

## Ał-Home Learning Packeł \#1

## Kindergarten - Grade 2

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$$

## Reading Literature Prompt Sheet

These questions can be used when reading picture books, short stories, chapter books, and novels. These are also appropriate for retelling fairy tales or folktales. Outside of reading, these questions fit with family drama and comedy shows, cartoons, or movies.

## Before Reading

- What will this book be about? How do you know?
- What is the title of this story? What clues does the title give about the story?
- Who is the author? What does the author do? Who is the illustrator? What does the illustrator do?
- What do you think will happen in this story? What gave you that idea?


## During Reading

- What do you think will happen next? How do you think (character) will react?
- How would you feel if that happened to you?
- What would you have done if you were the character?
- What pictures have you been seeing in your mind?
- Can you predict what will happen next?
- What does the main character want to happen?
- How do the illustrations explain what is happening in the story?


## After Reading

- What is the most important thing that happened in the story (or the chapter)?
- Why did the author write this story? What did they want you to learn?
- Can you retell the story in your own words?
- What do you think will happen to the main character after this story is over?
- Were your predictions correct? Why or why not?
- How is this story/character like a different story/character?


## Reading Information Prompt Sheet

These questions can be used when reading nonfiction books, articles, news stories, or information. They are also appropriate for reading flyers, invitations, recipes, or any functional text. Outside of reading, these questions fit with news programs, history shows, or factual animal shows.

## Before Reading

- Why are you reading this? What are you hoping to learn or find out?
- What do you already know about this topic?
- What do you think you will learn by previewing the photos in this book?


## During Reading

- Why does the author tell you $\qquad$ ?
- What is the most important idea?
- How do the pictures/maps/illustrations help you understand the words?
- Are there bold words? Italics? Why? What information does this add?
- Can you tell what the author feels about this topic? How do you know?
- Does this remind you of anything in your life? What?
- What does $\qquad$ mean? Can you show in the text where you learned that?


## After Reading

- What was the most interesting thing to you about this topic? Why?
- What words or ideas do you still not understand?
- Now that you've read this, what do you want to learn about next?
- What would you re-title this book/article?
- Can you tell what happened in order? (if applicable)
- Did you agree or disagree with the ideas? Why?
- If you were going to share a fact from this with someone else, what would you tell them?
- What questions would you ask the author?

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## $1^{\text {st }} \& 2^{\text {nd }}$ Grade Reading Log

1. Read 20 to 30 minutes each night for Homework.
2. Write a Summary about what you read.
3. Find at least 3 new or interesting vocabulary words.


## Helping a Friend

by ReadWorks


Enzo and Zoe were running a race. Enzo fell. He hurt his knee.

Zoe looked back. She was almost at the finish line. She wanted to win. If she kept running, she would win.

Enzo was her friend. Zoe stopped. She ran back to Enzo. She helped him up.
"Thank you," said Enzo.
"You're welcome," said Zoe. "If I fell, I would want you to help me. I'm glad I could help you."

Name: $\qquad$ Date: $\qquad$

1. What are Zoe and Enzo doing at the beginning of this story?

$\square$

## 2. What happened to Enzo?



He won the race.


He fell and hurt his knee.
3. What did Zoe want to do when she saw that Enzo had fallen?

win the race

help Enzo
4. What did Zoe decide to do when she saw that Enzo had fallen?

win the race

help Enzo
5. What happened to Enzo during the race?
$\qquad$

$\qquad$
$\qquad$
6. What did you learn from "Helping a Friend"?
7. Draw a picture of Zoe helping Enzo.

## When Grandma Was a Girl

by ReadWorks



Jay and Susie opened the door. It was Grandma! They asked her to tell a story. She told them a story about her life. It took place many years ago.

Grandma was a little girl. She lived on a farm. She had three brothers. All of them had chores to do. Grandma fed the chickens and collected their eggs.

One day, Grandma found a rock in one chicken's nest. She was confused. How did that get there?
Then her brothers told her it was a joke. Grandma laughed. When they heard the story, Jay and Susie laughed too.

## chore

## chore

## Definition

noun

1. a regular job around the house or at work.

His chores are doing the laundry and taking out the garbage.
2. something that is difficult or not pleasant to do.

Gardening is a pleasure for some people but a chore for others.

