

RSU 57

- Waterboro
- Alfred
- Lyman
- Line
- Shapleigh
- Massabesic Middle
- Massabesic High

Continuous Learning LEARNING MENUS

MATH

LITERACY

SPECIALS

Printables



RSU 57

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Massabesic High

MATH

Printables

LEARNING MENU MATH& STEM

GRADE 1



= EVERYDAY ITEMS



Fact fluency

with flashcards (addition and subtraction to 20)

Make your own or use this slideshow.



2

★ IXL

IXL Recommendations section for 15 minutes.



3

Base 10 Addition

Complete the Base 10 Addition activity on Seesaw.







4 **Fact Families**

1. Watch the Learn Zillion video below: bit.ly/LearnZillionFacts

2. Complete the fact family worksheet in SeeSaw.

Optional Challenge:

Complete the Fact Families Challenge activity in Seesaw



5

Domino Fact Families

Complete the fact family domino activity sent to you on Seesaw.





6 Building Fact Families

Find a deck of cards and take out the face cards (J, Q, K, A). Flip the first 2 cards from your deck to start your fact family. You will need to make your first addition sentence to find your 3rd fact. Record your fact families in your Seesa activity.



Watch/listen to the story safeYouTube.net/w/hyQD

Now cut some of these shapes out of paper. Arrange and paste them on a large piece of paper to build a picture. Add background and details. Have fun!





8 STEM: Trash Walk

The Long Life of Trash Have you ever wondered how long it takes trash to break down (biodegrade)? Go on a trash walk and see what you find.

TRASH WALK.pdf



STEM: Please listen to the following book, Seeds Travel:

safeYouTube.net/w/D7mD Germination: Soak some fast-sprouting seeds (radish, dried beans) to watch the magic of germination happen! Continue your experiment if you'd like, and transfer the seedlings to soil so your plants can eat. Germination.pdf







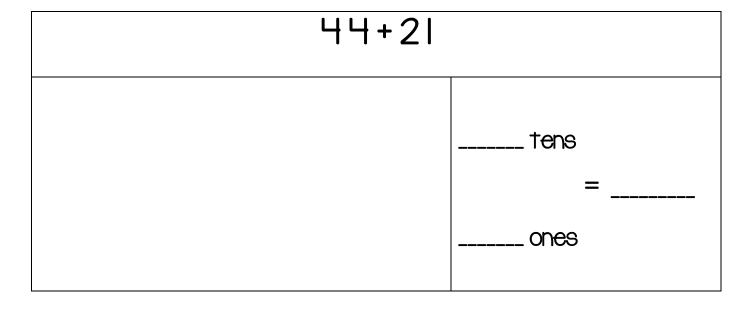
Base 10 Addition

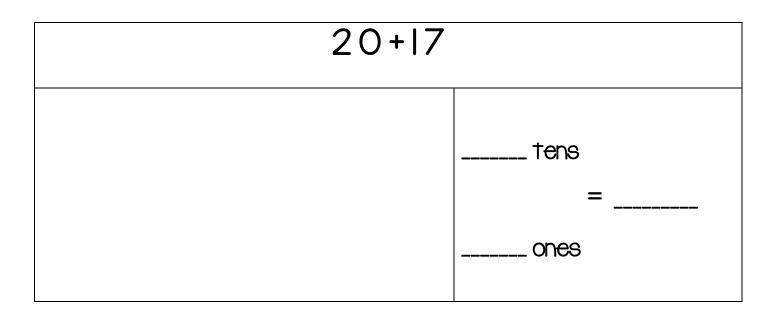
Instructions: Look at the numbers on the addition sentence. Draw base 10 blocks using lines and dots (I and \odot) to represent each number. Then, add your tens and your ones and find the answer.

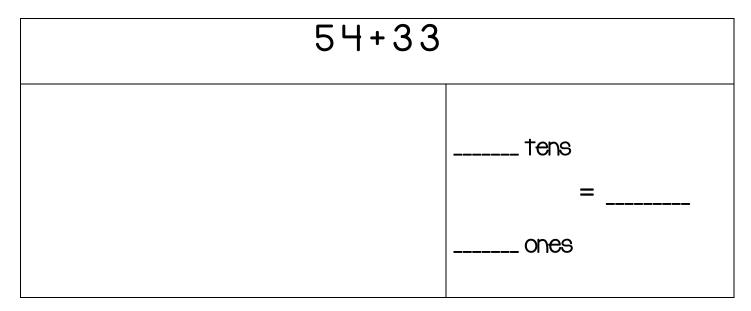
Example:

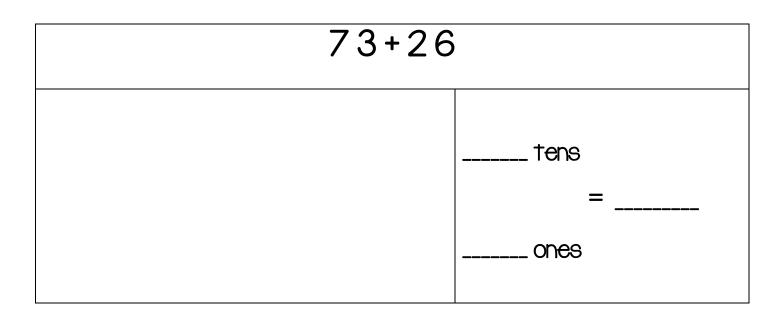
15+32	
10000	4 tens = 47
IIIoo	7 ones

Now you try it!









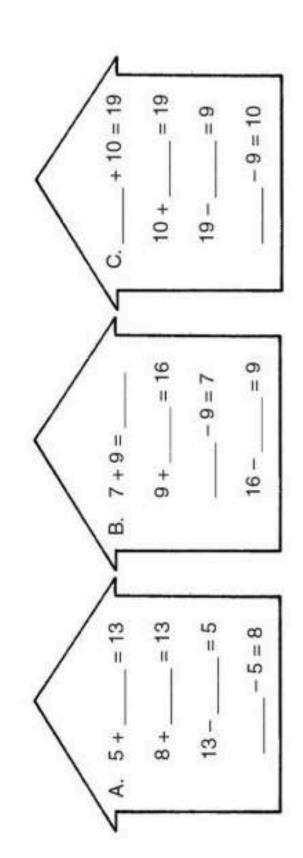
36+32	2
	tens =ones

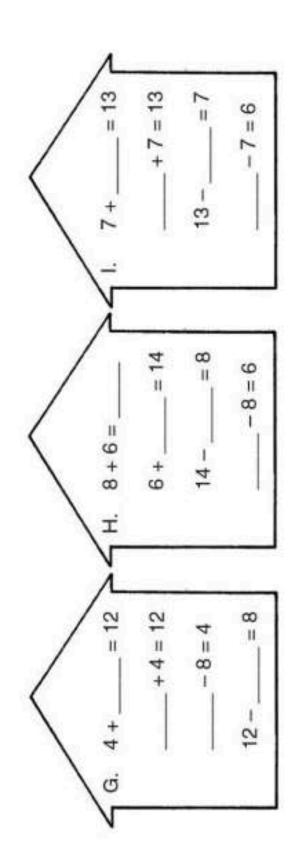
*CHALLENGE *

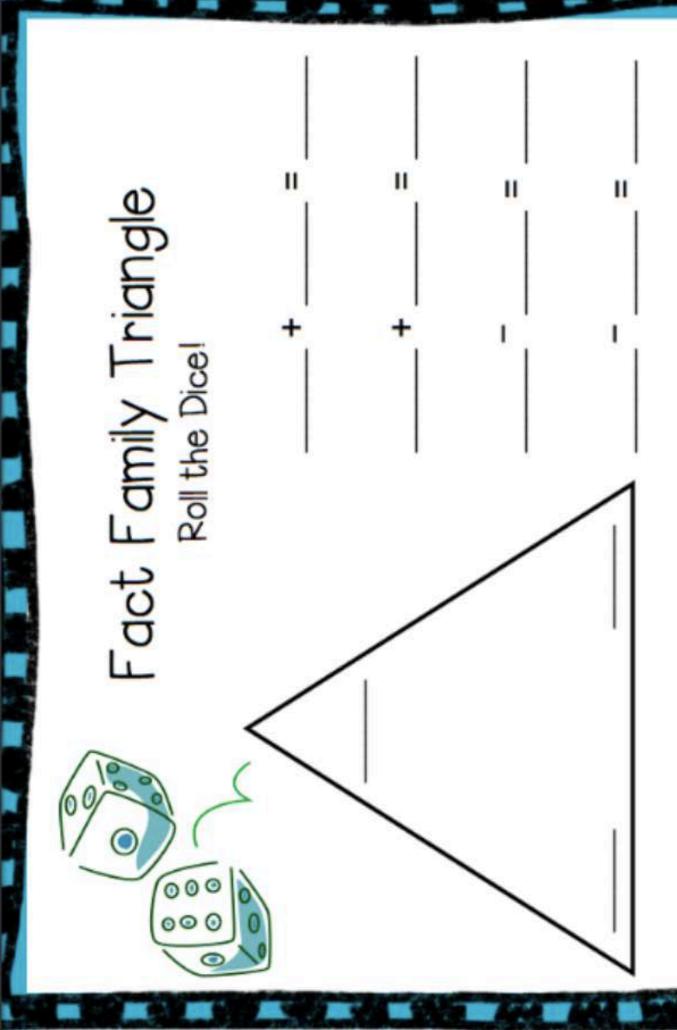
67+5	
	hundreds
	tens =
	ones

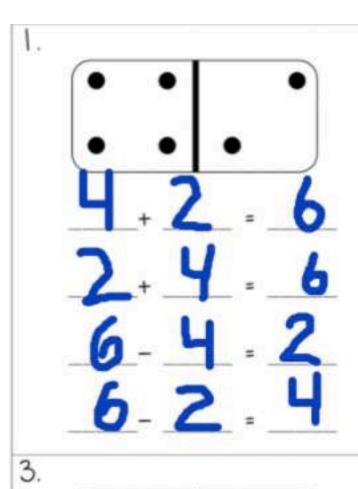
Fact Families

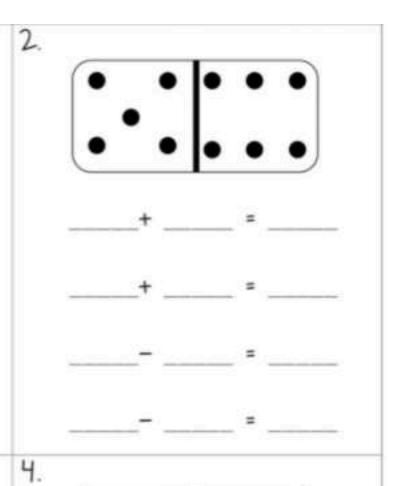
Fill in the missing number.

