

Summer Learning for Incoming 1st Grade Scholars

We embrace our families and caregivers as vital partners in the education of all our scholars, as reflected in our strategic plan commitment of “schools can’t do it alone”. We care deeply about your child’s academic and social emotional learning.

Summer Learning Support for Families and Scholars

This summer we will be providing resources and support for scholars to ramp up their learning to prepare for returning next school year. The purpose of this work is to prepare your child for the upcoming grade level and get practice with the upcoming grade level’s skills. You can support your child’s learning by doing the following:

- Share the importance of studying and completing schoolwork so they continue their learning growth
- Provide space/location to allow for quiet practice of skills
- Celebrate the completion of work
- Read together/talk about books

Using the suggested grade level weekly schedule below, scholars will maintain their daily learning practice in reading and math.

Schedule	Monday	Tuesday	Wednesday	Thursday
Literacy Pg. 3	20 min on Wonders ConnectEd Resources OR Reading/Writing menu	20 min on Wonders ConnectEd Resources OR Reading/Writing menu	20 min on Wonders ConnectEd Resources OR Reading/Writing menu	20 min on Wonders ConnectEd Resources OR Reading/Writing menu
Physical/Social Emotional Activity Pg. 24/25	15 min Activity Menu	15 min Activity Menu	15 min Activity Menu	15 min Activity Menu
Math Pg. 17	20 min Math Menu or Math Task Or IReady MyPath	20 min Math Menu or Math Task Or IReady MyPath	20 min Math Menu or Math Task Or IReady MyPath	20 min Math Menu or Math Task Or IReady MyPath
Reading	20 minutes of independent reading	20 minutes of independent reading	20 minutes of independent reading	20 minutes of independent reading

Online Resources: Login to FWPS Launchpad for access to the following programs: learn.fwps.org

- iReady MyPath Math Lessons (K-8)
- Typing Agent
- Imagine Learning
- Wonders ConnectEd Resources

Incoming 1st Grade Summer Learning

Directions: The following packet of learning activities is provided to help prepare you for 1st grade. Practicing these essential skills and keeping your mind engaged will help you hit the ground running upon returning to the classroom in the Fall. If you do a little each day, it will keep the concepts fresh in your mind. We look forward to seeing you back in class!

Weekly Activity Overview

____ Read a book of your choice for 30 minutes every day

____ Complete 20 minutes of Reading on Wonders ConnectEd or choose from assigned tasks in the Reading/Writing menu

____ Complete 20 minutes of iReady online math lessons (MyPath) or choose from the Math Menu. Each week complete one math task

____ Do something active every day from the Activity/Health or Social Emotional menu

Here is a suggested schedule for times:

Schedule	Monday	Tuesday	Wednesday	Thursday
Literacy	20 min on Wonders ConnectEd Resources OR Reading/Writing menu	20 min on Wonders ConnectEd Resources OR Reading/Writing menu	20 min on Wonders ConnectEd Resources OR Reading/Writing menu	20 min on Wonders ConnectEd Resources OR Reading/Writing menu
Physical/Social Emotional Activity	15 min Activity Menu	15 min Activity Menu	15 min Activity Menu	15 min Activity Menu
Math	20 min Math Menu or Math Task Or iReady MyPath	20 min Math Menu or Math Task Or iReady MyPath	20 min Math Menu or Math Task Or iReady MyPath	20 min Math Menu or Math Task Or iReady MyPath
Reading	20 minutes of independent reading	20 minutes of independent reading	20 minutes of independent reading	20 minutes of independent reading

Math: iReady My Path: access on your launchpad

Wonders ConnectEd Resources: access on your launchpad



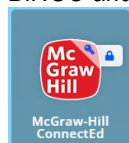
English Language Arts

English Language Arts

Standards addressed:

1.RI.1 and 1.RL.1: ask and answer questions about text (fiction and non fiction)	1.RL.3: Describe how characters in a story respond to major events and challenges.	1.RL.2: Recount stories, including fables and folktales from diverse cultures, and determine their central message, lesson, or moral.
1.W.8: Recall information from experiences or gather information from provided sources to answer a question.	1.RF.3 Know and apply grade-level phonics	1.RF.4 Read with sufficient accuracy and fluency to support comprehension.

Directions: Each day, practice 20 reading independently **OR** choose a reading/writing activity from the menu. Online resources for reading books and articles are listed below the menu. Some articles have also been included in this packet. Think of the menu like BINGO and try to get a blackout or repeat your favorites as many times as you want!



Wonders ConnectEd Directions: Access on your launchpad. Spend at least 20 minutes reading. Once you're finished you can explore the games available there, too.

Helpful ELA Sites - The following websites provide online books and reading/writing practice:

Reading

King County Library Summer Reading: <https://kcls.org/summer/>

Summer reading information video: <https://w3.kcls.org/srp/KCLS%202020%20Summer%20Reading%20Program.mp4>

Time for Kids: <https://www.timeforkids.com/>

Scholastic: <https://classroommagazines.scholastic.com/support/learnathome.html>

Tween Tribune: <https://www.tweentribune.com/>

Read Aloud Stories: <https://www.storylineonline.net/>

Funbrain: <https://www.funbrain.com/books>

Books in English and Spanish: <https://www.uniteforliteracy.com/>

International Digital library for kids: <http://es.childrenslibrary.org/>

Collection of Reading activities: <https://www.bbc.co.uk/teach/primary/zd7p47h>

Writing:

Scribble and Ink Stories and Games: <https://pbskids.org/scribblesandink/draw>

Story Cube: <https://www.pbs.org/parents/crafts-and-experiments/play-a-storytelling-game>

















