



LA MESA-SPRING VALLEY SCHOOLS

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HOME INDEPENDENT WORK PACKET

TK AND EAK

PACKET 4 MAY 25 - JUNE 5



Transitional Kindergarten and Early Admission Kindergarten students should be engaged in a variety of activities while at home.

Please do what works for your family and your child. Know that anything you do is enough. These are challenging times and distance learning will look different than classroom learning. That is ok. Work with your child's teacher to understand the most appropriate activities for your child.

Included in this packet:

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

- Week 1: Literacy and Math Activity Pages
- Week 2: Literacy and Math Activity Pages

Resource Pages:

- Daily Reading Log
- Building Letters & Words Choice Board
- Physical Education Activity Log
- Health and Movement Calendar of Ideas
- Happiness Calendar Activities
- ELA Mini-Books

TK and EAK classes utilize both the California Preschool Learning Foundations and the California Common Core State Standard for Kindergarten. Visit our Preschool and Kindergarten Learning Resource Pages for more at home learning ideas:

<https://www.lmsvschools.org/learning-resources/>

Week 1

Pack 4

Activity Pages

Name _____ Date _____

Reading Log

Title _____

Draw a picture of your favorite part.

Write a sentence about your drawing.

Circle your answer.

Did you like this story? Yes No

Would you tell a friend to read this story? Yes No

Name _____ Date _____

Reading Log

Title _____

Draw a picture of your favorite part.

Write a sentence about your drawing.

Circle your answer.

Did you like this story? Yes No

Would you tell a friend to read this story? Yes No

Name _____

1.

Aa Aa

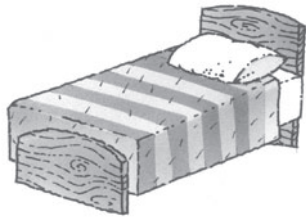
Ee Ee

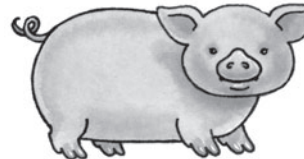
Ii Ii

Oo Oo

Uu Uu

2.









Directions Have children name each letter and write the upper- and lowercase letters. Then tell children to write the letters for the sounds they hear in each picture name. Have them read each word.



Home Connection Your child is learning the letters Aa, Ee, Ii, Oo, and Uu. Have your child read each picture name. Then have him or her say words that rhyme with each name.

Name _____

1.

Aa

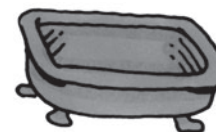
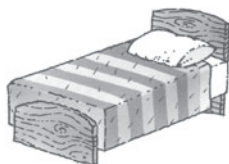
Ee

Ii

Oo

Uu

2.



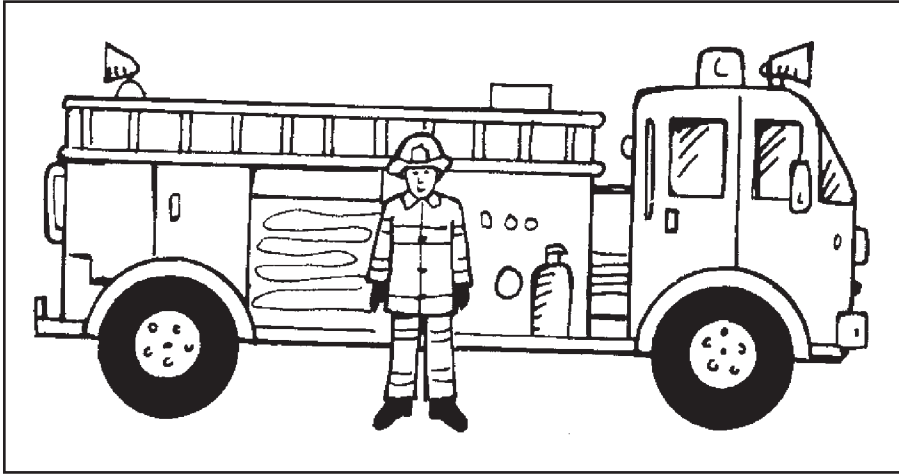
Directions Have children name each letter. Have them write the upper- and lowercase letters. Guide children to name each picture. Then have children write the letter for the sound they hear in each picture name.



Home Connection Your child is learning the letters *Aa, Ee, Ii, Oo, and Uu*. Help your child name words that rhyme with each of the picture names.

Trip to the Fire Station
Words to Know

Words to Know

**Words to Know**


have
do
help
down
look
out
off
take

Circle the Words to Know in the sentences.

1. We will take a trip to see the



2. The  will help us get up on the .

3. The  will have to help us get down, too!

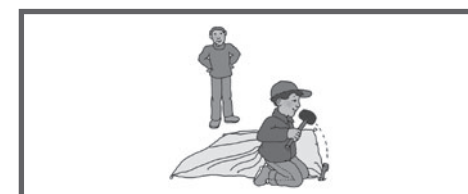
Name _____



1. See what I can _____.
down do look



2. I tap the peg _____.
down do help



3. Now Dad will _____.
do down help



4. Take a _____ at what we did!
do look help



Directions Have children read each sentence and circle the correct word to complete it. Then have children write the word on the line and read the completed sentence.



Home Connection Your child is learning to read the words *do*, *down*, *help*, and *look*. Read the sentences above together. Then take turns using the words *do*, *down*, *help*, and *look* to tell about helping to build a birdhouse.

Name _____

do down help look



1. See what I can _____.

2. I tap the peg _____.

3. Now Dad will _____.

4. Take a _____ at what we did!



Directions Have children read the words in the box and guide them to discuss the pictures. Then have children read each sentence and write a word from the box to complete it.



Home Connection Your child is learning to read the words *do*, *down*, *help*, and *look*. Read the sentences above together. Then take turns using the words *do*, *down*, *help*, and *look* to tell about helping someone plant flowers.

Name _____ Date _____

This Week's Words

Choose two vocabulary words from a book you read this week. Write about them.

1. _____

2. _____

More Words

Make a list of other new words you learned this week, either at school or at home. Write about them.

WRITING FORMS

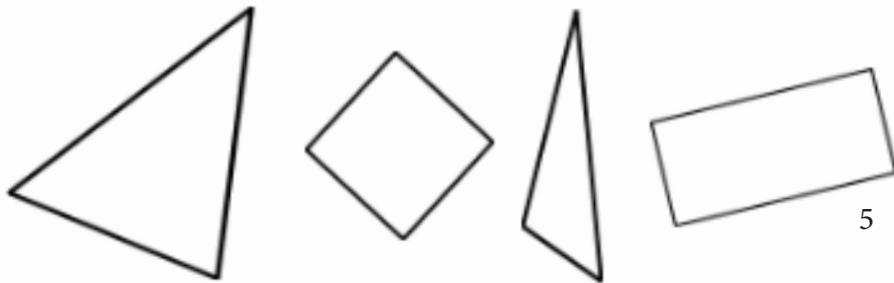
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[illegible]

Grade K • 7

Kevin and Mia are trying to find triangles.
Can you help them find the triangles?

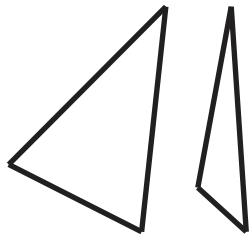
Kevin y Mia están tratando de encontrar triángulos. ¿Puedes ayudarlos a encontrar los triángulos?



5

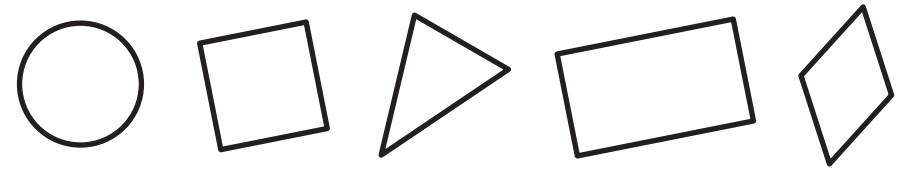
Yes! These are triangles. They have 3 straight sides and 3 corners.
Can you draw more triangles?

¡Sí! Éstos son triángulos. Ellos tienen exactamente 3 lados rectos y 3 esquinas.
¿Puedes dibujar más triángulos?



Teacher
Stamp

6



Looking for Shapes!

¡Buscando Figuras!

by Kristen Reed & Jessica Young
Book/Libro 2

Name/Nombre _____

Dear Families: Looking for shapes and talking about shape names helps children to see that the world is made up of shapes, and helps them get ready for kindergarten. Help your child find the shapes that are all around them—at home, at the playground, in buildings, in cars, or in books. Encourage them to use shape names.

Queridas Familias: Buscando figuras y hablando de los nombres de las figuras ayuda a los niños a ver que el mundo está hecho de figuras, y les ayuda a la prepararse para el kindergarten. Ayude a su niño/a, a encontrar los diferentes tipos de figuras que hay a su alrededor—en el hogar, en la zona de juegos, en edificios, en carros o en libros. Incítelos a usar nombres de figuras.

