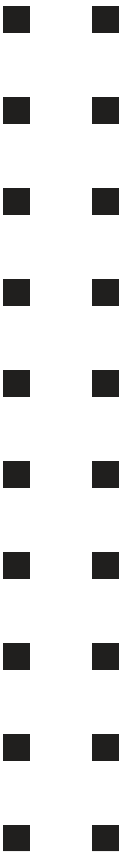




RSU 57

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

Continuous Learning **LEARNING MENUS**



MATH

LITERACY

SPECIALS

Printables

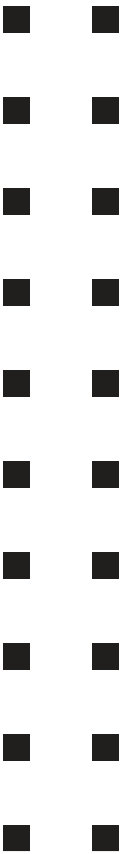




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MATH



Printables



LEARNING MENU MATH & STEM

GRADE 2

★ = EVERYDAY ITEMS

1 ★

Addition/Subtraction Facts Practice:

XtraMath, Prodigy, ConnectEd - Beat the Computer, Timed Test app, or worksheet (try to beat your time from the previous day)

tinyurl.com/yagwcmhj



2 ★

IXL Diagnostic & Rec. skills

Complete one math recommendation daily.

Be sure to update your diagnostics once a week.



3

Graphing Box

Show what you know about interpreting data by completing the Seesaw activity assigned by your teacher.



New Skill Challenge

Campers at Camp Sunshine get to choose 2 different survival skill classes. They can choose from: fire making, tent pitching, fishing lure tying, compass reading, and tool practice. If campers get to choose 2 different survival skill classes, how many class combinations are there in all?

Find an organized way to show all possible combinations and the answer in the box below. The first one was done for you.

tinyurl.com/RSU57MathBox7



5 Math Box Page/Paper Pencil

If you have your math journal at home, please complete page 157, otherwise follow this link.

tinyurl.com/RSU57MJ157



6 Telling Time to 5-Minute Intervals

Show what you know about telling time with this worksheet.

tinyurl.com/ya6cbafw



7

Seesaw Mapping Activity

Think about the street you live on. Draw a map using street names, houses, trees to show your environment.

Your teacher will assign this on Seesaw.



8

Multi Step Word Problem

Use what you know to solve the word problem. Show your thinking by drawing a picture, using the number line, and writing a number model. **Your teacher will assign this on Seesaw.**



9 Real Life/Outdoor Activity:

Go on a scavenger hunt outside. Find as many items as you can that are red, orange, green and red. Make a graph on your driveway using chalk or sticks and place the items on it. (You may also search for any items in nature that you wish to graph.)

Which item has the most? Which item has the least? What is the difference between the two? Choose two items from the graph, what is their sum? How many items did you find in all?



10

Mystery Number

My ones digit is one more than my tens digit.
My hundreds digit is one less than my tens digit.
My ones digit is three.
What am I?



Check our website daily for additional remote learning supports: bit.ly/rsu57remote

May 26 - May 29

Add and Subtract (A)

Find each sum or difference.

12	13	14	12	7	5	5	4	4	8
- 6	- 7	- 6	- 4	+ 5	+ 7	- 5	+ 2	+ 7	- 1

13	4	8	14	8	7	9	0	11	4
<u>- 8</u>	<u>+ 7</u>	<u>+ 8</u>	<u>- 6</u>	<u>- 6</u>	<u>- 3</u>	<u>+ 6</u>	<u>+ 6</u>	<u>- 4</u>	<u>+ 4</u>

[illegible]

7	11	8	9	12	5	7	7	10	1
+ 9	- 5	- 8	+ 5	- 6	+ 8	- 1	+ 9	- 5	+ 8

6	5	7	2	7	9	9	2	10	11
-1	-0	+3	-2	-2	+6	-9	+3	-1	-6

8	1	13	3	4	1	9	5	15	10
-1	+3	-6	-3	+9	+2	-1	-0	-8	-5

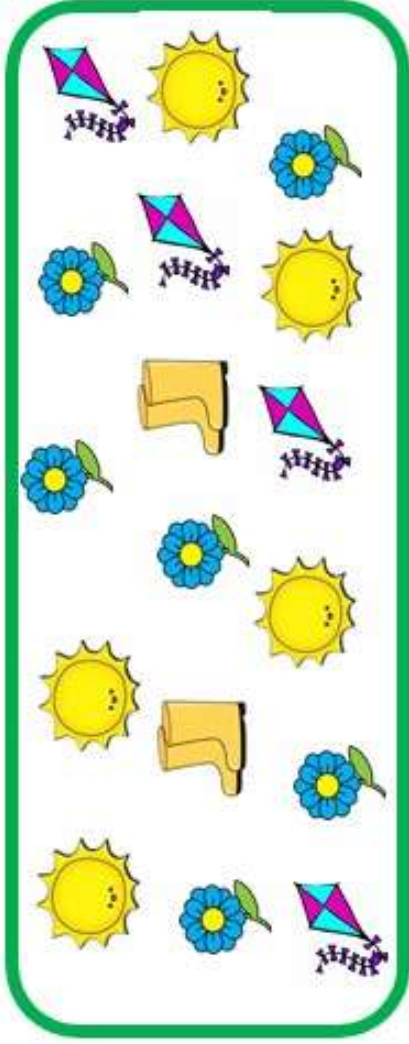
4	2	4	9	10	7	16	2	8	18
+ 5	+ 4	+ 8	- 3	- 8	+ 9	- 8	+ 2	+ 2	- 9

