



LA MESA-SPRING VALLEY SCHOOLS

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# **HOME INDEPENDENT WORK PACKET**

## **PRESCHOOL SDC, STATE FUNDED, AND SMART STEPS**

### **PACKET 4 MAY 25 - JUNE 5**

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Learning through play and exploration is one of the best ways to support academic growth in your preschool student. When working on distance learning with your preschooler, please keep in mind their age and attention span. A rule of thumb for attention span is one minute for every year of their age. For example, a 4-year-old child can attend to listening for about 4 minutes. Preschoolers are multi-modality learners. They need to move, hear, speak, touch and smell. The attached worksheets are intended to help support activities at home. We do NOT expect students to complete every single page. You may do activities from the Activity Menu, complete worksheet pages from this packet, or a combination of both. Reach out to your child's teacher with questions.

**Included in this packet:**

**Activity Menu:** A menu of outer space themed activities to do with your student.

**Activity Worksheets:** *You will NOT do every page of the attached activities. Choose the ones best for your child.*

- Literacy, Math and Listening Skills Activity Worksheets
- Literacy and Math Choice Boards
- Space Tracing, Matching and Coloring Page

**Resources Pages:**

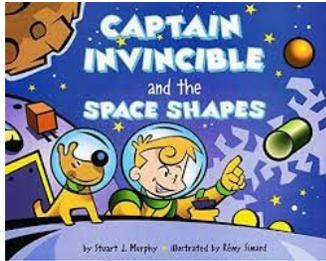
- Reading Log
- My Space Book of Words
- Fly in the House Mini Book with Preposition cut outs
- Our Solar System Graphic
- My Solar System Mini Book
- Moon Phases Chart
- Moon Phases Flash Cards to go with Writing Activity and Listen to the phases of the moon song
- Orbit Activity Directions and Graphics
- Songs and Poems about Space
- Physical Education Calendar (English and Spanish)
- May Happiness Calendar – Also found on the home page of our LMSV Preschool Distance Learning website.

**Visit our Preschool Learning Resource Page for more ideas:**

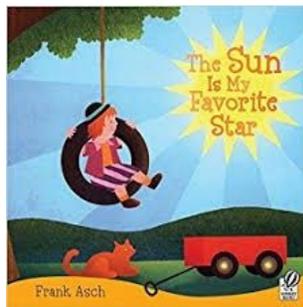
English: [sites.google.com/lmsvdsd.net/lmsvdsdpreschool](https://sites.google.com/lmsvdsd.net/lmsvdsdpreschool)

Spanish: [sites.google.com/lmsvdsd.net/educacion-temprana-de-lmsvdsd/home](https://sites.google.com/lmsvdsd.net/educacion-temprana-de-lmsvdsd/home)

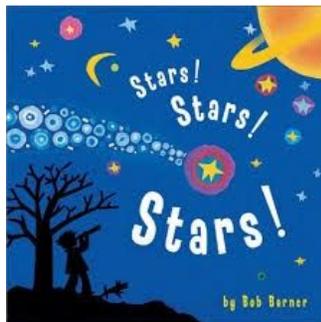
**Home Lesson Plan 5/25/20-6/5/20:  
OUTER SPACE**



**Ms Melissa reads:  
Captain Invincible and the Space Shapes by Stuart J. Murphy**  
<https://youtu.be/WWMw0ozqZ2o>



**Ms Crisy reads:  
The Sun Is My Favorite Star by Frank Asch**  
[https://www.youtube.com/watch?v=H\\_es9jOZcls](https://www.youtube.com/watch?v=H_es9jOZcls)



**Stars! Stars! Stars! By Bob Barner**  
<https://www.youtube.com/watch?v=FM5W5wG4p2Q&t=13s>

Concepts are included for all areas of development based on the theme: Outer Space.

**Please adjust activities to your child's learning level. If you have questions about how to do that, contact your child's teacher.**

## Activities Menu

Please find many other fun and educational links for all these areas on our LMSV Early Childhood website:

<https://sites.google.com/lmsvsd.net/lmsvsdpreschool/supplemental-learning/may-11-2020-may-22-2020?authuser=0>

<p><b>Social-Emotional:</b></p> <ul style="list-style-type: none"> <li>● <b>Ms. Bustamante recites: I Think I'm Going To Like Today:</b> <a href="https://www.youtube.com/watch?v=PvQdiRTuMgE&amp;feature=youtu.be">https://www.youtube.com/watch?v=PvQdiRTuMgE&amp;feature=youtu.be</a> Close your eyes and think about reasons to like today. Do this every day and make a list.</li> <li>● <b>What Planet are you on?</b> Start on Earth with your picture. Draw aliens with different feelings on each of the other planets. Ask and discuss how they are feeling and which alien matches how they are feeling.</li> <li>● <b>Space Calming Bottles:</b> Use an empty water bottle. Fill it with oil and food coloring, pour in glitter, stars or marbles. Put the lid on with glue and tape to make sure it doesn't open <a href="https://preschoolinspirations.com/galaxy-calm-bottle/">https://preschoolinspirations.com/galaxy-calm-bottle/</a></li> </ul>	<p><b>Language (use a journal):</b></p> <ul style="list-style-type: none"> <li>● <b>Daily conversation ideas:</b> <ul style="list-style-type: none"> <li>○ Close your eyes and pretend you are in space. What do you see?</li> <li>○ Tell me how you would fly a rocket?</li> <li>○ What do you think a space alien looks like?</li> <li>○ If you could do anything right now, what would you do?</li> </ul> </li> <li>● <b>Positional words with Ms. Lindsey:</b> <a href="https://www.youtube.com/watch?v=M-clFTHab4U&amp;feature=youtu.be">https://www.youtube.com/watch?v=M-clFTHab4U&amp;feature=youtu.be</a></li> <li>● <b>Ms Lindsey reads: What's In The Barn</b> <a href="https://www.youtube.com/watch?v=ZvDBtxJUq40&amp;feature=youtu.be">https://www.youtube.com/watch?v=ZvDBtxJUq40&amp;feature=youtu.be</a></li> </ul>	<p><b>Art:</b></p> <ul style="list-style-type: none"> <li>● <b>Easy Rip Paper Earth art:</b> Draw a circle in the middle of the paper and 3 land masses, with a glue bottle trace around the land masses, tear pieces of blue and green scrap paper and glue blue for water and green for land, after you have created your planet Earth, tear black paper to create a background <a href="https://youtu.be/QzqASsoMaB0">https://youtu.be/QzqASsoMaB0</a></li> <li>● <b>Make a Tin Foil Moon:</b> Draw a circle on the foil, cut out the circle, place different size coins under the foil then rub around the coins gently with your finger to create craters on your moon.</li> </ul>	<p><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>● <b>Ms. Jennifer Carter reads: Bugs and Space</b> <a href="https://youtu.be/rEwctXbjKAc">https://youtu.be/rEwctXbjKAc</a></li> <li>● <b>Read Aloud: Wish Upon A Star:</b> <a href="https://youtu.be/cYPXzTKtD-0">https://youtu.be/cYPXzTKtD-0</a></li> <li>● <b>Ms. Lindsey reads: My First Alphabet</b> <a href="https://www.youtube.com/watch?v=tfzQpZKZjaA&amp;feature=youtu.be">https://www.youtube.com/watch?v=tfzQpZKZjaA&amp;feature=youtu.be</a></li> <li>● <b>Space Racers video about the moon:</b> <a href="https://www.spaceracers.com/kids/videos/starling-discovers-the-moon/">https://www.spaceracers.com/kids/videos/starling-discovers-the-moon/</a></li> <li>● <b>Papa, Please Get the Moon For Me by Eric Carle</b> <a href="https://www.youtube.com/watch?v=sGqAw7UM6qo">https://www.youtube.com/watch?v=sGqAw7UM6qo</a></li> <li>● <b>Where the Bight Sun Shines all Around, Around</b> <a href="https://youtu.be/SAHy_2lFFGA">https://youtu.be/SAHy_2lFFGA</a></li> <li>● <b>NASA Science Space Place Explore Earth and Space!</b> <a href="https://spaceplace.nasa.gov/menu/solar-system">https://spaceplace.nasa.gov/menu/solar-system</a></li> </ul>	<p><b>Writing:</b></p> <ul style="list-style-type: none"> <li>● <b>Color and read: My Book of Space Words</b> (in Packet 4).</li> <li>● <b>Listen to the phases of the moon song.</b> <a href="https://www.youtube.com/watch?v=GvkrC4HSLkM">https://www.youtube.com/watch?v=GvkrC4HSLkM</a> Show the children phases of the moon flashcards. Have your child draw and color each phase on a piece of paper (adaptation: parent draws circles. Child colors the part of each moon)</li> <li>● <b>Practice name writing by making name rockets:</b> Use post-it notes or small square paper and write one letter from your name on each square. Cut a triangle for the top to make a rocket.</li> </ul>
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- **Drawing and Writing Activity:** Let children fold a piece of paper in half. Let them copy and write the words "Night" (draw moon) and "Day"(draw sun) at the top. Encourage children to draw and write about the things they do and see in the different times and how they feel at the different times of the day or night.

- **Paper Towel Roll Rocket:** Color a piece of paper with your rocket design. Tape or glue your paper around a paper towel roll (tube). For the cone, (rocket top) cut a circle about 6 inches in diameter. Wrap it around to form a cone. Tape it and trim off excess. Tape or glue to the top of your tube. For the blast off flames at the bottom of the rocket, color and cut paper strips 1" x 4" and glue or tape to the bottom of the inside of the tube. Ready for blast off!

- **Think and Draw:** Work together with your child to make up a story about going to space...which planet will you visit first, what will you see there? Have your child draw pictures of what it will look like.
- **Take a nature walk:** Pretend that you are visiting other planets, talk about what you see, collect moon rocks, etc.... draw pictures about what you saw and talked about.

### Science:

- **Mrs. Ramos Germination Part 2:** <https://www.youtube.com/watch?v=6C4rpEVGkk>
- [Space Activities for Kids:](#)  
**Make Moon Sand:** Mix 2 cups of flour and ½ cup of baby oil is soft and easy to clean. Add rocks, accessories, and play!  
**Fizzing Moon Rocks:** Mix a small box of baking soda, sprinkle glitter, add ½ cup of water, and 2 drops food coloring of your choice. Next add water and slowly mix ingredients and make the Moon Rocks. You can freeze them overnight wrapped in plastic. Finally, place Moon Rocks in a container and slowly add vinegar with a dropper or spoon to see them Moon rocks fizz!
- **Rockets:** We use rockets to carry astronauts and things into space. Rockets are the only engines that can give enough power

### Math:

- **Moon Rock Count and Throw:**  
Materials: Tin foil rolled into balls  
small trash can  
10 small pieces of paper with numbers 1-10 written on it.  
Children pick a number, recognize the number and throw the correct amount of tin foil balls into the trash can.
- **Marshmallow Constellations:**  
Materials: Toothpicks and marshmallows (or playdough).  
Children connect the marshmallows to the toothpicks to create a constellation, shapes or a constellation of their own. Have children count out marshmallows and toothpicks.
- **Pick and Count game:** Draw several circles on paper, then write

### Fine Motor:

- **Playdough Planets:** Roll the playdough into different size balls to make planets. Add texture by using a spoon or poking with your fingers. Roll out a snake to wrap a ring around the playdough ball to make Saturn.
- **Astronaut Finger Rhyme:** Four little astronauts winking at me, *(Hold up fingers as rhyme indicates.)* One blasts off, now there are three. Three little astronauts with nothing to do, One blasts off, now there are two. Two little astronauts afraid of the Sun, One blasts off, now there is one. One little astronaut alone is no fun, He blasts off, now there are none.

### Music:

- Sing, move and learn along with all the fun songs on the LMSV Early Childhood website:  
<https://sites.google.com/lmsvdsd.net/lmsvdsdpreschool/supplemental-learning/may-11-2020-may-22-2020?authuser=0>
- The Solar System Song:  
<https://youtu.be/mQrlgH97v94>
- Planet Song:  
<https://youtu.be/NLhqWE3kxgQ>
- Zoom, Zoom, Zoom we're going to the moon  
[https://www.youtube.com/watch?v=DEHBrmZxAf8&list=TLPQMjgwNDlwMjCY-WfnLJRZ\\_g&index=3](https://www.youtube.com/watch?v=DEHBrmZxAf8&list=TLPQMjgwNDlwMjCY-WfnLJRZ_g&index=3)
- We Are The Planets:  
<https://www.youtube.com/watch?v=ZHAqT4hXnMw>

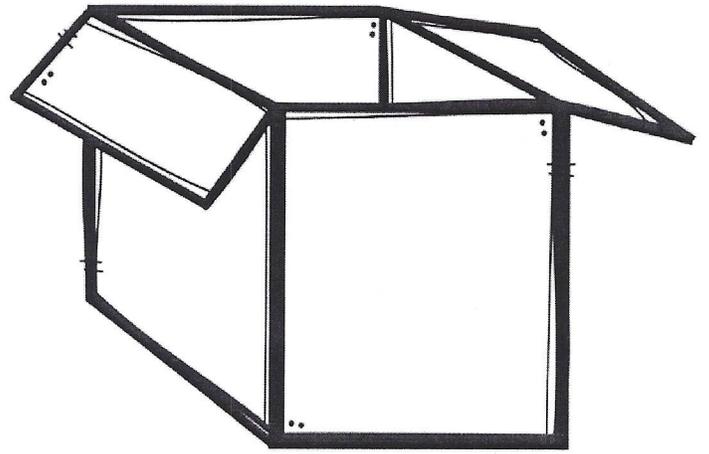
### Physical Development/Health:

- Sing, move and be healthy with all the fun songs and movement activities on the LMSV Early Childhood website:  
<https://sites.google.com/lmsvdsd.net/lmsvdsdpreschool/supplemental-learning/may-11-2020-may-22-2020?authuser=0>
- Listen and Move:  
[https://www.youtube.com/watch?v=j24\\_xH5uvdA&list=PLPFcKV\\_K6i1SUMkBDbrnD3oEmvnGMb6mi](https://www.youtube.com/watch?v=j24_xH5uvdA&list=PLPFcKV_K6i1SUMkBDbrnD3oEmvnGMb6mi)

<p>and speed to get the spacecraft into space. The fuel burning in the engine rushes out of the nozzle and pushes the rocket forward. Just like if you blow a wrapper from a straw. (try to blow the wrapper from a straw and explain and talk about your experience and the science behind it.)</p> <ul style="list-style-type: none"><li>● Each night chart the phases of the moon for one month: <a href="https://www.spaceracers.com/pdf/moon-phases-chart.pdf">https://www.spaceracers.com/pdf/moon-phases-chart.pdf</a></li></ul>	<p>numbers 1-10 in each circle (you can also draw dots), then match the amount of objects to correspond to the number in each circle with beans, legos, or any small items around the house, etc.</p> <p><a href="https://youtu.be/AQ-L0bspwzw">https://youtu.be/AQ-L0bspwzw</a></p> <ul style="list-style-type: none"><li>● Counting Back 10-1 Blastoff: <a href="https://www.youtube.com/watch?v=Ccyc7-HoLoA">https://www.youtube.com/watch?v=Ccyc7-HoLoA</a></li><li>● Jack Hartman counting with numbers: <a href="https://youtu.be/Sqm-kFNaw8c">https://youtu.be/Sqm-kFNaw8c</a></li></ul>			
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**Literacy, Math and  
Listening  
Activity Worksheets  
Pack 4**

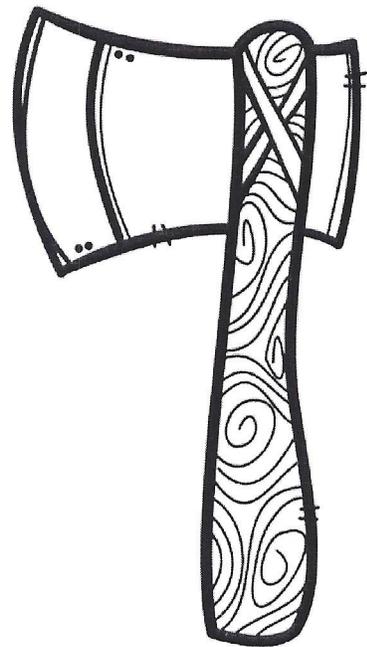
X x



box



fox

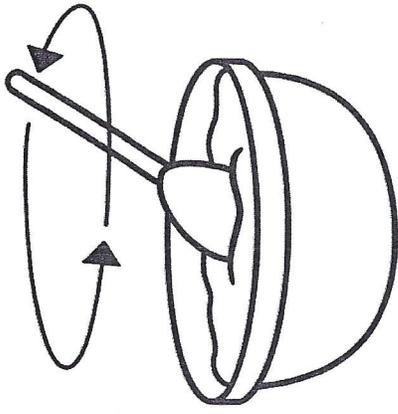


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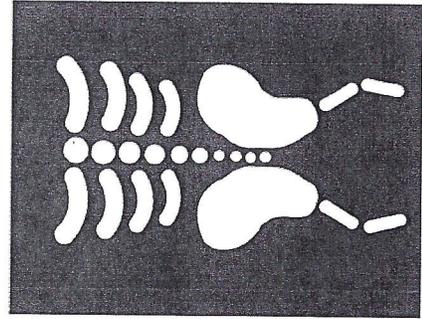
Name .....

I can color, cut and staple the pictures to make a flip-book.

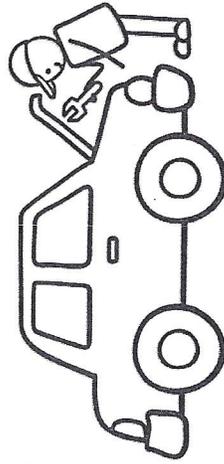
# X x is for



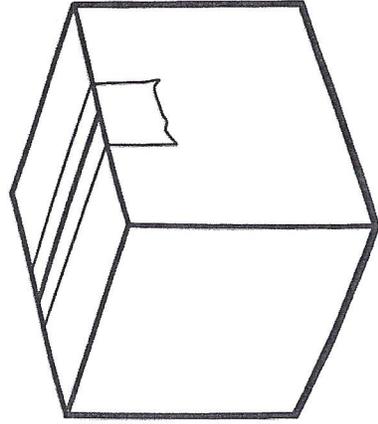
mix.



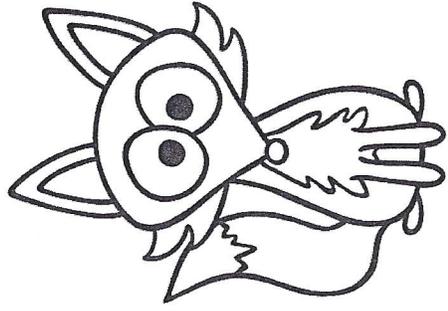
X-ray.



fix.

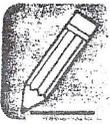


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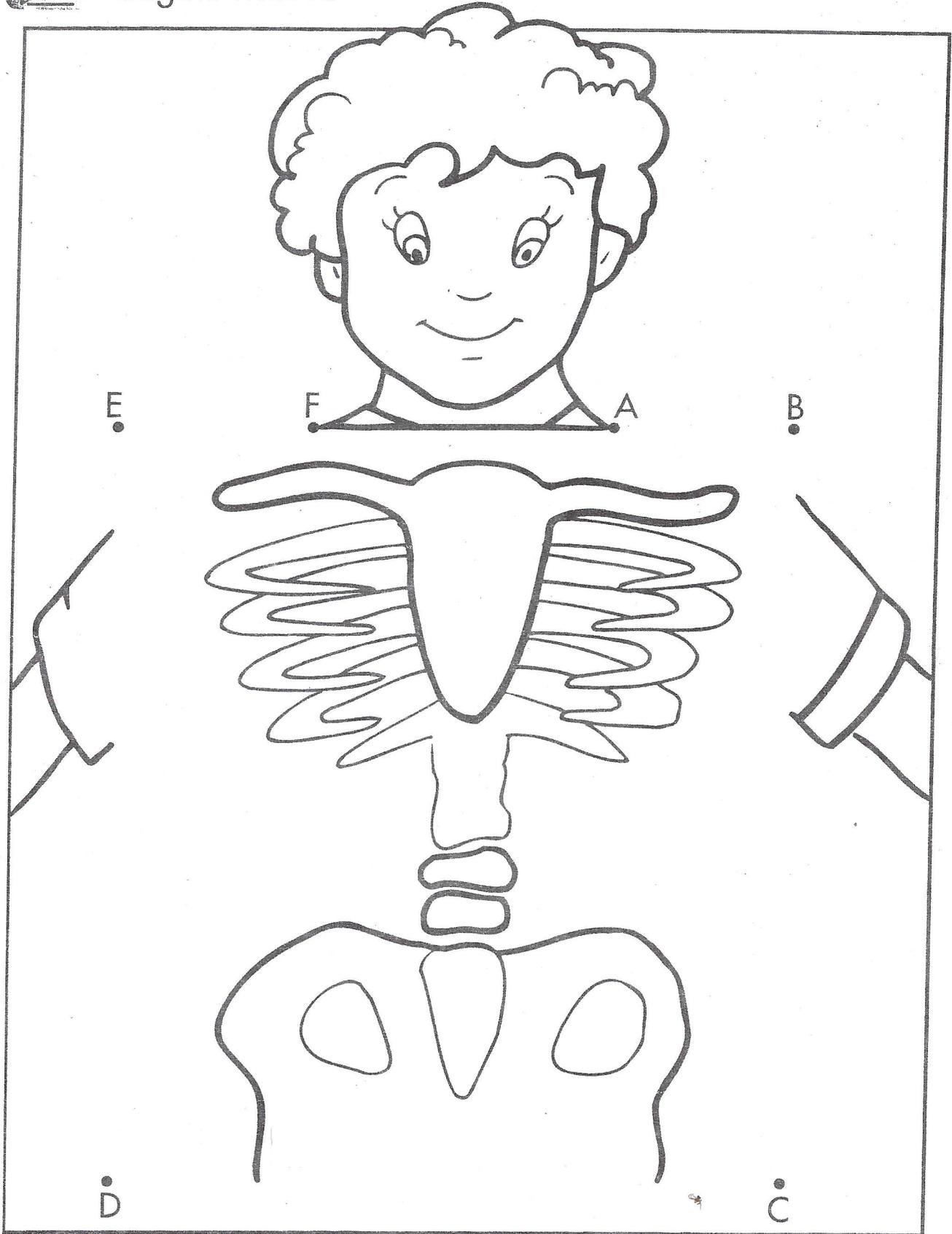


fox.