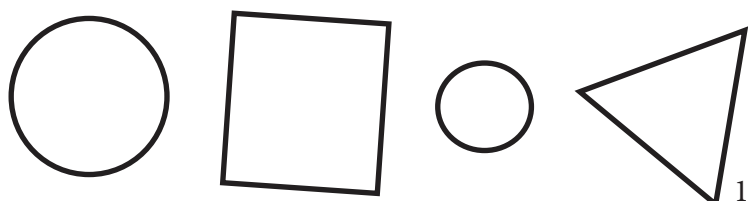
Learn more about math for young children @EarlyMathEDC or www.ym.edc.org.



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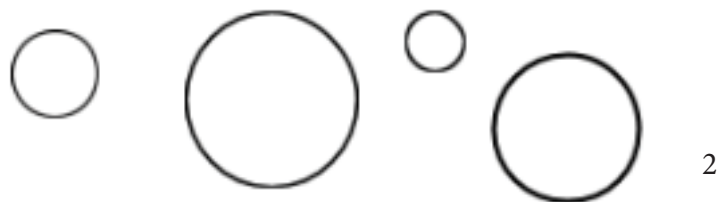
Kevin and Mia are going on a shape hunt.
They are trying to find circles.
Can you help them find the circles?

Kevin y Mia van de cacería de figuras.
Ellos están tratando de encontrar círculos.
¿Puedes ayudarlos a encontrar los círculos?



Yes! These are circles. Circles are round and curve the same all the way around. Circles don't have straight sides and don't have corners.

¡Sí! Éstos son círculos. Los círculos son redondos y se curvan igual por todo alrededor. Los círculos no tienen lados rectos y no tienen esquinas.



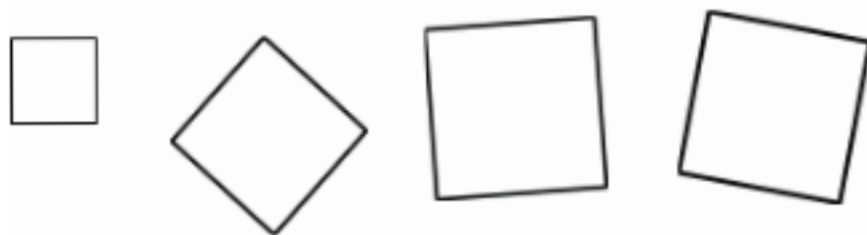
Kevin and Mia are trying to find a square.
Can you help them find the squares?

Kevin y Mia están tratando de encontrar cuadrados. ¿Puedes ayudarlos a encontrar los cuadrados?



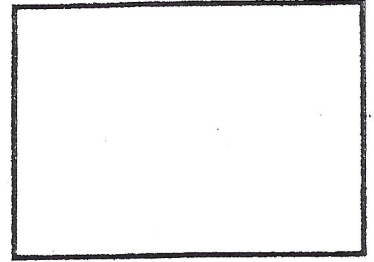
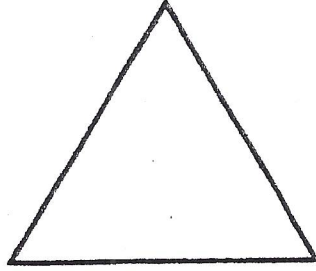
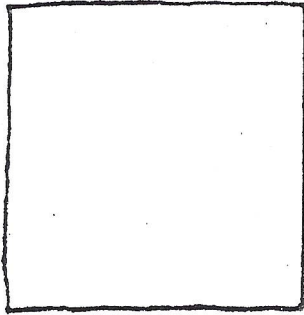
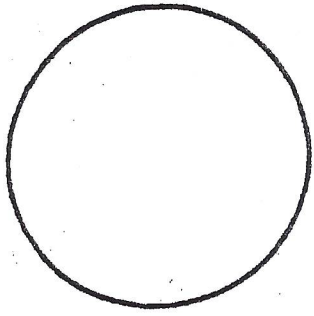
Yes! These are squares! Squares have 4 straight sides that are the same length and 4 corners that are 90 degree angles like the corners of this book.

¡Sí! ¡Éstos son cuadrados! Los cuadrados tienen 4 lados rectos que tienen la misma medida y 4 esquinas que son ángulos de 90 grados como las esquinas de este libro.

