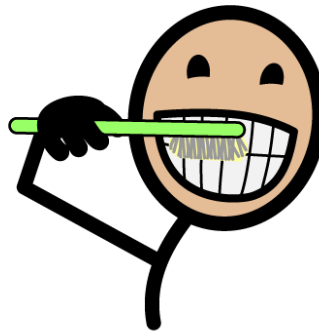


What is the best way to stop the spread of germs?

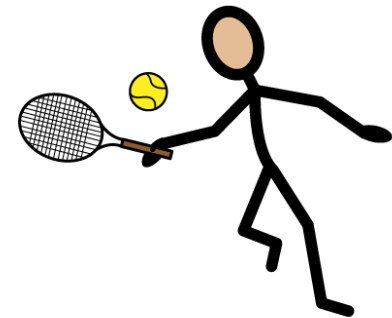
wash hands



brush teeth



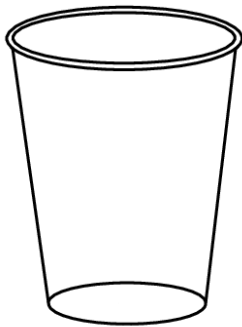
play tennis





What should you not touch?

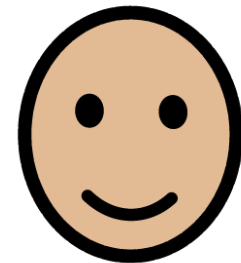
cup



tree



face





You can cover your mouth and nose.

- Cover your mouth and nose when you cough or sneeze to avoid spreading germs into the air.
- Cough or sneeze into your elbow, not your hand. This will help avoid getting more germs on your hand.
- Use a tissue when you sneeze or need to blow your nose.
- Then, throw the tissue into the trash, and wash your hands!



A Woman Coughing Into Her Elbow

What do you do when you feel a sneeze coming?



You can stop sharing things and shaking hands for a while.



People Bumping Elbows

**What is another fun way
to greet someone?**

- Right now, it is important not to share or shake hands with others.
- Germs can spread when a person who is sick touches an object. Germs are left behind on that object.
- When other people touch the object, they could become sick too.
- People should avoid shaking hands too. They can do something fun, like bumping elbows, instead.



You can stay away from crowds of people now.

- Try to not be too close to other people right now, especially crowds.
- Keep a bigger distance between yourself and other people.
Scientists call this social distancing.
- Germs in the air spread from person to person through coughs and sneezes.
- If you stay away from other people, you can help stop the spread of germs.



A Crowded Restaurant

**What will you do to help
stop the spread of germs?**



What should you cough or sneeze into?

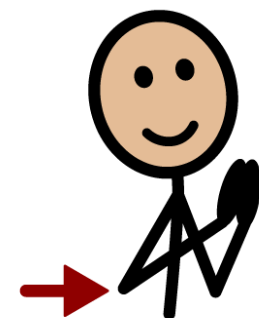
foot



hand

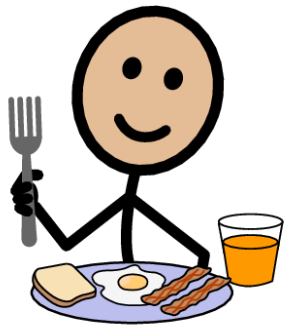


elbow



What should people avoid?

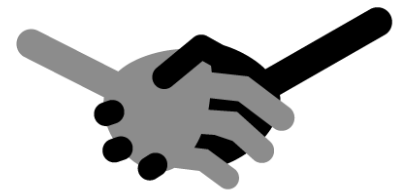
eating breakfast



reading

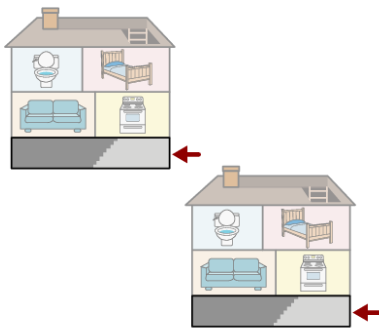


shaking hands

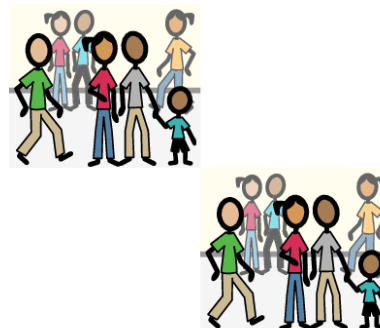


What should you stay away from now?

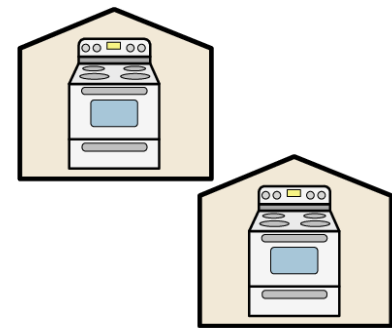
basements



crowds



kitchens

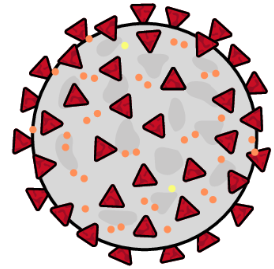




WHAT

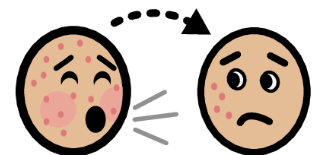


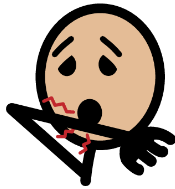
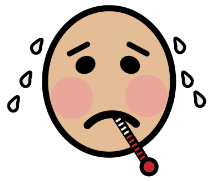
CORONAVIRUS



Many people around the world are sick. They have a new illness called the coronavirus.

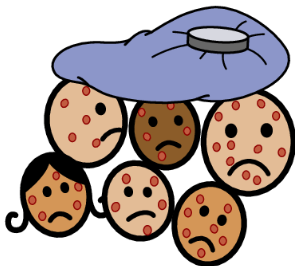
The coronavirus spreads from person to person. Anyone can become sick with the coronavirus.



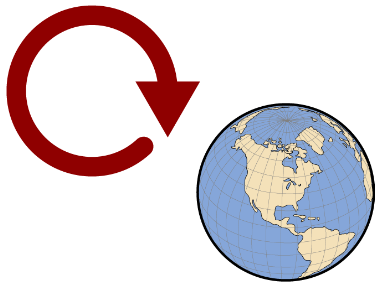


The coronavirus gives people fevers and coughs.

**Most people only become a little sick.
But some people become very sick.**

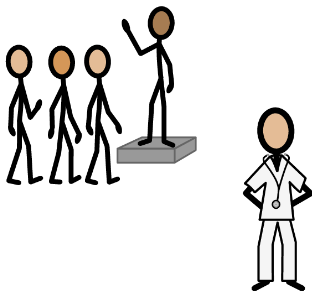


**The coronavirus spreads quickly.
Now the coronavirus is a pandemic.**



A pandemic is when an illness spreads around the world.

People think the coronavirus started in China in 2019. It spread to many countries, including the U.S.



Leaders and doctors around the world are working together. They are working to stop the spread of the coronavirus.

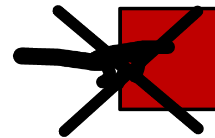


To help stop the spread, you should:

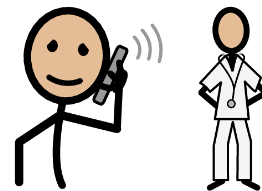
- Wash hands often, for 20 seconds or more.



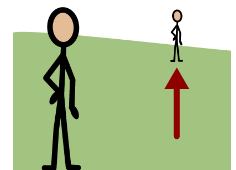
- Not touch eyes, nose and mouth.



- Call a doctor when you feel sick.



- Stay away from others in public places. *

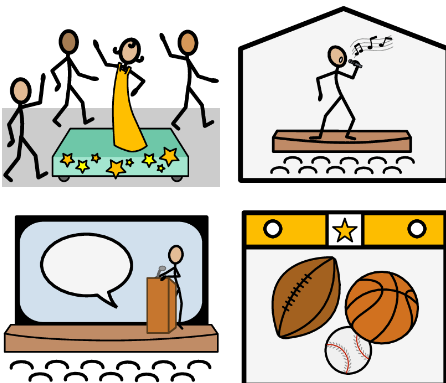


* See this week's News-2-You Extension Activity for more things you can do.



Leaders and doctors worry about crowds. Sick people can spread the coronavirus in crowds.

Many leaders have canceled events with crowds.

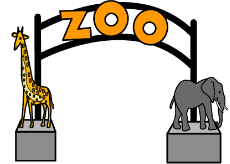
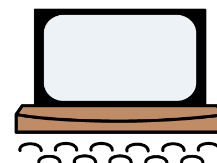


Leaders have canceled parades, concerts, conferences, sports events and more.



Leaders have closed public places with crowds.

Leaders have closed movie theaters, museums, restaurants, zoos and more.

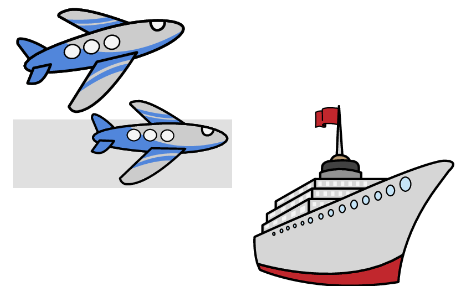


Leaders have closed schools too. Students are doing classes online in their homes.

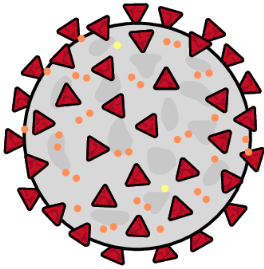


**Leaders do not want people to travel.
Sick people can spread the coronavirus
to other places.**

**Airlines have canceled some
flights. Cruise ships have
canceled some trips.**

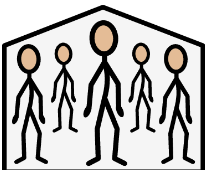


Many people are staying in their homes.



The coronavirus is a new illness.

Doctors are still learning about the coronavirus. They hope to stop the spread of the coronavirus soon.





Then people can go to public places. Leaders can open schools again.



● Knock, Knock.  

Who's there ? 

● Cough. 

Cough who ?  

● Cough - ee is my favorite drink.



- ee



Coffee





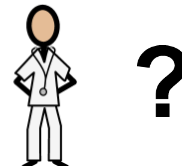
joke page



● I have a joke !

Tell me !

● Why did the computer call a doctor ?



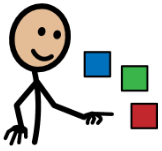
I don't know. Why ?

● It had a virus !



virus





Choose the pictures NOT about CORONAVIRUS.

owl



spread



leader



wash



stop



doctor



violin



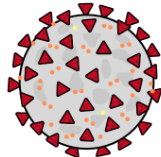
doctor's office



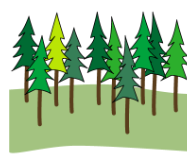
pandemic



coronavirus



forest



cough



fever



wizard



world



crowd



sick



cruise ship



hospital


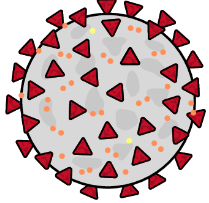
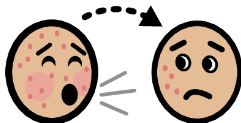


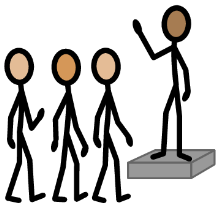
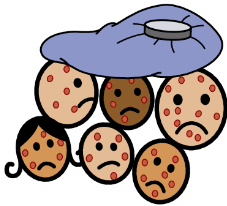

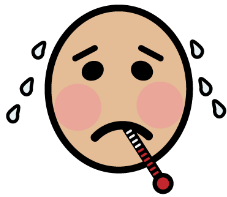
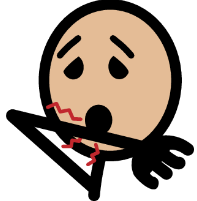




whistle





1. WHAT is the paper about ?	Coronavirus	2020 Census	March Madness
2. WHO should you call when you feel sick ?	acrobat	reporter	doctor
3. WHERE are many people sick with the coronavirus ?	Venus	world	Mars
4. WHAT does the coronavirus give people ?	fevers	broken legs	cavities
5. WHAT are leaders and doctors working to stop ?	exercise	recycling	spread
6. HOW MANY people are in a crowd ?	many	none	few
7. WHAT might a city close because of the coronavirus ?	hospitals	gyms	police stations
8. WHAT is another word for illness ?	therapy	disease	bandage

<p>world</p> 	<p>coronavirus</p> 
<p>spread</p> 	<p>stop</p> 
<p>doctor</p> 	<p>leader</p> 
<p>pandemic</p> 	<p>wash</p> 
<p>fever</p> 	<p>cough</p> 
<p>sick</p> 	<p>crowd</p> 



spotlight on



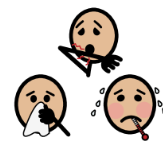
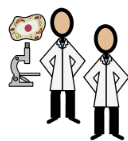
MEDICAL SCIENTISTS

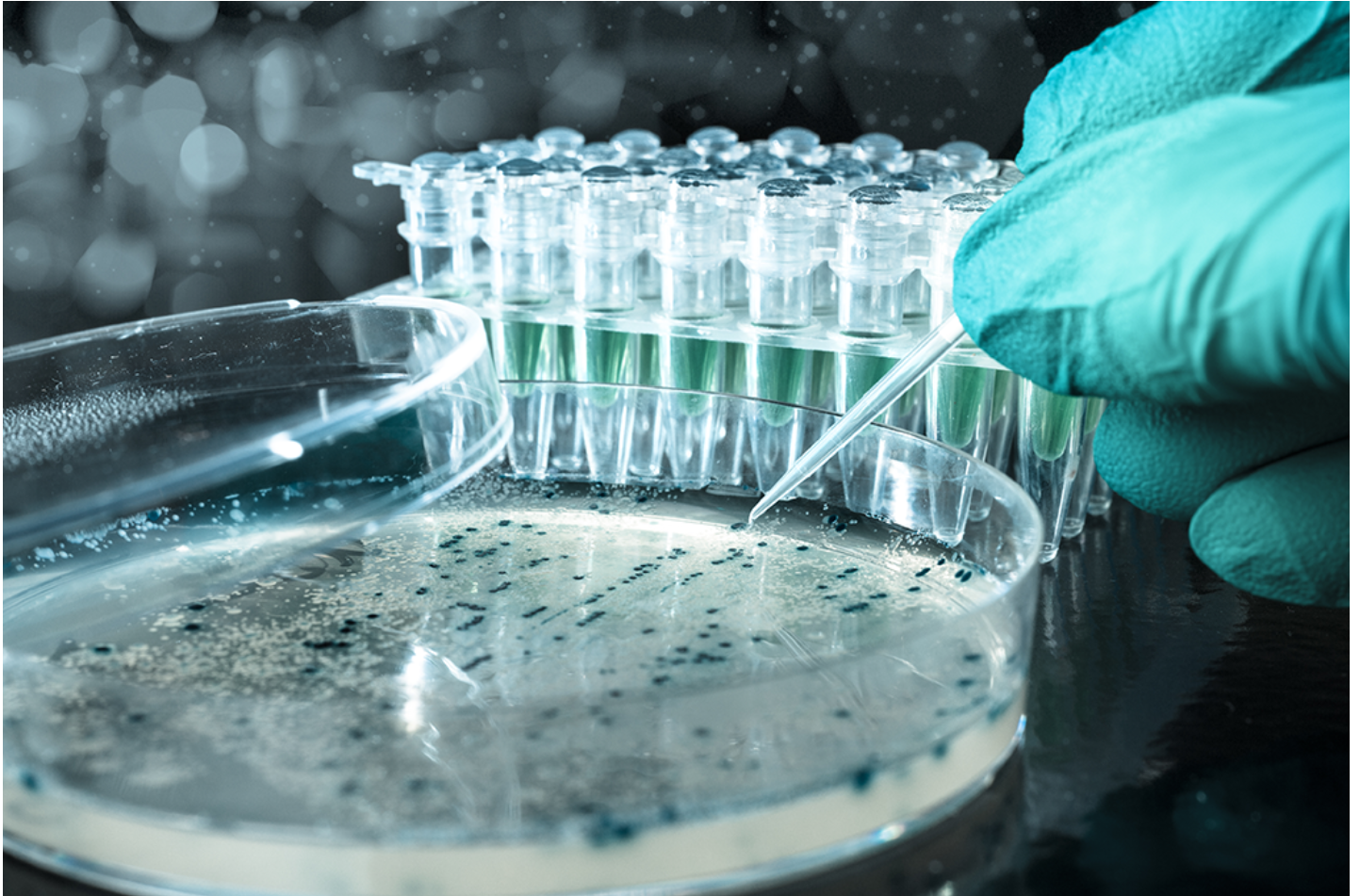


by Tami Steinbauer

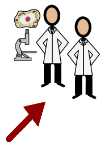


Medical scientists study illnesses.





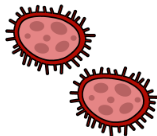
They



study



germs

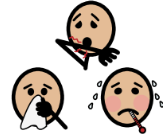


that

cause

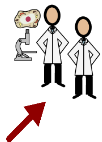


illnesses.





They



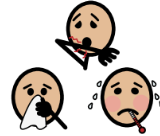
study



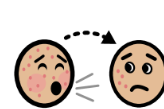
how



illnesses

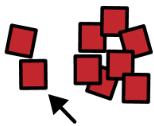


spread.

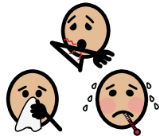




Some



illnesses



spread



around



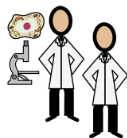
the

world.



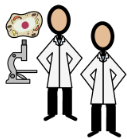


Medical scientists work to stop the spread.



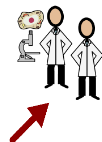


Medical scientists may work in laboratories.



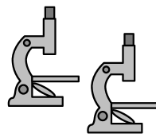


They do experiments.





They use microscopes and test tubes.

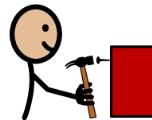
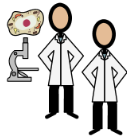


+



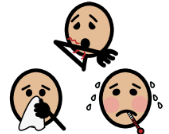
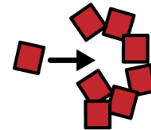
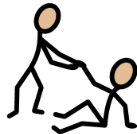


Medical scientists may create new medicines.



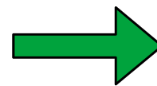
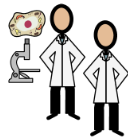


The medicines can help people with illnesses.



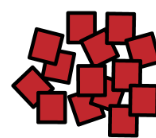
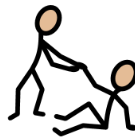
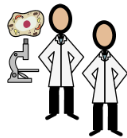


Medical scientists must go to college.



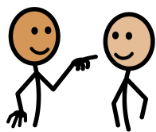


Medical scientists help many people.





Would you like to be a medical scientist ?

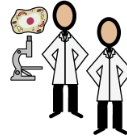




1. Who was this story about ?



medical
scientists



camp
counselors



grocery
baggers



2. Did you like the story ?



yes



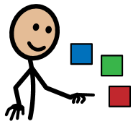
no



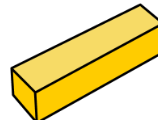
maybe



3. Choose the pictures about this story.



butter



world



spread



4. Discussion questions:



- What do scientists use microscopes for?
- What kind of medicine would you create? Why?



index for photographs



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spotlight on



CONGRESSPEOPLE



by Molly Boes



Congresspeople are government leaders.

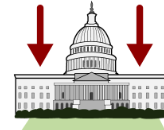


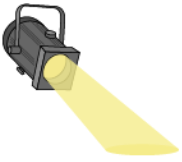
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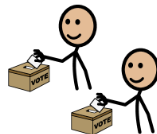


Congresspeople work in Congress.

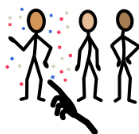




Voters



elect

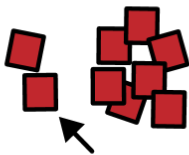


congresspeople.





Some congresspeople are representatives.

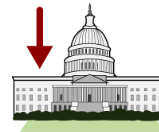


=



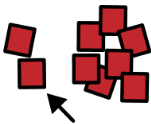


They work in the House of Representatives.





Some congresspeople are senators.



=





They



work



in the

Senate.





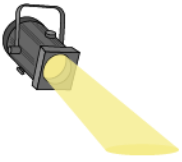
Congresspeople work in the Capitol Building.



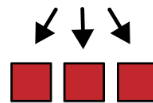


The Capitol Building is in Washington, D.C.





Congresspeople come from every U.S. state.

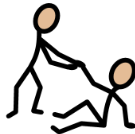




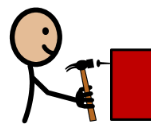
Congresspeople



help

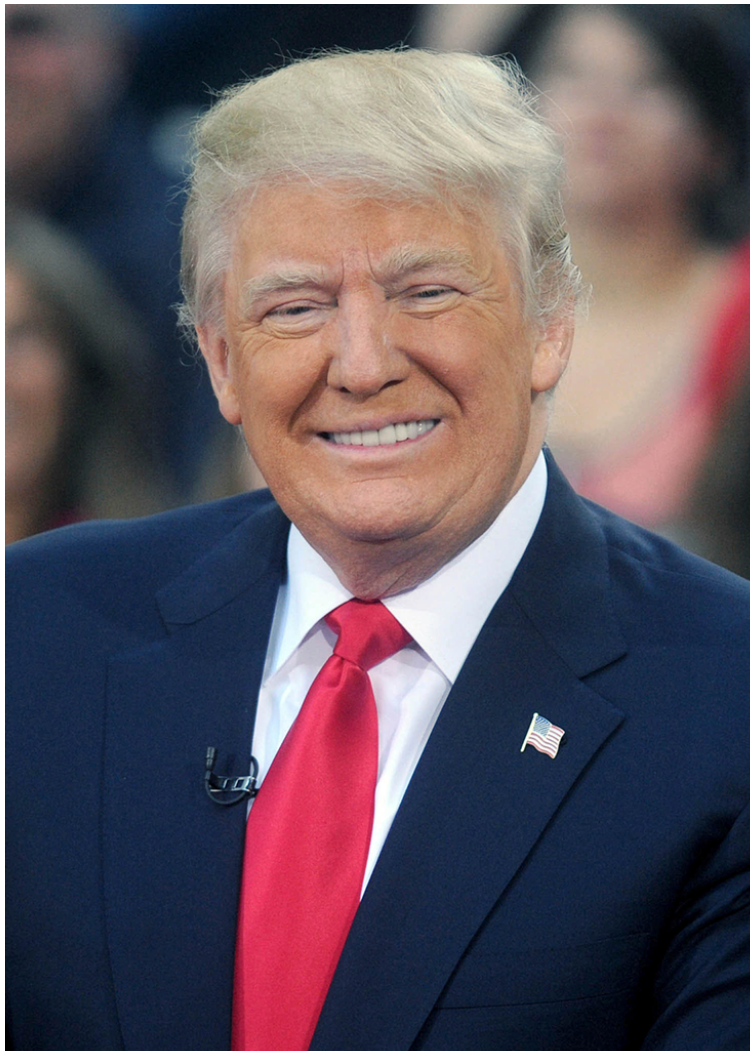


make



laws.





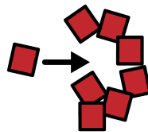
They



work

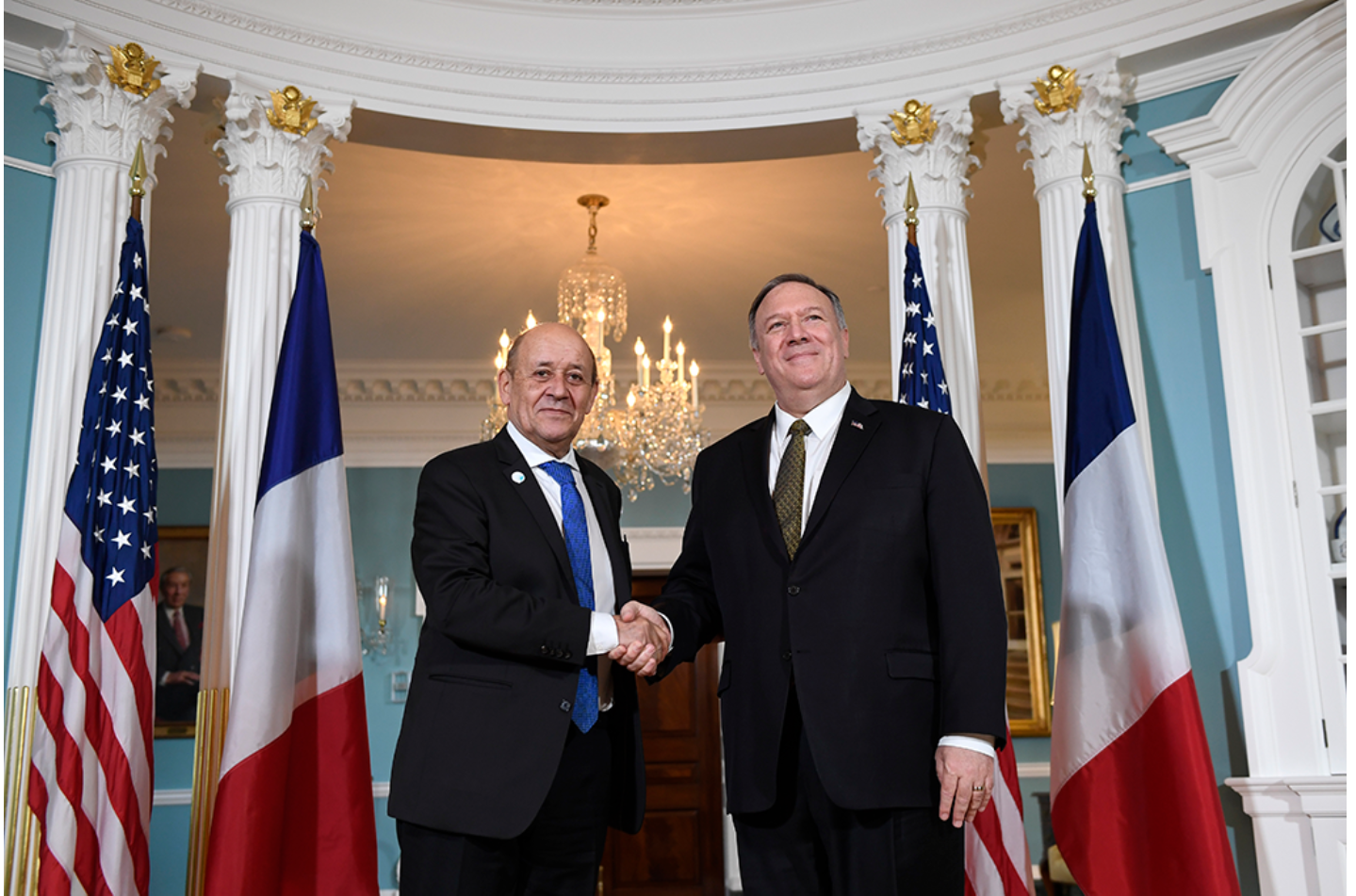


with the U.S.



president.





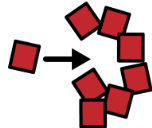
They



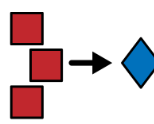
work



with



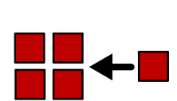
other



leaders

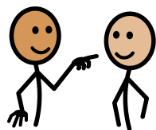


too.





Would you like to be a congressperson ?





1. Who was this story about ?



ambassadors



salespeople



congresspeople



2. Did you like the story ?



yes



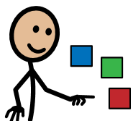
no



maybe



3. Choose the pictures about this story.



senators



kitchen



representatives



4. Discussion questions:



- Why are laws important?
- What city would you like to work in? Why?



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U.S. Senate, 111th Congress, Senate Photo Studio

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Letter Home

Dear: _____

This week the title of the newspaper was . I learned about a

place called the . I had fun making a new recipe called .

I learned four new words: .

My favorite part of the paper was the

story



recipe



joke

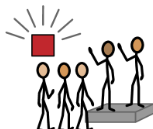


From, _____

government



Important
Leaders



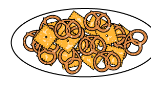
history



U.S.



Celebration
Snack



leader



February



February 3, 2020

Letter Home



Dear _____ ,



This week the title of the newspaper was _____ .



The people in the news were _____ .



I learned about a place called the _____ .



We made _____ .



I learned four new words: _____ ,

_____ , _____

and _____ .



My favorite part of the paper was _____

because _____ .

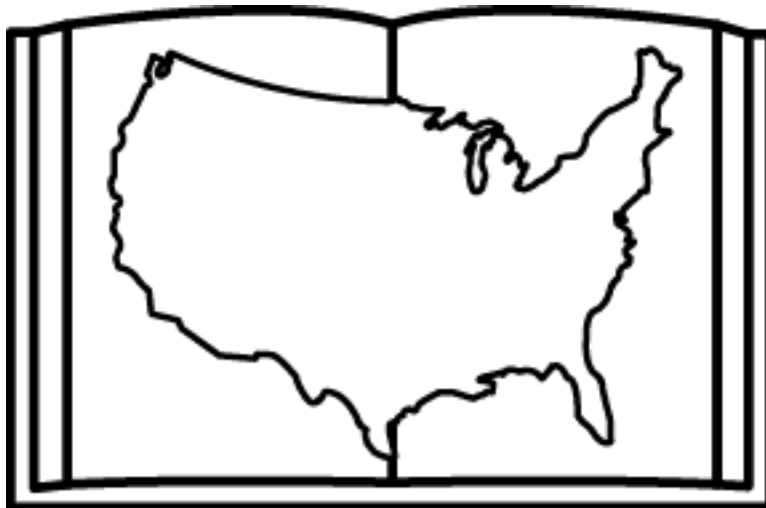


From, _____

Color and Label

Name: _____

1. Color the pictures.
2. Place the labels in the spaces above the correct pictures.



history

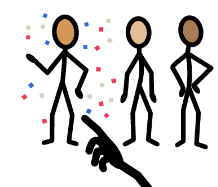
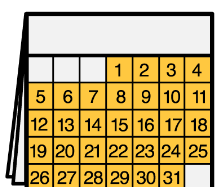
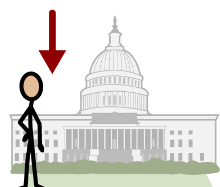
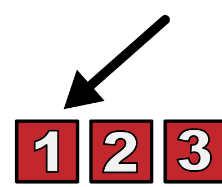
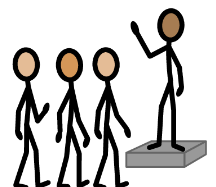
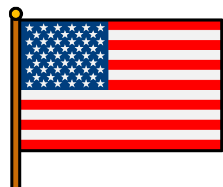
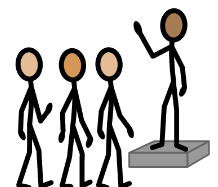
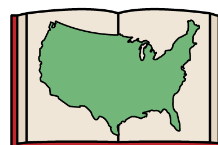
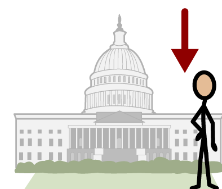
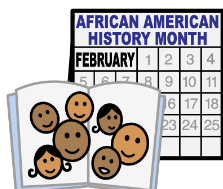
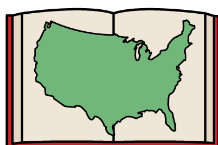
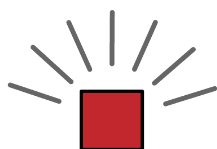
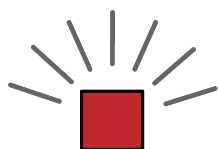
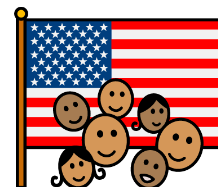
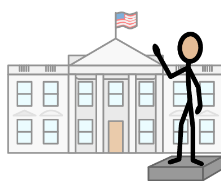
February

government

Matching

Name: _____

Choose the matching symbol in each row.



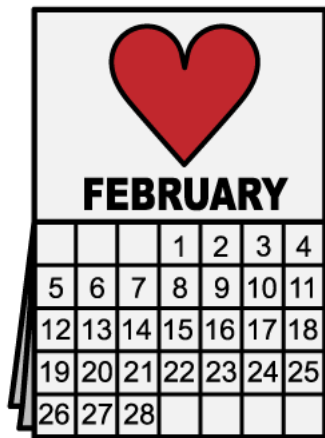
Vocabulary Words and Definitions

Name: _____

Read, practice and post these words on classroom word walls.

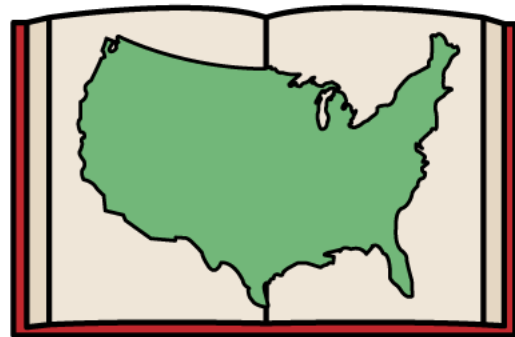
Important Leaders

February



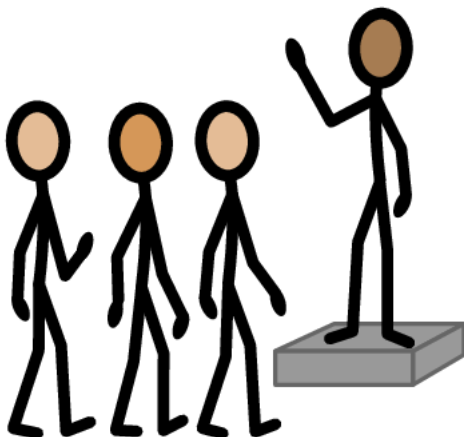
The second month
of the calendar year

history



A record of past events

leader



A person who leads others

government



The group of people who
lead a country, state or city

Word Definitions

Name: _____

Match each picture/word card to its definition.



The group of people who lead a country, state or city




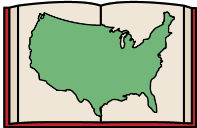


The second month of the calendar year



A record of past events



A person who leads others

<p>February</p> 	<p>history</p> 	<p>leader</p> 	<p>government</p> 
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Word Definitions

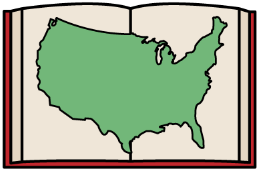
Name: _____

Write your own definitions for the words.

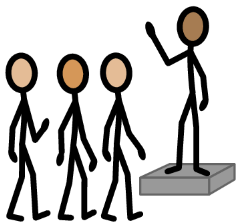
February



history



leader



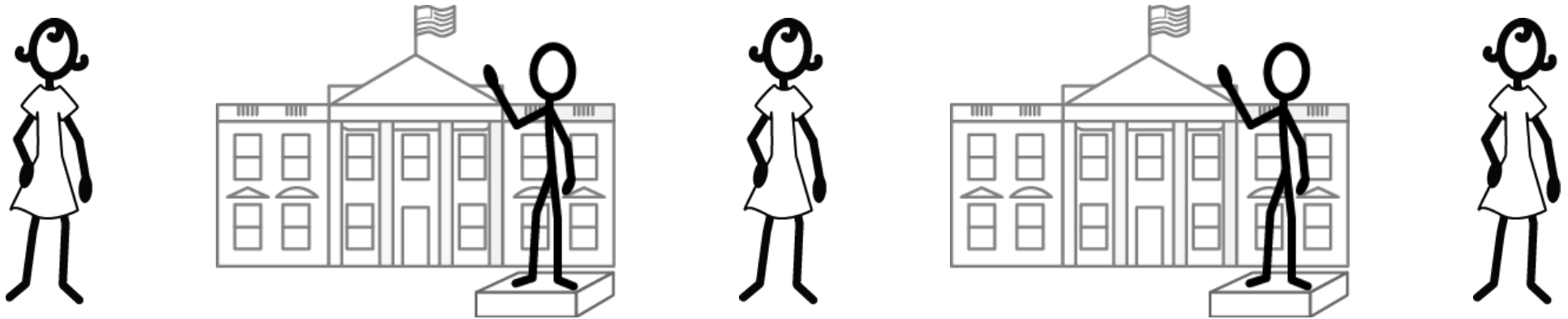
government



Read and Do

Name: _____

Read each sentence. Do what each sentence says.



1. Draw a gray square around the first president.



2. Draw a red rectangle around the third woman.



3. Draw green grass below the last president.



4. Draw a blue triangle around the second woman.



5. Draw a yellow sun above the second president.



6. Draw a pink oval around the first woman.

Practice drawing here.

Look, Read and Think

Name: _____

Place an "X" in the box next to the sentence that describes the picture.

☐

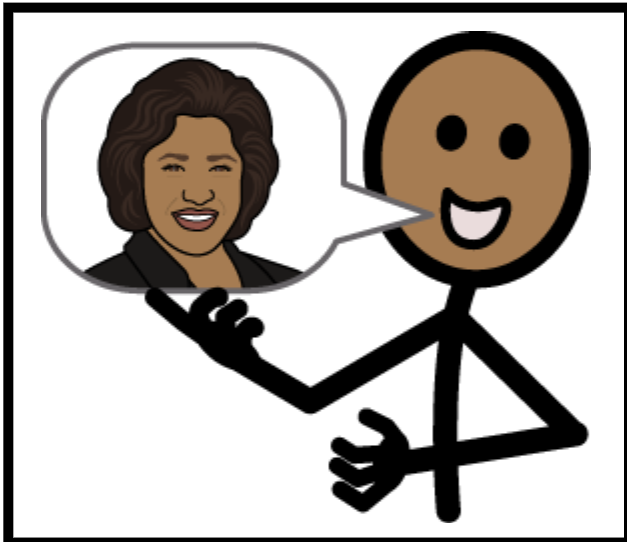
A girl reads a book about Joseph Hayne Rainey.

☐

A boy talks about Carol Moseley-Braun.

☐

A boy thinks about Barack Obama.

☐

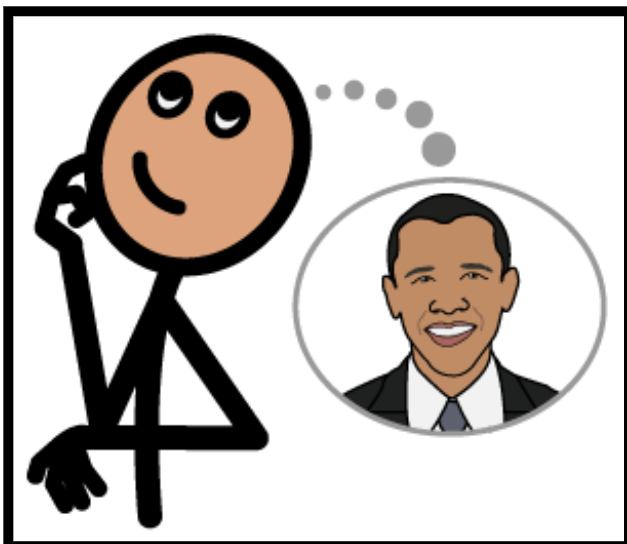
A boy thinks about Barack Obama.

☐

A girl reads a book about Joseph Hayne Rainey.

☐

A boy talks about Carol Moseley-Braun.

☐

A boy talks about Carol Moseley-Braun.

☐

A boy thinks about Barack Obama.

☐

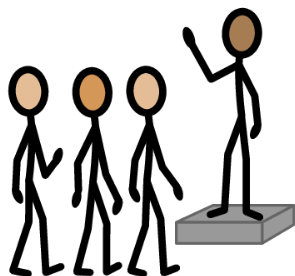
A girl reads a book about Joseph Hayne Rainey.

Counting Syllables

Name: _____

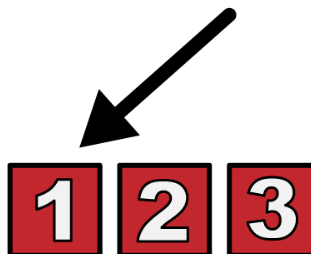
Say each word. Count the syllables. Place the number in each box.

leader

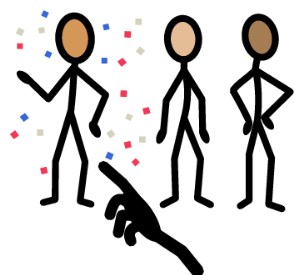


2

first



elect



lawyer



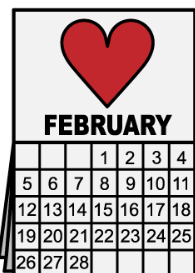
law



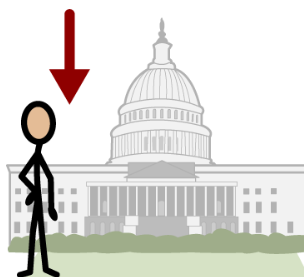
government



February



representative



Beginning Sound

Name: _____

1. Say the name of each picture.
2. Circle the letter or letters in each row that make the same beginning sounds.



g

l



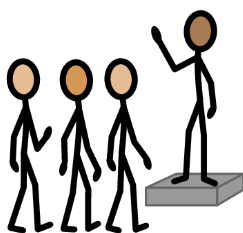
g

l



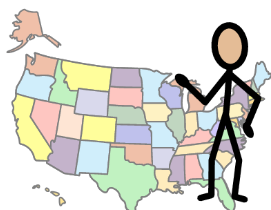
g

l



g

l



g

l

Key: governor, leader. law, lawyer, government

Word Beginnings

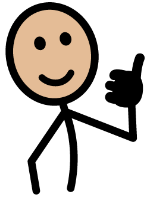
Name: _____

1. Say the name of each picture.
2. Put the letter or letters of the beginning sound in each box.

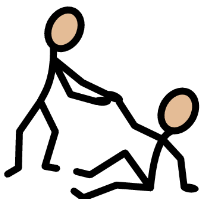
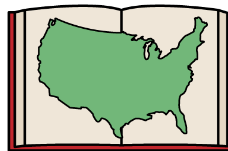
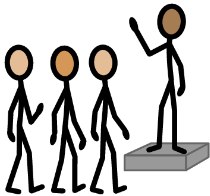
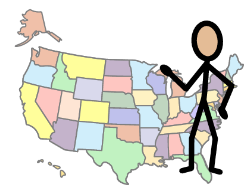
g

h

l



g



Key: good, help, leader, governor, history, lawyer, government, Hawaii, law

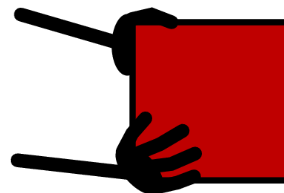
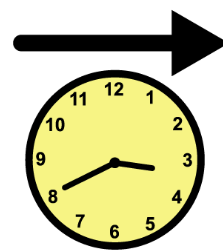
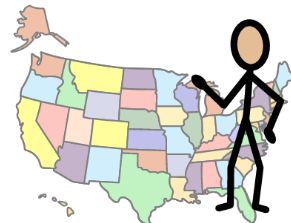
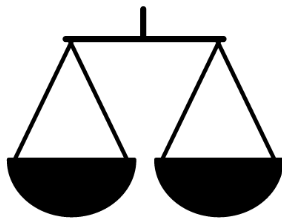
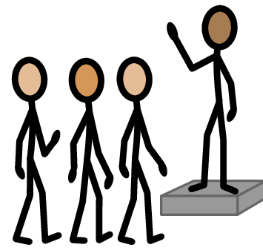
Word Sort: Beginning Sound

Name: _____

1. Cut out the words/pictures. Glue the top section of the page to construction paper.
2. Sort the words that begin with /g/ and the words that begin with /l/.

Begins with g

Begins with l



Key: lawyer, governor, leader, get, law, good, later, government

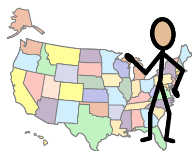
Find the Sound

Name: _____

Each picture has /v/ in it at the beginning, middle or end.

Say the word. Write the letter "v" in the box where the sound is located.