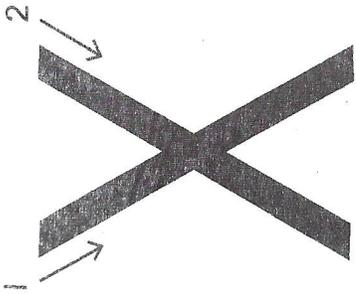




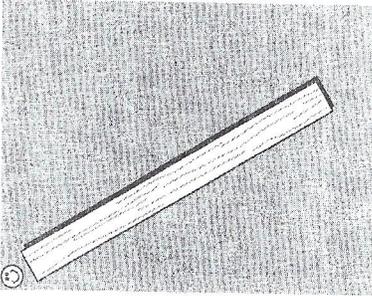
Follow the letters from A to F to find something that begins with X.



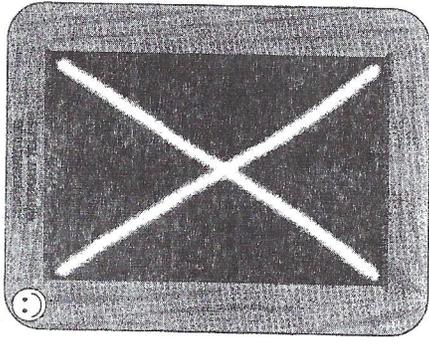
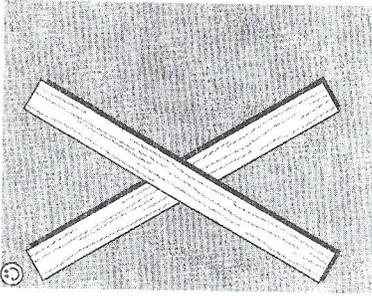
A B C D E F



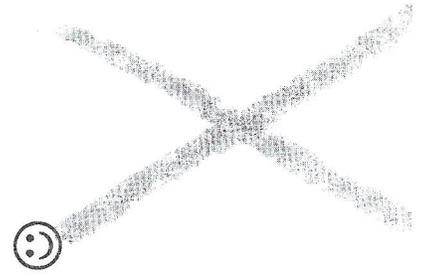
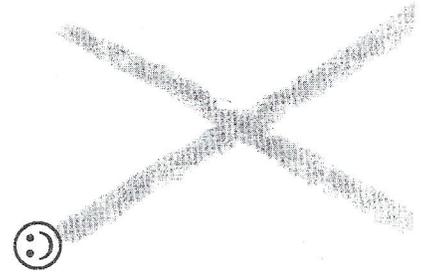
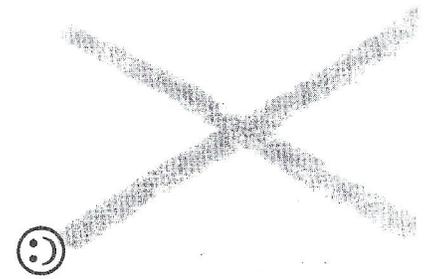
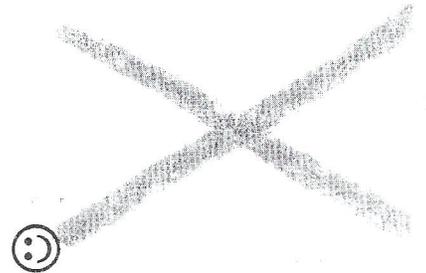
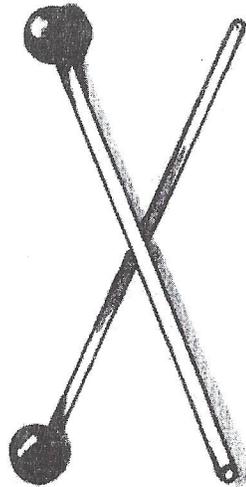
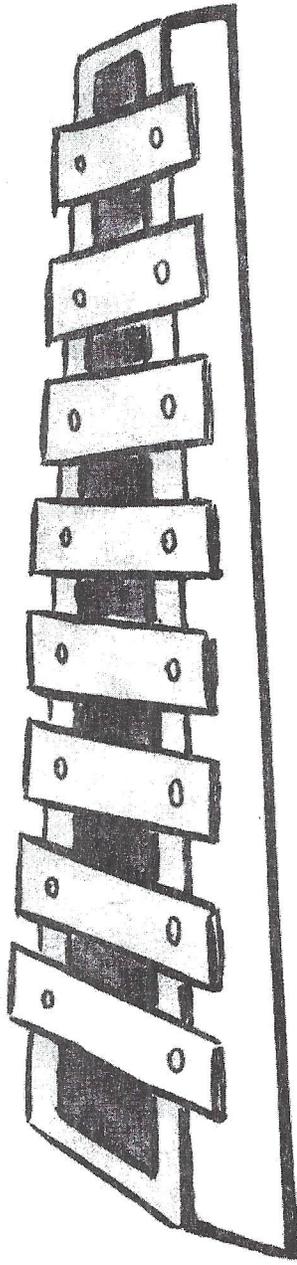
BIG LINE

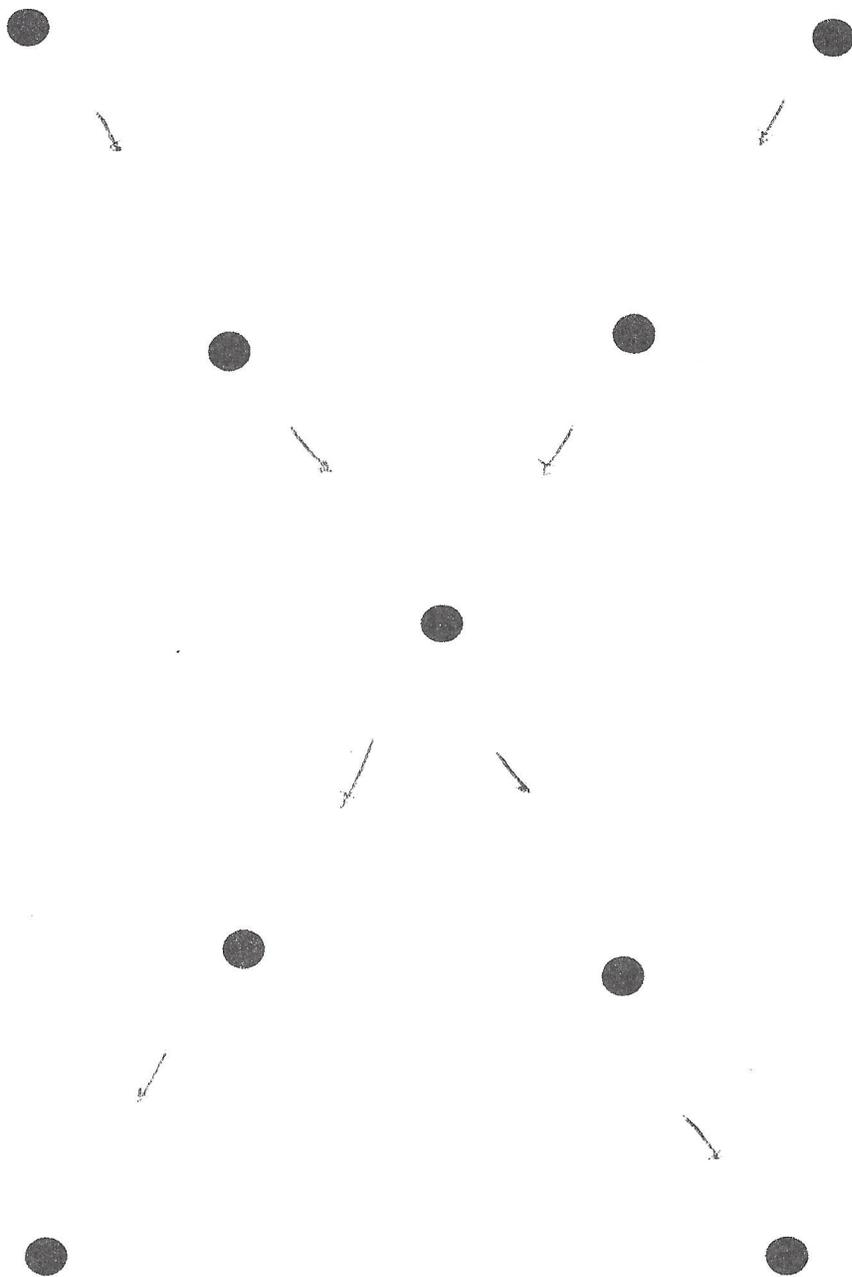


+ BIG LINE

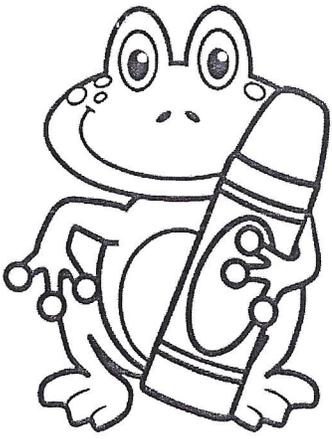


# XYLOPHONE



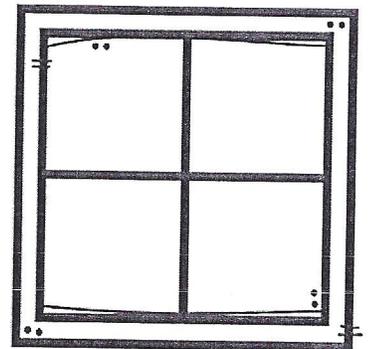
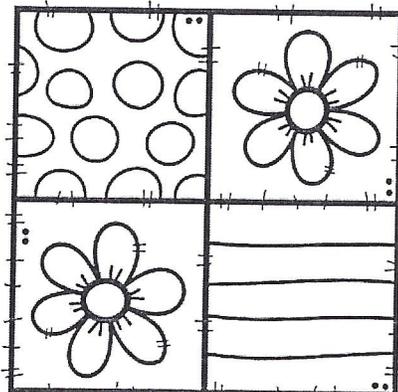
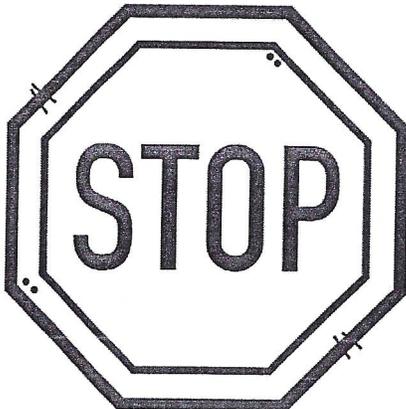
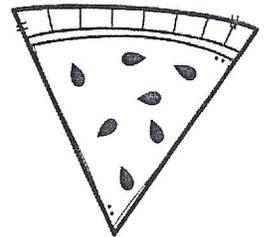
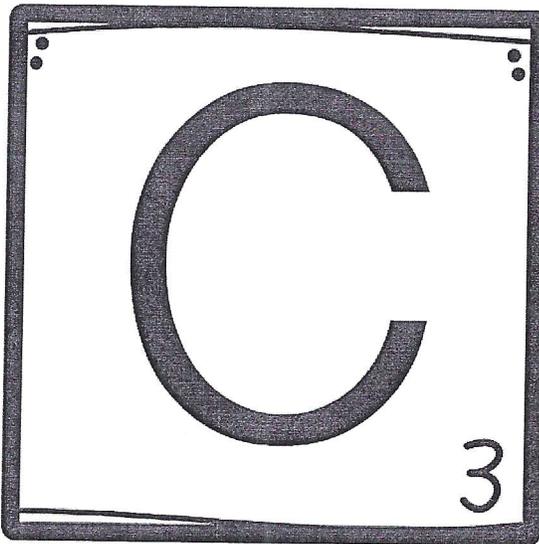
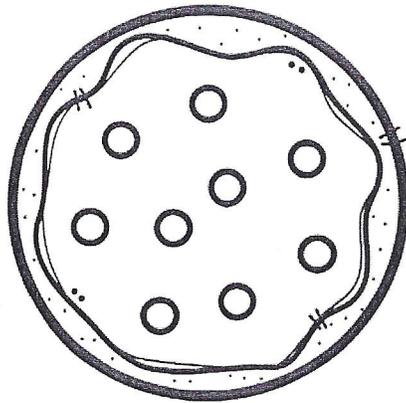
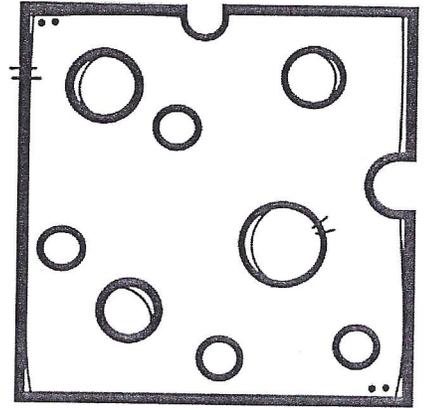
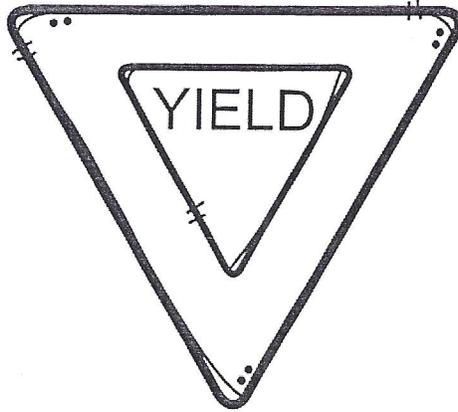
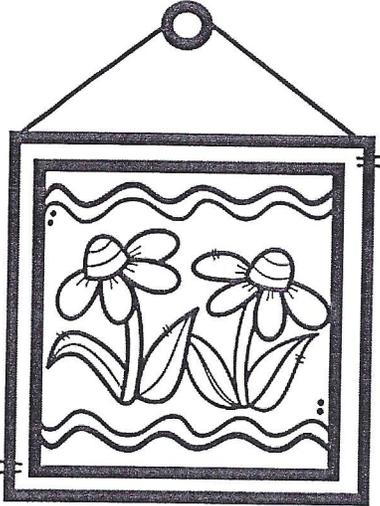


Name \_\_\_\_\_



# Finding Squares

Directions: Color all of the squares.

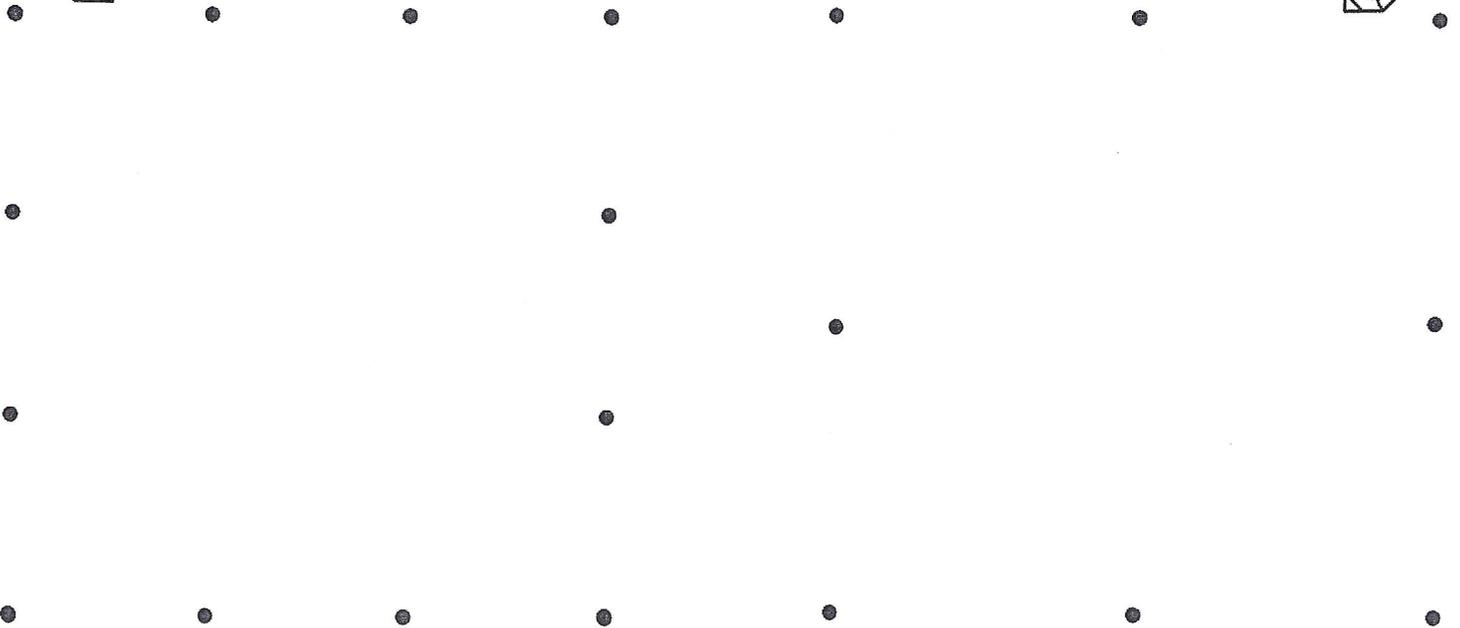
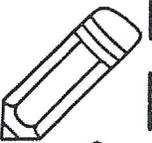
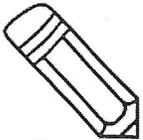
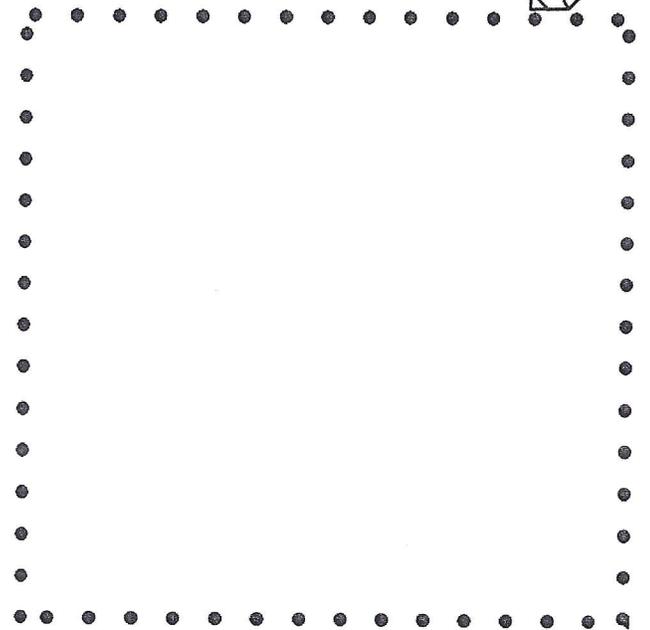
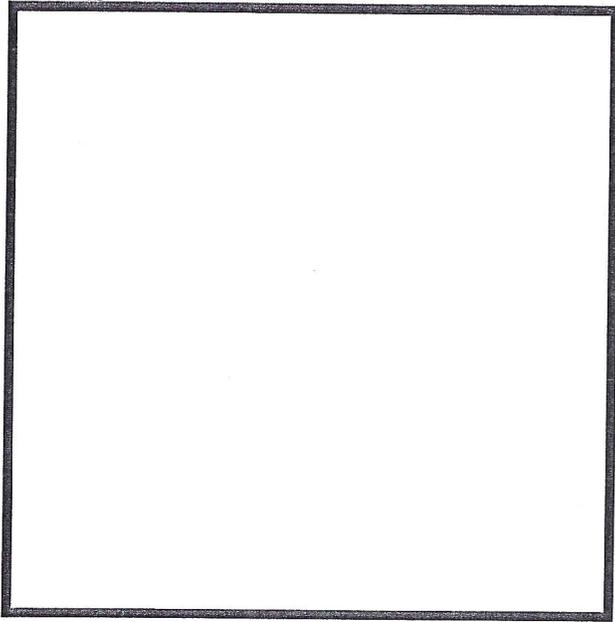
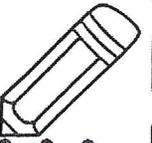
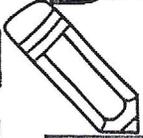


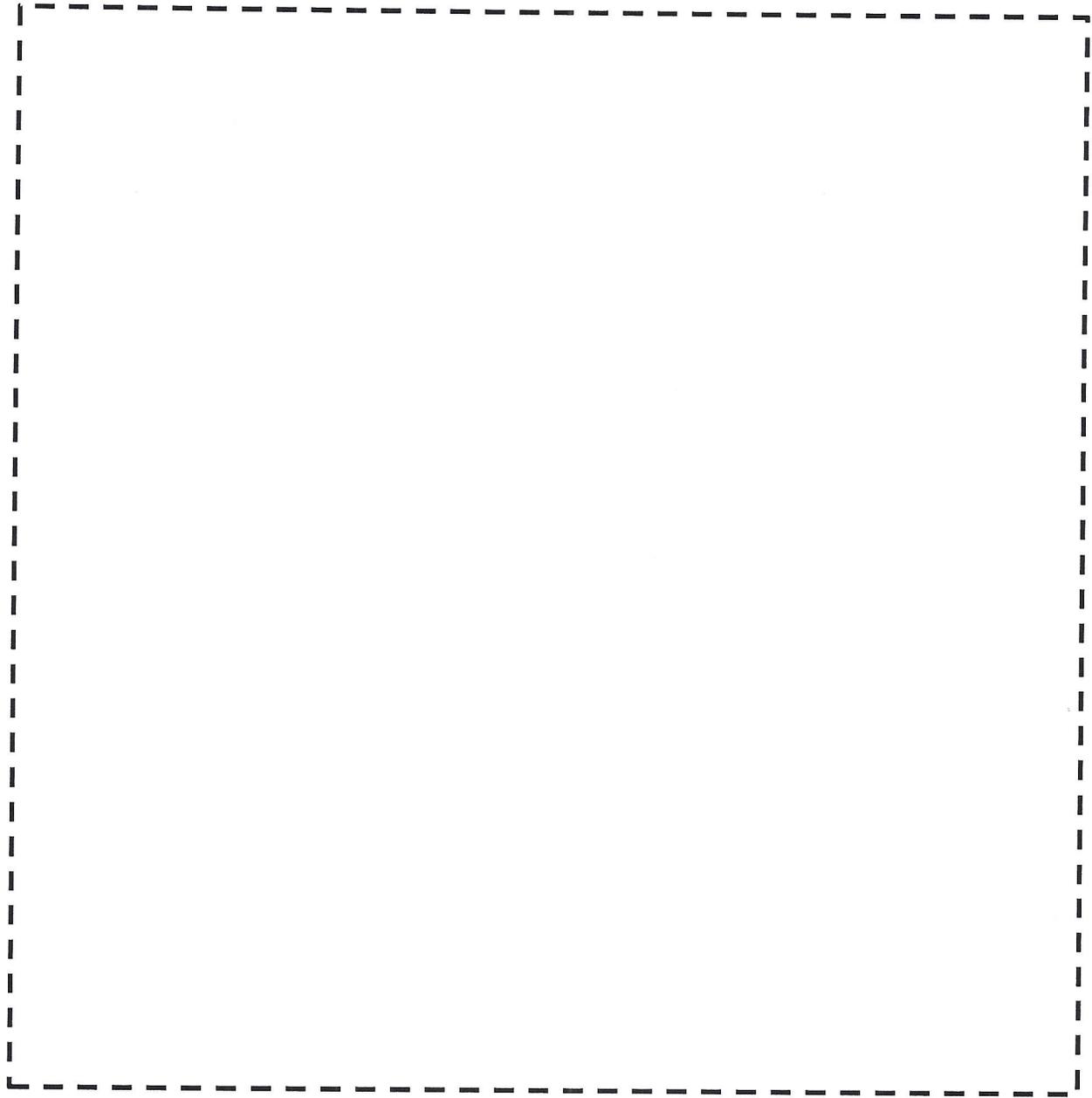


Shapes Name \_\_\_\_\_

# square

Directions: Trace and color the square.