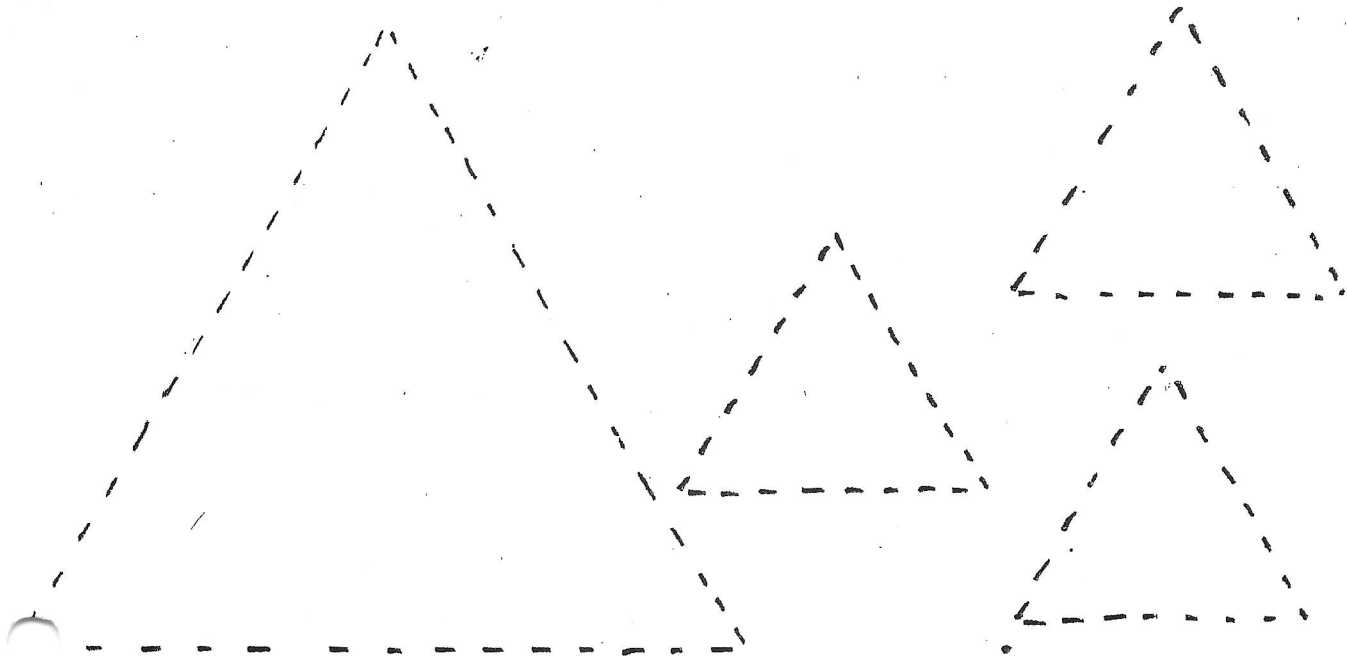


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I See Shapes

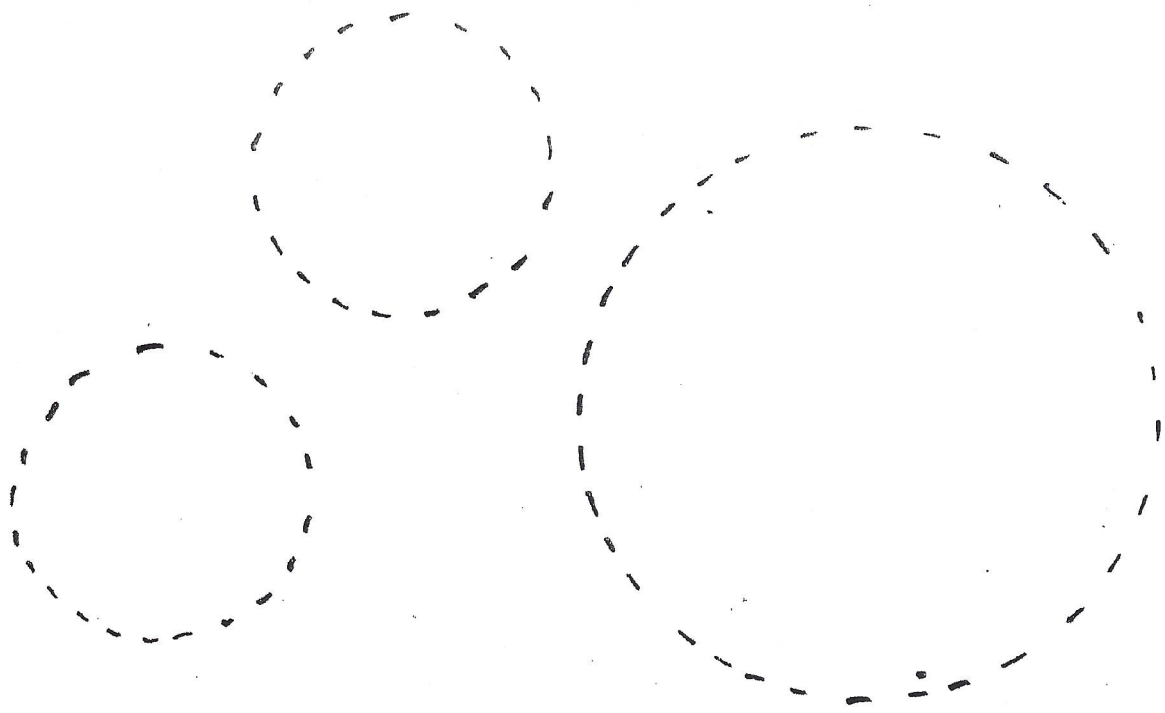


by: _____



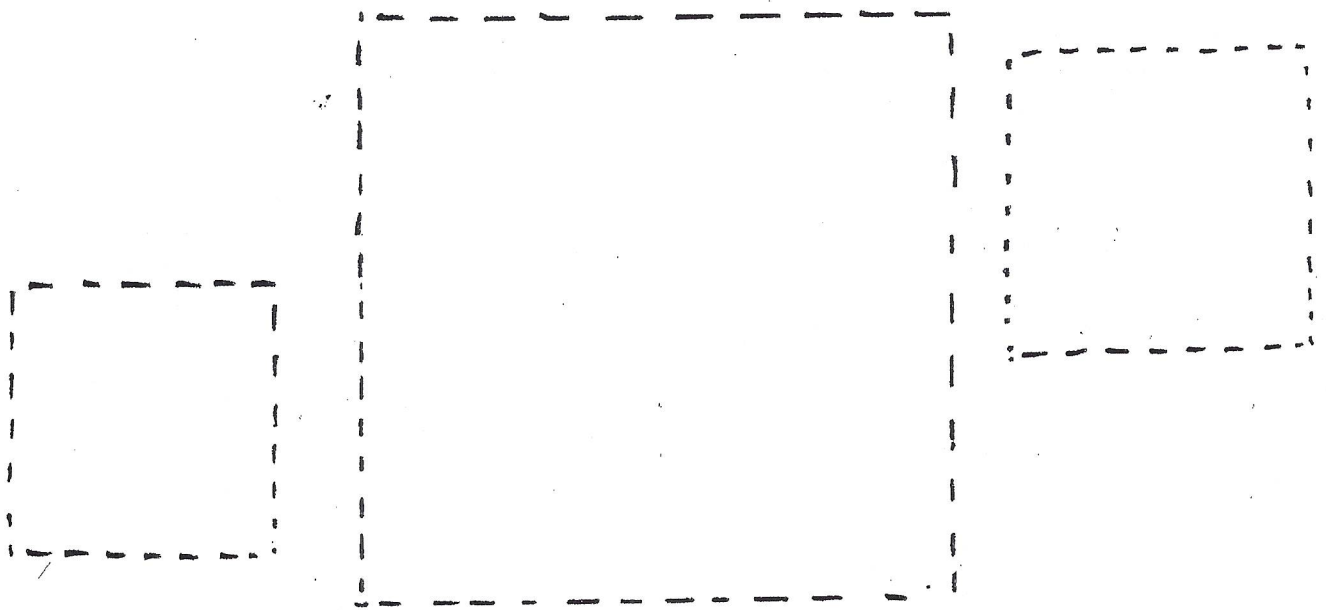
I see triangles.

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I see circles.

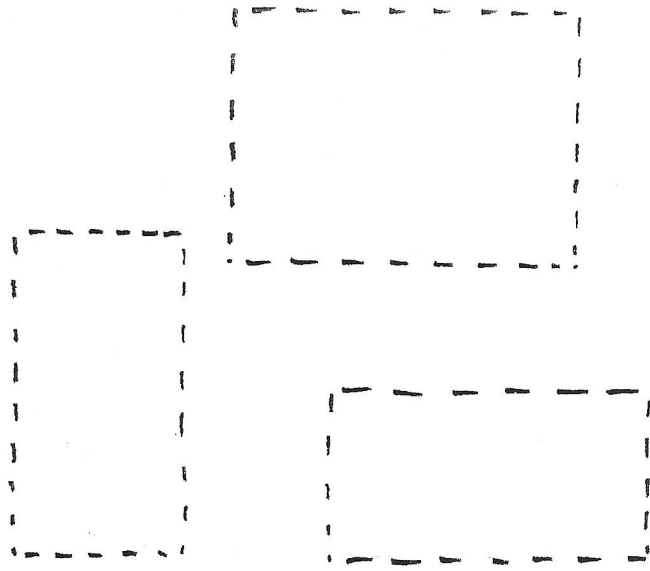
2



I see squares.

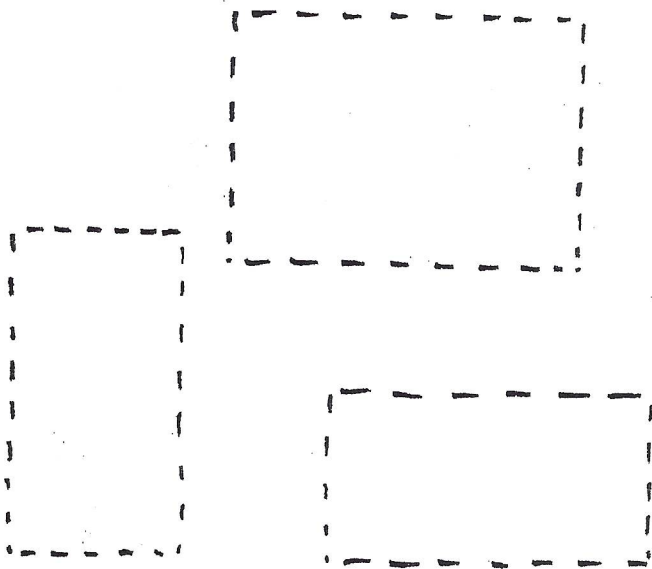
3

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I see rectangles.

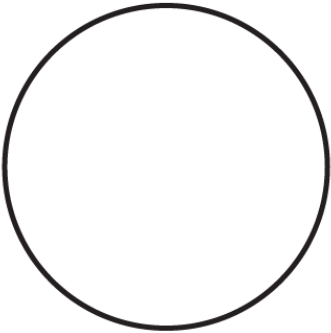
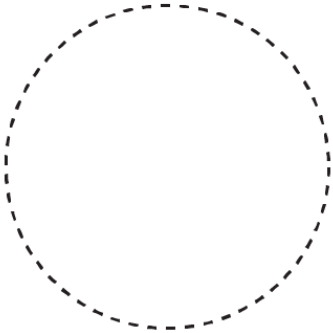
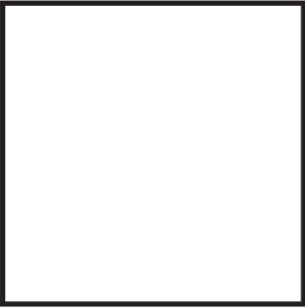
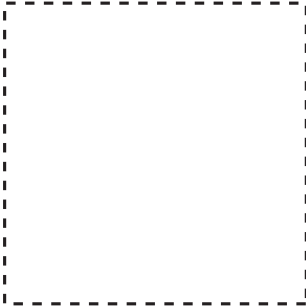


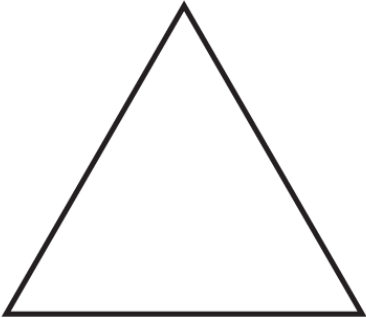
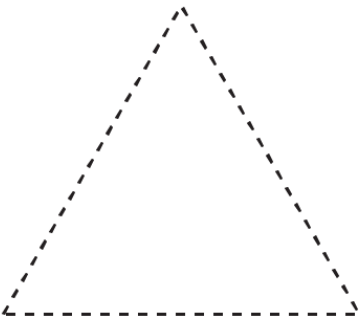
4



I see rectangles.