Story Maker: <https://pbskids.org/pinkalicious/games/pinkcredible-story-maker>

Magnetic Poetry: <http://play.magneticpoetry.com/poem/Original/kit/>

Create your own comic: <https://www.makebeliefscomix.com/>




ES Prompts: <http://canteach.ca/elementary/prompts.html>

English Language Arts Menu

<p>Read a book of your choice 20 min. and draw a picture of the setting.</p> 	<p>Write or draw - What is the best birthday present you could receive?</p> 	<p>Read 20 min. in the book of your choice. Then build as many words as you can with that include the word</p> <p>I T</p>	<p>Read 20 minutes under a blanket with a flashlight. Write or draw about reading in fort.</p> 	<p>Read 20 min. in the book of your choice. Write or draw your main character as a super hero/villain who would they be?</p> 
<p>Draw the main character from a book you read. Show them as a baby and an older person.</p> 	<p>Use Flip or another recording app to record yourself reading aloud for 20 minutes. Share the video with a family member.</p> 	<p>Read one of the online articles. Draw pictures of 3-5 new vocabulary words.</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>farmer</p>  </div> <div style="text-align: center;"> <p>tractor</p>  </div> </div>	<p>What would happen if you could fly whenever you wanted? Draw a picture or write a story about it.</p> 	<p>Read 20 min. in the book of your choice. Then build as many words as you can with that include the word</p> <p>U P</p>
<p>Read 20 min. in the book of your choice. Then build as many words as you can with that include the word</p> <p>A N</p>	<p>Read 20 min. in a book of your choice. Act out the story for someone in your family.</p> 	<p>Read outside for 20 minutes. When done, design a new book cover for the book you are reading.</p> 	<p>Read an attached or online article. Write or draw 3 things you learned.</p> <p>1 2 3</p>	<p>Read a book of your choice for 20 min. Write a review either recommending or not recommending the book. Use evidence.</p> 
<p>Read 20 min. in the book of your choice. Write or draw the beginning, middle and end of the story.</p> 	<p>Read one of the attached articles and respond to the prompt.</p> 	<p>Read 20 min. in the book of your choice. Then build as many words as you can with that include the word</p> <p>I N</p>	<p>Pretend you discovered a new kind of insect. Draw it. Describe it in words. Name it!.</p> 	<p>Read 20 minutes out loud to your pet or stuffed animal. Draw or write what your pet would say.</p> 



Complete one weekly Reading and Writing Activity

Week	
1	<p>Read one of the articles about rules:</p> <ul style="list-style-type: none"> • <u>Who Is a Good Citizen at School</u> • <u>What is a Law</u> • <u>Why do We Need Rules</u> <p>Draw a picture and write about the rules <u>you</u> have at your house and why you have them.</p> 
2	<p>Read another of the articles about rules:</p> <ul style="list-style-type: none"> • <u>Who Is a Good Citizen at School</u> • <u>What is a Law</u> • <u>Why do We Need Rules</u> <p>Draw a picture and write about what it would be like if you did not have rules at your house.</p> 
3	<p>Read to learn <u>All About Money</u>.</p> <p>Draw or write about three things you learned about money?</p> 
4	<p>All about water: Read several of the articles about water:</p> <ul style="list-style-type: none"> • <u>Water, Water, Everywhere</u> • <u>Bodies of Water</u> • <u>Water</u> • <u>Water Cycles</u> <p>Write and draw to teach others interesting and important information and ideas you learned about water. Make sure you include details you learned from what you read.</p>



Who Is a Good Citizen at School?

by ReadWorks



Good citizens at school help other people. They follow the class rules.

Good citizens do their school jobs. They talk nicely to one another. They do their best to answer the teacher's questions. They work together with other students.

Good citizens are kind. They do not make fun of others. Are you a good citizen at school?



What Is a Law?

by ReadWorks

A country has laws. Laws are rules. They tell what people are allowed, and not allowed, to do.

Laws keep people safe. Some laws keep people from driving too fast. Road signs remind people of the safe speed.

Laws keep places clean. Some places have laws so that people don't litter. When people litter, they throw trash on the ground. Signs often remind people not to litter.

A good citizen obeys the laws. What if the law is unfair? Then people can work to change it.





Why Do We Need Rules?

by ReadWorks



It may seem like there are a lot of rules, but rules are important. There are rules everywhere. There are rules at home. There are rules at school. There are rules at the park.

Why do we need rules? Rules keep us safe. Without rules, children could run in the halls. That would not be safe. Someone might get hurt.

Rules keep things fair. Without rules, a friend might not get a turn in a game. That would not be fair. Without rules, the world would not be safe or fair.



All About Money

by ReadWorks



Money can be coins. Money can also be paper. People use money to buy things. That is called spending.

People don't spend all their money at the same time. They keep some for another time. That is called saving.

Many people keep their money at a bank. A bank is a place that keeps money safe.

Here are some names for money in the United States:

- A penny equals one cent.
- A nickel equals five cents.
- A dime equals 10 cents.
- A quarter equals 25 cents.
- A half-dollar equals 50 cents.
- One dollar equals 100 cents.



Water, Water, Everywhere!

What do swimming, taking a bath, and washing dishes all have in common? You need water to do them! There is not one day that goes by when you don't use water, so it's a good thing there is a lot of it. In fact, there is much more water than dry land on Earth.

A **body of water** is any area of land that is covered by water. What's really cool is that many of the bodies of water all around the world are connected in some way.

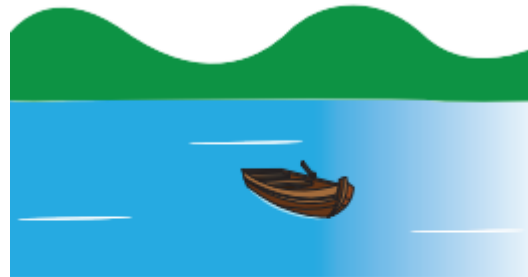


Bodies of Water



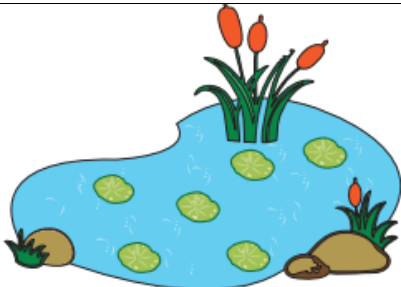
ocean

An ocean is the largest salt water body. Oceans cover 70% of the earth's surface.



lake

A lake is a large body of fresh or salt water surrounded by land.



pond

A pond is either a natural or artificial body of standing water smaller than a lake.



river

A natural stream of fresh water flowing across the land into a lake, sea or ocean.