Square

# Section D

**Standards** (this section builds upon the previous section)

Student will:

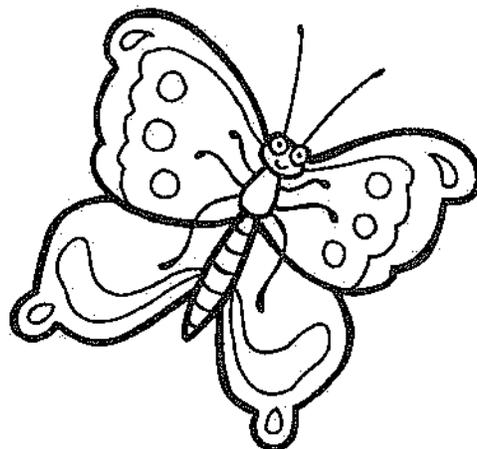
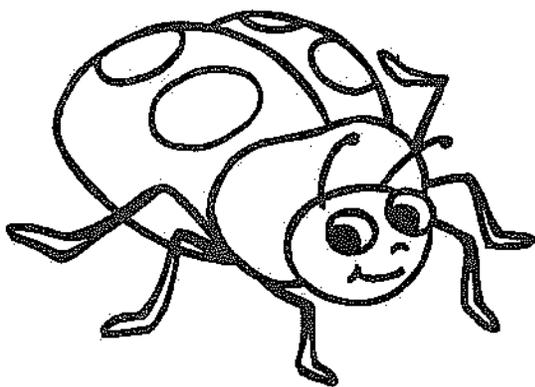
- follow two oral directions, not repeated until the end of the lesson
- recognize shapes: square, diamond
- recognize numeral: 5
- compare size: big, little

## Teacher Information

In section D, one or two directions are given in each line; the teacher may not repeat the directions until the end of the lesson.

In this section, children will continue to follow more than one direction. However, they will do so without any repetition of directions until the end of the lesson. Discuss this procedure with them, and assure students that if they forget a step, they should wait for you to say the next direction. Explain that you will say everything again at the end of the lesson and they may catch up then.

At the beginning of each lesson, say, "We will continue practicing to follow more than one direction, but now I will not repeat each line. I will wait until the end of the lesson before I say the directions again. You need to listen very carefully and try to remember what to do. If you forget, wait quietly until I give the next direction. When I repeat the instructions at the end, you may finish or check your work. Ready?"



## Section D *(cont.)*

### Directions for Section D Lesson 41, page 62

**Say:** "Choose a crayon and make a circle around the square.

Draw a line from the bucket to the ice-cream cone, and then draw a line from the star to the leaf.

Draw a big dot inside the star and a plus sign inside the square.

Put down your crayon."

### Directions for Section D Lesson 42, page 63

**Say:** "Pick up a blue crayon and color the lollipop quickly.

Circle the diamond and then make a box around the banana.

Pick up a green crayon and make a big X above the sun.

Draw a line under the lollipop and put down your crayon."

### Directions for Section D Lesson 43, page 64

**Say:** "Choose a crayon and draw a plus sign inside the big circle. (may demonstrate)

Draw a line from the drum to the little circle, and then draw a line from the little circle to the glass.

Make an X above the cake and another X under the cake.

Put down your crayon."

### Directions for Section D Lesson 44, page 65

**Say:** "Pick up a red crayon, and make a ring around the bowl.

Draw a big dot inside the arrow and draw a line from the pumpkin to the kite.

Pick up a blue crayon, and make a box around the bug.

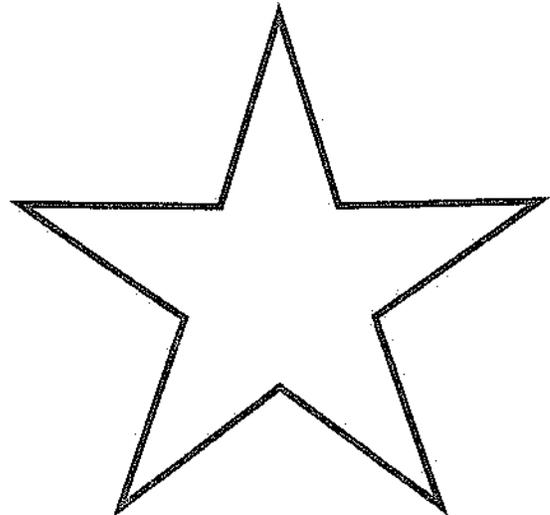
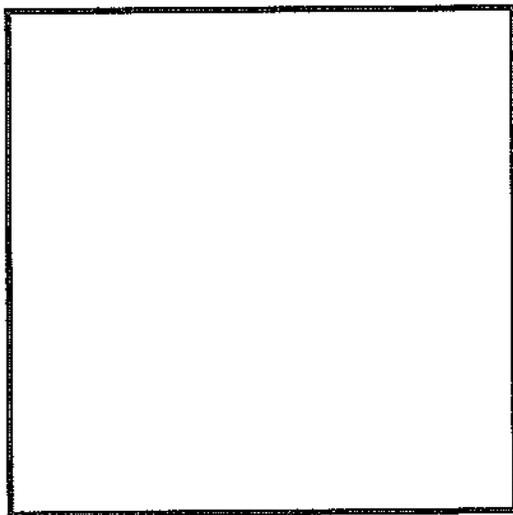
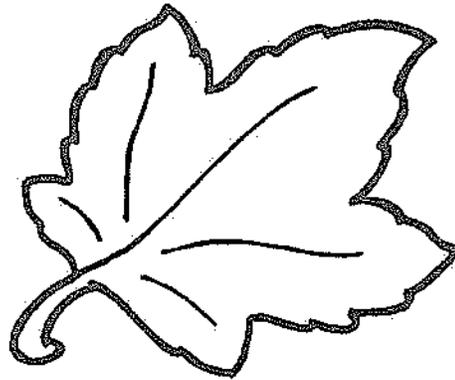
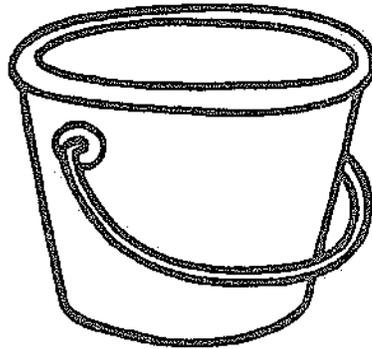
Put down your crayon."



Name \_\_\_\_\_

**Section D**

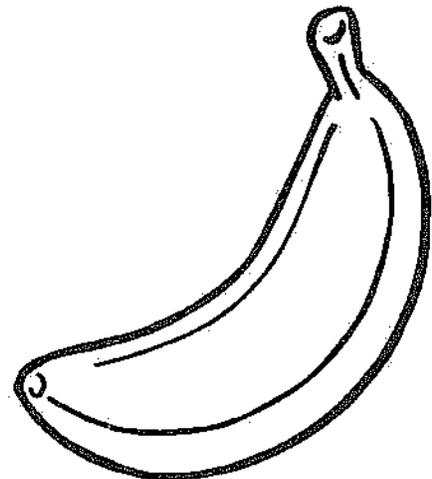
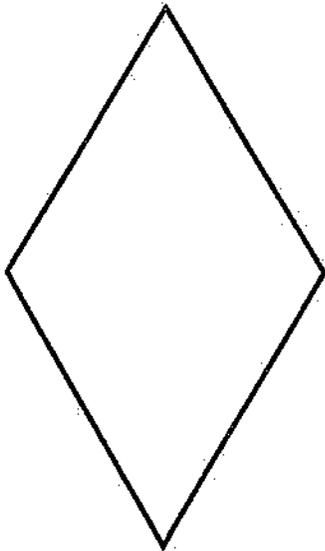
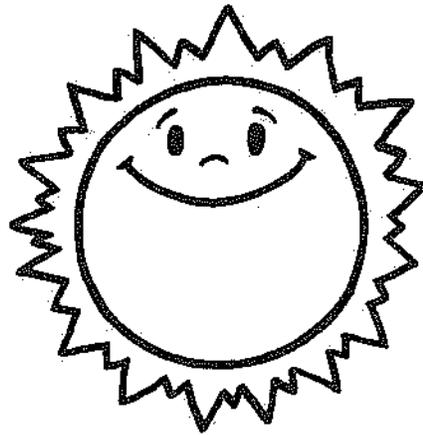
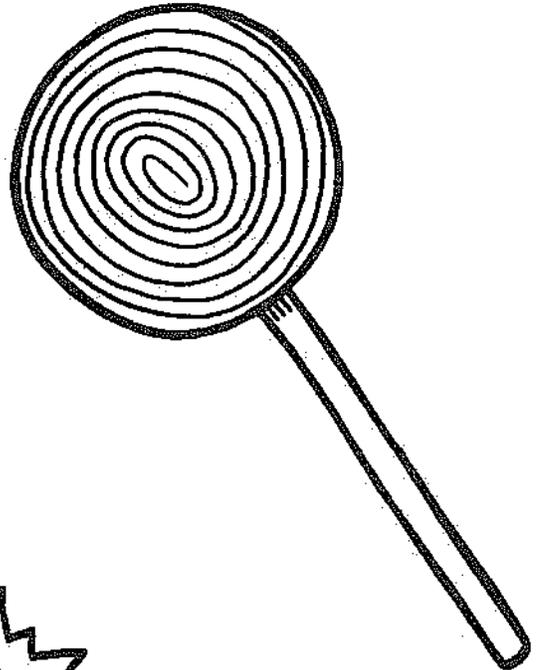
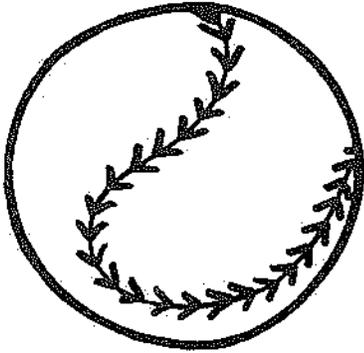
**Lesson 41**



Name \_\_\_\_\_

**Section D**

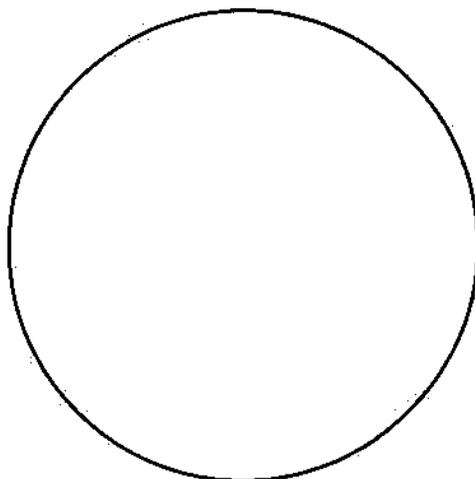
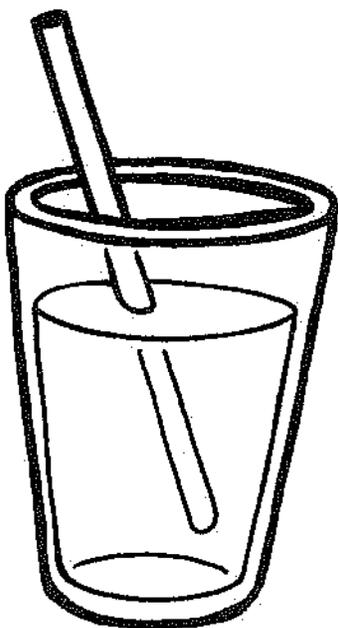
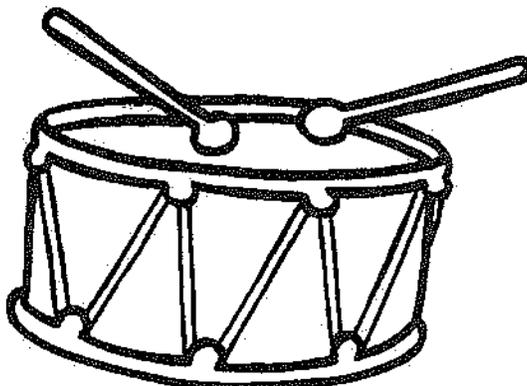
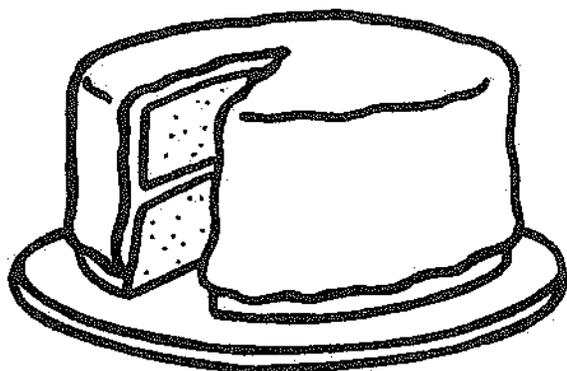
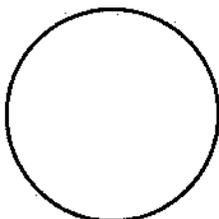
**Lesson 42**



Name \_\_\_\_\_

**Section D**

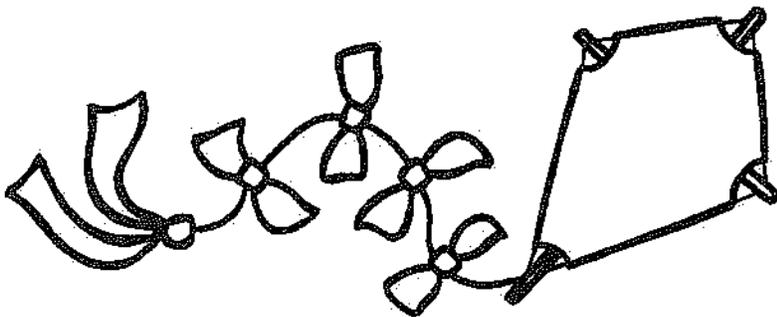
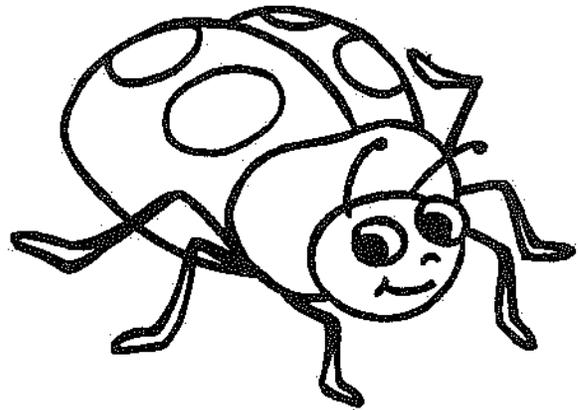
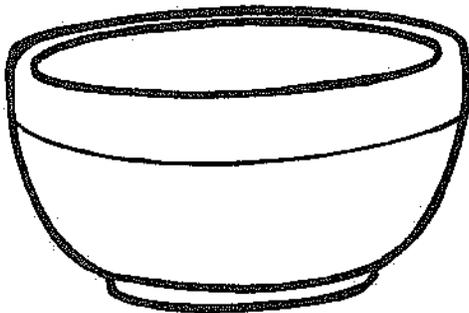
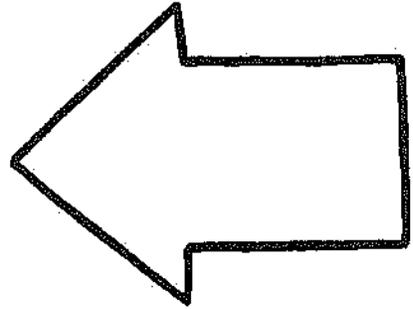
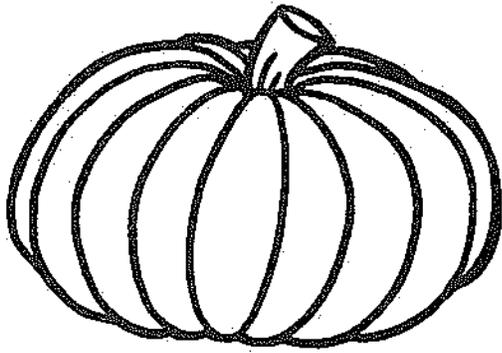
**Lesson 43**



Name \_\_\_\_\_

**Section D**

**Lesson 44**



# BUILDING LETTERS & WORDS CHOICE BOARD



## SET UP IDEAS! WRITE THE LETTER, NAME, OR WORD ON

- plain white paper (place in a page protector to use over and over)
- colored paper
- long paper (comes on a roll, tape it to the floor or wall)
- flash cards

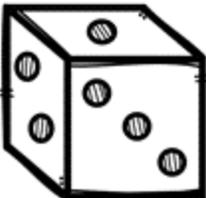
<p><b>Rainbow Marker</b> <b>Write!</b> Trace each letter with every color in the rainbow.</p>	<p><b>Tiny Treasures!</b> Find a small item to build the letter/word with (ex: gems, buttons, paperclips).</p>	<p><b>Tear Paper!</b> Tear up paper into small pieces and glue it to make the letter/word.</p>	<p><b>Chalk!</b> Go outside or use black paper. Write letters/words with chalk.</p>	
<p><b>Magnet Letters!</b> Match the letter or build the name with the magnet letters.</p>	<p><b>Play Dough!</b> Make the name with play dough (roll snakes or pinch small pieces).</p>	<p><b>Sticker It!</b> Use small dot stickers or any small stickers to make the letter/word.</p>	<p><b>Q-tip Paint!</b> Use Q-tips and paint to write or dot letters or words.</p>	<p><b>Shaving Cream!</b> In the tub or on a tray, write the letter/word in shaving cream.</p>
<p><b>Pens!</b> Write letters or words with pens. Try to fill up the whole page. Write different letters/words or all the same.</p>	<p><b>Cut Straws!</b> Cut up a few straws then use their pieces to make the letters/words.</p>	<p><b>Block Letters!</b> Put letters or write letters on blocks. Build words or put the letters in order.</p>	<p><b>Salt Tray!</b> Put salt in the bottom of a tray or plate. Make the letter/word in the salt with their fingers.</p>	<p><b>Rainbow Crayon</b> <b>Write!</b> Trace with every color in the rainbow.</p>
<p><b>Magazine Collage!</b> Cut out letters from store ads or magazines. Match the letters or build a word with the letter.</p>	<p><b>Car Writing!</b> Write the letters/words with tape on the floor or on a big piece of paper. Drive the car on the letters/words.</p>	<p><b>Stamp It!</b> Use letter stamps or magnet letters as stamps to stamp matching letters or build words in paint or kinetic sand.</p>	<p><b>Puzzle It!</b> Write the letters (ex: Aa) or word on a small piece of paper then cut up in pieces. Then put the puzzle together.</p>	<p><b>Mystery Write!</b> Write the letters or names with a white crayon. Then paint over it with watercolor to make it appear.</p>