## These are some examples of how the word or forms of the word are used:

1. Pioneer children helped their families by doing chores around their house. Chores are small jobs.
2. Wampanoag live like most Americans. They have homes similar to other people's homes. Kids go to school, play, and do chores. Adults work and shop.
3. If he was in a good mood, he'd do someone's chores. If he was angry, he'd undo work they had done.

## farm

## farm

## Definition

noun

1. a place where people grow crops or raise animals for food or clothing.

My uncle grows corn on his farm.

## verb

1. to raise crops or animals.

Many families farm for a living.

## These are some examples of how the word or forms of the word are used:

1. Spiders are helpful to people. They eat insects that harm farm crops. They eat insects that carry diseases.
2. Apples grow in orchards. An orchard is a kind offarm. It has rows and rows of apple trees.
3. The country has lots of grass, trees, and animals. It also has farms. People grow food in the country.
4. Jenny sat on her horse, Jake. They were near their house on the farm. Jenny looked at the paths ahead. One way went toward the pond. One way went back to the farm.

## nest

## nest

## Definition

noun

1. a structure of sticks and other material that birds make to hold their eggs.

There's a bird building its nest in that tree.
2. any place or structure that animals use to hold their eggs.

Some turtles make nests in the sand on beaches.

## These are some examples of how the word or forms of the word are used:

1. I am a young robin. My parents are robins. I hatched from an egg. I have brothers and sisters. We lived together in a nest.
2. Most ants live in underground nests. Worker ants dig the nests using their jaws. They take the extra dirt outside. That dirt forms anthills above the nests.
3. A dormouse gathers grass and leaves. It makes a nest on the ground. In October, the dormouse curls up into a tight ball in its nest. It wakes up in April or May.

Name: $\qquad$ Date: $\qquad$

1. Who tells Jay and Susie a story about her life when she was a little girl?

$\square$
2. Where did Grandma live when she was growing up?


in the city

## 3. What was one of Grandma's chores?


collect chicken eggs

cook dinner
4. What did Grandma find in a chicken's nest that did not belong?


## 5. Who put the rock in the chicken's nest?

$\qquad$

$\qquad$
$\qquad$

$\qquad$

$\qquad$
$\qquad$

## 7. Draw a picture of Grandma finding a rock in a chicken's nest.

## Enjoying the Outdoors



Do you spend a lot of time outdoors?
Maybe on a nice, sunny day you go out for recess. You may play with your friends and run around. There are other ways to enjoy being outside.

You can go for walks at a park near your home. Look at the trees. Listen to the birds singing.
You can play sports outside. You can play sports like tennis, soccer, and baseball outside. It's also a great way to exercise!

You can also visit other beautiful places outside. You can visit a mountain and hike with your family. You can go to the beach and swim with your family.

Name: $\qquad$ Date: $\qquad$

1. What kind of weather is good for recess?

2. What can you do at a park?

3. Where could you go with your family to hike?

the beach

a mountain

## 4. Where could you go with your family to swim?


a mountain
the beach
5. What is a sport that you can play outside?

## One sport that you can play outside is

$\qquad$ .
$\qquad$

$\qquad$
$\qquad$

$\qquad$
6. What did you learn from "Enjoying the Outdoors"?

-     -         -             -                 -                     -                         -                             -                                 -                                     -                                         -                                             -                                                 -                                                     -                                                         -                                                             -                                                                 -                                                                     -                                                                         -                                                                             -                                                                                 -                                                                                     -                                                                                         -                                                                                             -                                                                                                 -                                                                                                     -                                                                                                         -                                                                                                             -                                                                                                                 -                                                                                                                     -                                                                                                                         -                                                                                                                             -                                                                                                                                 -                                                                                                                                     -                                                                                                                                         -                                                                                                                                             - 

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## 7. Draw a picture of yourself outdoors.

Name

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Name


Name


Name


Name




Name





Name

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|  |  |



Name


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Name




Name








## Five Minute Adding Frenzy (A)

Name: $\qquad$ Date: $\qquad$
Add each row number to each column number.
(Range 1 to 10)

| + | 9 | 7 | 8 | 6 | 2 | 4 | 10 | 3 | 1 | 5 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 |  |  |  |  |  |  |  |  |  |  |
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| 9 |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |  |