0	14	0	17	7	7	8	5	9	17
+3	-8	-0	-9	-1	-6	+6	-5	+9	-9

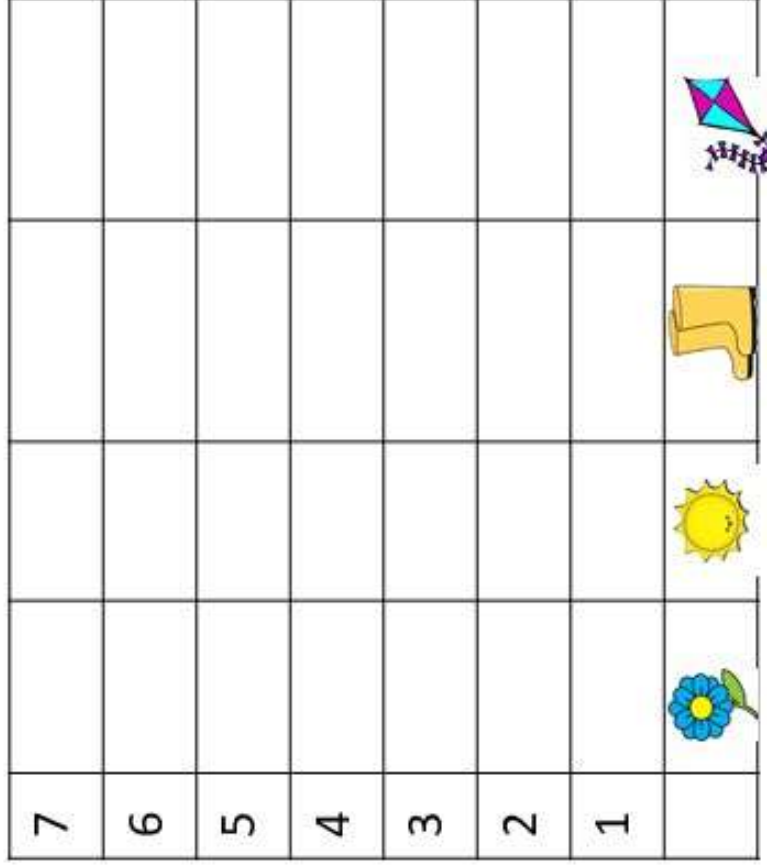
3	0	10	4	14	9	13	7	3	15
+ 1	+ 7	- 5	- 0	- 9	- 1	- 9	- 4	+ 8	- 6

5	13	4	14	6	4	0	14	2	1
+ 5	- 6	- 1	- 5	- 0	+ 5	+ 0	- 9	+ 0	+ 6

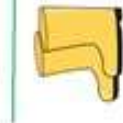
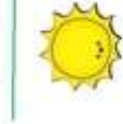
Spring Day Graphing



Use the bar graph to show how many of each. Cross the picture out as you go.



How many of each?



Answer by writing a number sentence.

1. How many more flowers are there than rain boots? _____
2. How many fewer rain boots are there than suns? _____
3. How many more kites are there than rain boots? _____
4. How many fewer kites are there than flowers? _____

Name _____

Survival Skill Math Challenge

Campers at Camp Sunshine get to choose 2 different survival skill classes. They can choose from: fire making, tent pitching, fishing lure tying, compass reading, and tool practice. If campers get to choose 2 different survival skill classes, how many class combinations are there in all?

Find an organized way to show all possible combinations and the answer in the box below. The first one was done for you.



Combination Number	Survival Skill	Survival Skill
1	Fire Making	Tent Pitching
2		
3		
4		
5		
6		
7		
8		
9		
10		

Math Boxes

Preview for Unit 7

Lesson 6-7

DATE

1 Solve.

$$14 + \underline{\hspace{2cm}} = 20$$

$$20 = 12 + \underline{\hspace{2cm}}$$

$$11 + \underline{\hspace{2cm}} = 20$$

$$\underline{\hspace{2cm}} + 13 = 20$$

Unit

pencils

2 Meg has ☆☆☆.

Dan has ☆☆☆☆☆☆☆.

Jen has ☆☆.

How many stars are there in all? stars

3 Name something that is about 1 foot long.

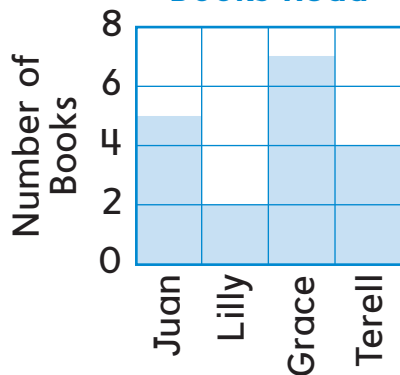


4 Erin can jump about 1 foot high. John can jump about 2 feet high. How much higher can John jump?

About ft

5

Books Read



Who read the most books? _____

Who read the fewest books? _____



6 Write a number story to match the number model.

$$4 + 6 - 5 = ?$$

Name : _____

Score : _____

Teacher : _____

Date : _____

What Time Is It ?




At Home Challenge: Social Studies

Think about the street you live on and your neighborhood. Draw a map of your labeled map on your neighborhood. Take a picture and upload it!

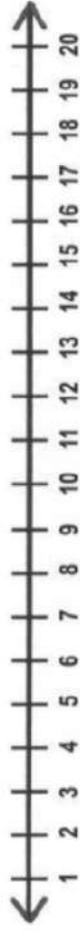


Jill picks 12 flowers. She throws away 4 flowers. She gives 3 flowers to her mother. How many flowers does Jill have now?

Draw a picture of the problem. 

Use a number line to solve. 

