BSD Second Grade Remote Learning Packet (English)



Dear Families.

English

This packet includes remote learning activities for your child for April 20-May 8. In addition to these daily lessons, we recommend that your child spends time each day reading independently, writing letters to friends or family, playing strategy or math games, playing outside, practicing mindfulness, and getting 60 minutes of physical activity. Your child's teacher may try to call you to answer questions.

The packet is o	rganized by:	
3-week calendar of activities	Math Lesson (complete in one day)	Reading Lesson (complete in one day)
Social Studies Lesson	Science	Extra Activities

Lesson

(week-long)

Estimadas Familias: Español

Este paquete informativo incluye actividades de aprendizaje remoto para su hijo del 20 de abril al 8 de mayo. Además de estas lecciones diarias, recomendamos que su hijo pase tiempo todos los días levendo independientemente, escribiendo cartas a amigos o familiares, jugando juegos de estrategia o matemáticas, jugando afuera, practicando mindfulness (concientización) y haciendo 60 minutos de actividad física. El maestro de su hijo puede intentar llamarlo para responder a sus preguntas.

El paquete informativo está dividido de la siguiente manera:

Calendario de actividades para 3 semanas	Lección de Matemáticas (complete en un día)	Lección de Lectura (complete en un día)
Lección de Estudios Sociales (para una semana)	Lección de Ciencias (para una semana)	Actividades Adicionales

اللغة العربية Arabic

العائلات الكرام

تتضمن هذه الحزمة أنشطة التعليم عن بعد لطفلك في الفترة من ٢٠٢٠/٥/٨ - ٢٠٢٠/٤/٢٠ بالإضافة إلى هذه الدروس اليومية، نوصى بأن يقضى طفاك الوقت كل يوم في القراءة بشكل مستقل، وكتابة الرسائل إلى الأصدقاء أو العائلة، أو لعب ألعاب ذات القو انين الاستر اتيجية ، الألعاب و المسائل الحسابية، أو اللعب خارج المنزل، والحصول على ٦٠ دقيقة من النشاط البدني. قد يحاول معلم طفلك الاتصال بك للإجابة على أسئلتكم. تم تنظيم الحزمة حسب الآتى

نقويم الأنشطة لمدة 3 أسابيع الشابيع

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لل درس القراءة (أكمله في يوم واحد)



و درس الدر اسات الاجتماعية (لمدة أسبوع)



درس العلوم (لمدة أسبوع)



Qoysaska Qaaliga ahow,

(week-long)

Xirmadan waxaa ku jiro howlaha waxbarista fog oo loogu talagalay ilmahaaga Abriil 20-Maajo 8. Marka lagu daro casharadan maalinlaha ah, waxaan kugula talineynaa in cunuggaaga waqti geliyo maalin kasta aqrinta iskiis ah, u qorista waraagaha asxaabta ama govska, ciyaaro istaraatiijiyadda ama cayaaraha xisaabta, banaanka ku ciyaaro, barbarto feejignaanta, iyo helitaanka 60 dagiigo oo jimicsi ah. Cunugaaga macalinkiisa ayaa laga yaabaa inuu ku soo waco si aad uga jawaabto su'aalo.

Xirmada waxaa diyaariyay::

Jadwalka howlaha 3-isbuuc	Casharka Xisaabta (mid dhameey maalinti)	Casharka Aqrinta (mid dhameey maalint)
Casharka Cilmiga Bulshada (Isbuucoo- dhan)	Casharka Sayniska (Isbuucoo- dhan))	Howlaha Dheeraadk ah

Уважаемые родители.

Russian

Этот пакет включает в себя занятия по дистанционному обучению вашего ребёнка с 20 апреля по 8 мая. В дополнение к этим ежедневным занятиям мы рекомендуем, чтобы ваш ребёнок каждый день проводил время за самостоятельным чтением, написанием писем друзьям или членам семьи, игрой в стратегические или математические игры, игрой на свежем воздухе, практикуя осознанность и получая 60 минут физической активности. Возможно учитель вашего ребенка вам позвонит, чтобы ответить на вопросы.

Этот пакет составлен:

Календарь занятий на 3 недели	Урок Математики (закончить за 1 день)	Урок Чтения (закончить за 1 день)
Обществе нные науки (на неделю)	Естествен ные науки (на неделю)	Дополните льные занятия

학부모님께.