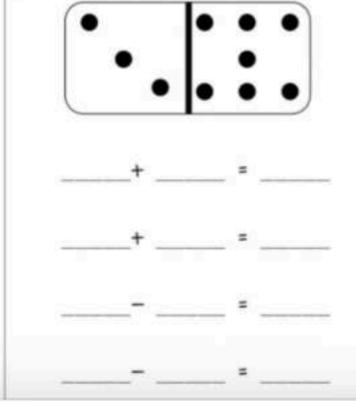


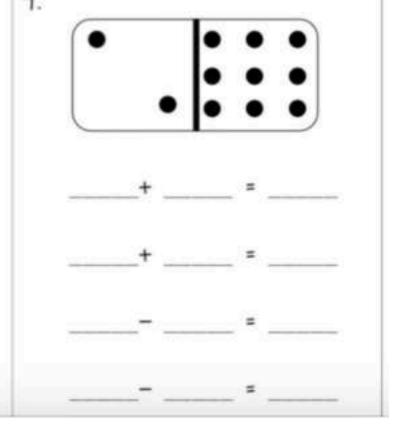












Building Fact Families

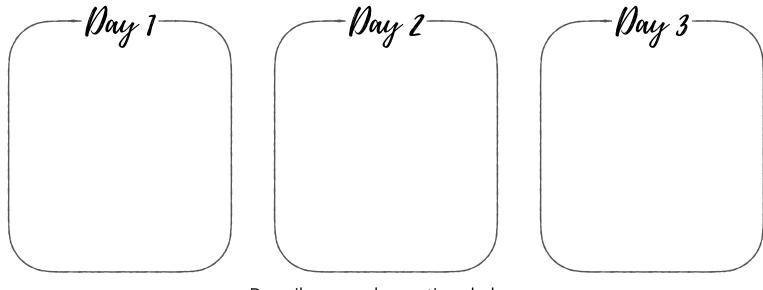
Instructions: Using a deck of cards (remove all face cards), take the first two cards from the deck to start your fact family. You will need to build the first addition sentence to find your third fact. [Tutorial video on Seesaw Activity]

tact family. You will need to build the fin	ist addition sentence to find your third i	Fact. [Tutorial video on Seesaw Activity]
+=	+=	+=
+==	+=	+=
==	=	==
==	=	==
+=	+=	+=
+=	+=	+=
==	==	==
==	==	=

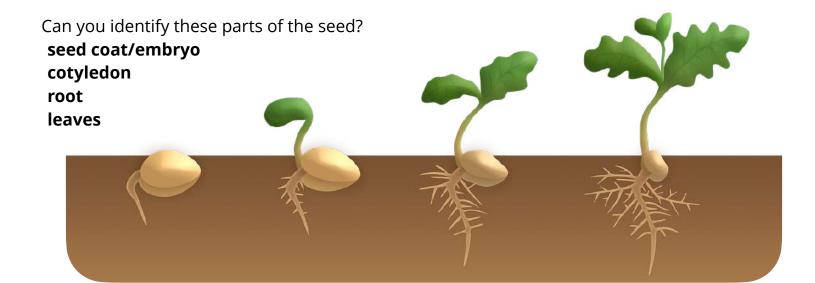
Germination How seeds grow



Place a bean or radish seed in water and observe for several days. What do you see?

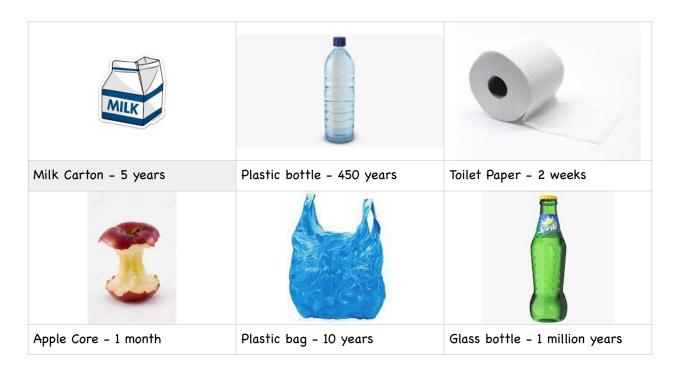


Describe your observations below:



The Long Life of Trash!

You probably already know that some things we throw away break down faster than others. Do you know how long these items take to break down (biodegrade)?



Going on a Trash Walk

Walk through your neighborhood, on a hiking trail, or around your own house and collect trash. What can be recycled, and what can be thrown away? Use tally marks to show what you've collected. Make a graph.

Glass	
Plastic	
Paper	
Food	



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Massabesic High

LITERACY

Printables

LEARNING MENU LITERACY

GRADE 1



🁚 = EVERYDAY ITEMS

1

🜟 Read and Write

Choose a picture book or one chapter from your book and read it to yourself, a family member, a pet, or stuffed animal.

Choose one reading response and complete it after reading the book.

Reading Response Sheets
Reading Responses

2

Listen to a Story

Hear a story read by your teacher, family member, or librarian.



3



Phonics Practice

See your teacher for specific lessons



4



Phonics Practice

See your teacher for specific lessons





IXL Language Arts

Complete 2 categories from the recommendations

Link shows how to access:

IXL Language

6



Kids A-Z/Raz Kids

Choose a story.
Listen to it, read it to yourself and make a recording. Answer the questions after you read.



Choose 10 sight words and choose a sight word activity.

1. Write sentences using each of your 10

1.Write sentences using each of your sight words

-or-

2. Make a sight word game. Examples: hopscotch (words instead of numbers), BINGO, memory

-or-

3. Cut out 10 sight words from newspapers, magazines, or old mail. Glue them on a piece of paper in ABC order.

8

Writing prompt:

Frogs are green. Make a list of at least 10 other things that are green. Then put the list in ABC order.



Writing prompt:

Describe a perfect day and tell how you would spend it. Draw a picture and label the details. In 3-5 sentences, write about your adventure. Make sure to use capital letters to start your sentences and punctuation to end your sentences.

Ways To Describe









name:

Character

Today I read: _____

Author: _____

Draw a picture of the characters in the story:

My favorite character was:

This was my favorite character because:

name:

SETTING

Today I read: _____

Author: _____

Draw a picture of where the story took place:

My favorite part of the setting was:

name:_ PROBLEM AND SOLUTION Today I read: _____ Author: Draw a picture of the problem in the story: The problem in the story was solved when:

OLearning with Mrs. Langle

Today I read: Author: _____ Draw a picture of what happened... First: Next: Last:

OLeanning with Mrs. Langley

name:

MAIN IDEA

Today I read: _____

Author: _____

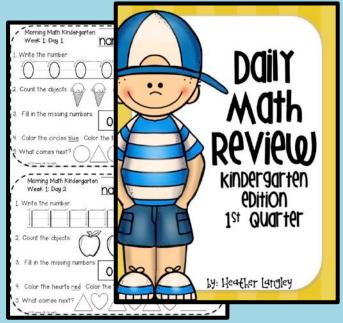
Main Idea:

What details in the story helped you better understand the main idea?

GREAT MATH PRODUCTS!

from Learning with Mrs. Langley

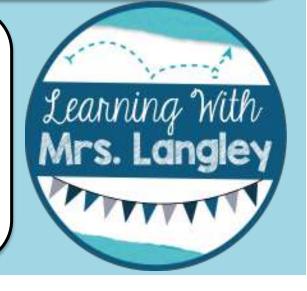




Daily Math Review for Kindergarten and Ist grade! 5 Questions (consistent each week) help you get your math block started right! Student can complete the problems independently and it makes for a quick thorough review!

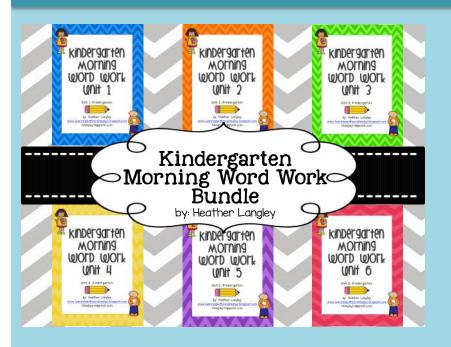
https://www.teacherspayteachers.com/ Product/Daily-Math-Review-KINDERGARTEN-Quarter-1-1763227

https://www.teacherspayteachers.com/ Product/Daily-Math-Review-1st-Grade-Quarter-1-1022483



GREAT ELA PRODUCTS!

from Learning with Mrs. Langley





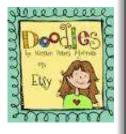
Morning Word Work for Kindergarten provides daily practice of letters, sounds, sight words, and grammar skills. Each week is consistent so students can complete independently. Keep your curriculum in line with these time savers!