Show a number model or equation. **T**

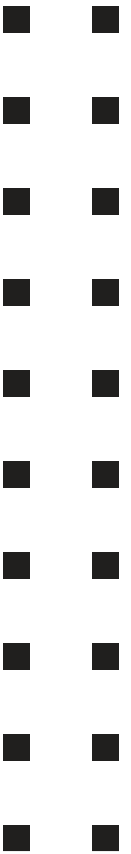




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LITERACY



Printables



LEARNING MENU LITERACY

GRADE 2

★ = EVERYDAY ITEMS

May 26 - May 29

1

★ (Three times this week)
Read to self or a family member for 20 minutes or more.



2

★ (Two times this week)
Choose a book on RAZ kids. Listen to the book, read the book, and take the quiz. (Post a picture of your quiz results on SeeSaw)



3

★ IXL Diagnostic & Recommended skills

Complete one Language Arts recommendation daily.

Be sure to update your diagnostics once a week (Monday).



4

Word Work:

Possessive Pronouns activity assigned by your teacher on SeeSaw.

<https://tinyurl.com/v92nkzea>

t



5

Word Work:

Compound Words activity assigned by your teacher on SeeSaw.

<https://tinyurl.com/y7q5v9qo>



6

Maine Wildlife Park:

Colors Hike activity assigned by your teacher on SeeSaw.

<https://tinyurl.com/ybagz45x>



Listen to the story [Keep the Light Burning, Abbie!](#)

Build or design your own lighthouse.



Writing Prompt:

Listen to the story "[One Morning In Maine](#)" read aloud:

Write about your favorite day...

[Writing Paper](#)



Writing Prompt

[Maine State Flag video](#)

Research the Maine flag. Now that Maine is 200 years old and we are celebrating the bicentennial, it could be time to design a new flag for our state. What things would your flag include and why are they important to Maine?



2

Check our website daily for additional remote learning supports: bit.ly/rsu57remote

Monday

- A **possessive pronoun** takes the place of a possessive noun.
- A possessive pronoun shows who or what owns something.
- ***My, your, his, her, and its*** are singular possessive pronouns.

My brother is a firefighter.

His job is very hard.

Your answer was correct.

The box was on its side.



Monday



Circle the correct possessive pronoun in () for each sentence.
Write the possessive pronoun on the line.

1. One of (my, me) favorite people in history is George Washington.

2. George Washington was a hero in (his, he) time.

3. (He, His) home was a large farm. _____

4. Mount Vernon was the name of (his, he) farm. _____

5. The farm was known for (its, he) fine home. _____

6. Martha Washington also helped (her, she) country.



Tuesday



Underline the correct possessive pronouns. Write the sentences correctly on the lines.



1. (Your, You) favorite heroes are your brothers.

2. (They, Their) jobs are very hard.

3. They work in (our, us) town's fire station.

4. They help keep (its, it) equipment working.

5. They make (our, we) town a safer place.



Tuesday

- A **possessive pronoun** shows who or what owns something.
- Plural possessive pronouns are ***your***, ***our***, and ***their***.

Our brother is a police officer.

Your sister is a firefighter.

The teachers eat their lunch at noon.



Wednesday

- **Proper nouns** name special people, places, or things.
- Each important word in a proper noun begins with a capital letter.
- The names of products are proper nouns.

Fluffy Ice Cream

Clean Soap



Write each sentence. Use capital letters correctly.



1. We like to eat at brown's sandwiches.

2. Very beany chili was on the menu.

3. My brother had the vita chocolate shake to drink.

4. My mom ordered the veggie variety salad.

5. Jill had her favorite dessert, crunchy ice cream.

Thursday

Underline the possessive pronoun that completes each sentence correctly. Write it on the line.

1. This is a story about _____ friend Jana.

my me I

2. Jana was studying for _____ science test.

she her its

3. _____ brother Alex ran into the room.

Her Its You

4. _____ eyes were big with fear.

Its She His

5. "Jana, I need _____ help," Alex said.

his your my

6. "Help me find _____ family's pet rabbit."

you they our

7. Jana went out into _____ yard with Alex.

their she he

8. They looked and looked until they found _____ rabbit.

its me their



Write the
COMPOUNDS!

Name: _____

Read each word and decide if it is a compound word or not. Write the compounds in the list below. You may not use all of the spaces.



notice

cupcake

computer

sunshine

footprint

blueberry

insect

nobody

paper

snowman

panda

sidewalk

jacket

rainbow

teacher

football

pencil

without

swimming

slowpoke

1

5

9

2

6

10

3

7

11

4

8

12

COLORS Hike

Take a hike and find things of the colors listed on the next page.

Write down what is found in nature and what is made by humans. Try to find at least six of the eight colors.



Ryland Loos

BEFORE YOU GO

- ❖ Tell an adult where you are going, what trail you will be on, and when you expect to be back.
- ❖ Bring a friend.
- ❖ Know your campsite number.
- ❖ Take a backpack with you.

Items to Put In Your Backpack



IN NATURE

MADE BY HUMANS

RED

ORANGE

YELLOW

GREEN

BLUE

PURPLE

WHITE


BLACK

Reprinted with permission from NYSDEC




Name _____

Date _____

[illegible]

Name _____

Date _____


This image shows a single page from a notebook or ledger. It features ten evenly spaced horizontal blue lines across its entire width. The background is white, and there are no margins, text, or other markings present.