4

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Color	Trace	Draw
		
		
		
		

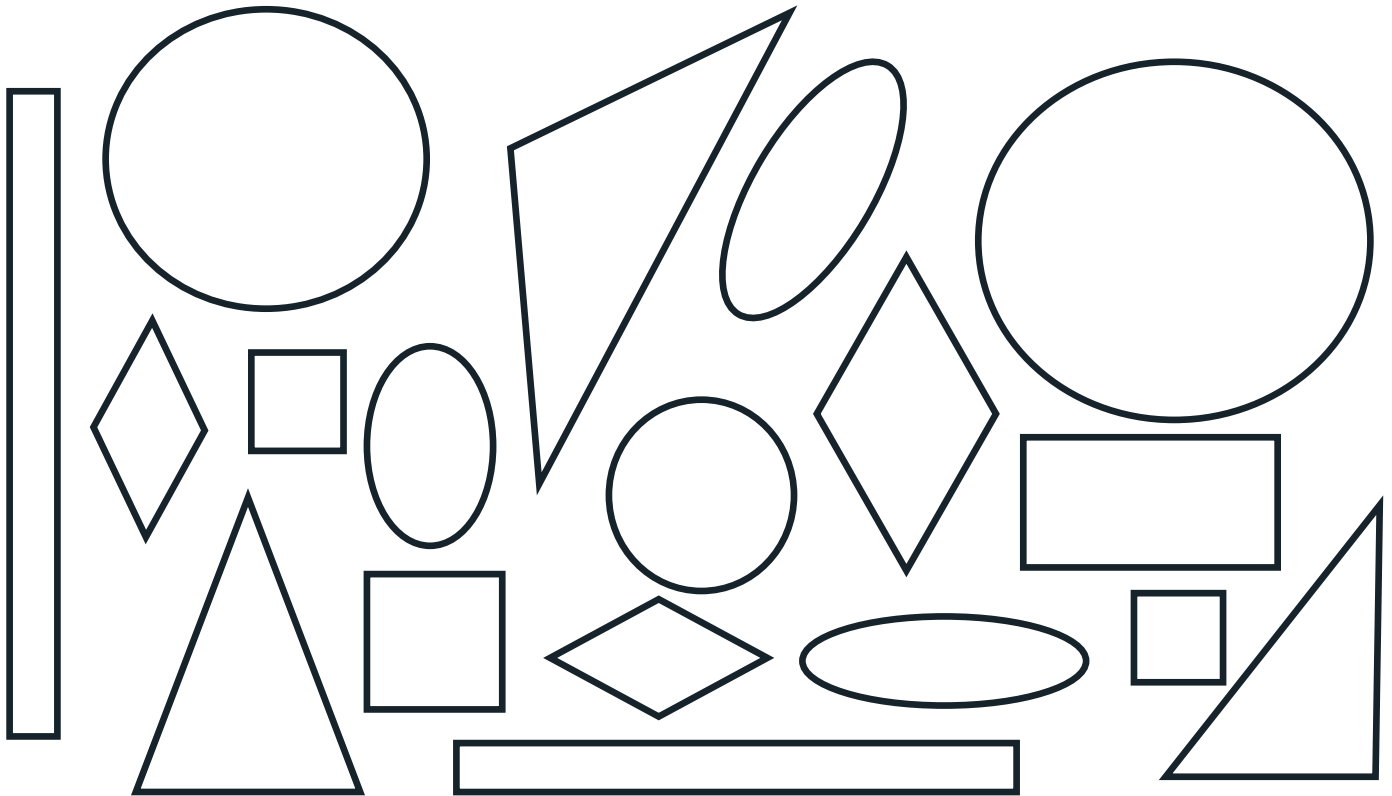
Drawing and identifying triangles

Kindergarten Shapes Worksheet

Trace the 2 triangles. Draw 2 more triangles.



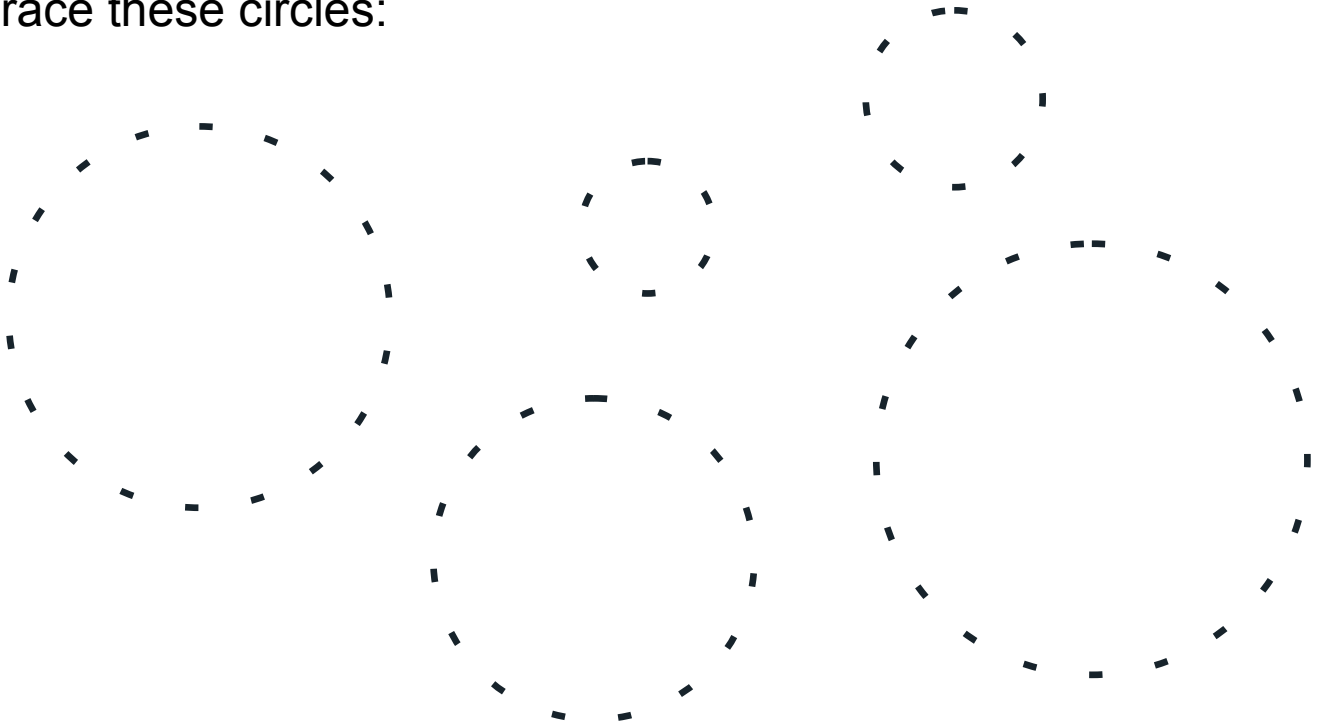
Find 3 triangles and color them.



Tracing and drawing circles

Kindergarten Shapes Worksheet

Trace these circles:



Draw some circles below:

Week 2

Pack 4

Activity Pages

Name _____ Date _____

Reading Log

Title _____

Draw a picture of your favorite part.

Write a sentence about your drawing.

Circle your answer.

Did you like this story? Yes No

Would you tell a friend to read this story? Yes No

Name _____ Date _____

Reading Log

Title _____

Draw a picture of your favorite part.

Write a sentence about your drawing.

Circle your answer.

Did you like this story? Yes No

Would you tell a friend to read this story? Yes No

Name _____

Blending Words



1.



yak lip

2.



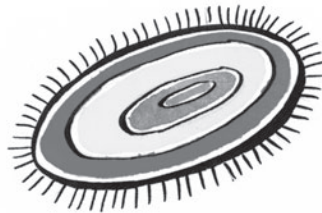
vet web

3.



wet bat

4.



quit rug

5.



sun zip

6.



sun bug

Directions Have children look at the first picture. Then have them read the words beneath the picture and circle the word that matches the picture. Repeat with the rest of the pictures and words.



Home Connection Your child is learning to use blending to read words. Help your child say the word that matches each picture. Then have your child think of words that rhyme with each one.

Name _____

Blending Words



1.



yak lip

2.



vet web

3.



quit rug

4.



sun zip

Directions Have children look at the first picture and guide them to name it. Then have them circle the word that matches the picture. Repeat with the rest of the pictures and words.



Home Connection Your child is learning to use blending to read words. Help your child to say the word that matches each picture. Then help him or her think of words that rhyme with each one.

Name _____

WRITING FORMS

Labels

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<div></div> <div><hr/><hr/><hr/></div>	<div></div> <div><hr/><hr/><hr/></div>

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Directions Have children think about four kinds of animals they like. Ask them to draw one animal in each box. Have children write a label below each drawing that names the kind of animal they drew (deer, puppy, giraffe, etc.).

Grade K • 9

Name _____

WRITING FORMS

Opinion Sentences

I love to eat fruit.

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Teacher: Read the first sentence aloud. Remind children that this is an opinion sentence but that they can revise the sentence to make their opinion clearer. Ask children to use editing symbols to add, delete, or change words at the top of the page, then make a clean copy of the complete sentence at the bottom of the page. Have children draw pictures to illustrate their opinion.

Grade K • 45

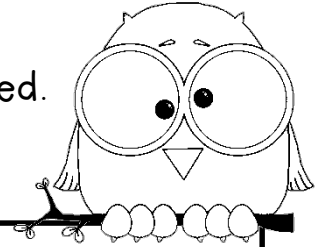
Name: _____

Level: ★

Cut out the letters below. Arrange the letters next to the word families to make words.

All words need to be real words and make sense. No names are used.