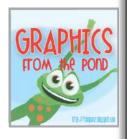
http://www.teacherspayteachers.com/ Product/Kindergarten-Morning-Word-Work-BUNDLE-1617219















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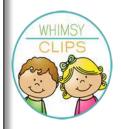
learningwithmrslangley.blogspot.com/

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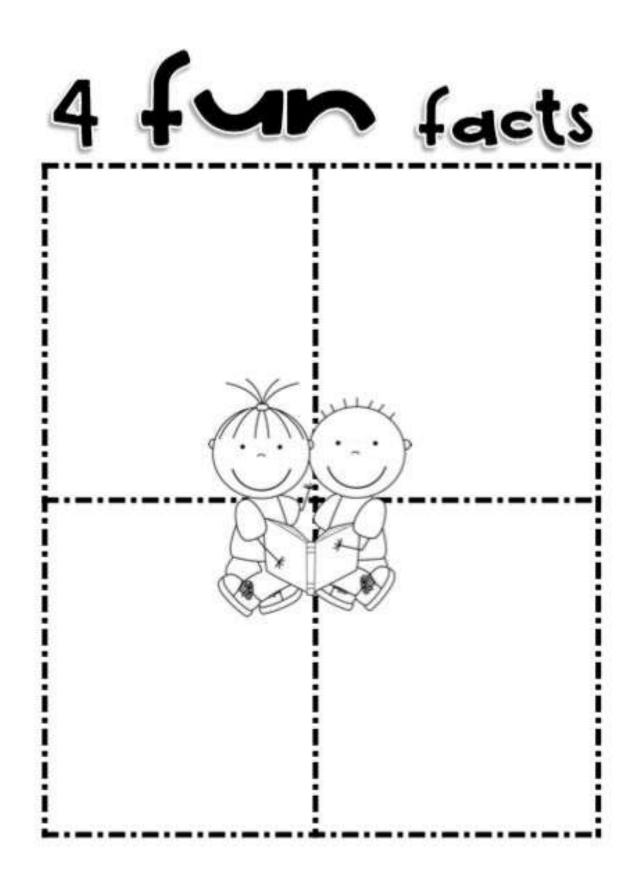






Reading Response

Name 2 main characters:	
1	·
2 What was the problem?	
What was the solution?	



9MDM

whattheteacherwants.blogspot.com

non-fiction Read and learn

Book T 1:1/2:	
White 3 new things you learned:	
2	
3	Verocce II company of the Company
White I thing you already knew:	
<u> </u>	
Draw a picture of your favorite part:	
<u>/</u>	,
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None	whattheteacherwants.blogspot.com

Setting_					ann
					S
Main Char	racters	{draw a p	icture and	label belo	w):
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whattheteacherwants, blogspot.com

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	describi	e 6 words ing the main iracter	, //	
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	 -		 - -	
	· - ·		•	
	nume of	character		
Did you like t	the main chard	icter? Why	or why not	?

I Can Read Sentences

Directions: Highlight, circle, or underline all of the word family words. Then read each sentence. Color a smiley face each time you read the page. Read the page three times.

	1120
He annoys her.	
I see a cowboy.	
It destroys the wall.	
She feels so much joy.	
Do you like this toy?	

Dinner

I pick potatoes from the soil and cook them in a little oil.

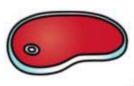
Then, I wrap up corn in some tinfoil and put it into water to boil.

I cook it carefully, so it doesn't spoil.

I put a steak in the oven to broil and wind some rolls into a coil.

I am ready for a rest after I toil.

OI family



Sort each word by dragging it to the correct column. Record yourself reading each word.

(00		ou e		w
boot	too	moon	noon	soup	flew
new	zoo	blew	you	soon	grew

Make a word to match each picture using the sound of the week.





Out of the Barn

I jumped into my car
to go and buy a jar.
I also bought some yarn
to take back to the barn.
I had to get a card.
It wasn't very hard.
Then, my dog began to bark,
so I took him to play in the park!





During the Storm

During the storm, the boy blew his horn.

He snagged his pants upon a thorn.

He ran into a field of corn,

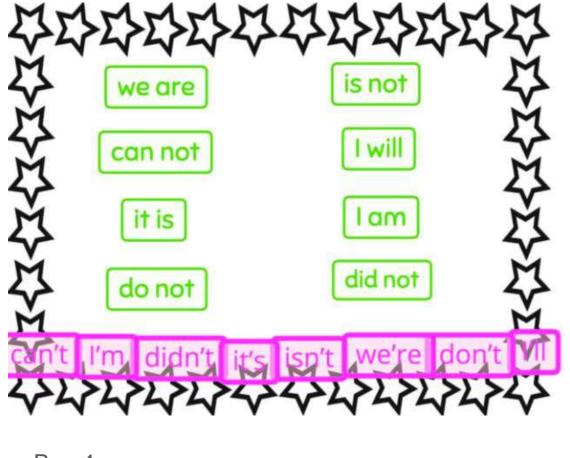
and there he saw his pants were torn!

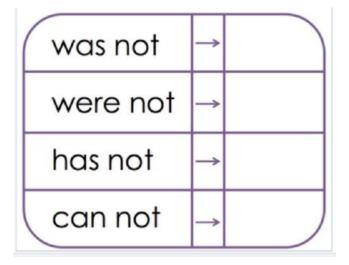
He worried about his mother's scorn.

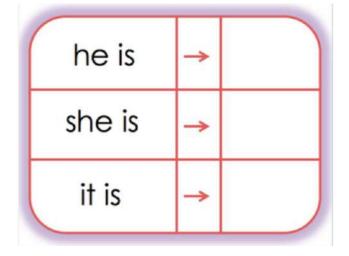
DATES FOR DEPARTMENT











Box 4

Name:			
ivame:			

I Can Read Sentences

Directions: Highlight, circle, or underline all of the word family words. Then read each sentence. Color a smiley face each time you read the page. Read the page three times.

The girls argue.	
The barbecue is good.	
Did you find the clue?	®
He opens the glue.	Â
I need a tissue.	

	_	•
•		100
-		

Name:

I Can Read Sentences

Directions Highlight, circle, or underline all of the word family words. Then read each sentence. Color a smiley face each time you read the page. Read the page three times.

She blew the flower.	B.
What did she brew?	٦
He chews the candy.	
She grew so much.	
Can you screw it in?	



Directions: Highlight, circle, or underline all of the word family words. Then read each sentence. Color a smiley face each time you read the page. Read the page three times.

The baker is working.	
The flower grows.	**
I see the hammer.	F
Do you like spiders?	A STATE OF THE PARTY OF THE PAR
The water comes out.	(Zi





Quick Check

Let's Build a Fairy Bridge

Name _____ Date _____

- 1. In this story, what problem are the girls trying to solve?
 - A They don't know what to play.
 - B They can't find any rocks.
 - ① Their fairy cannot cross the river.
- **2.** Who is watching the girls in the pictures?
 - (A) a parent
 - B a fairy
 - (C) a group of boys
- **3.** What happens after the girls build the last bridge?
 - (A) The fairy plays on it.
 - B They tear it down and play something else.
 - © They decide the fairy could have used her wings.

- **4.** How do the girls test how strong their bridges are?
 - (A) They put rocks on them.
 - B They step on them.
 - ① The fairy tries to walk on them.
- **5.** Which word means almost the same as **build**?
 - (A) make
 - B play
 - (C) watch
- 6. Extended Response: What things do you think would make the strongest fairy bridge? How would you test your bridge to see if it was strong?

Instructions: Sit next to the student and read the first question as you run your finger under the words. Ask the student to wait to answer until you have read all the choices. Repeat them if necessary. Have the student choose the best answer. Repeat with the remaining questions.





Quick Check Answer Sheet

Let's Build a Fairy Bridge

Main Comprehension Skill: Sequence Events

- **1.** ① Problem and Solution
- 2.

 B Story Elements
- **3.** © Sequence Events
- **4.** (A) Main Idea and Details
- **5.** A Vocabulary
- **6.** Answers will vary but should identify materials similar to what the girls in the story used or appropriate items that could be found in a house or backyard.

Instructions: Sit next to the student and read the first question as you run your finger under the words. Ask the student to wait to answer until you have read all the choices. Repeat them if necessary. Have the student choose the best answer. Repeat with the remaining questions.