Example:

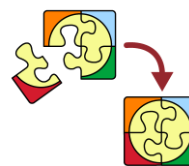


governor

Beginning

Middle

End



solve

Beginning

Middle

End



vote

Beginning

Middle

End



government

Beginning

Middle

End



slave

Beginning

Middle

End



representative

Beginning

Middle

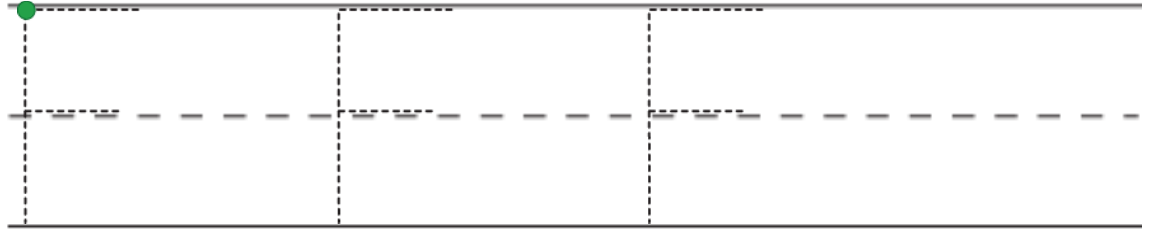
End

Beginning Letter

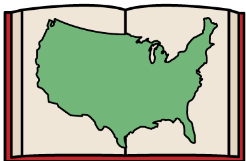
Name: _____

Start at the big dot. Trace each letter.

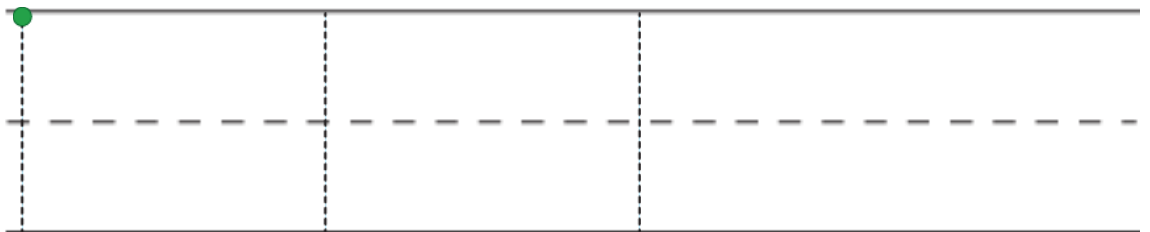
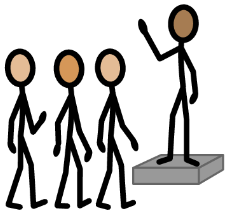
February



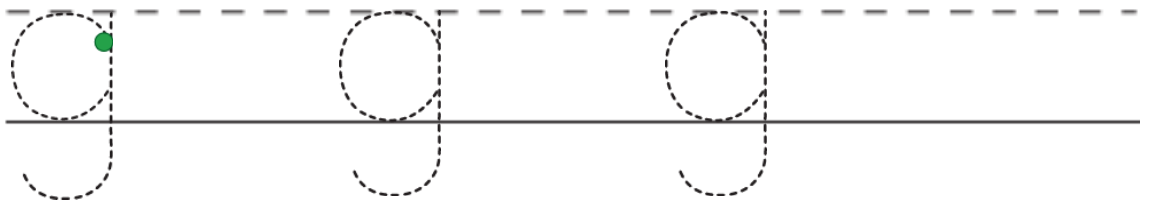
history



leader



government



Write the Word

Name: _____

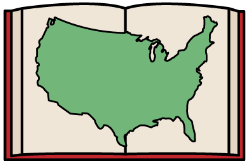
Trace the letters.

February



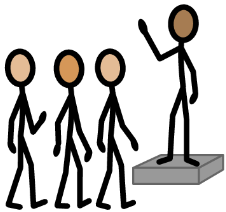
February

history



history

leader



leader

government



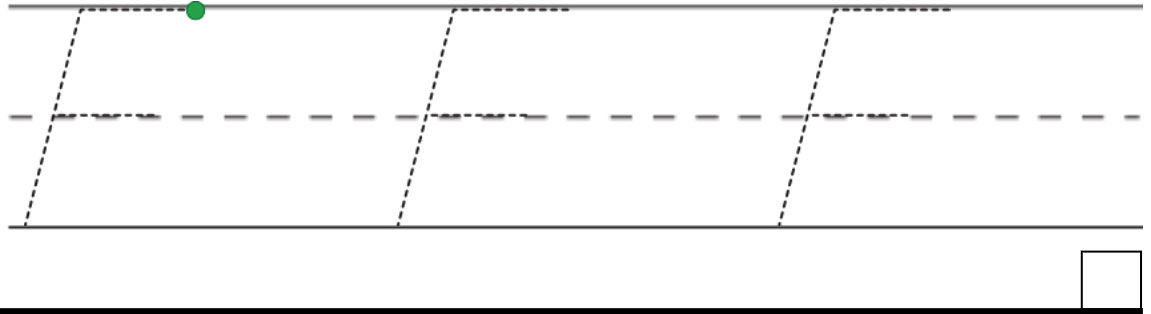
government

Beginning Letter

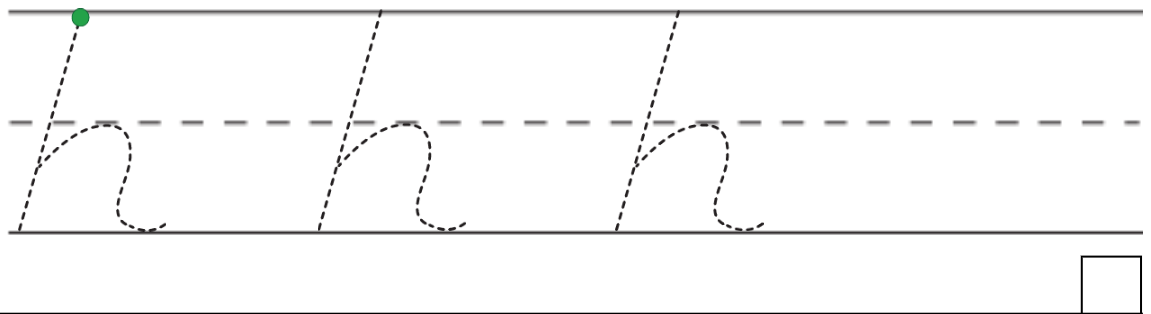
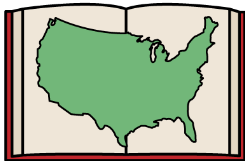
Name: _____

1. Start at the dots. Trace the letters.
2. Alphabetize the words. Record the order using the small boxes on the right using 1, 2, 3 and 4.

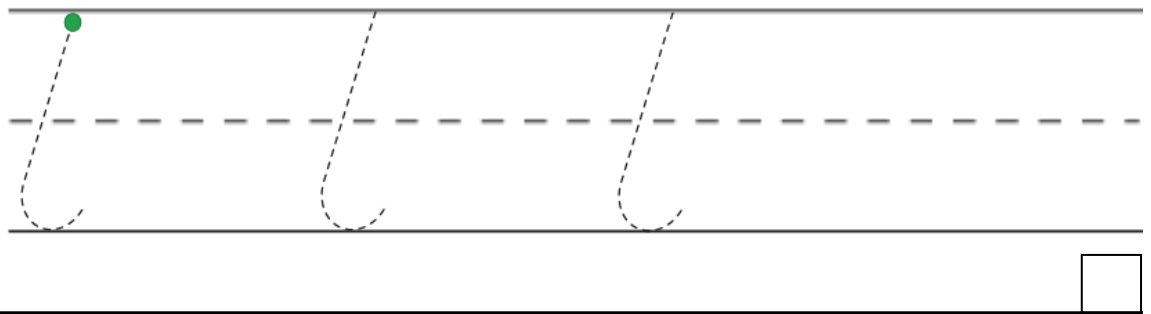
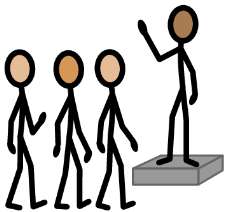
February



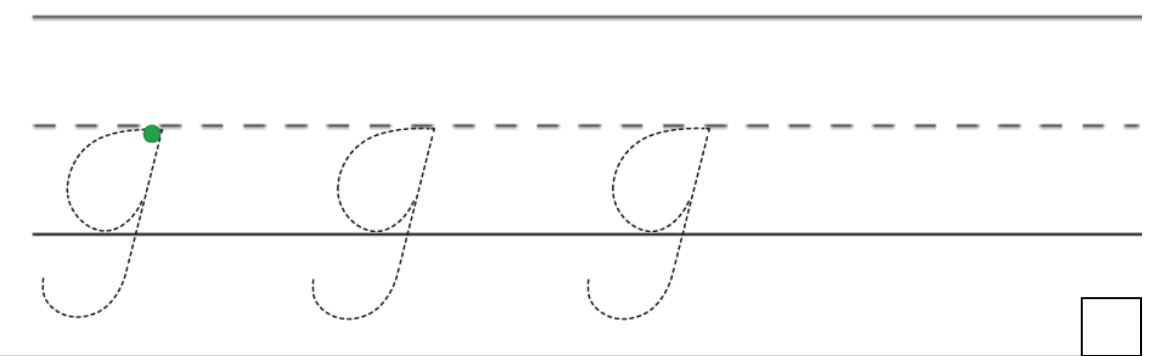
history



leader



government



a b c d e f g h i j k l m n o p q r s t u v w x y z

Write the Word

Name: _____

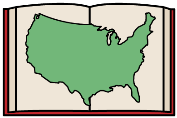
1. Write the word.
2. On the line below the word, write a sentence using the word.

February



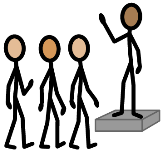
February

history



history

leader



leader

government



government

Cursive

Name: _____

1. Practice writing the beginning letter and word.
2. On the line below the word, write a sentence using the word.

February



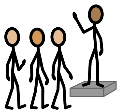
f f f February

history



h h h history

leader



l l l leader

government

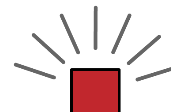
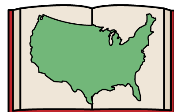
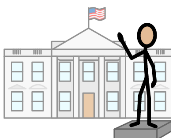
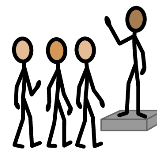
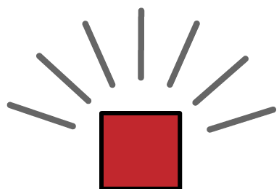
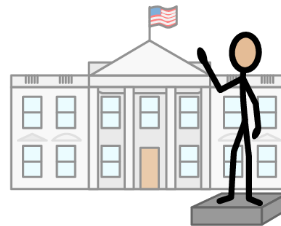
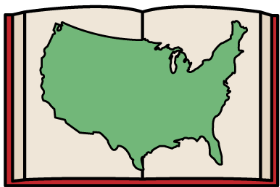
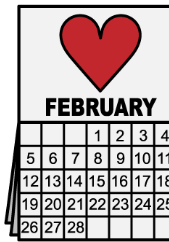
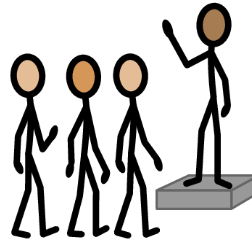
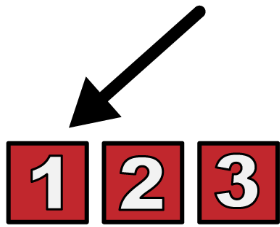


g g g government

Cut and Paste Activity

Name: _____

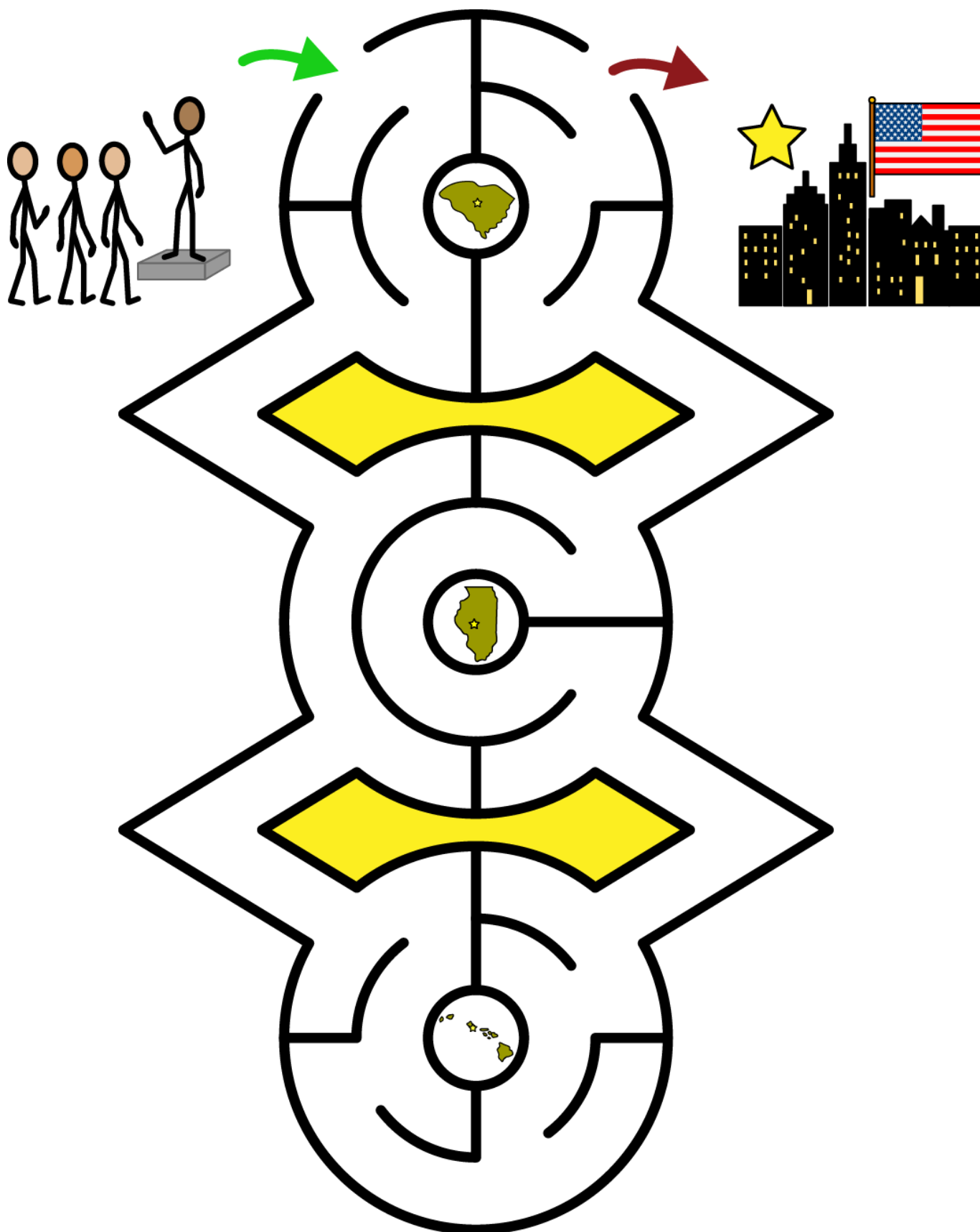
Match small pictures to large pictures.



Maze

Name: _____

Help the leader go to Washington, D.C.



Word Sort

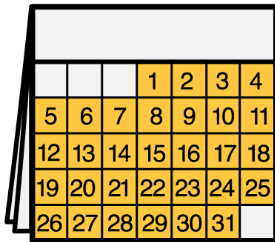
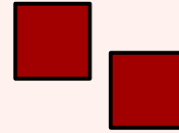
Name: _____

1. Cut out the words/pictures. Glue the top section of the page to construction paper.
2. Sort the singular and plural words.

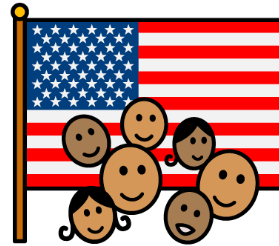
Singular



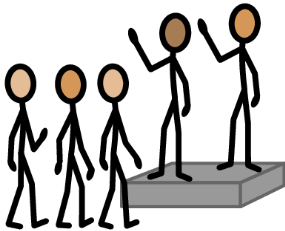
Plural



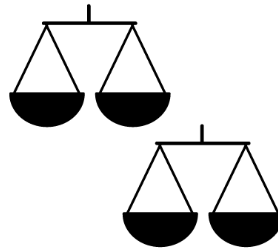
month



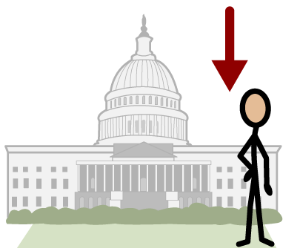
African
Americans



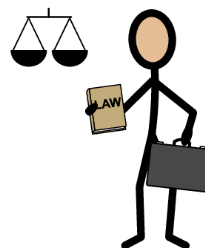
leaders



laws



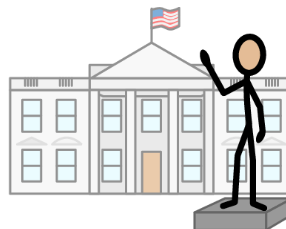
senator



lawyer



jobs



president

Word Sort

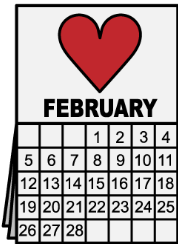
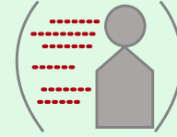
Name: _____

1. Cut out the words/pictures. Glue the top section of the page to construction paper.
2. Sort the nouns and verbs.

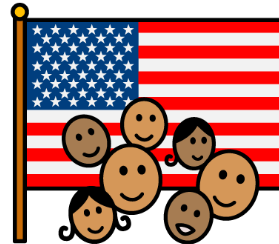
Nouns



Verbs



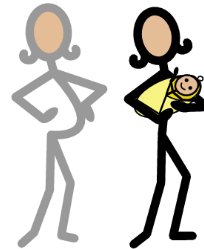
February



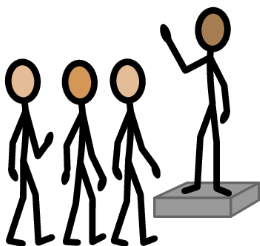
African Americans



celebrate



born



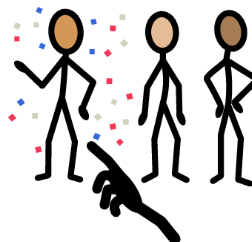
leader



government



work





elect

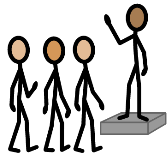

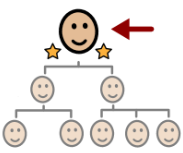
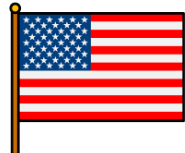
Build a Sentence

Name: _____


Choose the pictures below to complete the sentences from the paper.

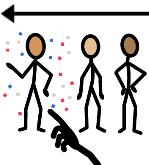



1.

<p>The president</p> 	<p>is</p> 				
--	---	--	--	--	--

<p>leader.</p> 	<p>government</p> 	<p>a top</p> 	<p>U.S.</p> 
--	---	--	---

2.

<p>Obama</p> 					
---	--	--	--	--	--

<p>elected</p> 	<p>2008.</p> <p>2008</p>	<p>as president</p> 	<p>was</p> 	<p>in</p> 
--	---------------------------------	--	--	---

Sentence Completion

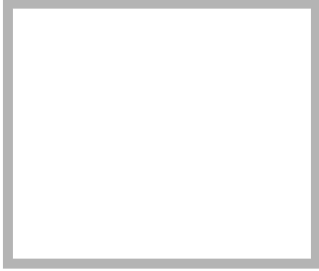
Name: _____

Choose a picture to complete the sentence.

1. This month celebrates African American



2. A



works in the U.S. government.

3. The president is a top U.S. government



4. is African American History Month.



5. Some state



leaders are governors.

history



leader



senator



February



government



Sentence Completion

Name: _____

Choose a word to complete the sentence.

1. This month celebrates African American .

2. A works in the U.S. government.

3. The president is a top U.S. government .

4. is African American History Month.

5. Some state leaders are governors.

senator

February

government

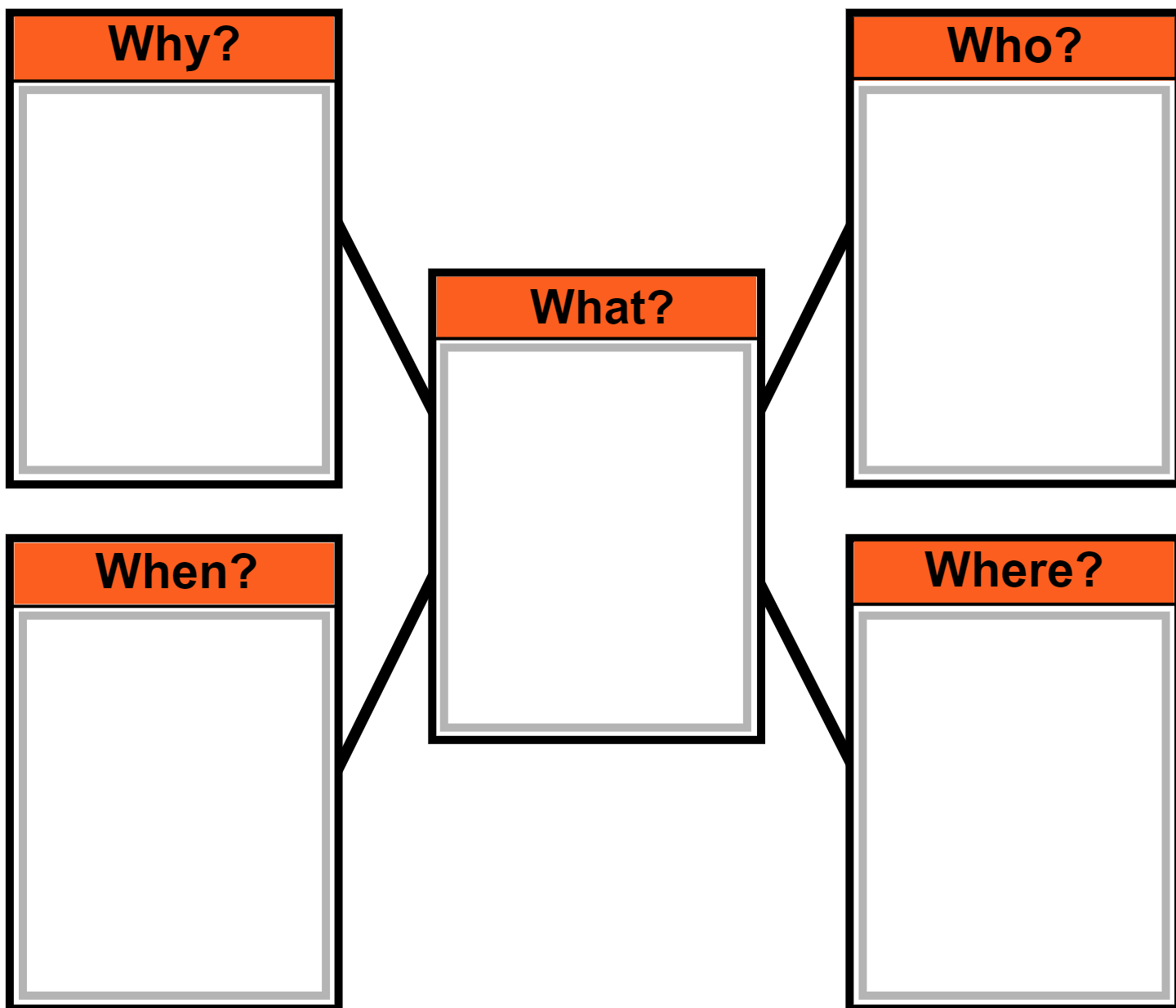
history

leader

Webbing

Name: _____

Choose a picture/word card to fill in each part of the web.

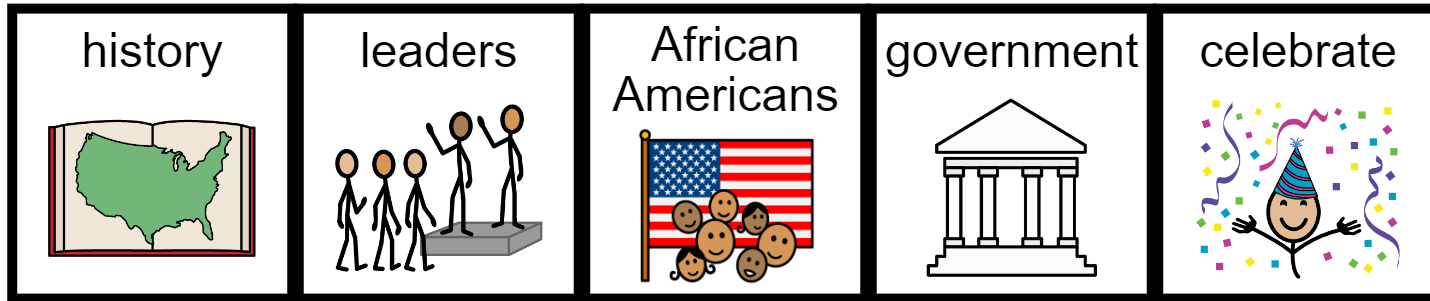


<p>celebrate African American history</p>	<p>February</p>	<p>government leaders</p>	<p>U.S.</p>	<p>Important Leaders</p>
---	-----------------	-------------------------------	-------------	------------------------------

Write a Story

Name: _____

Use one, two or all of the following picture/word cards to write a sentence or a story.



Write a Story

Name: _____

Use one, two or all of the following words to write a sentence or a story.

government	history	African Americans	celebrate	leaders
------------	---------	----------------------	-----------	---------

Punctuation

Name: _____

A period (.) comes at the end of a statement or telling sentence. (I like to run.)

A question mark (?) comes at the end of a question or asking sentence. (Do you run?)

An exclamation point (!) comes at the end of a sentence to show strong feelings or emotion. (He can run fast!)

Choose the correct punctuation mark at the end of each sentence.

1. Rainey was born in South Carolina

2. Where does a representative work

3. What did Moseley-Braun study in college

4. A senator works in the U.S. government

5. When was Obama elected as president

6. February is African American History Month

Capitalization

Name: _____

The first word in a sentence begins with a capital letter. Proper nouns are also capitalized. Proper nouns name a specific noun such as a person's name, a city, an ocean, state or country.



Circle the capital letters.

1. This month celebrates African American history.
 2. Rainey was part of the South Carolina government.
 3. Rainey worked to get rights for African Americans.
-



Underline the letters that should be capitalized.

4. carol moseley-braun was born in illinois.
5. obama was the first african american u.s. president.
6. people in the u.s. celebrate african american history.

Capitalization and Punctuation

Name: _____

1. Circle all the capitalization and punctuation errors in each sentence.
2. Write the corrected sentence below each sentence.

1. Government leaders may make Laws.

_____ (1 error)

2. Joseph hayne Rainey was born a slave

_____ (2 errors)

3. then rainey became a U.S. representative.

_____ (2 errors)

4. Carol moseley-Braun studied Law in college

_____ (3 errors)

5. Barack obama was President for Eight years

_____ (4 errors)

Paragraph Completion

Name: _____

Choose the correct picture/word cards to complete the paragraph.

is African American History Month. This

month celebrates African American

. Some

were important

leaders.

One important government

was

Barack Obama. He was the










African American

U.S.

. Carol Moseley-Braun became a U.S.

. Joseph Hayne Rainey became a U.S.

.

senator 	president 	representative 
government 	February 	leader 
African Americans 	first 	history 

Key Topic Facts

Name: _____

The topic of this week’s paper was: Important Leaders.
Write three facts that you remember from the paper.



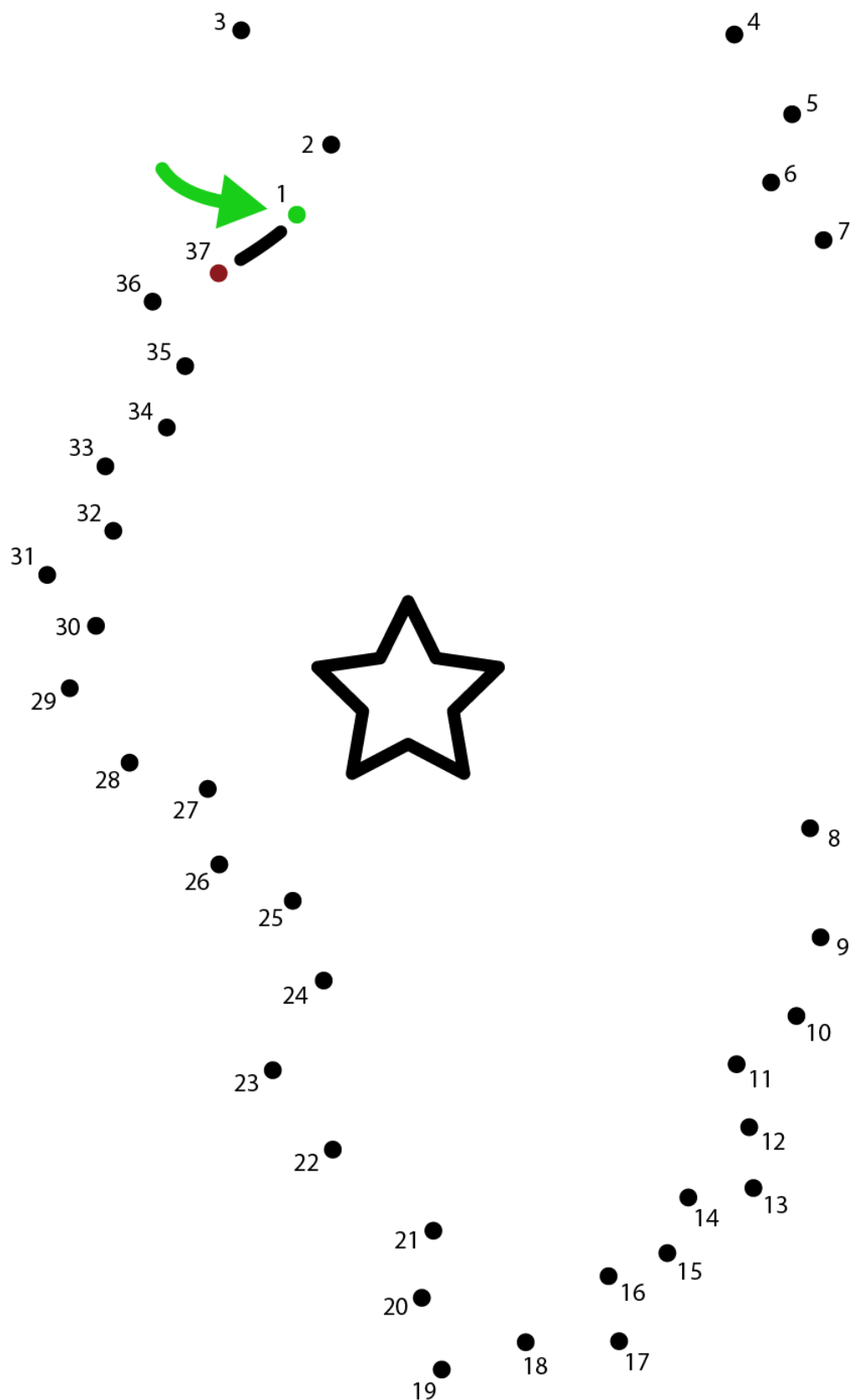




Dot-to-Dot

Name: _____

Count by 1s. What state is this? _____



Patchwork Math

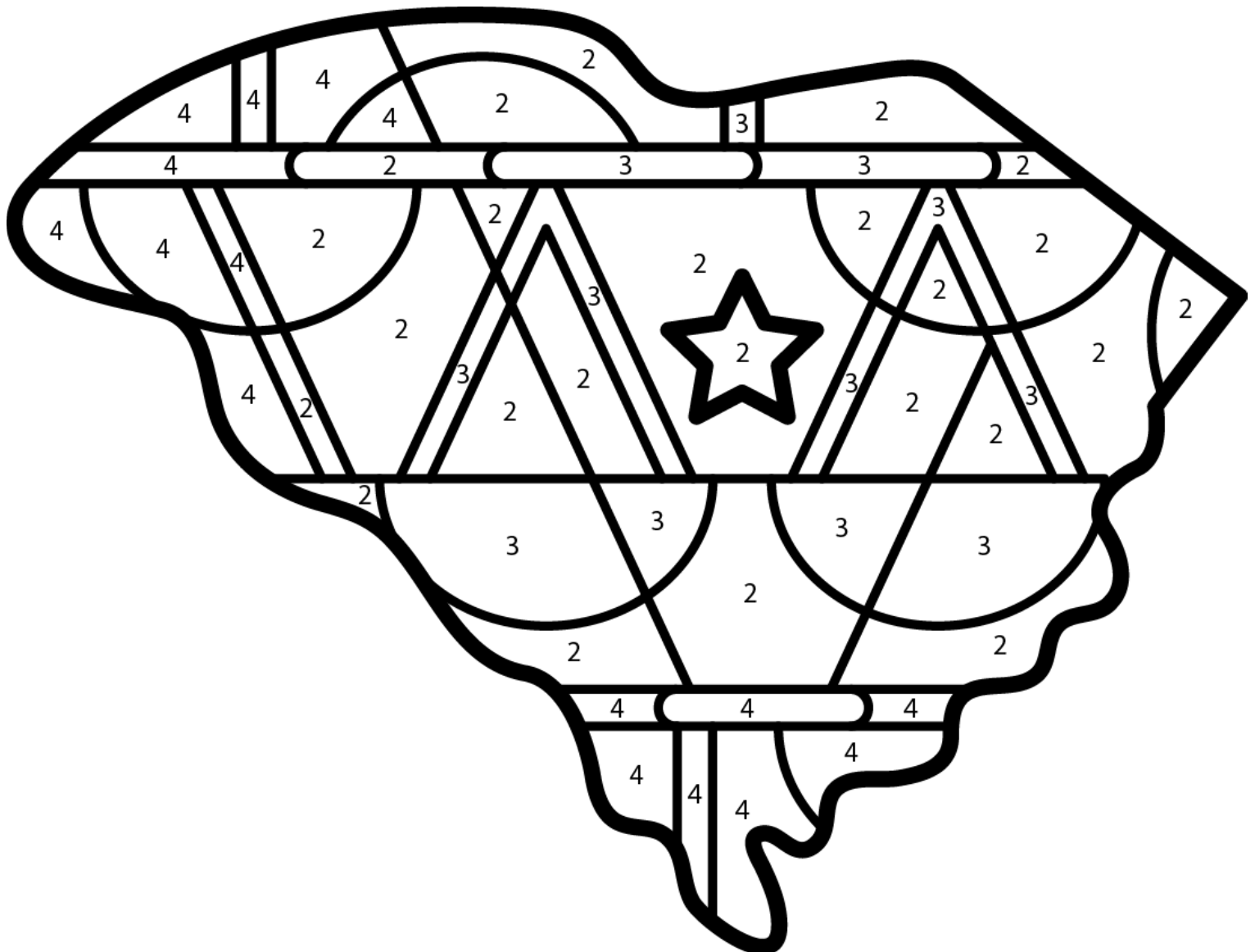
Name: _____

Color the picture of South Carolina, using the colors beside the numbers below.

2 = yellow

3 = black

4 = pink



What hidden picture did you find?

law

government

Which Is Greater?

Name: _____

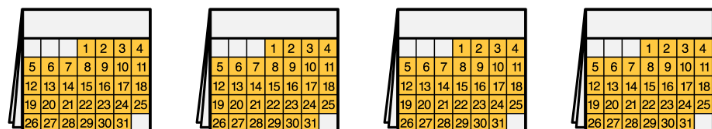
1. Count the items in each row. Place the number in the box.
2. Place a checkmark in the small box next to the number that is greater.



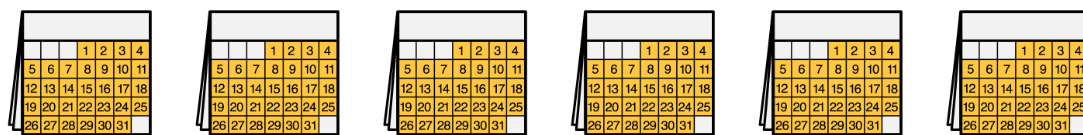
Number	Which is greater?
<input type="text"/>	<input type="checkbox"/>



Number	Which is greater?
<input type="text"/>	<input type="checkbox"/>



Number	Which is greater?
<input type="text"/>	<input type="checkbox"/>



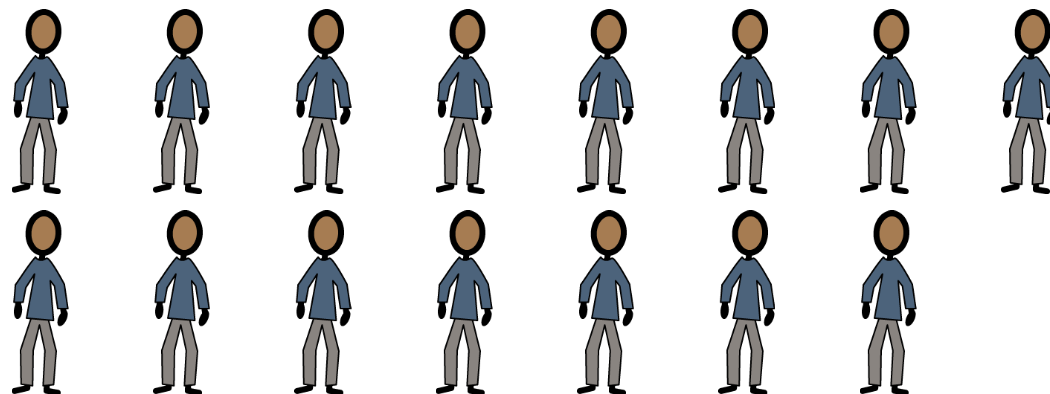
Number	Which is greater?
<input type="text"/>	<input type="checkbox"/>



Number	Which is greater?
<input type="text"/>	<input type="checkbox"/>



Number	Which is greater?
<input type="text"/>	<input type="checkbox"/>



Number	Which is greater?
<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>

Which Is Less?

Name: _____

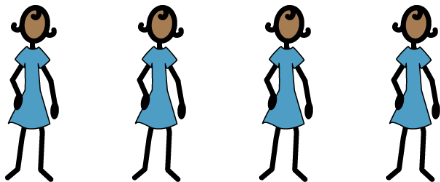
1. Count the items in each row. Place the number in the box.
2. Place a checkmark in the small box next to the number that is less.



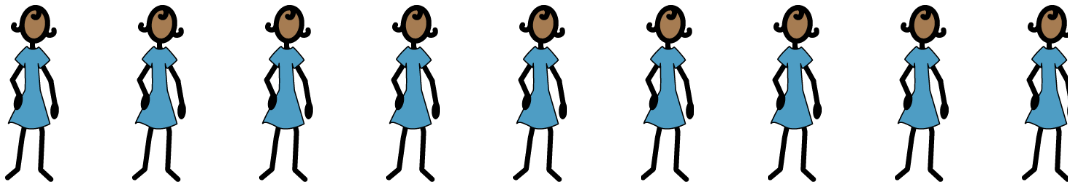
Number	Which is less?
<input type="text"/>	<input type="checkbox"/>



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------

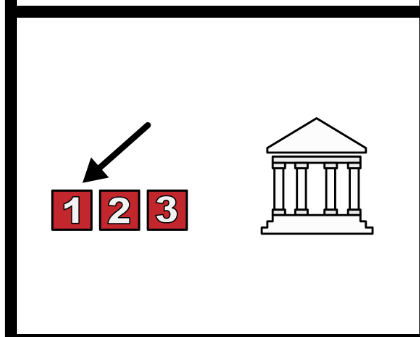
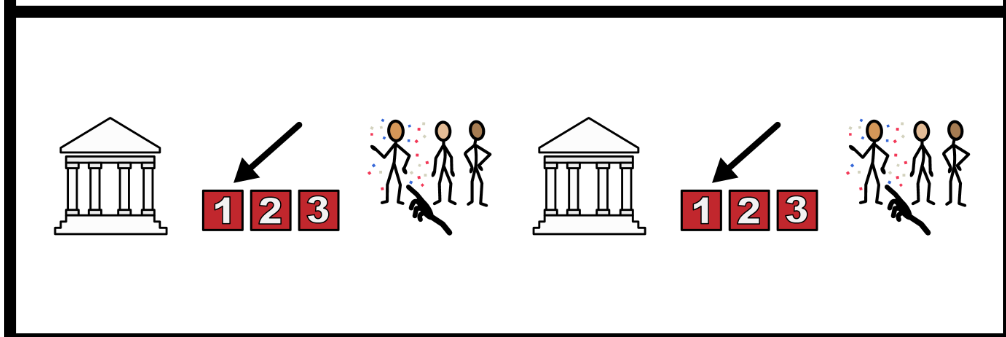
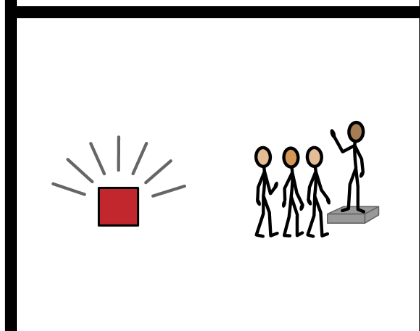
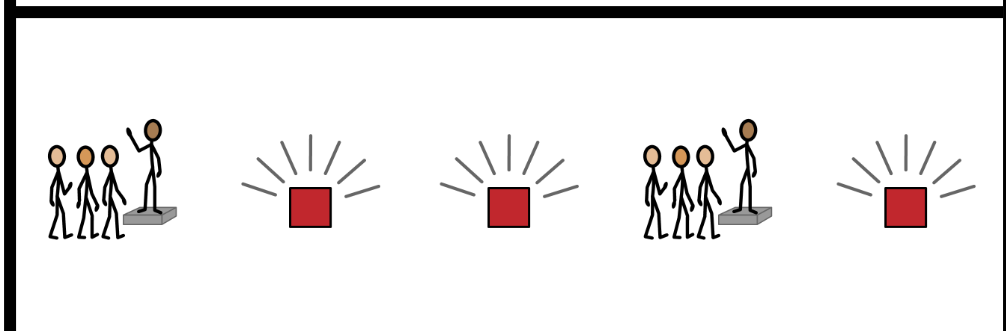
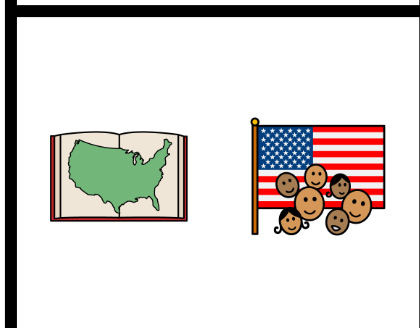
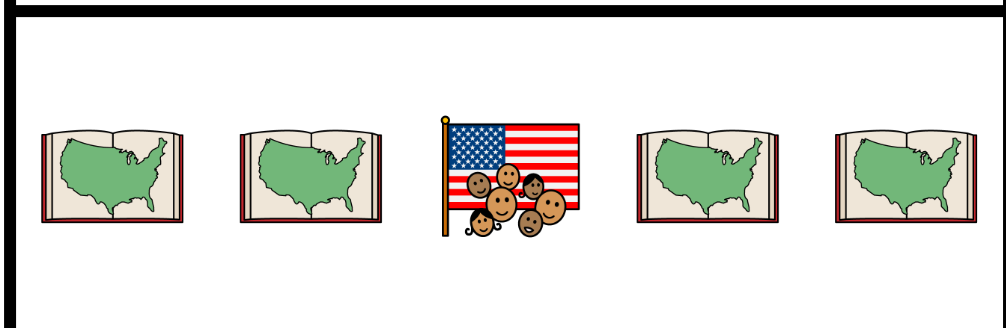
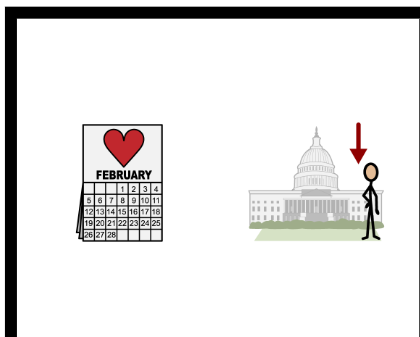
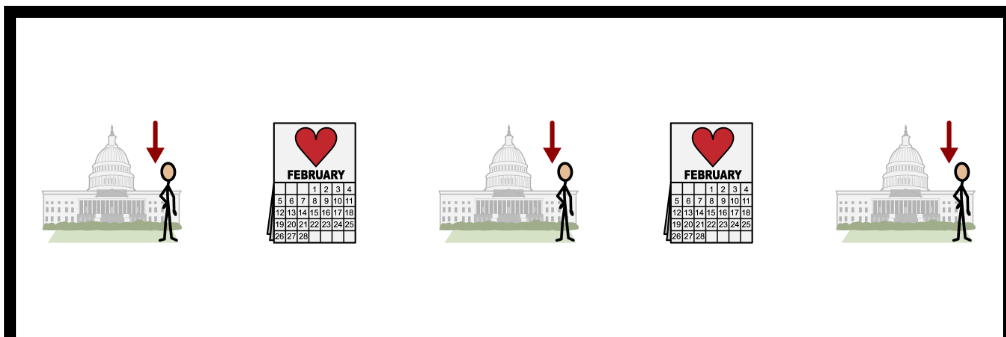


<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------

Which Comes Next?