Water



Think about an ice cube in a cup of water. How are the ice cube and water different? The cube is hard and cold. The water is wet. It is also warmer than the ice cube.

Ice cubes and water have differences, but they are made out of the same stuff. So why do they look and feel different? The answer is temperature. Temperature is how hot or cold something is.

Try this experiment. Fill a cup with water. Then put it in the freezer at night. In the morning, take out the cup. You will see that the water has turned into ice.

The next night, put that cup of ice in the fridge. In the morning, take out the cup. You will see that the ice has turned back into water.

The Water Cycle



Water moves. It goes from the land to the air. Then it moves back to the land. This movement is called the water cycle.

Lakes, rivers, and oceans are made of water. The sun heats the water. Tiny drops of water rise into the air. They join together. Now they are clouds.

The water drops get bigger. They also get heavy. The drops fall from the clouds. The drops are called rain.

The rain falls to the ground. Water fills the lakes and oceans. The sun heats the water. The tiny drops go up in the air again. The water cycle never stops!



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Each Scholar: A voice. A dream. A **BRIGHT** future.





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First Grade Sight Words				
also	child	large	open	thought
ask	children	later	page	tiny
beautiful	dollar	learn	phone	together
before	earth	leave	picture	tomorrow
began	enough	left	push	trouble
begin	eye	life	quiet	turn
behind	friendly	listen	quit	until
being	gone	lost	quite	upon
best	group	money	ready	watch
body	guess	most	really	weather
bought	half	next	sentence	while

Ways to practice sight words at home

- Paper Plate Toss: Write sight words on paper plates. Use like Frisbees to throw after reading the word. Tic –Tac-Toe: Write words in the tic-tac-toe spaces. Take turns selecting a space to read. If read correctly, an X or O is placed on the space until someone wins.
- Word-O: This is played just like BINGO. Fill in a card with the words that you are working on. Call out the words and mark the spaces. The first one with a card covered calls out the word "WORDO"!
- Word Hunt: Look for target words in books or in the newspaper. If using the newspaper your child can highlight or circle the word ring words that he/she finds
- Play coin toss – Put words on the floor - children take turns to toss a coin onto a word and say that word.
- Flashlight words - turn off lights. Tape words on the wall or ceiling. Use the flashlight to shine on the word then read.
- Children make their own word wall/dictionary using photocopied small sight words and scrapbooks labeled with a letter of the alphabet on each page... can be added to throughout the year.
- Beat the clock - how many times can a word be written in 1 minute etc
- Play stepping stones - place words on the floor and children walk over them saying the word as they go to get to the other side of the stream.
- Delicious Words -Write your words in whipped cream, peanut butter, or anything you can eat
- Good Clean Words -Write your words in shaving cream on a counter or some other surface that can be cleaned safely



Math Activities

Math Menu or iReady Lesson and Weekly Math Task

The following math domains/standards for math practice will be covered in these menus and online learning:

Numbers and Operations in Base Ten	Operations and Algebraic Thinking	Measurement & Data
Geometry	Model with Mathematics	Make sense of problems and persevere in solving them



i-Ready

iReady Directions: Sign into Launchpad to access your iReady My Path lessons. Spend at least 20 minutes working on MyPath or a teacher assigned lesson. Once you're finished you can explore the learning games available there, too.



Math Menu Directions: Choose one activity from the Math Menu on the next page. Once you have done an activity, you can color it in or cross it off the chart. Think of the menu like BINGO and try to get a blackout or repeat your favorites as many times as you want!



Math Task Directions: There are math tasks aligned to next year's learning that you can complete. Try to complete one task each week!

For further practice try one of these sites:

Starfall: https://www.starfall.com	PBS Kids: https://pbskids.org/games/math/
Math Playground: https://www.mathplayground.com/	Sheppard Games: http://www.sheppardsoftware.com/math.htm
Highlight Games: https://www.highlightkids.com/games	Cool math for kids https://www.coolmath4kids.com/


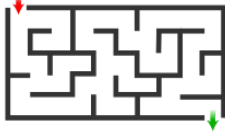
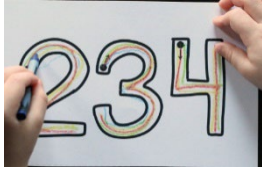






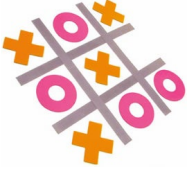




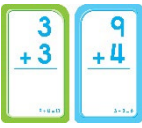

Tens Frame

Use the tool below to help with counting, addition, subtraction, and making groups! You can use counters, beans, cereal, or Legos as counters.



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<p>Say the days of the week and the months of the year.</p> 	<p>Do a maze</p> 	<p>Make an obstacle course in your house or yard. Time how long it takes people to finish.</p>	<p>Practice writing numbers up to 100.</p> 	<p>What are three things that are smaller than you? What are three things that are bigger than you?</p> 
<p>Build with blocks. Using 20 blocks, what is the tallest tower you can build? What about with only 10 blocks?</p>	<p>Build a fort with chairs, blankets and pillows.</p> 	<p>Draw your own puzzle and cut it out. Can you put it back together?</p>	<p>Play a game like: Candy Land, Schutes & Ladders, Monopoly, Dominoes, or Yahtzee.</p> 	<p>How many can you name in each category?</p> <ul style="list-style-type: none"> • Vegetables • Animals • Movies
<p>Find a shoe. Use it to measure your bed. How many shoes long is your bed?</p> 	<p>Practice writing numbers in rainbow writing (using different colors)</p>	<p>Practice counting by tens as high as you can. Write the numbers down.</p> 	<p>Do a puzzle</p> 	<p>Practice skip counting and record the numbers you write down</p>
<p>Set a timer and see how long it takes to do chores, get dressed, eat your dinner, etc. Keep track and see if you can beat your best time on a different day.</p>	<p>Play Tic Tac Toe</p> 	<p>Use measuring cups to bake something. What do you notice about all of the different scoops?</p> 	<p>Practice serving food to your family, how much should each person get? How do you know? Will there be any left over?</p>	<p>Sing songs from "calendar" time that you remember.</p> <ul style="list-style-type: none"> • Days of the week • Monthly song • Numbers/Counting
<p>Write a story problem about 5 green markers and 3 blue markers.</p> 	<p>Play card games like: War, Speed, Memory, or Crazy Eights.</p> 	<p>Dump out a bin of toys and count them. How did you group them to make counting easier?</p>	<p>Practice writing all the numbers that have a 5 in them. How many could you think of?</p>	<p>Using blocks, try to build a tower that's the same size as something else you see.</p> 
<p>Make flash cards for addition facts and quiz someone in your house.</p> 	<p>Play games with dice, try to roll doubles, count on and see who gets to 50 first.</p> 	<p>How many can you name in each category?</p> <ul style="list-style-type: none"> • Shapes • Colors • Books 	<p>Sort toys using a rule and have someone try to guess what the rule is. (color, size, shape, type)</p>	<p>Choose 2 numbers and practice making up a story problem for someone to solve</p>



Week 1 Task: Mental Math Models

Read the words to count up!