Let's Build a Fairy Bridge

A Reading A-Z Level G Leveled Book
Word Count: 190

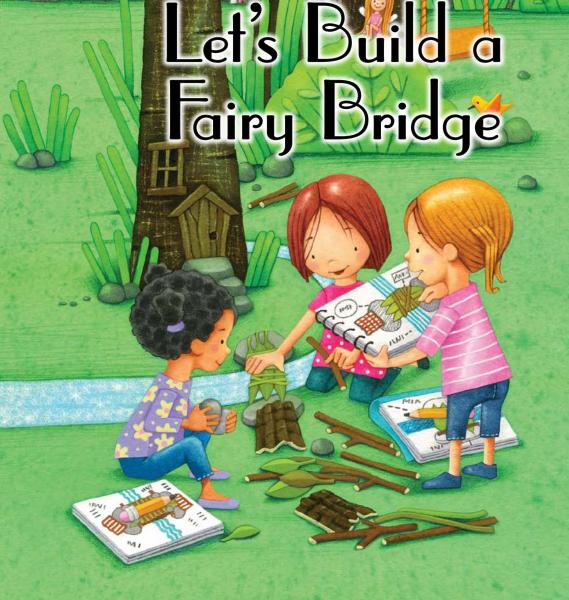
Connections

Writing and Art

Design your own fairy bridge to cross the river. Draw it and write the steps to build it.

Science

How are the girls in the story like scientists conducting an experiment? Share your ideas with a partner.



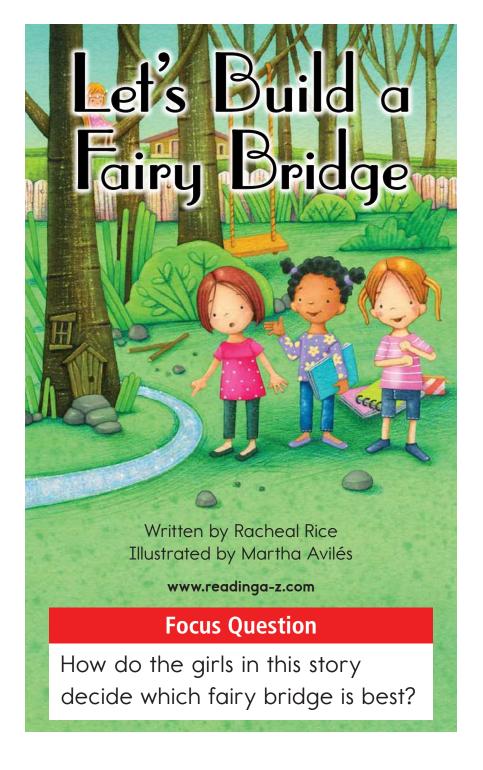
LEVELED BOOK . G



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Words to Know

bridge fairy build river cross strong

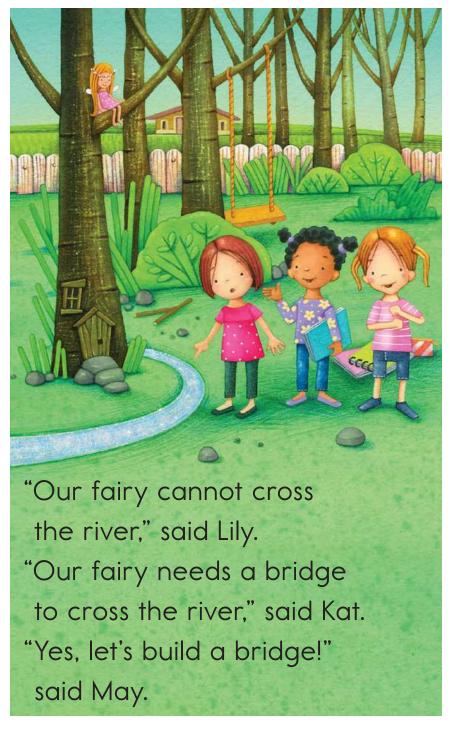
Let's Build a Fairy Bridge Level G Leveled Book © Learning A–Z Written by Racheal Rice Illustrated by Martha Avilés

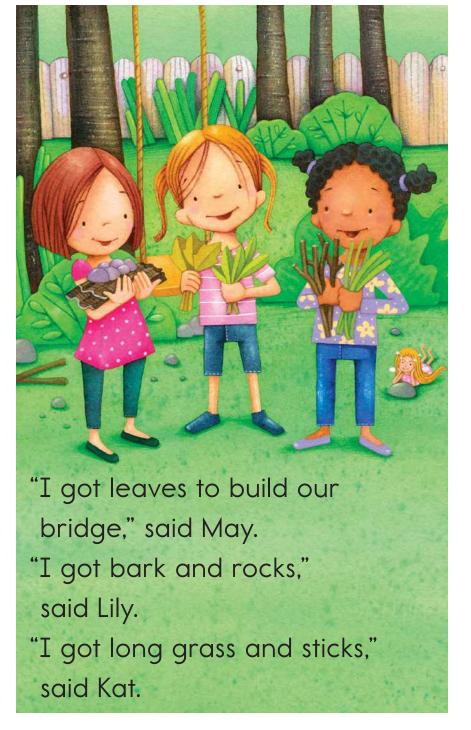
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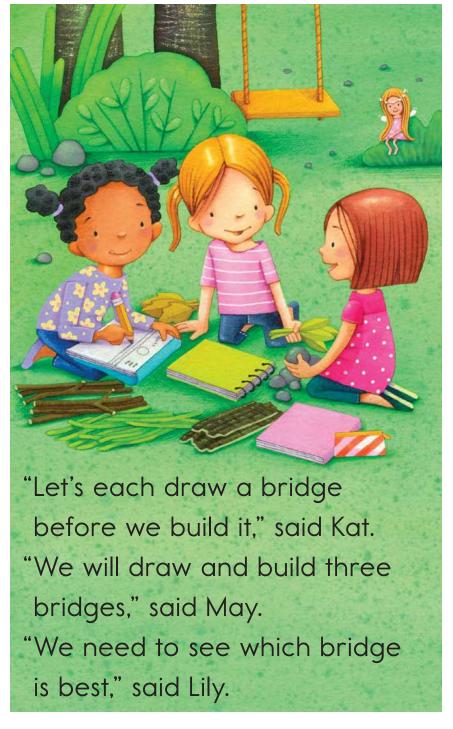
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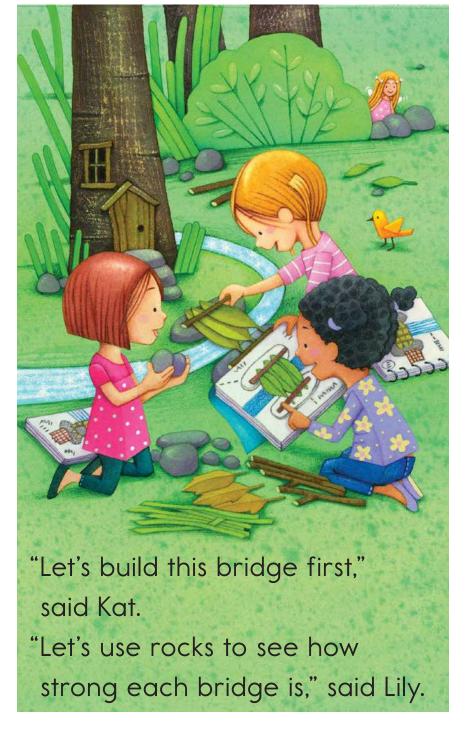
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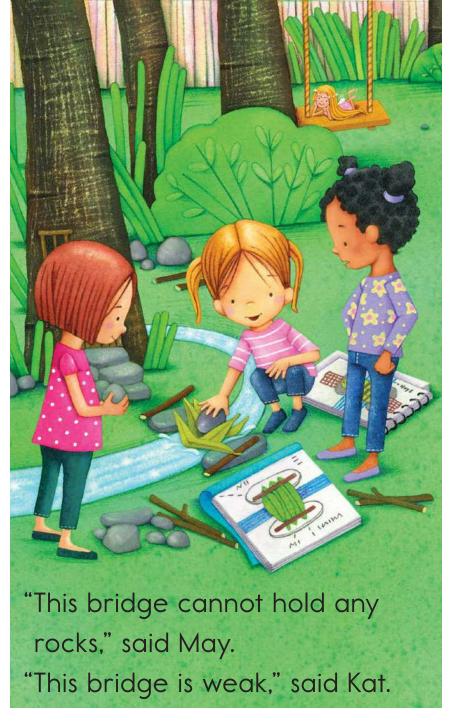
LEVEL G	
Fountas & Pinnell	G
Reading Recovery	11–12
DRA	12

