







# BSD First 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 organized by:

 <div>3-week calendar of activities</div>	 <div>Math Lesson (complete in one day)</div>	 <div>Reading Lesson (week-long )</div>
 <div>Social Studies Lesson (week-long)</div>	 <div>Science Lesson (week-long)</div>	 <div>Extra Activities</div>

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 leyendo 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:


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


Arabic


اللغة العربية


العائلات الكرام


تتضمن هذه الحزمة أنشطة التعليم عن بعد لطفلك في الفترة من ٢٠/٤/٢٠٢٠ - ٨/٥/٢٠٢٠. بالإضافة إلى هذه الدروس اليومية، نوصي بأن يقضي طفلك الوقت كل يوم في القراءة بشكل مستقل، وكتابة الرسائل إلى الأصدقاء أو العائلة، أو لعب ألعاب ذات القوانين الاستراتيجية ، الألعاب والمسائل 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 الآتي


 تقويم الأنشطة لمدة 3 أسابيع

 درس رياضيات (أكمل في يوم واحد)

 درس القراءة (لمدة أسبوع)

 درس الدراسات الاجتماعية (لمدة أسبوع)

 درس العلوم (لمدة أسبوع)







 الأنشطة الإضافية

Qoysaska Qaaliga ahow,

Somali

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 waraaqaha asxaabta ama qoyska, ciyaaro istaraatiijiyadda ama cayaaraha xisaabta, banaanka ku ciyaaro, barbarto feejignaanta, iyo helitaanka 60 daqiiqo oo jimicsi ah. Cunugaaga macalinka ayaalaga laga yaabaa inuu ku soo waco si aad uga jawaabto su'aalo.







Xirmada waxaa diyaariyay::

 <div>Jadwalka howlaha 3-isbuuc</div>	 <div>Casharka Xisaabta (mid dhameey maaliinti)</div>	 <div>Casharka Aqrinta (Isbuucodhan)</div>
 <div>Casharka Cilmiga Bulshada (Isbuucodhan)</div>	 <div>Casharka Sayniska (Isbuucodhan))</div>	 <div>Howlaha Dheeraadk ah</div>

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:

 <div>Календарь занятий на 3 недели</div>	 <div>Урок Математики (закончить за 1 день)</div>	 <div>Урок Чтения (на неделю)</div>
 <div>Общественные науки (на неделю)</div>	 <div>Естественные науки (на неделю)</div>	 <div>Дополнительные занятия</div>

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:

 <div>3주 동안 활동 캘린더</div>	 <div>수학 수업 (하루에 하나 완성)</div>	 <div>읽기 수업 (일주 동안)</div>
 <div>사회 수업 (일주 동안)</div>	 <div>과학 수업 (일주 동안)</div>	 <div>과의 활동</div>

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	 数学课程 (一天完成)	 阅读课程 (一周)
 社会学课程 (一周)	 科学课程 (一周)	 其他活动

保護者の皆様 Japanese

このパッケージには、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、教師より電話を差し上げることがあります。

パッケージ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	 算数のレッスン(1日で完了)	 リーディングレッスン (一週間)
 社会科学 レッスン(一週間)	 理科 レッスン(一週間)	 その他の活動

Thân gửi 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 để 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 (cho cả tuần)
 Khoa học xã hội Lesson (cho cả tuần)	 Khoa học (cho cả tuần)	 Các hoạt động phụ trội