Korean

다음은 학부모님의 자녀가 4월 20-5월 8일까지 하게 될 원격 학습 수업 및 활동들입니다. 이 매일의 수업 이외에, 혼자 책 읽기, 친구 또는 가족에게 편지 쓰기, 전략적 사고를 필요로 하는 게임 또는 수학 게임하기, 야외에서 놀기, 마음 수련하기, 60분 동안 신체 활동하기 등을 매일 할 것을 권장합니다. 학생의 선생님께서 학부모님의 질문에 답하기 위해 연락할 것입니다. 수업 및 활동들은 다음과 같이 짜여 있습니다:

### 3주 동안 활동 캘린더	♣ 보고	위기 수업 (하루에 하나 완성)
사회 수업	과학 수업	☆
(일주 동안)	(일주 동안)	과외활동

亲爱的学生家庭:

Chinese

这个数据包包括4月20日-5月8日为您孩子准备的远程学习活动。除了这些每天的日常课程外,我们建议您的孩子每天进行独立阅读,给朋友或家人写信, 玩策略或数学游戏,在户外玩耍,练习正念及进行60分钟的体育锻炼活动。 您孩子的老师可能会给您打电话来回答您的问题。

数据包包括:

3周活动日 历	+□ ※目 数学课程 (一天完成)	阅读课程 (一天完成)
社会学课程 (一周)	科学课程	☆ 其他活动

保護者の皆様

Japanese

このパケットには、4月20日から5月8日までのリモートラーニング(遠隔学習)アクティビティが含まれています。これらの毎日のレッスンに加え、以下を行うことを推奨します。読書、友人や親戚へ手紙を書く、算数に関連したゲームをする、外遊び、マインドフルネス、60分間の運動。ご質問があるか確認するため、教師より電話。

パケットは以下のように分類されています:

3週間のア クティビ ティ	日日 以日 算数のレッ スン(1日で 完了)	リーディン グレッスン (1日で完了)
社会科レッ スン (一週 間)	理科レッス ン(一週間)	◆ その他の 活動

Thân gởi các gia đình,

Vietnamese

Đây là những hoạt động học sinh cần để tham gia học Online (remote learning) từ 20 tháng tư đến 8 tháng năm. Ngoài các bài học thường ngày, các em nên dành thời gian đọc sách, viết thư cho bạn bè, gia đình, giải toán hay đặt ra các tình huống đề có cách giải quyết, ra ngoài chơi, thả lỏng đầu óc và nhớ là nên vận động cơ thể 60 phút. Giáo viên có thể điện thoại tới nhà để trả lời những thắc mắc của phụ huynh. Tài liệu được chuẩn bị bởi:

Thời khoá biểu cho các hoạt động trong 3-tuần	Toán (cần làm xong trong ngày)	Đọc (Cần làm xong trong ngày)
Khoa học xã hội Lesson (cho cả tuần)	Khoa học (cho cả tuần)	Các hoạt động phụ trội

2nd Grade Calendar



April 20-May 8

	Week 1	
	Activities from the packet	Other Activities
Day 1	2nd Grade Book Club Learning Activity #1 Engineering Challenge: Book Support	Play a math or strategy game
Day 2	Math Lesson 1	Work on Engineering Challenge Read 20 minutes
Day 3	2nd Grade Book Club Learning Activity #2	Work on Engineering Challenge Play a math or strategy game
Day 4	Math Lesson 2	Work on Engineering Challenge Read 20 minutes
	Week 2	
	Activities from the packet	Other Activities
Day 5	2nd Grade Book Club Learning Activity #3 Grades 2 & 3 Social Studies: Storytelling	Play a math or strategy game
Day 6	Math Lesson 3	Work on Storytelling Read 20 minutes
Day 7	2nd Grade Book Club Learning Activity #4	Work on Storytelling Play a math or strategy game
Day 8	Math Lesson 4	Work on Storytelling Read 20 minutes
	Week 3	
	Activities from the packet	Other Activities
Day 9	2nd Grade Book Club Learning Activity #5 Engineering Challenge: Tallest Tower	Play a math or strategy game
Day 10	Math Lesson 5	Work on Engineering Challenge Read 20 minutes
Day 11	2nd Grade Book Club Learning Activity #6	Work on Engineering Challenge Play a math or strategy game
Day 12	Math Lesson 6	Work on Engineering Challenge Read 20 minutes

Hello Parents/Guardians,

A **Book Club** will be the focus for the next three weeks of learning. If your child has a book they are reading at home, they can join in with the learning activities below. If you do not have access to books at this time, there are reading passages at the end of this packet they can choose to do instead. \bigstar Spend 20 minutes reading each day.