2 more than 30 is ____.

26 and 2 more is ____.

Count up 5: 65, ____.

2 more than 118 is ____.

55 and 5 more is ____.

Count up 1: 32, ____.



Use this Hundred Chart to help you!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100






Week 2 Task: Play Card Games

You will need one deck of cards! Follow the directions below.

Family Card Games

for Building Young Children's Math Skills

Count the Highest



Materials: A deck of regular playing cards

Line Them Up

Setup

- Take out all face cards. Aces count as 1.
- Be sure to shuffle the cards.
- Pass out all the cards in deck so that each player has an equal number.
- Imagine a number line going left to right from 1 to 10. The two players sit side by side so the number line they make together faces the same way for both players.

How to Play

How a turn begins. Players take turns. On each turn, they take a card from the top of their own deck and put it where it would belong on a number line that goes from 1 to 10. The cards go in order with the lowest number (1) on the left and the highest number (10) on the right.

How a turn ends. Each player in turn places their card in the correct spot on the same number line. If they draw a card that is already in the line-up, they place it on top of the card that is already in the correct spot.

How the game ends. The game is over when the number line from 1 to 10 is completed. The person who puts down the final card to finish the number line wins.

Variations

Make it easier. Make a short number line using only numbers 1 to 5, and remove the higher numbers from the deck.

Make it harder. If this game is too easy, you may want to go to the harder ordering game called Sneeze Orders the Cards.

For more math activities, visit familymath.stanford.edu

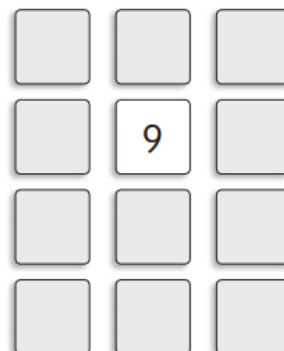
© Boston College-Tandem, Partners in Early Learning Family Math Card Game Collaborative, Beth Casey, Eric Dearing, and Kaitlin Young.



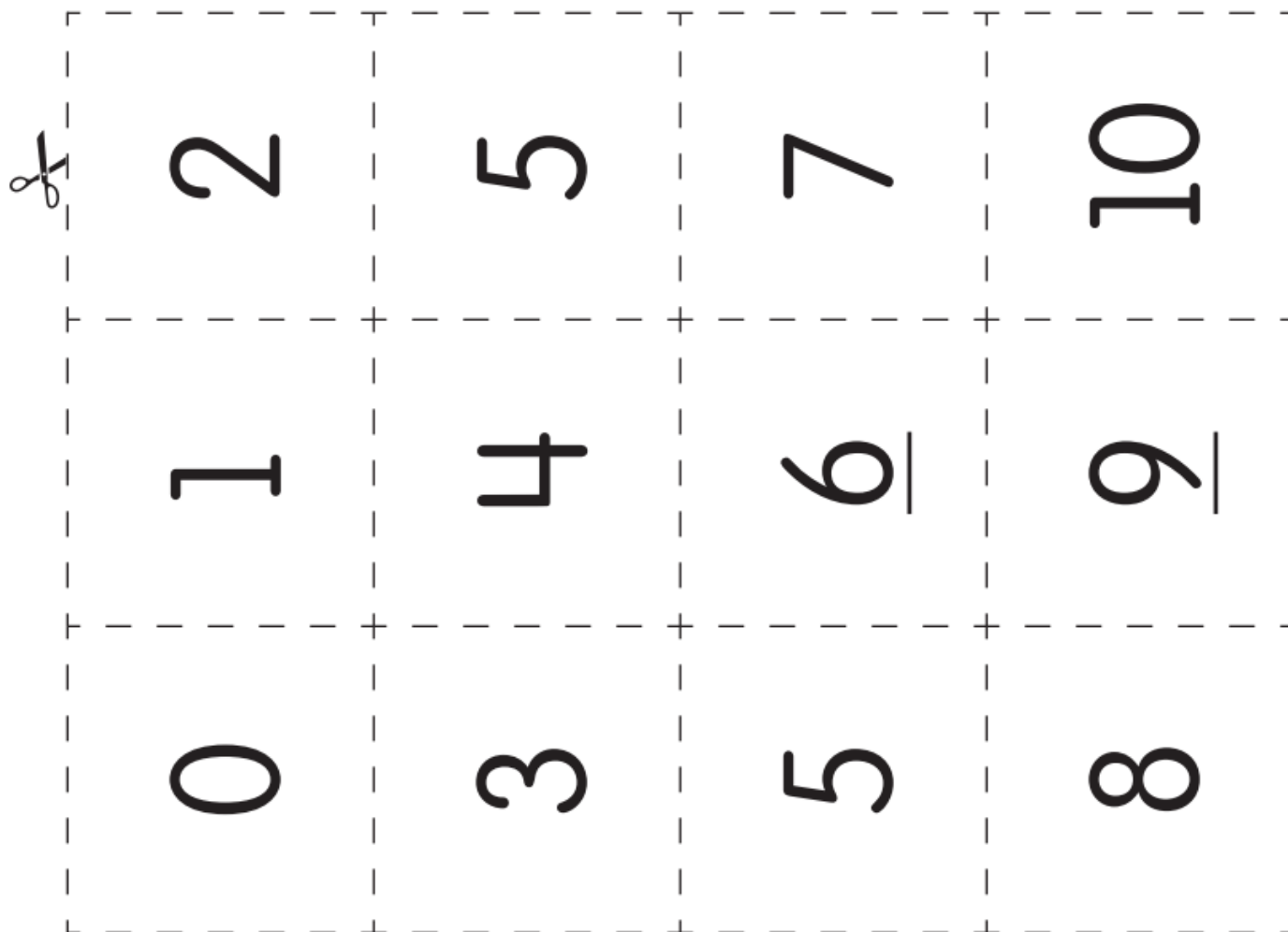
Week 3 Task: Making Ten - This page will be cut for number cards

