

**WGSD**  
**Alternative Method of Instruction**  
**(AMI)**

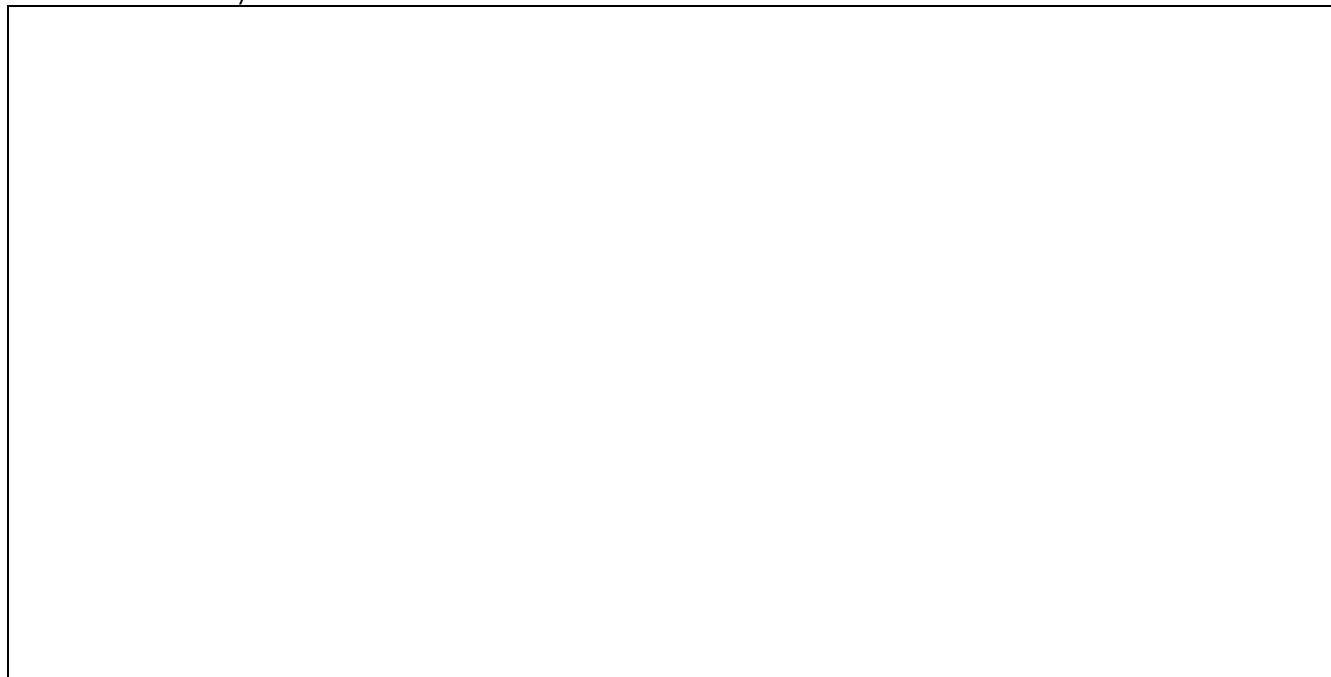
*First Grade*

**Day #5**

Student Name: \_\_\_\_\_

## The Frog and the Slug

Illustrate the story here:



Glen is a frog with black spots. Glen is in the pond. The pond has pads. Glen can jump from pad to pad. He can flip and flop on the pads in the pond.

Glen sees a slug in the pond. The slug is on a pad. "Do you have legs to jump?" Glen asks the slug. "I do not have legs. I can not jump." said the slug. Glen lets the slug get on his back. Look! Glen and the slug can jump from pad to pad!

# UFLI Home Practice

Our end of the week phonics assessment will include each of these skills, please have students reading these words each day.

Read and Write: Reading and writing words with the the short vowel sounds. (a, e, i, o, u). Read and write the words.

Read

Write with help

Write on your own

hand

hand

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fast

fast

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best

best

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list

list

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stop

stop

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Review Irregular Words: Read & Write irregular word. Grown ups, read the word to your student, have them write the words on a separate piece of paper.

The spelling of these words will be assessed.

look    book    are    was

you    what    have

# UFLI Home Practice

Listen and build: Using letter tiles, writing paper, or online word mat, build the following words. Grown ups read the words to your student and have them write or build the word, changing the sounds as you read.

just → rust → rest → west

mist → fist → fast → past

## Sentences:

Read the sentences below, rewrite them with your best handwriting. Circle words with short vowel sounds and underline irregular words.

1. He went to get help.

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2. What is the best spot?

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**Title:** *What Makes Things Warm?*

**Objective:**

Students will identify sources of energy (sun, stove, flame, light bulb) that cause an increase in the temperature of an object.

**Duration:** 20–30 minutes

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## Lesson Steps

### 1. Introduction

Explain to a family member or adult what you see in the picture:



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### 2. Observation Activity: Warm or Not Warm? (10–15 minutes)

Observe different objects and identify the source of energy that makes them warm.