Learning Activity #1 (April 20):

1.	After reading the summary of your book and flipping through the pages, what two questions do you have?
2.	What predictions do you have about the book? What makes you predict that?

Day 1- Engineering Challenge: Book Support



Build a column that can support the most books.

Materials: 3 pieces of paper (or index cards) and some tape.

Predict: What shape of paper is the strongest? Is a triangle, a circle or a square the strongest?

Test: Fold or curve the papers to make the differently shaped columns. Pile books on top,

one at a time. Which shape holds the most books on top?

Reflect: What was the strongest shape?



Extension/Optional:
Redesign: Do you think you could make a column that could hold even more books? What could you change? (number of columns, height of column, width of column, paper type, etc.) Try out your ideas and see how many books you can hold! You might be surprised by how many!
and see new many books you can note: You might be surprised by new many:



Today's Directions:

- Look at the hare. How far can a hare jump? How much of the bar graph is filled in for the hare?
- Look at the Mountain Goat. How far can it jump? How much of the bar is filled in?
- Your job is to look at each animal, write the animal on a line, and estimate how much to color in the bar.

Hints: The hare jumps ten feet. Where would the wild rabbit go on the bars? You can use one animal to help you figure out where other animals go. It doesn't have to be exact.

Challenge: What relationships do you notice between the animals' jumps? Are any animals double another animal? etc?

Animal Jun	nps						
Hare							
Mountain Go	at						
_	_ [
	_						
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					n		
Hare 10 feet	Wild Rabbit 20 feet	Grasshopper 3 feet	Mountain Goat 12 feet	Impala 30 feet	Jerboa 6 feet	Bullfrog 4 feet	Red Kangaroo 28 feet



If you are following along with the **Book Club**, please do the learning activities below. If you do not have access to books at this time, there are reading passages at the end of this packet you can choose to do instead. \bigstar Spend 20 minutes reading each day.

Learning Activity #2 (April 22):

. (Choose a main character in your story and describe them. What do they look like? What is their personality like?
_	
_	
_	
_	
. [}	Draw a picture of the setting for the story which is where the book takes place (i.e. nome, park, school).



Today's Story and Directions:

- On Violet's 117th birthday, her family threw her a party. Her oldest son came to the party. He was 97. She also had three other children, grandchildren, great-grandchildren, and great-great-grandchildren!
- Your job is to look at the ages of each family member, write the person on a line, and estimate how much to color in the bar. You can work in any order.

Here are some guests who may have been at the party and their ages:

Hints: Notice the youngest age and the oldest age? How can that help you figure out how far to color the bar for the grandson? You can use one person to help you figure out where other people go. It doesn't have to be exact.

Challenge: What relationships do you notice between the people's ages? Are any ages that are double another age? etc?

Violet Brown, age 117 Granddaughter, age 76 Son, age 97 Grandson, age 50 Son's friend, age 100 Great-granddaughter, age 47 Daughter, age 85 Great-great-granddaughter, age 10 Great-great-grandson, age 8 Daughter, age 95 Appendix G – Age Bars



If you are following along with the **Book Club,** please do the learning activities below. If you do not have access to books at this time, there are reading passages at the end of this packet you can choose to do instead. \bigstar Spend 20 minutes reading each day.

Learning Activity #3 (April 27):

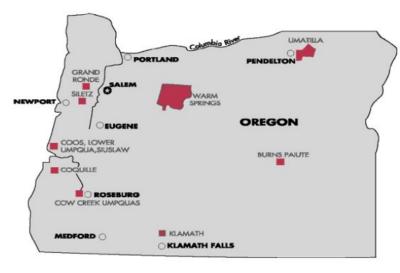
 In the box below, sketch or list a few characters you have been introduced to. Can you categorize them as primary characters (important oneswe will be getting to
know them more in the story) or secondary characters (important, but we don't get to
know them as well throughout the story)?

Day 5- GRADES 2 & 3 SOCIAL STUDIES 😚

*this is a 1-2 week mini-project.