# 1st Grade Calendar



April 20-May 8

Week 1		
	Activities from the packet	Other Activities
Day 1	1st Grade Literacy Activity Read 20 minutes	Play a math or strategy game
Day 2	Set up Daily Math Routine Math Lesson 1	Work on the Literacy Activity Read 20 minutes
Day 3	Engineering Challenge: Book Support Read 20 minutes	Daily Math Routine Play a math or strategy game
Day 4	Math Lesson 2 Daily Math Routine	Work on Engineering Challenge Read 20 minutes
Week 2		
	Activities from the packet	Other Activities
Day 5	1st Grade Literacy Activity Read 20 minutes	Daily Math Routine Play a math or strategy game
Day 6	Math Lesson 3 Daily Math Routine	Work on the Literacy Activity Read 20 minutes
Day 7	Grade 1 Social Studies: Storytelling Read 20 minutes	Daily Math Routine Play a math or strategy game
Day 8	Math Lesson 4 Daily Math Routine	Work on Social Studies: Storytelling Read 20 minutes
Week 3		
	Activities from the packet	Other Activities
Day 9	1st Grade Literacy Activity Read 20 minutes	Daily Math Routine Play a math or strategy game
Day 10	Math Lesson 5 Daily Math Routine	Work on the Literacy Activity Read 20 minutes
Day 11	Engineering Challenge: Tallest Tower Read 20 minutes	Daily Math Routine Play a math or strategy game
Day 12	Math Lesson 6 Daily Math Routine	Work on Engineering Challenge Read 20 minutes

## DAY 1- First Grade Literacy Activity (from Teaching Preschool Partners)



Hello Parents/Guardians,

A week-long **Literacy Activity** will be the focus for the next three weeks of learning. If you have access to YouTube, you can find the story for each literacy activity (in Spanish and English). In addition, spend 20 minutes reading each day. 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. ☆



### Story Explore: Does Your Line Tell A Story?

In the story, "Harold and the Purple Crayon," Harold uses his crayon to draw a moon and then a world in which he goes for a walk, a ride in a boat, and a balloon adventure. He draws a town, an apple tree, a dragon, a picnic, and finally his bed to go to sleep.

What line story can you and your child create? All you need is a piece of paper - it could be notebook paper or the back of an envelope - and a pencil, pen or marker. As you move the pen across the paper, you begin your story.

"Once upon a time there was a ..."

"One day, the dog decided to ..."

Try to create the figures and ideas without lifting the pen from the paper. You and your child can trade the pen back and forth. Have fun with the results!



As you build a collaborative line story, you are helping your child find the words to **communicate their thoughts and ideas**. Your story conversations with your child will help them feel comfortable communicating their ideas in school.



### Line Resources

*Harold and the Purple Crayon* by Crockett Johnson

Available on YouTube in English and in Spanish

## Day 2- Introduce Daily Math Routine (Adapted from Illustrative Math)

Put this calendar in an easily visible location like the refrigerator so you child can color in a square for the weather each day. Set a time of day to check the weather every day. (They do not need to color in a new square if the weather changes during the day)

# Today's Weather Is...

Sunny

[illegible]

Cloudy

[illegible]

# Partly Cloudy

[illegible]

# Windy

[illegible]

Rainy

[illegible]

# Foggy

[illegible]

Other

[illegible]







**Daily Routine:** Check the weather and color in a square.

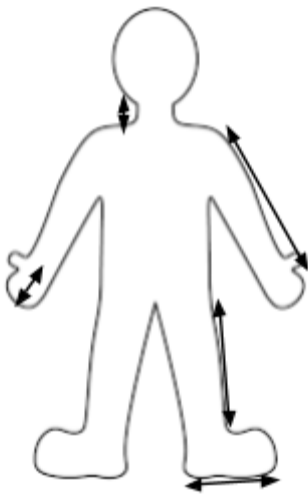
**Activity One (parent support may be needed):** Measure different body parts using an object (paperclips, blocks, pencils). Example: How many pencils long is your leg? Or How many blocks long is your arm? Record the different measurements.

**Activity Two (mostly independent):** Draw a picture of yourself (carefully drawing body parts like your neck, hands, and feet). Use a small tool (like a marble or paper clip) to figure out how tall your drawing is.

**Hints:** It is helpful to have your child lay down on the floor to measure them, but have them help count the measurement.

