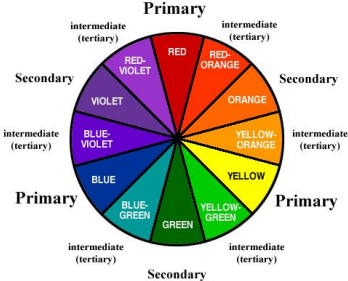



# Family One Weekly Take Home Plan: Academic Enrichment & Reinforcement

|              | Reading<br>20-30 minutes   | Writing<br>20-30 minutes  | Math<br>20-30 minutes  | Physical Activities, Creative Art,<br>Music, At Home Activities<br>20-45 minutes   |         |        |      |        |      |        |     |              |      |       |      |              |                 |  |
|--------------|--|---|--|--|---------|--------|------|--------|------|--------|-----|--------------|------|-------|------|--------------|-----------------|--|
| <b>Mon</b>   | <p><b>Warm Up:</b> choose a mystery book to read</p> <p><b>Intro to new Leveled Text:</b></p> <ul style="list-style-type: none"> <li>● Identify title, author</li> <li>● Look at key vocabulary</li> <li>● Read together or silently</li> <li>● Ask questions about the text such as:               <ul style="list-style-type: none"> <li>○ Who were the characters? Identify 3 character traits</li> </ul> </li> </ul> | <p><b>Start a How to Writing piece</b></p> <p>Some ideas you may consider for topics:</p> <p>How to Catch a Leprechaun<br/>How to Draw a Leprechaun<br/>How to Draw a Flower<br/>How to Dye an Easter egg<br/>How to Play your Mystery Game</p> | <p><b>How much does dinner cost?</b></p> <p>Write a list of what your parents are making for dinner. Ask the cost of each item. Using three digit addition with regrouping add the cost of the meal.</p> <p>Example: Chicken quesadillas</p> <table> <tr> <td>Chicken</td> <td>\$ 4.99</td> </tr> <tr> <td>Shells</td> <td>1.88</td> </tr> <tr> <td>Cheese</td> <td>1.99</td> </tr> <tr> <td>Tomato</td> <td>.38</td> </tr> <tr> <td>Mexican rice</td> <td>1.00</td> </tr> <tr> <td>Salsa</td> <td>2.89</td> </tr> <tr> <td><b>Total</b></td> <td><b>\$ 13.13</b></td> </tr> </table> <p>Enrichment using a calculator how much was it per person?</p> <p>Five people divided by \$13.13 = \$2.62 per person</p> | Chicken  | \$ 4.99 | Shells | 1.88 | Cheese | 1.99 | Tomato | .38 | Mexican rice | 1.00 | Salsa | 2.89 | <b>Total</b> | <b>\$ 13.13</b> | <p>We tend to tell our kids to “calm down” without ever giving them explicit directions on how to deal with stress and anxiety. Here’s a collection of the best tools and tips I’ve found to teach children how to calm down and relax.</p> <p style="text-align: center;"><b>Quick Ways to Calm Down</b></p> <p>Sometimes you'll need a quick way to help your child calm down and you don't have much with you. Maybe it's when you're out at Target or stuck in traffic. These tips will come in handy at those times:</p> <ul style="list-style-type: none"> <li>❖ Imagine your favorite place - it's like taking a mini vacation wherever you are</li> <li>❖ Think of your favorite things</li> <li>❖ Name animals alphabetically (alligator, bear, cow, dog, etc...)</li> <li>❖ Squeeze Something (play dough, clay, silly putty, your fists, a stress ball)</li> <li>❖ Get a Cold Drink of Water</li> <li>❖ 54321 Grounding - go through each of your 5 senses           <ul style="list-style-type: none"> <li>❖ <a href="#">Preview attachment Coping_DeepBreathing.pdf</a><br/><a href="#">Coping_DeepBreathing.pdf343 KB</a></li> </ul> </li> </ul> |
| Chicken      | \$ 4.99  |   |  |  |         |        |      |        |      |        |     |              |      |       |      |              |                 |  |
| Shells       | 1.88   |   |  |  |         |        |      |        |      |        |     |              |      |       |      |              |                 |  |
| Cheese       | 1.99   |   |  |  |         |        |      |        |      |        |     |              |      |       |      |              |                 |  |
| Tomato       | .38  |   |  |  |         |        |      |        |      |        |     |              |      |       |      |              |                 |  |
| Mexican rice | 1.00   |   |  |  |         |        |      |        |      |        |     |              |      |       |      |              |                 |  |
| Salsa        | 2.89   |   |  |  |         |        |      |        |      |        |     |              |      |       |      |              |                 |  |
| <b>Total</b> | <b>\$ 13.13</b>  |   |  |  |         |        |      |        |      |        |     |              |      |       |      |              |                 |  |
| <b>Tue</b>   | <p>Read a few more chapters and take notes:</p> <ul style="list-style-type: none"> <li>○ What was the problem?</li> <li>○ What were the main events that occurred?</li> </ul>  | <p>Today write an introduction and supplies list. Start writing your steps.</p>   | <p><b><u>Practice math facts</u></b></p> <p>Using board games such as Yahtzee - repeated addition<br/>Battleship- grid work<br/>Monopoly - money<br/>Mastermind - problem solving<br/>Name that number - repeated addition</p>   | <p><b>Music</b></p> <ul style="list-style-type: none"> <li>● <a href="#">Play with Google's Piano Roll. Record your voice and see what it can sound like.</a></li> <li>● <a href="#">Do 2 copying pages from the writing book</a></li> <li>● <a href="#">Communicate with Aliens using Google's Spectrogram tool</a></li> <li>● <a href="#">Draw a picture and see what it would sound like using this tool</a></li> </ul> |         |        |      |        |      |        |     |              |      |       |      |              |                 |  |