Storytelling is a way of sharing and learning. People have been telling stories for thousands of years. Stories are a way of teaching and learning. **Stories have always played an important role in Native American culture.** Do you like stories?





Did you know?

Native Americans have lived here in Oregon for thousands of years.

There are 9 federally-recognized Native American tribes in Oregon today.

Beaverton is on the ancestral homeland of the Tualatin Kalapuya tribe (within the Confederated Tribes of Grande Ronde).

Many tribes have many different stories.

In many tribes, people called Elders are the most important storytellers and teachers. Elders are older adults that could be parents, grandparents, or teachers. **Do you have any favorite stories? What are they about?**

Your learning - choose one and go!

Option 1: Who are your Elders? If you can, talk with one of your Elders home or on the phone or computer. Or you can look at family photos if you have them.

Is there a story that is important to your family, elders, or culture?
 What was the story about? What did you learn?

Option 2: You are living through history right now with COVID-19. What story will you tell about this time in history?

- What have you learned about yourself, family and friends during this time?

Your turn: Pick one story. Write the story or draw a picture and include some words. Share it with your family and teacher!



at





Today's Directions:

- If you could have a celebration for your next birthday, plan a list of family and friends you would invite and find out how old they will be on your birthday. How old will you be?
- Your job is to look at the ages of each person, write the person on a line, and estimate how much to color in the bar. You can work in any order.

Hints: Notice the youngest age and the oldest age? You can use one person to help you figure out where other people go. It doesn't have to be exact.

Challenge: What relationships do you notice between the people's ages? How many years are there between the ages? etc?

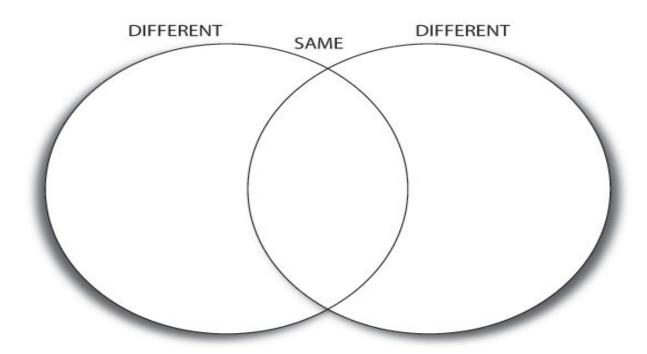
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, age	, age
Appendix G – Age Bars	

If you are following along with the **Book Club**, please do the learning activities below. If you do not have access to books at this time, there are reading passages at the end of this packet you can choose to do instead. \bigstar Spend 20 minutes reading each day.

Learning Activity #4 (April 29):

1. Think of another book you have read or a TV show you watch. Is there a character in that book or TV show that reminds you of a character in your book? Compare and Contrast a character from the book your reading now with a character from another book or TV show. You can use the Venn Diagram below to compare and contrast.

Venn Diagram







Today's Story and Directions:

- Remember Violet, her family and their ages (117, 100 and 97). People keep living longer and longer. A friend was wondering about this and called a nursing home and asked about the ages of the people there.
- Your job is to cut out and sort the data cards (on the next page) in an organized way and think about the answers to the questions below to help you.

Hints: Think about what the categories will be to help you organize. Would it be helpful to see youngest to oldest? How can you show how many people are the same age and organize it to compare with how many people are a different age?

Challenge: After you have organized your data, come up with two or three questions that the data can answer.

Questions to Consider as You Sort and Organize Your Data:
What ages were the residents?
NA/le orthogonal to a vice up and at an and a
What was the youngest age? The oldest age?
The oldest ages
How many people were there of each age?
Were there any outliers? (ones that seem different than the rest)

Organize your cards here:

Data Cards (Cut out and Organize)

95	95	95	95	95
95	95	95	95	96
96	96	96	96	96
96	96	97	97	97
97	97	97	98	98
98	100	100	101	104



If you are following along with the **Book Club,** please do the learning activities below. If you do not have access to books at this time, there are reading passages at the end of this packet you can choose to do instead. \bigstar Spend 20 minutes reading each day.

Learning Activity #5 (May 4):

1.	Now that you are nearing the end of your book, what kind of person is your main character? How do you know this?				
2.	Has your character changed from the beginning of the book? Use details from the story to support your answers.				

