



RSU 57

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

Continuous Learning LEARNING MENUS

MATH

LITERACY

SPECIALS

Printables
Week 2



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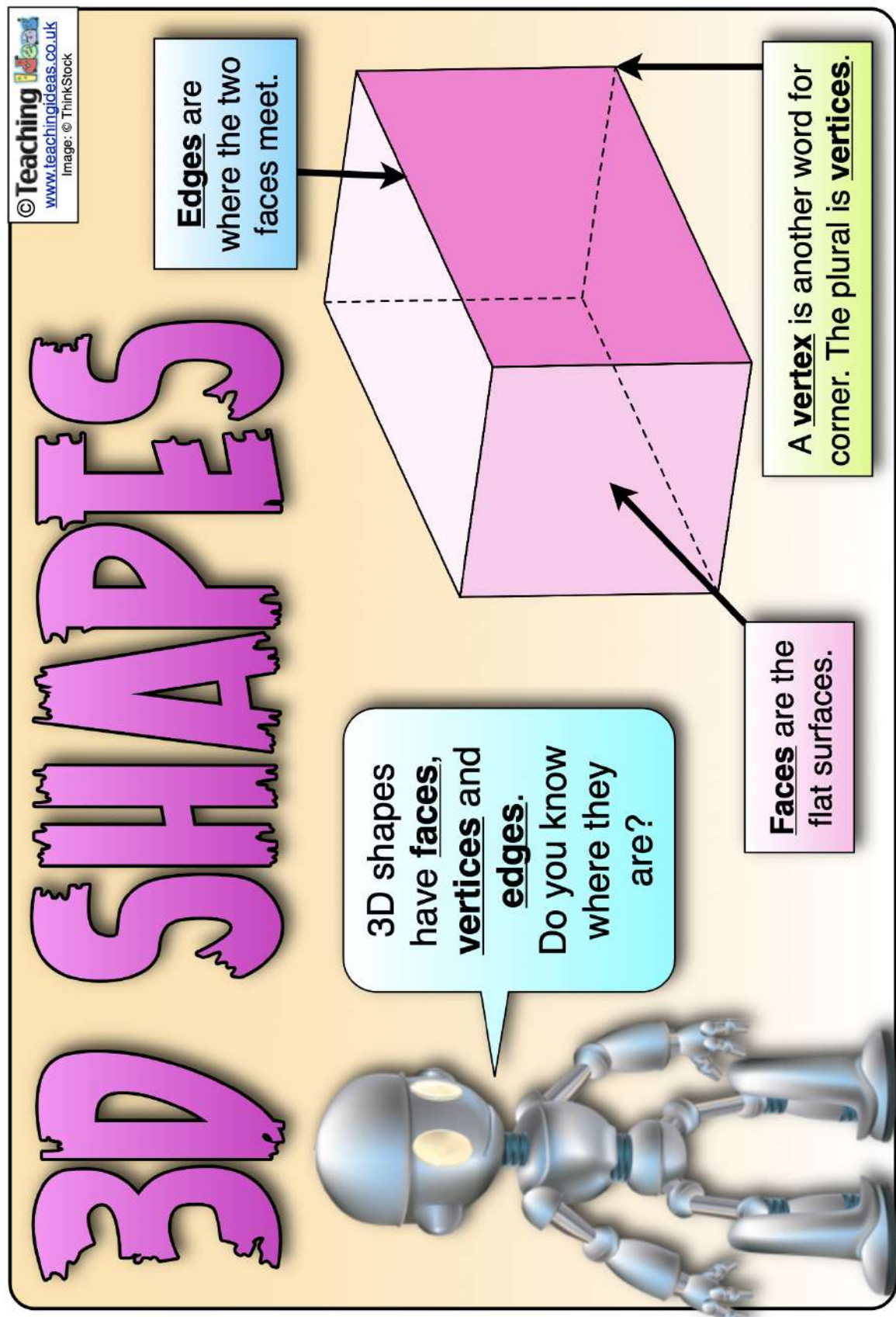
MATH

Printables

Week 1

Name: _____

Name: _____



Name: _____

Draw two number cards out of a pile. Put the addition or subtraction symbol between them and solve the number sentence. Using the answer from your number sentence, construct a tower with that number of items. (Ex: If you draw 6 and 2 from the pile, you could make the number sentence $6-2=4$. You would then take 4 rocks, blocks, Legos, or other items and construct a building using 4 of that item.)

Do this 5 times. Take a picture of your constructions and your number sentences to show your teacher.

Name: _____

Using blocks, sticks, or any other item around your house, build a tower. Knock the tower over into two piles, then write and solve an addition sentence that shows each pile. (Ex: My tower gets knocked into a pile with 6 sticks and a pile with 4 sticks. I write the addition sentence $6+4 =$) and then solve. Repeat this 5 times. Take a picture of your addition sentences to show your teacher.

- E - Build your tower using 5 objects
- D - Build your tower using 10 objects
- M - Build your tower using 20 objects

Name: _____

Name: _____

Build a Tower:

Gather Legos, pennies, wooden blocks, popsicle sticks, or any basic building material you can find at your house.

Roll dice or pick cards. Read the number and count out that many of your building materials. (Ex: I roll a 5 on my die, so I count out 5 blocks). Repeat this 5 times, saving your materials from each round. Then, using the materials you counted out, build your tower. The player with the tallest or most creative tower at the end wins. Take a picture of your final construction to show your teacher.