**Challenge:** Measure a body part with two different tools. Why are the measurements different? Example: Why would we need more paperclips to measure your arm than pencils?

Draw your picture/put your measurements here:



## Day 3- Engineering Challenge: Book Support

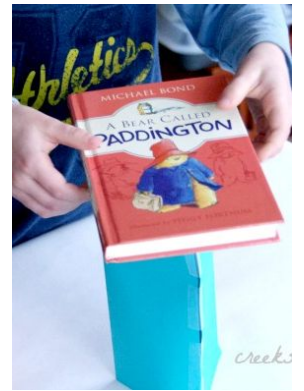
Build a column that can support the most books.

**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!

**Activity Two (mostly independent):** Find 5 different sized objects where you live. Draw a picture of them that shows which is the biggest and which is the smallest.

**Challenge:** Put the measurements in order from least to greatest. How do you know which is the longest/shortest? Can you find other objects where you live that are the same length as the objects you already measured (practicing estimation)?

It is \_\_\_\_\_ blocks long.


Blank page so they can cut it out



## Story Explore: Color Stories

Children's author, Leo Lionni, created his illustrations of birds and bugs and animals using torn pieces of colored paper. In his book, *Little Blue, Little Yellow*, the characters were simple circles of blue and yellow who have adventures with other color circles.

With your child, tear colored paper shapes from things like junk mail, catalogs, or supermarket flyers. The shapes don't have to be precise. If your child wants to tear around images, that's fine.

Once you have a number of shapes, ask, "I wonder what story we could tell with these pieces?" or "What might happen if little (*pick the child's favorite color*) had an adventure?" If your child seems unsure, you could frame the question in terms of one of their interests such as, "I wonder how we could use these colors to tell a story about robots?"

As the story emerges, you can help your child find the pieces they need and ask questions like...

"And then what happened?" or "I wonder what might happen next?"

"Why did (*color character*) do that?"

If your child is excited by the story telling, you could take pictures with your phone or make a recording of your child sharing the events. Have fun with the results!



As you build a color story, you are helping your child find the words to **communicate their thoughts and ideas**. Story conversations with your child will help them feel comfortable communicating their ideas in school.



## Color Resources

*Little Blue and Little Yellow* and other videos of Leo Lionni's books read aloud are available on YouTube in English and in Spanish.



**Daily Routine:** Check the weather and color in a square.

**Activity One (parent support may be needed):** Have your child write the names of a few family members or friends in the boxes to compare who has the longest name.

**Activity Two (mostly independent):** Find three things that are bigger than your hand and 3 things that are smaller than your hand. Draw a picture of the things that you found.

**Hints:** You may want to write down the names for the child, but have them write the names in the boxes.

**Challenge:** Can you think of a name for someone who has the same number of letters as you? More letters than you? Less letters than you? Brainstorm as many as you can!

How long is my name?

Write one letter in each box:

My name:									
Family Member or Friend 1:									
Family Member or Friend 2:									
Family Member or Friend 3:									

Who has the most letters?

Who has the fewest letters?

Write a sentence using **more** or **less**:

(example: Eva's name has less letters than Juan's name.)

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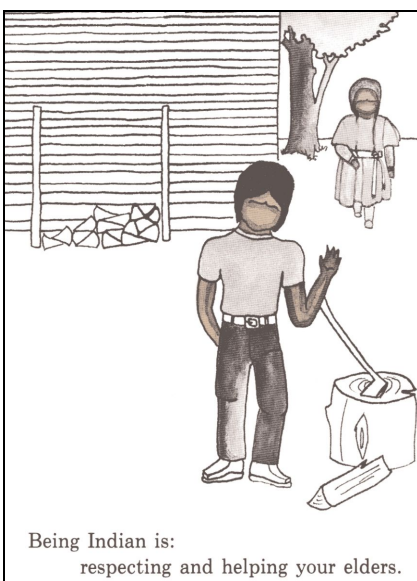
## Day 7- GRADES 1 SOCIAL STUDIES 🌍

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

**Storytelling is a way of sharing, teaching, and learning.** People have been telling stories for a long time.

**Stories have always been important in Native American culture.** Did you know that there are 9 (federally recognized) Native American tribes in Oregon today?