Day 9- Engineering Challenge: Tallest Tower



Engineering Challenge: Make the tallest tower that you can with materials you can find in your house.

Materials: paper or plastic cups, blocks, books, boxes, DVD containers, or something else in your home.

Plan: What will your tower look like using the materials that you have gathered?

Predict: How high do you think you can build your tower with the materials that you have gathered?

Make: Build your tower!





Test: How high is your tower? Measure how high your tower is in inches.					
Reflect: What do you notice you need to do to get the tallest tower? Is there a special way that you stacked your items? How strong or wobbly is it?					
Optional Extension:					
Redesign : Use the same materials and what you learned about building a tower and try to build a tall tower that is stable and will not easily fall down. What did you do differently?					



Today's Directions:

- Set up the beanbag (or other soft object) toss
- Play 15 rounds and add X's to the line plot below
- Answer the questions about your line plot

Hints:

- If you get the same number for more than one throw, the X's get stacked on top of each other like this:

Challenge:

- What is the difference between your longest throw and your shortest throw?
- What else could you measure to create a line plot?

Beanbag Toss and Graph

- Find a spot where you can throw a soft object (bean bag, stuffed animal, rolled up socks)
- Mark your starting point with something (a piece of tape, a string, your shoe, etc.)
- Toss the object and use your feet to measure how far it went, like this:



- Mark an X above the number of steps you counted
- Repeat this 15 times, and keep marking X's above the number of steps

7 8 9 10 11 12 13 14 15 16 17 18 19 20 steps steps

- 1. What is the furthest you threw it? How does the line plot help you know that?
- 2. Which number on the line had the most number of throws? How does the line plot help you know that?



If you are following along with the **Book Club,** please do the learning activities below. If you do not have access to books at this time, there are reading passages at the end of this packet you can choose to do instead. \bigstar Spend 20 minutes reading each day.

Learning Activity #6 (May 6):

1.	What is an important lesson that readers can learn from this story?
2.	Write about a life lesson the character learned. Explain how a part of the story shows this lesson.



Today's Directions:

- Cut out the inch ruler at the bottom of the page
- Measure how long each lizard is to the closest inch and record the length
- Mark the line plot with X's to show how many lizards are that length

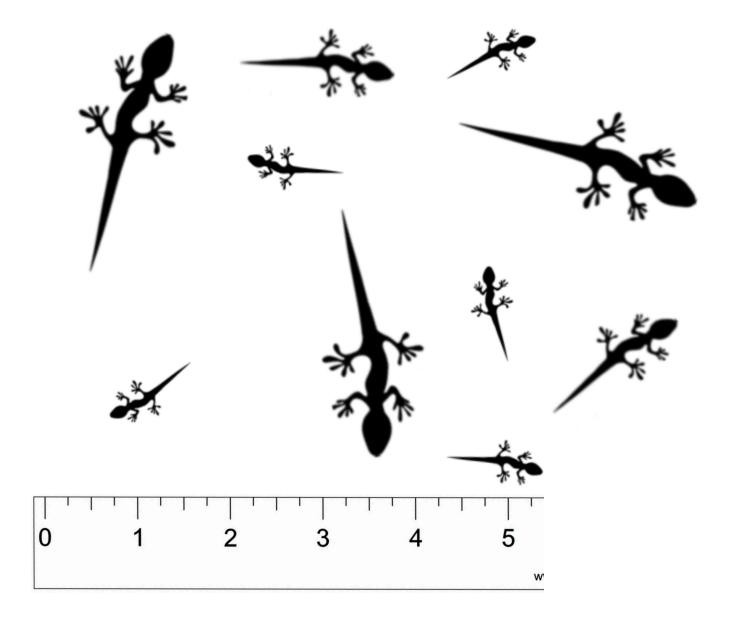
Hints:

- If a lizard is one inch long, put an x above 1 inch
- Make sure the lizard is lined up with the 0 not the end of the ruler

Challenge: If you put all of the lizards in a line touching head to tail, how long would they be all together?

> Put an X for each lizard above the length

1 inch 2 inches 3 inches



Name		0170	Sequencing
	Three Religion (Control of the	5	
		//W	

Ready for School



Sequencing means putting the events in a story in the order they happened.