When you have all your words made, glue the letters in place.



at

ap

ad

ab

an

ag

am

ack

©Teacher's Take-Out



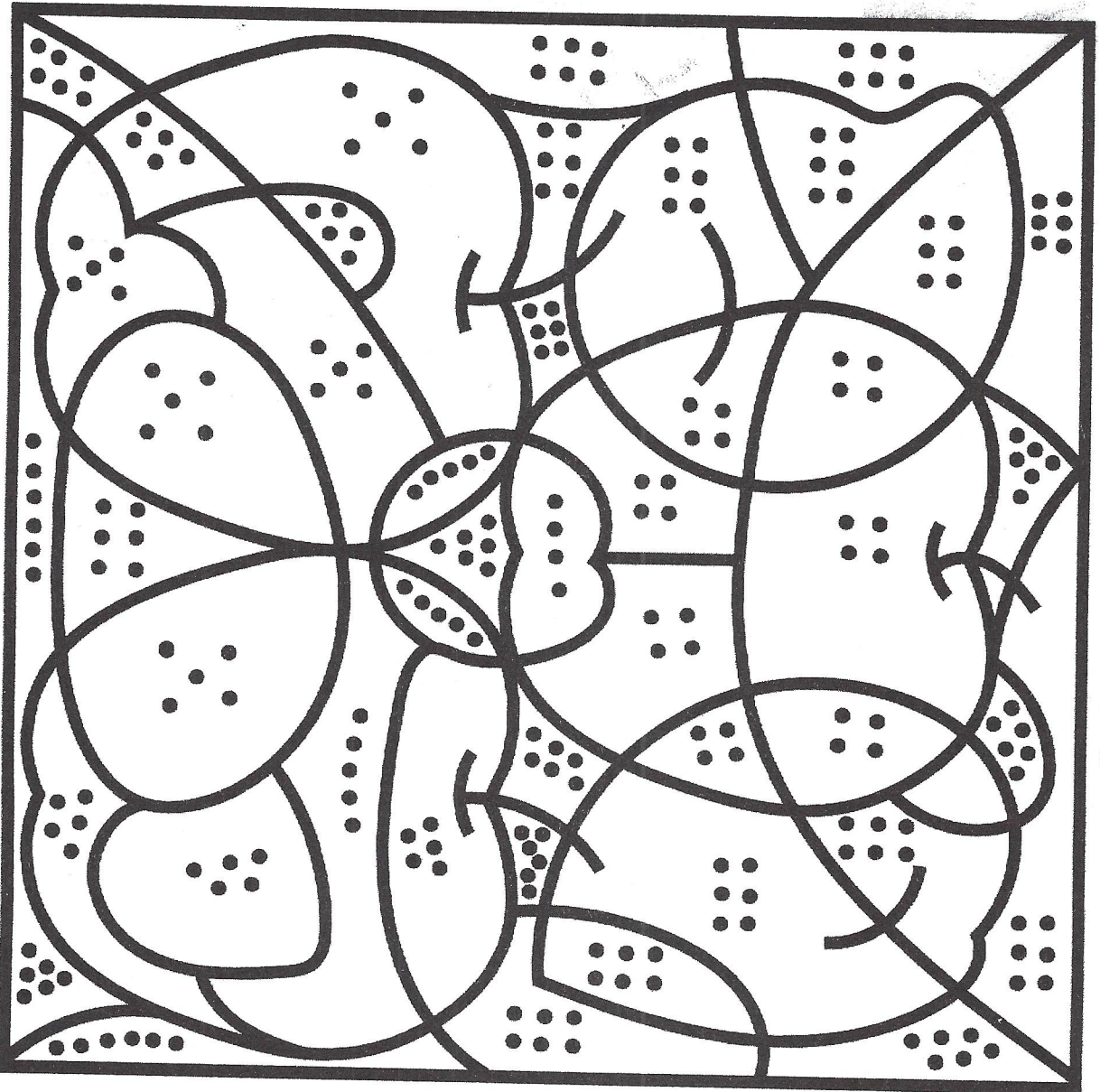
j c r p g h b d

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Name _____

Count & Color

Use the key to color the picture. Practice tracing and printing the numerals 4, 5, and 6.

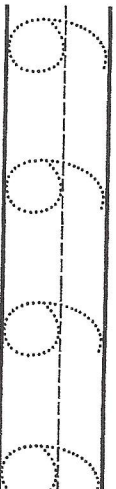
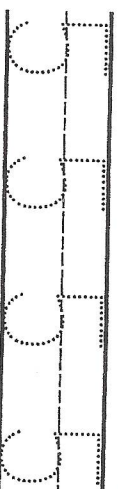
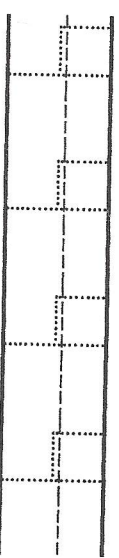


Color Key

4 = red 

5 = yellow 

6 = blue 

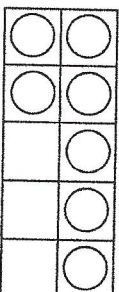


Name _____

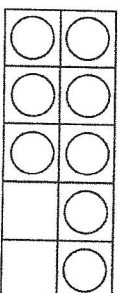
Use the key to color the apples.
Practice tracing and printing
the numerals 7, 8, and 9.

Count & Color

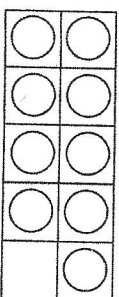
Color Key



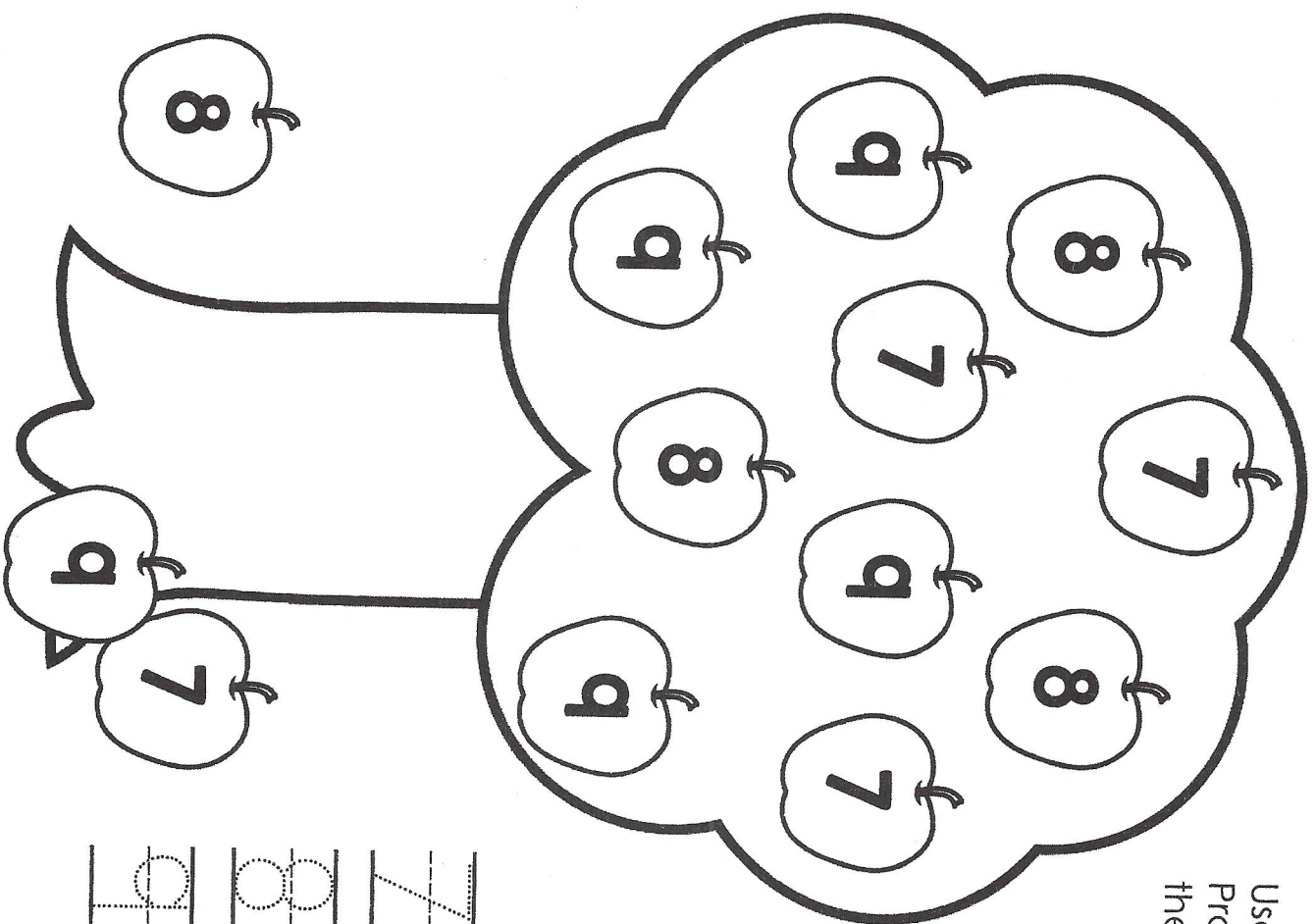
=red



=yellow



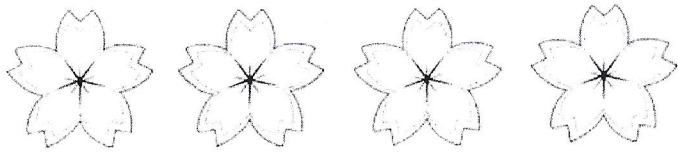
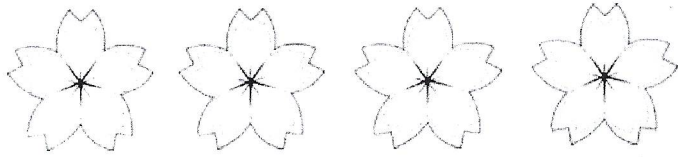
=green