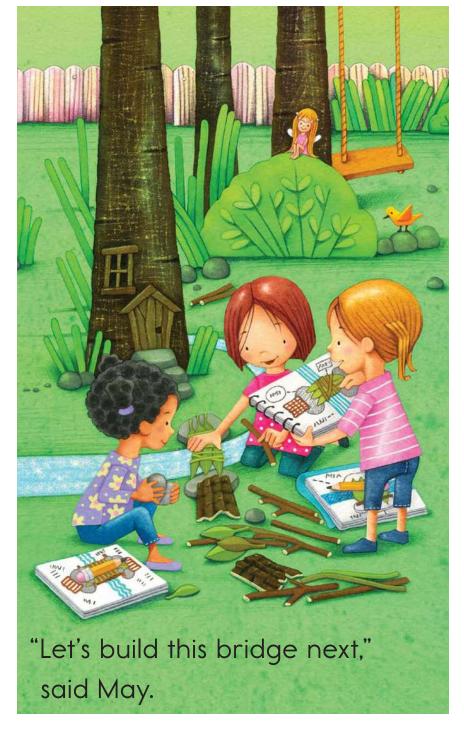




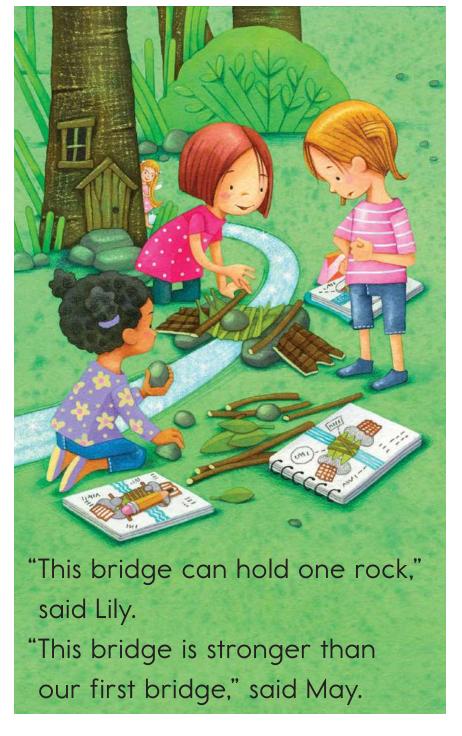


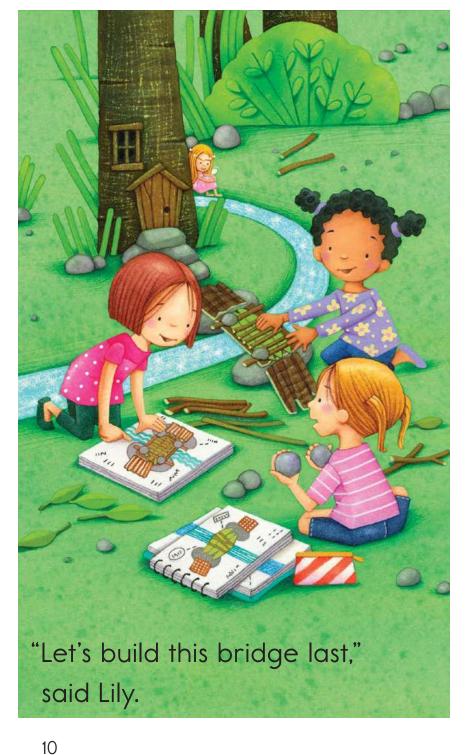


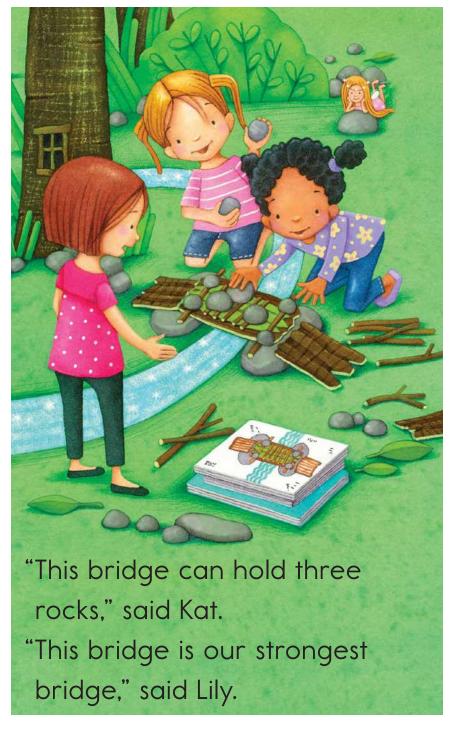


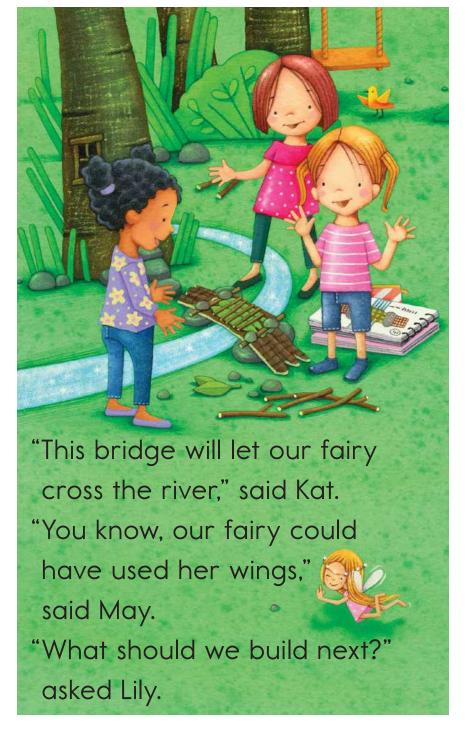


8











Quick Check

The Ship of Shapes

Name	Date	
Instructions: Read each guestion carefully and choose the best answer.		

- 1. What causes Elder Decagon to tell the shapes that the mountain is going to erupt?
 - A She wants the shapes to leave the island so she can be alone.
 - B She wants them to build a boat so she can take a vacation.
 - © She is upset that the shapes are lazy and don't work together.
- **2.** How do the shapes change by the end of the story?
 - (A) They decide to move to a different island.
 - B They learn to work together and get along.
 - ① They dislike the other shapes even more.
- 3. What makes this story a fantasy?
 - (A) A mountain erupts.
 - (B) The ship floats in water.
 - ① The shapes are alive.

- **4.** How does Elder Decagon solve the problem of the shapes all making different boats?
 - A She tells the shapes that their boats aren't shipshape.
 - B She destroys all the shapes' boats.
 - © She tells the shapes that she thinks the boats are ugly.
- **5.** Which word means an area of land surrounded by water?
 - (A) island
 - (B) elder
 - © ocean
- 6. Extended Response: What lesson is the author trying to teach with this book?



LEVEL J

Quick Check Answer Sheet

The Ship of Shapes

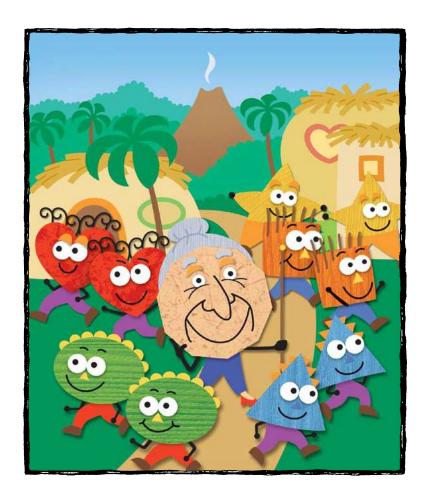
Main Comprehension Skill: Cause and Effect

- **1.** (C) Cause and Effect
- 2.

 B Analyze Character
- **3. (** Reality and Fantasy
- **4.** A Problem and Solution
- **5.** A Vocabulary
- 6. Answers will vary but should include the idea that the author wanted readers to learn the importance of working together with others, no matter how different they are from you.

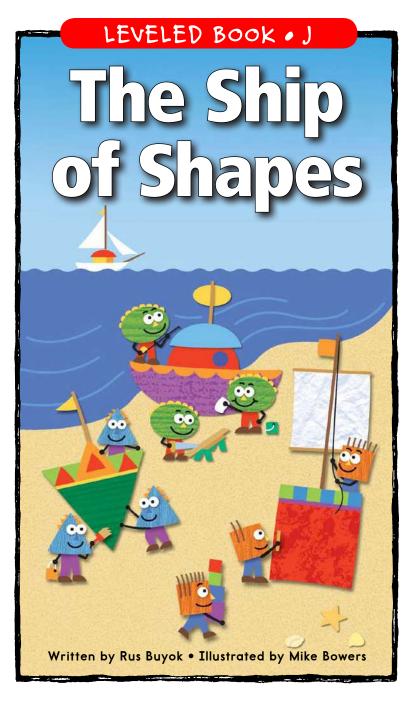
The Ship of Shapes

A Reading A–Z Level J Leveled Book
Word Count: 391



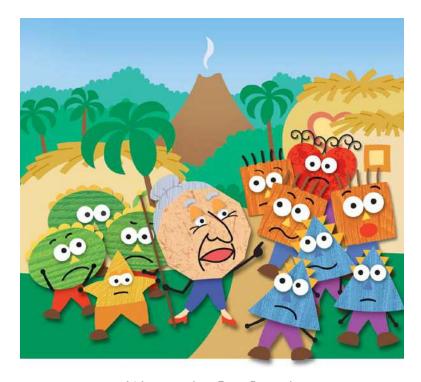


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The Ship of Shapes



Written by Rus Buyok Illustrated by Mark Bowers

The Ship of Shapes Level J Leveled Book © Learning A-Z Written by Rus Buyok Illustrated by Mike Bowers

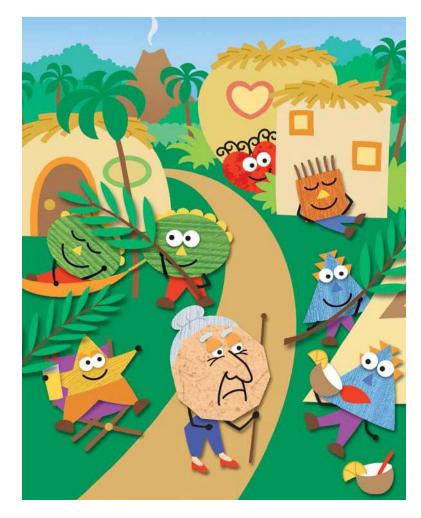
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Correlation

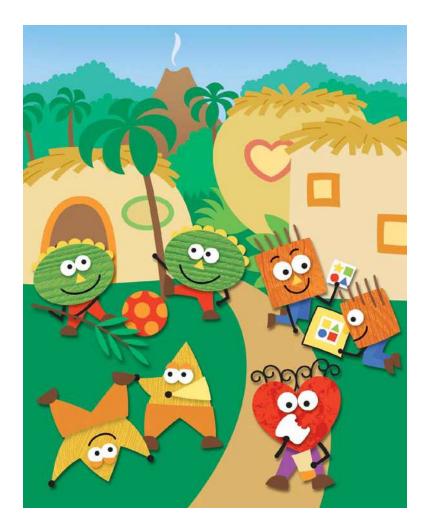
LEVEL J	
Fountas & Pinnell	J
Reading Recovery	17
DRA	18

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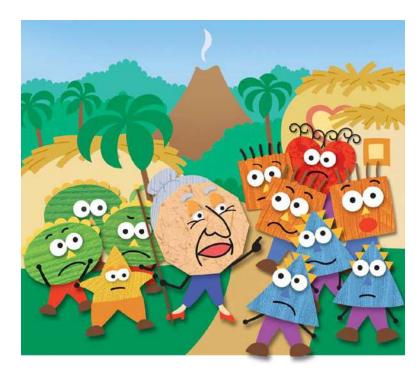


One day, **Elder** Decagon saw that the shapes on Shape **Island** had become lazy.