## FUN WRITING ACTIVITIES

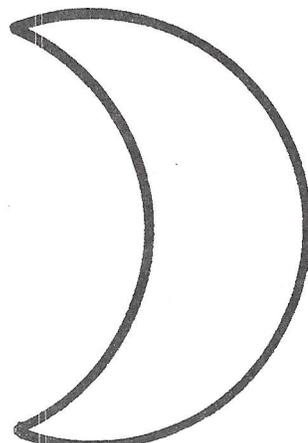
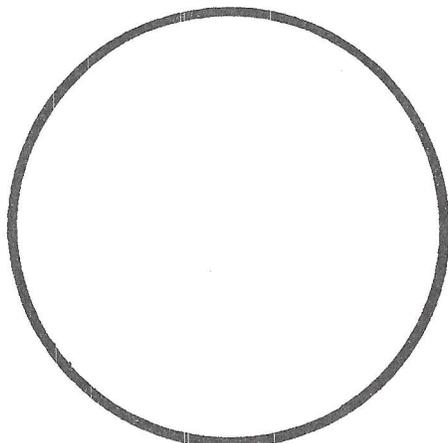
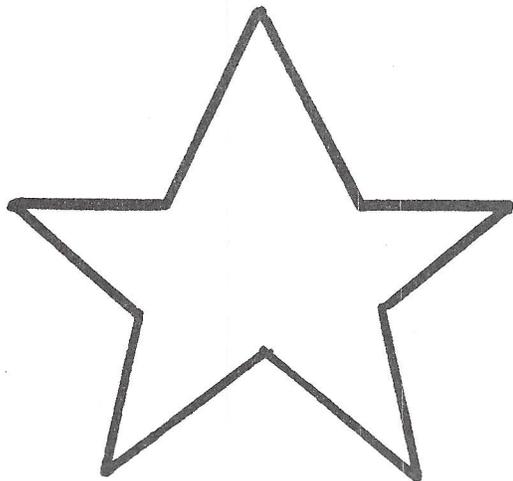
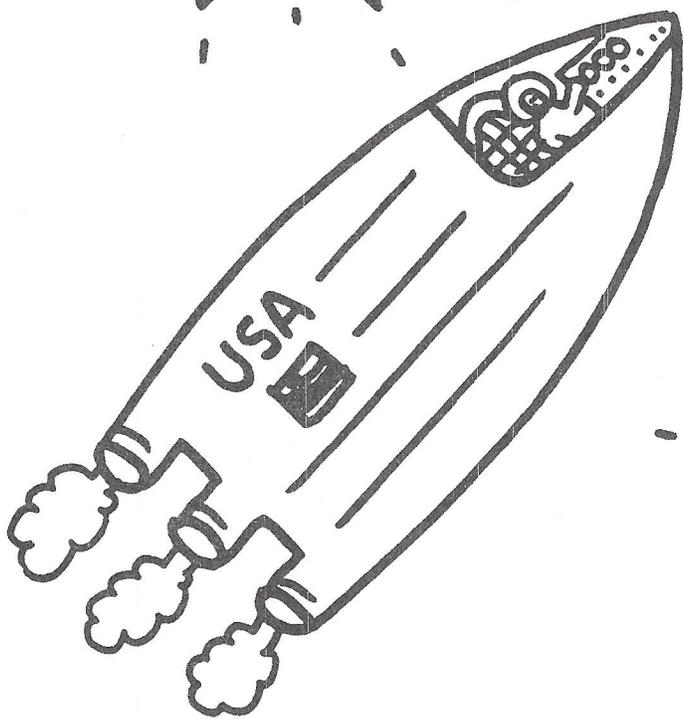
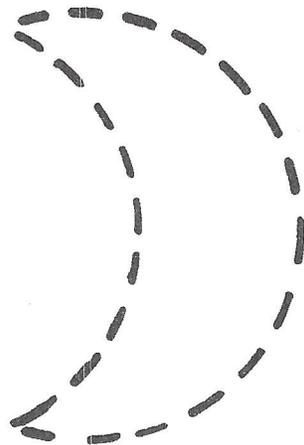
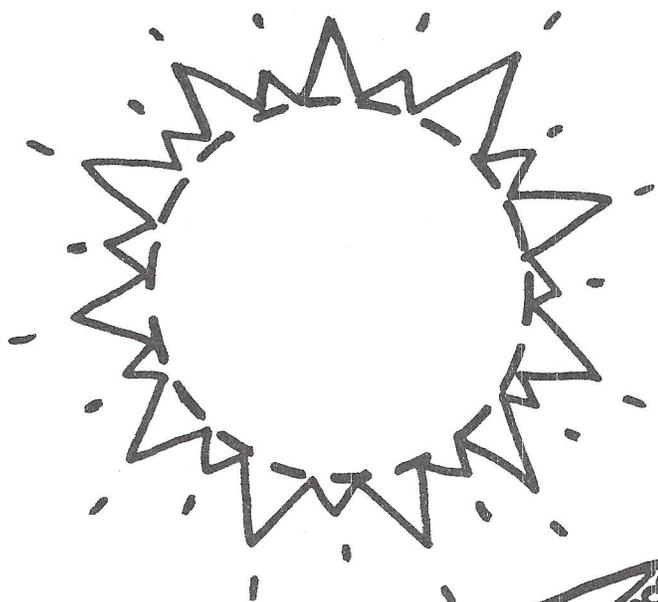
<p><b>Family List!</b> Make a list of everyone in your family with words and pictures.</p>	<p><b>Make a Card!</b> Make a card for someone special using pictures and words.</p>	<p><b>Make a Book!</b> Staple pieces of paper to make a book. Then use pictures and words to make the book.</p>	<p><b>Shopping List!</b> Make a shopping list with pictures and words.</p>	<p><b>Make an ABC Book!</b> Staple pages together to make a book. Then write the alphabet to make the book.</p>
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# MATH CHOICE BOARD

PICK A SQUARE, DO THE ACTIVITY, AND COLOR THE SQUARE!

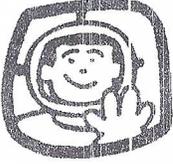
Play Hi Low (aka war).	Sort toys or jewelry by color and size (ex: cars, bracelets, bows).	Make shapes with popsicle sticks, pipe cleaners, or stick pretzels.	Put a puzzle together with your family.	Make patterns with toys or jewelry (ex: cars, bracelets, bows).
Play roll and build. Roll a dice and count out the same number of blocks. Add the blocks to the tower.	Write numbers on post-its and put them in order to create a number line.	Make a counting book. Staple pages together to make a book. Write a number at the bottom of each page.	Sort the laundry. Match the socks.	Line up your stuffed animals from tallest to shortest.
Sort coins by kind and color. Which pile has the most/least?	Play a board game.		Bake a yummy treat. Use the recipe to measure the ingredients.	Play Go Fish.
Make patterns with beads, pom poms, or blocks.	Rainbow Number Write. Trace with every color in the rainbow.	Go on a shape walk either inside or outside. Find a shape, say what shape it is, and describe the shape.	Shaving cream write and draw. Draw numbers and shapes in shaving cream.	Count how many forks and spoons you have. Which pile has the most/least?
Snowball counting toss. Cut paper into fourths and write a number on each one, and crumble it up. Grab a snowball, say the number, crumble it up, and toss it again.	Make a number line. Write numbers in a long line. Match the dominos or count out objects to match each number.	Shape tap. Someone calls out a shape then walk around the room and tap all the things that are that shape.	Measure how tall each person in your family is with blocks or cans.	Find small treasures (buttons, gems, pom poms, pennies). Count each collection. Which has the most? Which has the least?

Name \_\_\_\_\_

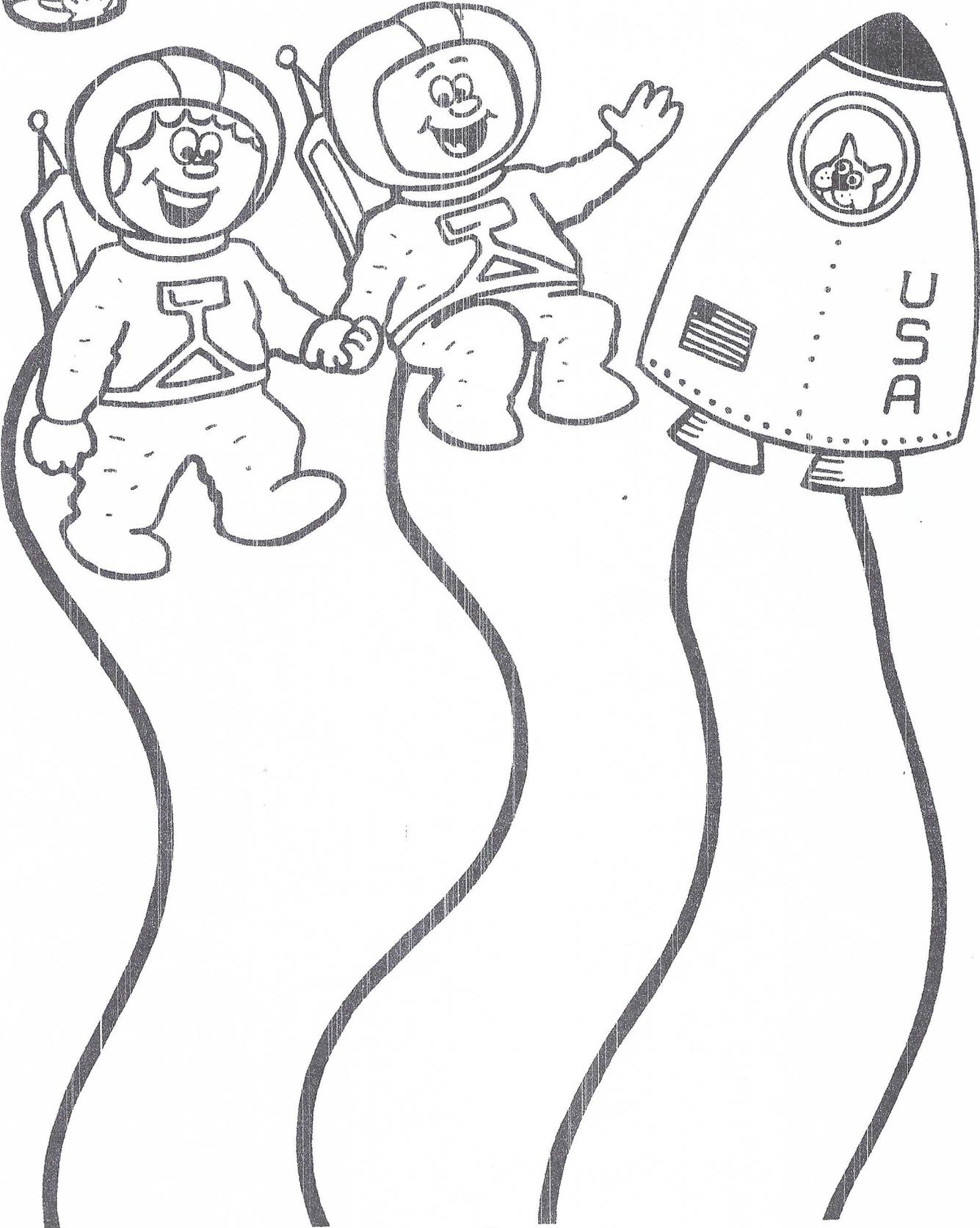


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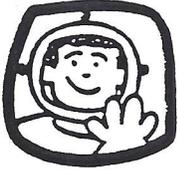


Cut the tethers and trails.

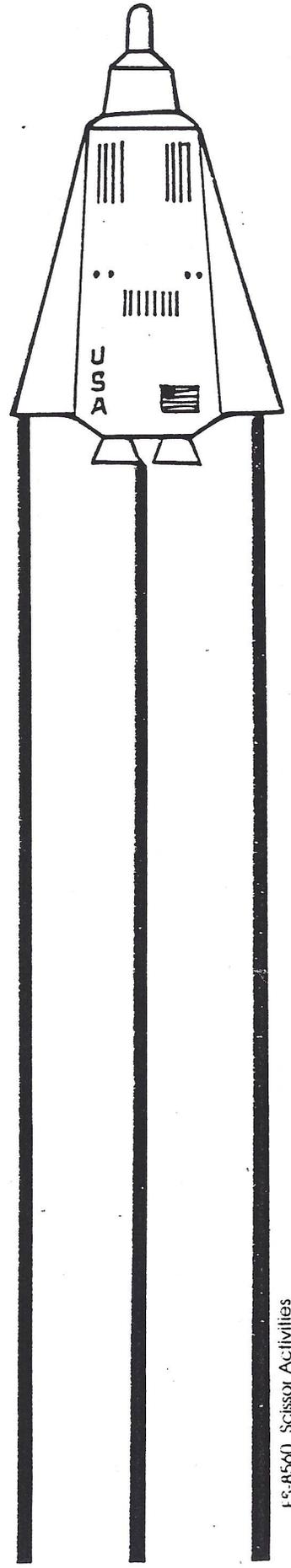
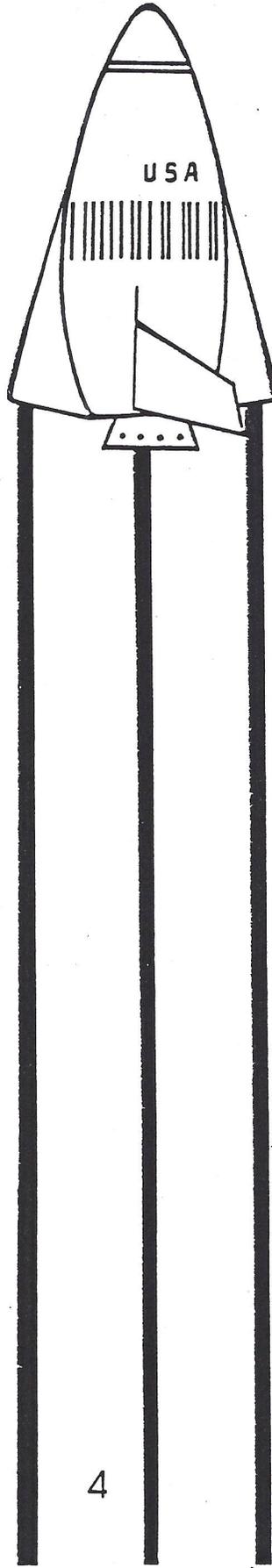
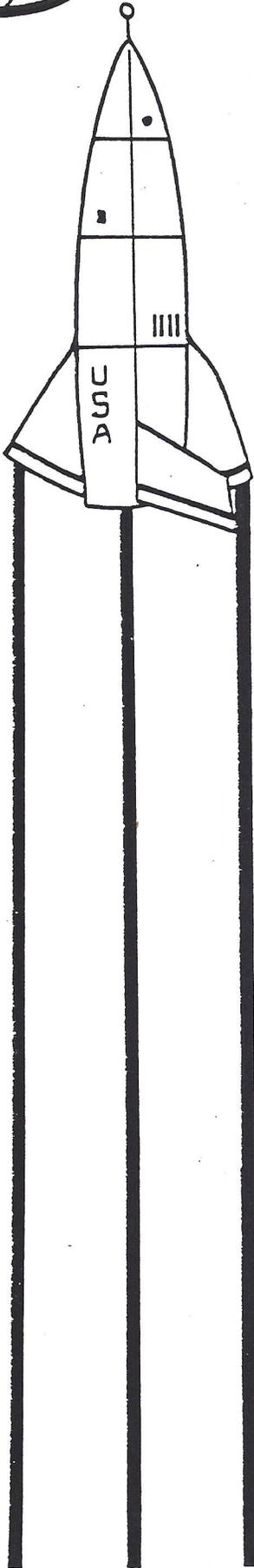


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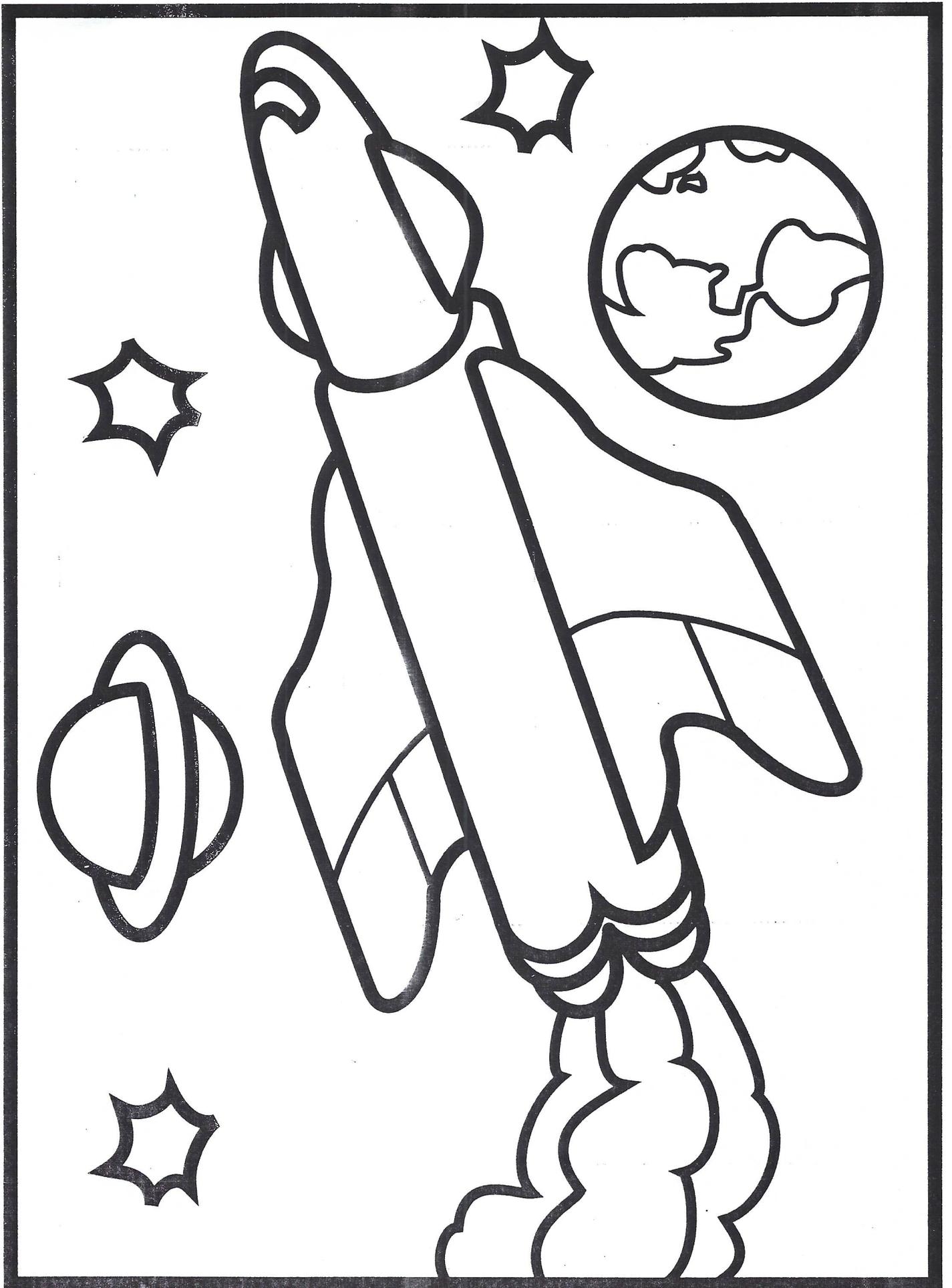
Name \_\_\_\_\_



Cut the trails of the rockets.