Name _____

Date _____

Name _____

Date _____

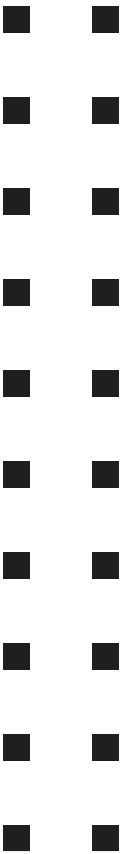
[illegible]



RSU 57

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SPECIALS



Printables



LEARNING MENU SPECIALS

GRADE 2

May 26 - May 29

1

PE
Virtual Field Day:
[Virtual Field Day](#)



2

PE
The **last** W.O.W (Workout of the Week): Wednesdays with Mrs. Person, Ms. Fearon, and Mr. Penley at 11:00:
<https://rsu57.zoom.us/j/298414629>



3

PE
Virtual Field Day:
[Virtual Field Day](#)



4

Art
Animal Shadows
[Second Grade Week of May 25](#)



5

Art
Abstract Name Art
[Second Grade Week of May 25](#)



6

Art
Apple Carvings
[Second Grade Week of May 25](#)



7

Kandinsky Lab: Make your artwork come alive with sound! Draw high on screen, make a scribble, a low shape, try lots of ideas. Press play to hear your creation!
<https://musiclab.chromeexperiments.com/Kandinsky/>



8

Music
Steady Beat
Find somewhere outside to listen to a song, and try at least three ways to keep a steady beat!



9

Create an instrument using materials you have at home. Show your music teacher what you made! Can you talk about the sounds it makes?
<https://tinyurl.com/y8xx8f5s>
<https://kidactivities.net/homemade-musical-instruments/>



10

Tell us your favorite book you have read this school year. Next, pick a way to tell us about the book. You can record a video of yourself, use ChatterKid, or [draw a picture](#) of your favorite character or scene. Chatterkid how-to:
<https://bit.ly/2Aqj3zx>



11

SEL
[Memory Book](#)



12

SEL
[Chill Out Yoga](#)
(<https://safeyoutube.net/w/rv0G>)



Check our website daily for additional remote learning supports: bit.ly/rsu57remote

Animal Shadows

Let's use your toys and some shadows to create some artwork! Do you have any animal figurines? Maybe some dinosaurs? Pick a bright sunny day to bring them outside to trace their shadows! Here's some examples:



Week 1: Grab some paper and your toys and take them outside! Rearrange your toys so that they are easy to trace. You can create a scene by using natural materials or adding toy trees in your artwork as well! Trace your animals and your scene!

Week 2: Add some details to your shadow drawings and background and color it in!

Abstract Name

Have you ever tried to create a piece of artwork from your name and simple lines? Letters are all different shapes and are created by using different lines and directions. Here are some examples of this project:



Week 1: Draw three or four evenly spaced wavy lines across the paper. Use a pencil and then marker to make the lines and to write each letter of your name. Each letter should be printed and upper case works the best. The letter needs to touch the lines above and below creating spaces between the lines.

Week 2: Color in the space and shapes that you created with your letters!

Apple Carvings

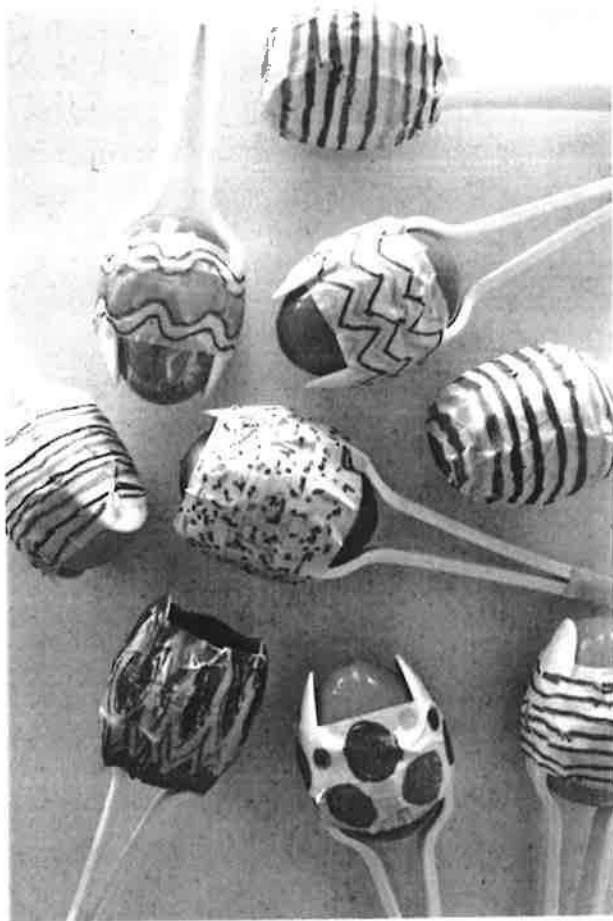
****Parent supervision is required for this lesson!!!

Pick an apple that you would like to use to carve a design into. Your design can be a pattern, an animal, a face, or anything that you choose! Using a **plastic** knife, toothpicks, pencils, straws, start to carve small marks on your apple to create a design. It is recommended to not make the carvings too deep at first until you are satisfied with your design. Here are some examples:



If you choose to carve a face and you leave it out to dry for a few days, it will look like a wrinkled face! Here's some funny examples:





How to make easter egg maracas:

Plastic eggs

Plastic spoons

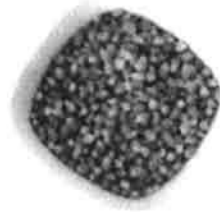
Tape (decorative or plain to decorate yourself!)