Here are a couple pages from a story called "Being Indian is" from members of the Warm Springs Tribe in Oregon.



**Your turn!**

**Draw a page of your own book, "Being (fill in the blank with your name or an aspect of your culture) is..." What is important to you, your family, and/or your culture?**

**Share it with your family and teacher!**



Being \_\_\_\_\_ is:

Being \_\_\_\_\_ is:





**Daily Routine:** Check the weather and color in a square.

**Activity One (parent support may be needed):**

Help your child set up their jumping contest. Siblings and parents can participate in it for each try or your first grader can try four different times.

**Activity Two (mostly independent):** Use your feet to measure 5 things where you live. Ex: How many steps wide is the door? Draw a picture of the things you measure.

**Hints:** Your child may need to practice measuring foot to foot without leaving a gap in between. First graders are not expected to use standard units of measurement as they are learning to use objects to measure without gaps or overlaps.

**Challenge:** Does it matter whose foot we use to measure the distance? Why? If you have a ruler or tape measure, measure the distance in inches.

### Jumping Contest

- Mark your starting point with something (a piece of tape, a string, your shoe, etc.)
- Predict how far you think you can jump
- Jump as far as you can and mark the spot with something
- Then use your feet to see how many steps long your jump was

Example: I predicted I could jump 8 steps, and my jump was only 4 steps!



	I predict I can jump ____ steps	I actually jumped ____ steps
Try #1		
Try #2		
Try #3		
Try #4		

What was your longest jump?

What was your shortest jump?



### Story Explore: Telling Shadow Stories

Many cultures use shadow puppets to tell traditional stories. Shadow puppets can be made from paper or cardboard or toys (such as stuffed animals or cars) or even just your hands. Use a light pointed against the wall or behind a sheet, to create the shadows.

Invite your child to create a story with shadows. If your child has trouble thinking of a story, you could create a story from a recent family adventure (a visit to the beach, going shopping, a walk to the playground).

"What could we tell a story about?"

"Once upon a time there was a ..."

"One day, they decided to ..."

"And then what happened?"

Invite your child to create their own story and then perform it for the family. Or, take a video of the story with your phone to share and talk about later.



As your child creates their shadow story, they are **working with intention and purpose**. When children focus with intention and purpose, they are managing their attention, tuning out distractions, and persisting. These are important habits for school and life success.



### Light and Shadow Resources

Videos of *shadow puppet stories* from many different cultures are available on YouTube. You may want to preview the videos to be sure the story is appropriate for your child.

**Daily Routine:** Check the weather and color in a square.

**Activity One (parent support may be needed):** Help your child find a feather, cotton ball, or small ball of paper to use. They will blow on the object to see how far it will move and mark it off with tape or string.

**Activity Two (mostly independent):** Find and draw a picture of objects where you live that are:

- Something that is one hand long
- Something that is two hands long

**Hints:** Measuring with hands will not be perfect. If it is between two numbers, your child can choose which they think it is closer to. If measuring this way is challenging, have your child mark where their 4 tries end so they can visually see which is the shortest/ longest.

**Challenge:** Try out different objects and surfaces. Does the object you use change the distance you can blow it? Why do you think that is?

How far will it move?

- Mark your starting point with something (a piece of tape, a string, etc.) on a flat, smooth surface
- Predict how far you think the feather, cotton ball, or small ball of paper will go when you blow on it
- With one puff of breath, blow on it to see how far it will go
- Then use your hands to see how far it went, like this:



	I predict it will move ____ hands.	It actually moved ____ hands.
Try #1		
Try #2		
Try #3		
Try #4		

In which try, did the object move the least?