Time: $\qquad$ Score: $\qquad$ /100

Five Minute Adding Frenzy (A) Answers
Name: $\qquad$ Date: $\qquad$
Add each row number to each column number.
(Range 1 to 10)

| + | $\mathbf{9}$ | $\mathbf{7}$ | $\mathbf{8}$ | $\mathbf{6}$ | $\mathbf{2}$ | $\mathbf{4}$ | $\mathbf{1 0}$ | $\mathbf{3}$ | $\mathbf{1}$ | $\mathbf{5}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | 10 | 8 | 9 | 7 | 3 | 5 | 11 | 4 | 2 | 6 |
| $\mathbf{1 0}$ | 19 | 17 | 18 | 16 | 12 | 14 | 20 | 13 | 11 | 15 |
| $\mathbf{4}$ | 13 | 11 | 12 | 10 | 6 | 8 | 14 | 7 | 5 | 9 |
| $\mathbf{6}$ | 15 | 13 | 14 | 12 | 8 | 10 | 16 | 9 | 7 | 11 |
| $\mathbf{2}$ | 11 | 9 | 10 | 8 | 4 | 6 | 12 | 5 | 3 | 7 |
| $\mathbf{3}$ | 12 | 10 | 11 | 9 | 5 | 7 | 13 | 6 | 4 | 8 |
| $\mathbf{5}$ | 14 | 12 | 13 | 11 | 7 | 9 | 15 | 8 | 6 | 10 |
| $\mathbf{8}$ | 17 | 15 | 16 | 14 | 10 | 12 | 18 | 11 | 9 | 13 |
| $\mathbf{9}$ | 18 | 16 | 17 | 15 | 11 | 13 | 19 | 12 | 10 | 14 |
| $\mathbf{7}$ | 16 | 14 | 15 | 13 | 9 | 11 | 17 | 10 | 8 | 12 |

Time: $\qquad$ Score: $\qquad$ /100

Name :
Score :
Teacher :
Date :

5 Minute Drill

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& \begin{array}{r}
7 \\
+\quad 6 \\
+\quad 7 \\
\hline
\end{array}
\end{aligned}
$$

$$
\begin{aligned}
& \begin{array}{r}
3 \\
+\quad 0 \\
+\quad 2 \\
\hline
\end{array}
\end{aligned}
$$

$$
\begin{aligned}
& \begin{array}{r}
1 \\
\hline \\
+16 \\
\hline
\end{array} \begin{array}{r}
9 \\
\hline
\end{array} \begin{array}{r}
0 \\
\hline
\end{array} \begin{array}{r}
8 \\
\hline
\end{array} \begin{array}{r}
14 \\
+\quad 5 \\
\hline
\end{array} \begin{array}{l}
1 \\
\hline
\end{array} \begin{array}{r}
14 \\
+\quad 2 \\
\hline
\end{array} \begin{array}{l}
4 \\
\hline
\end{array} \begin{array}{l}
5 \\
\hline
\end{array} \\
& \begin{array}{r}
4 \\
4 \\
+\quad 7 \\
+\quad 4 \\
\hline
\end{array} \begin{array}{l}
5 \\
\hline
\end{array}+\begin{array}{l}
1 \\
\hline
\end{array}+\begin{array}{r}
7 \\
\hline
\end{array}+0 \begin{array}{l}
14 \\
+\quad 6 \\
\hline
\end{array}
\end{aligned}
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$$
\begin{aligned}
& \begin{array}{r}
10 \\
+\quad 0 \\
+\quad 7 \\
\hline
\end{array} \begin{array}{r}
6 \\
\hline
\end{array} \begin{array}{l}
4 \\
\hline
\end{array} \begin{array}{r}
14 \\
\hline
\end{array} \begin{array}{l}
7 \\
\hline
\end{array}+\begin{array}{l}
1 \\
+\quad 0 \\
\hline
\end{array}
\end{aligned}
$$

Name :
Score :
Teacher :
Date :

## Adding 2-Digit Numbers (A)

Name: $\qquad$ Date: $\qquad$
Calculate each sum.

| 35 |
| ---: |
| $+\quad 57$ |

$\begin{array}{r}31 \\ +\quad 99 \\ \hline\end{array}$


89
20
85
$+\quad$
$\begin{array}{r}44 \\ +\quad 4 \\ \hline\end{array}$
$\begin{array}{r}65 \\ +\quad 36 \\ \hline\end{array}$
$25 \quad 20$
73
62
74
$+\quad$
51
$+\quad 1$
$\begin{array}{r}79 \\ +\quad \\ \hline\end{array}$
$\begin{array}{r}6 \\ +\quad 17 \\ \hline\end{array}$

| 69 |
| ---: |
| $+\quad 81$ |



$\begin{array}{r}39 \\ +\quad 49 \\ \hline\end{array}$


32
$\begin{array}{r}17 \\ +\quad 17 \\ \hline\end{array}$
$\begin{array}{r}+93 \\ + \\ \hline\end{array}$

| 80 | 49 | 12 | 22 |
| ---: | ---: | ---: | ---: |
| $+\quad 18$ | $+\quad 19$ | +68 | 22 |