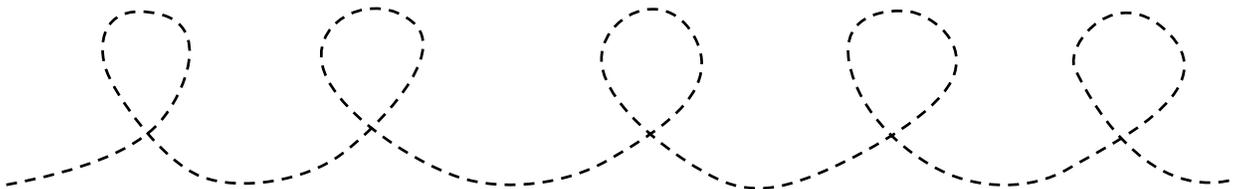
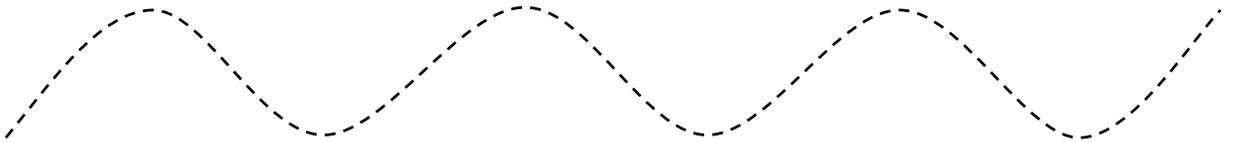
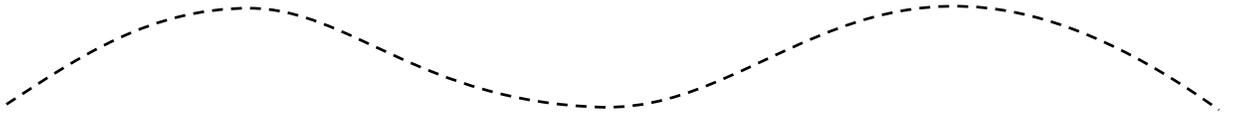
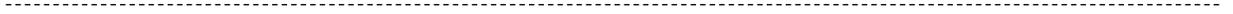


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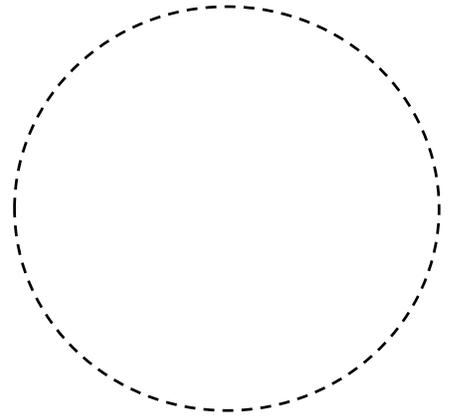
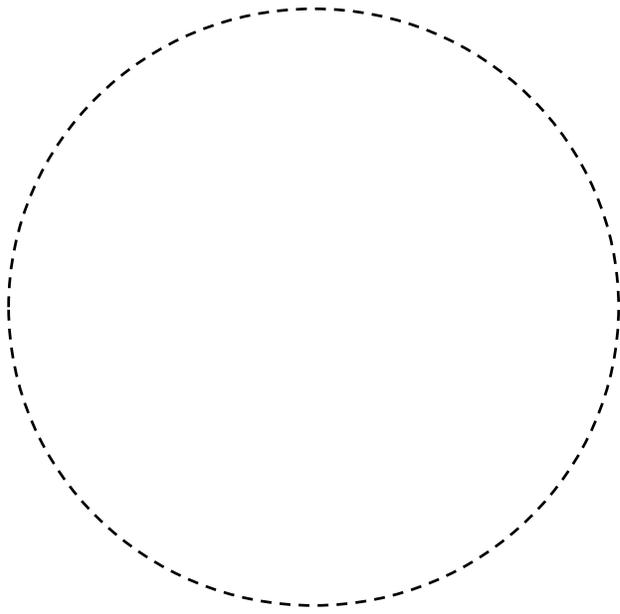
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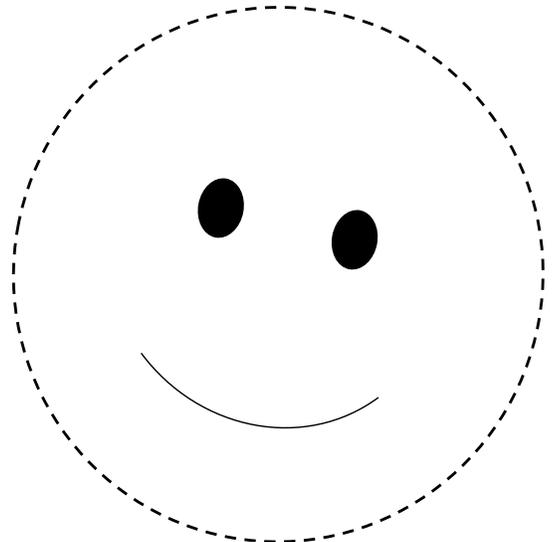
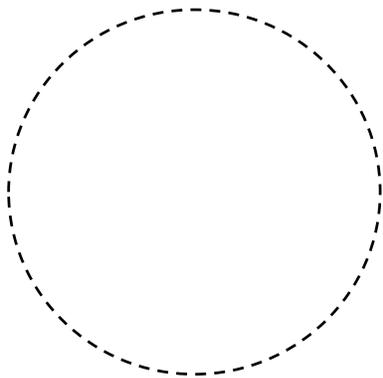
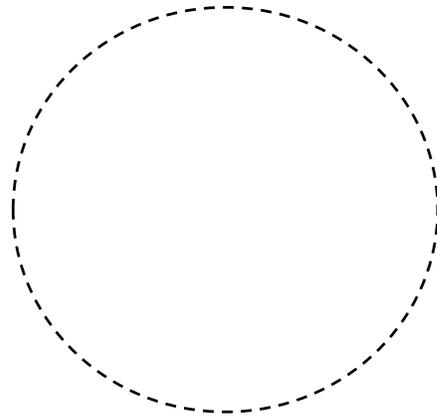


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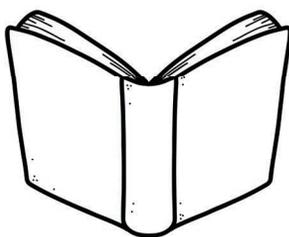
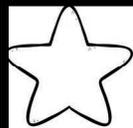


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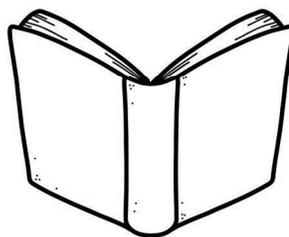
# **Resource Pages**

**Pack 4**

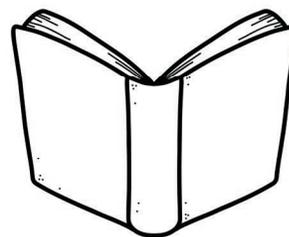
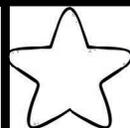
# I Read for 15 Minutes!



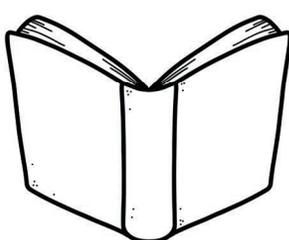
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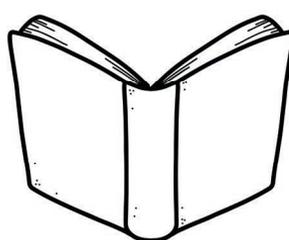
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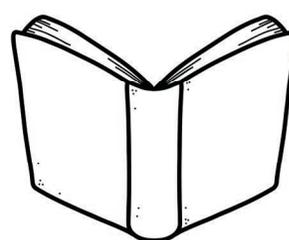
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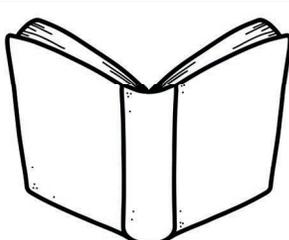
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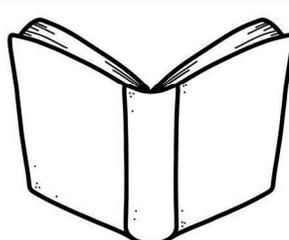
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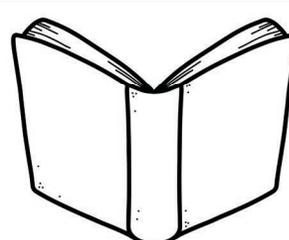
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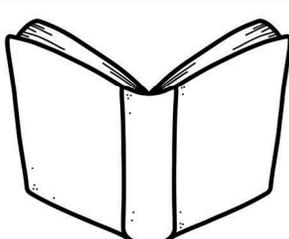
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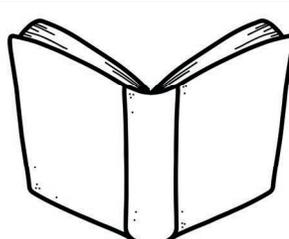
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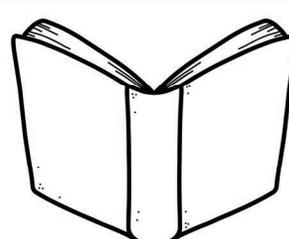
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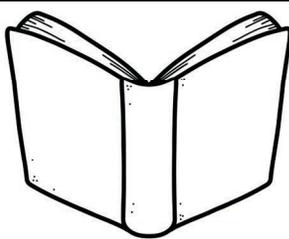
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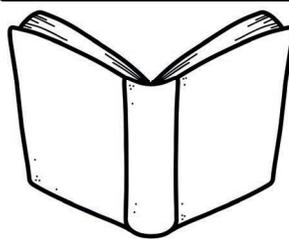
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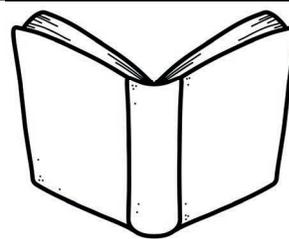
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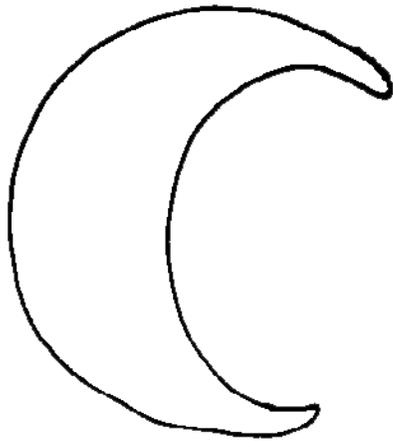
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# My Book of Space Words

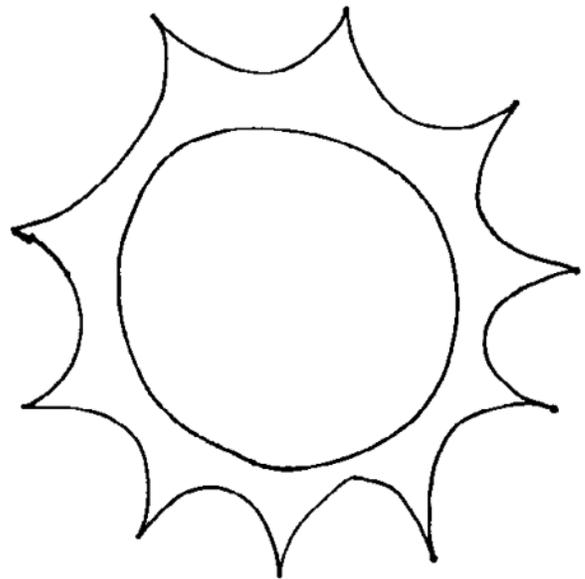


Earth

Name \_\_\_\_\_



Moon

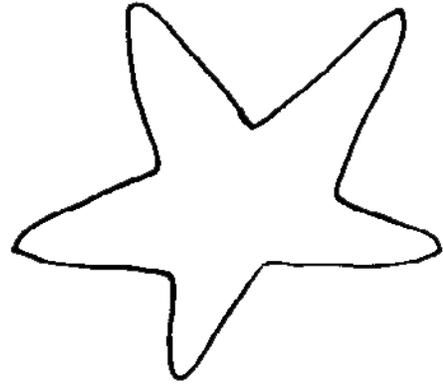


Sun

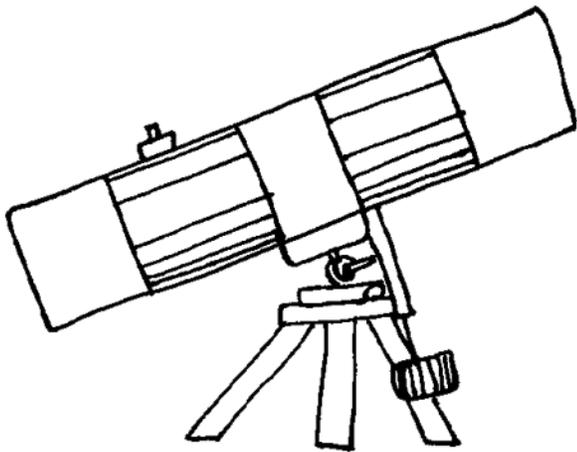
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galaxy

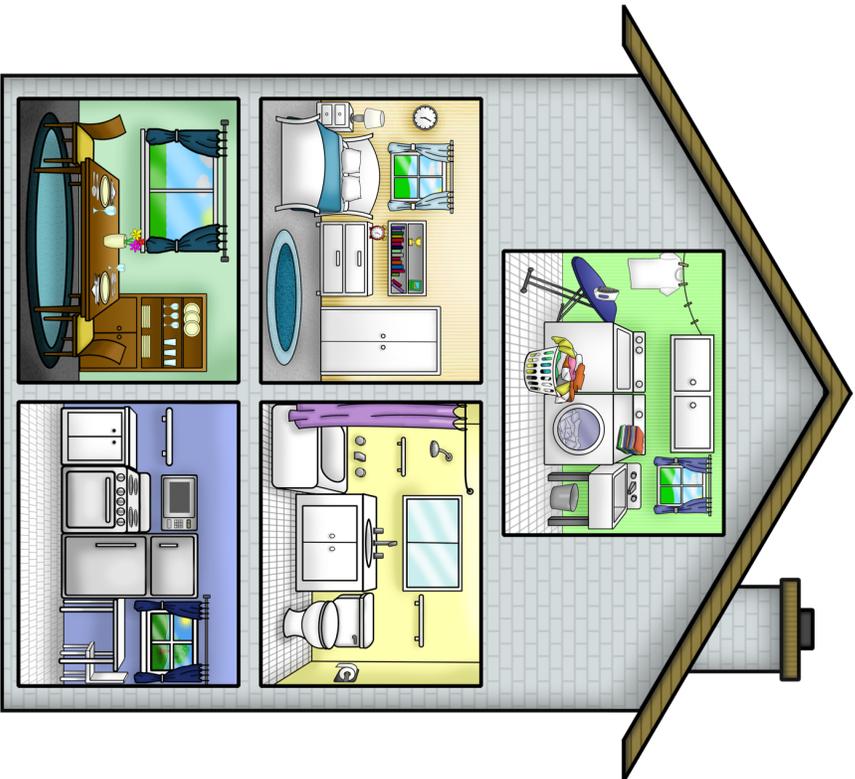


star



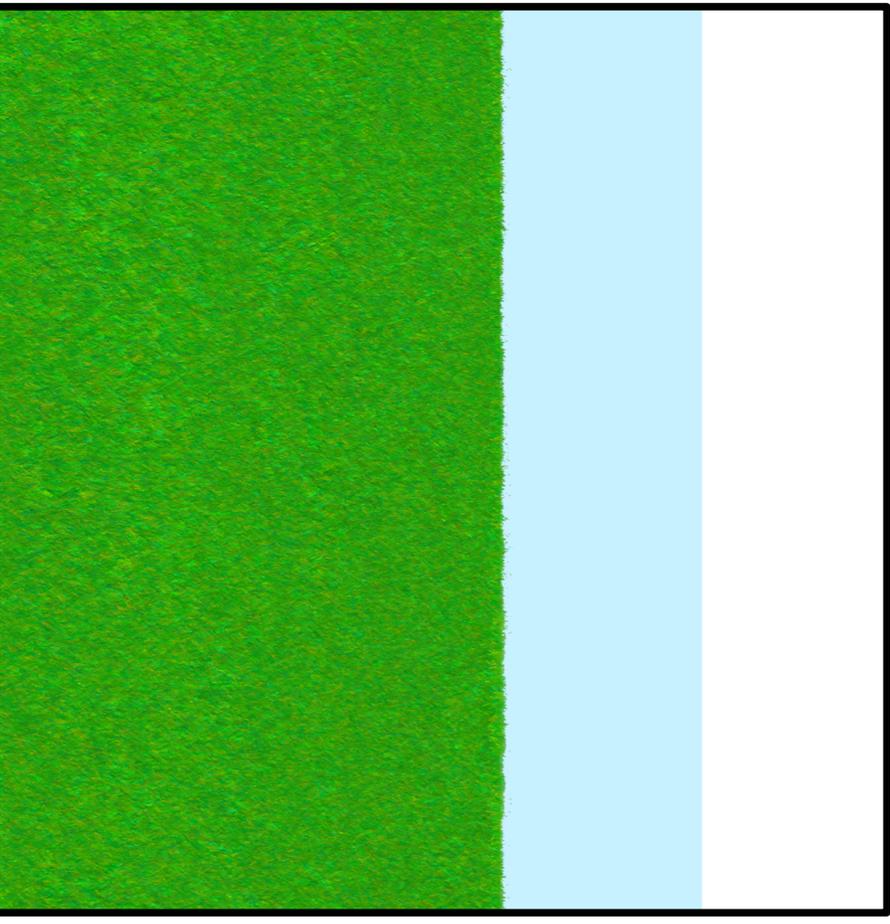
telescope

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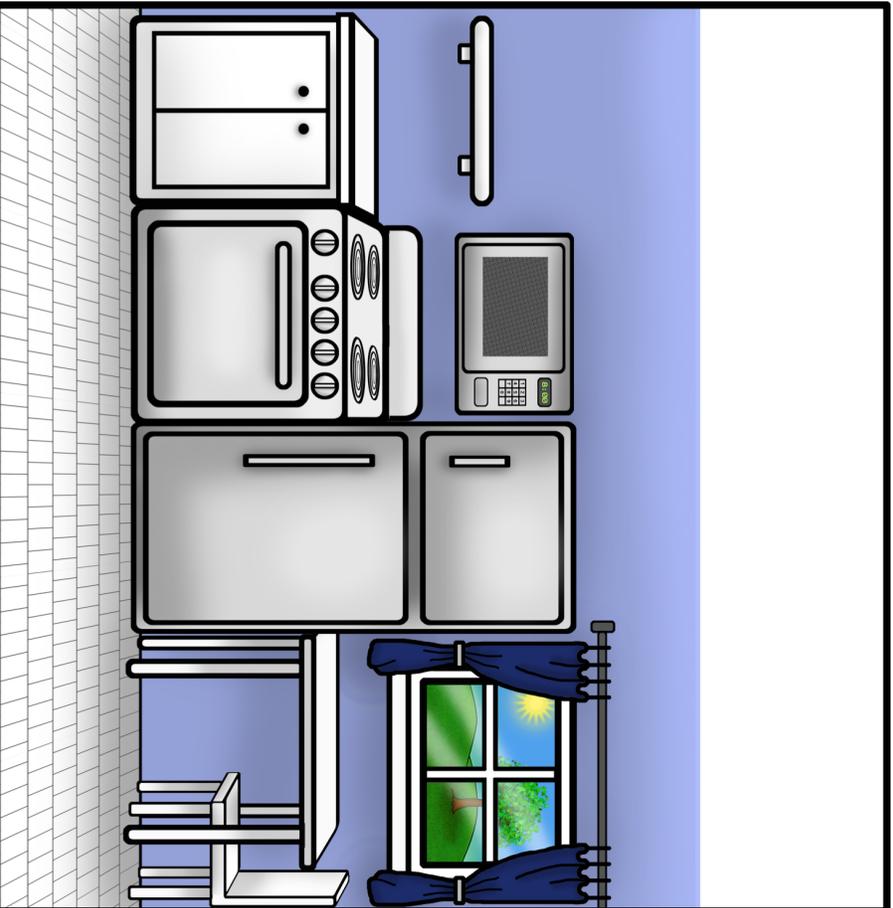


# ERRORLESS Fly in the House

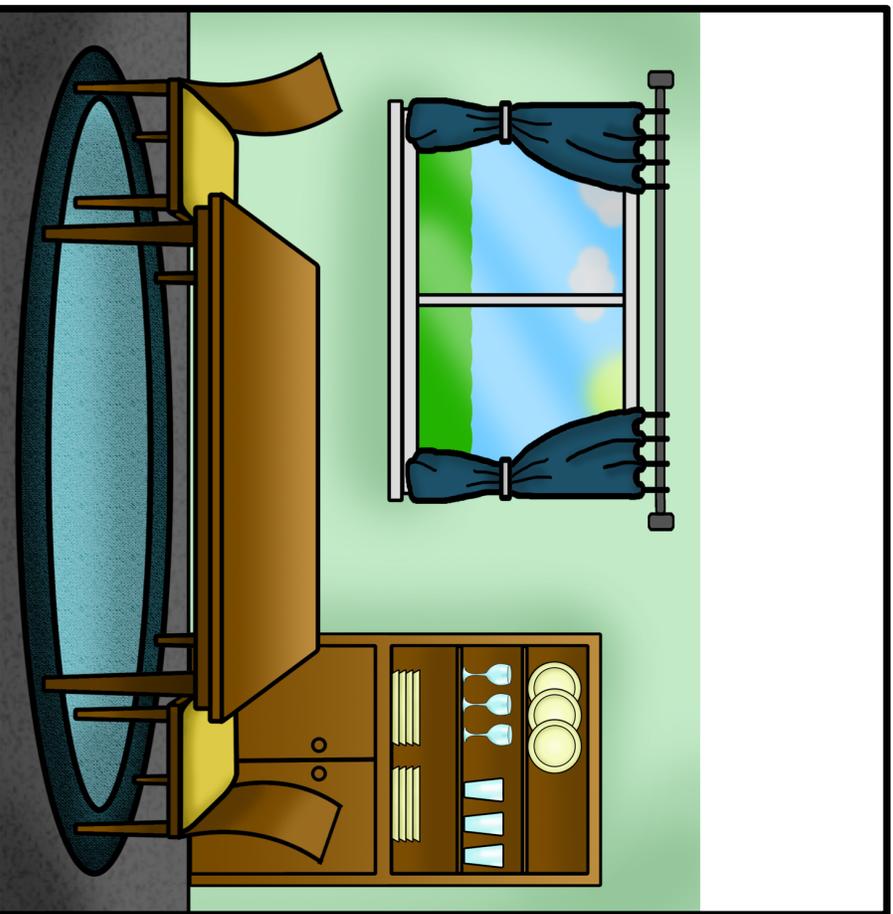
Written by: Mrs. D's Corner



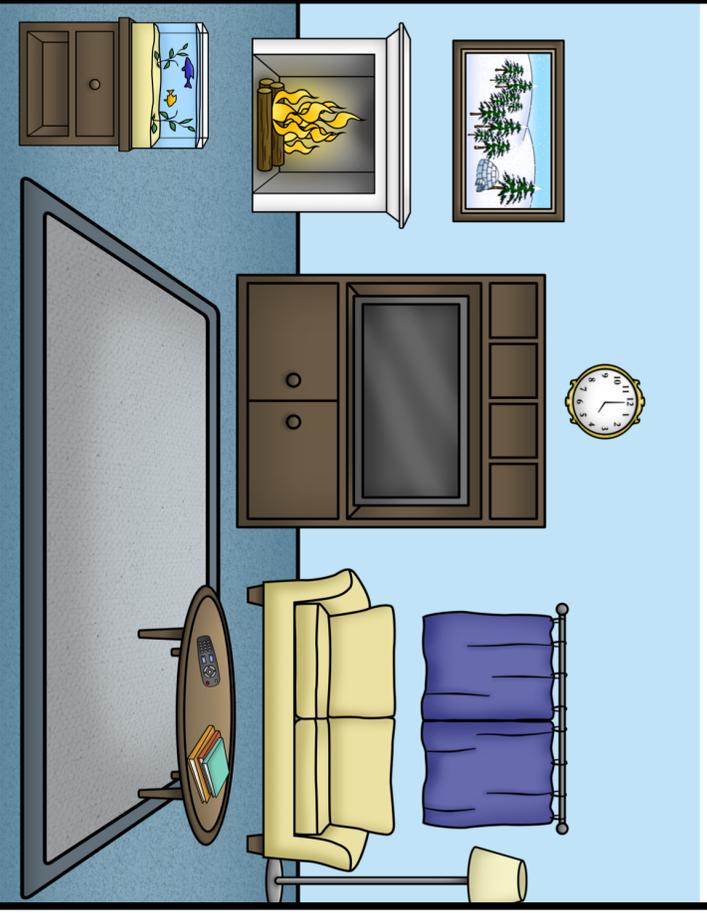
There is a fly in the back yard.