What You Do

1. Put all cards facedown in rows.
Take turns. Turn over two cards.
2. If the numbers do not make 10,
put the cards facedown.
3. If the numbers make 10, both
players write the equation
on the **Recording Sheet**.
4. The player whose cards made 10
keeps both cards.
5. Play until there are no cards left.

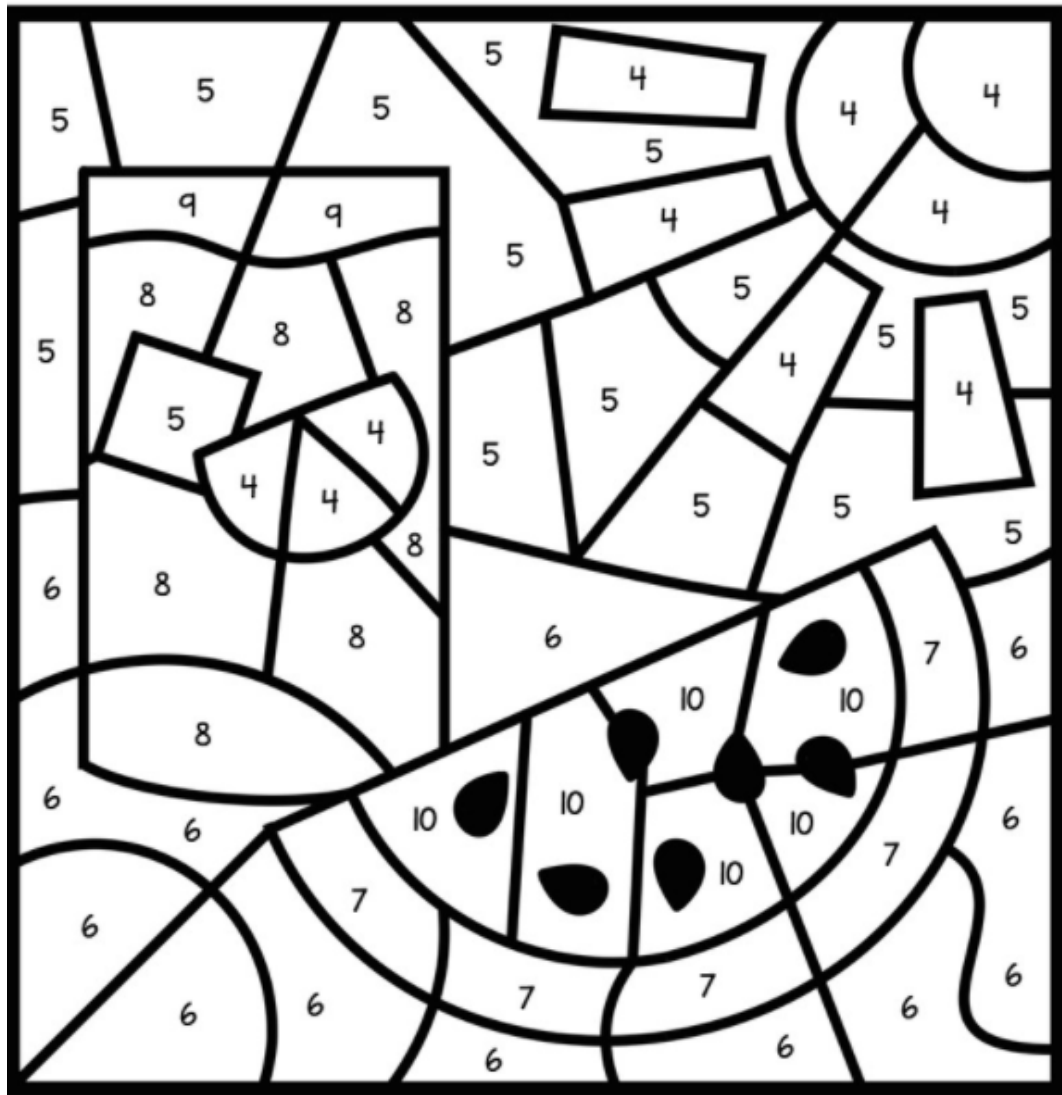


If I turn over 9,
what other card
makes 10?





Cool Treats!



Use the Color Code to finish the picture!

4 = yellow	5 = light blue	6 = purple	7 = green
8 = orange	9 = white	10 = pink	



Week 4 Task: Shorter and Longer

1. Find 2 objects that are shorter than your pencil. Draw them in the boxes below.
2. Find 2 objects that are longer than your pencil. Draw them in the boxes below.
3. Fill in the sentences.

Can you find something shorter than you? Can you find something longer than you?