## Adding 2-Digit Numbers (A) Answers

Name: $\qquad$

Date: $\qquad$
Calculate each sum.

$$
\begin{array}{r}
31 \\
+\quad 99 \\
\hline 130
\end{array}
$$



$$
\begin{array}{r}
20 \\
+\quad 44 \\
\hline 64
\end{array}
$$

| 65 | 25 |
| ---: | ---: | ---: | ---: |
| $+\quad 36$ |  |
| 101 |  |$\quad$| 20 |
| ---: |
| 99 |$\quad$| 73 |
| ---: |
| 71 | | 62 |
| ---: |
| 162 |


| 69 |
| ---: |
| $+\quad 81$ |
| 150 |



$$
\begin{array}{r}
14 \\
+\quad 75 \\
\hline 89
\end{array}
$$

| 16 |
| ---: |
| $+\quad 17$ |
| 33 |


| 39 |
| ---: |
| $+\quad 49$ |
| 88 |

$$
\begin{array}{rrr}
54 \\
+\quad 77 \\
\hline 131
\end{array} \quad \begin{array}{r}
91 \\
+\quad 95 \\
\hline 186
\end{array} \quad \begin{array}{r}
32 \\
\hline 125
\end{array}
$$

| 80 |
| ---: | ---: | ---: |
| $+\quad 18$ |
| 98 |$\quad$| 49 |
| ---: |
| $+\quad 19$ |
| 68 |$\quad$| 12 |
| ---: |
| +68 |$+$| 22 |
| ---: |
| $+\quad 82$ |
| 104 |

Calculate each difference.

| 15 | 13 | 6 | 10 | 2 | 4 | 6 | 14 | 10 | 4 |
| :--- | ---: | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $\underline{-8}$ | $\underline{-9}$ | $\underline{-3}$ | $\underline{-6}$ | $\underline{-0}$ | $\underline{-4}$ | $\underline{-0}$ | $\underline{-9}$ | $\underline{-2}$ | $\underline{-3}$ |
| 13 | 11 | 6 | 8 | 13 | 9 | 11 | 12 | 8 | 5 |
| $\underline{-4}$ | $\underline{-3}$ | $\underline{-4}$ | $\underline{-6}$ | $\underline{-7}$ | $\underline{-5}$ | $\underline{-5}$ | $\underline{-9}$ | $\underline{-7}$ | $\underline{-3}$ |
| 11 | 7 | 14 | 13 | 7 | 5 | 7 | 10 | 15 | 12 |
| $\underline{-2}$ | $\underline{-7}$ | $\underline{-5}$ | $\underline{-6}$ | $\underline{-1}$ | $\underline{-0}$ | $\underline{-3}$ | $\underline{-4}$ | $\underline{-6}$ | $\underline{-4}$ |
| 12 | 18 | 10 | 1 | 7 | 9 | 12 | 7 | 14 | 6 |
| $\underline{-6}$ | $\underline{-9}$ | $\underline{-5}$ | $\underline{-1}$ | $\underline{-5}$ | $\underline{-4}$ | $\underline{-8}$ | $\underline{-2}$ | $\underline{-8}$ | $\underline{-2}$ |
| 14 | 3 | 7 | 10 | 10 | 11 | 9 | 8 | 5 | 15 |
| $\underline{-7}$ | $\underline{-1}$ | $\underline{-6}$ | $\underline{-8}$ | $\underline{-9}$ | $\underline{-9}$ | $\underline{-8}$ | $\underline{-1}$ | $\underline{-4}$ | $\underline{-7}$ |
| 6 | 13 | 12 | 5 | 9 | 8 | 3 | 13 | 4 | 16 |
| $\underline{-1}$ | $\underline{-8}$ | $\underline{-5}$ | $\underline{-5}$ | $\underline{-3}$ | $\underline{-4}$ | $\underline{-3}$ | $\underline{-5}$ | $\underline{-1}$ | $\underline{-8}$ |
| 16 | 7 | 15 | 9 | 1 | 2 | 3 | 14 | 8 | 0 |
| $\underline{-9}$ | $\underline{-0}$ | $\underline{-9}$ | $\underline{-6}$ | $\underline{-0}$ | $\underline{-1}$ | $\underline{-2}$ | $\underline{-6}$ | $\underline{-3}$ | $\underline{-0}$ |
| 17 | 2 | 8 | 17 | 5 | 7 | 4 | 3 | 6 | 12 |
| $\underline{-8}$ | $\underline{-2}$ | $\underline{-2}$ | $\underline{-9}$ | $\underline{-1}$ | $\underline{-4}$ | $\underline{-2}$ | $\underline{-0}$ | $\underline{-5}$ | $\underline{-3}$ |
| 11 | 9 | 16 | 6 | 8 | 8 | 11 | 4 | 5 | 10 |
| $\underline{-6}$ | $\underline{-2}$ | $\underline{-7}$ | $\underline{-6}$ | $\underline{-8}$ | $\underline{-5}$ | $\underline{-4}$ | $\underline{-0}$ | $\underline{-2}$ | $\underline{-3}$ |
| 10 | 9 | 12 | 9 | 9 | 8 | 11 | 10 | 9 | 11 |
| $\underline{-1}$ | $\underline{-7}$ | $\underline{-7}$ | $\underline{-9}$ | $\underline{-0}$ | $\underline{-0}$ | $\underline{-7}$ | $\underline{-7}$ | $\underline{-1}$ | $\underline{-8}$ |