They sat in their huts, fanning themselves until it was time to eat.



The different shapes didn't like to spend time with each other. The Rectangles stayed with the Rectangles, the Circles with the Circles, and so on.



Elder Decagon came up with a plan.

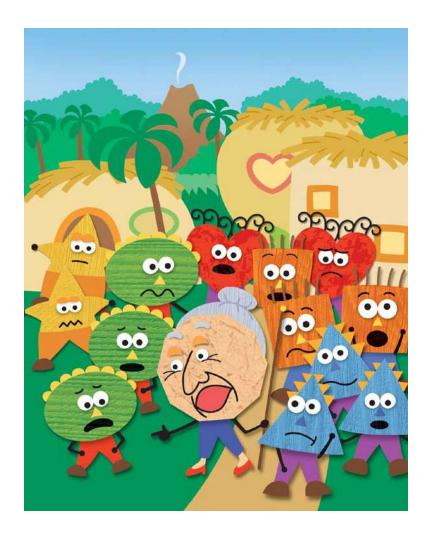
"Oh, oh, oh!" she exclaimed.

Worried, the shapes gathered around her.

"Big Scary Fire Mountain just spoke," she said.

"It will **erupt** soon, and all our pants will be on fire."

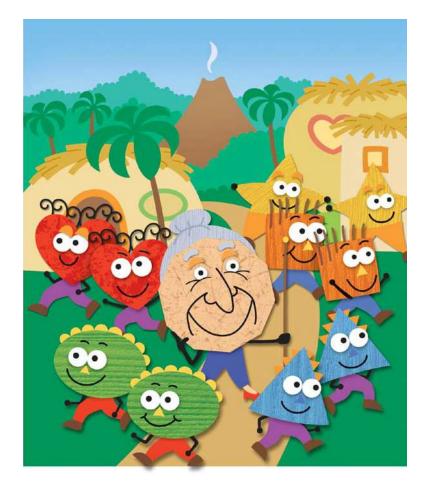
"We must leave the island!"



The shapes were **confused** and scared.

"Didn't you hear me?"

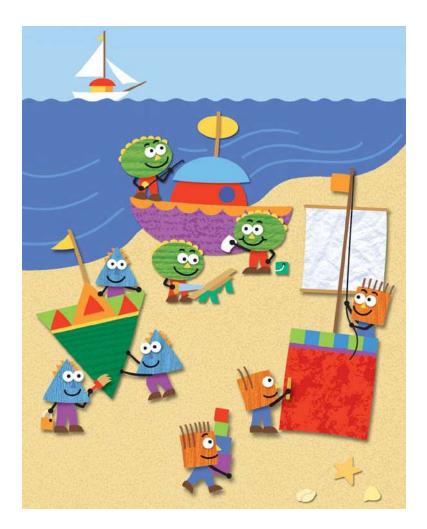
"Pants will be on fire!" Elder Decagon yelled.



"What should we do?" the shapes asked.

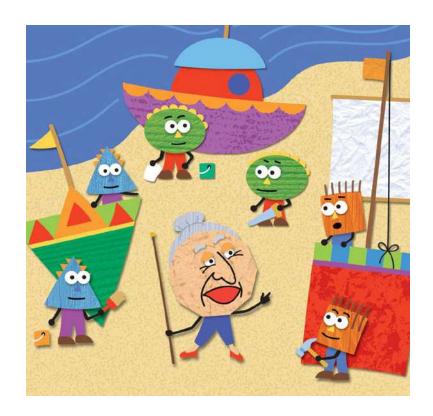
"You should build a ship," she said very slowly.

The shapes cheered for the great idea and hurried off to begin.



The next day, Elder Decagon was surprised to see many ships on the beach.

Each ship was meant for only one kind of shape.

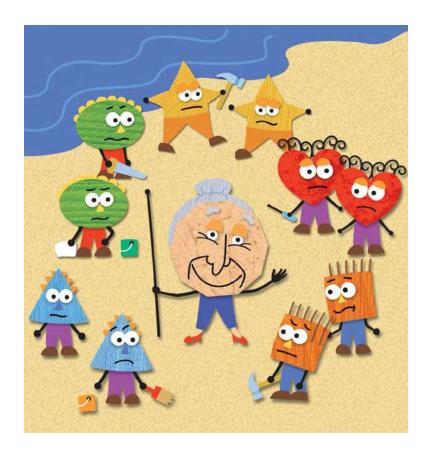


"None of these ships are **shipshape**," she said.

"The Triangles' boat will tip in the water."

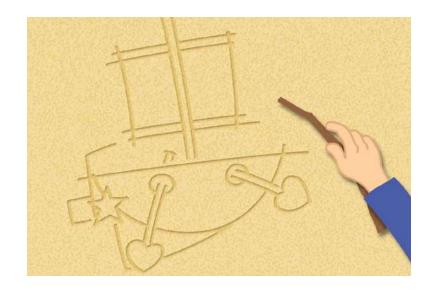
"The Ovals' ship will float, but it won't move."

"The Squares' ship will move, but too slowly."



"What should we do?" the shapes asked.

"You should build one big ship," Elder Decagon said very slowly.
This time, the shapes didn't cheer.
They weren't sure how to work together.



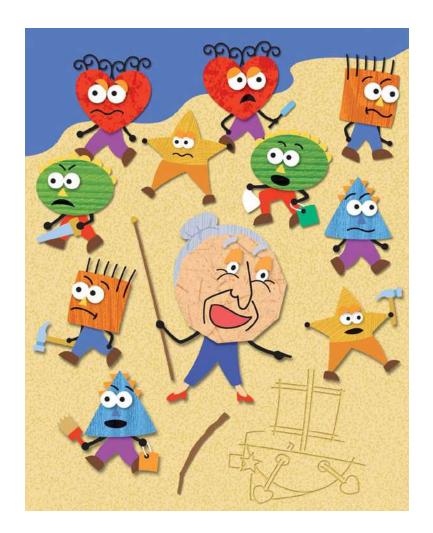
Elder Decagon picked up a stick and started to draw.

She showed them how the Squares' sails would move the Ovals' boat.

The Triangles' bottom would keep it from tipping.

The Stars' propeller and the Hearts' oars would help the ship move faster.

In the end, all of the shapes went into the ship.



The shapes stared at the drawing, but no one moved.

"Pants will be on fire!" Elder Decagon yelled.

The shapes went to work.

12



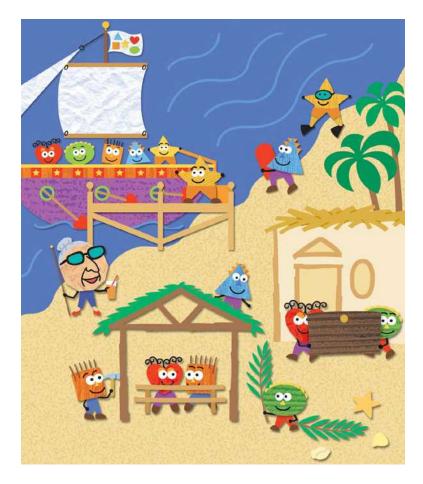
When it was finished, all the shapes climbed onto the ship.

They waited for Big Scary Fire
Mountain to erupt, but it never did.
The shapes asked Elder Decagon
why it didn't.



She just said, "Look at this wonderful, shipshape ship."

"It shows that if you work hard together, you can go anywhere and do anything."



After some thought, the shapes agreed.

They decided to work together to make Shape Island a better place. They also decided to explore the seas in their shipshape ship.