In which try, did the object move the most?

## Day 11- 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?



**Daily Routine:** Check the weather and color in a square.

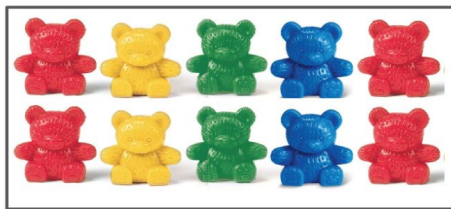
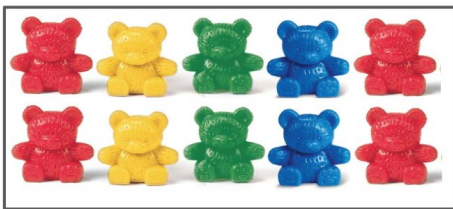
**Activity One (parent support may be needed):** Help your child review Organizing and Collecting with the bears. Then give them objects to organize and count on their own (ideas: dry beans or pasta, beads, buttons, blocks, cotton balls, etc.) You may want to provide cups, a muffin tin, or plastic bags for your child to make groups with their objects.

**Activity Two (mostly independent):** Count and draw how many shirts you have.

**Hints:** First graders work on numbers up to 120. Your child may be able to make groups of ten with higher numbers but not know how to count them. Allow them to practice making tens and count as high as they are able to.

**Challenge:** After making groups of tens- How many groups of five can be made out of your objects? How do you know?

**Review:** Earlier this year, we worked on organizing objects into groups of tens and loose ones to help us count large numbers. These bears are an example of how we did that:



- How many tens are there?
- How many loose ones are there?
- How many more do you need to make another bundle of ten?

**Your Turn:** Can you find objects where you live to Organize and Collect? (Up to 120 objects) After you organize the objects, draw a picture of what you did here:

Name \_\_\_\_\_

Skill: Finding the best ending

**Read each story and circle the best ending.**

**My father gave me a new bike. It is red and white. I needed a new bike. My old bike was too small. I can't wait to ride my new bike. Here comes my dad now.**



- a. Our family is going on a bike ride.**
- b. Yesterday I tripped on a rock.**
- c. My shoes are too small for me.**

**I am Sam the Fireman. I work in a big fire station. I have a lot of friends there. We help people by putting out fires. We help people by doing other things, too.**



- a. I love to swim.**
- b. Sometimes we get cats out of trees.**
- c. I saw a good movie today.**





## 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

Let's throw snowballs!

What time of year is it?

3. summer
4. winter

Run, John, run!

What sport is John in?

5. swimming
6. track

Please bait my hook.

What am I doing?

7. fishing
8. playing baseball

Breakfast is ready!

What time is it?

9. night
10. morning

I'm so thirsty.

What will I do?

11. drink something
12. eat something

Sorry! I broke it.

What could it be?

13. a stuffed animal
14. a crystal vase

He's a professor.

What is he?

15. an adult
16. a baby

It won't fit in the car.

What is it?