Calculate each difference.

| 15 | 13 | 6 | 10 | 2 | 4 | 6 | 14 | 10 | 4 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| -8 | -9 | -3 | -6 | -0 | -4 | -0 | -9 | -2 | -3 |
| 7 | 4 | 3 | 4 | 2 | 0 | 6 | 5 | 8 | 1 |
| 13 | 11 | 6 | 8 | 13 | 9 | 11 | 12 | 8 | 5 |
| -4 | -3 | -4 | -6 | -7 | -5 | -5 | -9 | -7 | -3 |
| 9 | 8 | 2 | 2 | 6 | 4 | 6 | 3 | 1 | 2 |
| 11 | 7 | 14 | 13 | 7 | 5 | 7 | 10 | 15 | 12 |
| -2 | -7 | -5 | -6 | -1 | -0 | -3 | -4 | -6 | -4 |
| 9 | 0 | 9 | 7 | 6 | 5 | 4 | 6 | 9 | 8 |
| 12 | 18 | 10 | 1 | 7 | 9 | 12 | 7 | 14 | 6 |
| -6 | -9 | -5 | -1 | - 5 | -4 | -8 | -2 | -8 | -2 |
| 6 | 9 | 5 | 0 | 2 | 5 | 4 | 5 | 6 | 4 |
| 14 | 3 | 7 | 10 | 10 | 11 | 9 | 8 | 5 | 15 |
| -7 | -1 | -6 | -8 | -9 | -9 | -8 | -1 | -4 | -7 |
| 7 | 2 | 1 | 2 | 1 | 2 | 1 | 7 | 1 | 8 |
| 6 | 13 | 12 | 5 | 9 | 8 | 3 | 13 | 4 | 16 |
| -1 | -8 | -5 | -5 | -3 | -4 | -3 | -5 | -1 | -8 |
| 5 | 5 | 7 | 0 | 6 | 4 | 0 | 8 | 3 | 8 |
| 16 | 7 | 15 | 9 | 1 | 2 | 3 | 14 | 8 | 0 |
| -9 | -0 | -9 | -6 | -0 | -1 | -2 | -6 | -3 | $\underline{-0}$ |
| 7 | 7 | 6 | 3 | 1 | 1 | 1 | 8 | 5 | 0 |
| 17 | 2 | 8 | 17 | 5 | 7 | 4 | 3 | 6 | 12 |
| -8 | -2 | -2 | -9 | -1 | -4 | -2 | -0 | -5 | -3 |
| 9 | 0 | 6 | 8 | 4 | 3 | 2 | 3 | 1 | 9 |
| 11 | 9 | 16 | 6 | 8 | 8 | 11 | 4 | 5 | 10 |
| -6 | -2 | -7 | -6 | -8 | -5 | -4 | -0 | -2 | -3 |
| 5 | 7 | 9 | 0 | 0 | 3 | 7 | 4 | 3 | 7 |
| 10 | 9 | 12 | 9 | 9 | 8 | 11 | 10 | 9 | 11 |
| -1 | -7 | -7 | -9 | -0 | -0 | -7 | -7 | -1 | -8 |
| 9 | 2 | 5 | 0 | 9 | 8 | 4 | 3 | 8 | 3 |