Glossary

confused (adj.) unclear or uncertain

about something (p. 6)

elder (n.) someone with

authority because

of his or her age and

experience (p. 3)

erupt (v.) to forcefully eject

something that has

been pent up, as

from a volcano; to

come out in a sudden

explosion (p. 5)

island (n.) an area of land

surrounded by water

(p. 3)

plan (n.) a way of making or

doing something (p. 5)

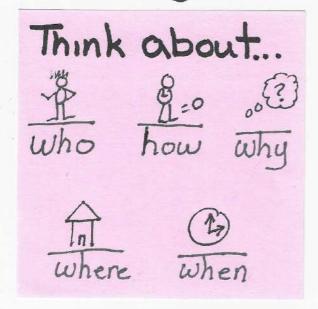
shipshape (adj.) clean, neat, or tidy;

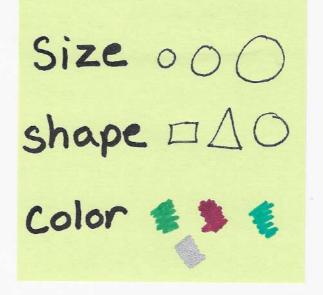
organized or put

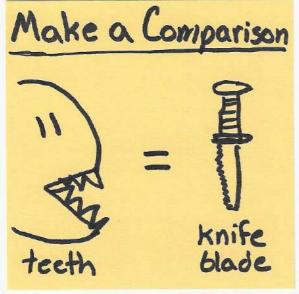
together well (p. 9)

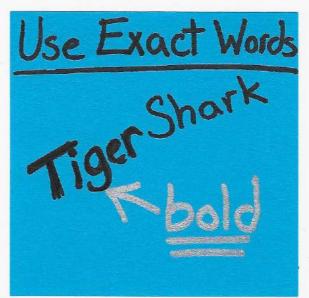
Name	Date	

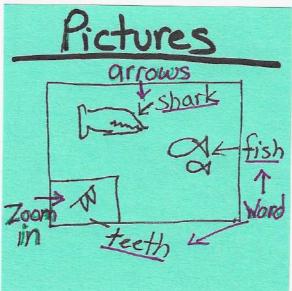
Ways to Describe













RSU 57

- Waterboro
- Alfred
- Lyman
- Line
- Shapleigh
- Massabesic Middle

Massabesic High

SPECIALS

Printables

LEARNING MENU SPECIALS

GRADE 1

1

PΕ

Health-related Components of Fitness Exercise Cube: https://bit.lv/2LtDe1K



2

PΕ

W.O.W (Workout of the Week): Wednesdays with Mrs. Person, Ms. Fearon, and Mr. Penley at 11:00: https://rsu57.zoom.us/j/298 414629



3

Number Line Drill, click this link to try:

PE

Number Line Drill.mp4 (https://bit.ly/2LpSIUf)



4

Art Diorama

First Grade Learning Board Week of May 11 and 18 5

Art Collagraph

First Grade Learning Board Week of May 11 and 18 E

Art Creative Letter Art

First Grade Learning Board
Week of May 11 and 18



Music

See how many different sounds you can find around your home! Use the Scavenger Hunt paper to guide you.

https://tinyurl.com/y73hlzux

Create an instrument. Check
out this website
(https://tinyurl.com/yc4b79

ra) or check with your music teacher for instructions to create different instruments. Show your music teacher what you made!https://tinyurl.com/y

8xx8f5s

9

Music

Take a walk, and notice what sounds you hear. You can write them out as a list, or draw a picture of the sounds you hear.



10 Listen to this nonfiction book about Vegetables! https://bit.ly/3fKpEVE

Use the Chatterkid app to make a vegetable talk! Have your vegetable tell us which other veggies you would plant in your garden.
Chatterkid:https://bit.ly/2A

qj3zx

11

SEL

Dealing with Disappointment



12

SEL

Brave Yoga (https://safeYouTube.net/w /iPyE)





1

Cube PatternCut on solid lines - Fold on dashed lines JUMPING JACKS PUSH UPS PLANK shutterstock.com • 528880717 © www.atozteacherstuff.com

Diorama

A Diorama is a form of art that uses various materials to create scenes and backgrounds. They can really be made out of anything! Shoeboxes are great to use as a base for your diorama. Here are some examples:







Week 1: Brainstorm ideas for your diorama: under the sea, woodland, your bedroom, prehistoric times, etc. Collect some materials that you can use as props for your scene: fabric scraps, dried foods (pasta, beans, rice), natural materials (pine cones, rocks, dirt, sand, leaves, tree bark, flowers, etc.), toilet paper or paper towel tubes, markers, crayons, colored pencils, figurines, stickers, paint, cotton balls, q-tips, etc.

Begin to put your diorama together.

Week 2: Finish your diorama!

Collagraph Printmaking

A Collagraph is a method of creating a print (or a stamp) to make artwork. They can easily be made by using a simple piece of cardboard or wood as a base and gluing objects on top to create a design. This design is then used to create prints by painting and stamping the collagraph onto paper. Here are some examples of what collagraphs look like:



Week 1: Collect your materials! You can use foam stickers, yarn, puzzle pieces, cardboard (both as a base and scraps of cardboard to glue onto your base!), dried beans, pipe cleaners, bottle caps, etc.

Create your collagraph! Create a design by gluing your objects to your cardboard to create a "stamp". Let the glue dry before using it!

Week 2: Use your collagraph as a stamp to create some prints! Apply paint to your collagraph stamp. You can stamp it on one paper and create a symmetrical design or you can use multiple paper to stamp your design.

Creative Letter Art

Can you turn your letters into a piece of art?

Week 1: Take a letter of the alphabet and turn it into something! Will it be an animal? A person? A vehicle? Draw an uppercase letter on your paper. Go over the letter with a black marker, crayon, or dark pencil. Look at the shapes in the letter. What could it be?

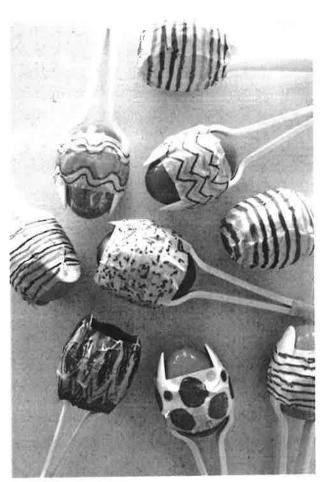
Week 2: Add details.



Sound Scavenger Hunt

How many sounds can you find for each question below? Find at least one sound for each.

What is a high sound you can hear?
What is a low sound you can hear?
What sound can you hear that has a steady beat?
What sound can you hear that does NOT have a steady beat?
What sound can you hear that is loud?
What sound can you hear that is soft?



How to make easter egg maracas:

Plastic eggs

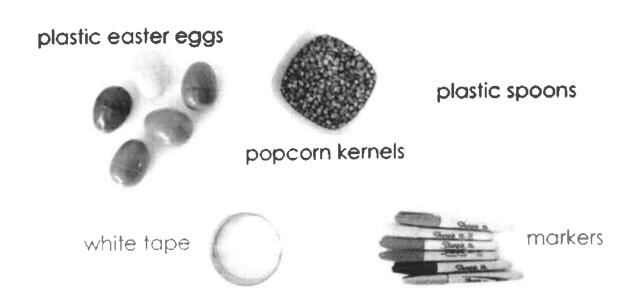
Plastic spoons

Tape (decorative or plain to decorate yourself!)

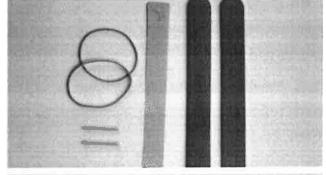
Filling could be:

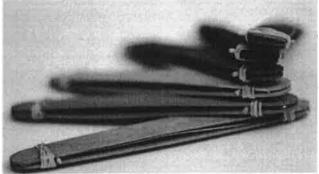
Rice, beans, popcorn, lentils, small pebbles, etc.

- · Fill (leave a little room for shaking)
- close
- · enclose with spoons
- tape
- decorate!



DIY POPSICLE STICK. Harmonica







Popsicle Stick Harmonica Supplies

- 2 Popsicle Sticks ~ We used the wide ones
- 2 Rubber Bands ~ You could also use string
- A strip of paper the same size as the Popsicle Stick
- 2 toothpicks cut the width or just wider than the Popsicle Stick

How to assemble your DIY musical instrument:

- Sandwich the paper strip in between the 2 Popsicle Sticks
- Wrap a rubber band around one end until it is snug.
- Slide a toothpick to the inside of the rubber band.
- Sandwich the last toothpick at the other end of the Popsicle sticks, and wrap with a rubber band.

My son found it worked best when he placed one toothpick on top of the paper and one toothpick under the paper.

Farm Instruments You Can Make

Box Guitar

What You Need

Shoe Box with lid Rubber Bands (A variety of different thicknesses) Scissors (Adult supervision needed) Pencils or thin dowels **Paint**

What You Do

- I. Paint or decorate the box.
- 2. Using the scissors, cut a hole in the lid of the shoe box.
- 3. Smooth edges from the hole with fingers or scissors.
- 4. Stretch rubber bands across the shoe box.
- 5. Put pencils or small dowels on each side to form the guitar's "bridge."

How To Play

Strum or pluck the strings.



Cuica (Bird)

To use with the song, Bird Dance, page 47.

What You Need

Red Plastic Cups

Ballpoint pen

String (embroidery thread or dental floss)

Feathers

Felt for eyes (white and blue)

Felt for beak (yellow or orange)

Hot glue gun

Small sponges

Glue sticks

Scotch tabe

Scissors

Containers to place feathers, eyes, beaks

What You Do

- I. Pre-cut string to 18 inch lengths.
- 2. Cut beaks and eyes (white and blue or one light, one dark color).
- 3. Punch small hole in the cup, using a ballpoint pen.



Rainstick

What You Need

Paper towel tube Aluminum foil

Glue

Tempera paints or markers

Paint brush

Colored electrical or masking tape

Rice

Yarn, construction paper or foam cut-outs, or other decorations

Scissors

What You Do

 Make a construction paper cap and seal one end of the tube with tape, or fold one end of the tube over and staple it shut.

Make balls out of tin foil about the size of a golf ball or slightly smaller to fit in the tube.

