

Name \_\_\_\_\_

**NTI Day 10**

Second Grade

Subject		
<b>Reading</b>	WHY We Sleep RL 2.1	
<b>Math</b>	Two Digit Addition 2.NBT.b.5	
<b>Social Studies</b>	U.S. Symbols SS – EP-5.2.1	
<b>Science</b>	Life Science SC-EP – 3.4.1	
P.E		

Name \_\_\_\_\_

Read the selection. Then answer the questions that follow.

### Why We Sleep

Do you ever wonder why you have to sleep every night? Sleep is important for your body and your mind, and dreaming is fun. Staying up late is exciting. But after moving around all day, your body becomes tired. Sometimes napping will help your body feel better for a while. For your body to stay healthy, however, you need to rest all night.

Sleep helps you stay well and grow. You need sleep to do well in school and to play hard. You can help give your body the rest it needs by getting about ten hours of sleep every night.

Going to bed at the same time each night helps your body learn when it is time to rest. Sometimes children stay up too late watching television or playing computer games. This is a terrible thing to do. Turn off the television and the computer before bedtime to help you sleep better.

While some children like to read or play games in bed, that is not a good idea. You should only use your bed for sleeping. That way, your body learns that it is time to sleep when you are in bed.

Answer the questions below.

**1** Which sentence tells an opinion?

- ☐ Staying up late is exciting.
- ☐ Sleep helps you stay well and grow.
- ☐ Your body becomes tired after moving all day.

**2** You should only use your bed for sleeping.

What fact *best* supports this statement of opinion?

- ☐ It is how your body learns that it is time to fall asleep.
- ☐ Reading or playing games in bed is never a good idea.
- ☐ Turning off the computer is the best way to sleep better.

**3** Which sentence tells an opinion?

- ☐ You need sleep to do well in school.
- ☐ This is a terrible thing to do.
- ☐ Your body can learn that it is time to sleep.

**4** Why did the author write this passage?

- ☐ to tell about a funny dream
- ☐ to explain why sleep is important
- ☐ to make readers fall asleep

**5** Tell a statement of fact from the passage. Explain why it is a statement of fact instead of an opinion.

---

---

---

---

---

---

---

---

Name \_\_\_\_\_

Quick Check

6-3

Add using mental math.

1.  $52 + 16 =$  \_\_\_\_

(A) 22

(B) 56

(C) 58

(D) 68

2.  $47 + 12 =$  \_\_\_\_

(A) 76

(B) 69

(C) 59

(D) 49

3.  $23 + 14 =$  \_\_\_\_

(A) 21

(B) 27

(C) 37

(D) 38

4.  $13 + 62 =$  \_\_\_\_

(A) 86

(B) 83

(C) 78

(D) 75

5.  $14 + 72 =$  \_\_\_\_

(A) 74

(B) 86

(C) 87

(D) 94

6.  $31 + 53 =$  \_\_\_\_

(A) 84

(B) 81

(C) 66

(D) 48

7. **Writing in Math** Choose two numbers.

11 12 13 22 34 45

Add the numbers.

\_\_\_\_ + \_\_\_\_ = \_\_\_\_

Tell how you used mental math to find the sum.

---

---

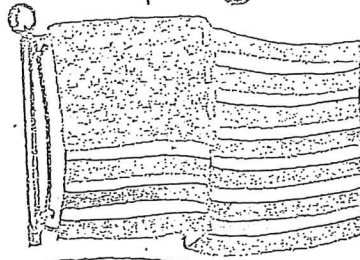
---

---



## Getting to Know the Flag

Read the information on the flags below.  
Then read the sentences. Write **T** for True or **F** for False and the number of the flag that helped you decide.



1  
The flag's thirteen stripes stand for the thirteen original colonies.

2  
The fifty stars stand for the fifty states of the United States.

3  
The words of our national anthem and the name **Star-Spangled Banner** came from a poem written by Francis Scott Key in 1814.

4  
The color red stands for courage, the color white for liberty, and the color blue for justice.

- The thirteen stripes stand for the thirteen original countries.
- The color red stands for liberty.
- The name **Star-Spangled Banner** came from a poem written by Francis Scott Key.
- The color white stands for courage.
- Today the flag has forty-eight stars.
- The color blue stands for justice.

T or F    Flag Number

<u>F</u>	<u>1</u>
_____	_____
_____	_____
_____	_____
_____	_____

**Brainwork!** Write the false sentences on the back of this page. Change a word in each sentence to make it true.

## What Keeps My Blood Moving?

My blood moves because it is being pushed. It is pushed by a very strong pump: the heart.

My heart is not big. It is about the size of a fist. It weighs less than a pound. But it is strong! It is a bag of muscle. It has four "rooms." It has two pumps.

This powerful "machine" keeps nine pints of blood flowing. It flows through more than 60,000 miles of tubes! The blood goes all through the body. My heart is just terrific!

1. How does your heart move your blood?

\_\_\_\_\_

2. How big is your heart?

\_\_\_\_\_

3. How much does it weigh?

\_\_\_\_\_

4. Of what is it made?

\_\_\_\_\_

5. How many pints of blood are in the body?

\_\_\_\_\_

6. How many miles of tubes are there?

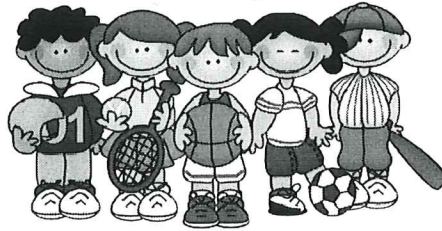
\_\_\_\_\_

**TRY THIS:** Press your hand on the side of your neck, up near your jawbone. Feel the beat of your heart. Run fast. Feel again. See how your heart beats faster now? It is pushing the blood faster to feed the cells faster. This gives you quick energy.



## Pick A Sport

NTI 2-3 Day 10



If I could pick the sport we played in PE today, I would pick \_\_\_\_\_

The reason I would pick this sport is

This sport includes the following exercises to keep me healthy: \_\_\_\_\_

Kids should get at  
least **60**  
**minutes** of  
physical activity a  
day.

Why is PE important?