17. a football
18. a swing set

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

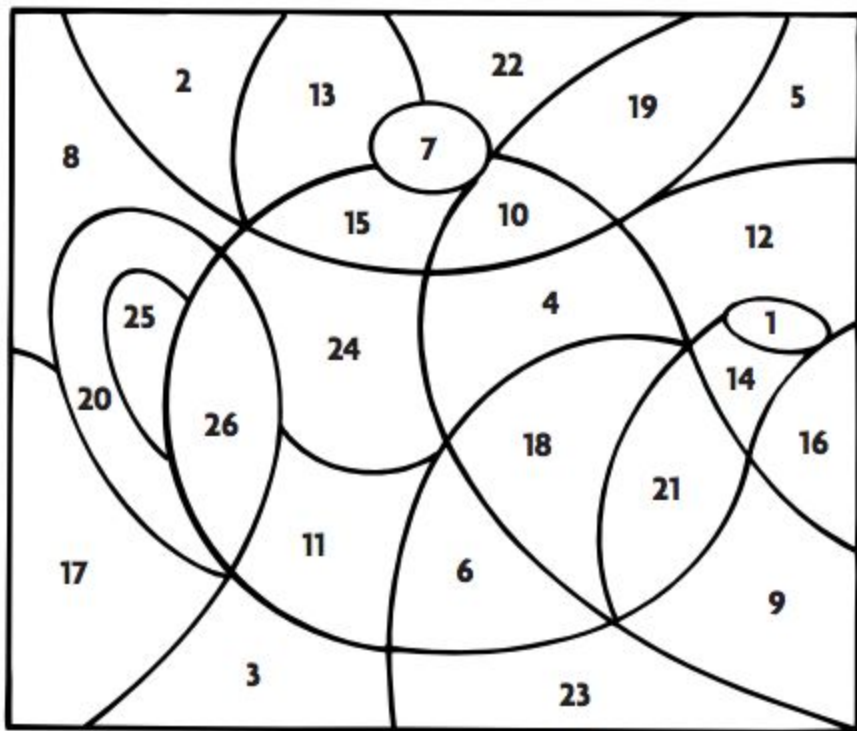
I see a thousand stars.

What time is it?

25. noon
26. night



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





## Los girasoles

Lee:

Los girasoles son flores hermosas y, también, son plantas muy útiles. Por este motivo, los pueblos indígenas de América las consideraban **plantas sagradas**.

Los girasoles han sido cultivados con diferentes motivos: para producir aceite, medicinas, alimentos, tinturas y además, para ser usados como adornos. Actualmente, se usan para hacer aceite y comida para mascotas. Sus semillas, llamadas pipas, son frutos secos que se pueden comer solos o en ensaladas. La planta del girasol vive solo un año, pero deja miles de semillas que se pueden plantar al año siguiente. Otra de sus características es que la flor siempre mira hacia donde está el sol: así, en la mañana, se orienta hacia donde sale el sol y luego va girando hasta que queda mirando hacia el lugar donde el sol se pone.



Ahora, responde.

1. ¿Por qué los pueblos indígenas consideraban que los girasoles eran plantas sagradas?

\_\_\_\_\_

2. ¿Qué son las pipas y para qué se utilizan?

\_\_\_\_\_

3. ¿Cómo se reproduce la planta del girasol?

\_\_\_\_\_

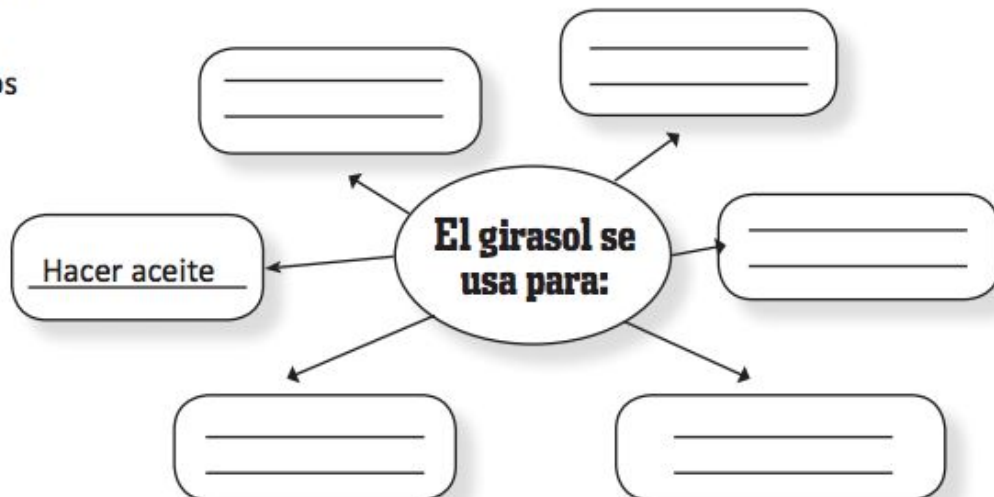
4. ¿Hacia dónde gira la flor de esta planta?