ACTIVITY & HEALTH MENU

Move It Monday	Take Out Tuesday	Wellness Wednesday	Thumpin' Thursday	Fitness Friday
Play Catch Get any kind of ball or crumpled up piece of paper and play catch with a family member. Start close to each other, then take a step backward every time a catch is made. How far apart can you get?	Mindful Snack When eating a snack today, pay attention to the taste, feel, sound, smell, and look of the snack. What do you notice? Is the snack healthy or a "sometimes food"? What is a healthy snack that you enjoy?	Shape Breathing Draw any shape or design on a piece of paper. Slowly breathe in and breathe out as you trace your finger along the shape. This can help you calm your mind when you are feeling anxious.	Chicken Dance 24-7 Did you know you can do the moves to the chicken dance to ANY song. If you can hear 8 beats in a song, you can do the Chicken Dance to it. Try it! This is an oldie! https://youtu.be/l5slspLfmXM	Alphabet Walk Ask a parent or family member to go on a walk with you. See if you can find things along your walk that start with each letter of the alphabet. For example: A = airplane B = bus stop
Steady! Walk from room to room in your house while balancing a book on your head. How many minutes can you go without using your hands to keep the book in place or without the book falling? On your tiptoes?	Opposites Can you eat an entire meal using your opposite hand? So – if you're right-handed, can you eat a meal using mostly your left hand?	Warm Hands Rub your hands together until they are warm. Place them over your closed eyes and breathe in and out. Try this again later when you are in bed and getting ready to sleep.	Fortnite Pick different dances from the Fortnite characters and try and master them. How many can you learn before the end of summer? https://youtu.be/cgMcfS8Z6sw	S-T-R-E-T-C-H Pick five different muscles to stretch. Hold each stretch for 20 seconds. Remember – feeling a little stretch is ok – pain means you are going too far and you need to back off a little.
Strike It Get any kind of ball or crumpled up piece of paper and strike it (hit it) with your hands and arms to keep it up in the air. How many times can you strike it before it hits the ground? Try with a partner.	Water Count how many glasses of water you drink in a day. Do you know how much water you should drink? How can you find out? How does water help your body?	Mindful Senses What do you notice around you? Find: 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste.	Cha Cha Slide Do you know how to do the Cha-Cha Slide? If yes – teach someone in your house. If no – watch to move along with the cues. https://youtu.be/wZv62ShoStY	Strong Arms Crab walk around the room during a commercial of your favorite TV show. Can you go the whole time?
Obstacle Course Can you make an obstacle course inside your house or in your yard? Try going over, under, through, around . . . How quickly can you complete the course safely? Can you beat yourself? Race someone?	Colors Try to eat three different colors of fruits and vegetables today. Why is eating different colored foods important? If you don't know, where can you go to find out?	Positive Self-Talk Be sure to talk to yourself today like you would talk to someone you love – be kind. Notice if there are times you aren't talking kindly to yourself and think of a different way to say it.	Git Up Can you learn this dance by Blanco Brown? https://youtu.be/wExuLoDzRIM	Random Pick six exercises. Number them and write them on a paper. Roll one dice (di) to see which exercise to do. Roll two dice to see how many times to do it!
Helper Do something to help around the house or yard today. What muscles are you using to do the work? What kind of fitness are you working on? How does it feel to help out?	Shopping Search The next time you go with someone to the grocery store, look closely at the different vegetables in the vegetable aisle. Are there any that you don't know the names of? See if you can find three of those and learn their names.	Cool Off the Pizza Imagine you have a hot slice of pizza in front of you. Slowly breathe in like you are smelling the pizza. Then, slowly breathe out to cool it off.	Dance it Out Play your favorite song. Listen to see if you can hear 8 beats in the song. Make up a dance that has four moves that you can do to the beat. Can you do it for the whole song? Can you teach it to someone?	Alphabet Push-Ups Get in a push-up position. Lift one hand off the floor and tap your opposite shoulder while saying the first letter of the alphabet. Then touch the other shoulder and say the second letter. Can you get to Z?

Social Emotional Learning

Social Emotional Learning-15 minutes each week

Directions: Each week choose one or more activities from the menu to do. Once you have done an activity you can color it in or cross it off the chart. You can also repeat your favorites as many times as you want!

Helpful Sites – If you have technology available, the following sites can be used to support social emotional learning at home too!



How We Feel App:
Scan QR code to download the app.



Free Mindfulness Videos on YouTube:

- English: <https://www.youtube.com/playlist?list=PLiaUKiwbIHMQDQLCxoPaMMYotIdKIUQCw>
- Spanish: <https://www.youtube.com/playlist?list=PLiaUKiwbIHMSzAac5smgxc98Huui9KwC->

Second Step Activities and Resources for Families
<https://www.secondstep.org/free-sel-resources/families>

Bullying Prevention Resource
[Captain Compassion: You Have the Power to Prevent Bullying!](#)