**Instructions:**

1. Find three objects in your house or outside:

- One that gets warm from the **sun** (e.g., sidewalk, windowsill).
- One that gets warm from a **light bulb** (e.g., a lamp).
- One that gets warm from a **warm mug**.
- Touch each object carefully (with adult help if it's hot!) and think about what is making it warm.

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### 3. Observation Worksheet

Object	Source of Energy	How does it feel?	Draw it!

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### 4. Reflection Activity (5 minutes)

Create a drawing or write your answers to these questions:

- "Which sources of energy did you observe?"
- "What happened to the objects when energy made them warm?"

## Grade 1 - Day 5

### Art

Paint a picture using only primary colors (red, yellow, blue).  
Create a painting with a sponge or finger painting tools.  
Try painting a simple landscape (e.g., sun, hills, and clouds).

### Music

Listen to your favorite song and whistle to the song.

Learn a hand game to music. An example would be Miss Mary Mack or I Let her Go go. You can learn from a family member or on YouTube.

Name \_\_\_\_\_

1.

$$5 + 2 =$$

2. If there are 7 birds and 3 fly away, how many are left?

3. Write the number that is 10 more than 28.

4. Fill in the blanks.

$$\underline{\hspace{2cm}} + \underline{\hspace{2cm}} = 17$$

5. Circle the larger number.

50      37



6. There are 8 crabs on the beach. Then 5 crabs go into the ocean.  
How many crabs are on the beach now?  
Show your thinking, using drawings, numbers, or words.

7. Jason has 7 baseball cards. He gets 4 more. How many baseball cards does he have now?

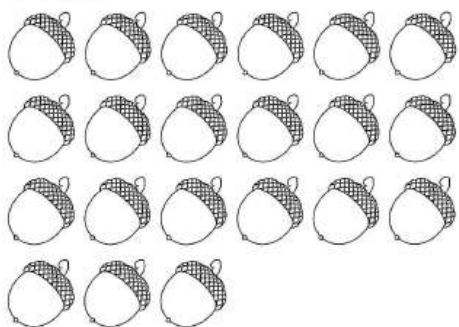
8. Fill in the blank.

$$\underline{\quad\quad} + 7 = 14$$

9. True or False?

$$4 + 4 = 5 + 2$$

10. Circle each set of 10 objects. Write the total amount of tens and ones.



           tens            ones

## Indoor Physical Activity Checklist for Kindergarteners and First Graders

Choose 3 of the activities listed below. Once completed, check the items off of the list.

- **Jumping Jacks** – Count and do 10-20 jumping jacks.
- **Animal Walks** – Pretend to be different animals (bear crawl, crab walk, frog jumps).
- **Ball Toss** – Throw a small ball (or rolled-up sock) into a basket or bucket.
- **Balance Beam** – Use a piece of tape or a scarf on the floor and walk along it like a balance beam.
- **Yoga Poses** – Practice simple poses like tree pose, downward dog, and cat-cow.
- **Simon Says with Movement** – Play a game of Simon Says focusing on physical movements.
- **Dance Party** – Put on favorite songs and dance freely for 5-10 minutes.
- **Obstacle Course** – Set up pillows, chairs, or other household items to climb over, crawl under, or weave through.
- **Balloon Volleyball** – Keep a balloon from touching the ground using hands or a soft paddle.
- **Follow the Leader** – Lead themselves or siblings in different movements (marching, hopping, skipping).
- **Hopscotch** – Create a hopscotch grid on the floor with tape and practice hopping.
- **Beanbag Toss** – Toss a beanbag (or rolled-up sock) onto marked spots on the floor.
- **Jump Over Lines** – Lay string or tape on the floor and practice jumping over it.
- **Marching Band** – March around the house to a rhythm, using pots and pans or toy instruments.
- **Wall Push-Ups** – Stand a short distance from a wall and practice pushing against it.
- **Freeze Dance** – Dance when the music plays and freeze when it stops.
- **Sock Skating** – "Skate" on smooth floors with socks on.
- **Shape Stretching** – Stretch their body into different shapes (circle, triangle, star).
- **Stepping Stones Game** – Use paper or cloth to create "stones" to step on and avoid touching the "lava."
- **Pretend Trampoline** – Pretend the floor is a trampoline and jump up and down gently.
- **Chair Yoga** – Sit on a chair and do stretches like reaching arms up high, twisting, and touching toes.
- **Scarf Toss** – Toss scarves or lightweight cloths into the air and try to catch them.
- **Shadow Tag** – Try to "catch" their own shadow on the wall by moving quickly.
- **Toy Parade** – Push or pull toy vehicles, dolls, or stuffed animals in a "parade" around the room.
- **Rolling Race** – Lie on the floor and roll from one side of the room to the other.