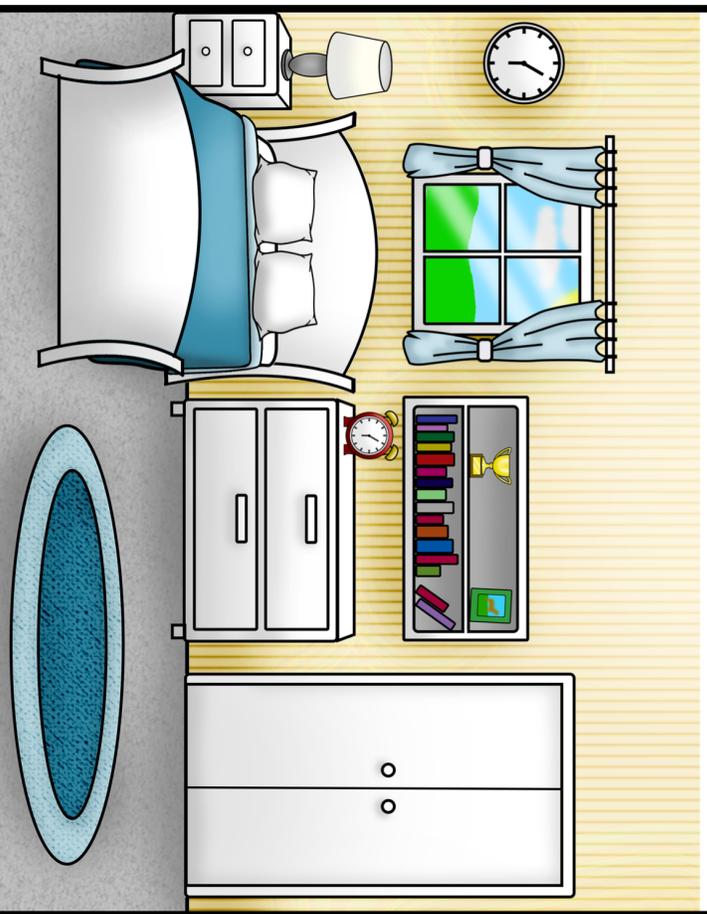
There is a fly in the kitchen.



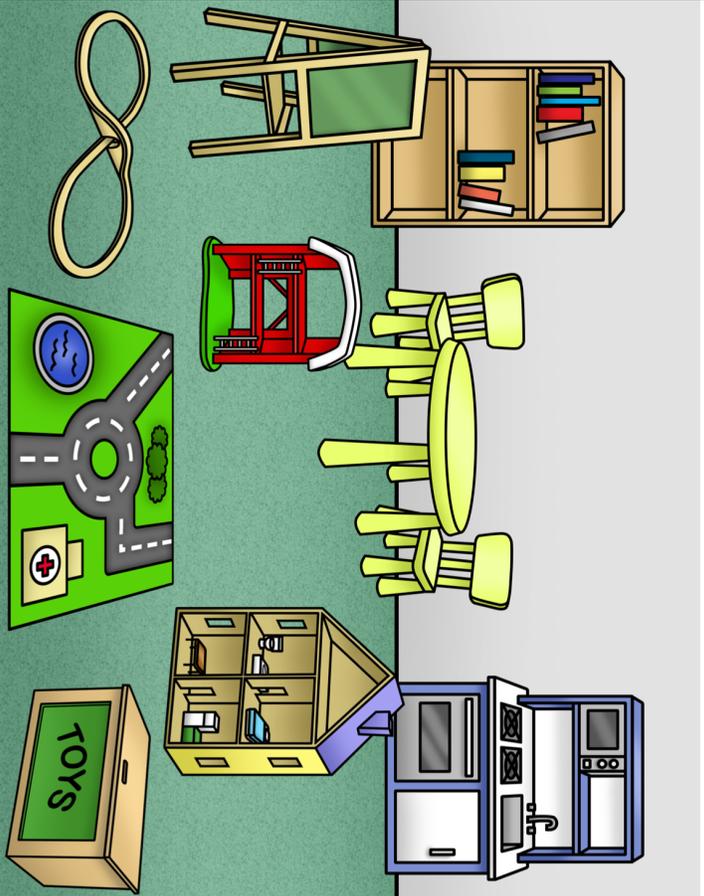
There is a fly in the dining room.



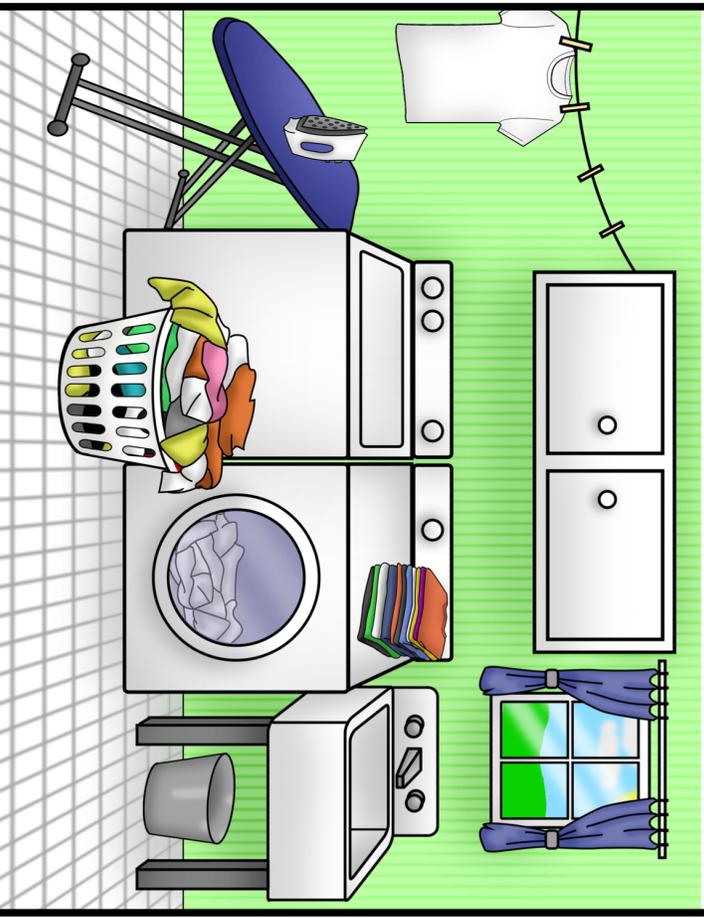
There is a fly in the living room.



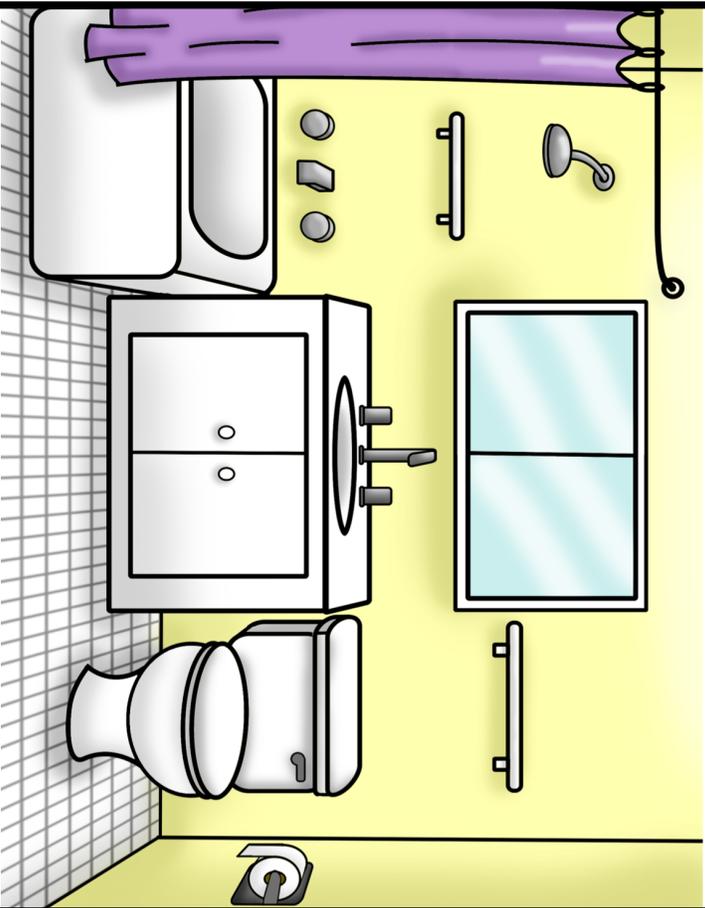
There is a fly in the bedroom.



There is a fly in the playroom.



There is a fly in the laundry  
room.

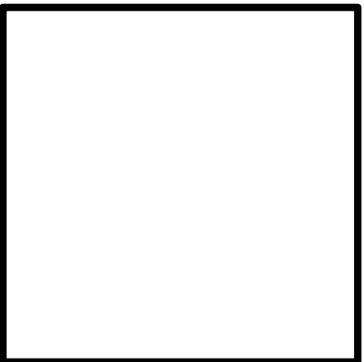
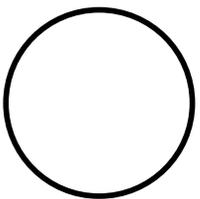
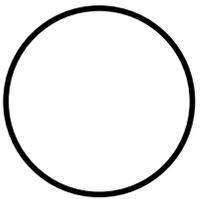


There is a fly in the bathroom.

**THE  
END**

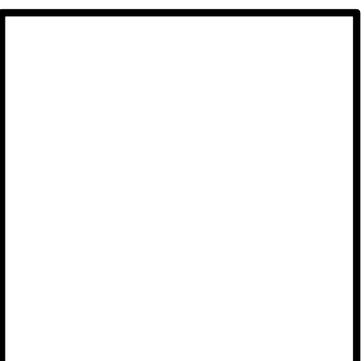
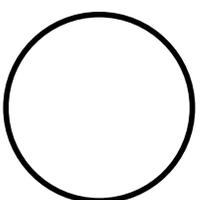
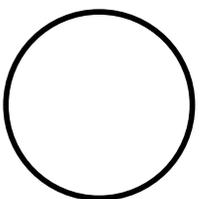
●

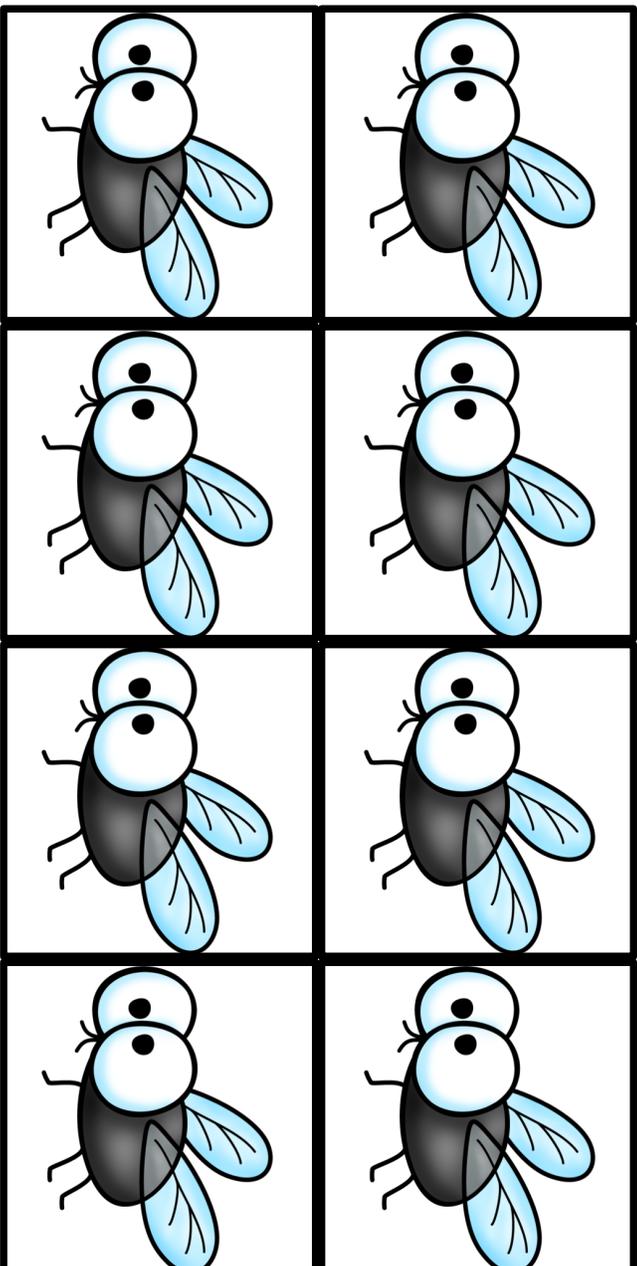
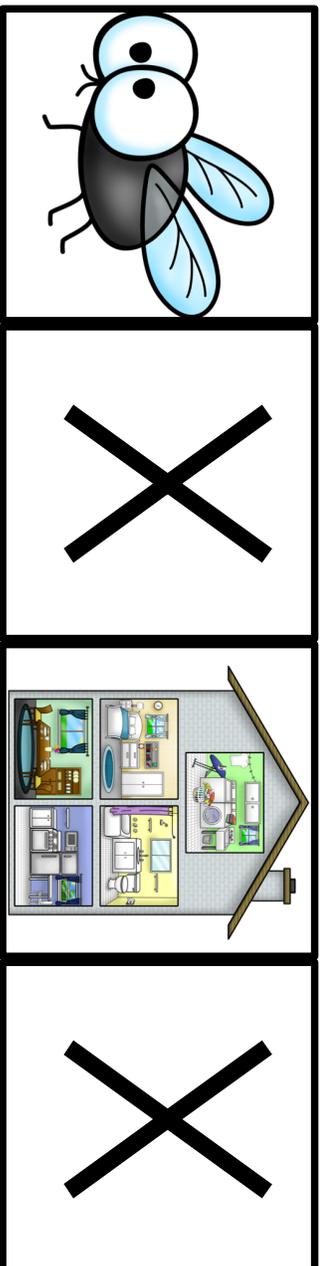
What was flying around the  
house?



●

Where was the fly flying?



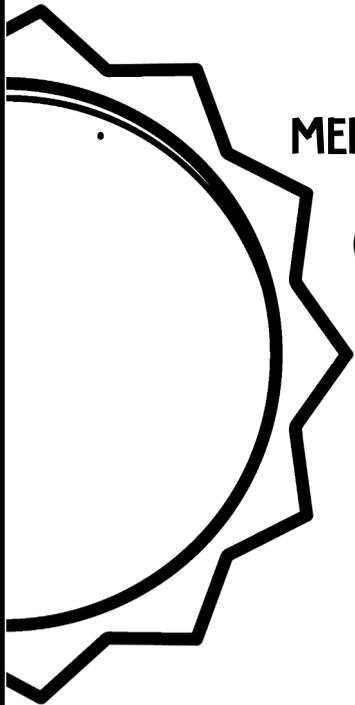


To store the answer pieces, laminate a piece of cardstock, bind to the back of the book, and add two strips of Velcro.

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# OUR SOLAR SYSTEM

SUN



MERCURY



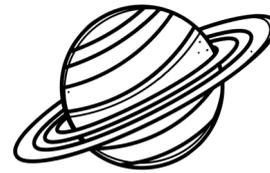
VENUS

EARTH



MARS

JUPITER



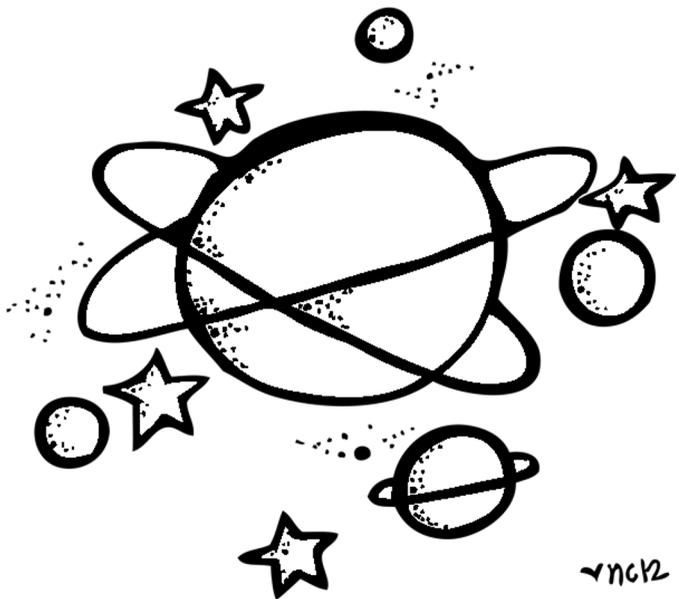
SATURN

URANUS



NEPTUNE

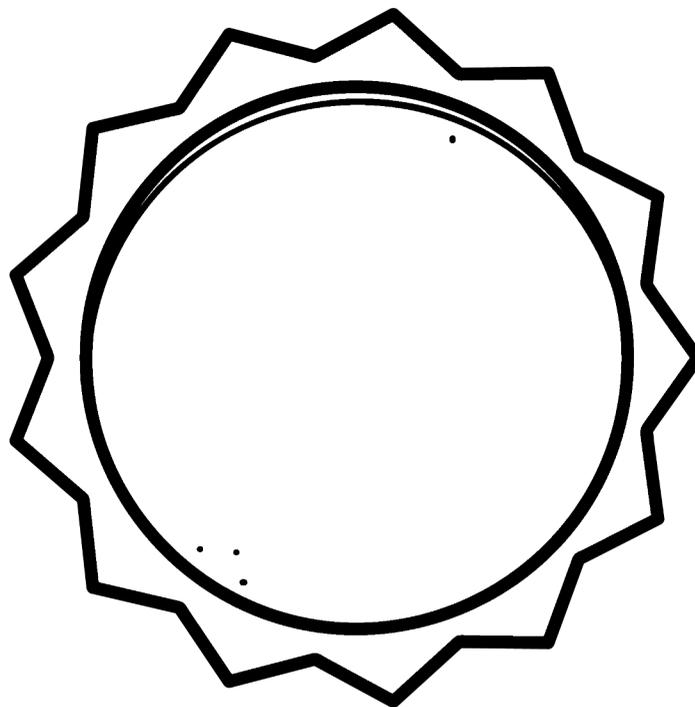
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7/12

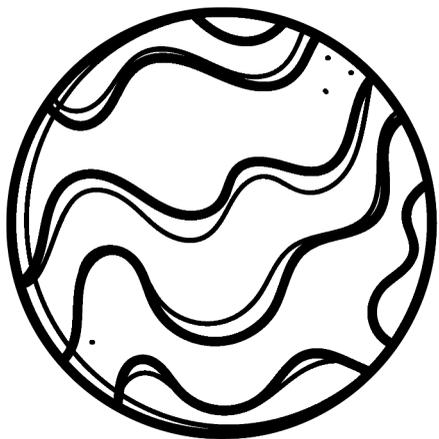
Solar  
System  
Book

Sun



The Sun is a star.  
A star is made up of gas.  
The Sun is the only star in our  
solar system and is approximately  
93 million miles from Earth.

# Mercury



**Mercury** is the closest planet to the Sun and is also the smallest of the eight planets in our solar system.

For every 2 orbits of the Sun, which takes around 88 Earth days, **Mercury** completes three rotations of its axis.

# Venus



**Venus** is the second planet from the sun and is the second brightest natural object in the sky.

**Venus** is sometimes referred to as the “morning star” and “evening star”.

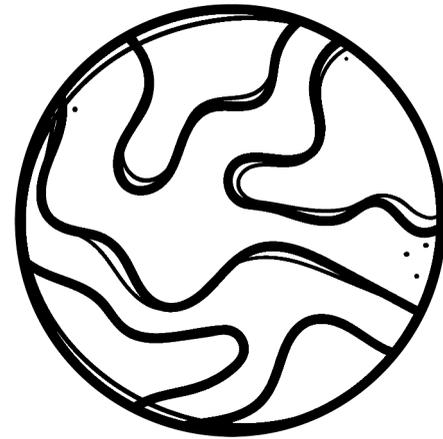
# Earth



Earth is the third planet from the sun and only has one moon.

Earth is the only planet in the solar system that has people, plants, and animals.

# Mars



Mars is the fourth planet from the sun and the second smallest planet in our solar system.

Mars is often described as the "red planet" due to its reddish appearance.