|            |  |   |   |   |
|------------|--|---|---|---|
|            |  |   | <p><b>Free Choice Math:</b><br/>Use a math website used in class</p>  | <ul style="list-style-type: none"> <li><u><a href="#">Ukulele: find a ukulele song on Bernadette Teaches Music and play along</a></u></li> </ul> <p><u><a href="#">Preview attachment Music Writing Unit 1 - Duple Time.pdf</a></u><br/><u><a href="#">Music Writing Unit 1 - Duple Time.pdf</a></u><br/><u><a href="#">Shared in Drive</a></u></p>   |
| <b>Wed</b> | <p>Read a few more chapters:<br/>Take notes on...</p> <ul style="list-style-type: none"> <li>Is there a red herring? (a clue, that is or is intended to be misleading or distracting.)</li> <li>What are some clues?</li> </ul>  | <p>Continue writing your steps. If you published a How-To book in Google Docs, feel free to look back at it. Here is a sample to visit if you would like.</p> | <p><b>How much does dinner cost?</b></p> <p>Follow Monday's lesson. Which meal cost more? Monday or Wednesday? (write as a greater than less than equation)<br/>Which meal did you like better?</p>   | <p style="text-align: center;"><b>ART</b></p> <p>This week's optional art lesson will focus on color order. Please create a color wheel using objects that you find around the house or on a walk, cut-outs from magazines/newspapers, or you can draw and color one if you prefer. The colors should be in the rainbow order of red, orange, yellow, green, blue, and purple (violet). Please identify the primary colors (red, blue, yellow) from the secondary colors (green, orange, purple).</p> |
| <b>Thu</b> | <p>Complete the book:</p> <ul style="list-style-type: none"> <li>Review your notes and create a game based on the book to play with your family.</li> </ul> <p>Example of games:</p> <ol style="list-style-type: none"> <li>Matching game of characters</li> <li>Candy land board using different colored post-it notes with the game board labeled with setting changes and false clues.</li> <li>Chutes and Ladder with chutes being red herrings and ladders being clues.</li> <li>Trivial pursuit questions.</li> <li>BE CREATIVE</li> </ol> | <p>Reread what you have written and write steps with more clarity.</p> <p>Add a conclusion.</p>   | <p><b><u>Practice math facts</u></b></p> <p>Using board games such as<br/>Yahtzee - repeated addition<br/>Battleship- grid work<br/>Monopoly - money<br/>Mastermind - problem solving<br/>Name that number - repeated addition</p> <p><b>Free Choice Math:</b><br/>Use a math website used in class</p> |    |