Filling could be:

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

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

plastic easter eggs



popcorn kernels

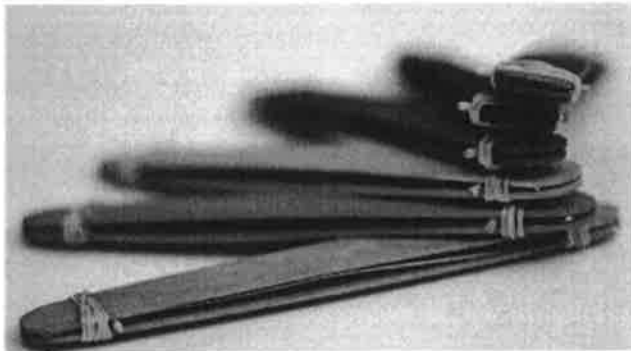
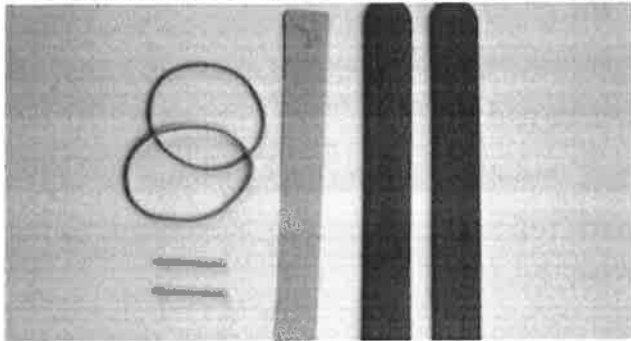
plastic spoons

white tape



markers

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

1. 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 tape
 Scissors
 Containers to place feathers, eyes, beaks

What You Do

1. 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

1. 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.
2. 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 tape

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 $\frac{1}{4}$ 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

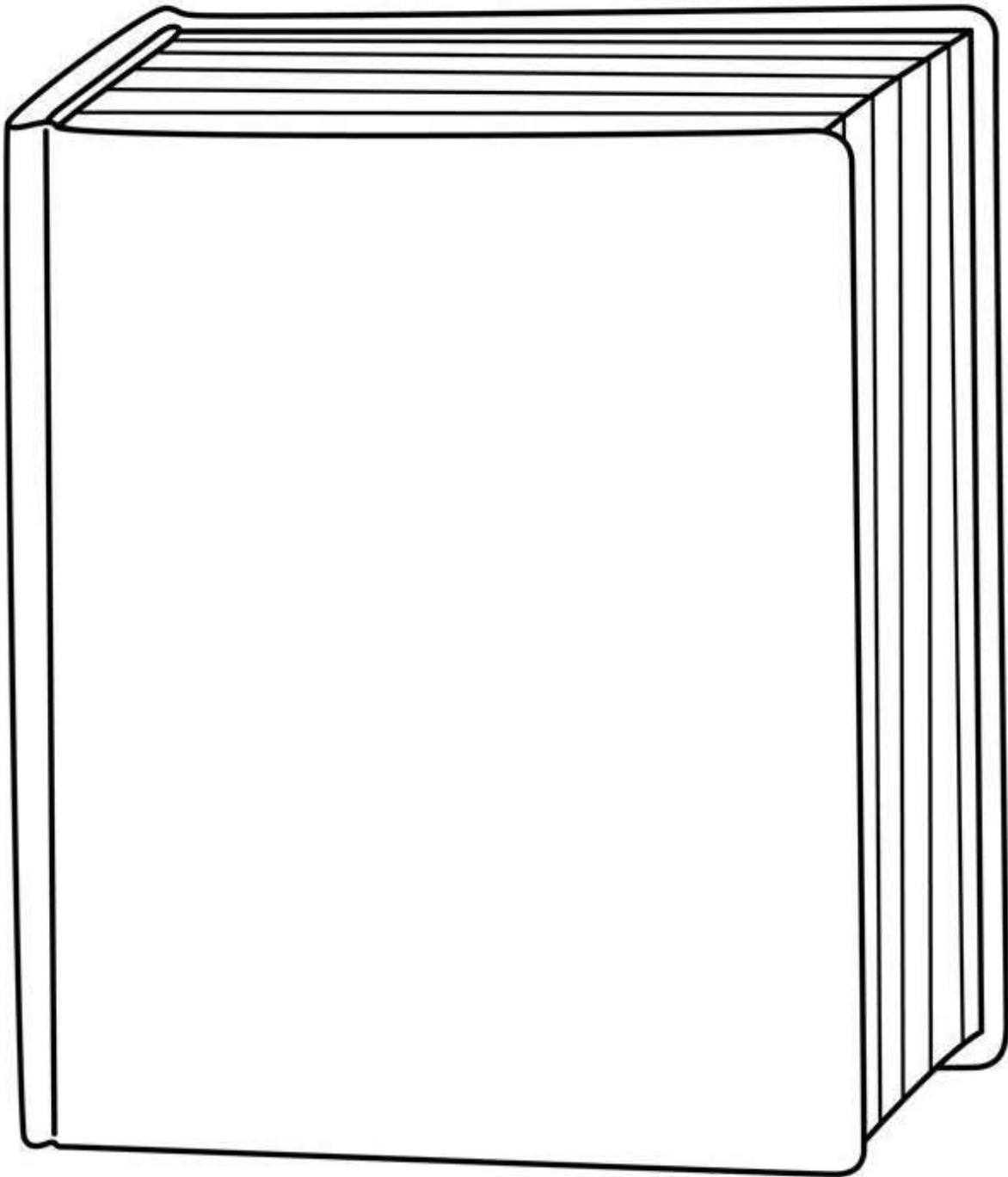
Fill glasses to different levels to create different musical pitches.

How To Play

1. 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.
3. Use the spoon to gently tap the glass.
4. Add or take away water to see how the pitch is affected.