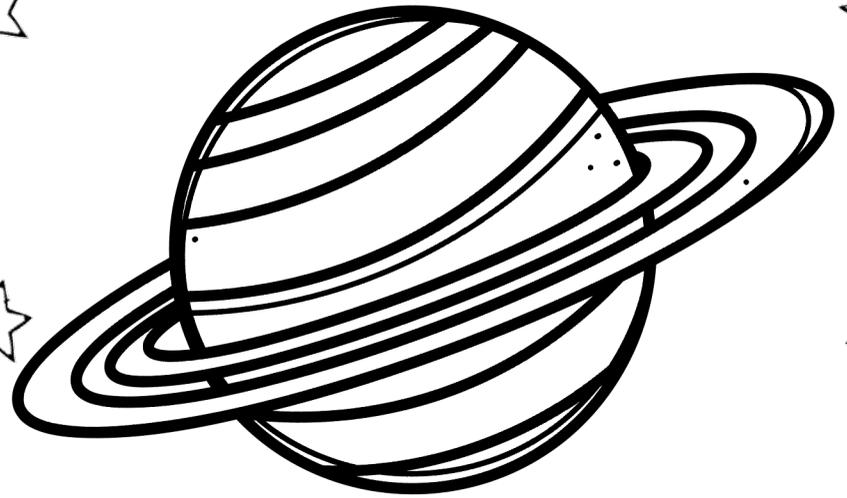
# Jupiter



**Jupiter** is the fifth planet from the sun and is also the largest planet in our solar system.

**Jupiter** is so big that more than 1300 Earths can fit inside.

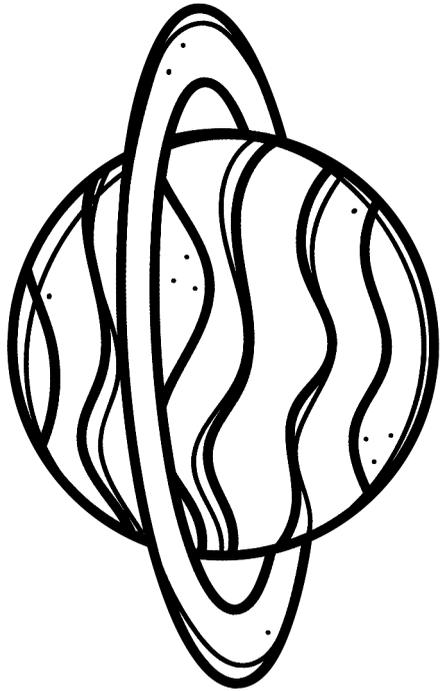
# Saturn



**Saturn** is the sixth planet from the sun and the second largest planet in our solar system.

**Saturn's** beautiful rings are made up of millions of ice crystals, some as big as houses and others as small as specks of dust.

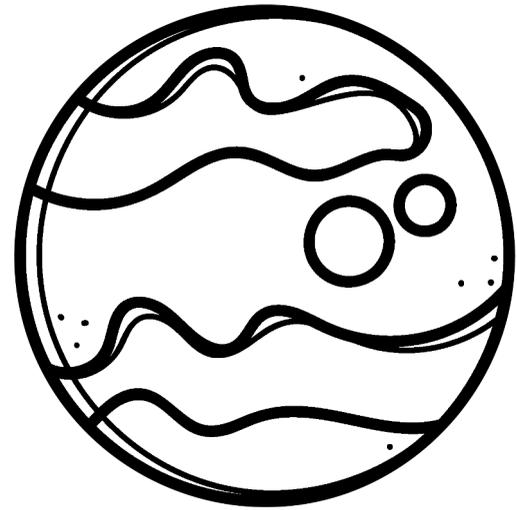
# Uranus



Uranus is the seventh planet from the sun and rotates lying on its side.

Uranus was the first planet discovered by telescope and take 84 Earth years to go around the sun.

# Neptune

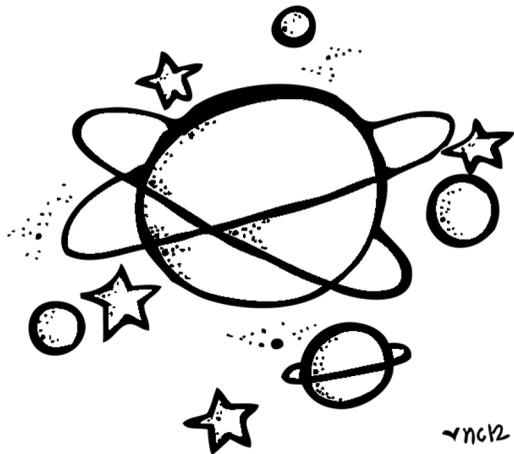


Neptune is the eighth planet from the sun making the most distant in the solar system.

Neptune is four times larger than Earth and suffers the most violent weather in our solar system.

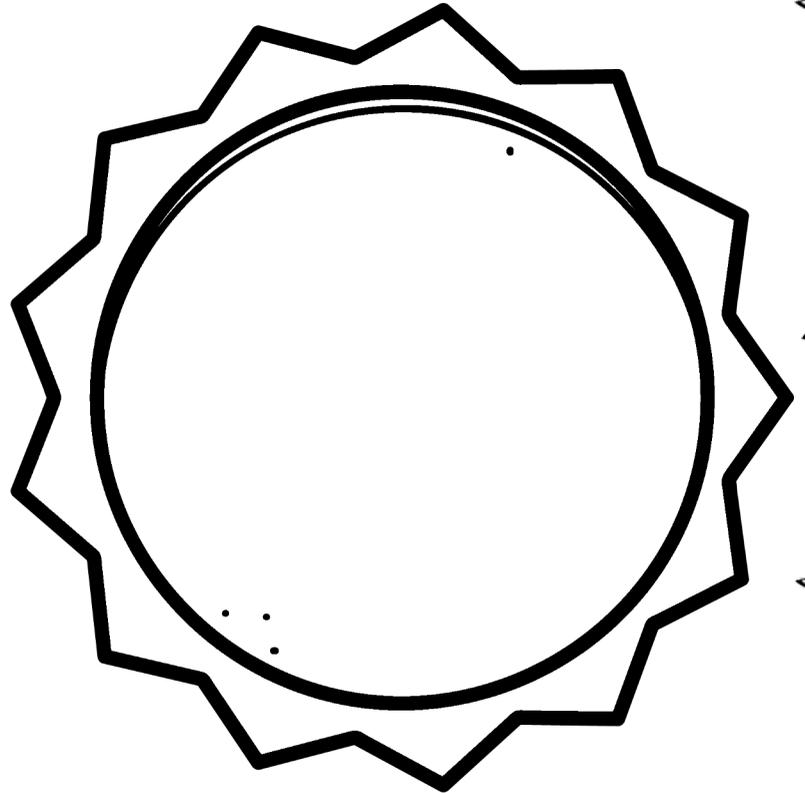
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**My**  
Solar  
System  
**Book**



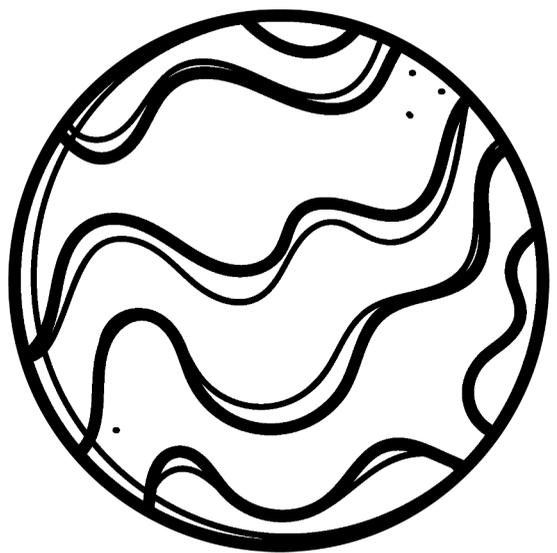
**Name:** \_\_\_\_\_

**I see the...**



Sun

I see ...



Mercury

I see ...



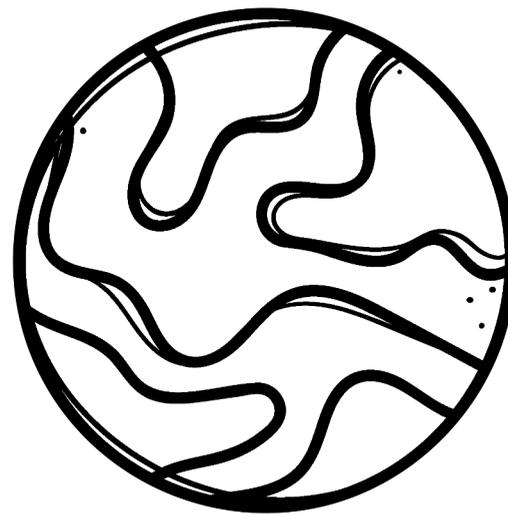
Venus

I see ...



Earth

I see ...



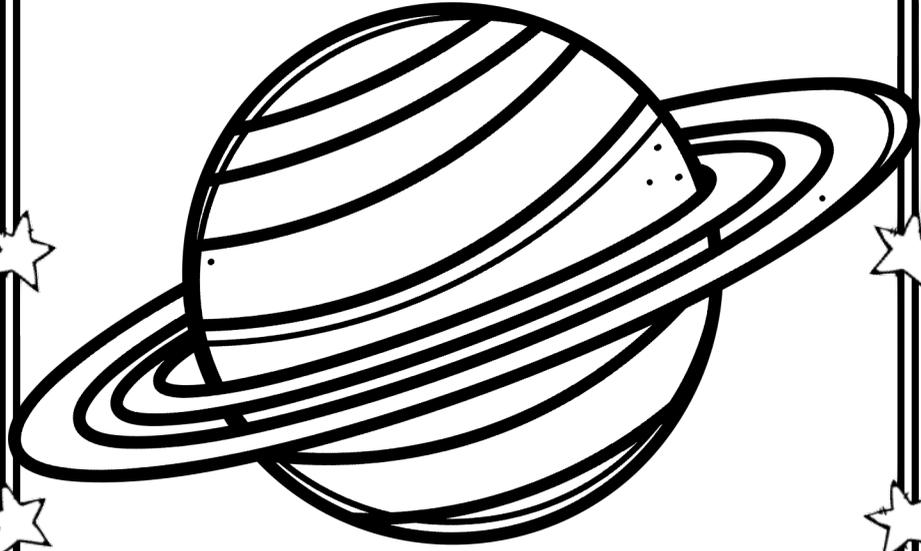
Mars

I see ...



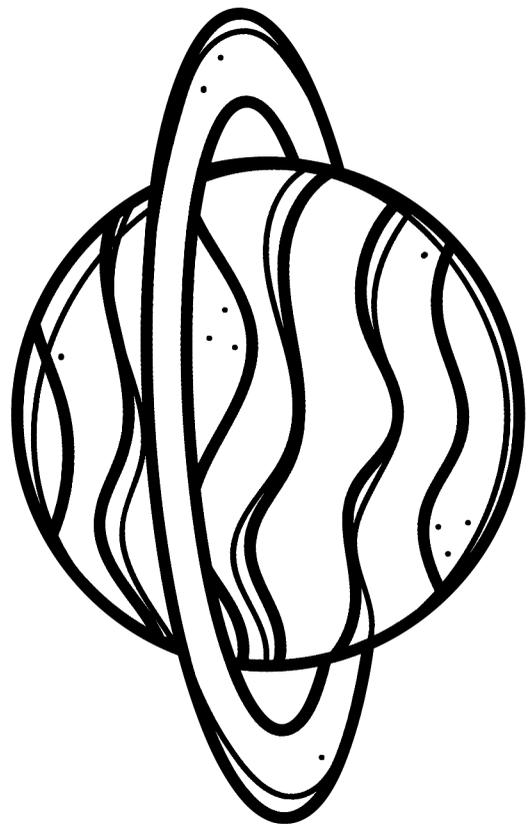
Jupiter

I see ...



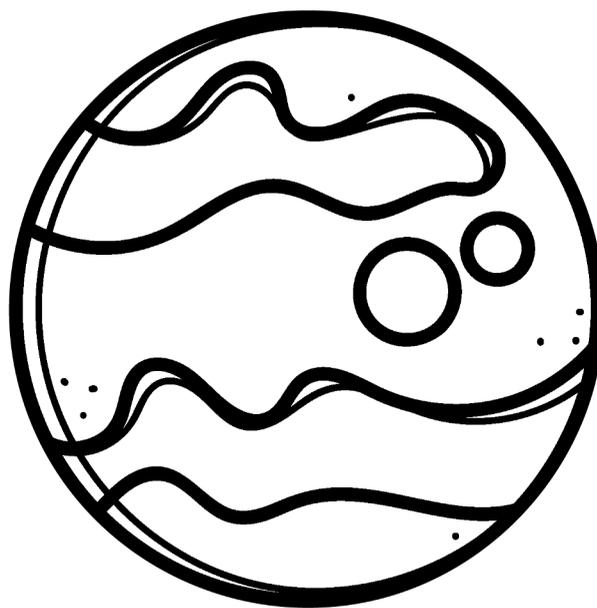
Saturn

I see ...



Uranus

I see ...



Neptune

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# Moon Phases Chart

Look at the night sky and draw the moon in the "Night 1" box below. Wait a few nights, look at the moon again, and draw the moon in the "Night 2" box. Draw pictures of the moon on other nights until you finish your chart. Hang your chart for family and friends to see.

**NIGHT 1**

Date: \_\_\_\_\_

**NIGHT 2**

Date: \_\_\_\_\_

**NIGHT 3**

Date: \_\_\_\_\_

**NIGHT 4**

Date: \_\_\_\_\_

**NIGHT 5**

Date: \_\_\_\_\_

**NIGHT 6**

Date: \_\_\_\_\_

**NIGHT 7**

Date: \_\_\_\_\_

**NIGHT 8**

Date: \_\_\_\_\_

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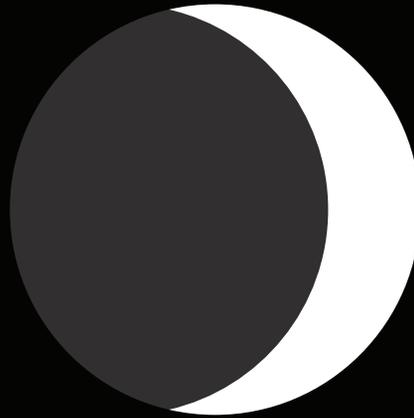


# Moon Phases Cards

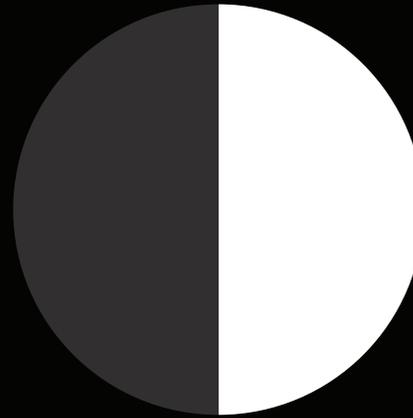
These cards show the different phases of the moon. Print, cut out, and jumble all the cards. Try to put them back in the correct order, from the new moon to the waning crescent.