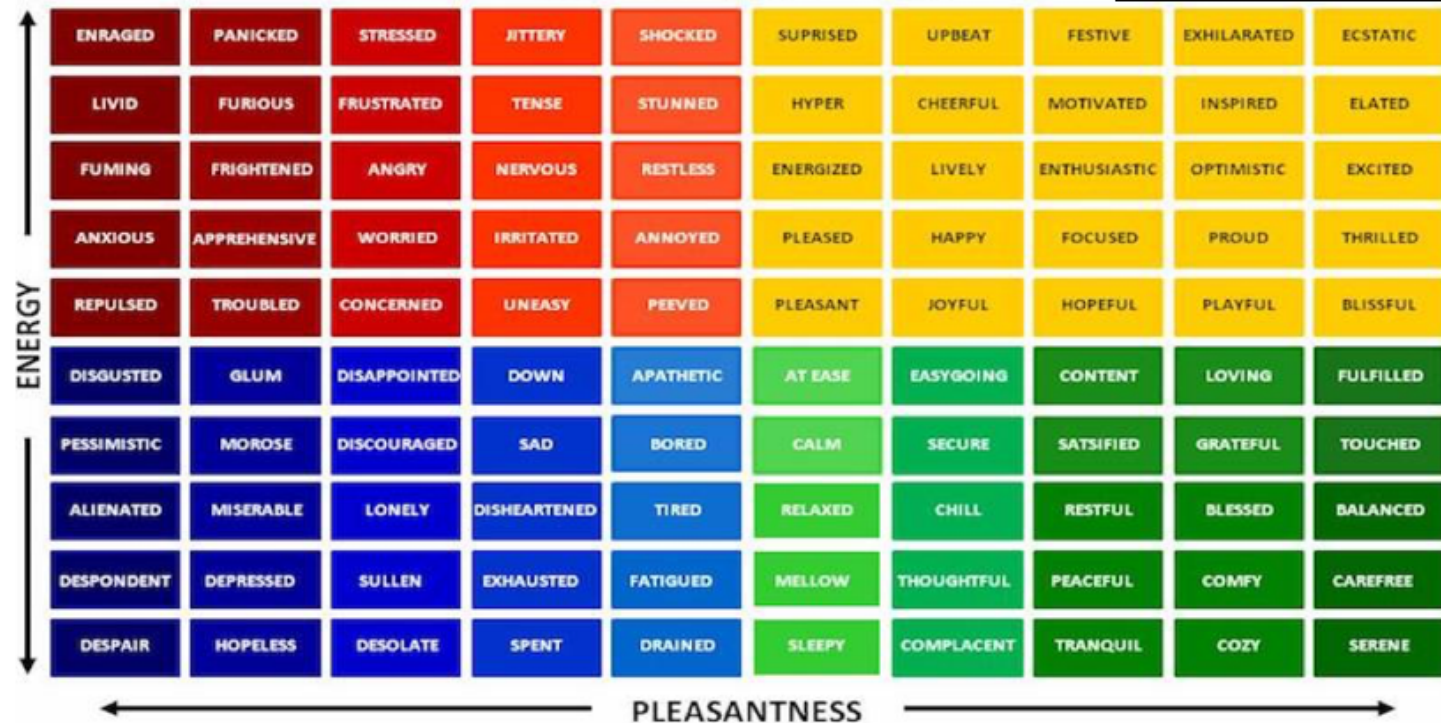
MOOD METER

How are you feeling?

Feelings in the yellow quadrant are high in energy and high in pleasantness.

Feelings in the red quadrant are high in energy and low in pleasantness.

Feelings in the blue quadrant are low in energy and low in pleasantness.



Feelings in the green quadrant are low in energy and high in pleasantness.

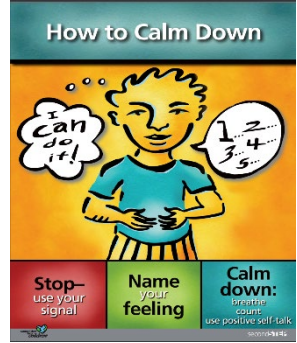

To use the Mood Meter...

1. Think about how much energy your body has and if you're feeling pleasant or unpleasant feelings and try to identify which quadrant you are in.
2. Then try to find a word that best names how you feel.

Example: I feel like my body has energy, but it's kind of an unpleasant feeling. I think I'm feeling annoyed because I have to wait until it's my turn to play...





Social Emotional Learning Menu

<p>*Self-Awareness*</p> <p>Getting Into Our Feelings, or emotions provides us with information about what we think and how we may act.</p> <p>Feelings are not good or bad, and naming our emotions is a superpower!</p>	<p>Track Your Feelings for a Day:</p> <p>Keep track of your feelings for one whole day on the worksheet provided (see worksheet below menu). Write or draw what was happening when you had those feelings for each part of the day.</p> <p>Keeping track of your feelings can help you be more aware of how they're affecting you.</p> <p>If you name a strong feeling, or emotion, it engages your thinking brain and helps you begin to calm down.</p> <p>Reflect at end of day, or next morning.</p> <ul style="list-style-type: none"> What types of feelings did you have? Did you have more positive emotions at any times of day? Why? <p>Did you have more negative emotions at any times of day? Why?</p>	<p>How Would You Feel If...?</p> <p>Read each scenario below and use the Mood Meter or feelings chart above to identify how you would feel if you were in each situation.</p> <p>Scenarios:</p> <ul style="list-style-type: none"> Getting to watch your favorite show. You get hurt playing at the park A birthday party gets canceled because the family is sick. Your friend makes fun of you. Your parents or caregiver stop to get you ice cream or a treat. You lost in a video game or board game. It's raining and you can't go play outside. You are learning something new (how to ride a bike or play a game or instrument). <p>You get to go to a friends' or families for a sleepover.</p>	<p>Calm Down Strong Feelings:</p> <ol style="list-style-type: none"> Stop Name your feeling Take deep breaths (put your hands on your belly to feel yourself breathing) <p>Say "Stop" and name your feelings to begin calming down.</p> <p>When did you use calm down strategies this week? Why? What was your strong feeling? Draw. Write. Share your strategy with one other person.</p> 
<p>*Self-Management*</p> <p>Mindfulness is both a practice and a way of relating to life. It is being present in the moment with kindness and curiosity.</p>	<p>Loving-Kindness Buddy Wishes</p> <p>Close your eyes. Sit up tall. Take a deep breath in and a deep breath out. Think of one kind wish to send to yourself. It can be sending yourself Peace, Love, Courage, Hope or the chance to just be. Breathe in the kind wish deep into your heart and slowly breathe out.</p> <p>Take a deep breath in and a deep breath out. Take a moment and think of a kind wish to send to a person who could use a bit of love. This could be a grandparent, sibling, friend, or it can be someone in need. If you have a chance, share your kind wish with the person.</p> <p>How do you feel after a mindfulness exercise? Use the feelings chart.</p>	<p>Practice Using Your 5 Senses</p> <p>Have your child look around their room to find:</p> <ul style="list-style-type: none"> 1 thing they can see 1 thing they can touch 1 thing they can hear 1 thing they can smell 1 thing they can taste <p>This is an exercise that can help manage strong emotions by focusing on what is around you.</p> <p>How do you feel after focusing on your 5 senses? Use the feelings chart.</p> 	<p>Be Like Nature</p> <p>Go outside, ideally in nature (park, yard) with a trusted adult or friend who can read the practice below.</p> <p>Think and share: What is your favorite part of nature? How does being in nature make you feel?</p> <p>Practice: Sit or stand. Close your eyes. We can be like beautiful parts of nature. Our body is like a tree- it grows and it is strong. Sit tall like a tree and stretch your hands and fingers out like branches. Our breath is like the wind blowing- take two big, slow breaths. Breathing in...breathing out, blowing out the wind. The sun is like the part of us that is warm and kind. As the sun shines on the tree, we feel our body. What body parts do you feel- just by noticing? Smile like the sun and say, "May I be happy." Open your eyes and look around- You are amazing!</p>



FEDERAL WAY PUBLIC SCHOOLS

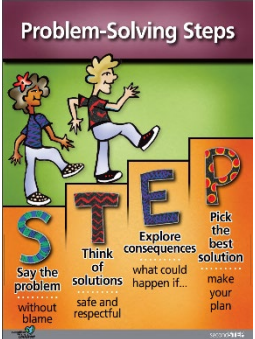

Each Scholar: A voice. A dream. A **BRIGHT** future.