Name: _____

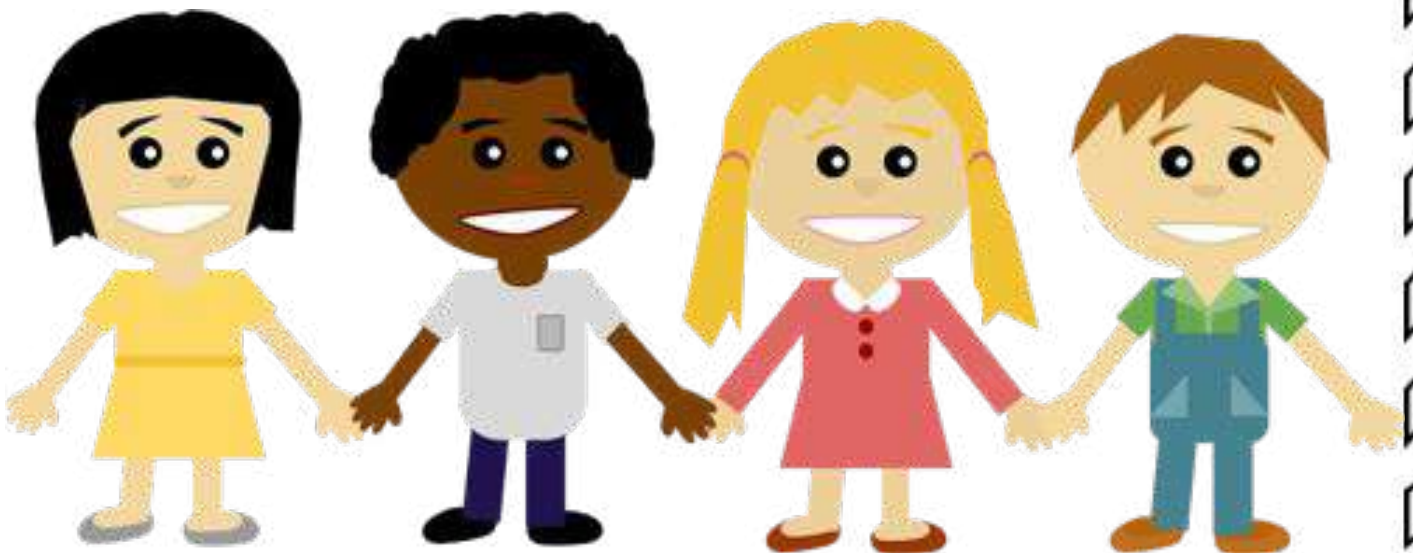
MY FAVORITE BOOK We READ in LIBRARY THIS YEAR WAS...



My Memory Book

By: _____

Grade: _____



All About Me

My name is

I am

years old.