Tara could hardly wait for school to start. Mom drove her to the store to buy school supplies. They bought pencils, crayons, scissors, and glue. When Tara got home, she wrote her name on all of her supplies. She put them in a paper sack. The next day, Tara went to school, but the principal told her and the other children to go back home. A water leak had flooded the building. Oh no! Tara would have to wait another whole week!

Number the pictures in the order that they happened in the story.



Name	ه الم



Sequencing

The Rescue



Sequencing means putting the events in a story in the order that they happened. Mia's black cat climbed to the top of a telephone pole and couldn't get down. "Come down, Spooky!" cried Mia. Mia thought hard. What could she do? She went across the street to ask Mr. Carson for help. He was a firefighter before he retired. "What's the matter, Mia?" asked Mr. Carson when he saw Mia's tears. "My cat is up on that pole, and I can't get her down!" Mr. Carson hugged Mia and said, "I'll call my buddies at the fire station. They will come and help." A few minutes later, Mia saw the fire truck coming. The firefighters parked near the pole and raised a long ladder to the top. A firefighter climbed the ladder and reached out for Spooky. Just then, Spooky jumped to a nearby tree limb, climbed down the tree, and ran into the backyard. Mia said, Mig asked Mr. Carson "Spooky! You naughty cat!" Mr. Carson and the firefighters laughed and laughed. for help. Mr. Carson called his Read the sentences on the firefighter friends. ladder. Number them in the order that they happen in the story. The firefighters laughed. A firefighter climbed the ladder. Mia begged Spooky to come down. Spooky jumped to a tree and climbed down. The fire truck came. Mia scolded Spooky.

Scholastic Success With Reading Comprehension • Grade 2

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Figure It Out

Read each sentence. Then color the numbered space in the picture that matches the number of the correct answer.

He rode his bike. Who rode it?

- 1. a boy
- 2. a girl

Please bait my hook. What am I doing?

- 7. fishing
- 8. playing baseball

Sorry! I broke it. What could it be?

- 13. a stuffed animal
- 14. a crystal vase

Look at the dark cloud. Where should you look?

- 19. down
- 20. up

The lamb lost its mother. Who is its mother?

- 21. a sheep
- 22. a horse

She wore a red hat. Who wore it?

- 23. a man
- 24. a woman

I see a thousand stars.
What time is it?

- 25. noon
- 26. night

Let's throw snowballs! What time of year is it?

- 3. summer
- 4. winter

Breakfast is ready! What time is it?

- 9. night
- 10. morning

He's a professor. What is he?

- 15. an adult
- 16. a baby

Run, John, run! What sport is John in?

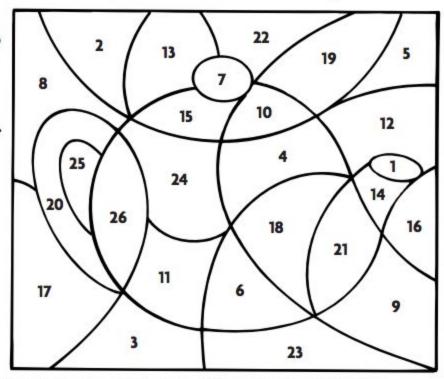
- 5. swimming
- 6. track

I'm so thirsty.
What will I do?

- 11. drink something
- 12. eat something

It won't fit in the car. What is it?

- 17. a football
- 18. a swing set



Riddle: What begins with T, ends with T, and has T in it? Find it in the puzzle.

1

Name	<u> </u>	



Vanishing Frogs

Date

It's fun to try to find frogs in the woods and near rivers. But in some cases, that's harder and harder to do. Fill in the blanks to find out why frogs are vanishing.

Frogs have lived on this p	lanet for millions of	
years. But recently,		
have noticed that certain ty	ypes of frogs are	
	Some species have even	
become	What's the problem?	:
Experts have two theories:		÷

Word List

chemicals destroyed disappearing extinct scientists

Ruined homes: Many frogs live in ponds or other wet areas.

People have dried up these areas in order to build roads or buildings. Some other frogs live in forests. Many forests have been ______ so that people can use the land.

That leaves fewer places for frogs to live.

Pollution: ______ get into the ponds and lands where many frogs live. Some experts say this pollution makes frogs sick.

Think About It!

What might be done to help protect frogs?

No Teeth? No Problem!

Read the nature article.