3. Fill the tube with the foil balls up to an inch from the top.

4. Pour rice into the tube.

5. Seal or staple the other end of the tube.

6. Decorate by gluing yarn, construction paper, foam, or other decorations to the ends and sides of the tube.

How to Play

- 1. Tip the rain stick from side to side slowly, allowing the rice to "trickle" through the foil balls.
- 2. Experiment with the speed of the "tip" and see how many types of rainfall can be created.

Use your new rainstick with these fun songs!

"Jungle Beat Chant," p. 5

"Sixty Inches of Rain," p. 10

"The Lion Sleeps Tonight," p. 42

Ocean Drum

What You Need

Clear plastic round food container with a ridged lid—the larger the container, the better

Small colored beads, rice, tiny shells, small beans or seeds

Colorful electrical or masking tape

Paper and paint or markers

Glue or tabe

2 Pencils or chopsticks for mallets

What You Do

- 1. Cut the paper the same size and shape as the bottom of the container.
- 2. Paint or color a design or picture on the paper.
- 3. Glue or tape the paper to the inside bottom of the container.
- 4. Fill with ¼ cup of tiny beads, rice, seeds or beans.
- 5. Place the lid on the container.
- 6. Tape the container shut using the colorful tape.

Ways to Play

- 1. Ocean sounds: Slowly tip drum from side to side.
- 2. Shaker: Move the ocean drum up and down or side to side, or any combination of these.
- 3. Drum: Use two chopsticks or pencils to play on the top of the lid.
- 4. Guiro: Use a chopstick or pencil to play the ridges on the side of the lid.

Water Glasses

What You Need

Glasses (wine glasses or water goblets work best, but encourage experimenting with different types of glasses to produce different musical sounds. The thinner and purer the glass, the better the sound.)

Clean, washed hands

Clear water in a pitcher

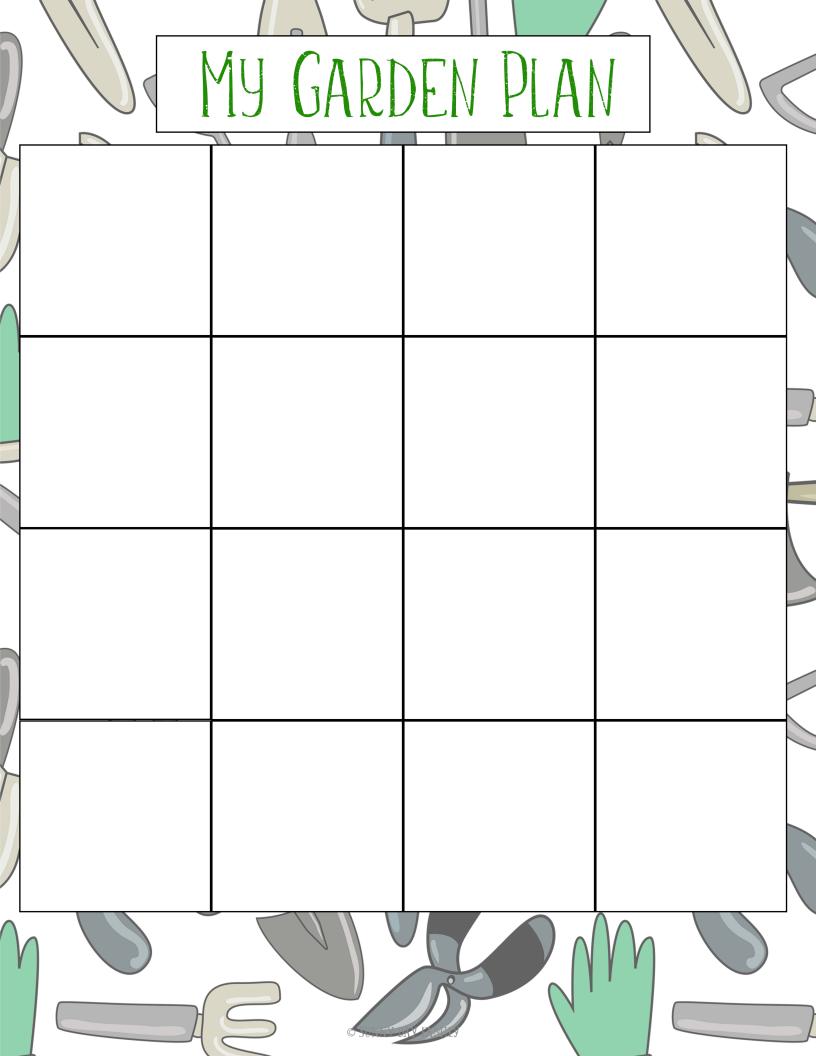
Metal spoon

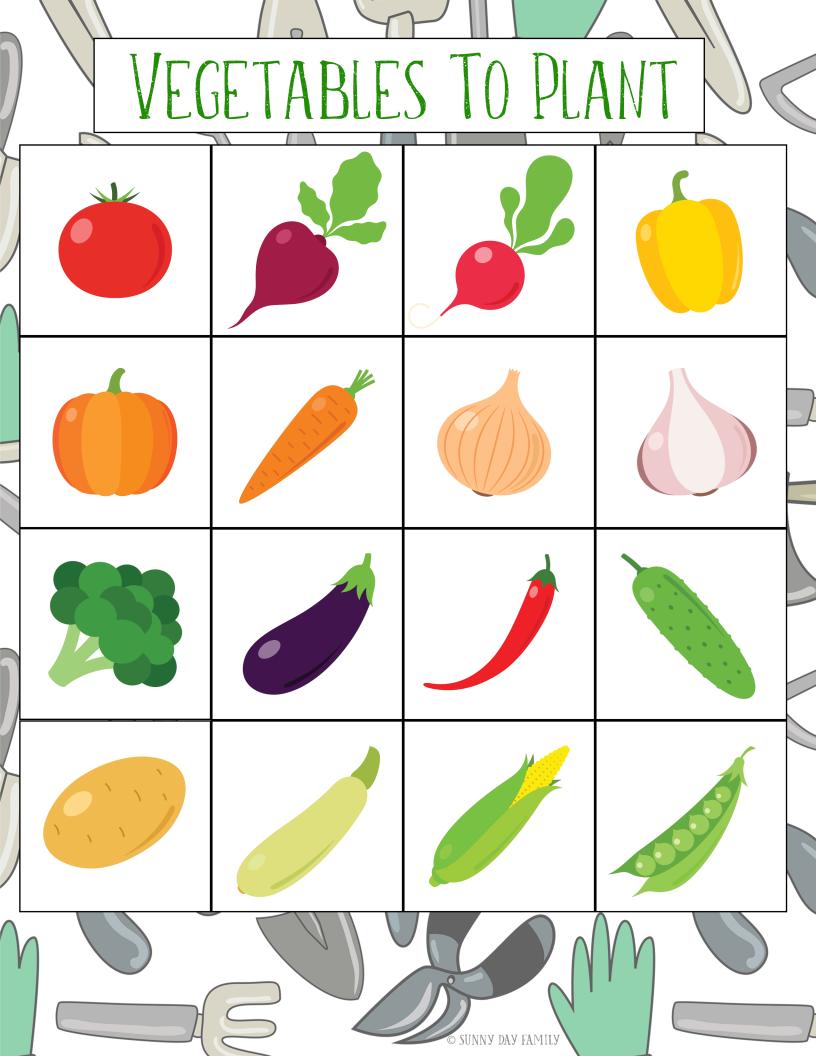
What You Do

Fill glasses to different levels to create different musical pitches.

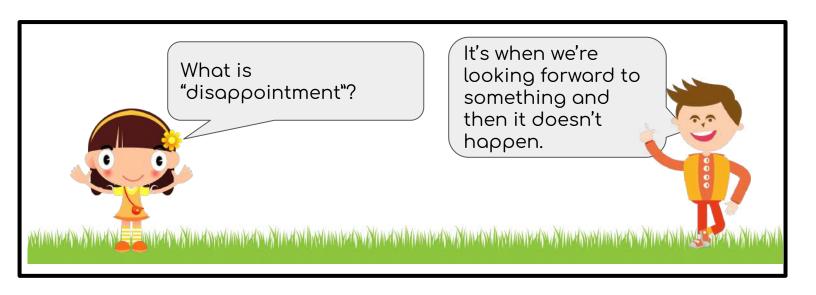
How To Play

- I. Wet your finger and rub it around the edge of the glass until a sound is produced.
- 2. Try playing two glasses of different pitches at the same time.
- Use the spoon to gently tap the glass.
- Add or take away water to see how the pitch is affected.





Dealing with Disappointment

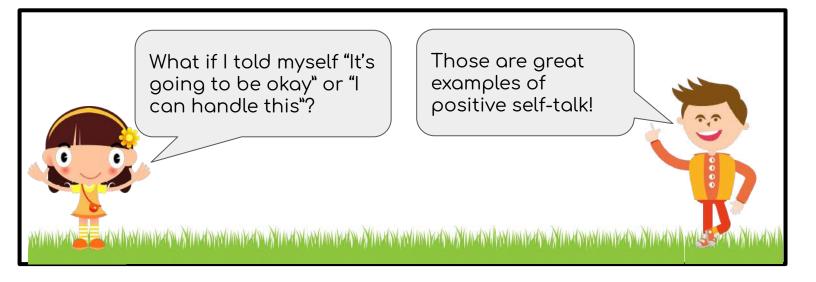




What has made you feel disappointed? Complete page 1 of the handout. (click here)







What can you do to help you feel better when you are feeling disappointed?

Complete page 2 of the handout. (click here)