Name: _____

1. Look at each symbol pattern.
2. Circle the symbol that comes next.



Word Problems

Name: _____

Fill in the blanks. Solve each word problem.

In 2019 a leader met _____ president.



Show your work.

In 2016 the leader met _____ president.

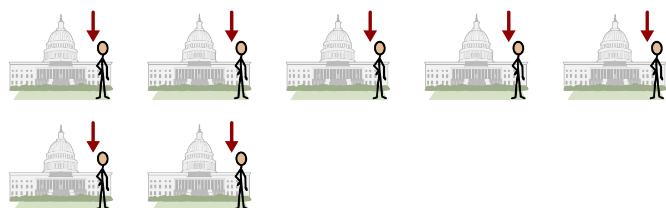


+

How many presidents did the leader meet altogether?

Answer

On Monday I learned about _____ senators.



Show your work.

On Tuesday I learned about _____ senators.



-

How many more senators did I learn about on Monday than on Tuesday?

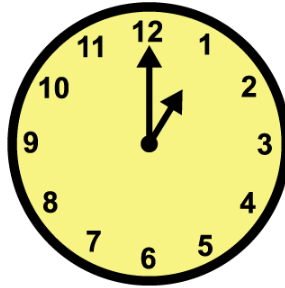
Answer

Time to the Hour

Name: _____

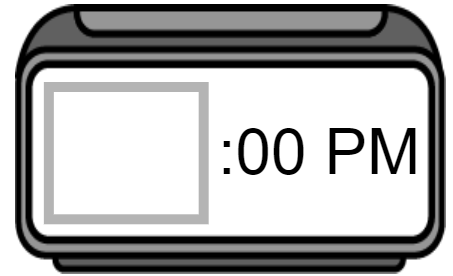
Read the question. Find the answer. Place the time on the clock.

This afternoon in history class,
I learned about the U.S.
Senate. What time did
history class start?

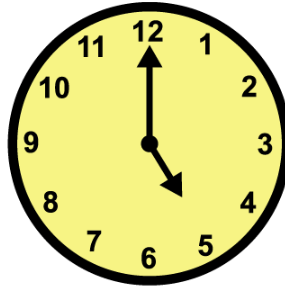


1:00

4:00



This afternoon I read a book
about Joseph Hayne Rainey.
What time did I start reading
the book?

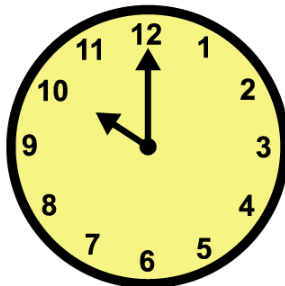


7:00

5:00



This morning the U.S. president
had a meeting with another
world leader. What time
did the meeting start?

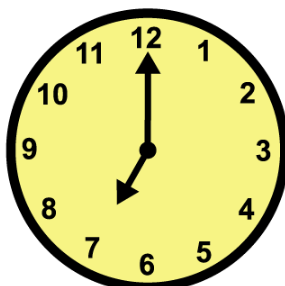


10:00

8:00



This morning a U.S.
representative traveled to
Washington, D.C., for work.
What time did the representative
arrive in Washington, D.C.?

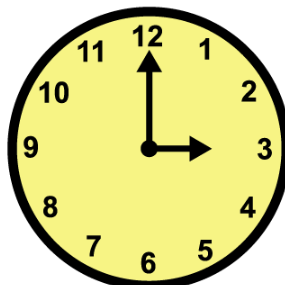


6:00

7:00

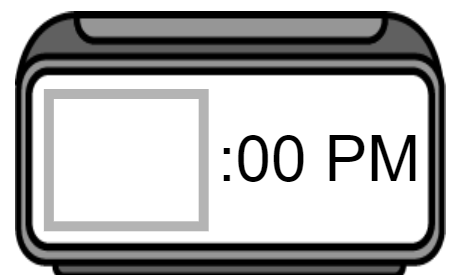


This afternoon my teacher
planned a lesson about
Carol Moseley-Braun. What
time did my teacher start
planning the lesson?



2:00

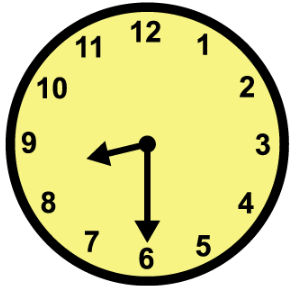

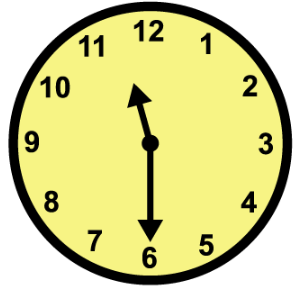
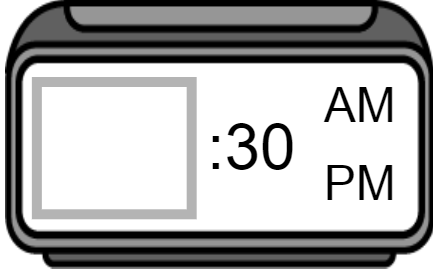
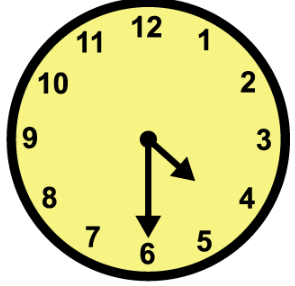

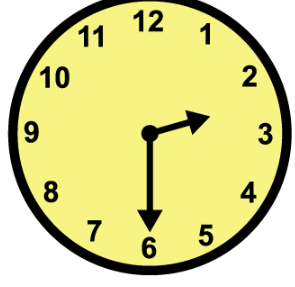

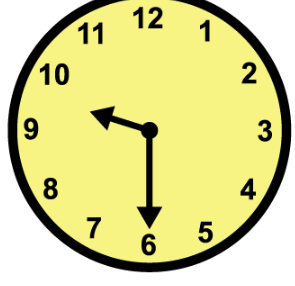

3:00



Time to the Half Hour

Name: _____

Read the question. Find the answer. Place the time on the clock.

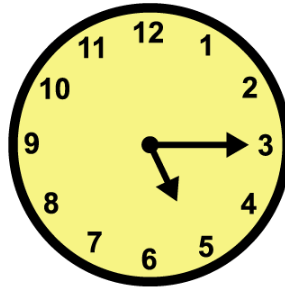
<p>This morning my school had a program about African American History Month. What time did the program start?</p>	 <p>12:30 10:30 8:30</p>	
<p>This morning a group of government leaders had a meeting. What time did the meeting start?</p>	 <p>11:30 9:30 8:30</p>	
<p>This afternoon I read a book about U.S. presidents. What time did I start reading the book?</p>	 <p>5:30 4:30 2:30</p>	
<p>This afternoon in history class, my brother learned about Barack Obama. What time did history class end?</p>	 <p>1:30 2:30 3:30</p>	
<p>This morning a lawyer rode a city bus to her office. What time did the lawyer arrive at her office?</p>	 <p>9:30 10:30 11:30</p>	

Time to the Quarter Hour

Name: _____

Read the question. Find the answer. Place the time on the clock.

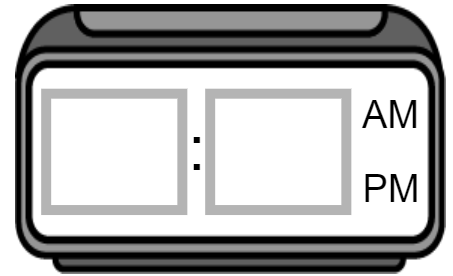
This afternoon a family traveled to Hawaii. What time did the family arrive in Hawaii?



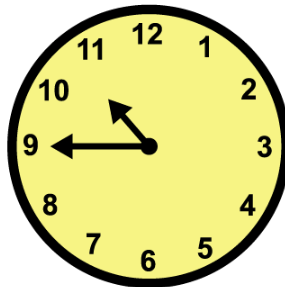
5:15

2:45

12:15



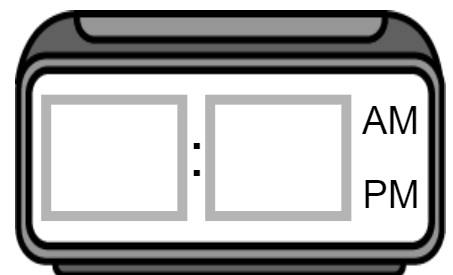
This morning a U.S. senator gave a speech. What time did the speech end?



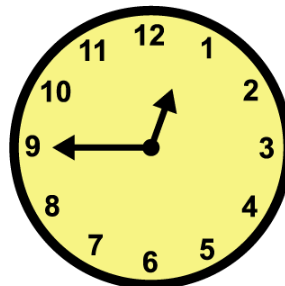
7:45

8:45

10:45



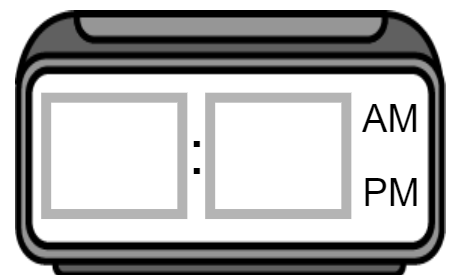
This afternoon a teacher taught a history lesson about African American History Month. What time did the history class start?



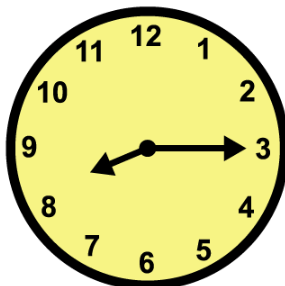
12:45

1:45

2:45



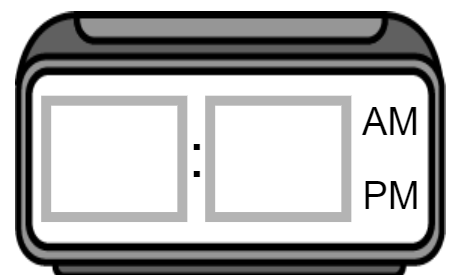
This morning the U.S. president had a meeting with other government leaders. What time did the meeting start?



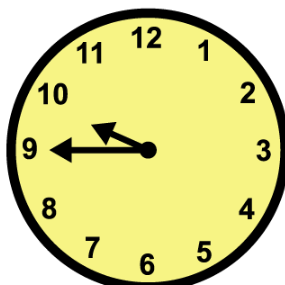
7:15

8:15

9:15



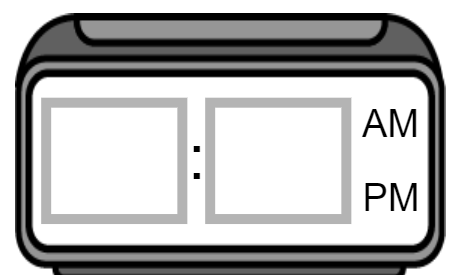
This morning a representative had a meeting in my city. What time did the meeting start?



11:45

10:45

9:45

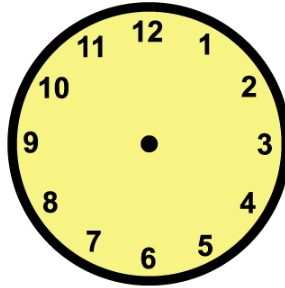


Time Lapse

Name: _____

Read the question. Find the answer. Place the time on the clock.

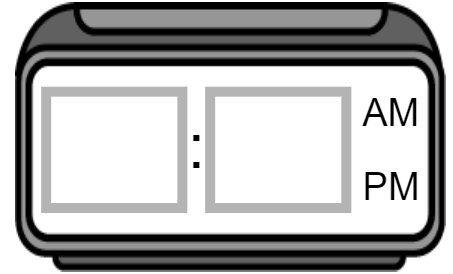
This morning in history class,
I learned about government
leaders. History class started
at 10:00 and lasted 1 hour.
What time did history class end?



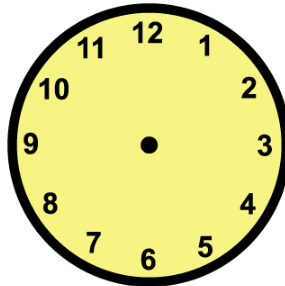
8:00

1:00

11:00



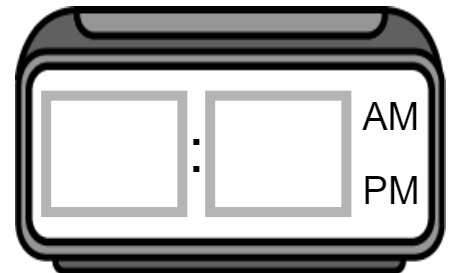
This afternoon government
leaders had a meeting.
The meeting started at
2:30 and lasted 2 hours.
What time did the meeting end?



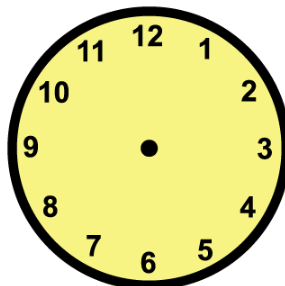
4:30

6:00

6:30



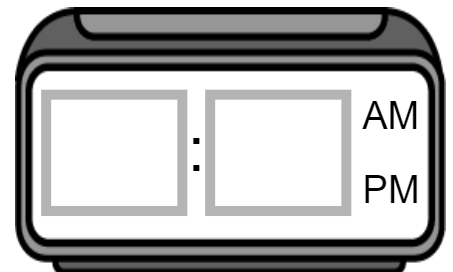
This afternoon a school had
a program to celebrate
African American History
Month. It started at 1:00 and
lasted 1 hour and 30 minutes.
What time did the program end?



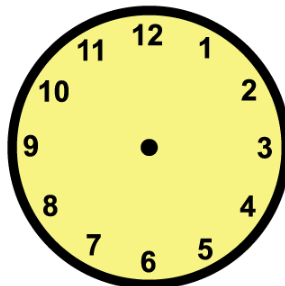
4:00

3:30

2:30



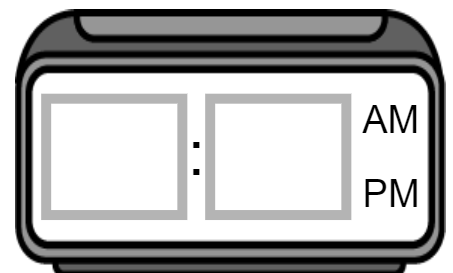
This evening the U.S. president
gave a speech. The speech
started at 6:30 and lasted
45 minutes. What time
did the speech end?



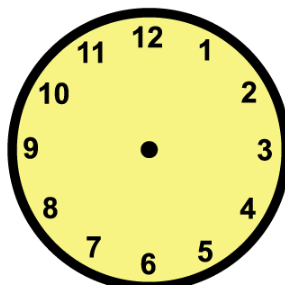
7:15

7:30

7:45



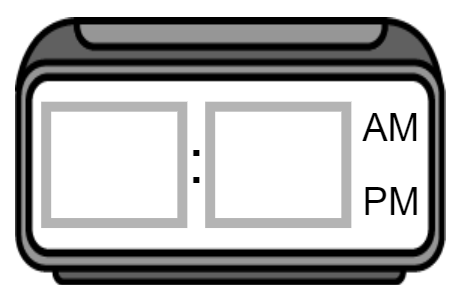
This morning I read a book
about U.S. presidents. I started
reading at 8:30 and read for
1 hour and 15 minutes. What
time did I stop reading?



10:45

9:45








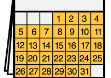













8:45

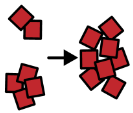


Graphing

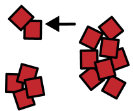
Name: _____

- Count the number of symbols in each row. Place that number in the last column.
- Answer the questions about the graph.

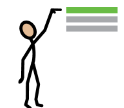
									total
president									
law									
month									
college									
senator									



1. Which word has the most symbols?



2. Which word has the fewest symbols?



3. What is the highest number?



4. What is the lowest number?








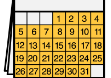















5. Do any words have the same number?

Graphing

Name: _____

- Count the number of symbols in each row. Place that number in the last column.
- Answer the questions about the graph.

									total
president									
law									
month									
college									
senator									

- Which word has the most symbols?
- Which word has the fewest symbols?
- What is the highest number?
- What is the lowest number?
- Do any words have the same number?
- Are there more senator symbols or month symbols?
- How many more law symbols are there than month symbols?

<input type="text"/>	-	<input type="text"/>	=	<input type="text"/>
law		month		

Graphing

Name: _____

1. Count the number of times each word appears in this week's news pages.
2. Starting at the bottom of each column, fill in the squares to match that number.

10					
9					
8					
7					
6					
5					
4					
3					
2					
1					

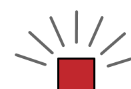
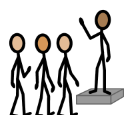
February

history

leader

government

important

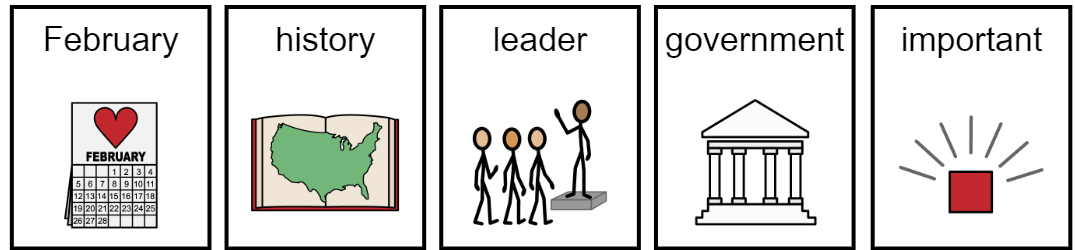


Graphing Review

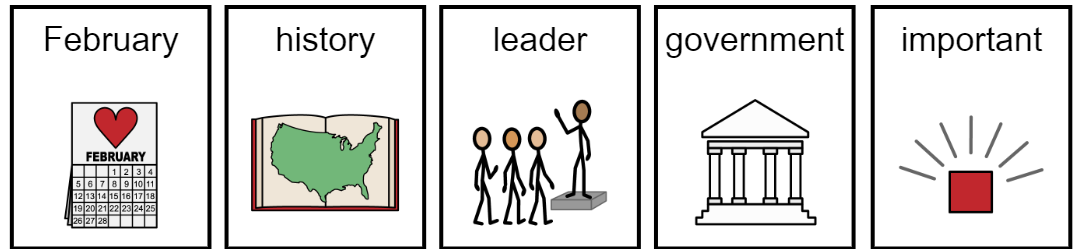
Name: _____

Use the graph on the previous page to answer the questions.

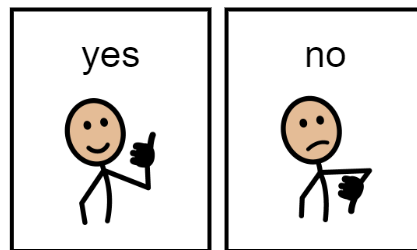
Which word had the most?



Which word had the least?

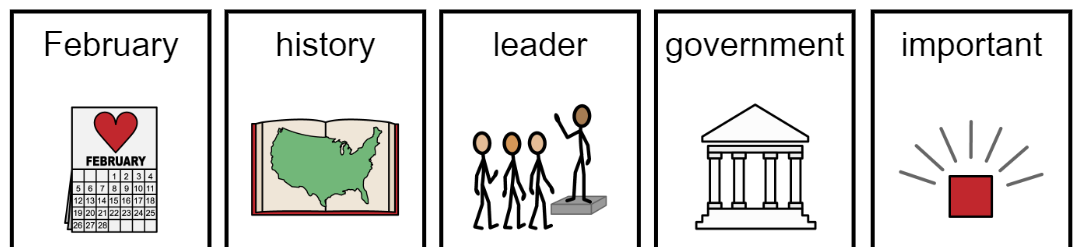


Were any numbers the same?



What was the highest number? _____

Which was your favorite word?



Geography

Name: _____

Use the map to answer the questions.

U.S. 



What place is this page about?

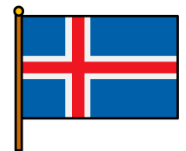
Italy



U.S.



Iceland



What is the capital city of the U.S.?

Washington, D.C.



Billings, Montana



Albuquerque, New Mexico



Russia



Canada



Mexico



What country is south of the U.S.?

Geography

Name: _____

Use the map to answer the questions.

U.S. 



What place is this page about? _____



What country is south of the U.S.? _____



What body of water is west of the U.S.? _____



What is the capital city of the U.S.? _____



What country is north of the U.S.? _____



What direction would you travel to go from Los Angeles to New York City? _____

Recipe Ingredients

Name: _____

Check for recipe ingredients before cooking! Place symbols in the have column if the ingredients are in your kitchen. If you need to buy ingredients, place the symbols in the need column.

Recipe Name: Celebration Snack

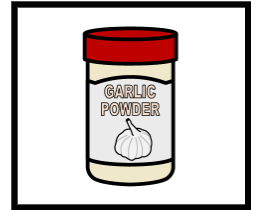
21-oz box mini
cheese crackers

8-oz bag
mini pretzels

$\frac{1}{2}$ C vegetable
oil

1-oz pkg ranch
dressing mix

3 T garlic
powder



have:



need:



Recipe Review

Share your opinions about the recipe. Fill in the blanks. Circle your answers.

Recipe: _____

Reviewed by: _____

What was in it?



animal
crackers



mini
pretzels



olive oil



garlic
powder



How did it taste?



yummy



OK



yucky



How was it to
make?



easy



OK



hard



Do you think it
was healthy?



yes



OK



no



Cooking Vocabulary Words

Read, practice and post these words on classroom or kitchen word walls.

mini
cheese crackers



mini pretzels



vegetable oil



ranch
dressing mix



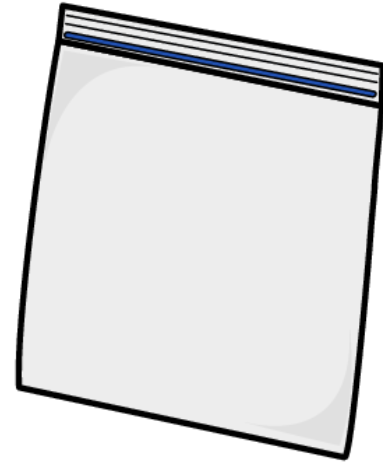
Cooking Vocabulary Words

Read, practice and post these words on classroom or kitchen word walls.

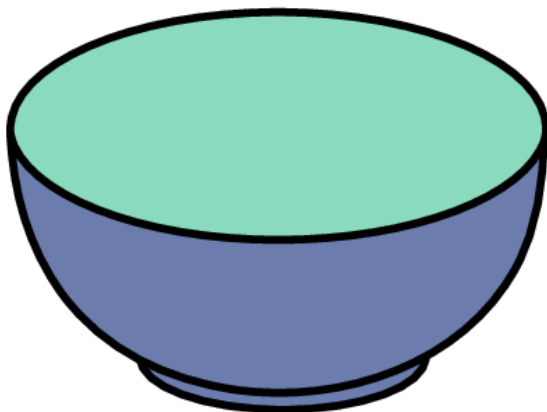
garlic powder



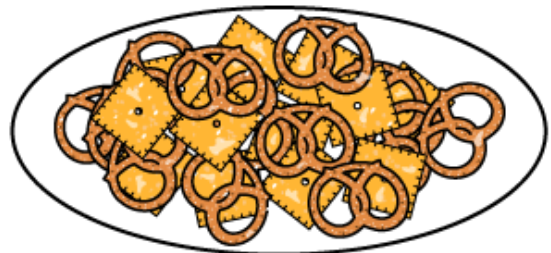
zip-top bag



bowl



Celebration Snack





Experiment



GRAPHING TERM LENGTHS



Introduction



February is African American History Month in the U.S. Many people will honor African American history during this month. They can honor important leaders, including government leaders. In the newspaper, we learned about a representative, a senator and a president.

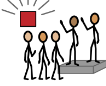



In the U.S., government leaders do not serve in an office forever. An elected leader serves in an office for a particular length of time. This time is called a term. After this time, the leader may have to leave office or, in some cases, the leader can become candidates again and try to be elected for another term. The length of a term is different for different government offices.

In this experiment, students will use the Term Information Page to get data to create their graph. The data on the Term Information Page indicates the length of term each of the leaders is elected for. The students will compare the terms of a president, a vice president, a senator and a representative in the U.S. government.

Students will make a kind of graph called a pictograph to graph the length of each term. In a pictograph, symbols represent numbers. In this pictograph, each year symbol will represent one year of a term. Students will add year symbols to the Term Graph to represent the number of years in the term of each leader. Then they can analyze the graph to see which government leader has the longest term.



What We Know:

- People honor important leaders during African American History Month. 
- Some important leaders are government leaders. 
- Most government leaders have terms. 
- A term is the number of years a leader is elected for. 



Step 1: Ask a Question

- Which government leader has the longest term? 



Step 2: Make a Guess / Hypothesis

I think...



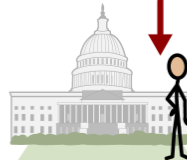
president



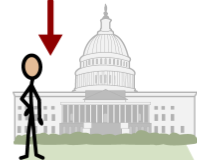
vice president



senator



representative



Need

Term Information Page
(page 60)



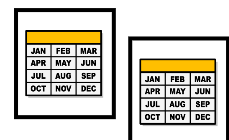
Term Graph
(page 59)



glue stick



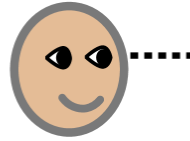
Year Symbols for
Pictograph, cut apart
(page 59)





Step 3: Do an Experiment

1. Look at Term Information Page.



Term Information Page

Government Leader	Number of Years in One Term
president	four
vice president	four
senator	six
representative	two

2. Find number of years for president's term.

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC



3. Find president row on Term Graph.



Step 4: Organize Data

Term Graph

Government Leader	Number of Years in a Term
president	
vice president	
senator	
representative	

4. Starting from left side of row, glue that number of year symbols into president row.



JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

Step 4: Organize Data

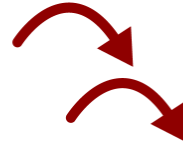
Term Graph

Government Leader	Number of Years in a Term
president	four
vice president	
senator	
representative	



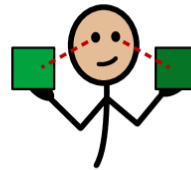
Step 3: Do an Experiment

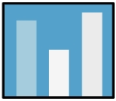
5. Repeat steps 1-4 for other government leaders.



1 - 4

6. Compare rows of Term Graph.





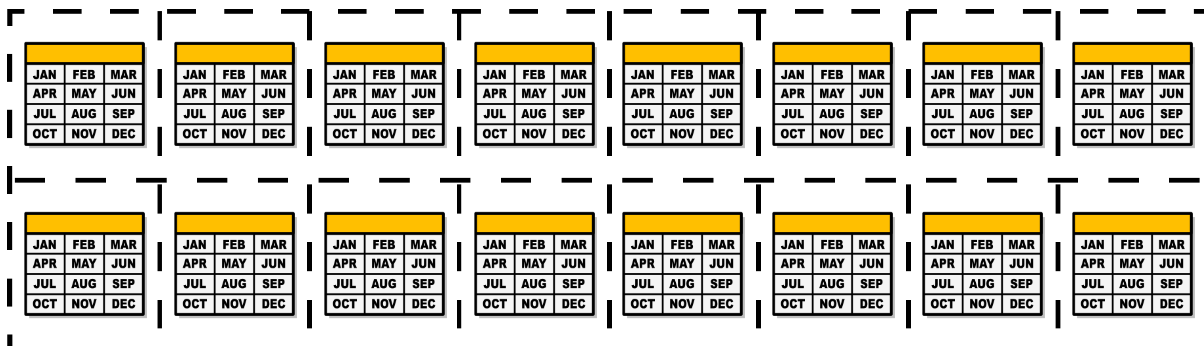
Step 4: Organize Data

Term Graph

Government Leader 	Number of Years in a Term 					
president 						
vice president 						
senator 						
representative 						

Key: Each equals 1 year

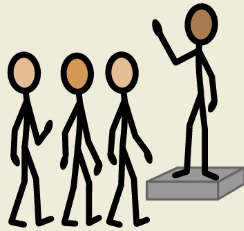
Year Symbols for Pictograph



Term Information Page



Government Leader

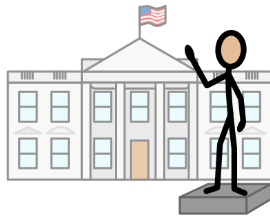


Number of Years in One Term

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

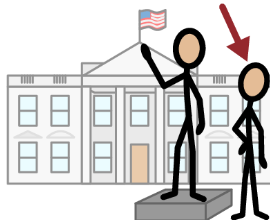
president



four

4

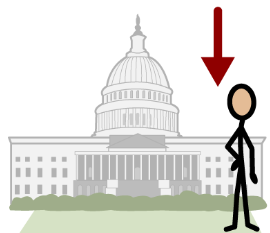
vice president



four

4

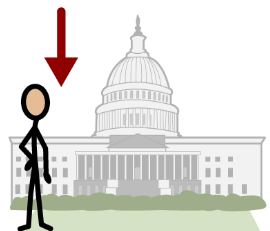
senator



six

6

representative



two

2

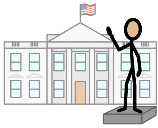


Step 5: Find the Conclusion

1. Which government leader has the shortest term?



president



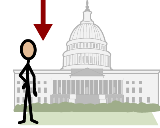
vice president



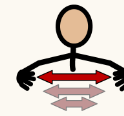
senator



representative



2. Which government leader has the longest term?



president



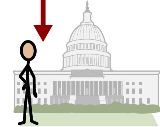
vice president



senator



representative



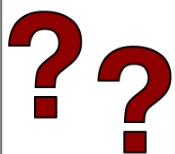
3. Was your guess correct?



yes



no







Questions for Class Discussion

- Why do you think government leaders have terms?
- What other government leaders can you list?
- Why are government leaders important?

Read, practice and post these words on classroom or lab word walls.

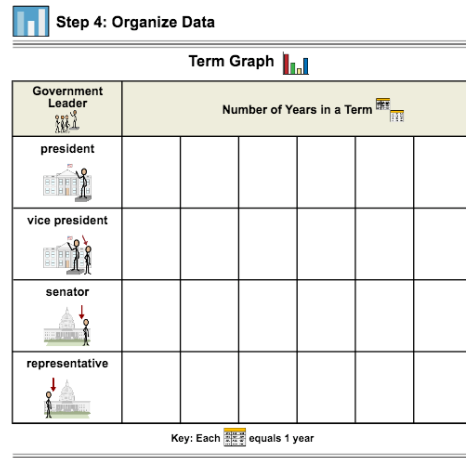
Term Information Page

Term Information Page

Government Leader	Number of Years in One Term
 president	four 4
 vice president	four 4
 senator	six 6
 representative	two 2

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Term Graph



glue stick



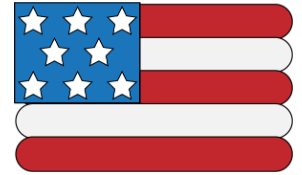
Year Symbols for Pictograph, cut apart

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

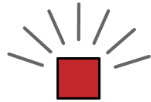
JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC



U.S. FLAG MAGNET



Introduction

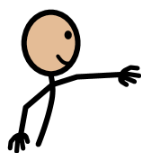
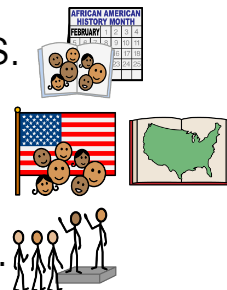


This week's newspaper is about African American History Month in the U.S. Some African Americans were important U.S. leaders. One symbol of the U.S. is the U.S. flag. For this craft, students can make magnets that look like U.S. flags!



What We Know:

- February is African American History Month in the U.S.
- People in the U.S. celebrate African American history.
- Some African Americans were important U.S. leaders.
- One symbol of the U.S. is the U.S. flag.



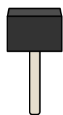
What We Can Do:

- We can make magnets that look like U.S. flags.



Need for each:

foam paintbrush



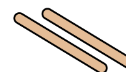
red acrylic paint,
on foam plate



white acrylic paint,
on foam plate



5 jumbo craft sticks



craft glue



3 ½-in x 5-in
pc cardboard



white star stickers



2-in x 2 ½-in pc blue
construction paper



2 (3-in) self-adhesive
magnet strips



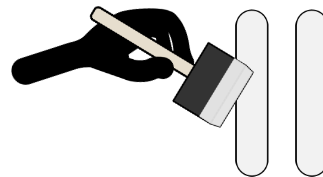


Activity Steps

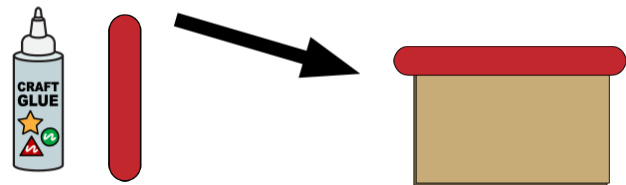
1. Paint one side of three craft sticks red.



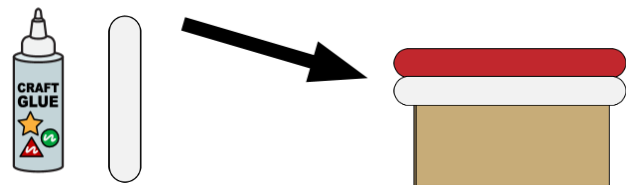
2. Paint one side of two craft sticks white.
Let all paint dry.



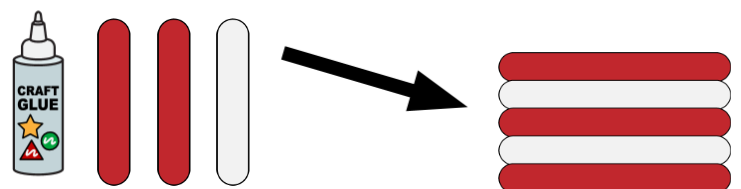
3. Glue red craft stick to top of cardboard.



4. Glue white craft stick to cardboard, under red craft stick.



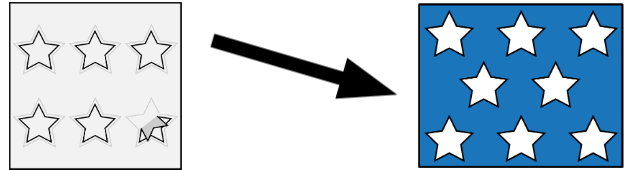
5. Glue remaining craft sticks to cardboard, alternating red and white.





Activity Steps

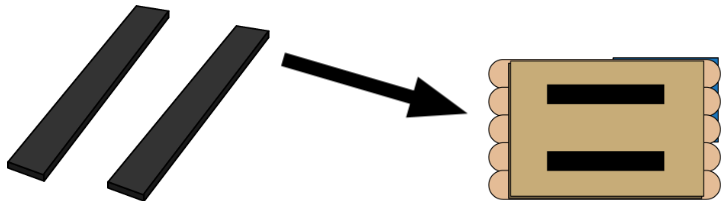
6. Put star stickers onto blue construction paper.



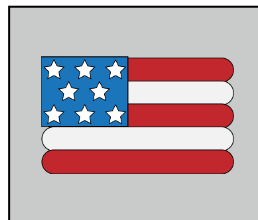
7. Glue construction paper onto left upper corner of craft sticks. Let dry.



8. Put magnet strips onto back of cardboard.

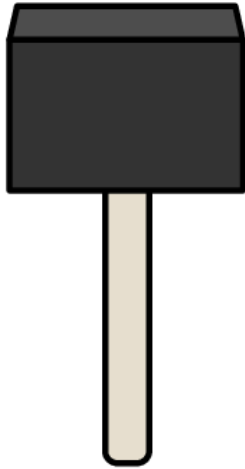


9. Stick flag magnet onto metal surface.

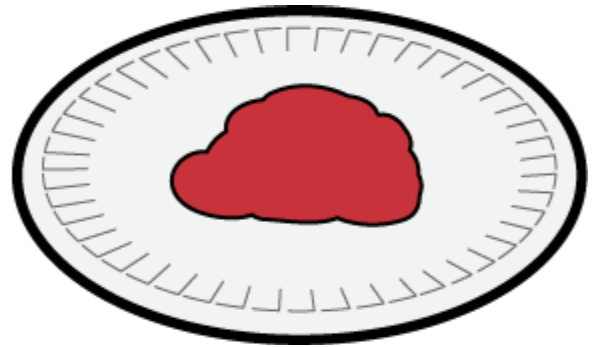


Read, practice and post these words on classroom or craft area word walls.

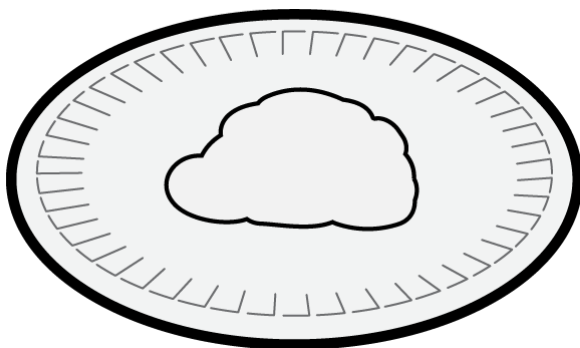
foam paintbrush



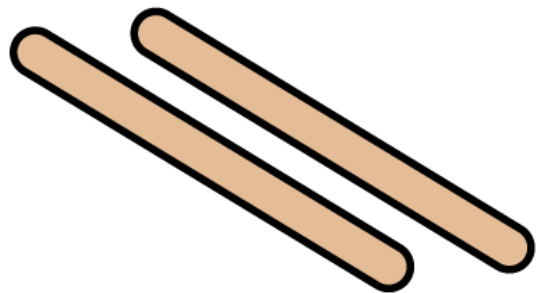
red acrylic paint,
on foam plate



white acrylic paint,
on foam plate



jumbo craft sticks

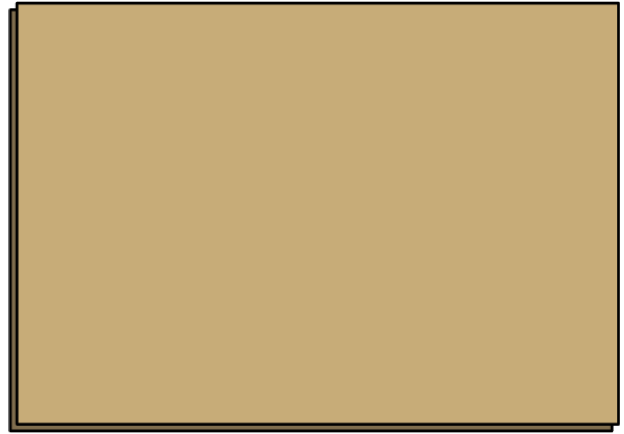


Read, practice and post these words on classroom or craft area word walls.

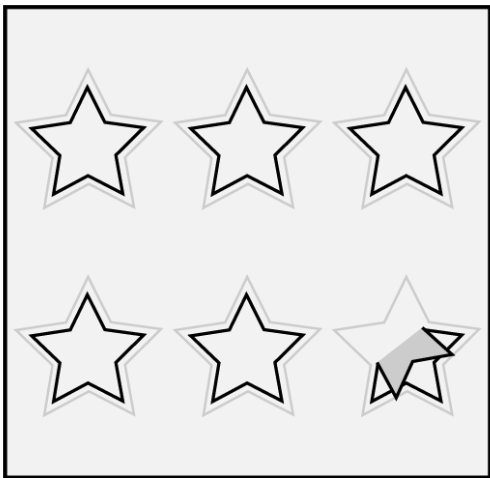
craft glue



cardboard



white star stickers

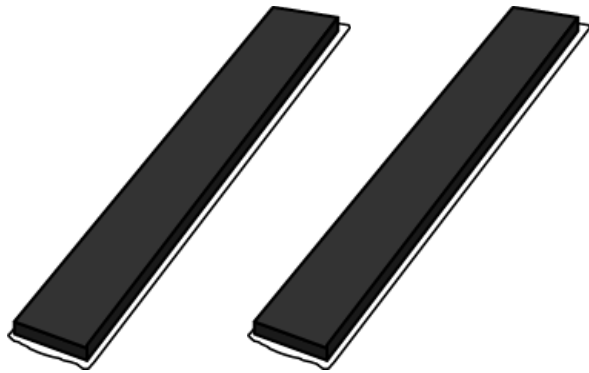


blue construction
paper

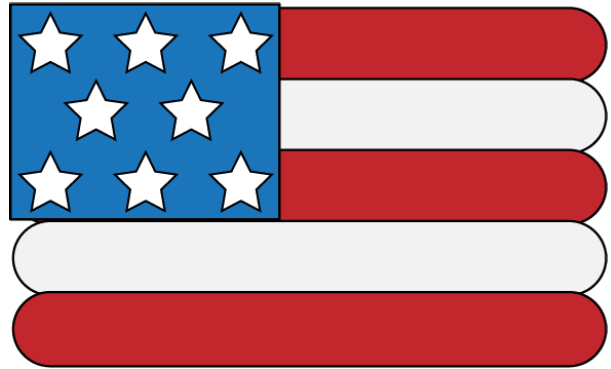


Read, practice and post these words on classroom or craft area word walls.

self-adhesive
magnet strips



U.S. Flag Magnet

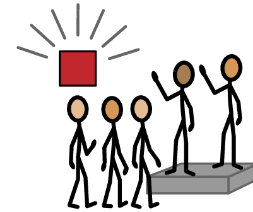




WHAT



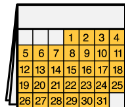
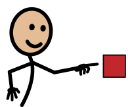
IMPORTANT LEADERS



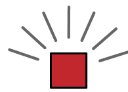
February is African American History Month in the U.S.



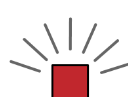
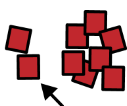
This month celebrates African American history.