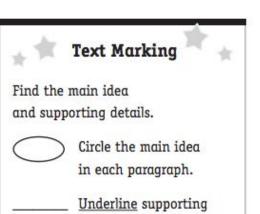
Then follow the directions in the Text Marking box.

The giant anteater has a perfect name. It's very big, and it eats ants—thousands of them a day. And it doesn't even have teeth!

This animal's head fits its needs. It has a **keen** sense of smell. It sniffs out an anthill with its powerful nose. Then it uses its sharp claws to open a hole in the anthill. Now its long, wormlike tongue

gets busy. The anteater pokes its tongue deep into the hole. Ants stick to it. The anteater snaps its tongue back into its mouth. It scrapes the ants off and swallows them whole.

But feeding like this isn't easy. Ants sting the tongue. So the anteater must stop to rest it after a minute or so. It goes back later for more, after its tongue stops hurting.



details for each

main idea.



A giant anteater



Its long tongue

D-		
Din	MOI	r

Mariana	Dete
Name	Date

No Teeth? No Problem!

Answer each question. Give details from the article. Which is the most important topic of the article? ○ A. living without teeth ○ C. kinds of tongues ○ B. insects that sting ○ D. giant anteaters What helped you answer? The author says that the giant anteater has a **keen** sense of smell. Which word means about the same as **keen**? ○ A. weak ○ B. strong ○ C. unusual ○ D. surprising What in the text helped you answer? Why does the author say that the giant anteater has a perfect name? Look at the picture of the giant anteater. How do its body parts help it get food?

Rusty Stones

Read the science fiction story.

Then follow the directions in the Text Marking box.

Name

Willa couldn't believe her eyes.

There was a giant hole on her farm.

Only the night before, tall corn had grown there. "What happened?"

wondered Willa. She got off her tractor to explore the hole. Willa walked all the way around it. She saw packed dirt and rust-colored blobs of stone.

Slowly Willa stepped into the strange hole to grab a small stone.

How heavy and warm it felt! Suddenly the stone began to jiggle in her hand.

A squeaky voice cried, "KLEEP!" Willa loo

A squeaky voice cried, "KLEEP!" Willa looked more closely. She saw a crack that was bright purple inside. She noticed that the other rusty stones had the same look. They were also jiggling.

"What?" Willa thought. "Did a fleet of tiny spaceships crash into my farm?"



Text Marking

Think about the events in the story.

Circle two key events that happen.

Underline one detail about each event.

Do More

Name

Rusty Stones

Answer each question. Give details from the story.

0	What surprised Willa first about the rusty stones?				
	○ A. They could speak.	○ C. They looked like spaceships.			
	\bigcirc B. They were heavy and warm.	\bigcirc D. They covered her cornfield.			
	What helped you answer?				
2	What did Willa think had happene	d at her farm?			
	○ A. Tiny spaceships had landed.	○ C. The corn turned purple.			
	\bigcirc B. There was a bad storm.	O D. Her tractor broke down.			
	What helped you answer?				
3	Look at the picture. Which part of t	he story does it show? Explain.			
4	A voice cried, "KLEEP!" What might	that word mean?			

Second Grade Math Games☆

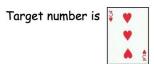
Hit the Target

Players 2

Materials: Deck of cards, face cards worth ten. Ace worth 1 or 11.

How to Play: Lay out five cards face up. Then choose one additional card to be the target number. You may add, subtract, multiply or divide to hit the target number. Try to use all five cards, but you must use at least 2 cards. Winner takes the cards in the equation, plus the target number.





A player could choose: 5 - 2 or 8 - 5

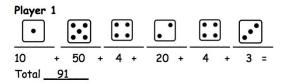
101 and Out

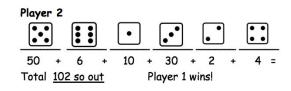
Players 2

Materials: 1 die, scratch paper

How to Play: Copy the game board below. Roll the die six times. Each roll has to count. You can count the rolls as either ones or tens. Keep a running total as you play. The closest to 101 without going over wins.

1	1 or 10	4	4 or 40
2	2 or 20	5	5 or 50
3	3 or 30	6	6 or 60





Pig



Players 2

Materials: 2 dice, scratch paper to keep

score

How to Play: Be the first one to reach 100 points! Players take turns rolling two dice and finding their sum. On a turn, a player can keep rolling - be a PIG - and add to their score. But beware - if a player rolls a 1 on either dice, all points for that turn are lost.