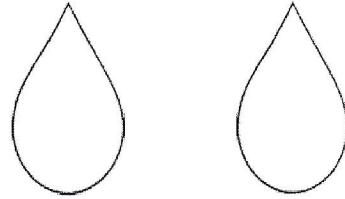
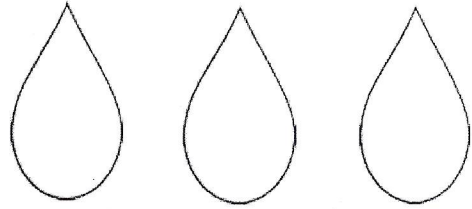


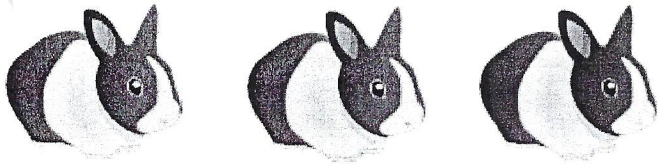
7	7	7	7	7	7
8	8	8	8	8	8
9	9	9	9	9	9

Name: _____

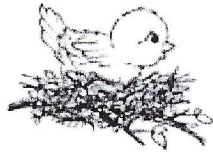
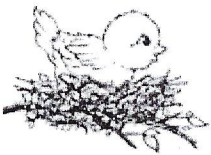
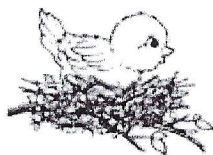
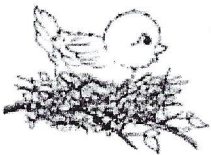
Count and Write the Number

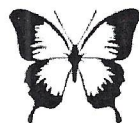
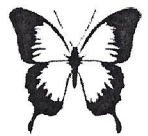
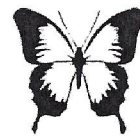
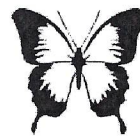
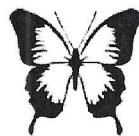
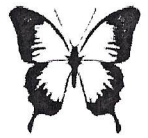
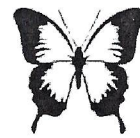
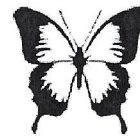
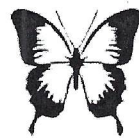




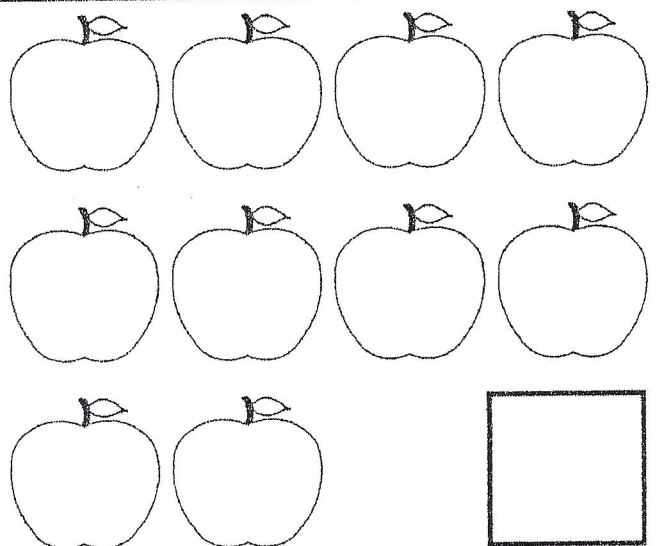
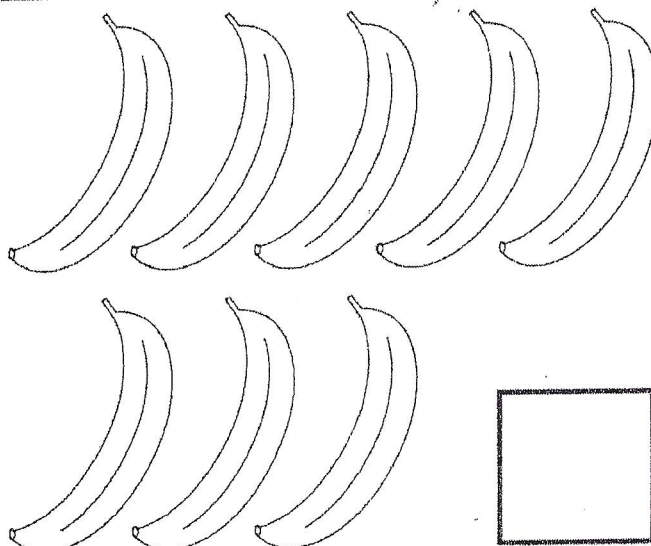
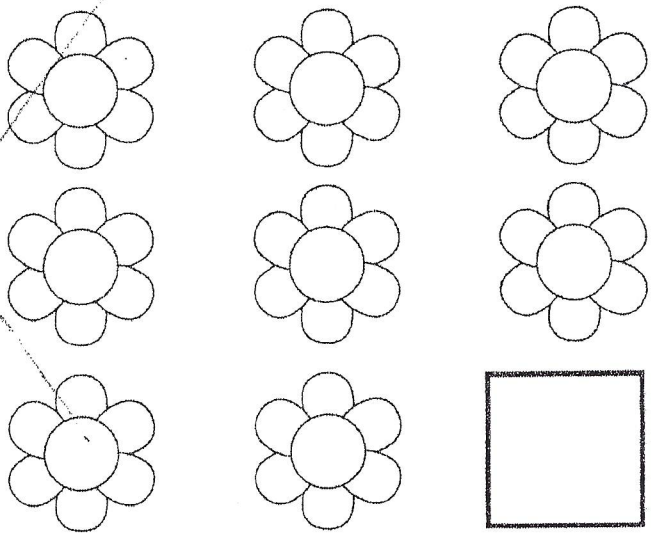
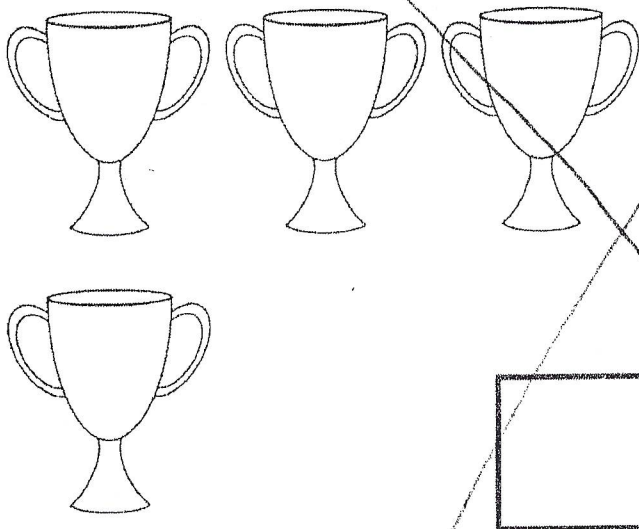
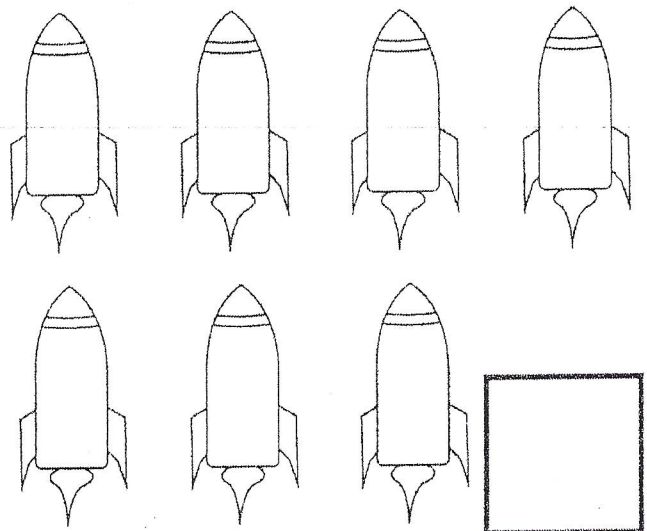
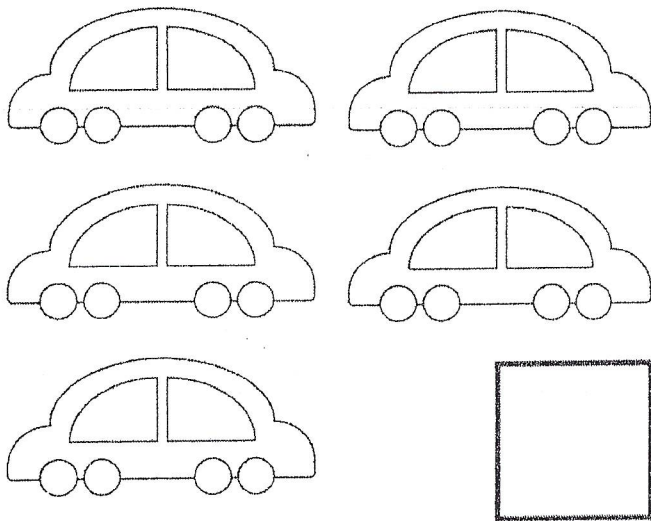








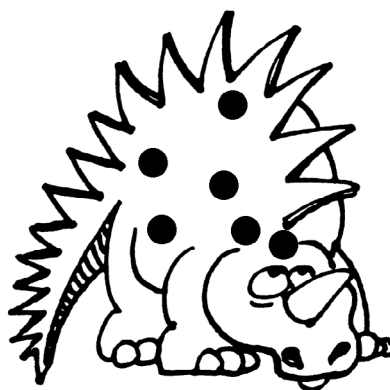
Count and write how many.