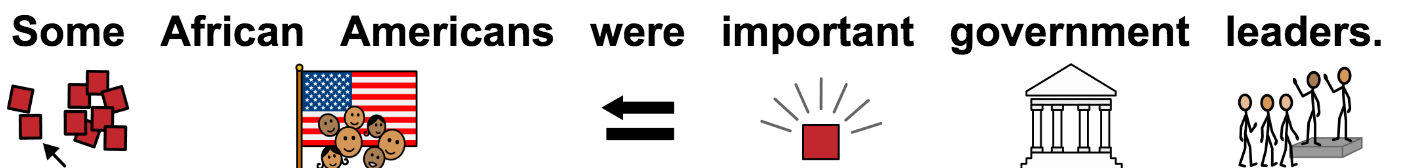
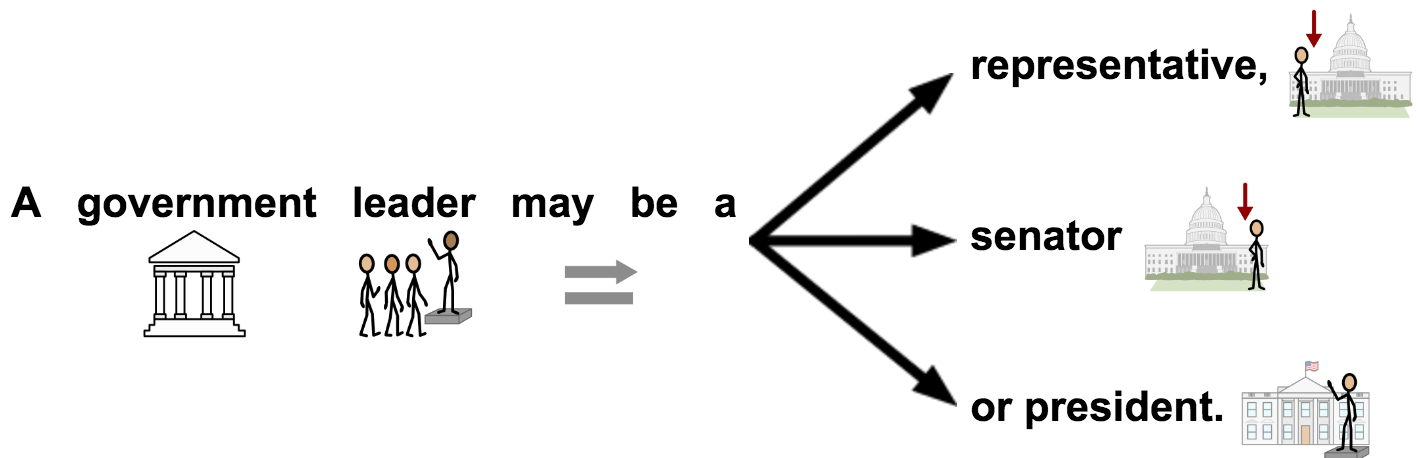
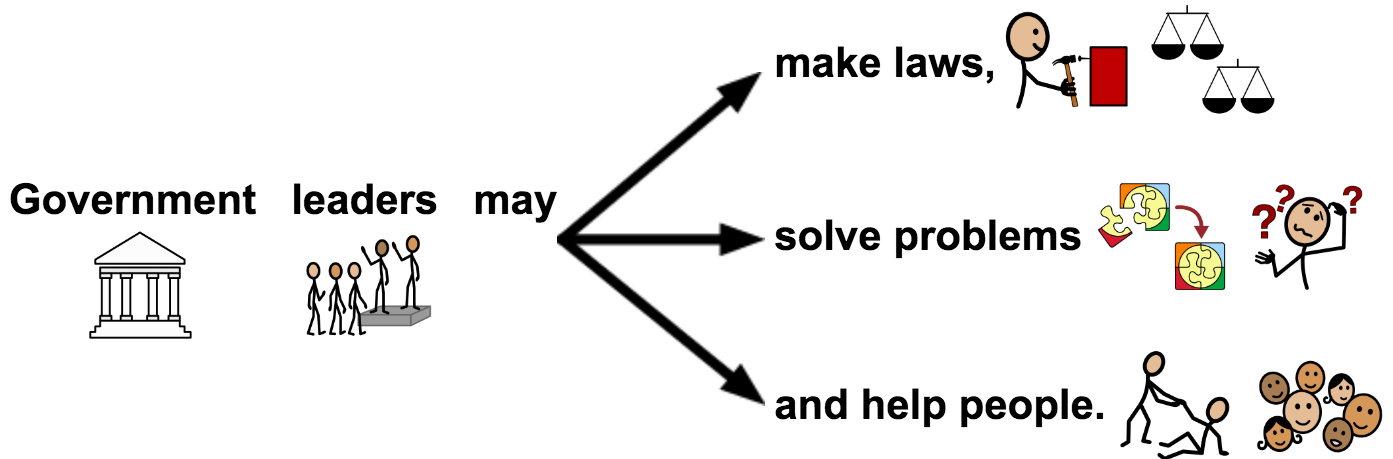


People honor important leaders in African American history.



Some of the important leaders were government leaders.

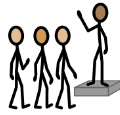
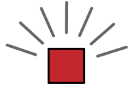






One important government leader was Joseph Hayne Rainey.

1



He was the first African American U.S. representative.



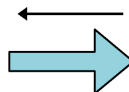
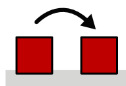
Rainey was born in South Carolina.



Rainey was born a slave.



Then he became a free man.

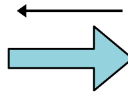
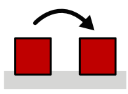




Rainey was part of the South Carolina government.



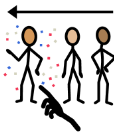
Then Rainey became a U.S. representative.



A representative works in the U.S. government.



Rainey was elected as a representative in 1870.



1870

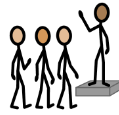
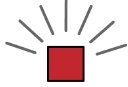
He worked to get rights for African Americans.





One important government leader was Carol Moseley-Braun.

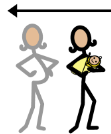
1



She was the first African American woman U.S. senator.



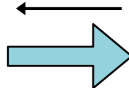
Moseley-Braun was born in Illinois.



Moseley-Braun studied law in college.



She became a lawyer.

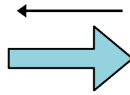
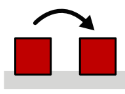




Moseley-Braun was part of the Illinois government.



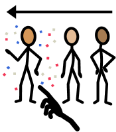
Then Moseley-Braun became a U.S. senator.



A senator works in the U.S. government.

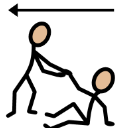


Moseley-Braun was elected as a senator in 1992.



1992

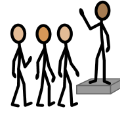
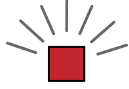
She helped people get good jobs.





One important government leader was Barack Obama.

1



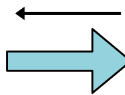
He was the first African American U.S. president.



Obama was born in Hawaii.



Obama became a lawyer.



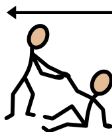
He

helped

many

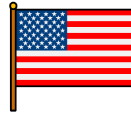
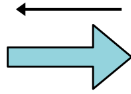
people

vote.

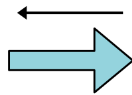




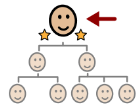
Obama became a U.S. senator.



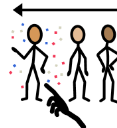
Later Obama became a U.S. president.



The president is a top U.S. government leader.



Obama was elected as president in 2008.

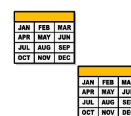


2008

He was president for eight years.



8

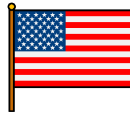




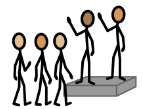
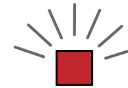
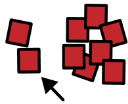
February is African American History Month.



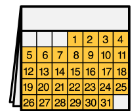
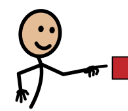
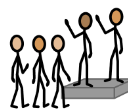
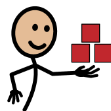
People in the U.S. celebrate African American history.



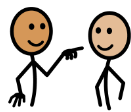
Some African Americans have been important leaders.



People can celebrate these leaders this month.



How can you celebrate African American History Month?



?



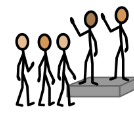
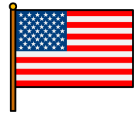
WHO



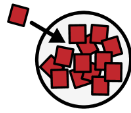
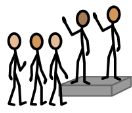
GOVERNMENT LEADERS



The U.S. has many government leaders.



U.S. government leaders include



the president,



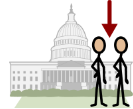
the vice president,



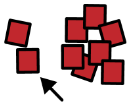
representatives



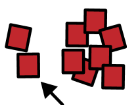
and senators.



Some state government leaders are governors.



Some city government leaders are mayors.





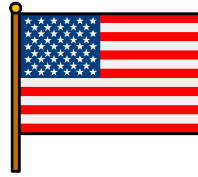
place in the news



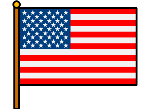
WHERE



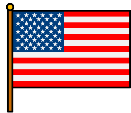
U.S.



February is African American History Month in the U.S.



The U.S. is a country in North America.

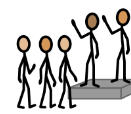
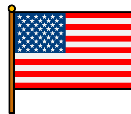


The U.S.

has

many

leaders.



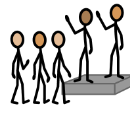
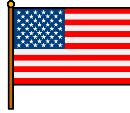
Many

U.S.

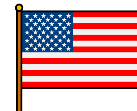
leaders

work

in Washington, D.C.



Washington, D.C., is the capital city of the U.S.





CELEBRATION SNACK



NEED

21-oz box mini
cheese crackers



8-oz bag
mini pretzels



$\frac{1}{2}$ C vegetable
oil



1-oz pkg ranch
dressing mix



3 T garlic powder



gallon-size zip-top bag

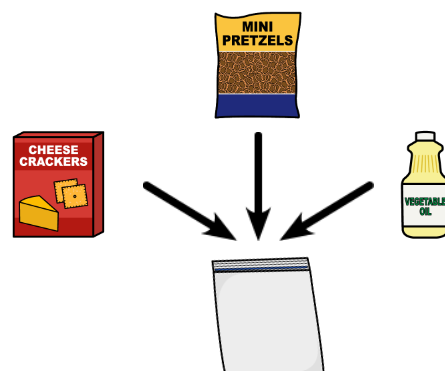


large bowl

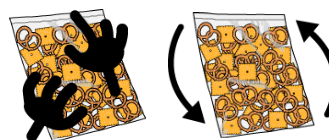


NOTE: Always consider student food allergies when preparing recipes.

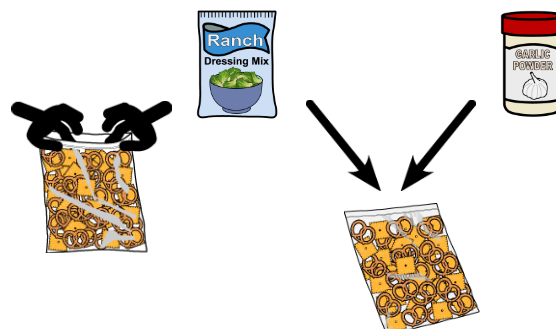
1. Put crackers, pretzels and oil into zip-top bag.



2. Seal bag. Turn bag gently to mix.



3. Open bag. Put ranch dressing mix and garlic powder into bag.

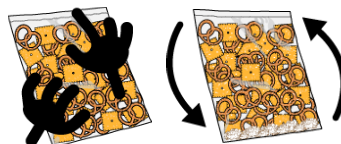




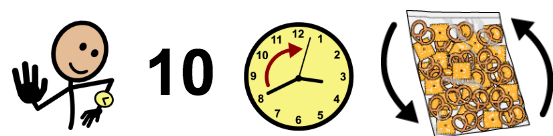
recipe page



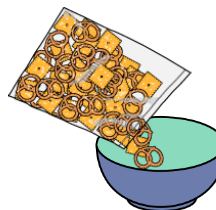
4. Seal bag. Turn bag gently to mix.



5. Wait 10 minutes. Turn bag gently again.



6. Pour into large bowl.



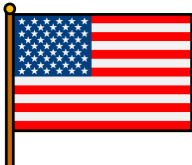
7. Eat.







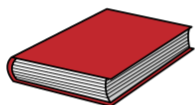
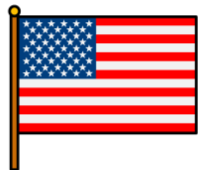
● Knock, Knock.  

Who's there ? 

● U.S. 

U.S. who ?  

● U.S. a book to learn history.



Use





joke page



● I have a joke !



Tell me !



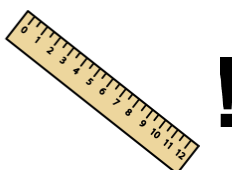
● What is the leader of school supplies ?



I don't know. What ?

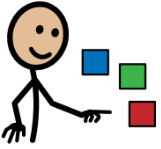


● The ruler !



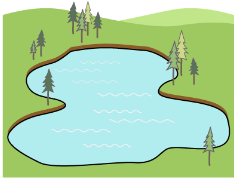
ruler



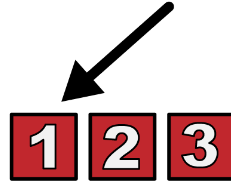


Choose the pictures about IMPORTANT LEADERS.

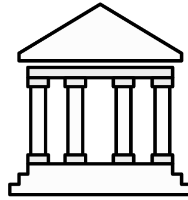
lake



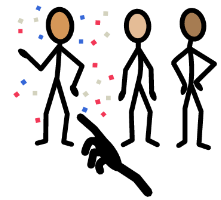
first



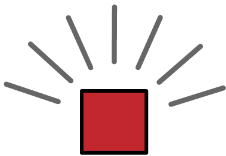
government



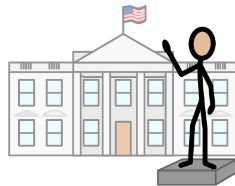
elect



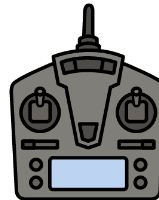
important



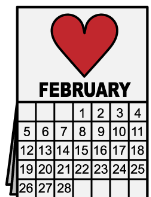
president



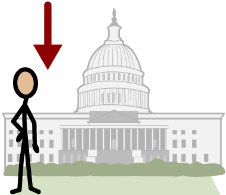
remote control



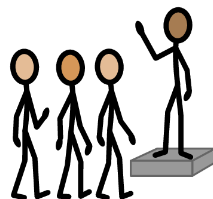
February



representative



leader



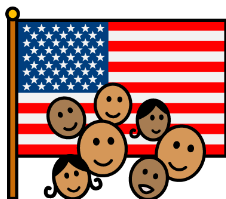
celebrate



snowman



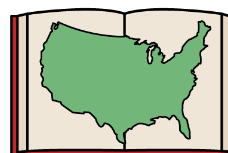
African American



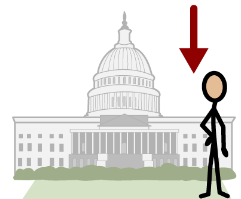
sleepover



history



senator





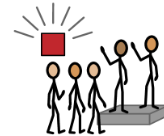
1. **WHAT** is the paper about ?



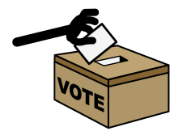
Super Bowl



Important Leaders



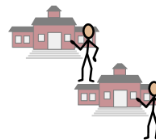
Voting Starts



2. **WHO** were Carol Moseley-Braun and Barack Obama ?



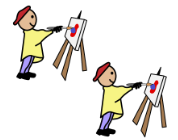
principals



government leaders



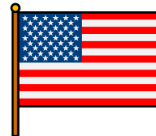
painters



3. **WHERE** do people celebrate African American history ?



U.S.



Peru



China



4. **WHAT** was Carol Moseley-Braun ?



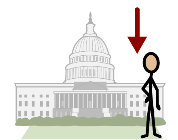
chef



farmer



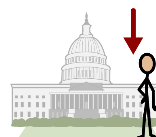
senator



5. **WHAT** was Joseph Hayne Rainey ?



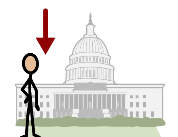
senator



president



representative



6. **WHO** was the first African American president ?



Barack Obama

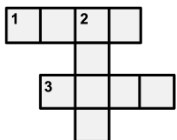


George Foreman



Condoleezza Rice





puzzle page



ACROSS 

DOWN 

6  February

7  senator

8  elected

9  important

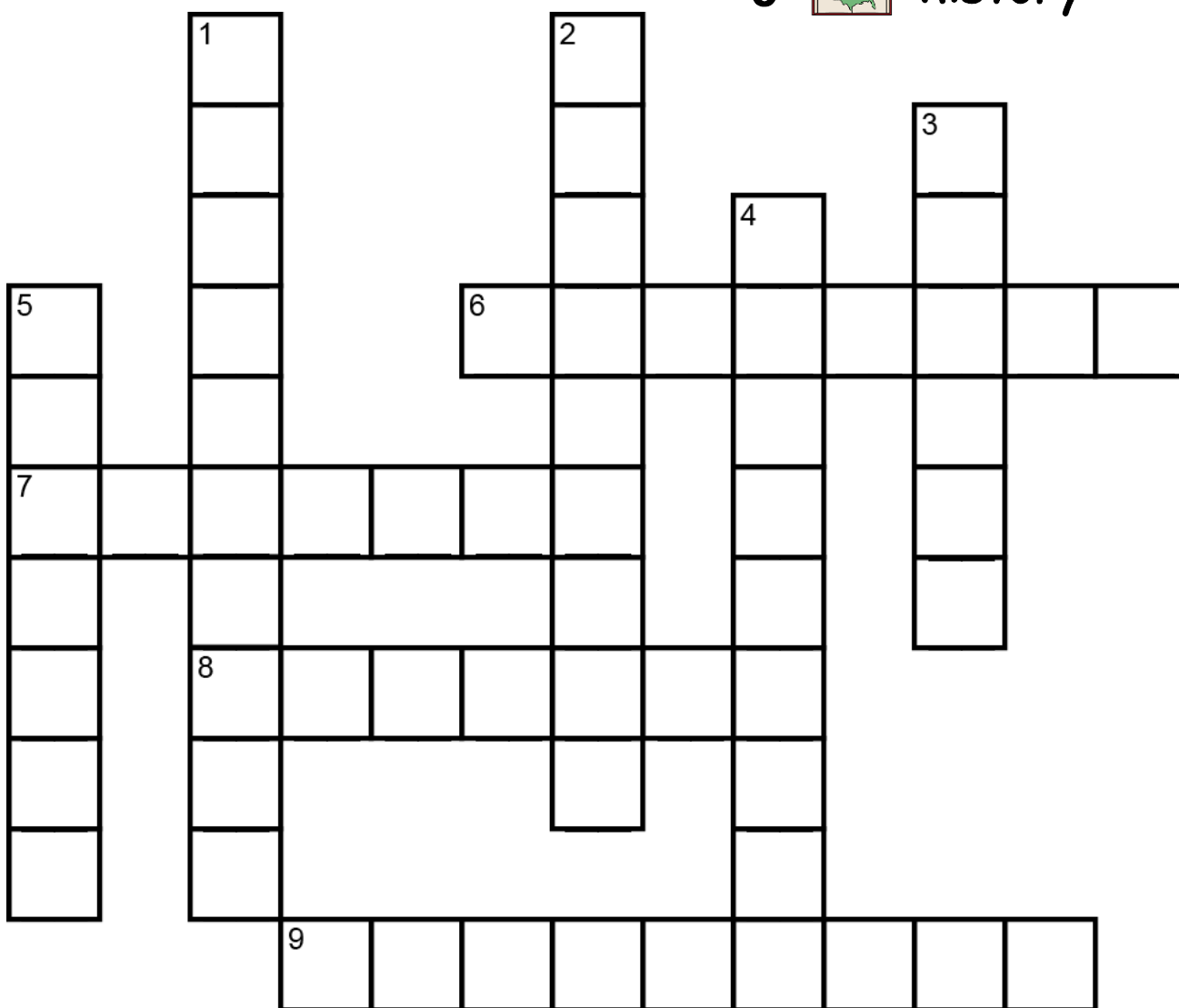
1  government

2  celebrate

3  leader

4  president

5  history

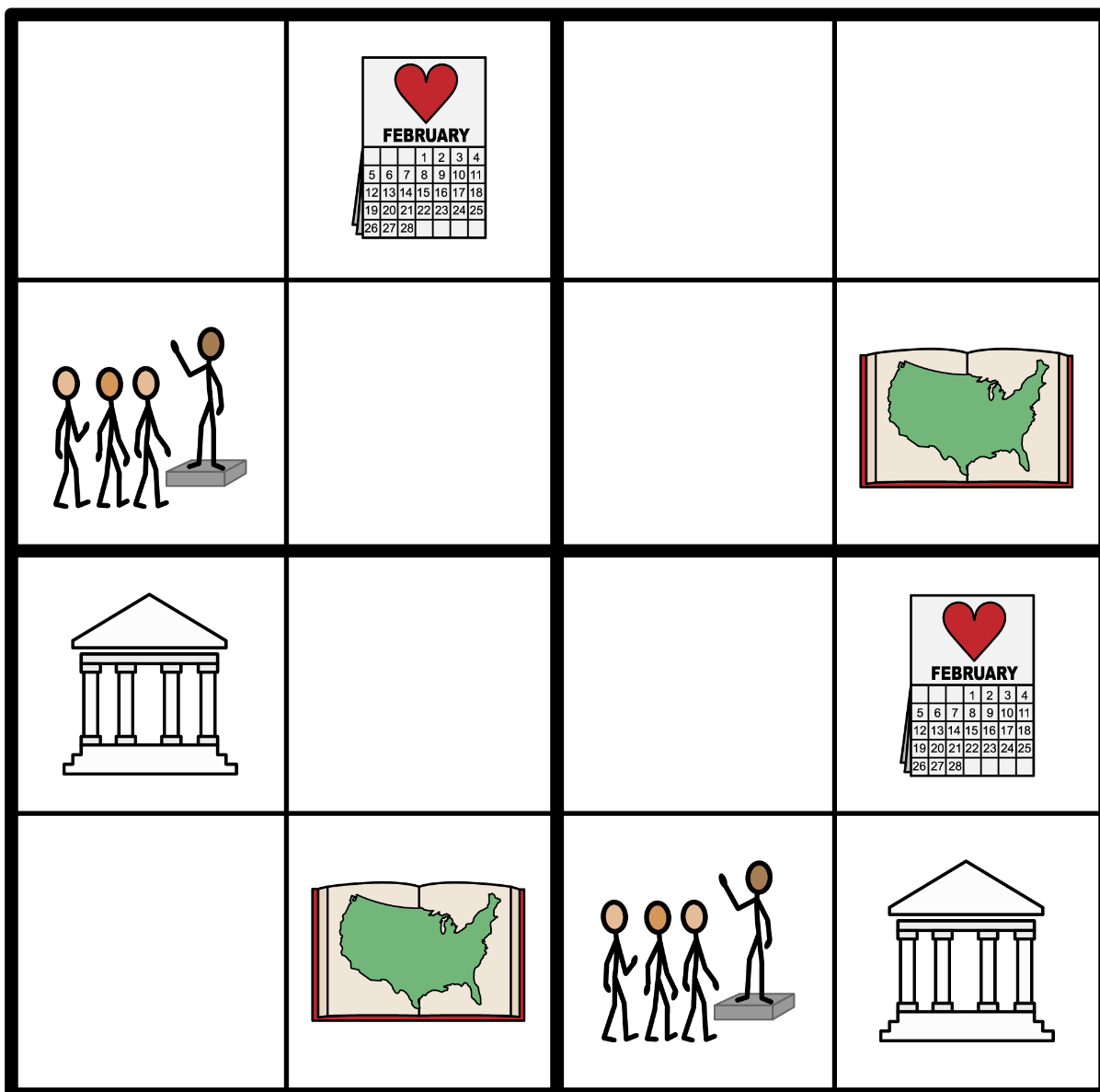
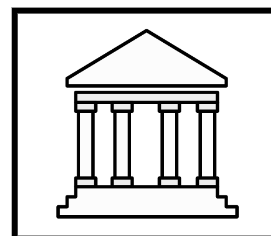
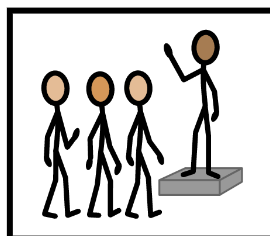
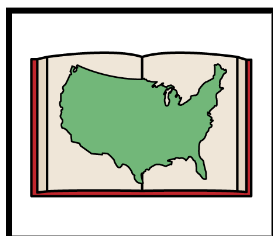
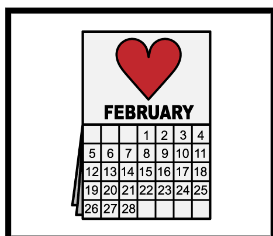


	4		3
1		2	
	2		1
3		4	

sudoku page



Fill in the grid using the pictures below so that every row, every column and every large box contains the following four items:

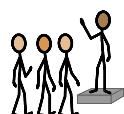




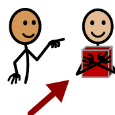
1. WOULD you like to be a leader ? Why ?



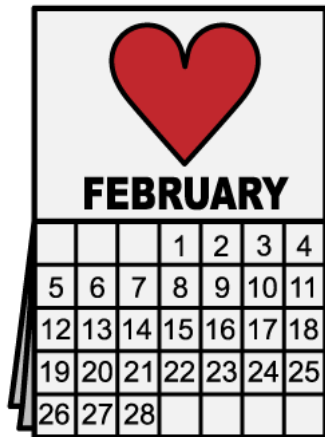
2. WHAT leader would you like to meet ? Why ?



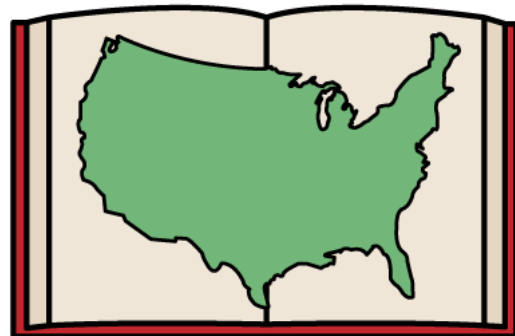
3. WHO are leaders at your school ?



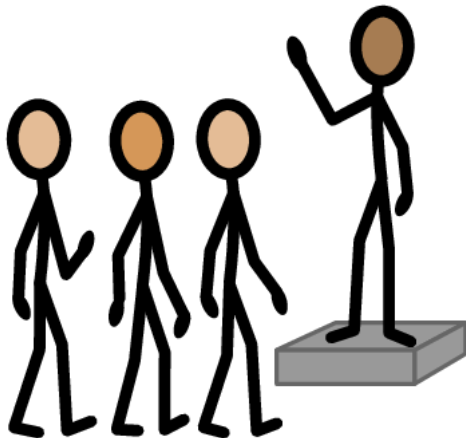
February



history



leader

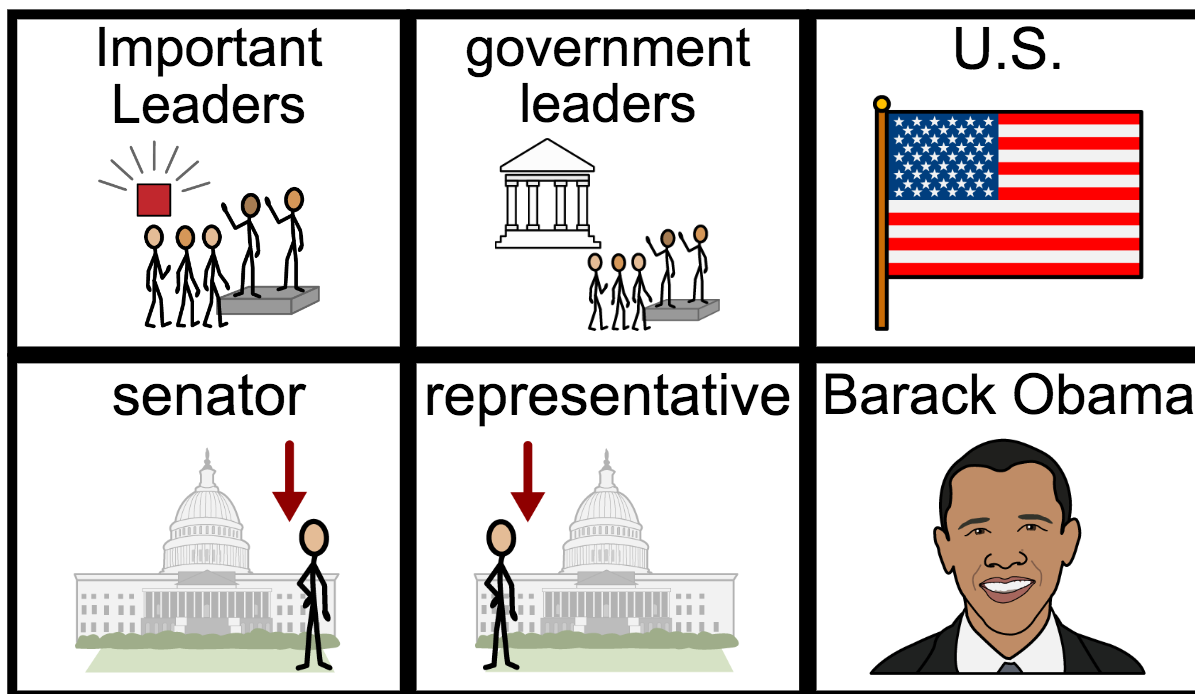


government

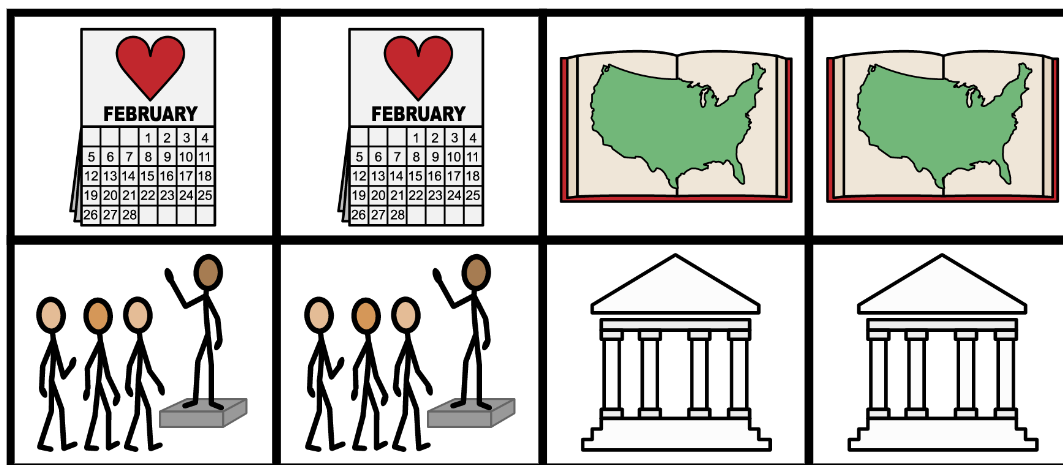




Cut out the items below to use as errorless choices for the review page.



Cut out the items below and paste answers into the Sudoku page.





STRESS AWARENESS MONTH



A Student Who Is Stressed

April is National Stress Awareness Month in the U.S. People can learn about stress during this month. Everyone feels stress sometimes. Stress is what you feel when you are worried or uncomfortable. Different things can cause stress in your life. Things in school, such as taking a test, doing assignments or giving a presentation, can cause you stress. Things at home, like trying something new, having disagreements with other people or having disorganized spaces, can cause you stress. Changes to your usual schedule in school or at home can cause you stress too.





A Boy Feeling Lonely

Stress can affect your mind and body. Stress can change how you usually feel. You may feel more sad, mad, frustrated, nervous, lonely or scared than you usually do. You may feel less happy or excited. You may have a headache or stomachache too. You may not sleep well when you feel stress, so you may feel more tired than you usually do. Sometimes you may sleep more when you feel stress. Some people eat less food when they feel stress, but other people eat more food when they feel stress.



A Young Woman Exercising



A Young Woman Choosing Healthy Food

People can do activities to feel less stress. You can find what works best for you! You can do your favorite kind of exercise, such as playing a sport. You can get enough sleep each night. You can eat healthy foods. You can do something that makes you happy, such as playing with your pet. Other people can help too. You can talk to someone such as a friend, parent, teacher or school counselor. Most schools have counselors who can talk to you about stress and can give you ideas for things you can do to feel better. Does your school have a counselor? *

*** Read this week's Extension Activity to find more ways to feel less stress.**



A Girl Talking to Her Friend

Everyone feels stress sometimes. Some people may feel more stress than others. You can help other people who feel stress. If your friends, classmates and siblings seem like they are feeling stress, you can invite them to talk to you. You can listen to them talk about how their stress makes them feel. You can do fun activities with them to help them feel less stress. National Stress Awareness Month is April in the U.S. This month is a good time to learn more about stress and how to feel less stress. What do you do when you feel stress?



1. WHAT is the main idea of this story?

- ☐ National Stress Awareness Month is April in the U.S.
- ☐ Stress can change how you normally feel.
- ☐ Counselors can talk to you about stress.

2. CIRCLE True or False about the following statements:

- | | | |
|-------------------------------------|------|-------|
| Only adults feel stress. | True | False |
| Most schools have counselors. | True | False |
| Only things in school cause stress. | True | False |

3. ANSWER these questions about the story:

What can affect your mind and body? _____

Who can you talk to about stress? _____

4. IDENTIFY some things about stress:

- | | |
|---|--|
| <input type="radio"/> can affect your mind | <input type="radio"/> can be caused by changes |
| <input type="radio"/> makes everyone feel happy | <input type="radio"/> can affect your body |
| <input type="radio"/> everyone feels it sometimes | <input type="radio"/> makes everyone eat more food |

5. CIRCLE Fact or Opinion about the following statements:

- | | | |
|---|------|---------|
| Running is the best way to feel less stress. | Fact | Opinion |
| Having a disorganized space causes a lot of stress. | Fact | Opinion |



1. WHAT causes you stress? Why?

2. WHAT healthy foods do you like to eat?

3. WHY is talking about your feelings important?

4. HOW would you help someone who feels stress?



index for photographs



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Page 2: Shutterstock/Rido

Page 3: Shutterstock/Jacek Chabraszewski
Shutterstock/MJTH

Page 4: Shutterstock/Elena Elisseeva

yes



STRESS AWARENESS MONTH

no



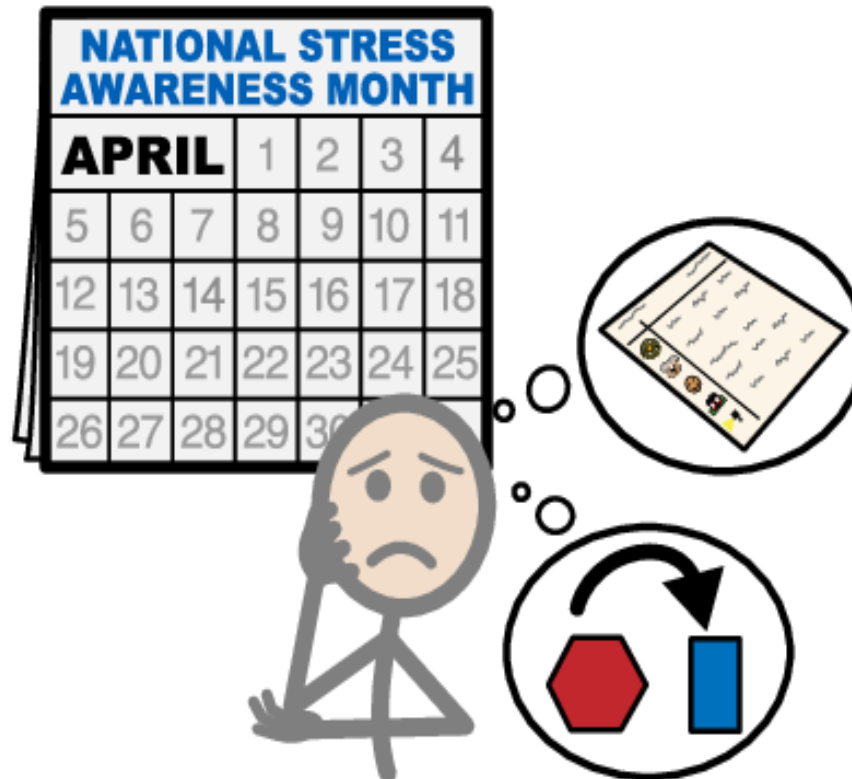
<p>feel</p>	<p>cause</p>	<p>sometimes</p>	<p>worried</p>	<p>April</p>	<p>stress</p>	<p>everyone</p>
<p>change</p>	<p>sleep</p>	<p>sad</p>	<p>frustrated</p>	<p>school</p>	<p>home</p>	<p>schedule</p>
<p>eat</p>	<p>exercise</p>	<p>less</p>	<p>happy</p>	<p>feelings</p>	<p>stomachache</p>	<p>food</p>
<p>talk</p>	<p>work</p>	<p>better</p>	<p>healthy</p>	<p>activities</p>	<p>friend</p>	<p>school counselor</p>

April 6, 2020

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STRESS AWARENESS MONTH





The Extension Activity includes eight pages of information and six question and answer activities. Also included are links for video viewing. The Extension Activity is intended to enhance News-2-You and Unique Learning System (ULS) content.

Newspaper Overview

Topic: Stress Awareness Month

- April is National Stress Awareness Month in the U.S.
- People can learn about stress during this month. Everyone feels stress sometimes.
- Many things at school or home can cause stress.
- Stress can change your feelings and your body. You can do activities to feel less stress.

ULS Overview

April Target: Economics

- April is National Stress Awareness Month in the U.S.
- People can learn about stress during this month. Everyone feels stress sometimes.
- Many things at school or home can cause stress. You may feel stress when you are worried.
- Sometimes adults worry about money. Worrying about money can cause stress.



April is National Stress Awareness Month in the U.S.

You can do activities to feel less stress.

Let's learn more about some of these activities!



You can exercise.



People Kicking a Soccer Ball

What kind of exercise do you like to do? Why?

- Everyone feels stress sometimes. You can do activities to feel less stress.
- One way to feel less stress is to exercise!
- Exercise makes your body produce chemicals that help relax your muscles and improve your mood.
- Kinds of exercise include walking, riding a bike and kicking a soccer ball around.



You can get better sleep.

- Scientists say most kids need 10 to 11 hours of sleep each night.
- People do different things to get better sleep. You should go to bed at the same time each night.
- You can take a warm bath or read a book before bed.
- You should use your bed just for sleep. Do not do homework or play games in bed.



Kids Reading a Book Before Bed

Describe your bedtime routine.



You can eat healthy foods.



People Eating Healthy Foods

What is your favorite healthy food? Why?

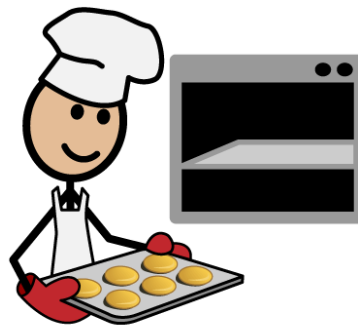
- Healthy foods give your body plenty of energy. Energy can help you feel less stress.
- Fruits, vegetables and dairy products like milk are all healthy foods.
- Eating foods with lots of protein is important. These foods include meats, eggs, nuts, beans or tofu.
- Eating whole-grain cereal, rice and bread is important too.

What is one kind of exercise?

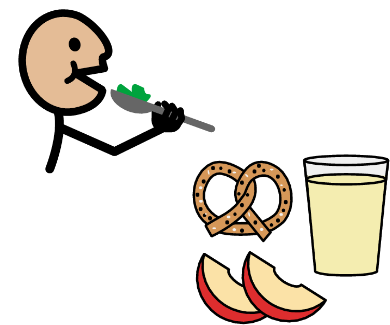
riding a bike



baking cookies



eating a snack

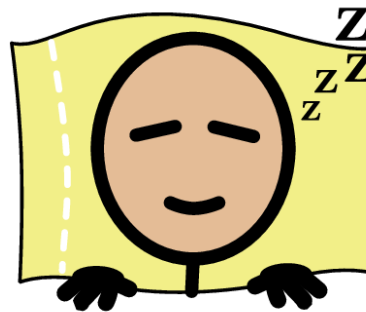


What should you use your bed for?

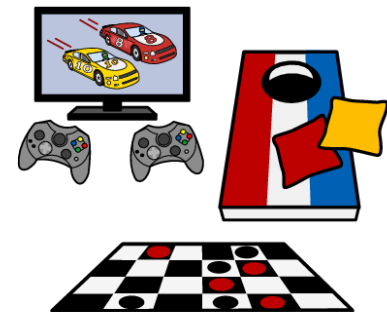
homework



sleep



games



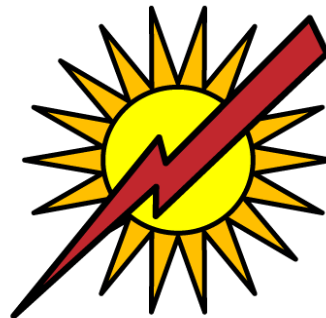


What does healthy food give you?

trophy



energy



haircut





You can do something that makes you happy.

- Doing something you enjoy can help you feel less stress.
- You may play with your pet to feel less stress. You may spend time outdoors.
- Some people enjoy doing puzzles or reading.
- Other people enjoy listening to music, painting pictures or writing in journals.



Kids Playing With a Pet

What is something that makes you happy? Why?



You can spend time with friends and family.



A Family at a Beach

What do you enjoy doing with your family? Why?

- Spending time with friends and family can help you feel less stress.
- You may play at the playground with your friends. You may play a sport such as baseball.
- Some people enjoy going to a beach or swimming in a lake with their families.
- Other people like playing games at home with their families.



You can talk to someone.

- Talking to someone you trust is another way to feel less stress.
- You can talk to a friend, parent, teacher or school counselor about how you are feeling.
- This person may have ideas about how to help you with your stress.
- Everyone feels stress sometimes. You can do activities to feel less stress.

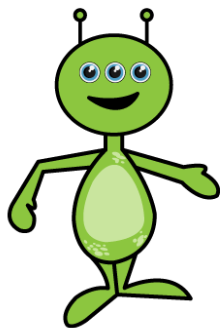


A Girl Talking to a School Counselor

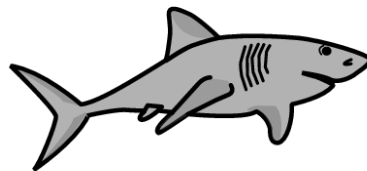
**Who is someone you
can talk to? Why?**

What can you play with to feel less stress?

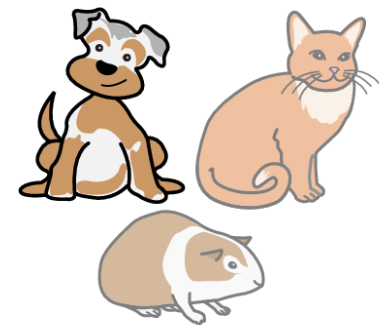
alien



shark



pet





Where can you play with your friends?

Mars



volcano

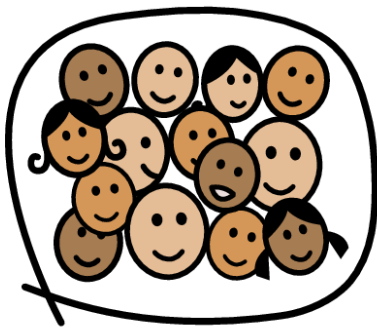


playground



Who feels stress sometimes?

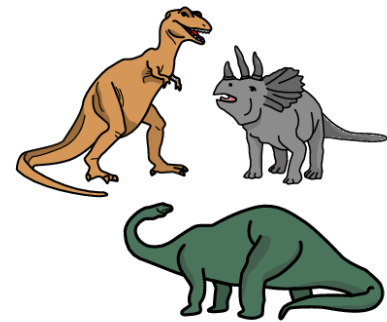
everyone

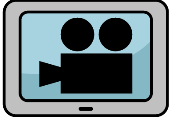


nobody



dinosaurs





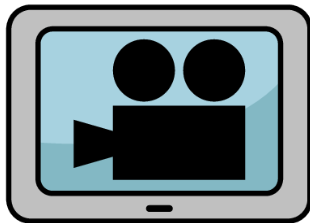
video links



Visit the following links for expanded video content.

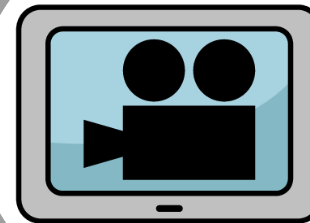
Click on the video link

to learn more about stress and
what you can do to feel less stress:



Click on the video link

to learn more about
eating healthy foods:



Note: Ads on some of these videos may not be appropriate for students. We try to avoid them; however, we cannot control materials that are added after our review. Preview all videos before in-class presentation! Show all videos full-screen when possible.



index for photographs



Page 3: Shutterstock/Rawpixel.com

Page 4: Shutterstock/LightField Studios

Page 5: Shutterstock/Just dance

Page 6: Shutterstock/Monkey Business Images

Page 10: Shutterstock/MPH Photos

Page 11: Shutterstock/EpicStockMedia

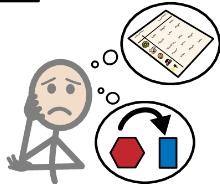
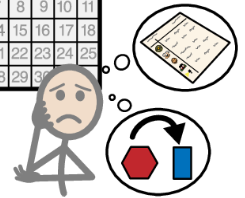
Page 12: Shutterstock/VH-studio



WHAT

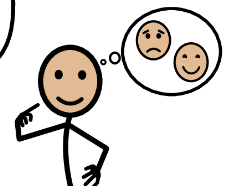
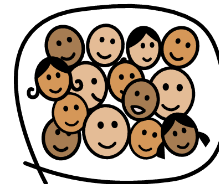


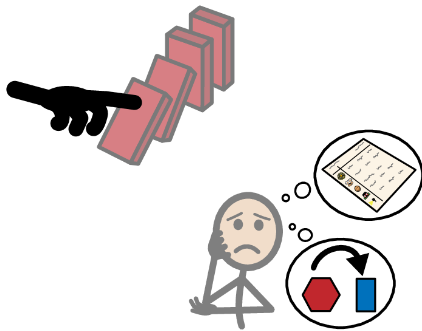
STRESS AWARENESS MONTH



April is National Stress Awareness Month in the U.S. People can learn about stress during this month.