\_\_\_\_\_

5. En este texto no se dice que los girasoles son:

- a. hermosos
- b. útiles
- c. plantas
- d. amarillos

6. Completa:

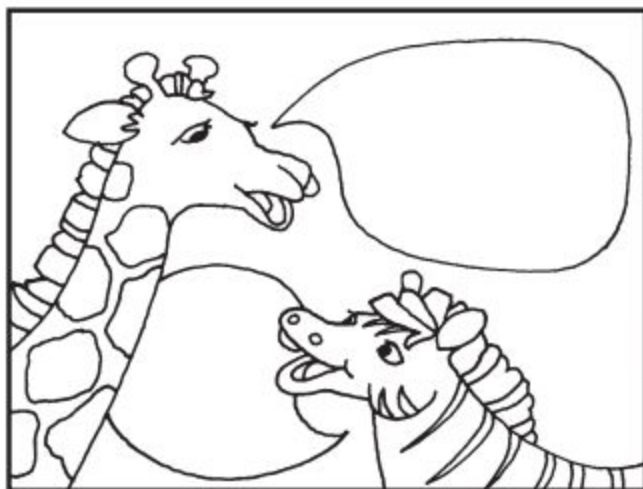




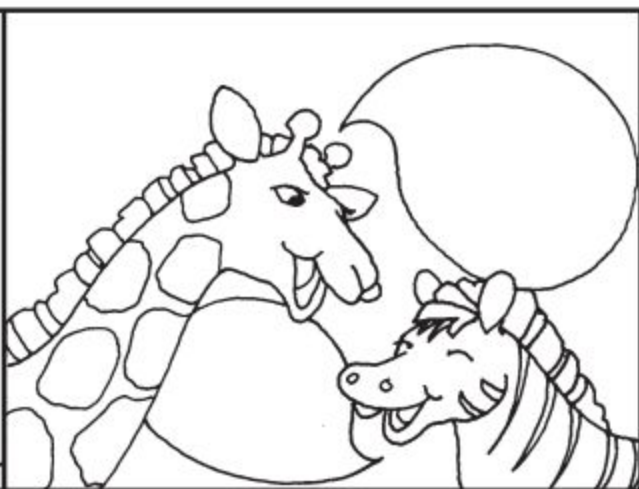


## Make a Cartoon

Read the sentence below each picture. In the bubbles, write what each character could be saying.



Mr. Giraffe asked Mr. Zebra why he had stripes. Mr. Zebra didn't know.



Mr. Giraffe said that he should ask Mrs. Owl. Mr. Zebra agreed.



Mr. Zebra asked Mrs. Owl why he had stripes. Mrs. Owl laughed.



Mrs. Owl told Mr. Zebra that the Magic Fairy painted him that way!



If Mr. Giraffe asked Mrs. Owl why he had such a long neck, what do you think she would say?



## Who Am I?



Use details from the story to make decisions about the characters.

Circle the picture that answers the riddle.

1. I have feathers. I also have wings, but I don't fly. I love to swim in icy water. Who am I?



3. I live in the ocean. I swim around slowly, looking for something to eat. I have six more arms than you have. Who am I?



5. I am a female. I like to watch movies and listen to music. My grandchildren love my oatmeal cookies. Who am I?



7. I wear a uniform. My job is to help people. I ride on a big red truck. Who am I?



2. I am 3 weeks old. I drink milk. I cry when my diaper is wet. Who am I?



4. I am an insect. If you touch me, I might bite you! I make tunnels under the ground. I love to come to your picnic! Who am I?