Players: 2-6
Instructions: All players begin on the 'start' box at the bottom of the game


Role one die and move your object to the appropriate box. Read each word you move over as you go. If you don't read each word, you must go back to where you started and the next player takes their turn. If you don't know a word, what strategies can you use to find out? You can ask other players for help. Each player must find their way to the 'finish' box at the top of the game by reading the words correctly. Avoid landing on the snakes head and sliding down and try to climb ahead by moving up the ladders.

Variation: When landing on a word, players can put that word into a sentence as well as reading

|  | Fry's First 100 Words |  |  |
| :---: | :---: | :---: | :---: |
| Snakes and Ladders |  |  |  |
| Gaame |  |  |  |

Players: 2-6
Instructions: All players begin on the 'start' box at the bottom of the game.


Role one die and move your object to the appropriate box. Read each word you move over as you go. If you don't read each word, you must go back to where you started. If you don't know a word, what strategies can you use to find out? You can ask other players for help. Each player must find their way to the 'finish' box at the top of the game by reading the words correctly. Avoid going down the snakes and try to climb ahead by moving up the ladders.

Variation: When landing on a word, players can put that word into a sentence as well as reading

|  | Fry's First 100 Words <br> Snakes and Ladders <br> Game3 |  |  |
| :---: | :---: | :---: | :---: |
| so | them | these | Finish |
| some | her | would | make |
| like | him | into | time |
| has | look | two | more |
| write | goly | see | number |
| no | way | could | people |
| Start | than | first | water |

Players: 2-6
Instructions: All players begin on the 'start' box at the bottom of the game

Role one die and move your object to the appropriate box. Read each word you move over as you go. If you don't read each word, you must ga back to where you started. If you don't know a word, what strategies can you use to find out? You can ask other players for help. Each player must find their way to the 'finish' box at the top of the game by reading the words correctly Avoid going down the snakes and try to climb ahead by moving up the ladders.

Variation: When landing on a word, players can put that word into a sentence as well as reading

|  | Fry's First 100 Words |  |  |
| :---: | :---: | :---: | :---: |
| am | call | who | Finish |
| its | now | find | long |
| down | day | did | get |
| come | made | may | part |
| the | from | by | other |
| then | my | been | on |
| Start | at | with | were |

Players: 2-6
Instructions: All players begin on the 'start' box at the bottom of the game


Role one die and move your object to the appropriate box. Read each word you move over as you go. If you don't read each word, you must go back to where you started. If you don't know a word, what strategies can you use to find out? You can ask other players for help. Each player must find their way to the 'finish' box at the top of the game by reading the words correctly. Avoid going down the snakes and try to climb ahead by moving up the ladders.

Variation: When landing on a word, players can put that word into a sentence as well as reading

## Fry's First 100 Words

 Snakes and Ladders Game 5| has | they | each | Finish |
| :---: | :---: | :---: | :---: |
| day | I | which | look |
| did | at | she | two |
| get | be | do | more |
| come | this | how | write |
| made | have | their | go |
| Start | may | from | if |

Players: 2-6
Instructions: All players begin on the 'start' box at the bottom of the game

Role one die and move your object to the appropriate box. Read each word you move over as you go. If you don't read each word, you must go back to where you started. If you don't know a word, what strategies can you use to find out? You can ask other players for help. Each player must find their way to the 'finish' box at the top of the game by reading the words correctly. Avoid going down the snakes and try to climb ahead by moving up the ladders.
Variation: When landing on a word, players can put that word into a sentence as well as reading

| the | see | of | Finish |
| :---: | :---: | :---: | :---: |
|  | one | up | no |
| a | by | to | but |
| out | all | her | who |
| its | did | get | we |
| for | his | yan | she |
| Start | about | $\mathscr{y}$ not | your |

Players: 2-6
Instructions: All players begin on the 'start' box at the bottom of the game


Role one die and move your object to the appropriate box. Read each word you move over as you go. If you don't read each word, you must go back to where you started and the next player takes their turn. If you don't know a word, what strategies can you use to find out? You can ask other players for help. Each player must find their way to the 'finish' box at the top of the game by reading the words correctly. Avoid landing on the snakes head and sliding down and try to climb ahead by moving up the ladders.