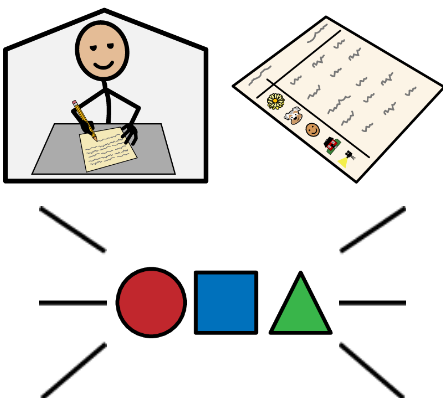
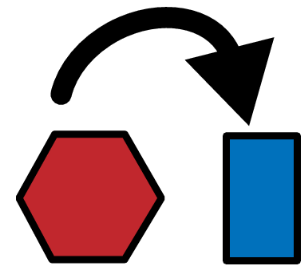
Everyone feels stress sometimes. You may feel stress when you are worried.



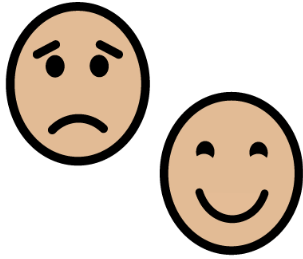


Many things at school or home can cause stress.

Changes at school and home can cause stress. Changes to your schedule can cause stress.

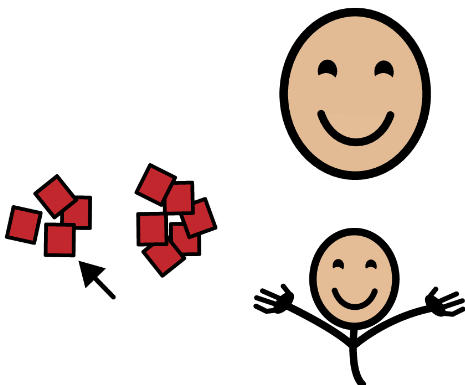
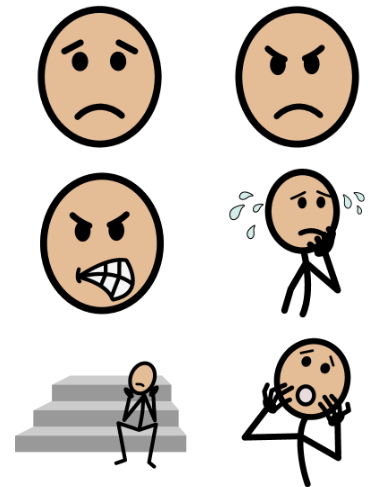


Homework and tests can cause stress too. Trying new things can cause stress.



Stress can change your feelings.

You may feel sad, mad, frustrated, nervous, lonely or scared.

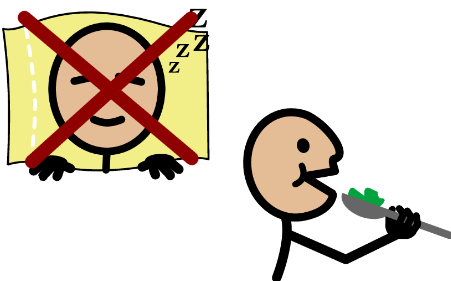


You may feel less happy or less excited.

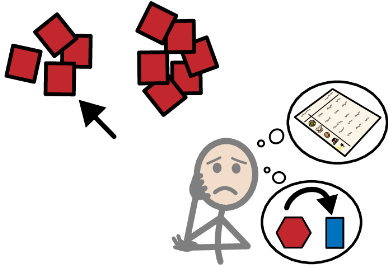


Stress can change your body too.

Stress can give you a headache or stomachache.

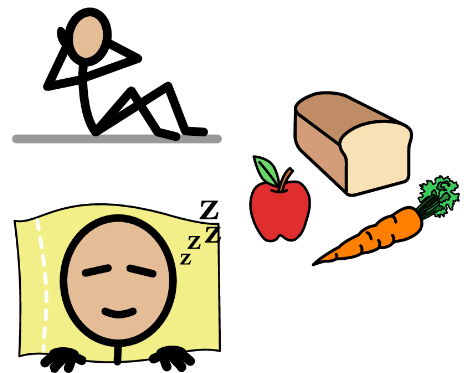


You may not sleep well when you feel stress. You may eat less food. Or you may eat more food.



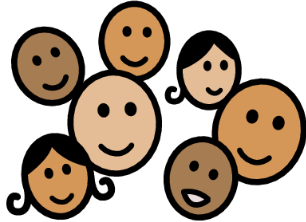
You can do activities to feel less stress.

You can exercise. You can get better sleep. You can eat healthy foods.



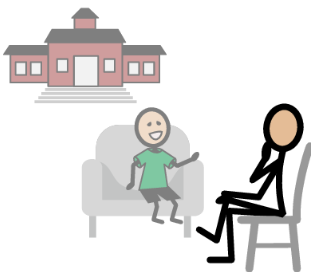
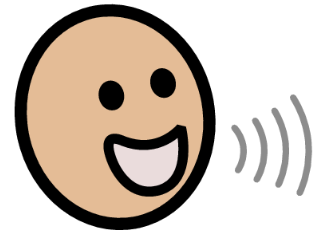
You can do something that makes you happy. *

*** Read this week's Extension Activity to find more ways to feel less stress.**

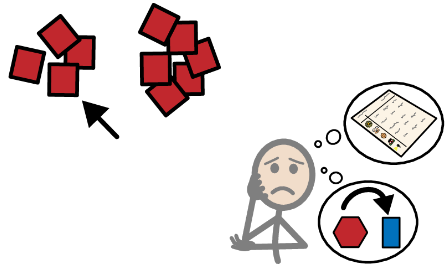


Other people can help you feel less stress.

You can talk to someone about stress. You can talk to a friend, parent, teacher or school counselor.

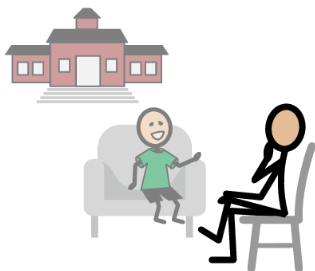
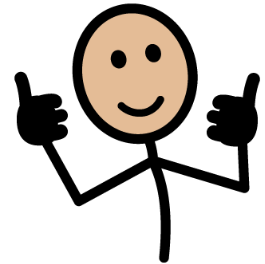


A school counselor works in a school.

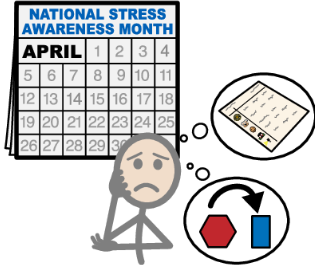


You can talk to a counselor about stress. A counselor can help you feel less stress.

You can talk to a counselor about your feelings. A counselor can give you ideas to feel better.

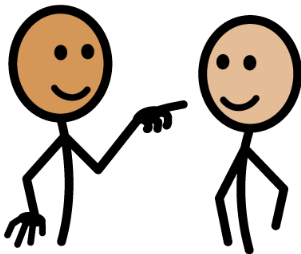
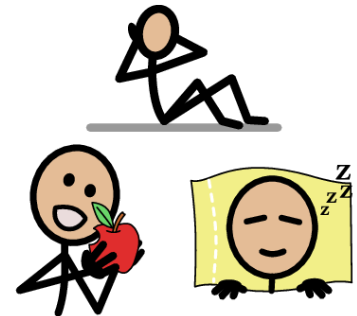


Does your school have a counselor ?



April is National Stress Awareness Month. Everyone feels stress sometimes.

You can do activities to feel less stress. Other people can help you too !



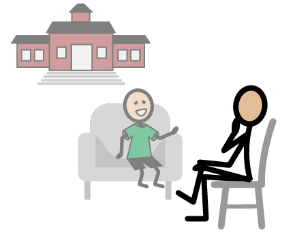
What do you do when you feel stress ?



WHO

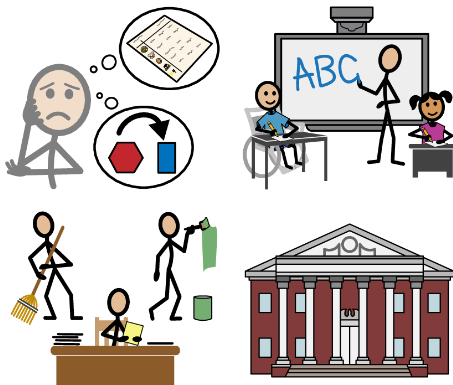


SCHOOL COUNSELOR



A school counselor works in a school. A school counselor usually has an office in a school.

A school counselor helps students.



A counselor talks to students about stress, classes, jobs, colleges and more.

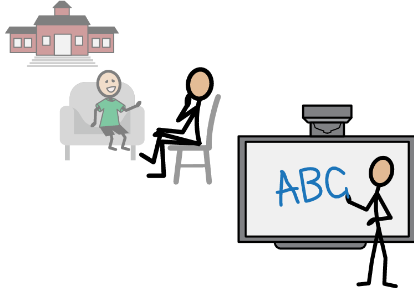




WHERE



SCHOOL



A school counselor works in a school. Teachers teach students in a school.

Cities may have many schools.



Cities may have preschools, elementary schools, middle schools, high schools and colleges.





LESS-STRESS SMOOTHIE



½ C orange juice



1 C orange sherbet



2 bananas, peeled and sliced



15-oz can sliced peaches, drained



½ t vanilla extract

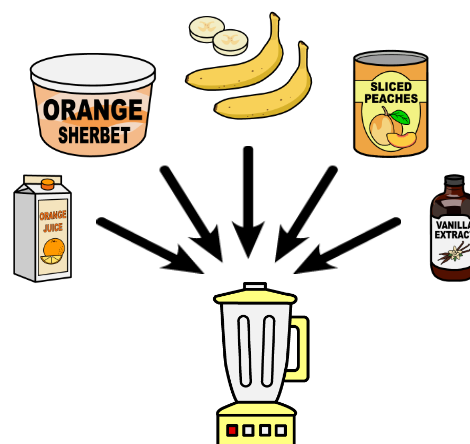


blender



NOTE: Always consider student food allergies when preparing recipes.

1. Put juice, sherbet, bananas, peaches and vanilla extract into blender.



2. Blend until smooth.



3. Drink.






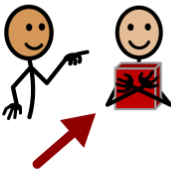

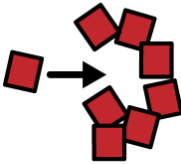



● Knock, Knock.  

Who's there ? 

● Feel. 

Feel who ?  

● Feel your cup with a smoothie.     

Fill





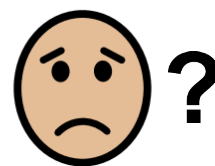
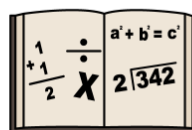
joke page



● I have a joke ! 

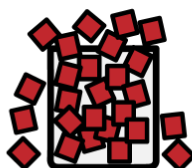
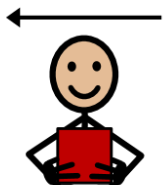
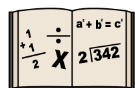
Tell me !  

● Why was the math book sad ?



I don't know. Why ? 

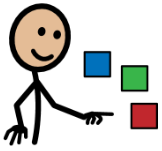
● It had too many problems !



$$\begin{array}{l} 1+1=2 \\ 2 \times 2=4 \end{array} !$$

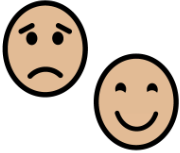
problems



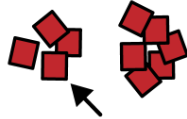


Choose the pictures NOT about STRESS AWARENESS MONTH.

feelings



less



better



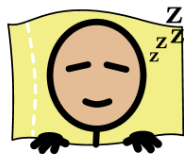
tow truck



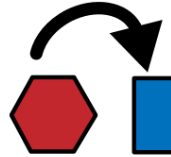
crop



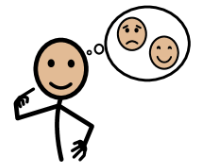
sleep



change



feel



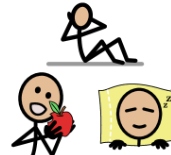
camel



everyone



activities



cause



exercise



talk



farm



school counselor



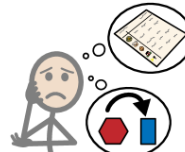
sad



DVD

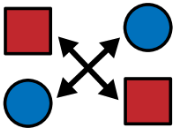


stress



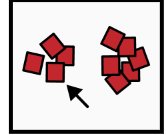
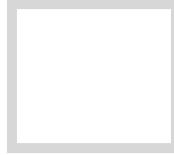
headache





Choose the picture that matches the word.

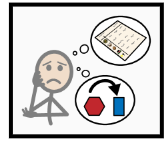
everyone →



less →



talk →



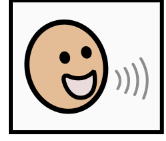
change →



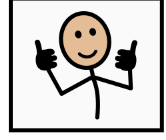
exercise →



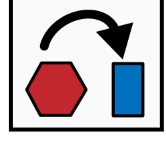
cause →



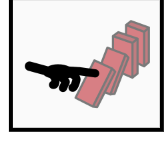
stress →



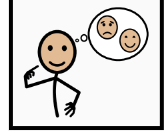
school counselor →



feel →



better →





1. WHAT is the paper about ?

Coronavirus

2020
Census

Stress
Awareness
Month

2. WHO can you talk to about stress ?

alien

school
counselor

zombie

3. WHERE does a school counselor work ?

museum

park

school

4. WHAT can stress change ?

feelings

height

eye color

5. WHAT can stress give you ?

headache

broken bone

sunburn

6. WHAT can cause stress at school ?

vacation

hiking

tests

7. WHAT is one healthy food ?

carrot

pizza

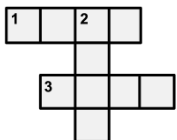
milkshake

8. WHAT is another word for a feeling ?

exercise

emotion

story



puzzle page



ACROSS



- 2** Homework and tests can _____ stress too.
- 3** You can _____ to someone about stress.
- 5** Changes at school and home can cause _____.
- 6** You may _____ less happy or less excited.
- 7** _____ feels stress sometimes.

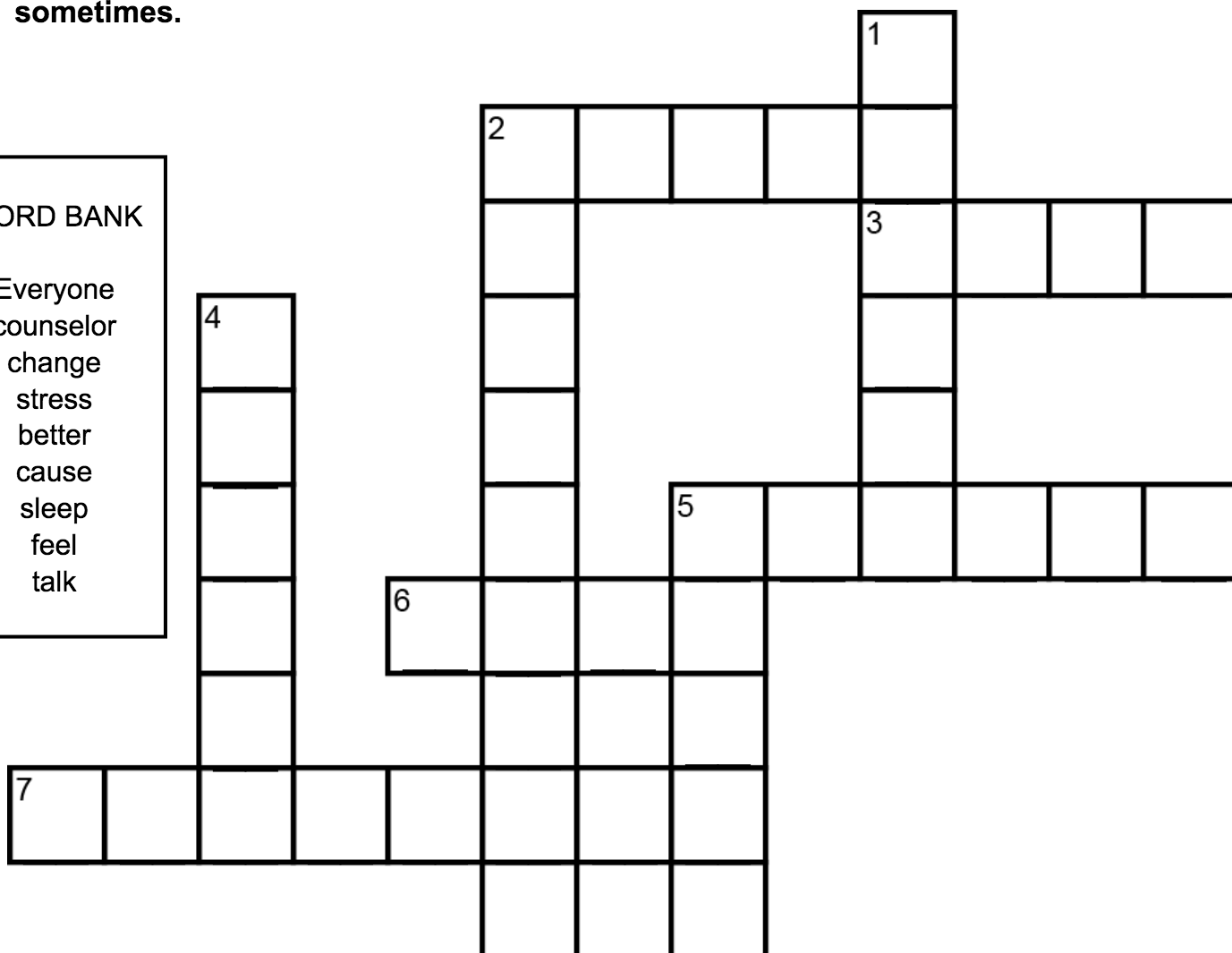
DOWN



- 1** A counselor can give you ideas to feel _____.
- 2** You can talk to a _____ about stress.
- 4** Stress can _____ your feelings.
- 5** You may not _____ well when you feel stress.

WORD BANK

Everyone
counselor
change
stress
better
cause
sleep
feel
talk

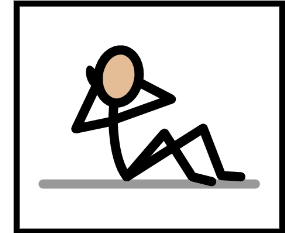
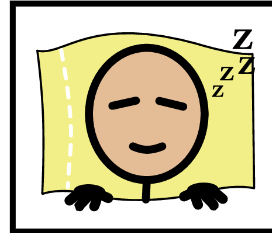
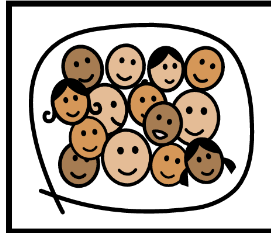
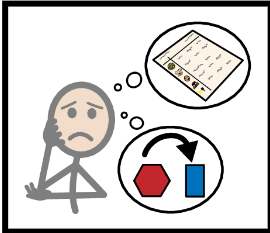


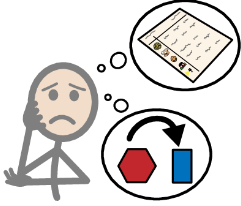

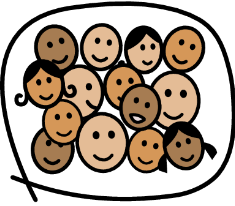

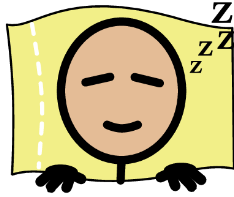
	4		3
1		2	
	2		1
3		4	

sudoku page



Fill in the grid using the pictures below so that every row, every column and every large box contains the following four items:



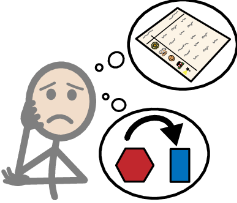
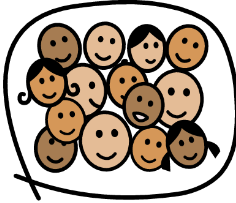
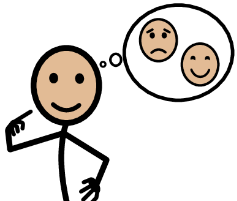
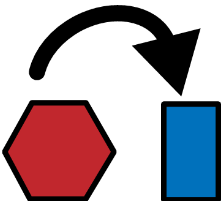
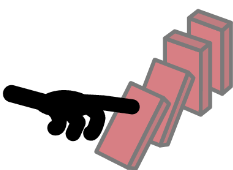
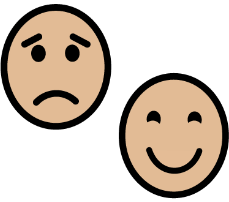
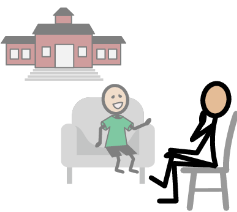
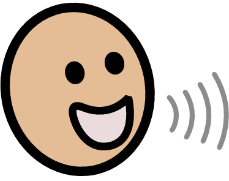

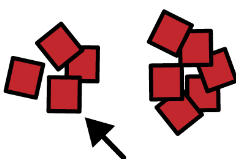




1. WHAT causes you stress ? Why ?

2. WHAT is your favorite healthy food ?

3. WHAT is your favorite way to exercise ? Why ?

4. HOW do you feel when you feel stress ?

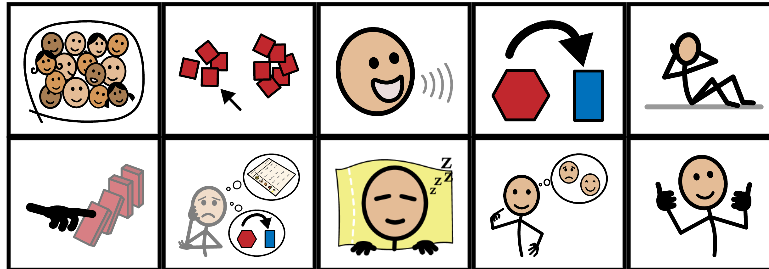
stress 	everyone 
feel 	change 
cause 	feelings 
school counselor 	talk 
better 	less 
sad 	exercise 



printing page



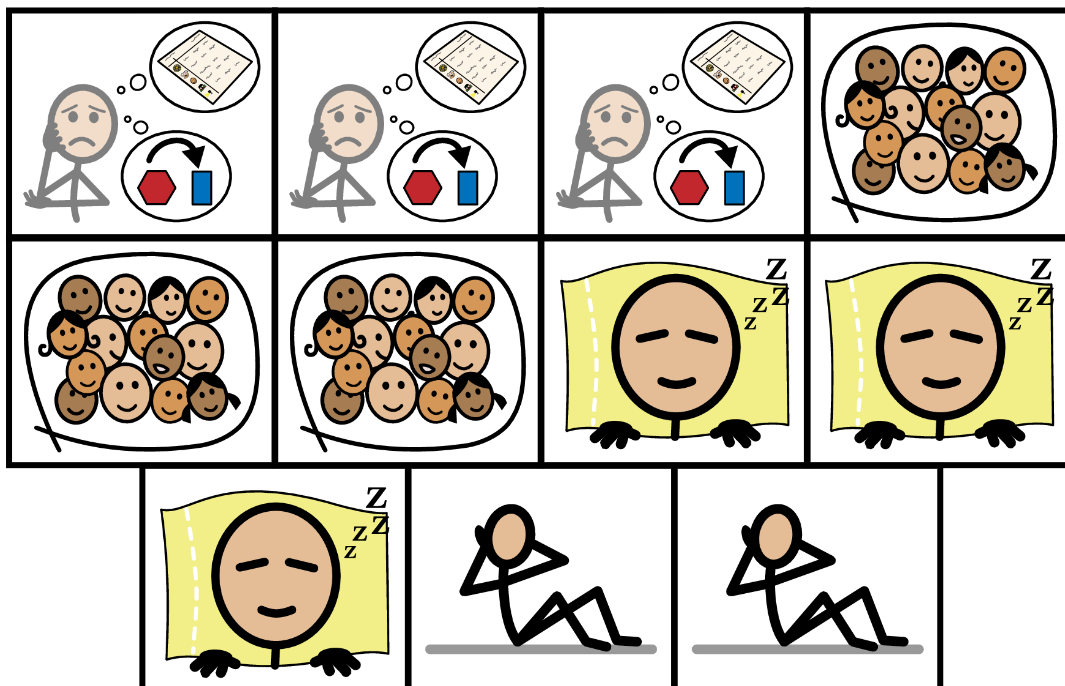
Cut out the items below and paste answers into the matching page.



Cut out the items below to use as errorless choices for the review page.

Stress Awareness Month	school counselor	school	feelings
headache	tests	carrot	emotion

Cut out the items below and paste answers into the Sudoku page.

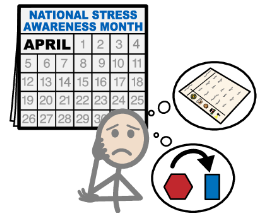




WHAT



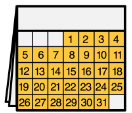
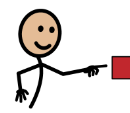
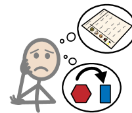
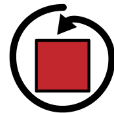
STRESS AWARENESS MONTH



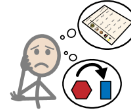
April is National Stress Awareness Month in the U.S.



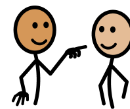
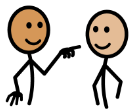
People can learn about stress during this month.



Everyone feels stress sometimes.

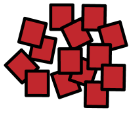


You may feel stress when you are worried.

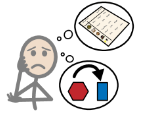




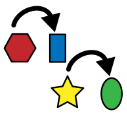
Many things at school or home can cause stress.



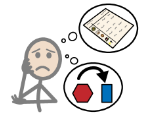
or



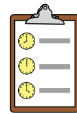
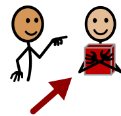
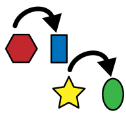
Changes at school and home can cause stress.



+



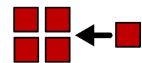
Changes to your schedule can cause stress.



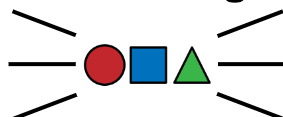
Homework and tests can cause stress too.



+

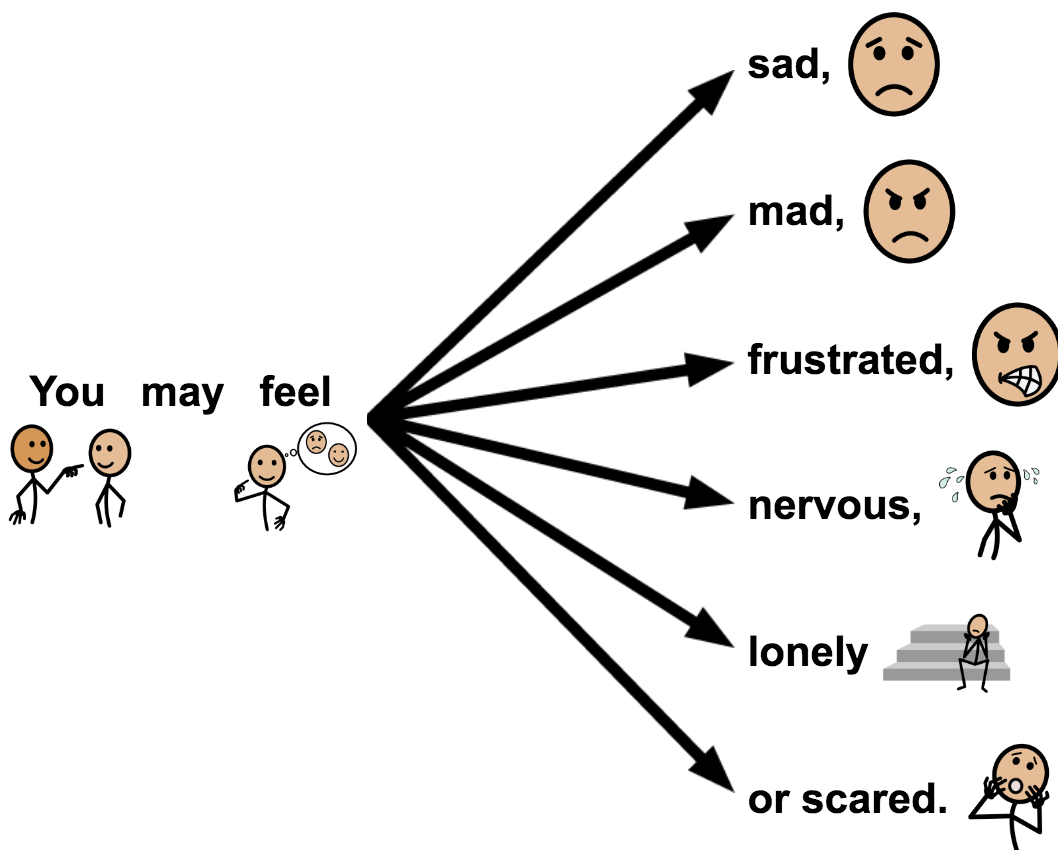
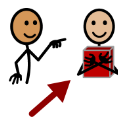
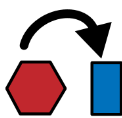


Trying new things can cause stress.





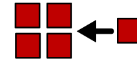
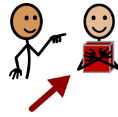
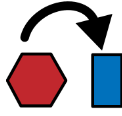
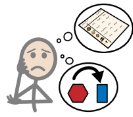
Stress can change your feelings.



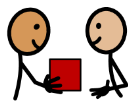
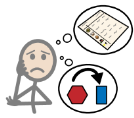
You may feel less happy or less excited.



Stress can change your body too.



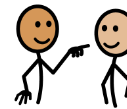
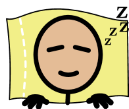
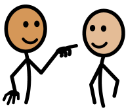
Stress can give you a headache or stomachache.



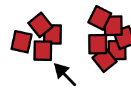
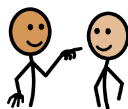
or



You may not sleep well when you feel stress.

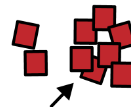
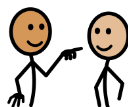


You may eat less food.



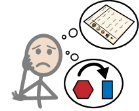
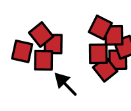
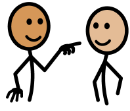
Or you may eat more food.

or

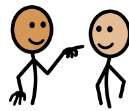




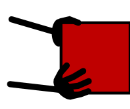
You can do activities to feel less stress.



You can exercise.



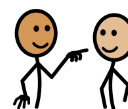
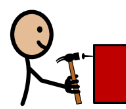
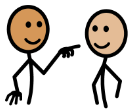
You can get better sleep.



You can eat healthy foods.



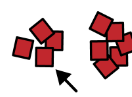
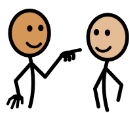
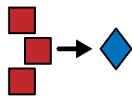
You can do something that makes you happy.*



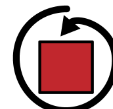
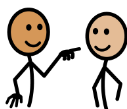
***Read this week's Extension Activity to find more ways to feel less stress.**



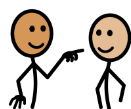
Other people can help you feel less stress.



You can talk to someone about stress.



You can talk to a friend, parent, teacher or school counselor.

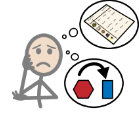
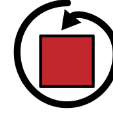


A school counselor works in a school.

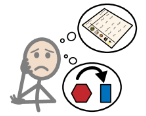
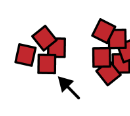
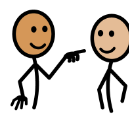
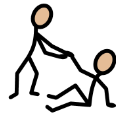




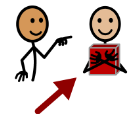
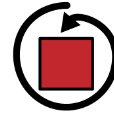
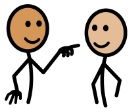
You can talk to a counselor about stress.



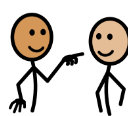
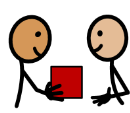
A counselor can help you feel less stress.



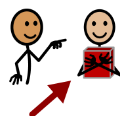
You can talk to a counselor about your feelings.



A counselor can give you ideas to feel better.



Does your school have a counselor?





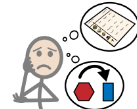
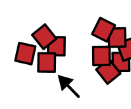
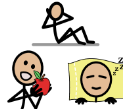
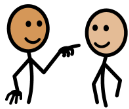
April is National Stress Awareness Month.



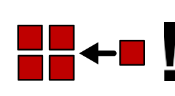
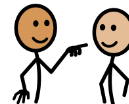
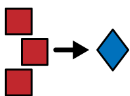
Everyone feels stress sometimes.



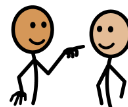
You can do activities to feel less stress.



Other people can help you too !



What do you do when you feel stress ?

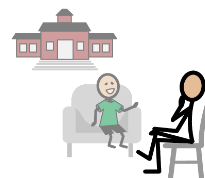




WHO



SCHOOL COUNSELOR



A school counselor works in a school.



A school counselor usually has an office in a school.



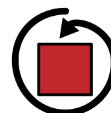
A school counselor helps students.



A counselor talks



to students about



stress,



classes,



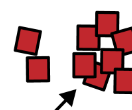
jobs,



colleges



and more.





WHERE

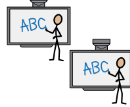


SCHOOL

A school counselor works in a school.



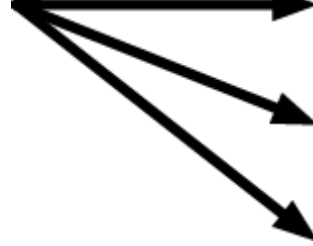
Teachers teach students in a school.



Cities may have many schools.



Cities may have



preschools, 

elementary schools, 

middle schools, 

high schools 

and colleges. 





LESS-STRESS SMOOTHIE



½ C orange juice



1 C orange sherbet



2 bananas, peeled and sliced



15-oz can sliced peaches, drained



½ t vanilla extract

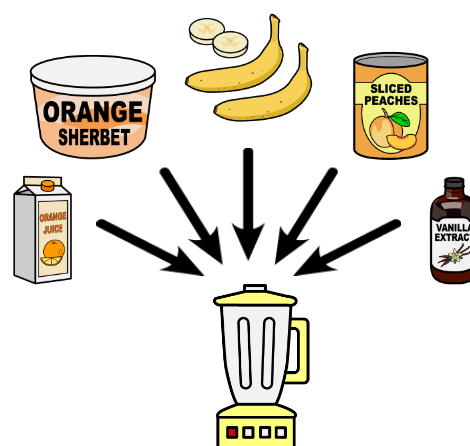


blender



NOTE: Always consider student food allergies when preparing recipes.

1. Put juice, sherbet, bananas, peaches and vanilla extract into blender.



2. Blend until smooth.



3. Drink.






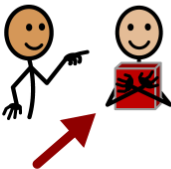

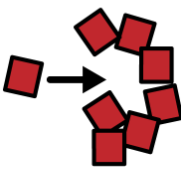



● Knock, Knock.  

Who's there ? 

● Feel. 

Feel who ?  

● Feel your cup with a smoothie.     

Fill





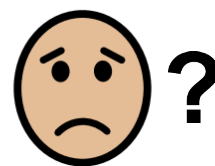
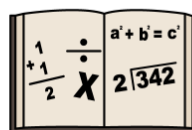
joke page



● I have a joke ! 

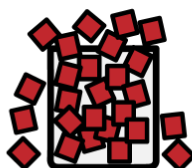
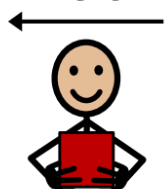
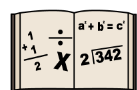
Tell me !  

● Why was the math book sad ?



I don't know. Why ? 

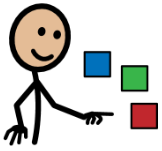
● It had too many problems !



$$\begin{array}{l} 1+1=2 \\ 2 \times 2=4 \end{array} !$$

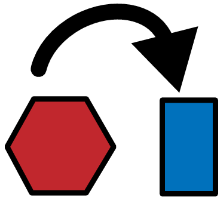
problems





Choose the pictures about STRESS AWARENESS MONTH.

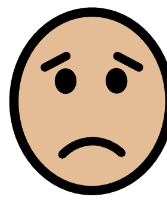
change



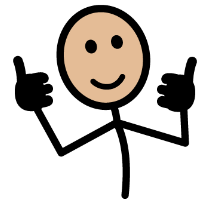
mining



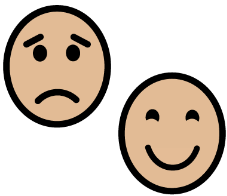
sad



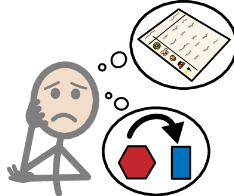
better



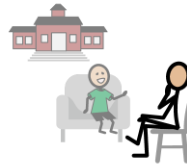
feelings



stress



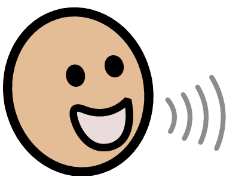
school
counselor



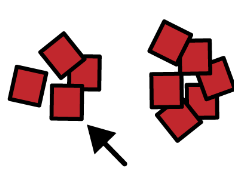
penguin



talk



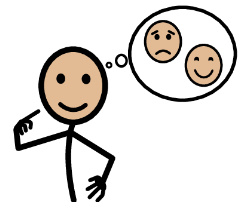
less



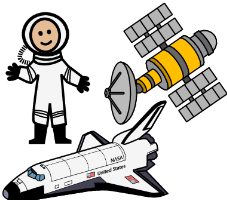
dresser



feel



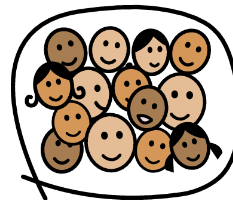
space program



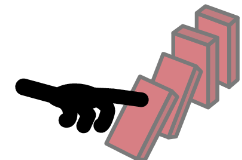
exercise



everyone



cause





1. **WHAT** is the paper about ?



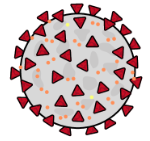
2020
Census
2020



Stress
Awareness
Month



Coronavirus



2. **WHO** can you talk to about stress ?



school
counselor



zombie



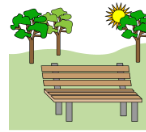
alien



3. **WHERE** does a school counselor work ?



park



museum



school



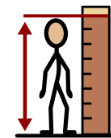
4. **WHAT** can stress change ?



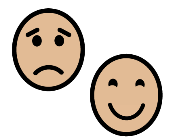
eye color



height



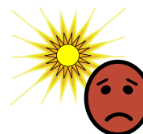
feelings



5. **WHAT** can stress give you ?



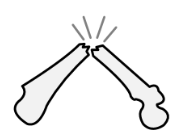
sunburn



headache



broken bone



6. **WHAT** can cause stress at school ?



tests

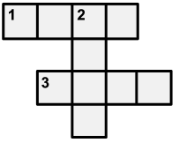


hiking



vacation





puzzle page



ACROSS 

DOWN 

2  cause

3  talk

5  stress

6  feel

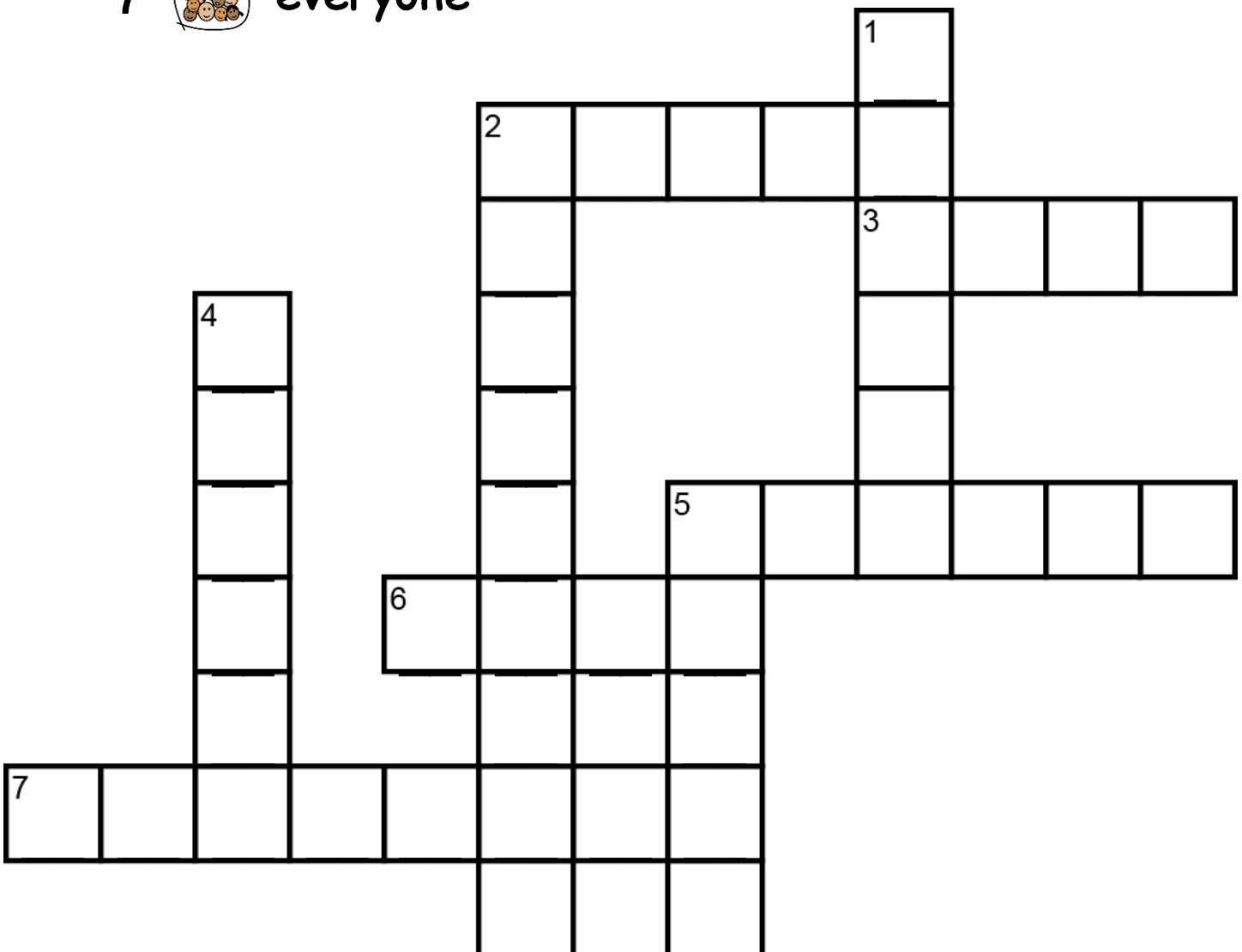
7  everyone

1  better

2  counselor

4  change

5  sleep

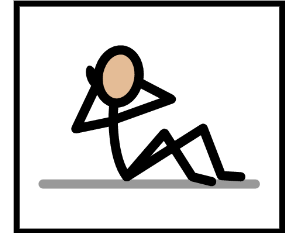
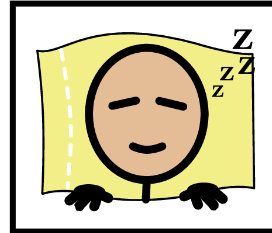
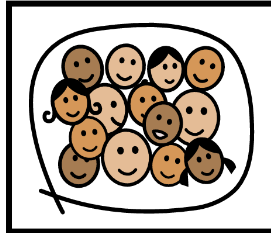
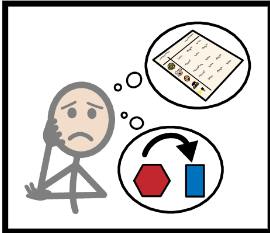



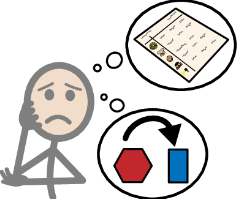
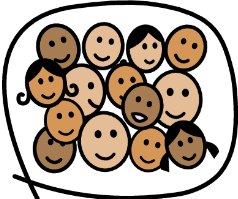
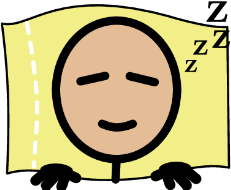

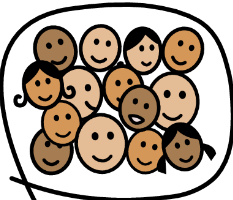
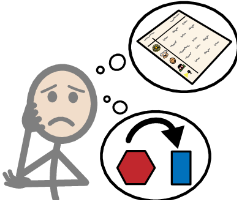
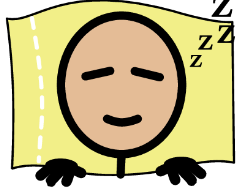
	4		3
1		2	
	2		1
3		4	

sudoku page



Fill in the grid using the pictures below so that every row, every column and every large box contains the following four items:



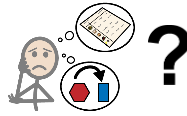
			
			
			
			



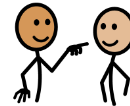
think page



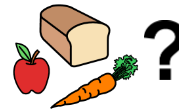
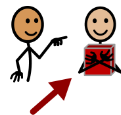
1. WHAT causes you stress ? Why ?