6. I am a large mammal. I live in the woods. I have fur. I stand up and growl when I am angry. Who am I?



Write your own riddle and let the class guess the answer.





## Leo y respondo

Lee y luego, responde las preguntas:

### La fiesta de Pepa

Pepa hizo una fiesta en su casa.

Pepa invitó a sus tres mejores amigos: su osito de peluche, su muñeca Lunita y Pedrito, el payaso.

Pepa les dio chocolate caliente, helados y unos ricos pasteles.

Pepa lo pasó muy bien.



- ¿Qué hizo Pepa? .....
- ¿A cuántos amigos invitó? .....
- ¿Quiénes son sus mejores amigos? .....
- ¿Qué les dio Pepa para comer?  
.....
- Los amigos de Pepa, ¿se comieron realmente la comida? ¿Por qué?  
.....
- ¿Cómo lo pasó Pepa? .....

Dibuja la fiesta que hizo Pepa.

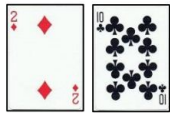
# First Grade Math Games☆

## Addition Top-It

**Players** 2

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

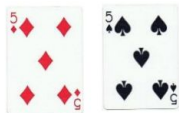
**How to Play:** Each player turns over two cards and adds them together. The player with the greatest sum wins all the cards. Continue until all the cards are gone.



$$2 + 10 = 12$$



Player 1 wins all four cards.



$$5 + 5 = 10$$

## Give Me 10

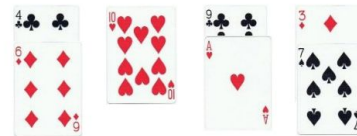
**Players** 2

**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.

## Make 10

**Players** 2

**Materials:** 1 or 2 dice, scratch paper

**One die version:** One die is rolled. Players try to find what number needs to be added to make ten. The number needed to make ten becomes the player's score for that round.



is rolled, then a player would say 7 to make a 10 and their score is 7.

**Two dice version:** Two dice are rolled. Players must add or subtract to make a ten.



two sixes are rolled.  $6 + 6 = 12$  so  $12 - 2 = 10$  so 2 is the score.

## 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 die, 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.



# Elementary Body and Movement Calendar ☆

**SHAPE America**  
**health. moves. minds.**

**April 2020**  
**Elementary Mind & Body Calendar**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>National Health Observances</b> <ul style="list-style-type: none"> <li>National Autism Awareness Month</li> <li>National Minority Health Month</li> <li>National Distracted Driving Awareness Month</li> <li>Stress Awareness Month</li> <li>April 7: World Health Day</li> </ul>						
<b>5 Mindful Snack</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?	<b>6 Teacup Tip-ups</b> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.	<b>7 World Health Day</b> Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.	<b>8 Musical Frogs</b> This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).	<b>9 Bear Walk</b> With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.	<b>10 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.	<b>11 Dribble Challenge</b> Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?
<b>12 Fish Pose</b> Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.	<b>13 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.	<b>14 Wild Arms</b> As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roofs Repeat 3x	<b>15 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	<b>16 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.	<b>17 How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance.	<b>18 Inchworms</b> Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.
<b>19 Garland Pose</b> Practice your balance with this pose!	<b>20 Rock Paper Scissors Tag</b> Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.	<b>21 Commercial Break</b> Can you hold a plank for an entire TV commercial break?	<b>22 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.	<b>23 Chair Pose</b> Hold for 30 seconds, relax then repeat.	<b>24 Positive Talk</b> Be sure to talk to yourself today like you would talk to someone you love.	<b>25 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.
<b>26</b> Put your favorite song on and make up a dance or fitness routine!	<b>27 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	<b>28 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.	<b>29 A Gratitude Attitude</b> Write down something you're thankful for and why.	<b>30</b> Try Savasana again. Use this to relax and wind down all year!	<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> Yoga photos from <a href="http://www.foryogacomm.com">www.foryogacomm.com</a>	