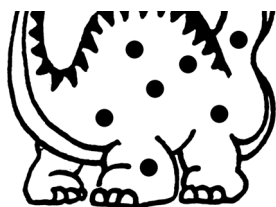


Dinosaur Dots

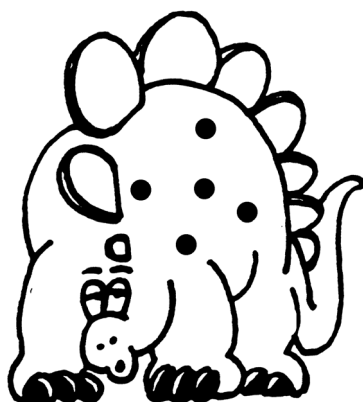
Count the dots on each dinosaur.

Write the number on the line.

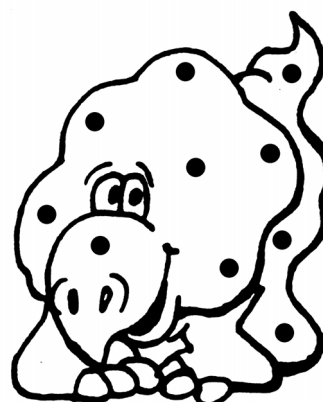








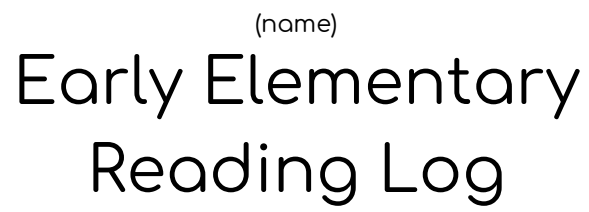




Week 1

Pack 4

Resources

[illegible]

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

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



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log






Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Observances <ul style="list-style-type: none"> May 1-7: National Physical Education and Sport Week May 4th: Star Wars Day May 5th: Cinco de Mayo May 6th: National Nurses Day May 10th: Mother's Day 					1 Commercial Break Can you hold a plank for an entire TV commercial break?	2 Dribble Challenge Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?
3 How Fast Can You Go? Pick a distance and see how fast you can run the distance.	4 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. 	5 Celebrate Put your favorite song on and make up a dance or fitness routine! 	6 A Gratitude Attitude Write down something you're thankful for and why.	7 Inchworms Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.	8 Teacup Tip-ups Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.	9 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).
10 Positive Talk Be sure to talk to yourself today like you would talk to someone you love.	11 Yoga Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. 	12 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	13 Mindful Senses 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	14 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	15 Rock Paper Scissors Tag Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.	16 Family Mindful Snacking 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?
17 Rock Paper Scissors Tag Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.	18 Chair Pose Hold for 30 seconds, relax then repeat. 	19 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	20 Commercial Break Can you hold a plank for an entire TV commercial break?	21 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	22 Positive Talk Be sure to talk to yourself today like you would talk to someone you love.	23 Play Catch 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.
24 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	25 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 	26 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	27 A Gratitude Attitude Write down something you're thankful for and why.	28 Wake and Shake 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.	29 Walls 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	30 How Fast Can You Go? Pick a distance and see how fast you can run the distance.
31 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	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! Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx Star Wars photo from www.starwars.com , Cinco de Mayo photo from https://northfortynews.com/happy-cinco-de-mayo-northern-colorado/ , Yoga photos from www.forteyoga.com .					

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 **identifying common goals** practice.

31 Let's end the month on a high note: **Compassion**.

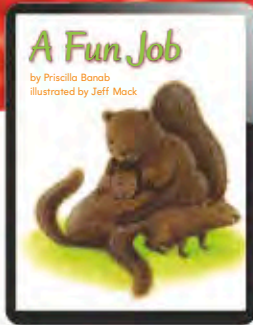
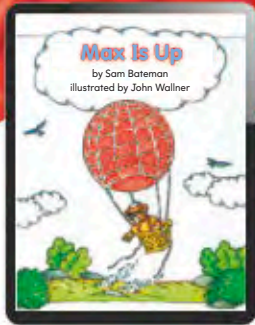
"My **pandemic photo diary** started as a way to express myself through images, since I failed to find the words to express my disbelief about what was happening around me..."
"...what I'm learning is to shift my perspective, pause and **look at my surroundings with open eyes, an open mind, and an open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

— Auey Santos, Oakland, CA photographer
from *Find Awe and Beauty Indoors*



Lesson

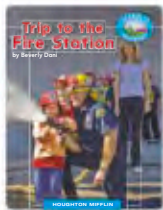
30



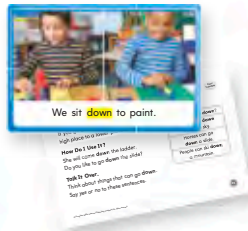
WORDS TO KNOW High-Frequency Words

down
ask
help
walk
look
show

Vocabulary Reader



Context Cards



RF.K.3c read common high-frequency words by sight



Words to Know



► You learned these words.

down



We sit **down** to paint.

ask



I **ask** for food when I am hungry.

help



I **help** my mom draw.

walk



We **walk** in the park.

look



We **look** at the art.

show



We **show** our pictures.

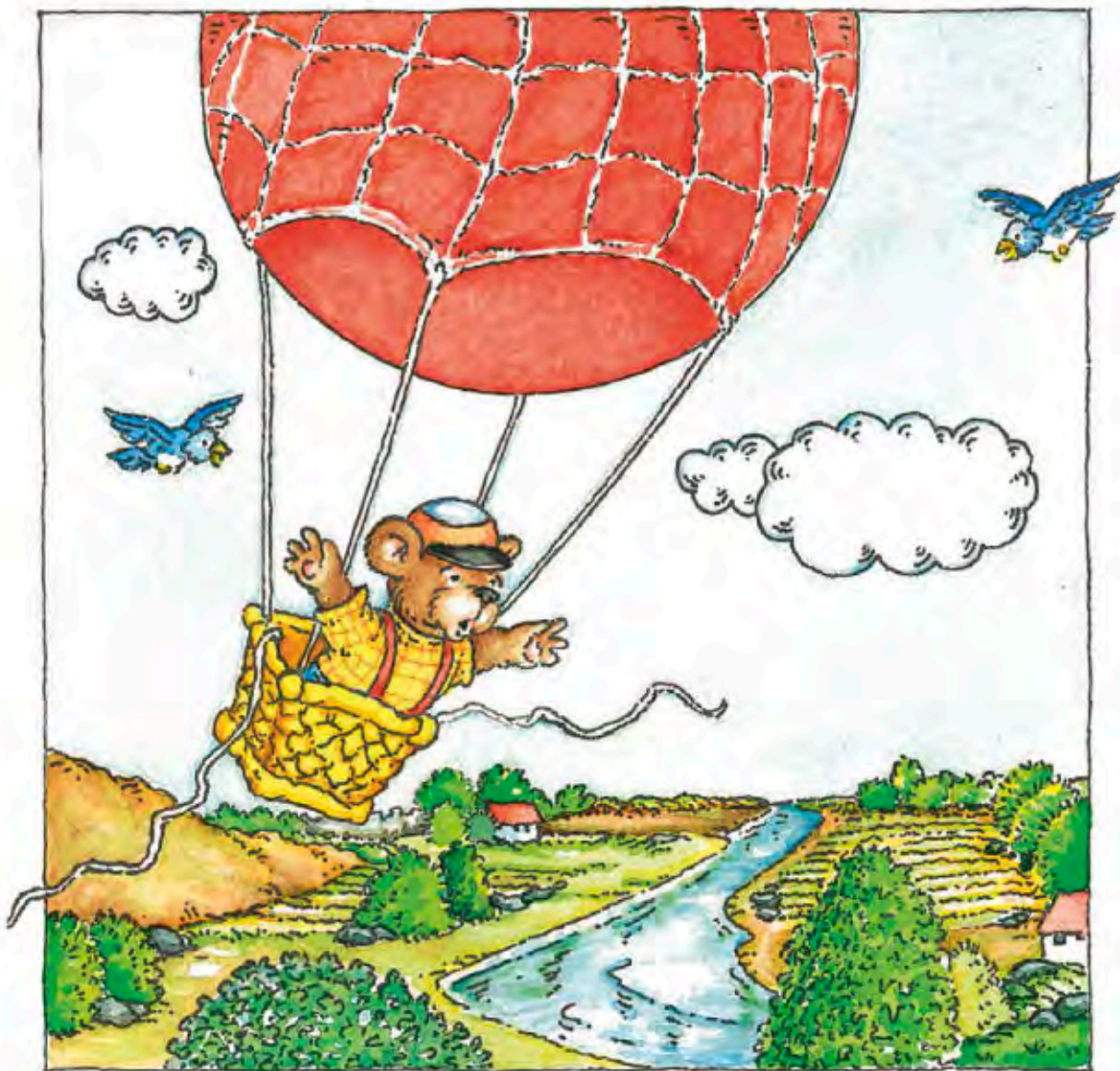
Now use each word in
a sentence.