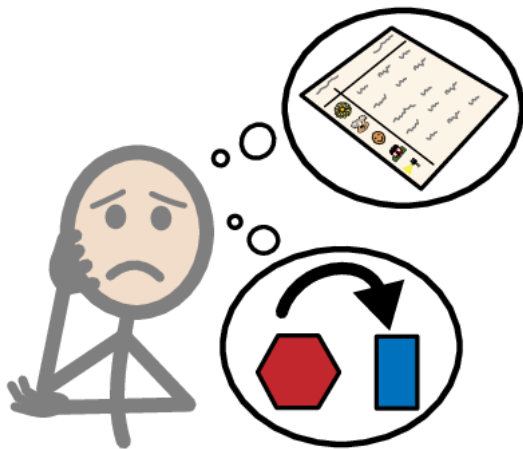
2. WHAT is something that makes you happy ?



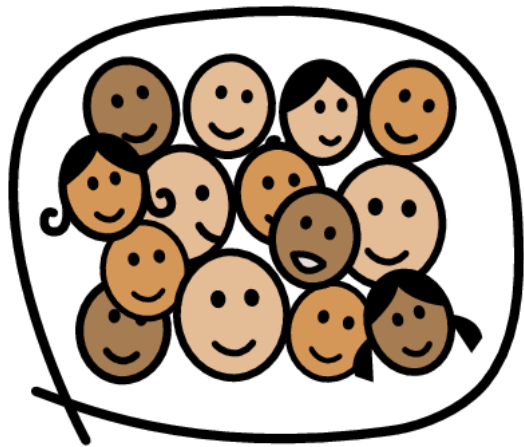
3. WHAT is your favorite healthy food ?



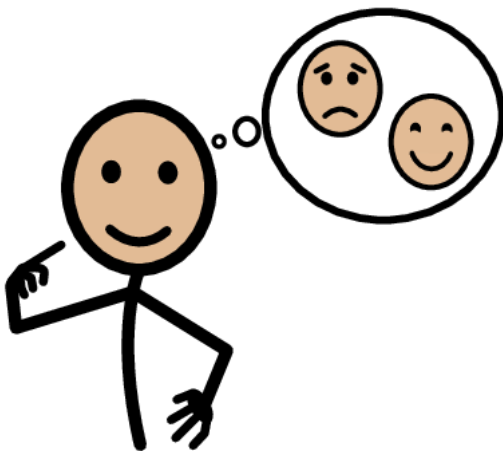
stress



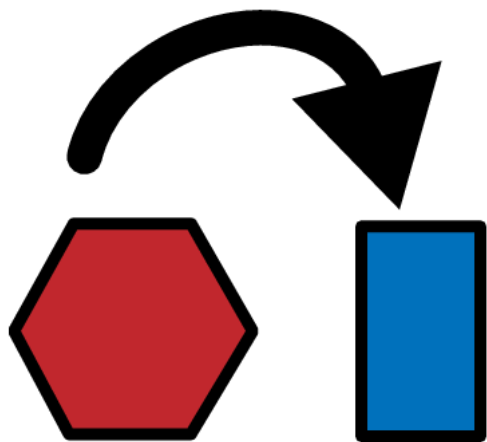
everyone



feel

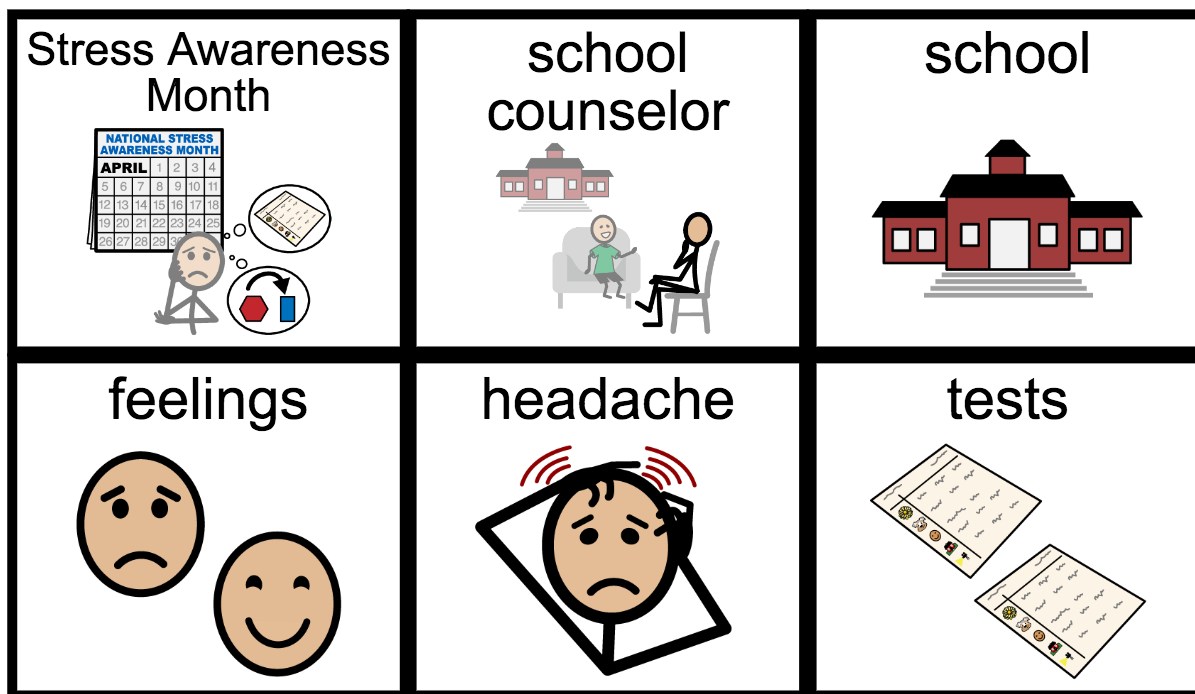


change

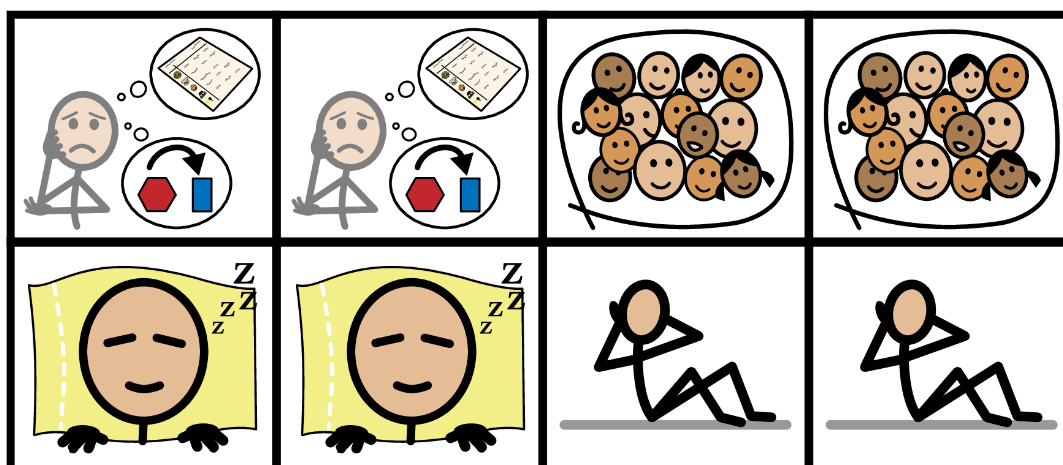




Cut out the items below to use as errorless choices for the review page.



Cut out the items below and paste answers into the Sudoku page.

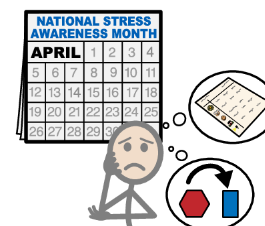




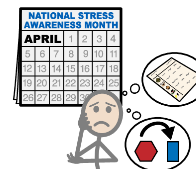
WHAT



STRESS AWARENESS MONTH



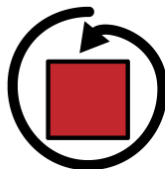
April is National Stress Awareness Month.



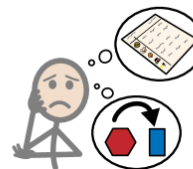
People can learn



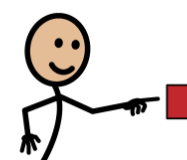
about



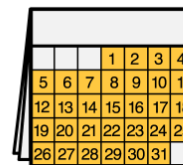
stress



this



month.





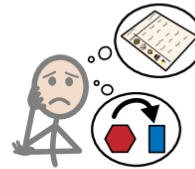
Everyone



feels



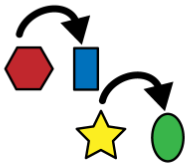
stress



sometimes.



Changes



at



home



and



school

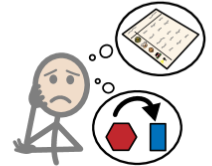


can

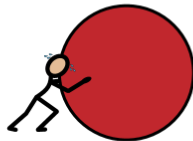
cause



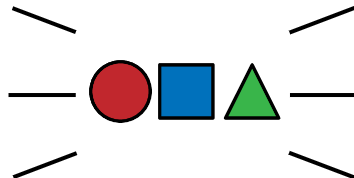
stress.



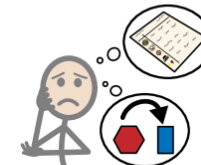
Trying

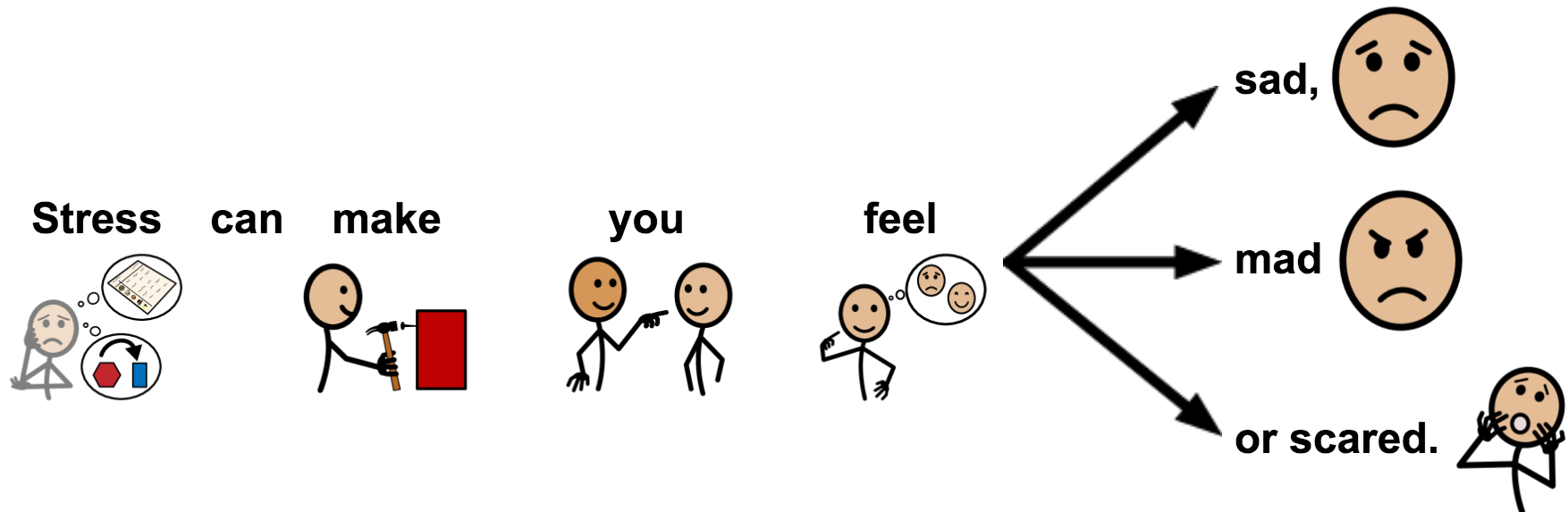


new things can cause



stress.

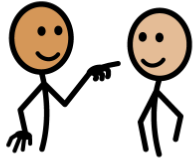




* Read this week's Extension Activity to find more ways to feel less stress.



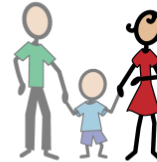
You can talk



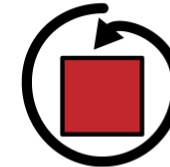
to



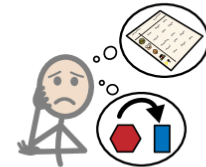
a parent



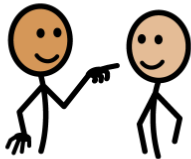
about



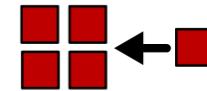
stress.



You can talk



to a school counselor too.



A school counselor works in a school.

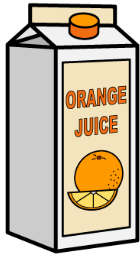




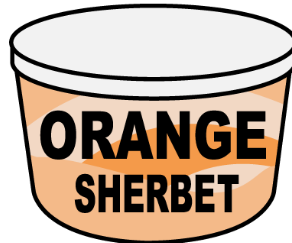
LESS-STRESS SMOOTHIE



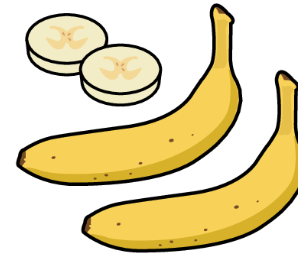
½ C orange juice



1 C orange sherbet



2 bananas, peeled and sliced



15-oz can sliced peaches, drained



½ t vanilla extract



blender



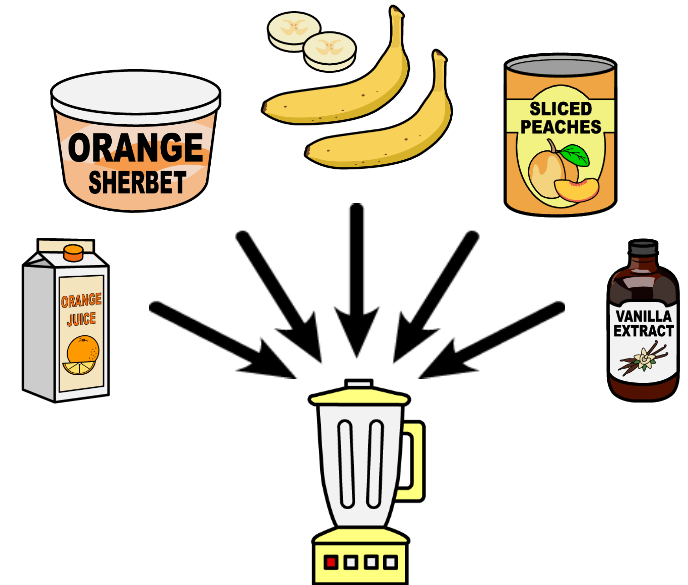
NOTE: Always consider student food allergies when preparing recipes.



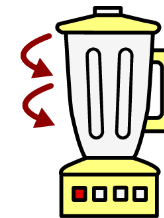
recipe page



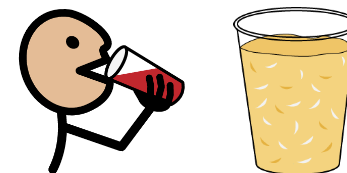
1. Put juice, sherbet, bananas, peaches and vanilla extract into blender.



2. Blend until smooth.



3. Drink.





● Knock, Knock.  

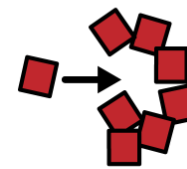
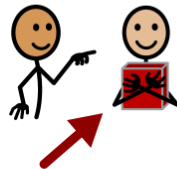
Who's there ? 

● Feel. 

Feel who ?  

● Feel your cup with a smoothie.

Fill





joke page

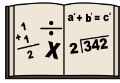

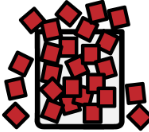


● I have a joke !

Tell me !

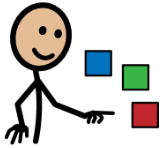
● Why was the math book sad ?
   

I don't know. Why ? 

● It had too many problems !
  
$$\begin{array}{l} 1+1=2 \\ 2 \times 2=4 \end{array} !$$

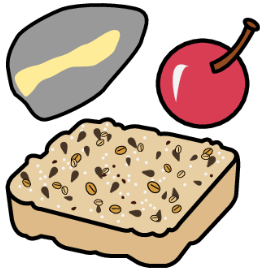
problems



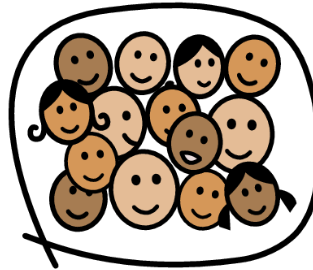


Choose the pictures about STRESS AWARENESS MONTH.

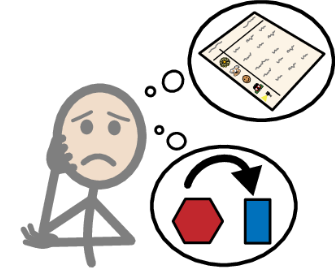
bird food



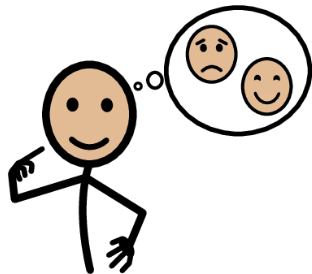
everyone



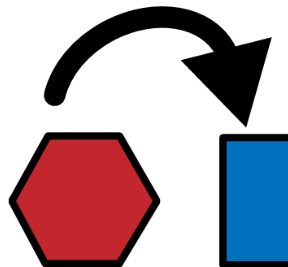
stress



feel



change



cement truck

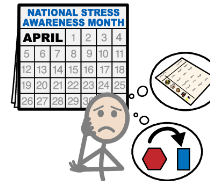




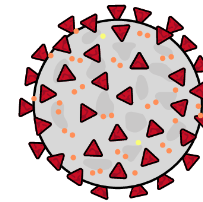
1. WHAT is the paper about ?



Stress
Awareness
Month

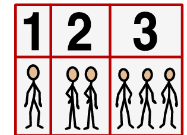


Coronavirus



2020 Census

2020



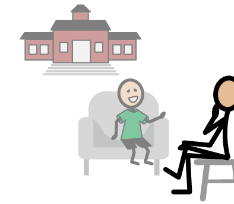
2. WHO can you talk to about stress ?



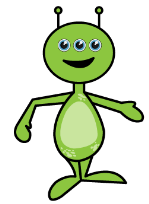
zombie



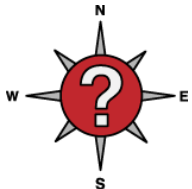
school
counselor



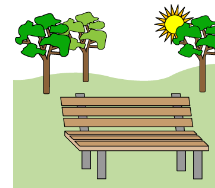
alien



3. WHERE does a school counselor work ?



park



museum


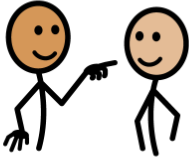
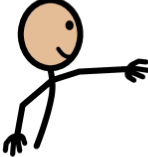

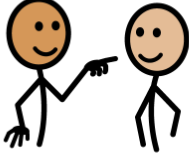

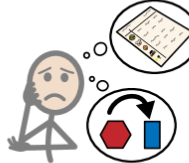



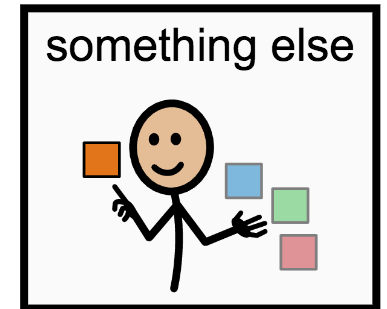
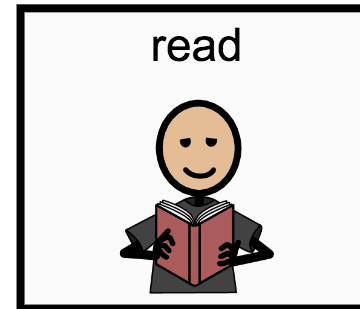
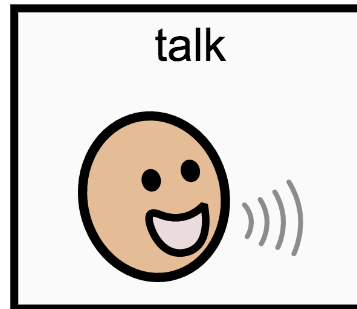
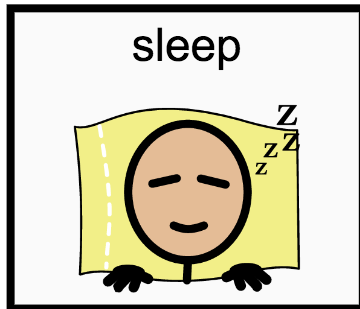
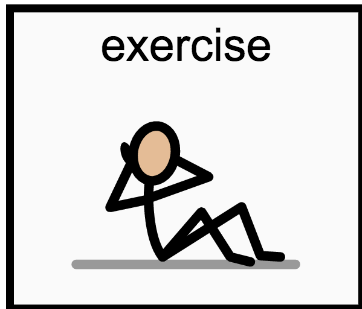
school



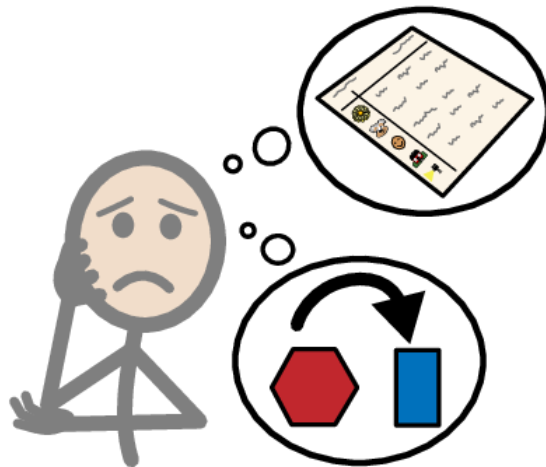


WHAT do you do when you feel stress ?

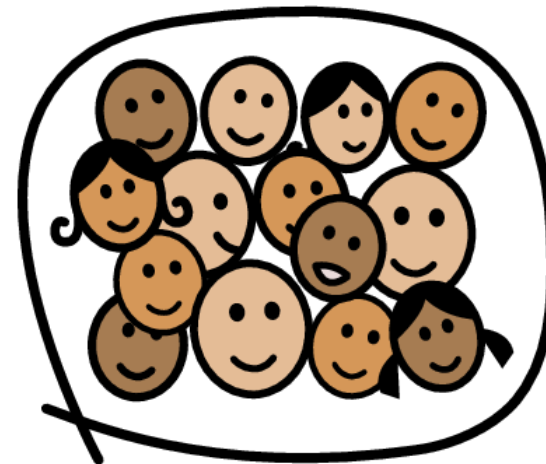
       



stress




everyone



Letter Home

Dear: _____

This week the title of the newspaper was . I learned about a

place called . I had fun making a new recipe called .

I learned four new words:    .

My favorite part of the paper was the

story



recipe



joke



From, _____

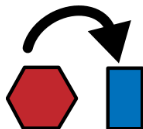
feel



Less-Stress
Smoothie



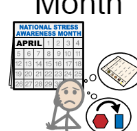
change



everyone



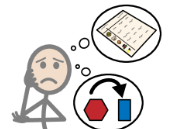
Stress
Awareness
Month



school



stress



Letter Home



Dear _____ ,



This week the title of the newspaper was _____ .



The person in the news was _____ .



I learned about a place called _____ .



We made _____ .



I learned four new words: _____ ,

_____ , _____

and _____ .



My favorite part of the paper was _____

because _____ .

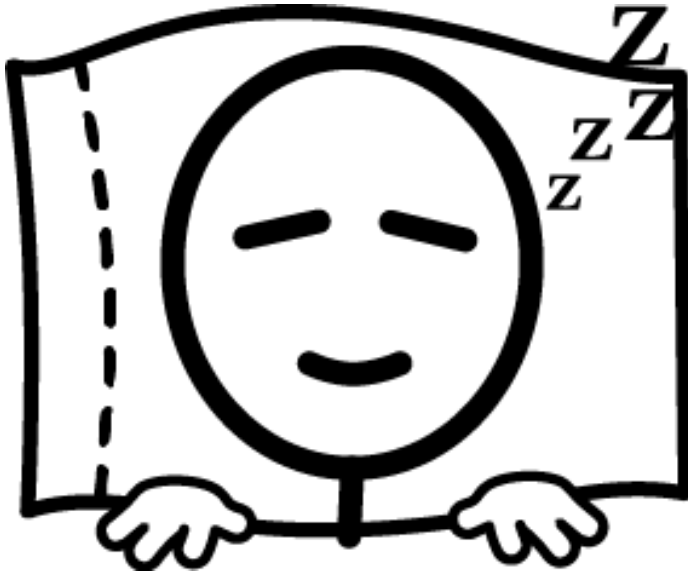


From, _____

Color and Label

Name: _____

1. Color the pictures.
2. Place the labels in the spaces above the correct pictures.



school

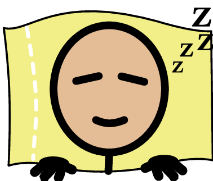
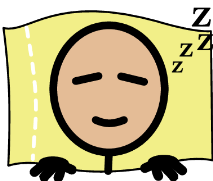

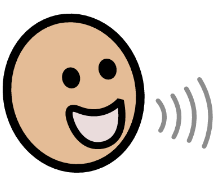
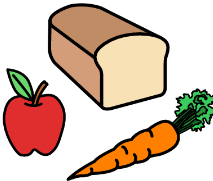
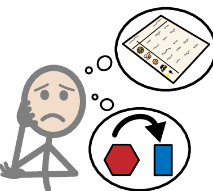
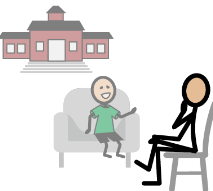
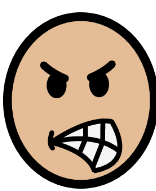
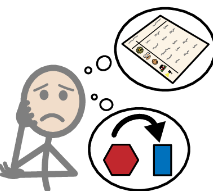
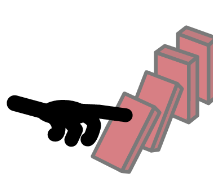
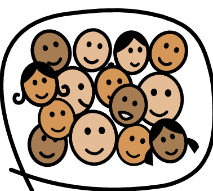
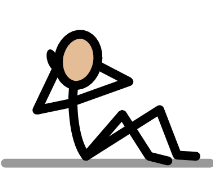
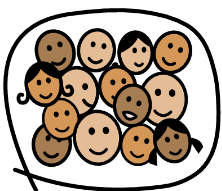
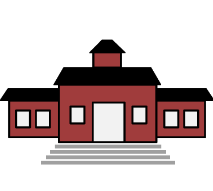

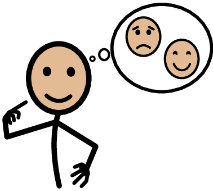

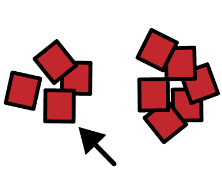
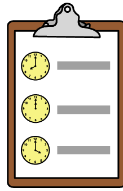
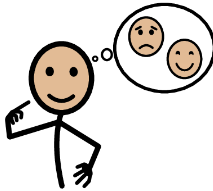
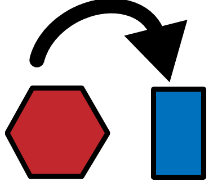
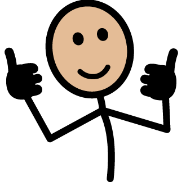
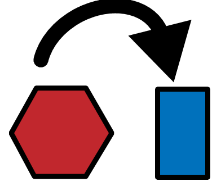
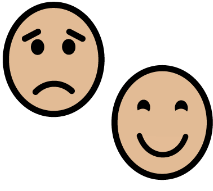

students

sleep

Matching

Name: _____

Choose the matching symbol in each row.

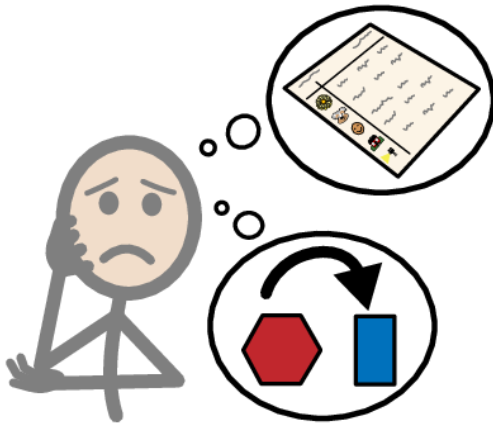
Vocabulary Words and Definitions

Name: _____

Read, practice and post these words on classroom word walls.

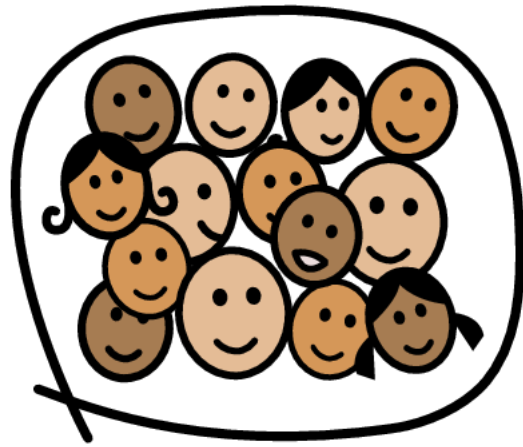
Stress Awareness Month

stress



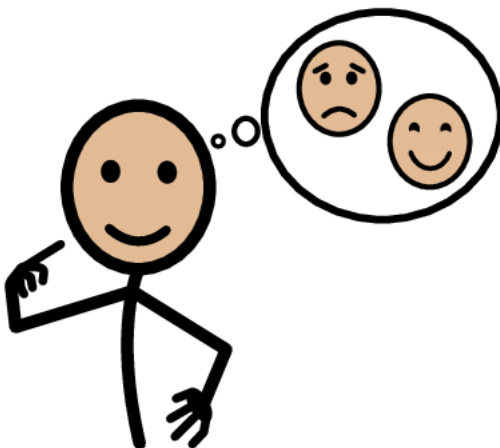
What you feel when you are worried or uncomfortable about something

everyone



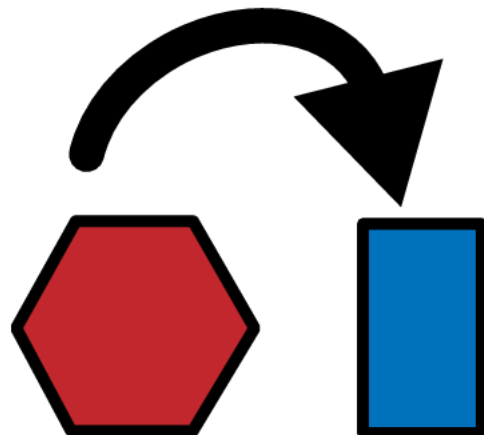
All people

feel



To experience an emotion or sensation

change

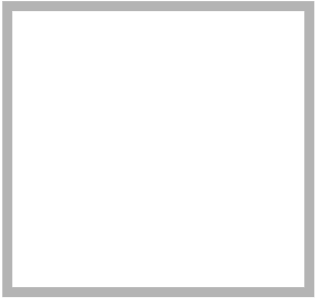


To make different

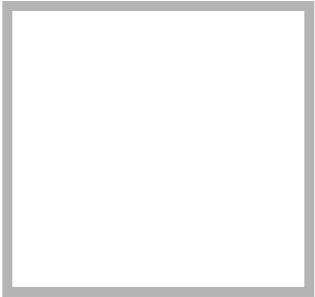
Word Definitions

Name: _____

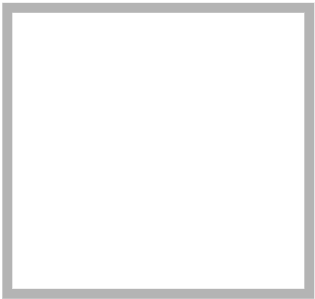
Match each picture/word card to its definition.



To make different



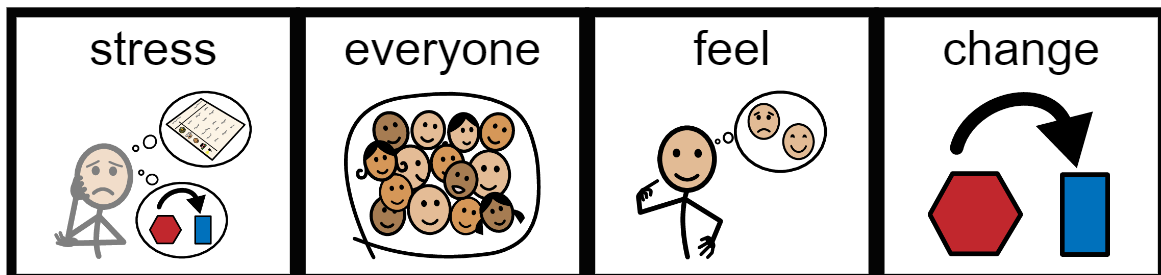
All people



What you feel when you are worried or uncomfortable about something



To experience an emotion or sensation

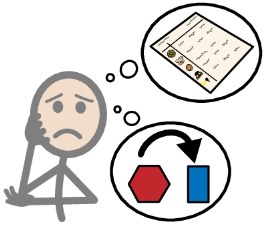


Word Definitions

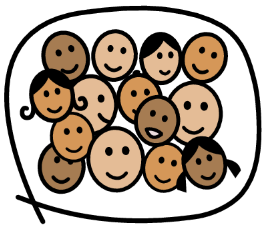
Name: _____

Write your own definitions for the words.

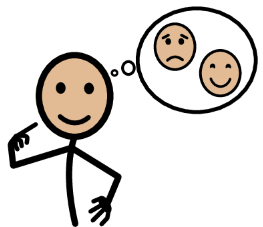
stress



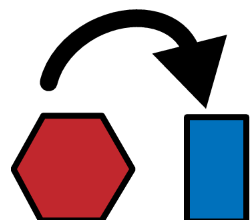
everyone



feel



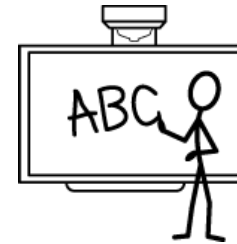
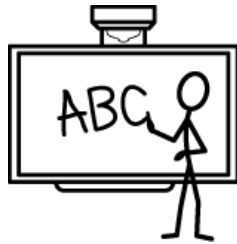
change



Read and Do

Name: _____

Read each sentence. Do what each sentence says.



1. Draw green grass below the first school.



2. Draw a black plus sign above the last teacher.



3. Color the second school red.



4. Draw a purple square around the first teacher.



5. Draw two blue clouds above the third school.



6. Draw a pink line below the second teacher.

Practice drawing here.

Look, Read and Think

Name: _____

Place an "X" in the box next to the sentence that describes the picture.

☐

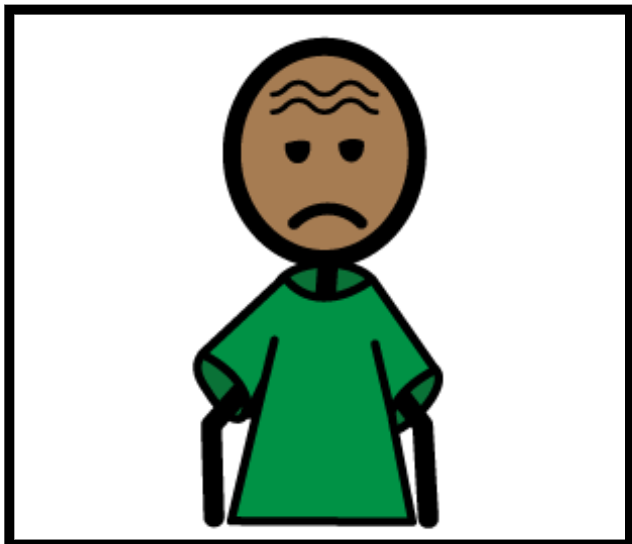
The boy worries.

☐

The boy has a headache.

☐

The boy has a stomachache.

☐

The boy has a headache.

☐

The boy has a stomachache.

☐

The boy worries.

☐

The boy has a stomachache.

☐

The boy worries.

☐

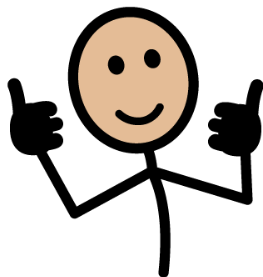
The boy has a headache.

Counting Syllables

Name: _____

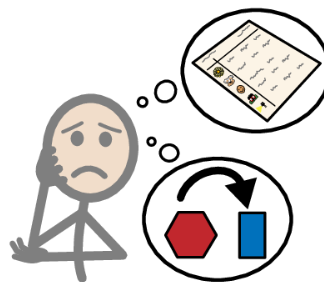
Say each word. Count the syllables. Place the number in each box.

better

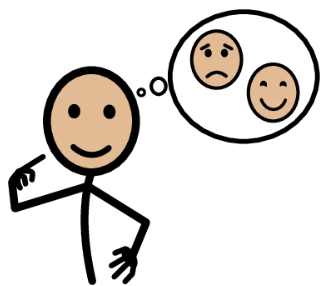


2

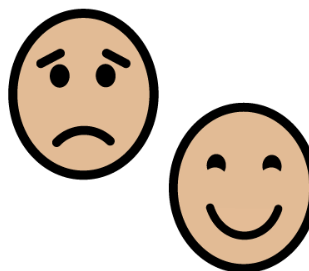
stress



feel



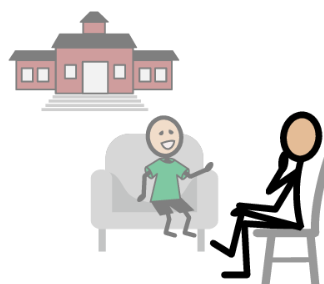
feelings



exercise



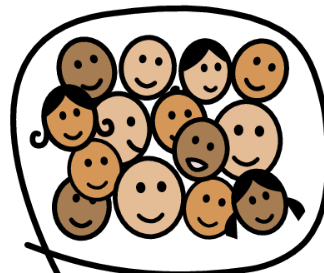
counselor



homework



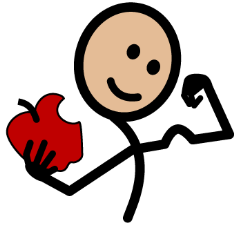
everyone



Beginning Sound

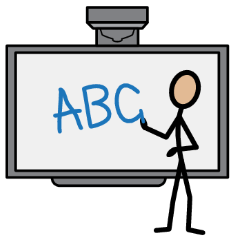
Name: _____

1. Say the name of each picture.
2. Circle the letter or letters in each row that make the same beginning sounds.



h

t



h

t



h

t



h

t



h

t

Key: test, homework, headache, healthy, teacher

Word Beginnings

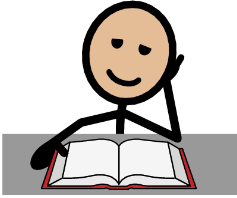
Name: _____

1. Say the name of each picture.
2. Put the letter or letters of the beginning sound in each box.

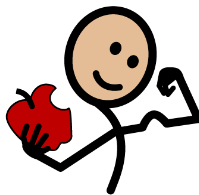
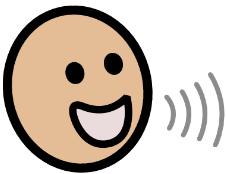
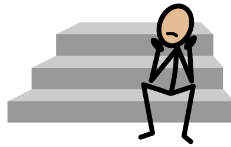
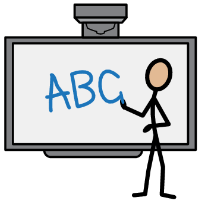
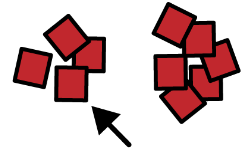
l

h

t



l



Key: learn, talk, homework, test, headache, less, healthy, teacher, lonely

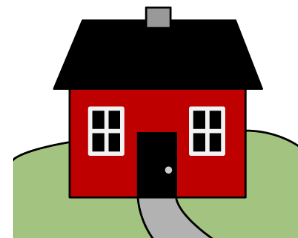
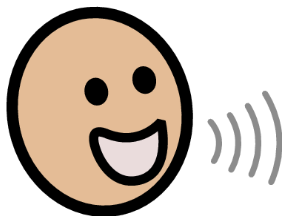
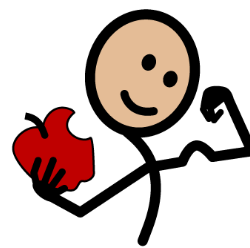
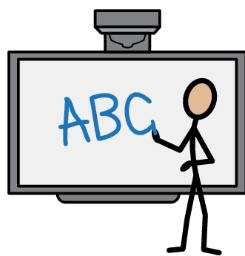
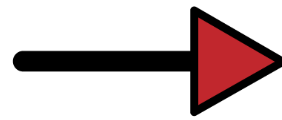
Word Sort: Beginning Sound

Name: _____

1. Cut out the words/pictures. Glue the top section of the page to construction paper.
2. Sort the words that begin with /h/ and the words that begin with /t/.

Begins with h

Begins with t



Key: home, test, homework, talk, headache, teacher, healthy, to

Find the Sound

Name: _____

Each picture has // in it at the beginning, middle or end.

Say the word. Write the letter "l" in the box where the sound is located.