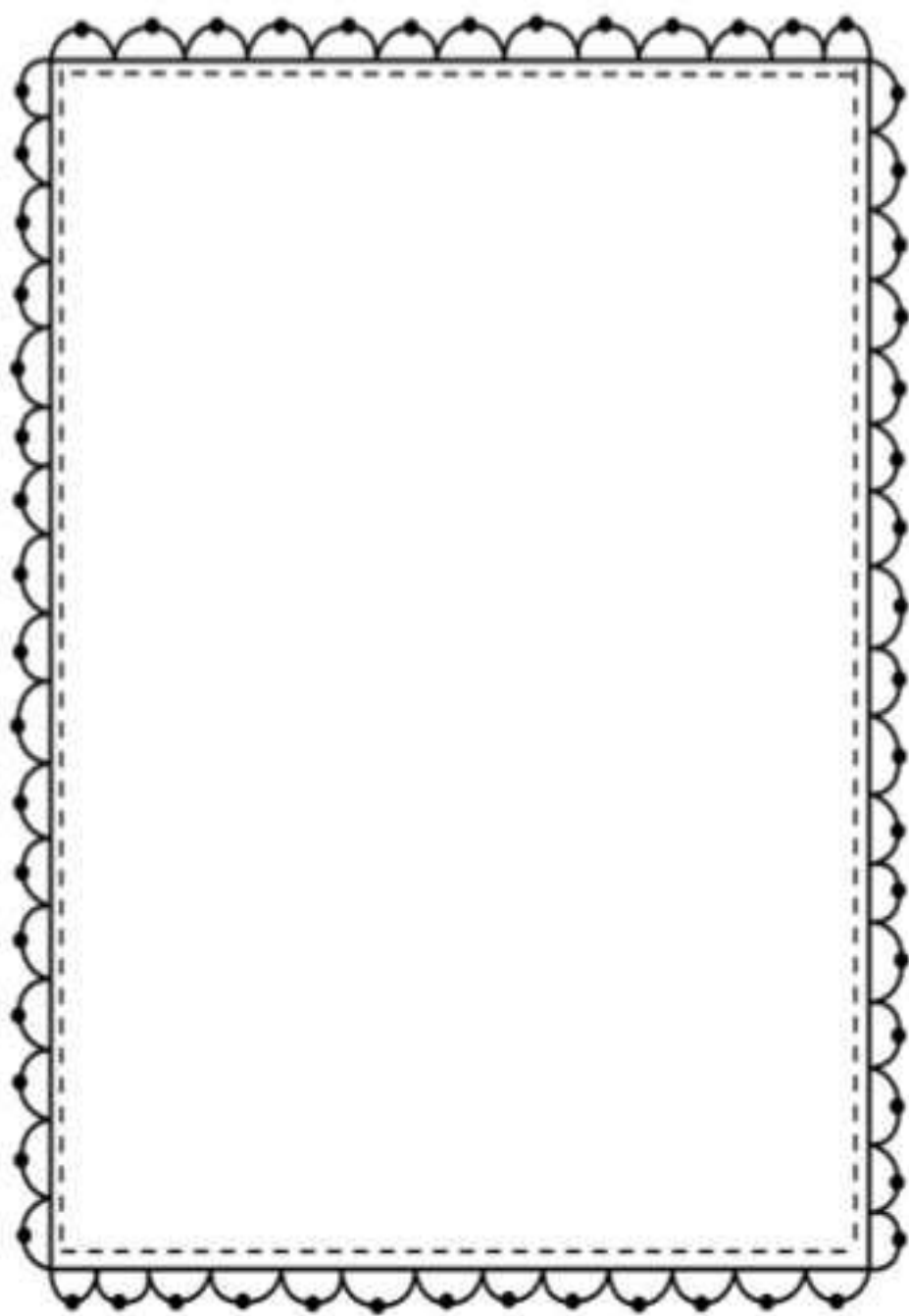
My favorite color is

I like to eat

I like to play

My favorite book is

Self Portrait



This is how I describe myself.

My School



My school is

Here is a drawing of my school.

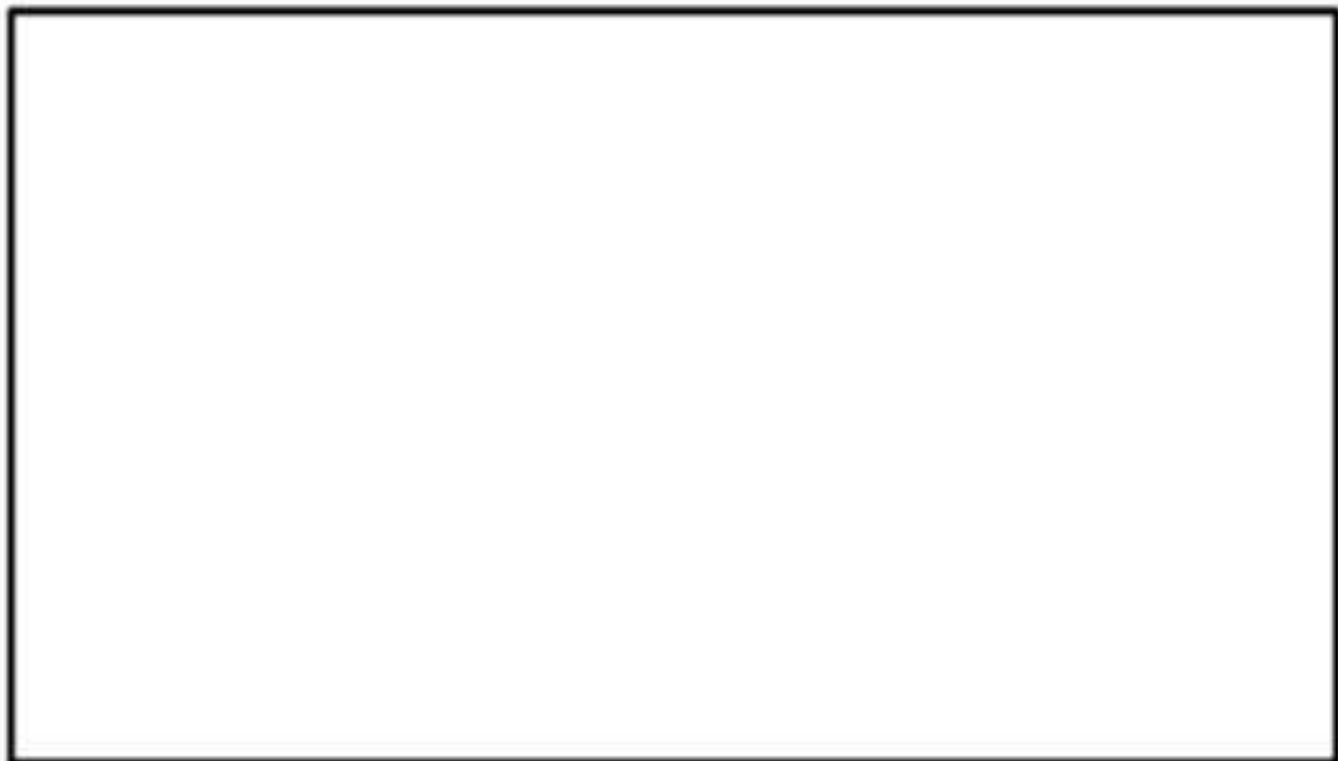
A large, empty rectangular box with a solid black border, intended for a child to draw their school.

My Teacher

My teacher's name is

I love my teacher because

Here is a drawing of my teacher.



My Friends



Here are my friends.

A large, empty rectangular box with a solid black border, intended for a child to draw or write about their friends.

At school, my friends and I like to

A series of horizontal lines for handwriting practice. Each line set consists of a solid top line, a dashed middle line, and a solid bottom line. There are four such sets of lines provided for writing.

A Whole Year Smarter!

I learned so many things this year!

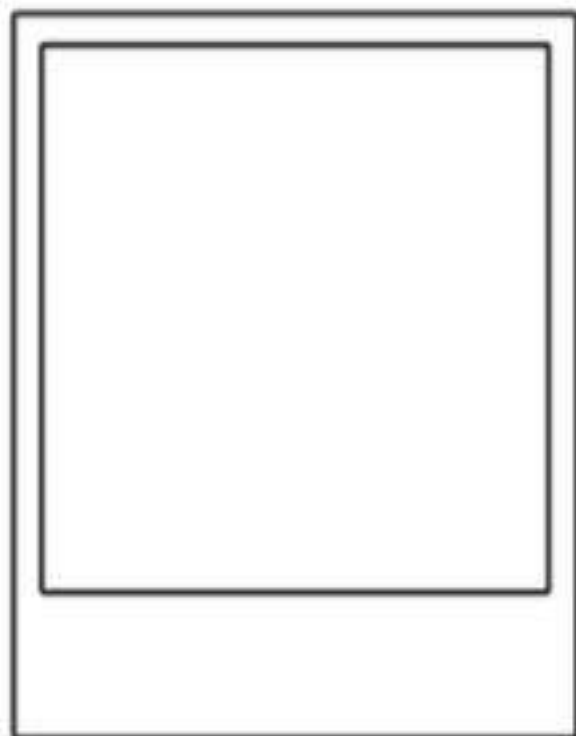
I learned

I learned



Memories

Here are some of my favorite memories from this year.