Max Is Up

by Sam Bateman
illustrated by John Wallner



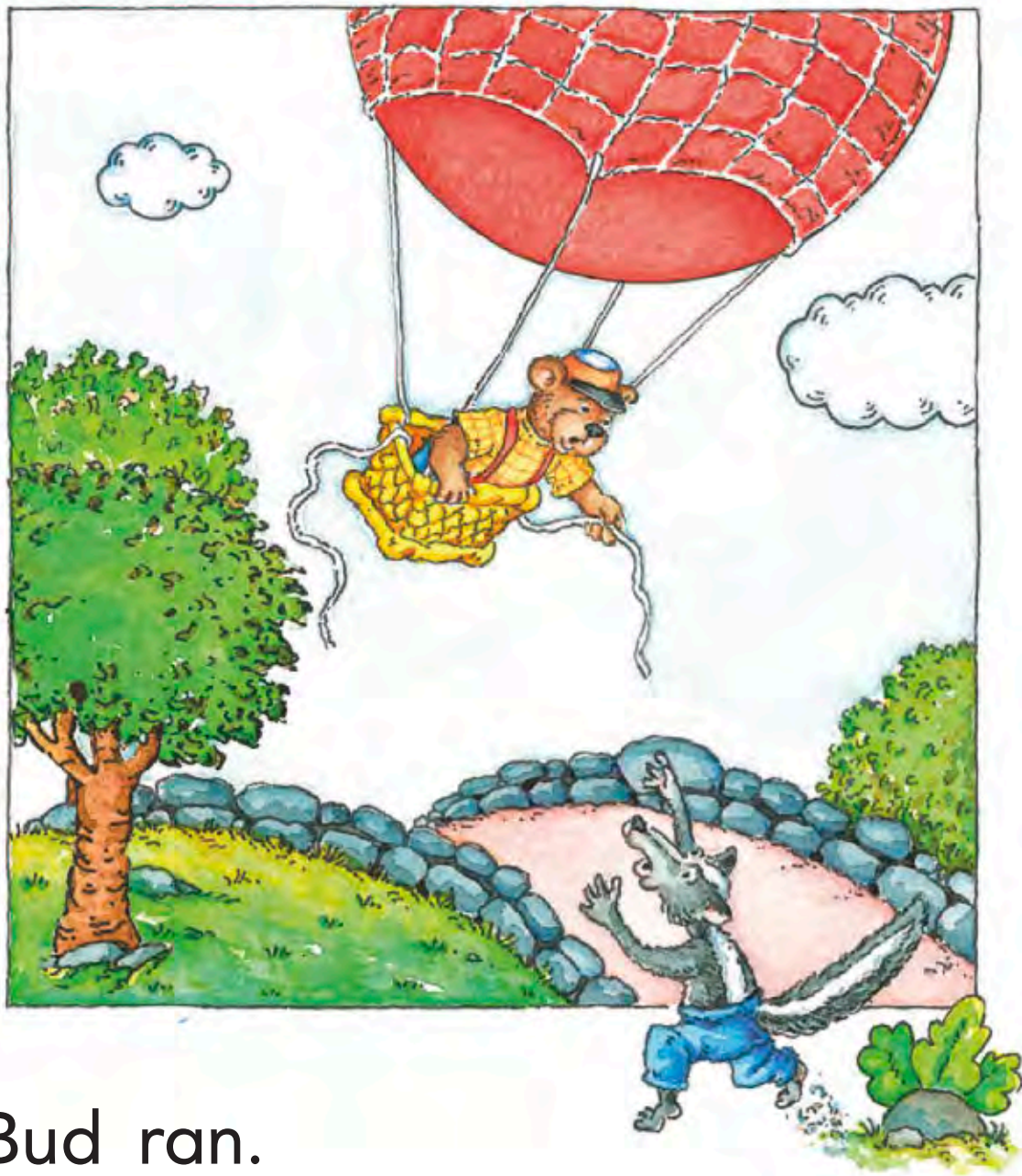
Max can go up, up, up.
Max will go up, up, up.



Max is up.

Max can not get down.

"Help!" said Max.



Bud ran.

Can Bud get Max down?

Look! Bud can not get Max.



Tom ran. Can Tom get Max?
Look! Tom can not get Max.
Ask Big Ben to help us.



Big Ben can tug, tug, tug.
Will Max get down?
Tug, Big Ben, tug!
Will Max get down?

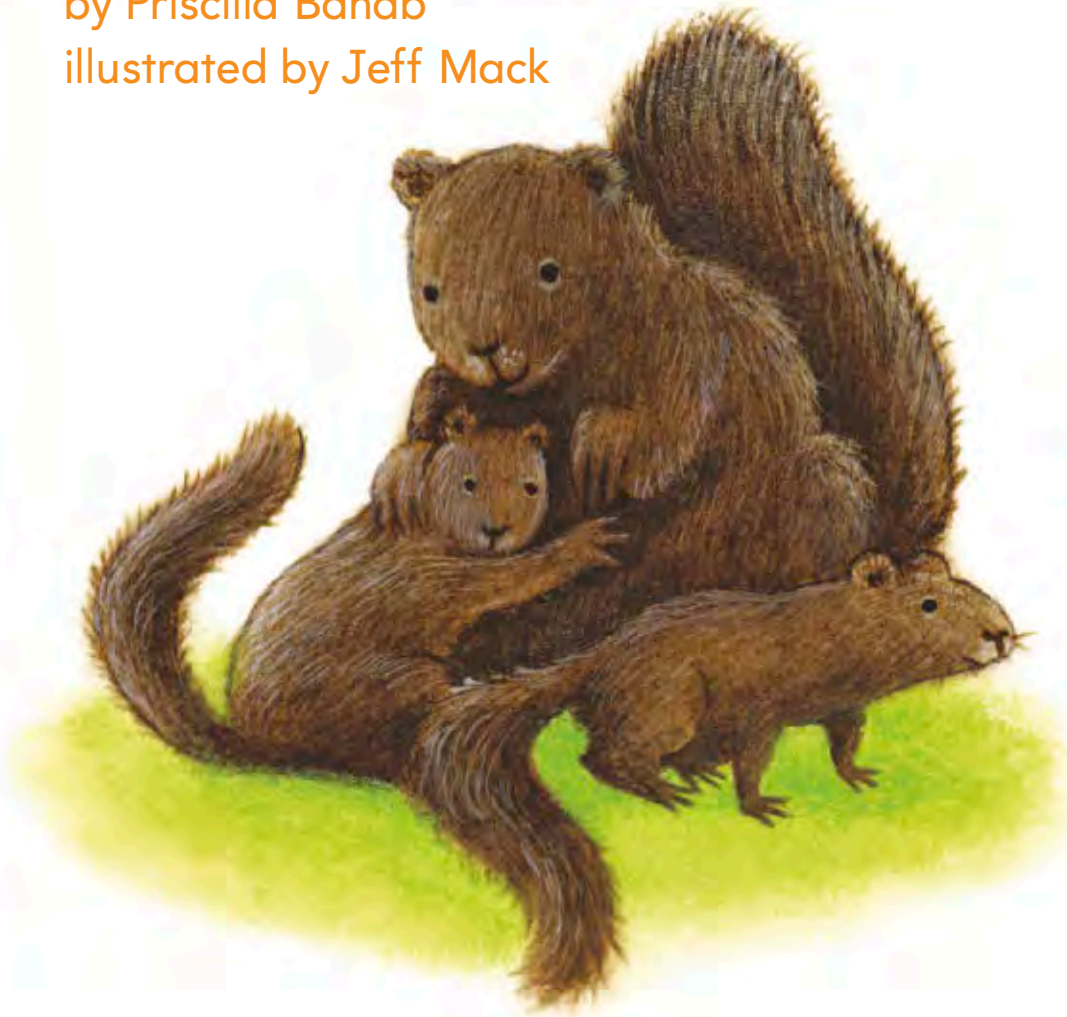


Yes. He did!
Big Ben got Max down.

A Fun Job

by Priscilla Banab

illustrated by Jeff Mack



Ted has a job.
Deb has a job.



"Find nuts," said Mom.

"Get nuts. Get lots of nuts."

Ted and Deb walk to get nuts.



Ted got nuts. Deb got nuts.
It is a fun job to get nuts.
It is fun, fun, fun.



Ted can show Deb what to do.
Ted hid nuts in pots.
Deb hid nuts in pots.



Look at the pots.
Can Ted and Deb see nuts?
No, Ted and Deb can not.



Ted hid nuts in pots.
Deb hid nuts in pots.
What is in the pots now?