Example:

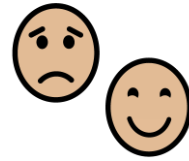


feel

Beginning

Middle

End



feelings

Beginning

Middle

End



schedule

Beginning

Middle

End

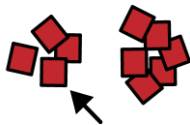


school

Beginning

Middle

End

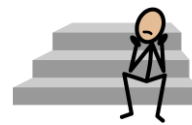


less

Beginning

Middle

End



lonely

Beginning

Middle

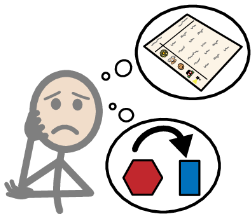
End

Beginning Letter

Name: _____

Start at the big dot. Trace each letter.

stress

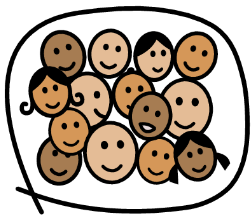


S

S

S

everyone

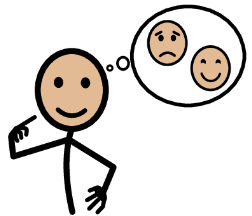


e

e

e

feel

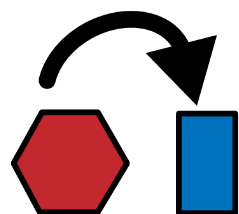


f

f

f

change



C

C

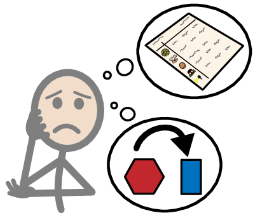
C

Write the Word

Name: _____

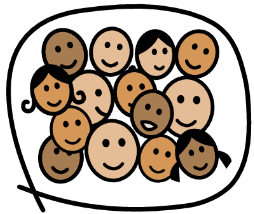
Trace the letters.

stress



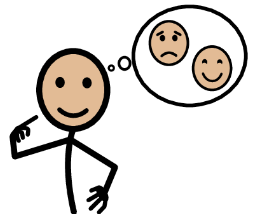
stress

everyone



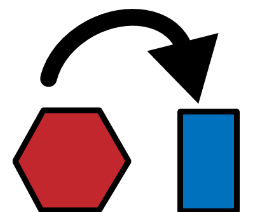
everyone

feel



feel

change



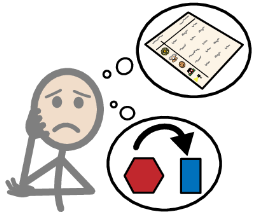
change

Beginning Letter

Name: _____

1. Start at the dots. Trace the letters.
2. Alphabetize the words. Record the order using the small boxes on the right using 1, 2, 3 and 4.

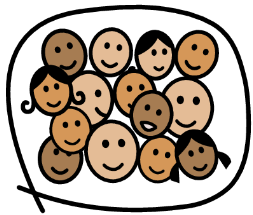
stress



s s s

☐

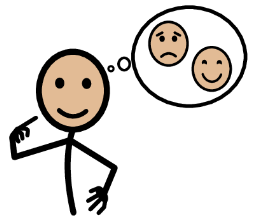
everyone



e e e

☐

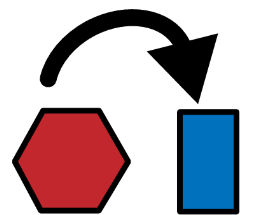
feel



f f f

☐

change



c c c

☐

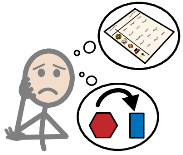
a b c d e f g h i j k l m n o p q r s t u v w x y z

Write the Word

Name: _____

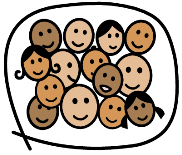
1. Write the word.
2. On the line below the word, write a sentence using the word.

stress



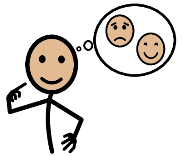
stress

everyone



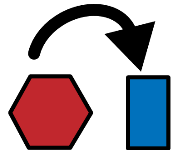
everyone

feel



feel

change



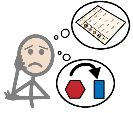
change

Cursive

Name: _____

1. Practice writing the beginning letter and word.
2. On the line below the word, write a sentence using the word.

stress



s s s stress

everyone



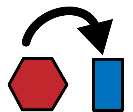
e e e everyone

feel



f f f feel

change

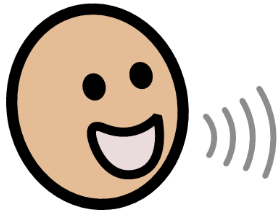



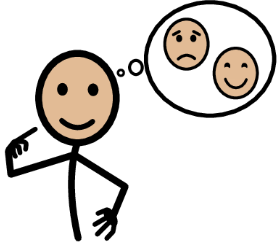

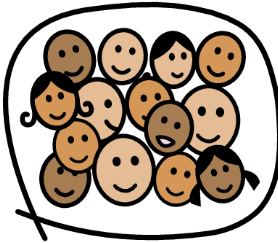

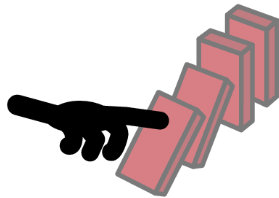

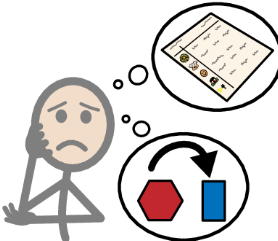

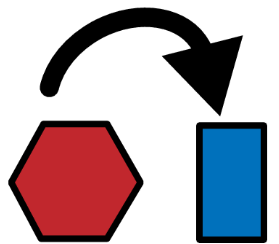

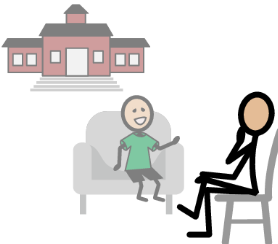



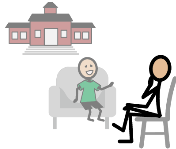
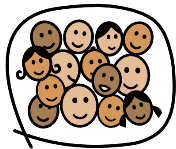

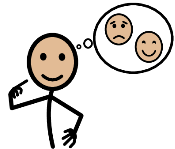
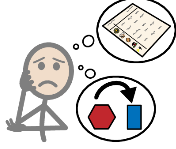

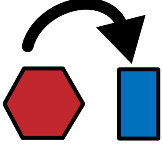
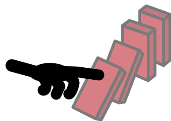
c c c change

Cut and Paste Activity

Name: _____

Match small pictures to large pictures.

Maze

Name: _____

Help the students go to the school.



Word Sort

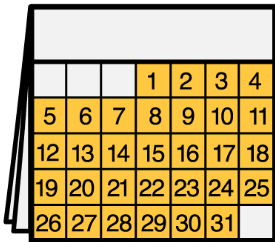
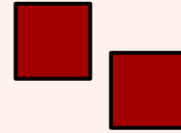
Name: _____

1. Cut out the words/pictures. Glue the top section of the page to construction paper.
2. Sort the singular and plural words.

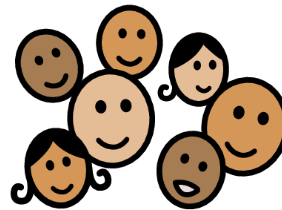
Singular



Plural



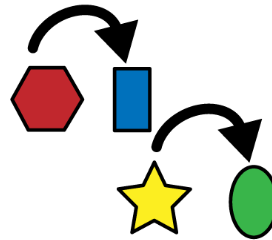
month



people



school



changes



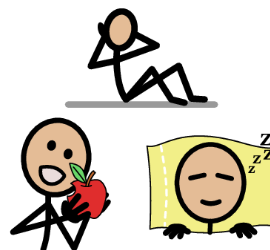
home



body



tests



activities

Word Sort

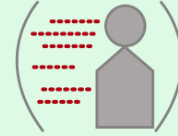
Name: _____

1. Cut out the words/pictures. Glue the top section of the page to construction paper.
2. Sort the nouns and verbs.

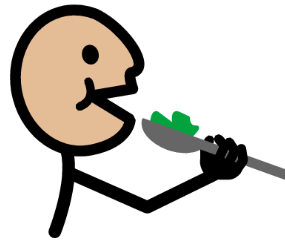
Nouns



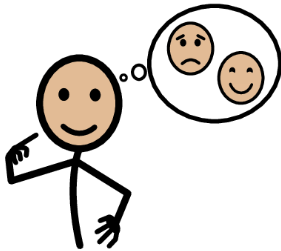
Verbs



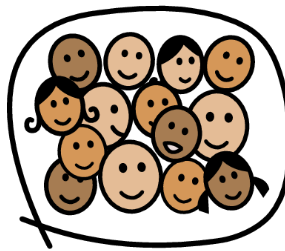
April



eat



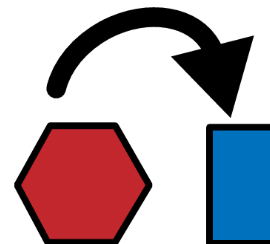
feel



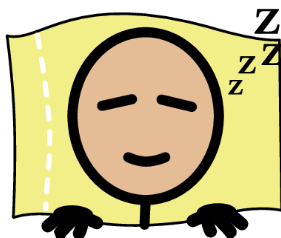
everyone



school



change



sleep



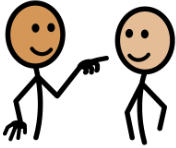

homework

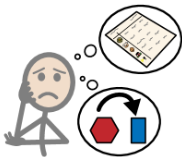


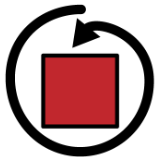
Build a Sentence

Name: _____


Choose the pictures below to complete the sentences from the paper.

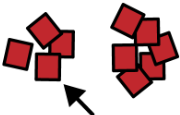


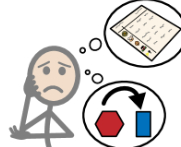
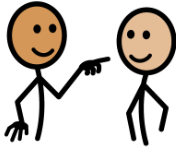
1.

You 	can talk 				
--	---	--	--	--	--

stress. 	a counselor 	to 	about 
--	---	---	--

2.


A counselor 					
--	--	--	--	--	--


less 	can help 	feel 	stress. 	you 
---	---	--	--	--

Sentence Completion

Name: _____

Choose a picture to complete the sentence.

1.  feels stress sometimes.

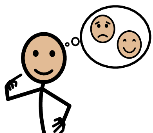
2. Changes at school and home can cause  .

3. Stress can  your feelings.

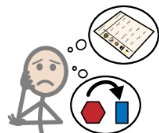
4. You may  less happy or less excited.

5. You can  to someone about stress.

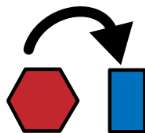
feel



stress



change



talk



Everyone



Sentence Completion

Name: _____

Choose a word to complete the sentence.

1. feels stress sometimes.

2. Changes at school and home can cause .

3. Stress can your feelings.

4. You may less happy or less excited.

5. You can to someone about stress.

feel

Everyone

stress

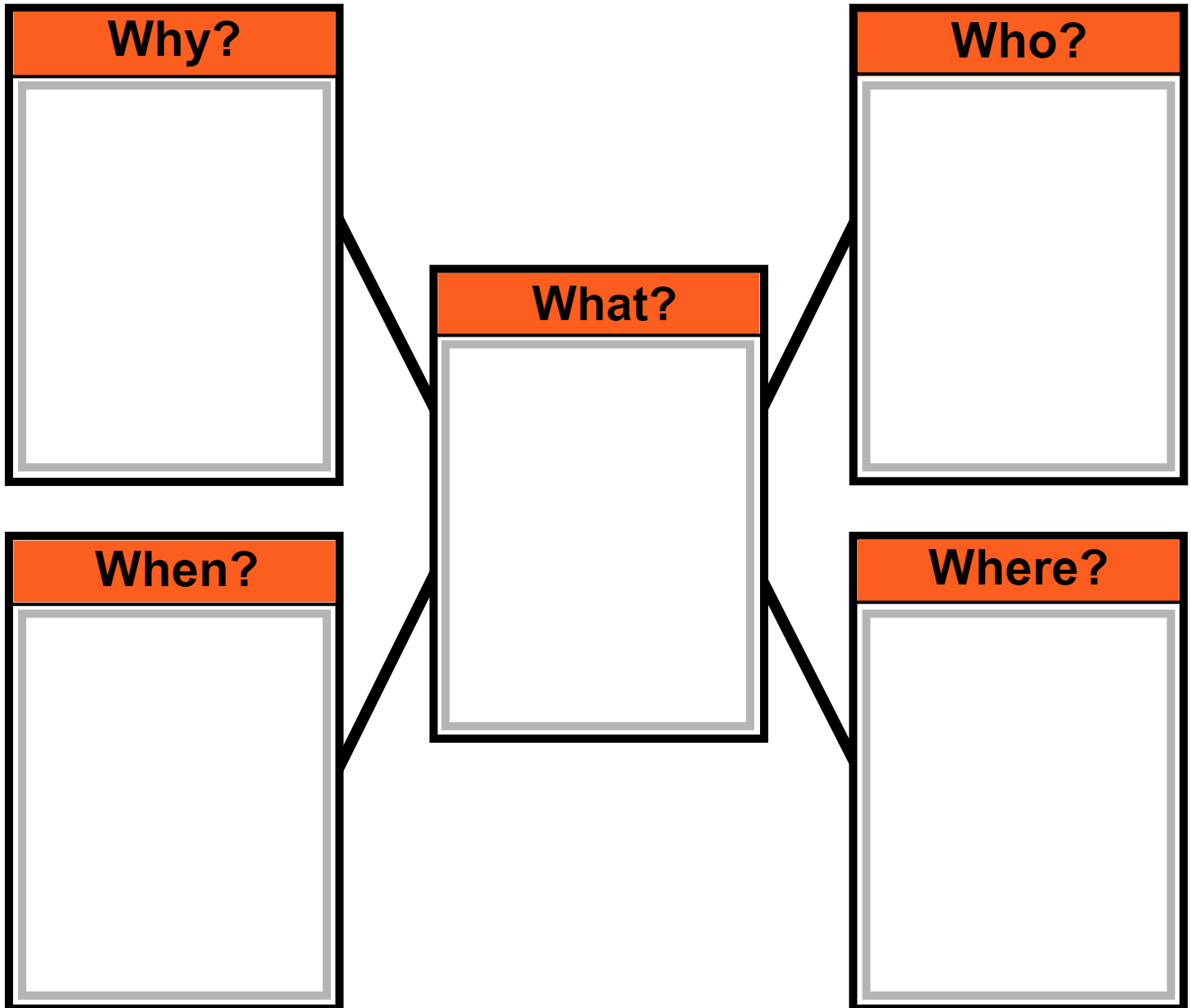
talk

change

Webbing

Name: _____

Choose a picture/word card to fill in each part of the web.

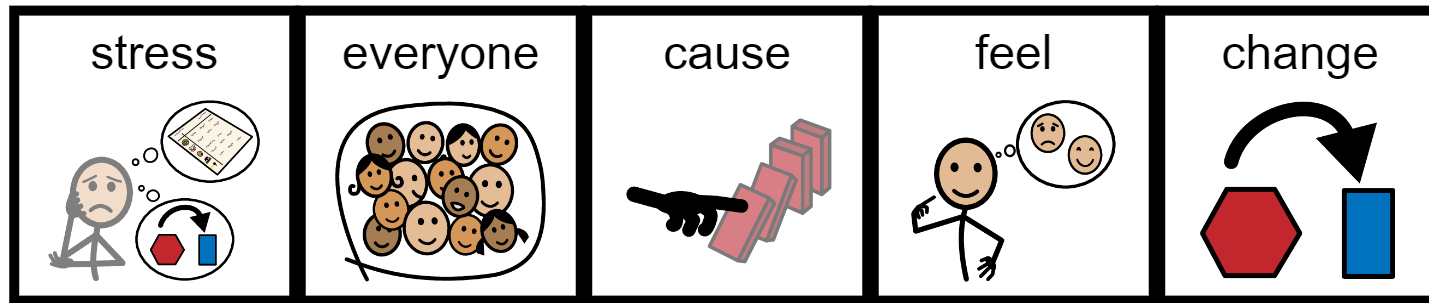


<p>school counselor</p>	<p>Stress Awareness Month</p>	<p>school</p>	<p>learn about stress</p>	<p>April</p>
-------------------------	-------------------------------	---------------	---------------------------	--------------

Write a Story

Name: _____

Use one, two or all of the following picture/word cards to write a sentence or a story.



Write a Story

Name: _____

Use one, two or all of the following words to write a sentence or a story.

cause

stress

everyone

feel

change

Punctuation

Name: _____

A period (.) comes at the end of a statement or telling sentence. (I like to run.)

A question mark (?) comes at the end of a question or asking sentence. (Do you run?)

An exclamation point (!) comes at the end of a sentence to show strong feelings or emotion. (He can run fast!)

Choose the correct punctuation mark at the end of each sentence.

1. Trying new things can cause stress

2. What can give you a headache or stomachache

3. What can you do to feel less stress

4. A school counselor works in a school

5. Does your school have a counselor

6. Other people can help you too

Capitalization

Name: _____

The first word in a sentence begins with a capital letter. Proper nouns are also capitalized. Proper nouns name a specific noun such as a person's name, a city, an ocean, state or country.



Circle the capital letters.

1. April is National Stress Awareness Month in the U.S.
 2. Changes to Dylan's schedule can cause stress.
 3. Mr. Smith has an office at Main Street School.
-



Underline the letters that should be capitalized.

4. friends help cooper feel less stress.
5. the boy talked to the school counselor on monday.
6. stress may make sophie feel sad.

Capitalization and Punctuation

Name: _____

1. Circle all the capitalization and punctuation errors in each sentence.
2. Write the corrected sentence below each sentence.

1. You may feel Stress when you are worried.

_____ (1 error)

2. homework and Tests can cause stress too.

_____ (2 errors)

3. Stress can change Your Body too.

_____ (2 errors)

4. April is national Stress Awareness month

_____ (3 errors)

5. what do You do when you feel Stress.

_____ (4 errors)

Paragraph Completion

Name: _____

Choose the correct picture/word cards to complete the paragraph.

April is National Stress Awareness Month.

feels stress sometimes.

feelings. Stress can

things at school or home can

can do activities to

. You can get

You can

talk to a friend, parent, teacher or

can change your

your body too. Many










stress. You

less stress. You can

sleep.

to someone about stress. You can

.

feel		change		talk	
Stress		school counselor		better	
exercise		Everyone		cause	

Key Topic Facts

Name: _____

The topic of this week’s paper was: Stress Awareness Month.
Write three facts that you remember from the paper.



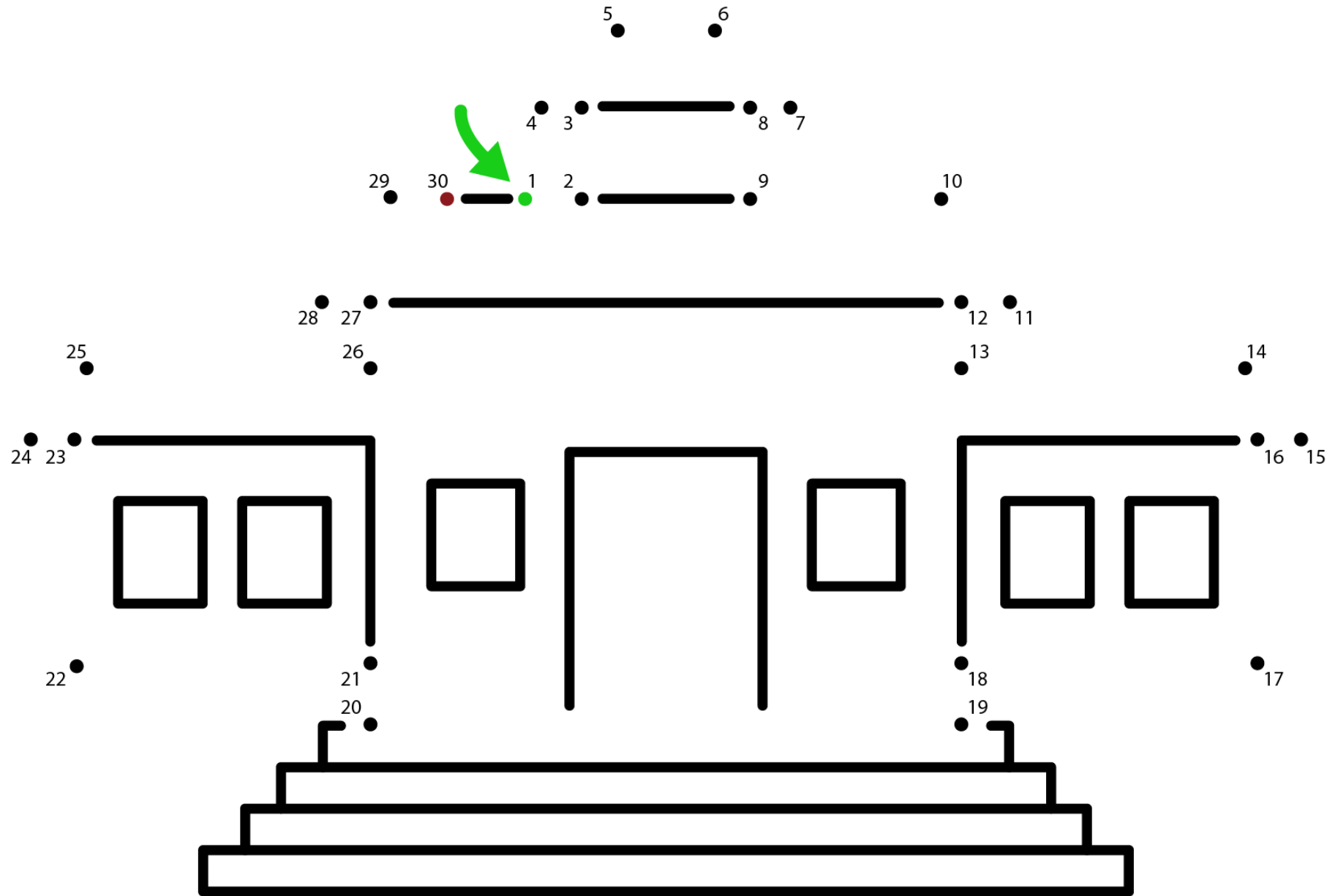




Dot-to-Dot

Name: _____

Count by 1s. What is this? _____



Patchwork Math

Name: _____

Color the symbol for happy, using the colors beside the numbers below.

2 = no color

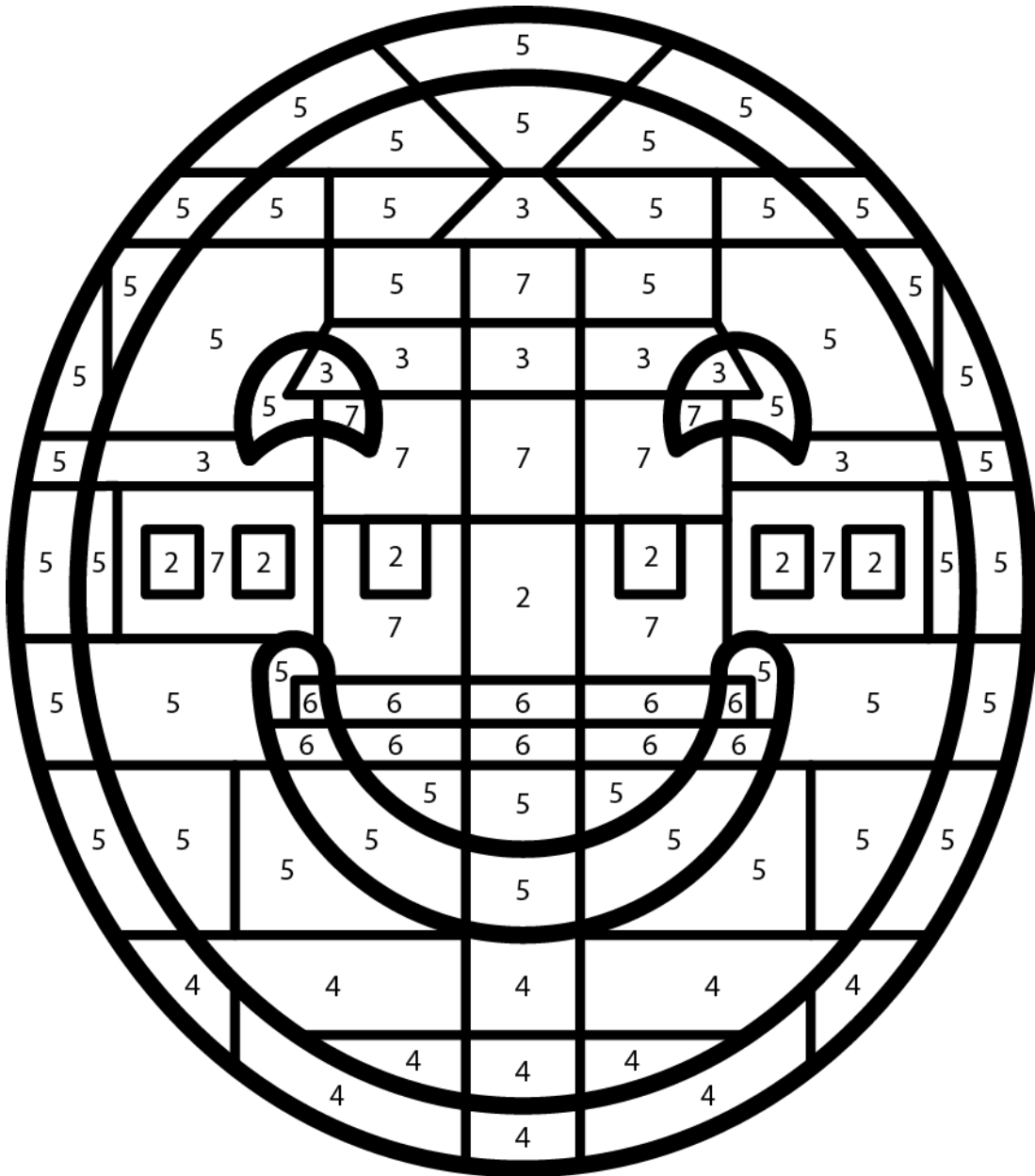
5 = yellow

3 = black

6 = gray

4 = blue

7 = red



What hidden picture did you find?

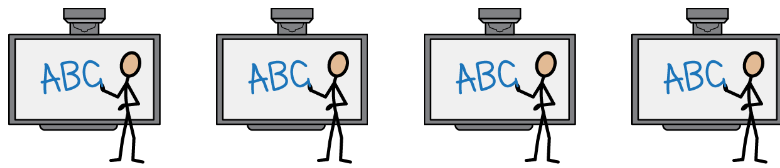
school

feelings

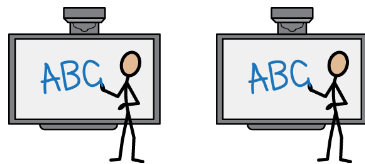
Which Is Greater?

Name: _____

1. Count the items in each row. Place the number in the box.
2. Place a checkmark in the small box next to the number that is greater.



Number	Which is greater?
<input type="text"/>	<input type="checkbox"/>



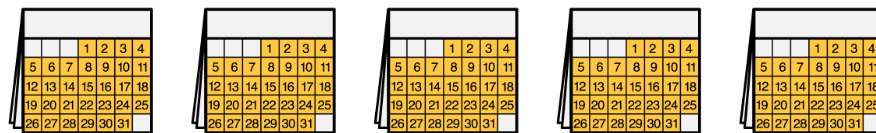
<input type="text"/>	<input type="checkbox"/>
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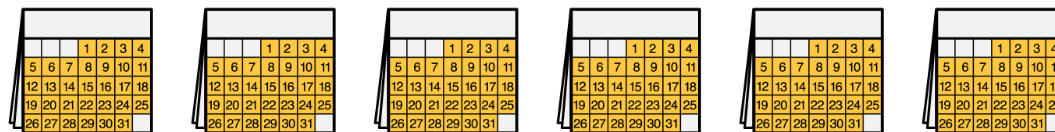
<input type="text"/>	<input type="checkbox"/>
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<input type="text"/>	<input type="checkbox"/>
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<input type="text"/>	<input type="checkbox"/>
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<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------

Which Is Less?

Name: _____

1. Count the items in each row. Place the number in the box.
2. Place a checkmark in the small box next to the number that is less.



Number	Which is less?
<input type="text"/>	<input type="checkbox"/>



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
----------------------	--------------------------



<input type="text"/>	<input type="checkbox"/>
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<input type="text"/>	<input type="checkbox"/>
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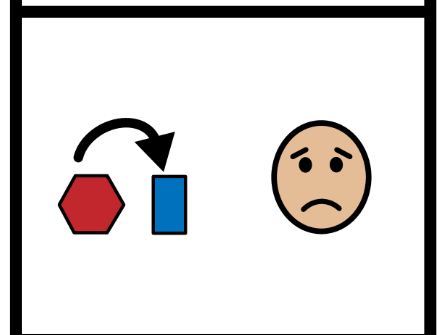
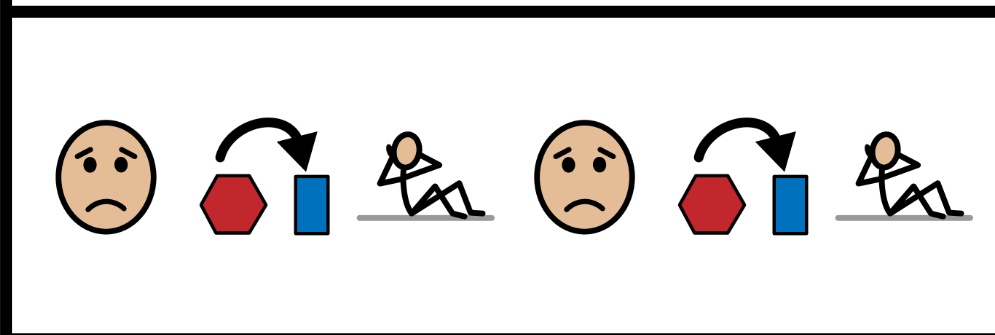
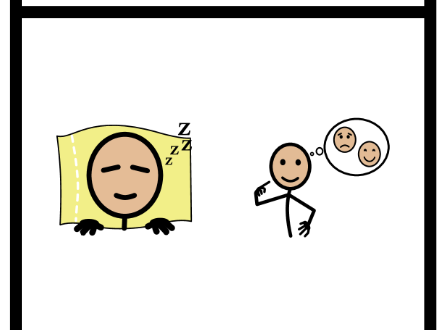
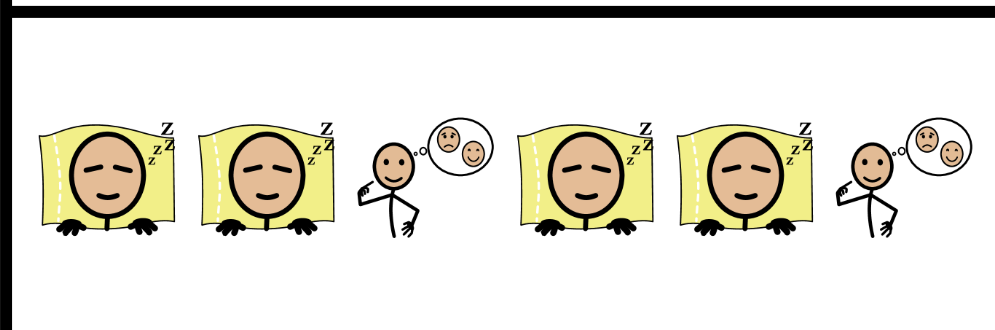
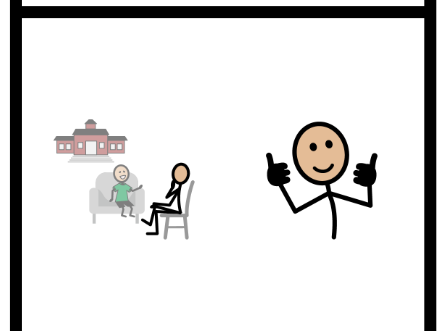
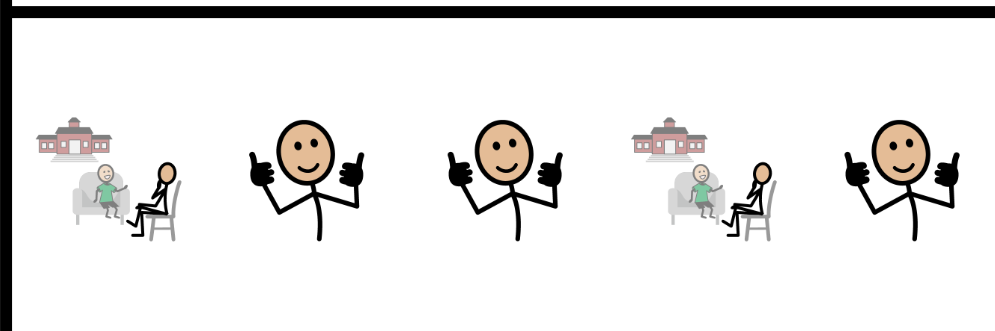
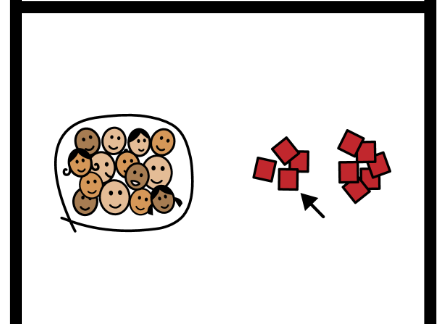
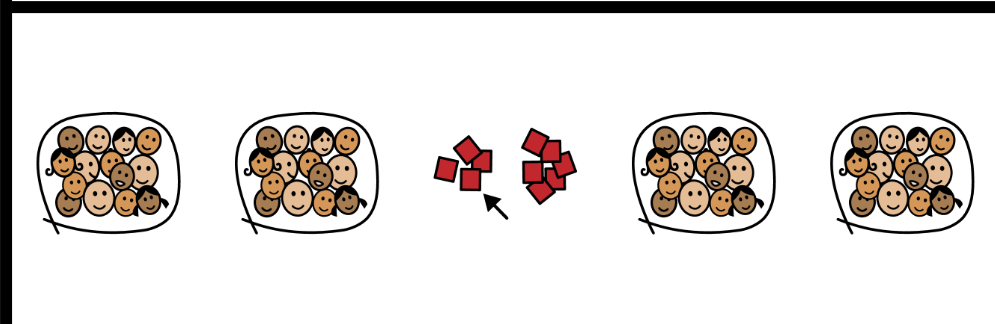
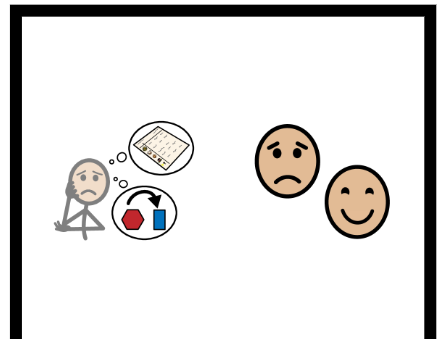
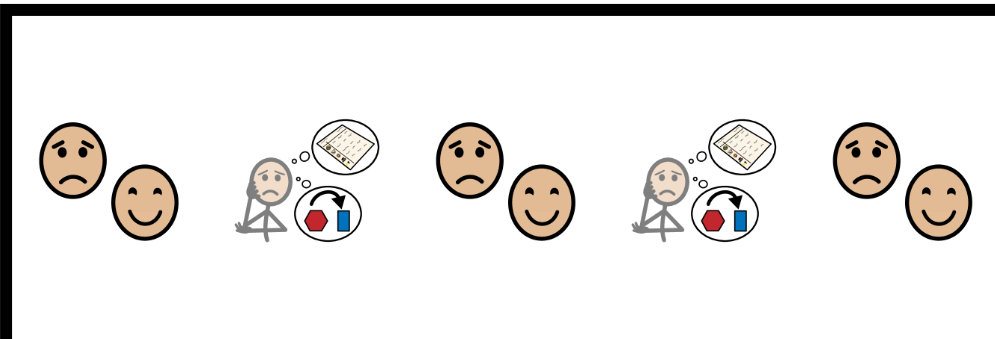


<input type="text"/>	<input type="checkbox"/>
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Which Comes Next?

Name: _____

1. Look at each symbol pattern.
2. Circle the symbol that comes next.



Word Problems

Name: _____

Fill in the blanks. Solve each word problem.

In January I took _____ tests.



Show your work.

In February I took _____ tests.



+

How many tests did I take altogether?

Answer

Last week my friend talked to _____ teachers.



Show your work.

This week my friend talked to _____ teacher.



-

How many more teachers did my friend talk to last week than this week?

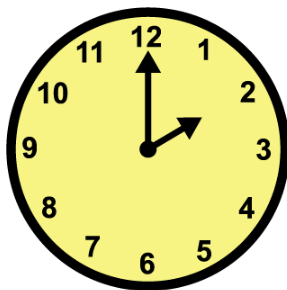
Answer

Time to the Hour

Name: _____

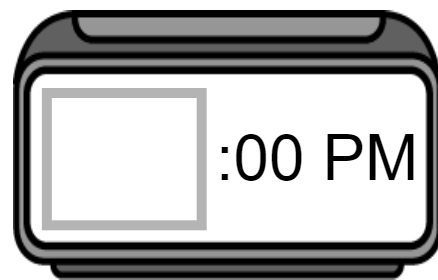
Read the question. Find the answer. Place the time on the clock.

This afternoon a school counselor talked to my class about stress. What time did the school counselor start talking about stress?

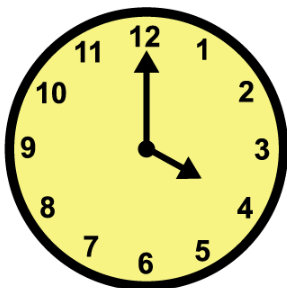


5:00

2:00

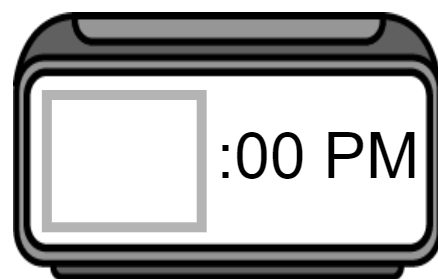


This afternoon I did homework. What time did I start doing homework?

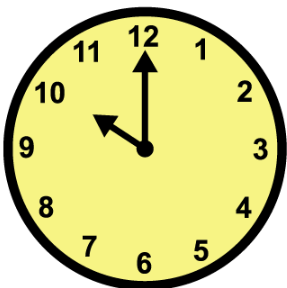


4:00

1:00



This morning in health class, my sister learned about stress. What time did health class start?

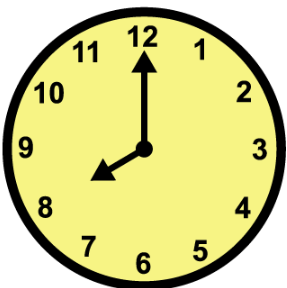


8:00

10:00



This morning I watched an online gym class, and did exercises in my living room. What time did the online gym class start?

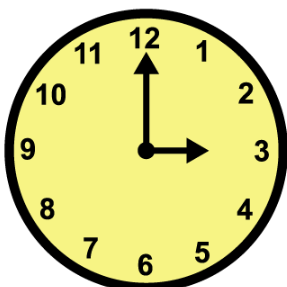


8:00

9:00

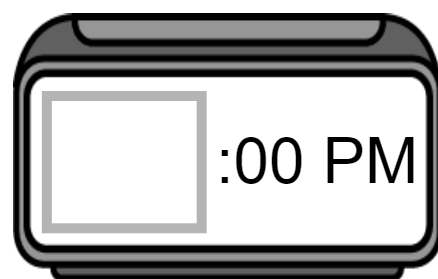


This afternoon a teenager did a puzzle to feel less stress. What time did the teenager start doing the puzzle?



3:00

4:00

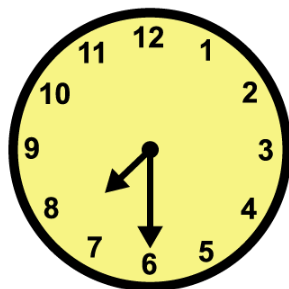


Time to the Half Hour

Name: _____

Read the question. Find the answer. Place the time on the clock.

This morning my brother talked to a school counselor. What time did my brother start talking to the school counselor?



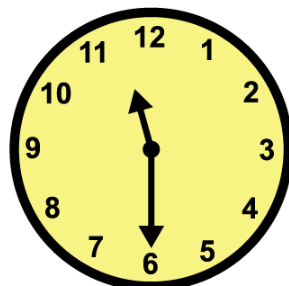
10:30

7:30

4:30



This morning my neighbor went for a run to feel less stress. What time did my neighbor start running?



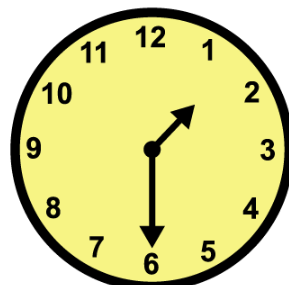
11:30

9:30

8:30



This afternoon a mom helped her kids with their online school lessons. What time did she start helping her kids?



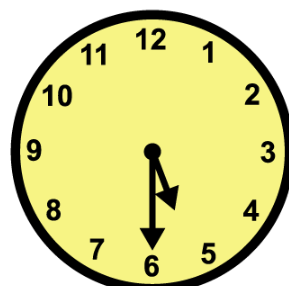
12:30

1:30

3:30



This afternoon my friend read an article about stress. What time did she finish reading the article?



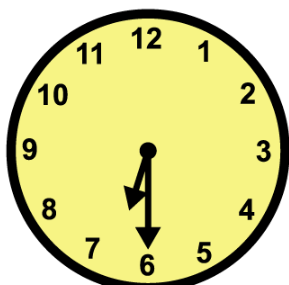
6:30

4:30

5:30



This morning my dad cooked healthy foods for breakfast. What time did he start cooking?



6:30

7:30

5:30

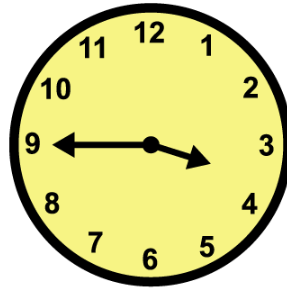


Time to the Quarter Hour

Name: _____

Read the question. Find the answer. Place the time on the clock.

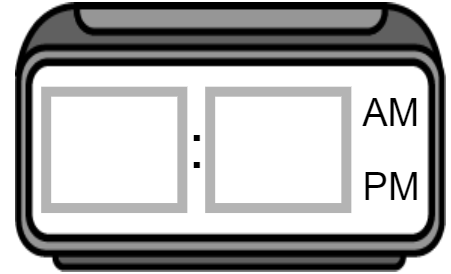
This afternoon I talked with my friends about stress. What time did I start talking with my friends?



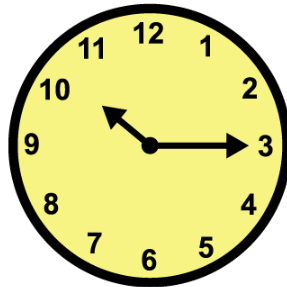
3:45

5:45

7:45



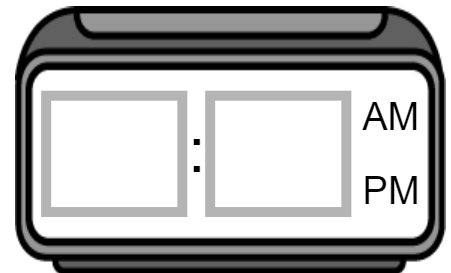
This morning my brother played a game with his friends to feel less stress. What time did they start playing the game?



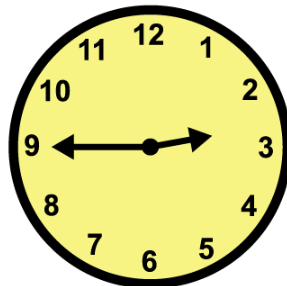
8:15

10:15

12:15



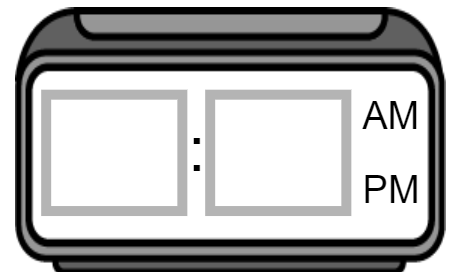
This afternoon my caretaker made a healthy snack. What time did my caretaker start making the healthy snack?