Welcome to Virtual [Field Day](#)!

Click "[field day](#)" for the video instructions or read the following. We are thrilled to offer you 18 different activities to choose from. You may choose 5-10 activities or try them all, if you dare... Each activity is set to a "Minute-To-Win-It" theme, where you will have one minute to complete the challenge. Please send in your favorite activities and a picture or video of you completing it. As always, we want you to have tons of fun, stay active and laugh quite a bit!

**Click on the challenge title to watch the video.

<p>Bottle Flipper Equipment Needed: Water bottle with ¼ filled with water and a flat surface, make sure the cap is on tight. Objective: Flip your bottle in the air and try to land it right side up. If it lands, you receive 1 point. If it flops, you get to complete 5 jumping jacks and try again.</p>	<p>Take Away Drill Equipment: 6 items, they can be anything for example, shoes, stuffed animals, plastic cups. And a die (if you don't have a die you can use cards or bottle caps with numbers on them). Objective: Find a space where you can place your items on the floor in order 1-6, 10 steps away from your starting point. Roll your die or pick a number and run down to your items and take away that item that sits in that number order. If you roll the same number run down but do not take any item (just to keep you moving).</p>
<p>Bottle Trap Equipment Needed: A bottle or cup, a ball that is smaller than a softball and a laundry basket or bucket. Objective: Trap both your ball and bottle underneath the basket. Use your bottle to prop up one side of the basket, underhand throw/roll the ball into the bottle. If you trap both items under the basket you receive 2 points, if you trap 1 item, you receive 1 point.</p>	<p>Towel Flip Challenge Equipment: A towel Objective: In this challenge lay your towel down on the floor. With both feet on the towel at all times try to flip your towel to the other side without taking your feet off the towel.</p>
<p>Eraser Bounce Equipment Needed: Pencils with erasers, a flat surface and a cup. Objective: Bounce your pencil (eraser down) off of a flat surface and try to land it into your cup.</p>	<p>TP Balance Challenge Equipment: A spoon (bigger spoon, ex: wooden spoon), a roll of toilet paper and a space to walk through. Objective: Think of a way to travel while you are balancing your roll of toilet paper on your spoon. Our examples are walking backwards, ducking walking and walking sideways.</p>
<p>Juggling Challenge Equipment Needed: 2-3 scarves, napkins, plastic bags, tissues, etc. Objective: Keep your objects in the air for the allotted 1 min.</p>	<p>Student Challenge-Sock Ball Throw Equipment: Sock ball and laundry basket (or some sort of basket) Objective: To throw the sock ball into the basket.</p>

Welcome to Virtual [Field Day!](#)

<p>Paper Ball Trick Shot Equipment Needed: A ball (remember you can make one out of paper). Objective: Be creative and make an awesome trick shot; behind the back, through your legs, off of the fridge into the trash bin.</p>	<p>Pillow Flipper Challenge Equipment: Something to flip ex: pillow, stuffy, glove etc. Objective: Place your object in front of you. Flip it over and then do 5 jumping jacks, flip it back and do 5 more, how many times can you flip your object?</p>
<p>Paper Plane Cornhole Equipment: 3 pieces of paper and a bucket/basket. Objective: Make 3 paper airplanes and throw them into the bucket. Your bucket is the same amount of steps away from you as your grade level. If you make it, you receive a point, if you miss you get to complete 5 squats and try again.</p>	<p>Toe Grab Trick Equipment: A bucket and something to grab with your toes. Objective: Grab one object at a time with your toes and see how many you can move into your bucket in 1 minute.</p>
<p>Pencil Catch Equipment: Pencils/writing utensils or sticks. Objective: Starting with one pencil on the back of your hand, toss it up and catch it, if successful, add another pencil to the back of your hand, how many can you catch?</p>	<p>Spaghetti and Meatballs Challenge Equipment: Yoga mat/Floor Objective: Lay flat on your back (spaghetti) and crunch up to a ball (meatball). See how many times you can make a “spaghetti” and “meatball” in 1 minute.</p>
<p>Plastic Bag Challenge Equipment: Plastic bag, paper plate or dust pan (something firm to “fan”) Objective: Use your object to “fan” the plastic bag down and back (10 feet) without touching the bag.</p>	<p>Head, Shoulder, Knees and Toes Equipment: Something light to throw. Ex: stuffy, ball, tissue, etc. Objective: Throw your object in the air, start with touching your head before catching, then on the next throw touch your head and shoulders, and continue and try to touch all four parts of your body before your object falls.</p>
<p>Shoe Balance Trick Equipment: Find a space where you can lay on the floor and one shoe. Objective: In this challenge start by laying on your back, place a shoe on top of one foot that you hold in the air. Your goal is to try to flip your body to your belly while balancing the shoe on your foot. Don't let it drop! If you succeed to your belly try to flip back over to your back.</p>	<p>Plank Cup Stack Challenge Equipment: 3 cups for cup stacking Objective: In a plank position lift one hand to stack the cups down and then back up again and switch hands and redo for 1 minute. Keep alternating your hands.</p>