|                   |   |   |   |  |
|-------------------|---|---|---|--|
| <p><b>Fri</b></p> | <p><b>Share the game you created with your family. Don't forget to include directions on how to play.</b></p> | <p>Edit your writing. Add pictures &amp; share with me.</p> <p>If you give me permission I will post it on our google classroom for others to read.</p> | <p><b>How much does dinner cost?</b></p> <p>Follow Monday's lesson. How much more did the most expensive meal cost than the least expensive meal?</p> | <p><b>LMC:</b></p> <p>Here is my Week 1 Optional Enrichment Lesson for Family 1:</p> <p><b>Research using Pebble Go!</b> Access Pebble Go by going to <a href="http://PebbleGo.com">PebbleGo.com</a> and sign in with Username: engaged Password: learning Choose an article that you are interested in and write down 3-5 facts from it in your own words. After you read your article be sure to check below the picture to see if there's a video clip, sound recording or map that goes with your topic.</p> |
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## Webster PE Enrichment

| <p><b>Motor Skills/Fitness Components</b></p>  | <p><b>Object Control Skills</b></p>   | <p><b>Video Workouts</b></p>   | <p><b>Family Fun</b></p>   |
|--|---|--|--|
| <p><b>Practice Motor Skills</b></p> <p><b>Jump</b> - forward, backward, over, how high<br/> <b>Hop</b> - practice on your right and left foot<br/> <b>Walk</b> - slow, medium &amp; fast - forwards &amp; backwards<br/> <b>Jog</b> - slow run<br/> <b>Run</b> - straight line<br/> <b>Gallop</b> - practice with right and left foot as the lead<br/> <b>Slide</b> - practice with right and left foot as the lead<br/> <b>Leap</b> - practice with right and left foot as the lead<br/> <b>Skip</b></p> <p><b>Practice Fitness Components</b></p> <p><b>Balance</b>-maintain equilibrium<br/> <b>Agility</b>-change directions quickly</p> | <p><b>Practice Object Control Skills</b></p> <p><b>Roll</b> a ball back and forth-<br/> <b>Sitting/Standing (bowling)</b><br/> <b>Hand Dribble</b><br/> <b>Foot Dribble</b><br/> <b>Instep Kick</b><br/> <b>Throw/Toss</b> a ball back and forth<br/> <b>Catching</b><br/> <b>Striking</b> - underhand, forehand, batting</p> | <p><b>Website suggestions</b></p> <p>*GoNoodle<br/> *Koo Koo Kanga roo<br/> *Little Sports<br/> *Cosmic Kids Yoga<br/> *PE Chef<br/> *Coach Meager Fitness</p> | <p><b>Things to do with your Family</b></p> <p>*Go for a walk, jog, run<br/> *Go for a bike ride<br/> *Make an indoor obstacle course<br/> *Play in your front/backyard/driveway<br/> *Invent your own game or activity and teach your family<br/> *Complete these fun fitness calendars from OPENphysed.org</p> <p><a href="https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf">https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf</a></p> <p><a href="https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf">https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf</a></p> |

**Power**-muscle force  
**Speed**-quickness  
**Coordination**-use senses & body parts  
**Reaction Time**-quick response

**Muscle Endurance** - sit-ups, crunches  
**Muscle Strength** - push-ups  
**Aerobic Endurance** - jog, run  
**Flexibility** - stretch

**\*Check out my daily workout on twitter**

**@LorraineGiorgi1**

**Continue the workout by choosing your own words to spell!**