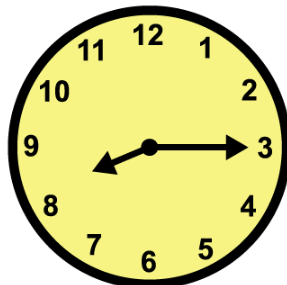
2:45

1:45

12:45



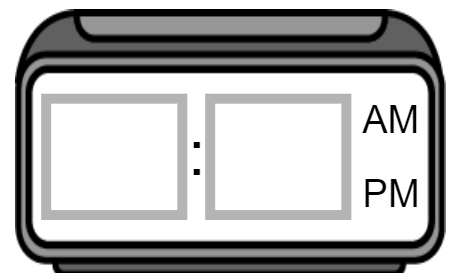
This morning in their online health class, students learned about stress. What time did the health class start?



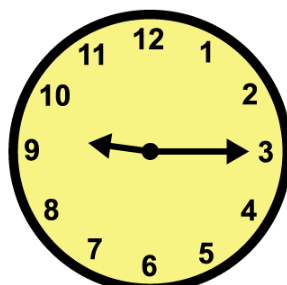
3:15

8:15

9:15



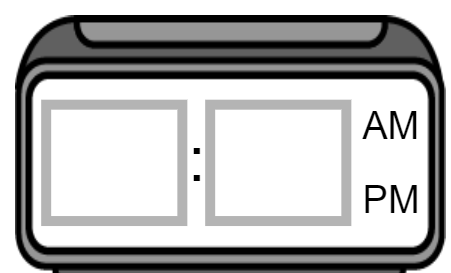
This morning a school counselor went to work at a school. What time did the school counselor arrive at the school?



3:45

10:15

9:15

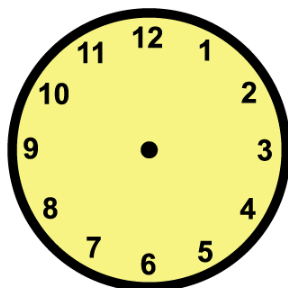


Time Lapse

Name: _____

Read the question. Find the answer. Place the time on the clock.

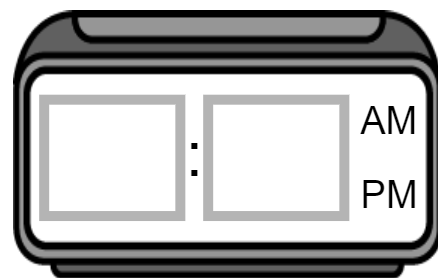
This morning I took a test online. I started taking the test at 10:00 and finished the test 1 hour later. What time did I finish the test?



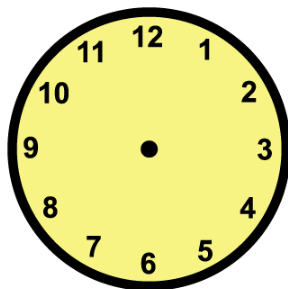
1:00

11:00

8:00



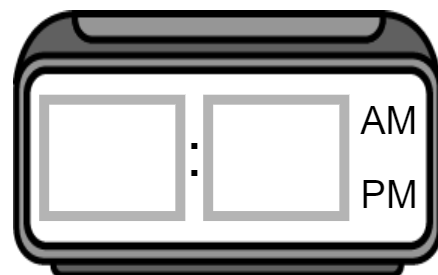
This afternoon my sister had a meeting with a school counselor. The meeting started at 1:00 and lasted 30 minutes. What time did the meeting end?



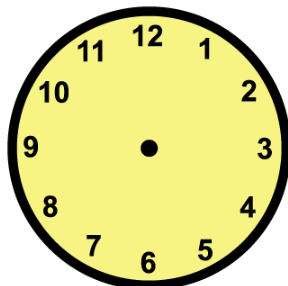
4:00

3:30

1:30



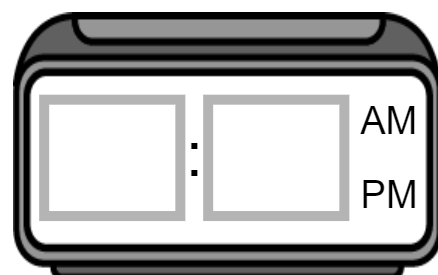
This afternoon my friend read a book to feel less stress. He started reading at 3:30 and read for 1 hour and 30 minutes. What time did he stop reading?



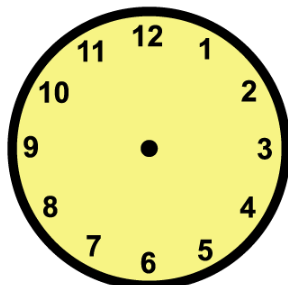
5:00

5:30

6:00



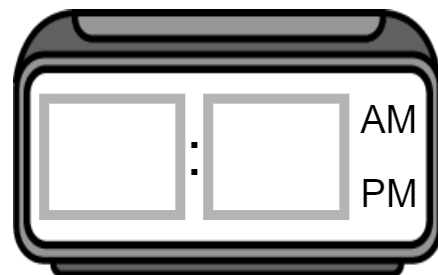
This evening my mom and I cooked healthy foods for dinner. We started cooking at 6:30 and cooked for 45 minutes. What time did we stop cooking?



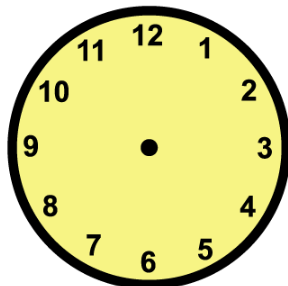
8:15

7:30

7:15



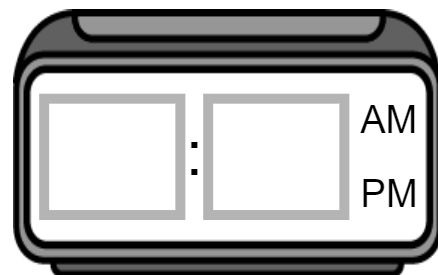
This morning in health class, my brother learned about stress. Health class started at 8:15 and lasted 1 hour and 15 minutes. What time did health class end?



9:15

9:30

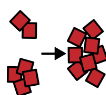
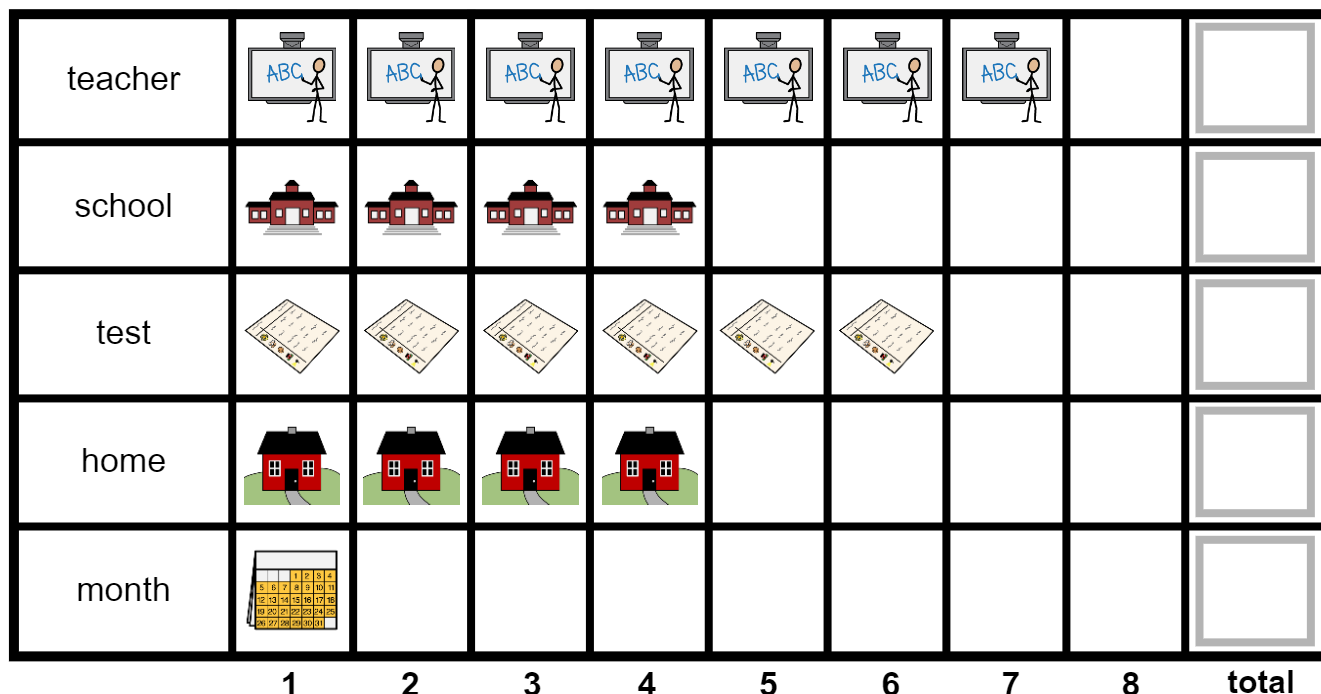
9:45



Graphing

Name: _____

- Count the number of symbols in each row. Place that number in the last column.
- Answer the questions about the graph.



1. Which word has the most symbols?

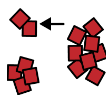
home



teacher



test



2. Which word has the fewest symbols?

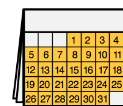
teacher



school



month



3. What is the highest number?

7

6

4

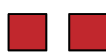


4. What is the lowest number?

4

1

6



5. Do any words have the same number?

yes



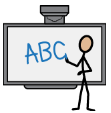




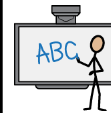
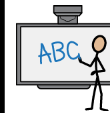














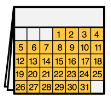
no

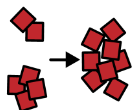


Graphing

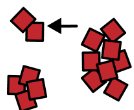
Name: _____

- Count the number of symbols in each row. Place that number in the last column.
- Answer the questions about the graph.

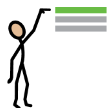
									total
teacher									
school									
test									
home									
month									



1. Which word has the most symbols?



2. Which word has the fewest symbols?



3. What is the highest number?



4. What is the lowest number?






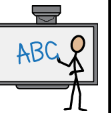
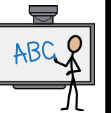














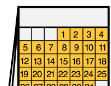


5. Do any words have the same number?

Graphing

Name: _____

- Count the number of symbols in each row. Place that number in the last column.
- Answer the questions about the graph.

									total
teacher									
school									
test									
home									
month									

- Which word has the most symbols?
- Which word has the fewest symbols?
- What is the highest number?
- What is the lowest number?
- Do any words have the same number?
- Are there more home symbols or month symbols?
- How many more test symbols are there than school symbols?

<div></div>	-	<div></div>	=	<div></div>
test		school		

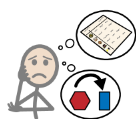
Graphing

Name: _____

1. Count the number of times each word appears in this week's news pages.
2. Starting at the bottom of each column, fill in the squares to match that number.

10					
9					
8					
7					
6					
5					
4					
3					
2					
1					

stress



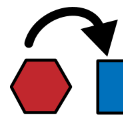
everyone



feel



change



school
counselor

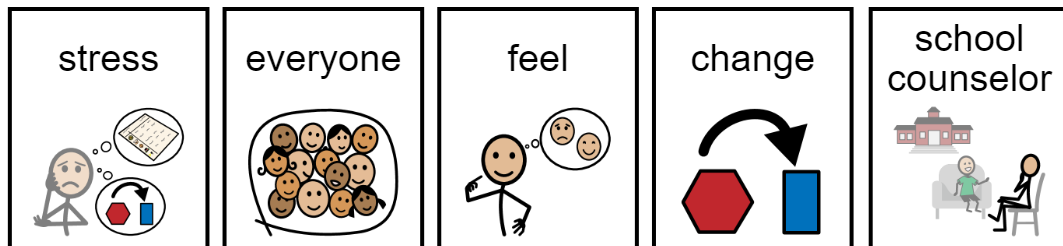


Graphing Review

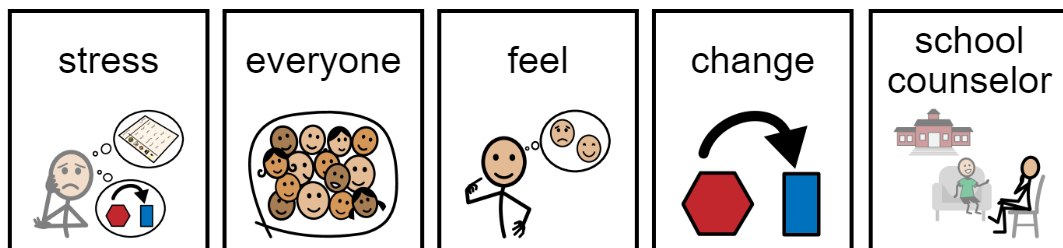
Name: _____

Use the graph on the previous page to answer the questions.

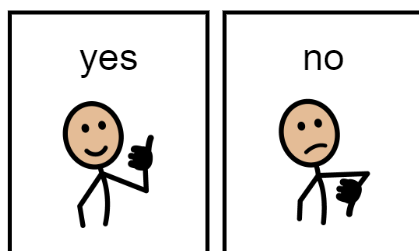
Which word had the most?



Which word had the least?

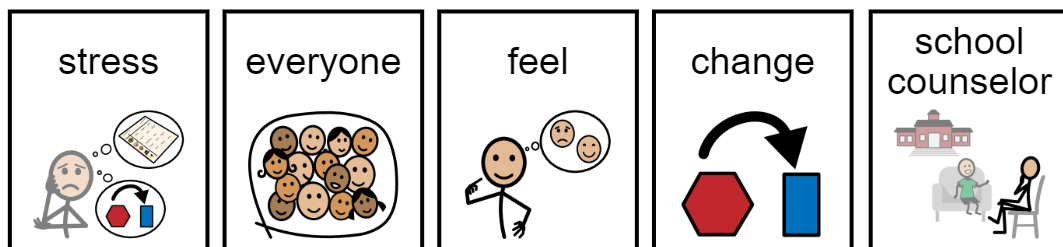


Were any numbers the same?



What was the highest number? _____


Which was your favorite word?

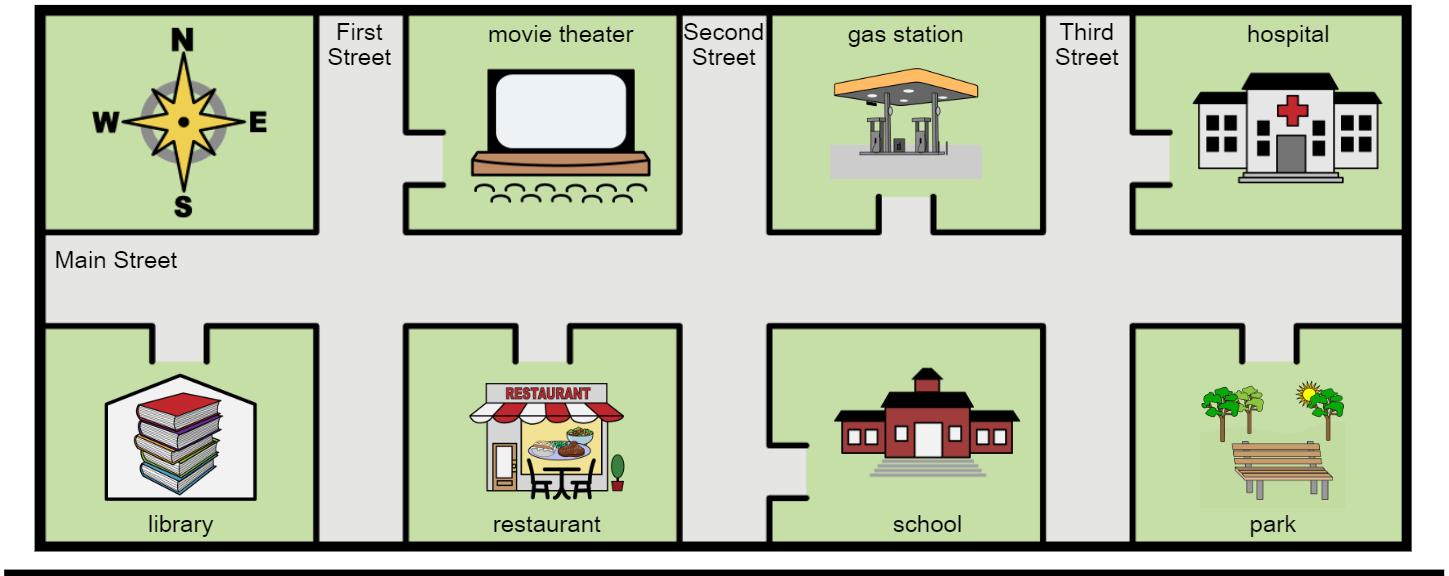


Geography

Name: _____

Use the map to answer the questions.

School 



What place is this page about?

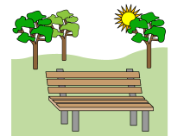
school



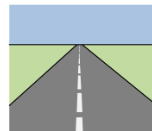
gas station



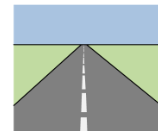
park



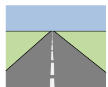
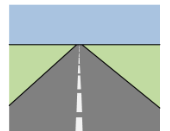
Main Street



Second Street



First Street



What street is the school on?

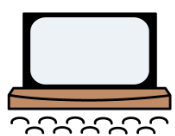
park



restaurant



movie theater



What place is east of the school?

gas station



hospital



library



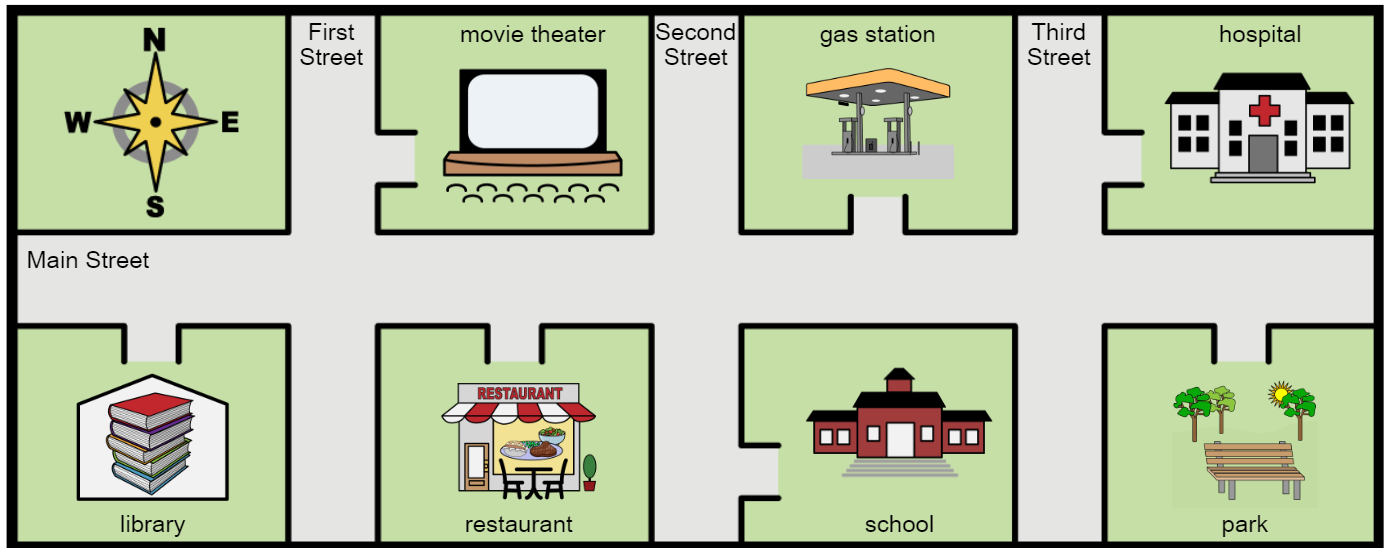
What place is farthest west?

Geography

Name: _____

Use the map to answer the questions.

School 



What place is this page about? _____



What place is east of the school? _____



What street is the school on? _____



What place is farthest west? _____



How many places are on Main Street? _____



What direction would you travel on Main Street to go from the restaurant to the park? _____

Recipe Ingredients

Name: _____

Check for recipe ingredients before cooking! Place symbols in the have column if the ingredients are in your kitchen. If you need to buy ingredients, place the symbols in the need column.

Recipe Name: Less-Stress Smoothie

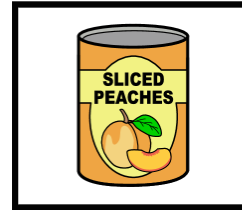
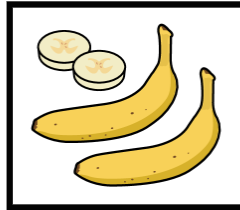
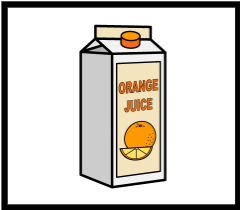
½ C orange juice

1 C orange
sherbet

2 bananas,
peeled and sliced

15-oz can sliced
peaches, drained

½ t vanilla
extract



have:



need:



Recipe Review

Share your opinions about the recipe. Fill in the blanks. Circle your answers.

Recipe: _____

Reviewed by: _____

What was in it?



orange
juice



orange
sherbet



pear,
sliced



vanilla
extract



How did it taste?



yummy



OK



yucky



How was it to
make?



easy



OK



hard



Do you think it
was healthy?



yes



OK



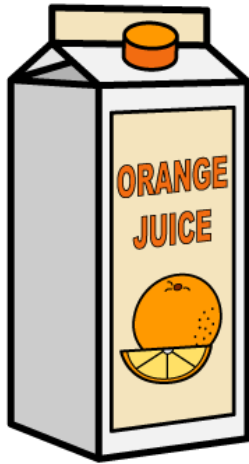
no



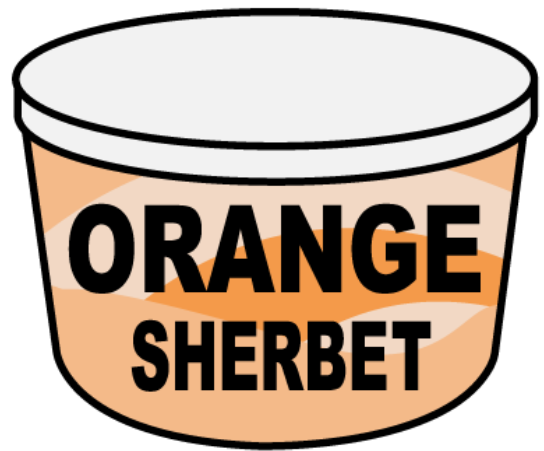
Cooking Vocabulary Words

Read, practice and post these words on classroom or kitchen word walls.

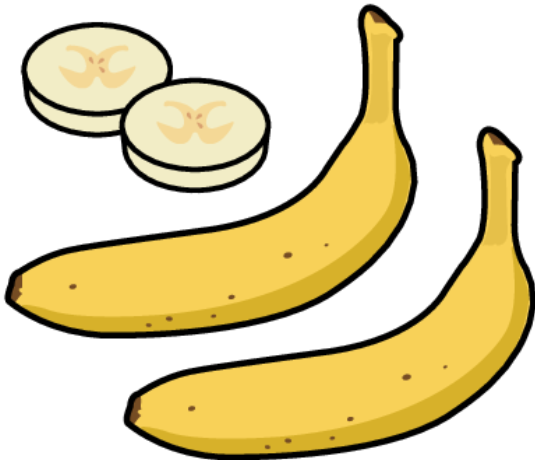
orange juice



orange sherbet



bananas



peaches



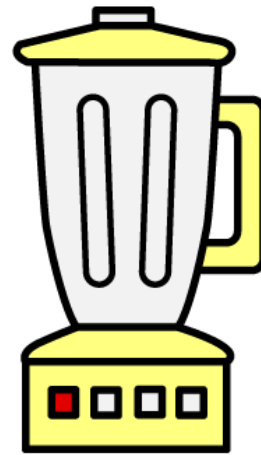
Cooking Vocabulary Words

Read, practice and post these words on classroom or kitchen word walls.

vanilla extract



blender



Less-Stress
Smoothie



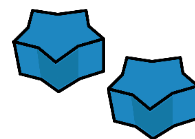


Activity

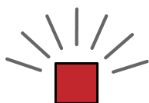


Stress
Awareness
Month

HOMEMADE BATH BOMBS



Introduction



April is Stress Awareness Month in the U.S. Everyone feels stress sometimes, and people can do activities to feel less stress. Some people enjoy taking a warm bath to feel less stress. Some people use bath bombs in their baths. Bath bombs include essential oils that can release calming smells, such as lavender, rose, chamomile or jasmine. In this activity, your students can make homemade bath bombs and learn the chemistry behind them.

To make the bath bombs, you need both baking soda and cream of tartar. When they are in powder form, baking soda and cream of tartar do not react. When you mix the two powders with water, they do react. When you are making the bath bomb and spray the mixture with water, you should see a small reaction in which the powder fizzes a little. In a bath of warm water, the reaction should be much bigger. The reaction is between baking soda and cream of tartar. Baking soda is a base and cream of tartar is an acid. Bases and acids react to each other. When these two powders are mixed with water, they create something new. They create bubbles filled with a gas called carbon dioxide.

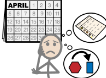

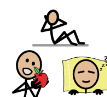


When making the bath bombs, students should use just enough food coloring to get a light, pastel color while still leaving the mixture powdery. If students are very sensitive to food coloring, they can omit this step. They should use 2-3 drops of an essential oil to scent their bath bombs. You may want to provide zip-top bags for each student to use to take several bath bombs home, but before the do, you will want to test the bath bombs in your classroom so you can answer the final questions. You can do this by dropping one bath bomb into a bowl of warm water and observing the reaction.

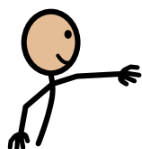
WARNING

This science activity uses essential oils. Many teachers already use essential oils in their classrooms. However, if you currently do not use these oils, here is some information for you. Essential oils should always be kept out of reach of students. While the oils have many positive effects, direct contact can be irritating to the skin, so students should not touch the oils or the bottles directly. Be aware of students who are extra sensitive to smells as essential oils can be a respiratory irritant. Also, you should make sure that students do not drink the oils, as they can be toxic.



What We Know:

- April is Stress Awareness Month. 
- Everyone feels stress sometimes. 
- People can do activities to feel less stress. 
- Taking a warm bath can help people feel less stress. 
- Smelling calming smells can help people feel less stress too. 



What We Can Do:

- We can use chemistry to make homemade bath bombs! 



Need:

2 C baking soda



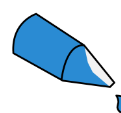
1 C cream of tartar



2 T olive oil



food coloring



large bowl



spoon



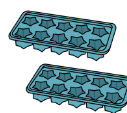
essential oils



spray bottle
filled with water



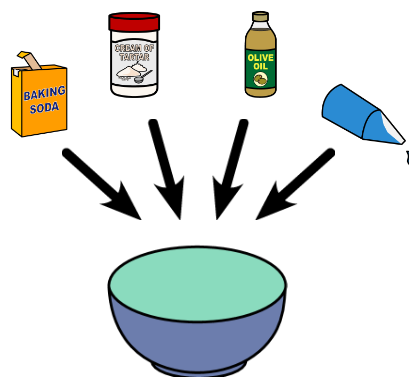
silicone ice cube
trays



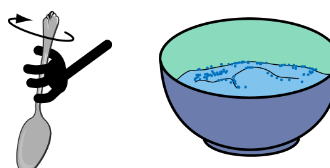


Activity Steps

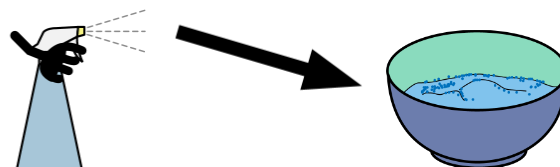
1. Put baking soda, cream of tartar, olive oil and food coloring into bowl.



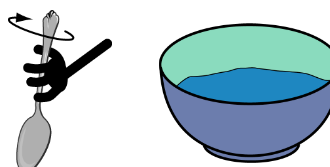
2. Stir with spoon. Mixture should be powdery.



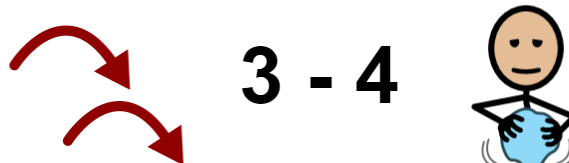
3. Spray 2-3 squirts of water onto mixture.



4. Stir mixture.



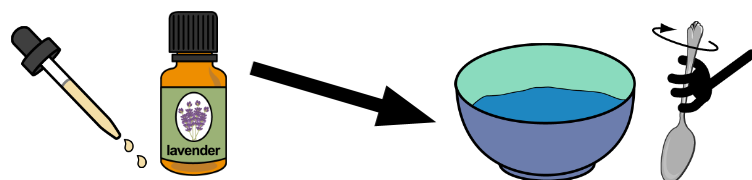
5. Repeat steps 3 and 4 until mixture is moldable.





Activity Steps

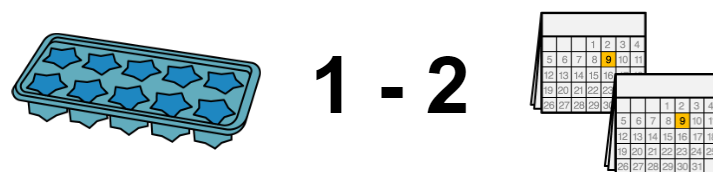
6. Put 2-3 drops of essential oil into mixture. Stir.



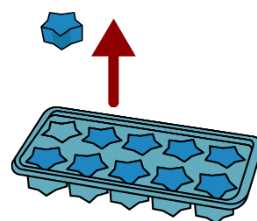
7. Press mixture firmly into silicone ice cube trays to form bath bombs.



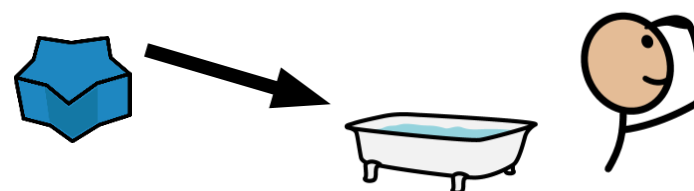
8. Let bath bombs sit in ice cube trays 1-2 days.



9. Remove bath bombs gently.



10. To use, put bath bomb into bath water. Watch reaction.





What I Learned

1. What was part of the bath bomb?



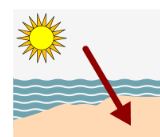
flour



baking soda



sand



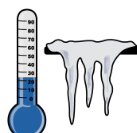
2. What did the bath bomb do in the bath water?



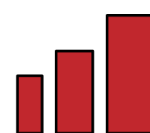
react



freeze



grow



3. What did the bath bomb react to?



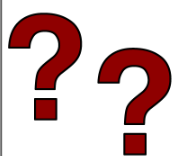
dirt



grass



water



Questions for Class Discussion

- Why do you think people like bath bombs?
- What would you like a bath bomb to smell like? Why?
- Describe what the reaction looked like.

Read, practice and post these words on classroom or craft area word walls.

baking soda



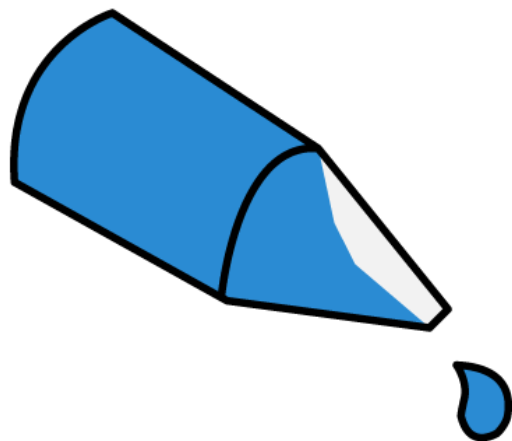
cream of tartar



olive oil

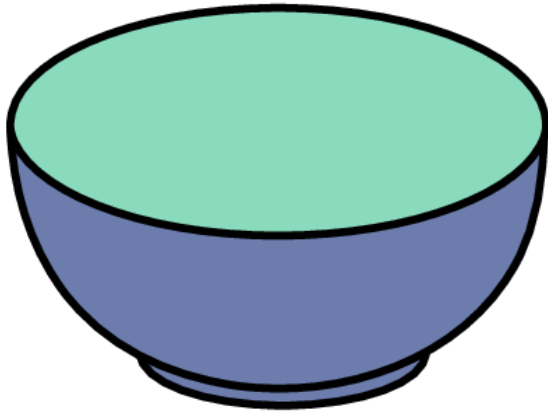


food coloring



Read, practice and post these words on classroom or craft area word walls.

bowl



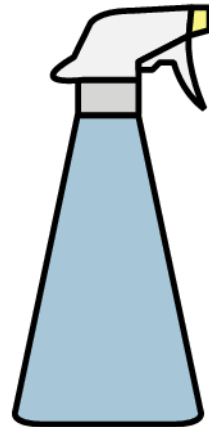
spoon



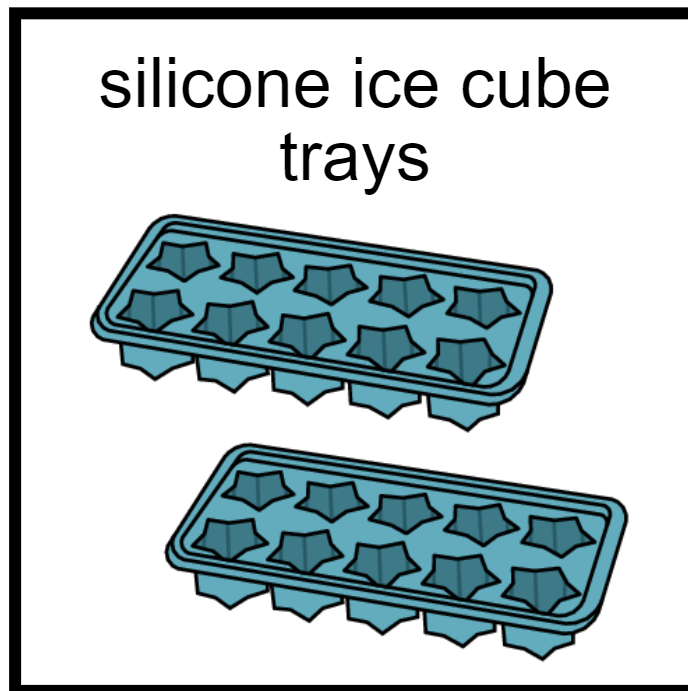
essential oils



spray bottle filled
with water



Read, practice and post these words on classroom or craft area word walls.

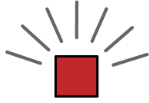




WATER BEAD STRESS BALL



Introduction



This week's newspaper is about National Stress Awareness Month. Everyone feels stress sometimes. Some activities can help people feel less stress, like exercising and getting better sleep. For some people, squeezing squishy balls called stress balls can help them feel less stress. For this craft, students can make stress balls.

This craft requires water beads. Water beads are very small polymer crystals. When soaked in water, the crystals absorb the water and grow to about the size of marbles. Water beads are also called water pearls, water gems, water crystals, jelly balls and gel beads. You can find water beads at most super stores, craft stores and dollar stores. They are often in the floral area, as some people put the hydrated beads into vases and pots for flowers and other plants. When you purchase water beads, they are usually completely dry. You will put the beads in a container and add water, then wait 4-6 hours for the beads to absorb the water. The hydrated water beads may look like candy. Although they are non-toxic, water beads are not meant to be ingested, so you should warn students against eating them. If you are concerned about your students eating the water beads, you can learn how to make "edible" water beads from tapioca pearls here:

<https://www.growingajeweledrose.com/2014/02/edible-water-beads.html>

Be sure the opening of the funnel you use is big enough for the hydrated water beads to pass through.





Depending on how hard the students squeeze their stress balls, some of the water beads inside the balls may break apart after several days. This may change the look of the stress balls, but it can still be an effective stress-relieving tool.

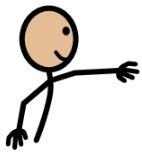
WARNING

This craft uses balloons, which can be an allergy hazard as well as a choking hazard. Please use caution. Monitor your students during the craft so they do not ingest the water beads. Ingestion may cause discomfort.



What We Know:

- Everyone feels stress sometimes. 
- Some activities can help people feel less stress. 
- Some people squeeze squishy balls called stress balls. 
- Squeezing stress balls may help people feel less stress. 



What We Can Do:

- We can make stress balls! 

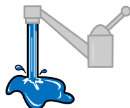


Need for Each:

$\frac{1}{2}$ t water beads



1 C water



medium bowl



colander



funnel



empty water bottle
without lid



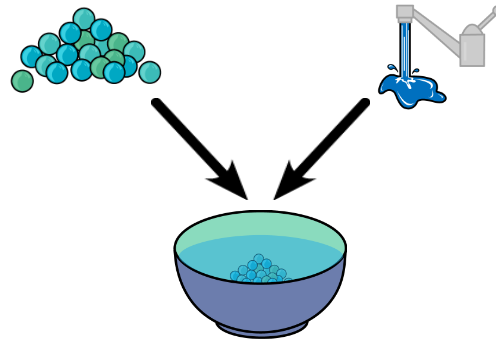
clear balloon





Activity Steps

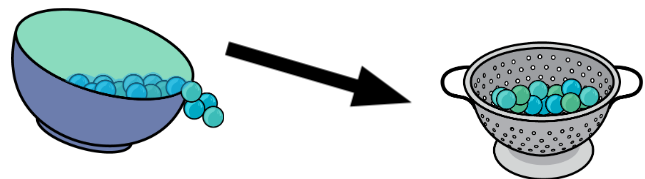
1. Put water beads and water into bowl.



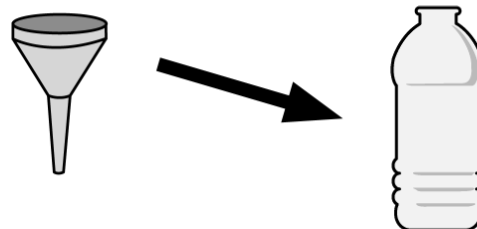
2. Wait 4-6 hours.



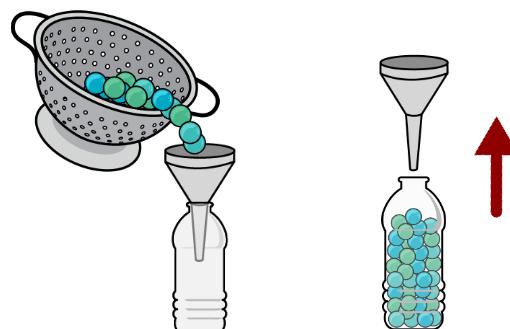
3. Pour water beads into colander to drain.



4. Put funnel into bottle.



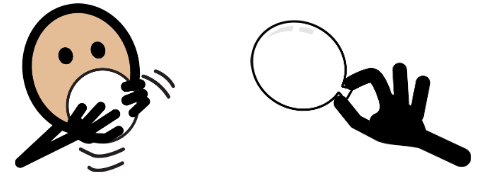
5. Pour beads through funnel.
Remove funnel.



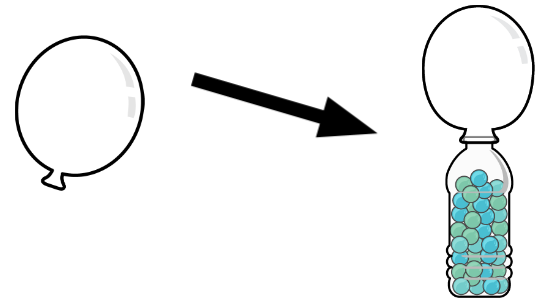


Activity Steps

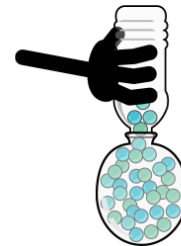
6. Blow up balloon halfway.
Pinch opening closed.



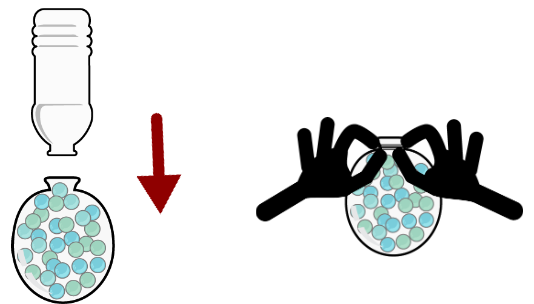
7. Put balloon opening onto bottle opening.



8. Turn bottle upside-down.
Squeeze bottle to move beads into balloon.



9. Remove balloon from bottle.
Tie balloon opening to make stress ball.

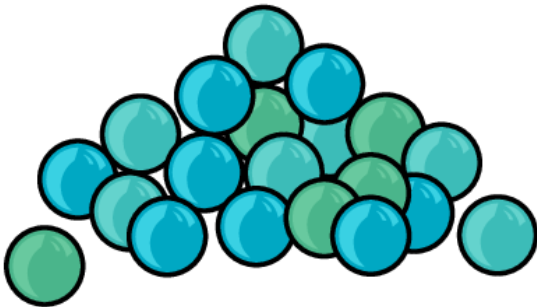


10. Gently squeeze stress ball
when feeling stress.

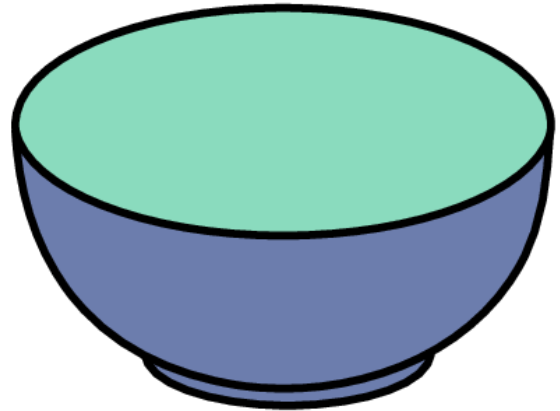


Read, practice and post these words on classroom or craft area word walls.

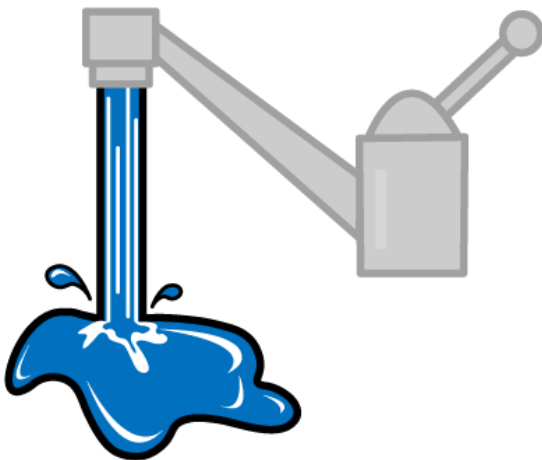
water beads



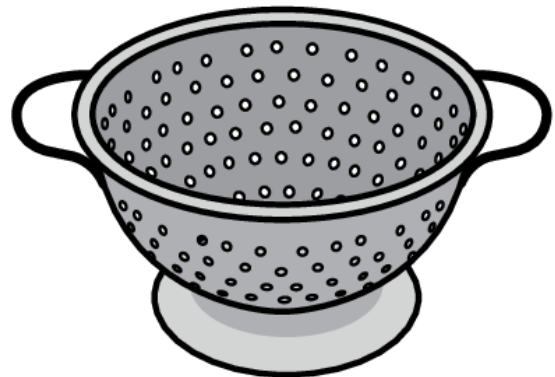
bowl



water

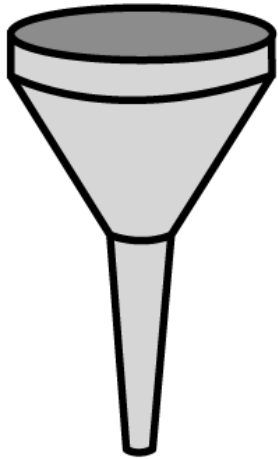


colander



Read, practice and post these words on classroom or craft area word walls.

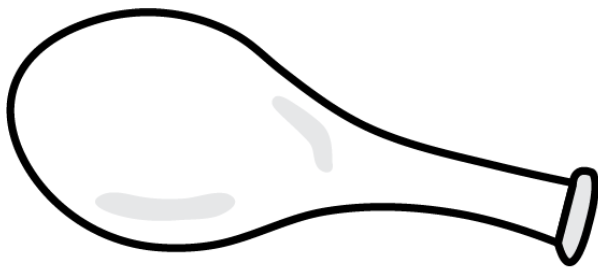
funnel



empty water bottle
without lid



clear balloon



Water Bead
Stress Ball