Examples:

Joe rolls • so his is 5.

He keeps rolling, and gets • for 6 points.

Now his running score is 11. He can stop at 11 or keep going.

He rolls one more time, for 9 points. Now his score is 20. He decides to stop and keep 20 for his score that round.

Jane rolls for 11 points. She rolls one more time and gets a Since she rolled a 1, her score is 0 for that round.

Give Me 10

Players 2

Materials: Deck of cards, face cards

removed, Ace worth one.

How to Play: Deal 10 cards face up.



Players take turns finding and removing combinations of cards that add up to 10.



Deal out cards so there are always 10 cards face up.



Put your favorite song on and make up a dance or snack you're smell and look of the to the taste, feel, sound, When eating a snack 5 Mindful Snack this pose! Practice your balance with and hold for another 60 seconds. Take a break Hold fish pose for 60 12 Fish Pose eating. What do you fitness routine! 19 Garland Pose seconds SUNDAY April 7: World Health Day Stress Awareness Month National Distracted Driving Awareness Month National Minority Health Month National Autism Awareness Month **National Health Observances** back to safe zone. If tagged, join the other team. **Planks** Scissors Tag ground and gently touch In plank position with Meet in the middle, shoot, loser chases the winner 20 Rock Paper with your hands not your on the ball and catch it member. Keep your eyes play catch with a family Grab any kind of ball and Place your hands on the feet. Complete 30s each: paper plates under your 27 Paper Plate elbows on your knees ground balancing your your forehead to the in and out feet -mountain climbers knees to chest 3 Play Catch Teacup Tip-ups MONDAY SHAPEAmerica no ves. and jump up and down 50 times. Be careful. Take a an entire TV commercial Find a step or a bench 28 Step Jumps Can you hold a plank for complete: 10 Arm Circles front & adult & discuss other prevent diabetes? Go for a walk with an physical activity can help break if you need to Break 21 Commercial 10 Forward punches 10 Raise the Roof's As fast as you can ways to prevent diabe Did you know regular, World Health Repeat 3x 14 Wild Arms TUESDAY Write down something you're thankful for and 3 things you hear 4 things you feel now? Good! Now jump up way you like for 10 bed shake your body any 2 things smell 5 things you see musical chairs except Yoga is a great way to Attitude 29 A Gratitude seconds. Are you up As soon as you get out of Shake 1 thing you taste around you? Find: What do you notice frogs and sit on lily pads players hop around like Fully relax & clear your be the hardest yoga pose! Savasana, considered to relieve stress. Try and down 10 times. 22 Wake and This game is just like 5 Mindful Musical Frogs WEDNESDAY Elementary Mind & Body Calendar **April 2020** air, step forward with your right hand & step forward Try Savasana again. Use this to relax and wind then repeat. with your left foot. Step down all year! Lie on your stomach, the room. With your bottom in the 9 Bear Walk star. Do 10 then rest and Jump up with your arms 23 Chair Pose your legs and back lower body along keeping arms straight out front Continue to move across then the right foot forward with the left hand and legs spread out like a Hold for 30 seconds, relax Use your arms to pull your 16 Crawl Like a Star Jumps THURSDAY Be sure to talk to yourself Breathing to someone you love. distance. 17 How Fast Can to the up and down of stomach and pay attention While lying in bed, place lean forward & balance your hands on the ground, Here's a challenge! Put 3 Crane Pose today like you would talk 24 Positive Talk Pick a distance and see You Go? your belly as you breathe. your hands on your Yoga photos from www.forteyoga.com how fast you can run the 10 Before Bed your knees on your SHAPE America recommends school-age children physical activity should be followed by cool-down accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of stretches that help reduce soreness and avoid FRIDAY injury. Happy exercising 18 Inchworms object or line for 1 minute ground, walk them into while moving? successfully dribble 100 Challenge 11 Dribble exercise for 30 seconds and do a different straight. Go again but Jump side-to-side over an 25 Jump, Jump push-up position, and place your hands on the with each hand. Can you Dribble a ball 100 times wide stance punches -grapevine to left then -side shuffle Face each wall in a room each jump twice. ump front to back. Repeat walk your legs up Keeping your legs straight times with each hand -vertical jumps 4 Walls SATURDAY

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