<p>*Self & Social Awareness*</p> <p>Gratitude is noticing the good things in life and saying thank you for them.</p>	<p>A Time I Felt Grateful</p> <p>We can feel gratitude for things we have, things that someone gives us, or things that are part of our daily life that we may not give much thought to. We can also feel grateful for things in nature (rain) or other important things in our lives.</p> <p>Write or draw a picture about a time that you felt grateful and what you were grateful for, or who you were grateful to. If you can, tell the person.</p>	<p>Gratitude Journal</p> <p>A gratitude journal helps us notice the good things happening in our lives and say thank you for them.</p> <p>Expressing gratitude can change your mood and help you feel more connected to others. It also trains your brain to focus on the positive.</p> <p>Each day, for one week, write or draw at least one thing you are grateful for. Why are you grateful for that thing? (see last page for gratitude journal)</p>	<p>Practicing Gratitude:</p> <p>Think about something that brought you happiness this week. It can be something simple!</p> <p>Remember that happy thing. Notice how you feel when you think about it. Silently, say thank you. Notice how it feels to say thank you.</p> 
<p>*Self & Social Management*</p> <p>Safe & Healthy Summer skills and strategies.</p>	<p>Follow Directions:</p> <p>Listening helps you have fun AND stay safe.</p> <p>What Skills for Learning do you use to follow directions?</p> <p>Think about a time that you followed directions this week.</p> <ul style="list-style-type: none"> How did it keep you safe? 	<p>Info to Remember or Learn!</p> <p>Do you know the address where you are living? Do you know your parent/ caregiver's first and last names and phone numbers?</p> <ul style="list-style-type: none"> If yes, share it with an adult family member or older sibling to practice and help you remember. If no, ask your family to help you learn it this summer. <p>Reflect:</p> <p>Who are safe adults that you can talk to?</p> <p>Where are safe places that you can go near where you live? Draw. Write. Hang it up to remind you!</p>	<p>Safety, It Rules! (by Jenny Pritchett, Common Sense Media)</p> <p>We need to be safe whenever we're online So we follow these rules, to have a good time!</p> <ol style="list-style-type: none"> Always ask your parents/ caregivers first. Only talk to people you know. Stick to sites just right for you! <p>And we'll be safe wherever we go!</p> <p>Reflect: Write or Draw.</p> <p>What did you do online this week that was fun? Did you follow the online safety rules?</p> <ul style="list-style-type: none"> Share with your home adult.



FEDERAL WAY PUBLIC SCHOOLS

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<p>*Self & Social Management*</p> <p>You can be assertive, play fair and problem-solve to stay safe, get along with others and keep having fun.</p>	<p>Be Assertive: Respectfully say what you need or stand up for others, without being mean or hurtful.</p> <p>Brainstorm: What is the difference between being assertive, aggressive, and passive when you talk to others?</p> <p>Practice:</p> <ul style="list-style-type: none"> Ask an adult for help in an assertive way ("Can you please help me?"). Face the person you're talking to. Keep your head up and shoulders back. Use a calm, firm voice. Use respectful words. 	<p>Play Fair: It is fun to play with our friends, family, and new kids in person and online!</p> <p>Remember when you play with others to...</p> <ul style="list-style-type: none"> Take turns Trade or share items Invite others to play Use your words to tell someone what you need or want Be an upstander to bullying in your neighborhood or online <p>Write or Draw: What did I do to play fair this week? How did it make me feel? How did others feel?</p>	<p>Solve Problems "How should I do this?" Finding solutions to problems. Say the Problem Without Blame Think of Solutions that are Safe & Respectful. Explore Consequences (What would happen if...) Pick the Best Solution and Make Your Plan</p> <p>Pick a problem that you have had this summer. Practice the 4 STEPs above with your problem.</p> <p>How can this problem-solving process help you at home? In your neighborhood? At school?</p> 
<p>*Self-Efficacy*</p> <p>Looking Ahead! How will you keep growing your brain this year?</p> 	<p>Note to Self Draw or write about three things that went well today or this week. <i>What were you thinking? How were you feeling? What did you do?</i></p> <p>Draw or write about your best possible future self. <i>Who will you be when you grow up? What will you do? What do you like about that future person? Why are those things important to you?</i></p>	<p>Courage Creatures What is courage? "Being brave isn't about not feeling scared. Being brave is about what you do even when you do feel scared." Courage can be loud (easy to see and looks brave) or quiet (something inside- reading what you wrote in front of the class).</p> <p>Imagine you have a courage creature living inside your heart. On a paper, draw what you think your courage creature would look like with detail. Think of what being courage or bravery means to you as you draw your creature.</p> <p>What does your courage creature need courage for? What does courage feel like in your body or your courage creature's body?</p> <ul style="list-style-type: none"> Share with a family member or friend! 	<p>Goal-Setting for a New School Year What is something that you are good at now because you worked hard and practiced a lot?</p> <p>Think about this coming school year... and fill out the following: <u>My goal is:</u> <u>Steps to reach my goal:</u></p> <ol style="list-style-type: none"> <p><u>Two things that will help me reach my goal:</u></p> <ol style="list-style-type: none"> <p><u>I will know I have reached my goal because:</u></p> <p>Date when I reach my goal:</p>



Feelings Tracker Date: _____

Instructions: Keep track of your feelings for a day. Try to use specific feelings words. Take notes or draw about what happened when you had each feeling.

Happy	Sad	Scared	Surprised	Angry	Disgusted

Time	Feeling(s)	What was happening
Wake up		
Morning		
Midday		
Afternoon		
Evening		
Before bed		



Gratitude Journal Week: _____

Instructions: Each day this week, list one thing you're grateful for. Use the ideas at the top of the journal to help you think of something if you get stuck. Then explain why you're grateful for that thing. We can be grateful for big and little things! Think of something small or big that you are grateful for and why.

Some Ideas: Friends Family Food Health Body Teachers Pets School
 Summer Sunlight Doctors Books Toys Games

Day	What are you grateful for?	Why?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		