Variation: When landing on a word, players can put that word into a sentence as well as reading

Name:
Purpose: This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

## Teacher:

Directions: After a student completes a day's activity, adults make a check mark and initial in the space provided. Each week, you can miss one day (activity). If this happens, put an " $X$ " in the space provided for a check mark (do not initial).

| $\checkmark$ Done | Day | DEAM Activity |
| :---: | :---: | :---: |
|  | 1 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 2 | Play with a friend. |
|  | 3 | Do as many curl-ups as you can. |
|  | 4 | March Madness: Take 64 imaginary jump shots. |
|  | 5 | Say your math facts while doing reverse lunges. |
|  | 6 | Take a walk. |
|  | 7 | Kids should be active sixty minutes EVERY day! Do 60 jumping jacks. |
|  | 8 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 9 | Play a game that is active. You decide what that is. |
|  | 10 | Do as many trunk-lifts as you can. |
|  | 11 | Take 32 imaginary dunks and 16 cross-over dribbles. |
|  | 12 | Do push-up shoulder taps while reciting your spelling words. |
|  | 13 | Take a walk. |
|  | 14 | Run in place and name 3 reasons why you will never smoke or use tobacco. |
|  | 15 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 16 | Take a hike. |
|  | 17 | Do as many squats as you can. |
|  | 18 | Take 8 pretend chest passes and 4 imaginary foul shots. |
|  | 19 | Perform squat-jumps while naming the continents. |
|  | 20 | Take a walk. |
|  | 21 | How many food groups are there? Do 5 plank-jacks. |
|  | 22 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 23 | Play outside. |
|  | 24 | Do as many push-ups as you can. |
|  | 25 | Take 2 laps around a pretend court and 1 giant star-jump! |
|  | 26 | Read a book while doing a wall sit. |
|  | 27 | Take a walk. |
|  | 28 | About how many glasses of water should you drink each day? Do 8 burpees. |
|  | 29 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 30 | Go to the park! |
|  | 31 | Do as many squat-thrusts as you can. |

## Please Remember

$\checkmark$ Always get adult permission before doing any activity.
$\checkmark$ Return calendar to your teacher at the end of the month.


## Name:

## Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

## Teacher:

## Directions:

After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an " $X$ " in the space provided for a check mark (do not initial).

| $\checkmark$ Done | Day | DEAM Activity |
| :---: | :---: | :---: |
|  | 1 | Spring into Action: Find someone to do 20 jumping jacks with you. |
|  | 2 | Say your math facts while doing reverse lunges. |
|  | 3 | Take a walk. |
|  | 4 | Did you know soda has $\sim 39$ grams of sugar? Do 39 mountain climbers. |
|  | 5 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 6 | Help a neighbor or friend with some spring cleaning! |
|  | 7 | Do as many trunk-lifts as you can. |
|  | 8 | Spring into Action: Find 2 people. Do 30 jumping jacks together. |
|  | 9 | Do push-up shoulder taps while reciting your spelling words. |
|  | 10 | Take a walk. |
|  | 11 | Did you know ice cream has $\sim 13$ grams of fat? Do 13 squat thrusts. |
|  | 12 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 13 | Using an old container, gather soil, and plant flowers seeds. |
|  | 14 | Do as many squats as you can. |
|  | 15 | Spring into Action: Find 3 people. Do 40 jumping jacks together. |
|  | 16 | Perform squat-jumps while naming the continents. |
|  | 17 | Take a walk. |
|  | 18 | Did you know donuts have ${ }^{280}$ calories? Jog in place for a 280 count. |
|  | 19 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 20 | Get 60 minutes of MVPA. You choose how! |
|  | 21 | Do as many push-ups as you can. |
|  | 22 | Spring into Action: Find 4 people. Do 50 jumping jacks together. |
|  | 23 | Read a book while doing a wall sit. |
|  | 24 | Take a walk. |
|  | 25 | Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times! |
|  | 26 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 27 | Invent a game and try it out! |
|  | 28 | Do as many curl-ups as you can. |
|  | 29 | Spring into Action: Find 5 people! Do 60 jumping jacks together. |
|  | 30 | Spring into Action: Find someone to do 20 jumping jacks with you. |

## Please Remember

$\checkmark$ Always get adult permission before doing any activity.
$\checkmark$ Return calendar to your teacher at the end of the month.