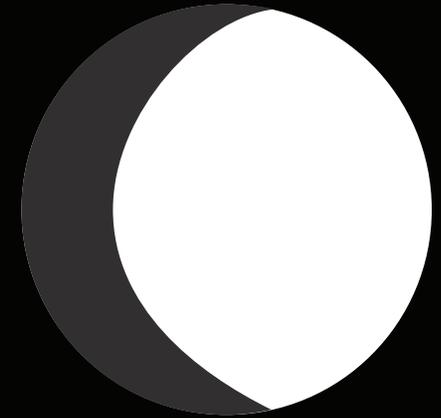
New Moon



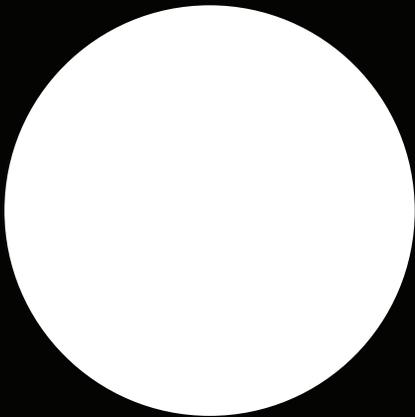
Waxing Crescent



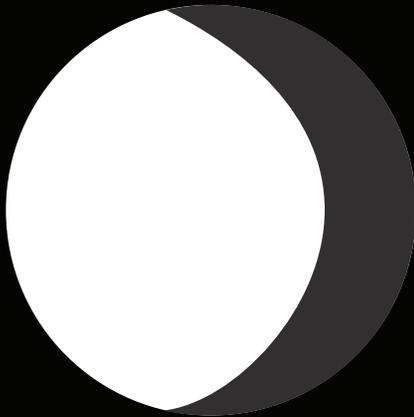
First Quarter



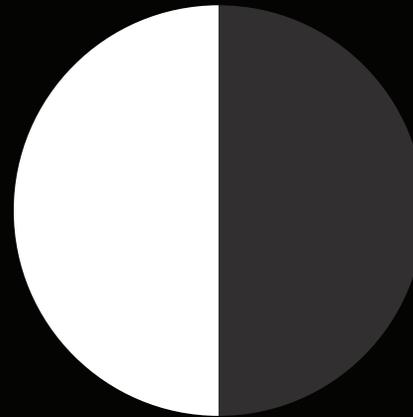
Waxing Gibbous



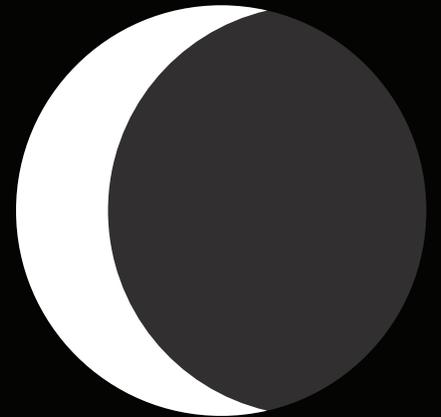
Full Moon



Waning Gibbous

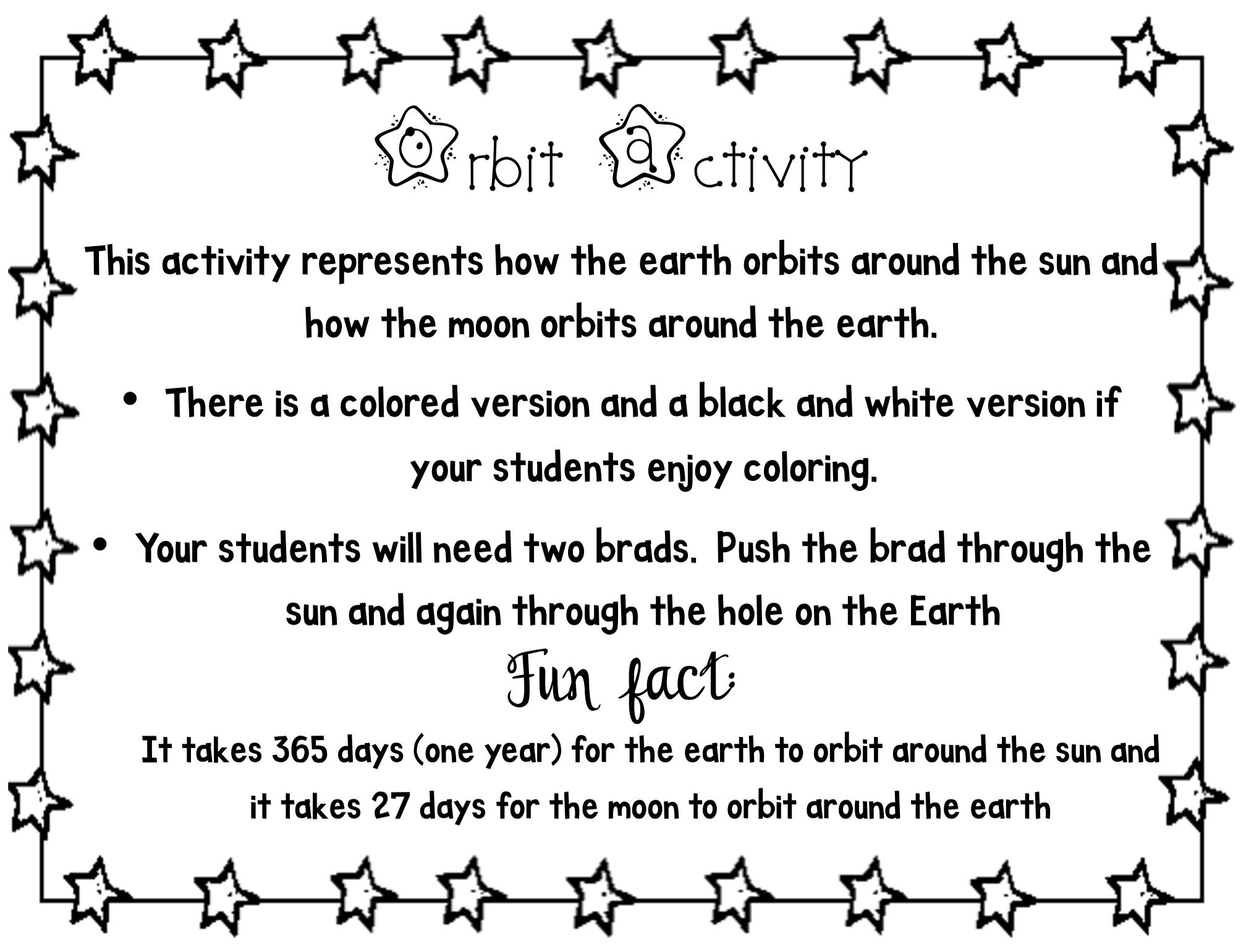


Last Quarter



Waning Crescent

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# Orbit Activity

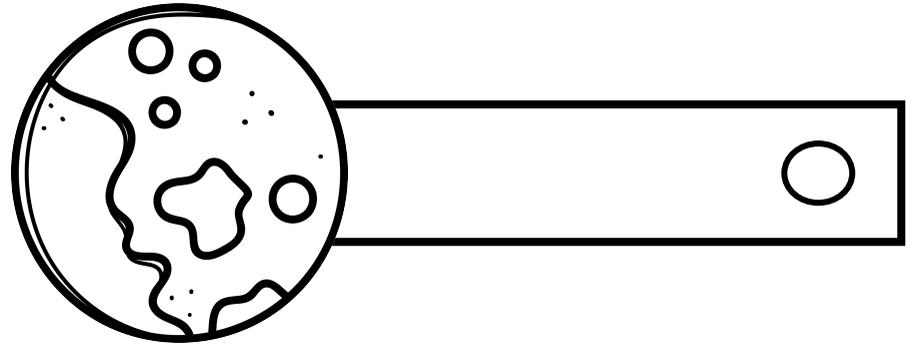
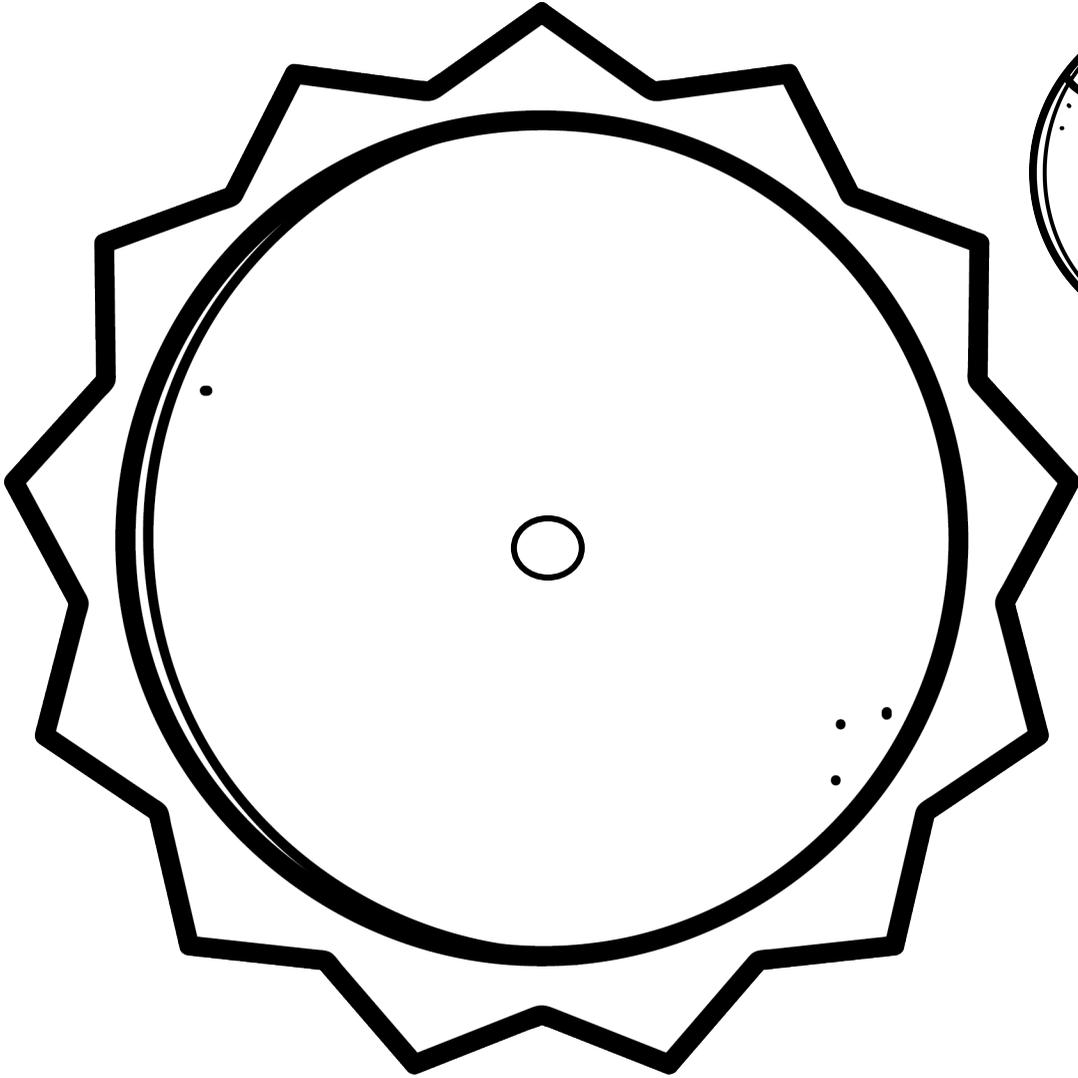
**This activity represents how the earth orbits around the sun and how the moon orbits around the earth.**

- There is a colored version and a black and white version if your students enjoy coloring.**
- Your students will need two brads. Push the brad through the sun and again through the hole on the Earth**

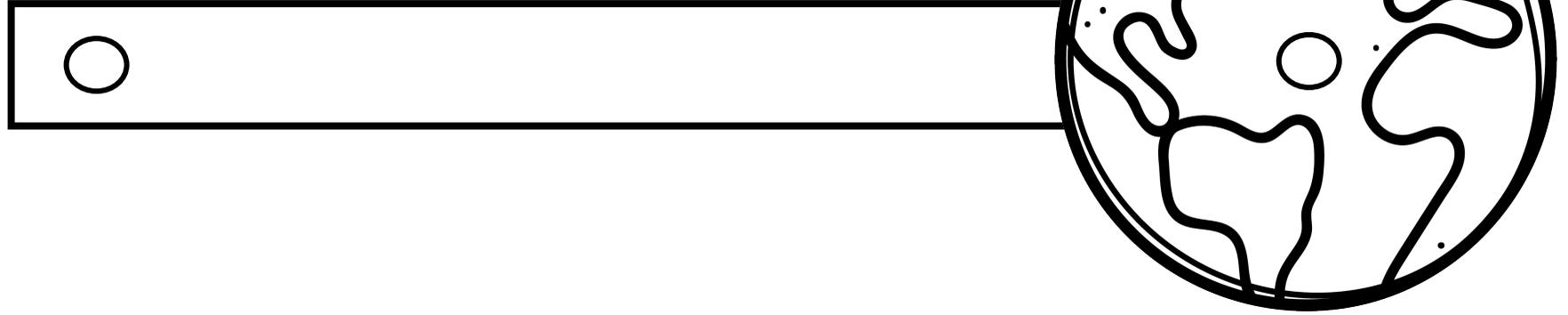
## *Fun fact:*

**It takes 365 days (one year) for the earth to orbit around the sun and it takes 27 days for the moon to orbit around the earth**

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orbit  
activity



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# The Planet Song

Tune: "She'll Be Coming Around the Mountain"

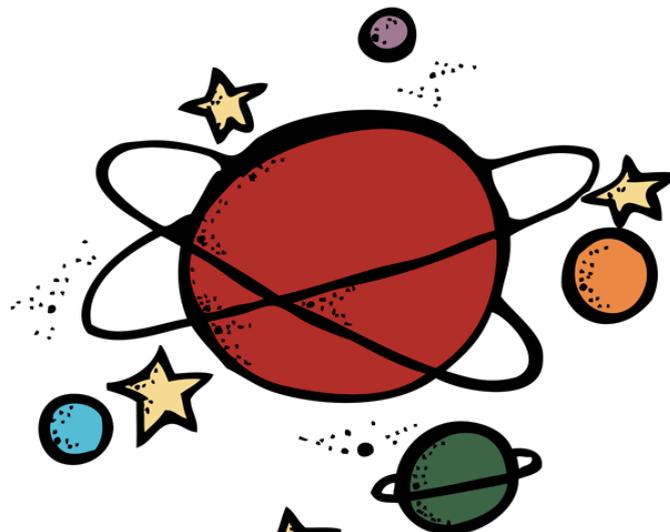
There are eight planets in our solar system,

There are eight planets in our solar system,

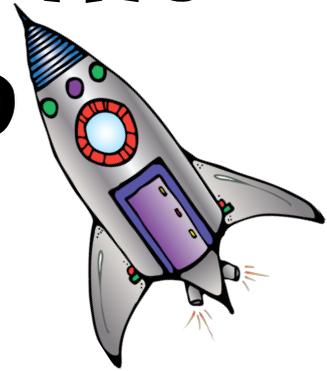
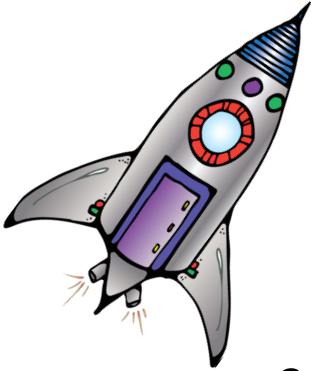
**Mercury, Venus, Earth, and Mars**

**Jupiter, Saturn, Uranus, Neptune**

There are eight. Planets in our solar system



# Climb Aboard the Spaceship



Tune: "Itsy Bitsy Spider"

Climb aboard the spaceship,

We're going. To the moon.

Hurry and get ready,

we're going to blast off soon.

Put on your helmets,

And buckle up real tight.

Here comes the countdown,

Let's. count with all. Our might.

10-9-8-7-6-5-4-3-2-1— BLAST OFF!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><b>National Observances</b></p> <ul style="list-style-type: none"> <li>May 1-7: National Physical Education and Sport Week</li> <li>May 4<sup>th</sup>: Star Wars Day</li> <li>May 5<sup>th</sup>: Cinco de Mayo</li> <li>May 6<sup>th</sup>: National Nurses Day</li> <li>May 10<sup>th</sup>: Mother's Day</li> </ul>					<p><b>1 Commercial Break</b> Can you hold a plank for an entire TV commercial break?</p>	<p><b>2 Dribble Challenge</b> Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>
<p><b>3 How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance.</p>	<p><b>4 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p> 	<p><b>5 Celebrate</b> Put your favorite song on and make up a dance or fitness routine!</p> 	<p><b>6 A Gratitude Attitude</b> Write down something you're thankful for and why.</p>	<p><b>7 Inchworms</b> Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p>	<p><b>8 Teacup Tip-ups</b> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p><b>9 Musical Frogs</b> This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>
<p><b>10 Positive Talk</b> Be sure to talk to yourself today like you would talk to someone you love.</p>	<p><b>11 Yoga</b> Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax &amp; clear your mind.</p> 	<p><b>12 Wild Arms</b> As fast as you can complete: 10 Arm Circles front &amp; back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p><b>13 Mindful Senses</b> What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste</p>	<p><b>14 Crawl Like a Seal</b> Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p><b>15 Rock Paper Scissors Tag</b> Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.</p>	<p><b>16 Family Mindful Snacking</b> When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?</p>
<p><b>17 Rock Paper Scissors Tag</b> Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.</p>	<p><b>18 Chair Pose</b> Hold for 30 seconds, relax then repeat.</p> 	<p><b>19 Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>	<p><b>20 Commercial Break</b> Can you hold a plank for an entire TV commercial break?</p>	<p><b>21 Jump, Jump</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p><b>22 Positive Talk</b> Be sure to talk to yourself today like you would talk to someone you love.</p>	<p><b>23 Play Catch</b> Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>
<p><b>24 Before Bed Breathing</b> While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p><b>25 Crane Pose</b> Here's a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</p> 	<p><b>26 Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p><b>27 A Gratitude Attitude</b> Write down something you're thankful for and why.</p>	<p><b>28 Wake and Shake</b> As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p><b>29 Walls</b> Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>	<p><b>30 How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance.</p>
<p><b>31 Wild Arms</b> As fast as you can complete: 10 Arm Circles front &amp; back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p align="center"><b>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</b></p> <p align="center">Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)  <a href="https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx">https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx</a></p> <p align="center">Star Wars photo from <a href="http://www.starwars.com">www.starwars.com</a>, Cinco de Mayo photo from <a href="https://northfortynews.com/happy-cinco-de-mayo-northern-colorado/">https://northfortynews.com/happy-cinco-de-mayo-northern-colorado/</a>, Yoga photos from <a href="http://www.forteyoga.com">www.forteyoga.com</a>.</p>					

DOMINGO	SÁBADO	VIERNES	JUEVES	MIÉRCOLES	MARTES	LUNES
<p><b>Días Nacional Observados</b></p> <ul style="list-style-type: none"> <li>1-7 de Mayo: Semana Nacional de Educación Física y Deporte</li> <li>4 de Mayo: Star Wars Day</li> <li>5 de Mayo: Cinco de Mayo</li> <li>6 de Mayo: Día Nacional de Enfermeras</li> <li>10 de Mayo: El Día de las Madres</li> </ul>					<p><b>1 Corte comercial</b> ¿Puedes sostener un tablón para un descanso comercial de televisión completo?</p>	<p><b>2 Reto de Regatear</b> Regatea una pelota 100 veces con cada mano. ¿Puedes refatear con éxito 100 veces con cada mano mientras te mueves?</p>
<p><b>3 ¿Qué tan rápido puedes ir?</b> Elija una distancia y vea qué tan rápido puede correr la distancia.</p>	<p><b>4 Saltos de Estrellas</b> Salta con los brazos y las piernas extendidas como una estrella. Haz 10, luego descansa y repite.</p>	<p><b>5 Celebrar</b> Pon tu canción favorita y crea una rutina de baile o ejercicio.</p>	<p><b>6 Una Actitud de Gratitud</b> Escribe algo por lo que estés agradecido y por qué.</p>	<p><b>7 Gusanos de Pulgada</b> Manteniendo las piernas rectas, coloque las manos en el suelo, colóquelas en posición de flexiones y suba las piernas.</p>	<p><b>8 Sugerencias de Tazas de Té</b> Coloque las manos en el suelo y toque suavemente la frente con el suelo, balanceando los codos con las rodillas.</p>	<p><b>9 Ranas Musicales</b> Este juego es como sillas musicales, excepto que los jugadores saltan como ranas y se sientan en nenúfares (almohadas).</p>
<p><b>10 Charla Positiva</b> Asegúrate de hablar contigo mismo hoy como hablarías con alguien que amas.</p>	<p><b>11 Yoga</b> El yoga es una excelente manera de aliviar el estrés. ¡Prueba Savasana, considerada la pose de yoga más difícil! Relájate completamente y despeja tu mente.</p>	<p><b>12 Brazos Salvajes</b> Tan rápido como puedas completar: 10 círculos de brazos delanteros y traseros 10 golpes hacia adelante 10 Levanta el techo Repetir 3x</p>	<p><b>13 Sentidos Conscientes</b> ¿Qué notas a tu alrededor? Encontrar: 5 cosas que ves 4 cosas que sientes 3 cosas que escuchas 2 cosas huelen 1 cosa que pruebes</p>	<p><b>14 Arrastrarse como la Foca</b> Acuéstese boca abajo, con los brazos al frente. Usa tus brazos para jalar la parte inferior de tu cuerpo manteniendo las piernas y la espalda rectas.</p>	<p><b>15 Etiqueta de Piedra, Papel o Tijera</b> Reunirse en el medio, disparar, el perdedor persigue al ganador de vuelta a la zona segura. Si está etiquetado, únete al otro equipo.</p>	<p><b>16 Bocadillo Familiar Conciente</b> Al comer un bocadillo hoy, preste atención al sabor, la sensación, el sonido, el olor y el aspecto del bocadillo que está comiendo. ¿Que notaste?</p>
<p><b>17 Etiqueta de Piedra, Papel o Tijera</b> Reunirse en el medio, disparar, el perdedor persigue al ganador de vuelta a la zona segura. Si está etiquetado, únete al otro equipo.</p>	<p><b>18 Pose de Silla</b> Mantenga durante 30 segundos, relájese y luego repita.</p>	<p><b>19 Tablones con Platos de Papel</b> En posición de tabla con platos de papel debajo de los pies. Completa 30s cada uno: -los escaladores de montaña -dentro y fuera de los pies rodillas al pecho</p>	<p><b>20 Corte Comercial</b> ¿Puedes sostener un tablón para un descanso comercial de televisión completo?</p>	<p><b>21 Salta, Salta</b> Salta de lado a lado sobre un objeto o línea durante 1 minuto recto. Ve de nuevo pero salta de adelante hacia atrás. Repite cada salto dos veces.</p>	<p><b>22 Charla Positiva</b> Asegúrate de hablar contigo mismo hoy como hablarías con alguien que amas.</p>	<p><b>23 Jugar a Atrapar</b> Agarra cualquier tipo de pelota y juega con un miembro de la familia. Mantenga sus ojos en la pelota y atrape con sus manos, no con su cuerpo.</p>
<p><b>24 Respiración Antes de Acostarse</b> Mientras está acostado en la cama, coloque las manos sobre el estómago y preste atención a la parte superior e inferior de su vientre mientras respira.</p>	<p><b>25 Pose de la Grulla</b> ¡Aquí hay un reto! Pon las manos en el suelo. inclínate hacia adelante y equilibra las rodillas sobre los codos.</p>	<p><b>26 Saltos de Paso</b> Encuentra un escalón o un banco y salta arriba y abajo 50 veces. Ten cuidado. Tómese un descanso si es necesario.</p>	<p><b>27 Una Actitud de Gratitud</b> Escribe algo por lo que estés agradecido y por qué.</p>	<p><b>28 Despertar y Sacudir</b> Tan pronto como salgas de la cama, sacude tu cuerpo como quieras durante 10 segundos. ¿Estás despierto ahora? ¡Bueno! Ahora salta arriba y abajo 10 veces.</p>	<p><b>29 4 Paredes</b> Mire cada pared de una habitación y haga un ejercicio diferente durante 30 segundos.  - Barrajadura lateral - Vid (grapevine) a la izquierda y luego a la derecha - golpes de postura amplia -saltos verticales.</p>	<p><b>30 ¿Qué tan rápido puedes ir?</b> Elija una distancia y vea qué tan rápido puede correr la distancia.</p>
<p><b>31 Brazos Salvajes</b> Tan rápido como puedas completar: 10 círculos de brazos delanteros y traseros 10 golpes hacia adelante 10 Levanta el techo Repetir 3x</p>	<p><b>SHAPE America recomienda que los niños en edad escolar acumulen al menos 60 minutos y hasta varias horas de actividad física por día. Cada período de actividad física debe ir seguido de estiramientos de enfriamiento que ayudan a reducir el dolor y evitar lesiones. ¡Disfruta de los ejercicios!</b></p>					

# May 2020 Happiness Calendar

This month, protect your relationships and build optimism.

Keep up with the latest on the science of connection, compassion, and happiness by [subscribing to our newsletters](#).

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

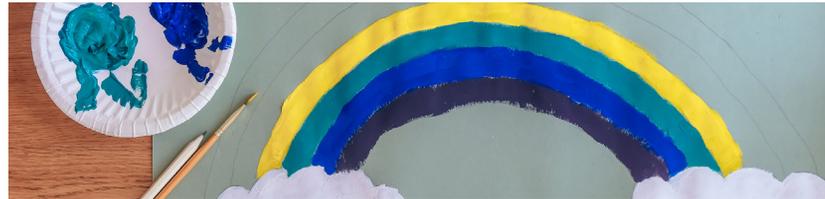
THURSDAY

FRIDAY

SATURDAY

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu  
greatergood.berkeley.edu



**1** Our [coronavirus resource page](#) may be helpful these days.

**2** Here's how to [help your kids](#) focus on the good.

**3** This pandemic has upended many of our [social rituals](#). Here are some ways to cope.

**4** Build some optimism with a [gratitude journal](#).

**5** Here's how to help young people who are [missing graduations](#) and other rites of passage.

**6** Taking photos can help you [find meaning in life](#).

**7** You can find [awe and beauty](#) indoors, too.

**8** [Mindfulness](#) is a great practice to develop. Here's why.

**9** [Believing you're lucky](#) might make you more happy.

**10** Listen to this podcast to find out how one doctor keeps himself [calm and centered](#).

**11** Check out these three tips from a therapist for calming your [coronavirus anxiety](#).

**12** Try this practice to find [silver linings](#).

**13** Kids need [love and compassion](#)—not the pressure to succeed no matter what.

**14** Join us tomorrow for [Bridging Differences](#), a virtual summit for dialogue and understanding.

**15** Here's some advice on protecting your [well-being at work](#) during a crisis.

**16** In a short video, GGSC founder [Dacher Keltner](#) shares some tips on [practicing gratitude](#).

**17** Try giving people the [benefit of the doubt](#). It might make you happier.

**18** Your conversations can help the teen in your life [find purpose](#).

**19** Take this quiz to find out if you take the [good things in your life](#) for granted.

**20** [Low on gratitude](#)? Here's how you can grow more.

**21** Check out gratitude researcher [Robert Emmons'](#) list of 10 ways to [become more grateful](#).

**22** Are you a manager? [Boost your team's well-being](#) by taking our online class series.

**23** Here's how our online course helped one woman [deal with negative emotions](#).

**24** Does [home-schooling](#) have you down? Here are tips from a school psychologist.

**25** Here's how to help your [marriage survive quarantine](#).

**26** Having [trouble sleeping](#)? Here's how to protect your sleep from coronavirus anxiety.

**27** Research suggests some ways to find a [sense of control](#) when you're feeling helpless.

**28** Here's how to think about conflict differently to [improve your relationship](#).

**29** Be [kinder to yourself](#).

**30** Find connections across differences with this [identify-ing common goals](#) practice.

**31** Let's end the month on a high note: [Compassion](#).

"My [pandemic photo diary](#) started as a way to express myself through images, since I failed to find the words to express my disbelief about what was happening around me..."  
"...what I'm learning is to shift my perspective, pause and [look at my surroundings with open eyes, an open mind, and an open heart](#)."

— Auey Santos, Oakland, CA photographer from [Find Awe and Beauty Indoors](#)