E- Use one die or pick one card from your deck

D and M - Use 2 dice OR pick 2 cards, to make a two-digit number (Ex: If I roll a 6 on one die and a 2 on the other, I could make the two-digit number 26.)

Name: _____

Name: _____

What kinds of tools do construction workers use when they are building things? Go on a scavenger hunt around your home to see how many you can find. Make a list, draw a picture or take pictures of what you find. What are some ways you could sort the tools you find into categories? Maybe by color? Shape? The kind of job they help us do?

Name: _____

Lots of tools, including big machines, are used by workers at construction sites! How do big machines help construction workers do their work? What kinds of parts do the machines have that do the work?

Watch this [2-minute Daniel Tiger video](#) and carefully look at the machines that have parts for moving dirt. How are they alike? How are they different? What shapes do they have?

Use your ideas to build your own big machine scoop out of a cardboard box. Test it out. What works well? How could you make it even better?

Video: [bit.ly/K42lbox9](#)

Name: _____

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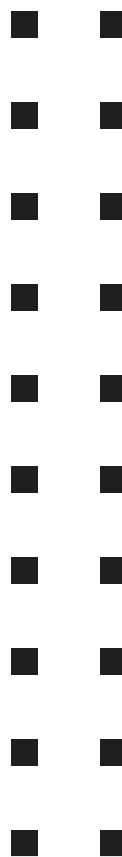
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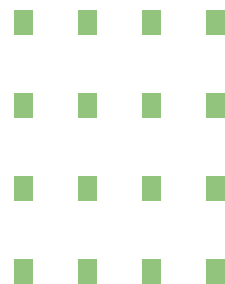
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ELITERACY



Printables
Week 1



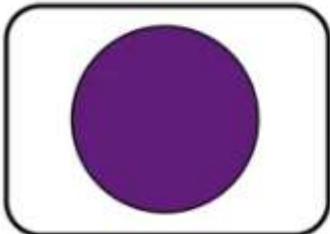
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C-V-C Words

Directions: Words are built with consonants and vowels. Match the picture to the correct C-V-C word.



cat

top

nut

gum

dot

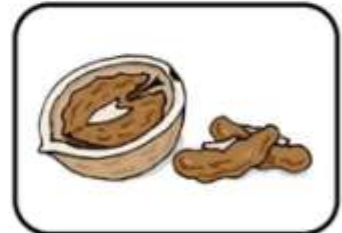
nap

can

pig

bus

net



Name: _____

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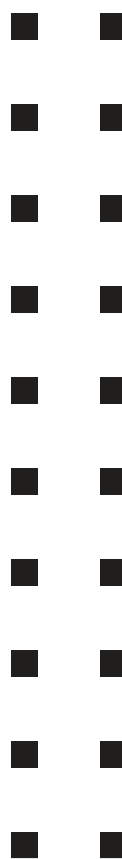
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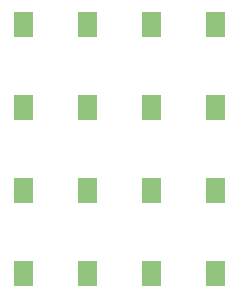
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ESPECIALS











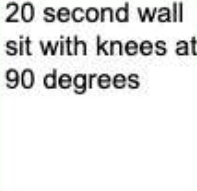







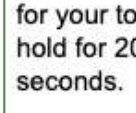


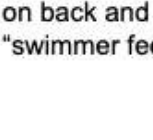


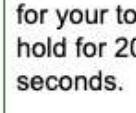


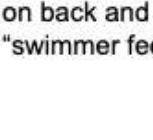


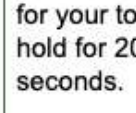


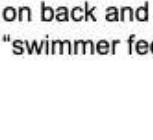


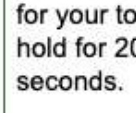

Printables
Week 1



Name: _____

**Directions:**

- Find a die or pair of dice. You can play with one die, just choose six of the below exercises. OR play with two dice, and use the entire table.
- Roll your dice, what did you roll? If it was a 2 and a 5, you can choose what to complete; find the number 2 row and match it up with the number 5 column, that box has 10 squats, or find the 5 row and the 2 column, that box has 20 mountain climbers, you get to choose!

	1	2	3	4	5	6
1	20 Jumping Jacks 	5 Push-ups 	20 second plank 	5 Jump and turn 	10 tuck jumps 	Bear Crawl 12 "steps" 
2	20 alternating walking lunges 	20 sit ups 	20 second wall sit with knees at 90 degrees 	5 burpees 	10 squats 	10 second side plank-both sides 
3	30 seconds of high knees 	20 seconds of arm circles (forward and back) 	Reach for the sky and count to 20 	10 Superman 	Sit and reach for your toes, hold for 20 seconds. 	Butterfly stretch for 20 seconds 
4	20 Soldier Walks 	30 seconds of flutter kicks (lay on back and "swimmer feet") 	30 seconds of butt kicks 	10 Star Jumps (Don't forget, "I'm a STAR") 	20 sec. each side, arm across your chest (palm up) 	10 hip bridges 
5	30 seconds jog in place 	20 mountain climbers 	20 skier jumps (side to side) 	20 bell jumps (forward and back) 	10 high knee skips 	5 single leg jumps, both sides 
6	30 seconds of invisible jump rope 	10 sumo squats (toes out) 	10 Frog jumps 	Crab walk 10 steps forward and back 	30 second wall sit with knees at 90 degrees 	12 Burpees 

Name: _____

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Name: _____

Let's Take a Mindful Walk!

Mindful walks are good for our bodies and emotions. They are a great way to take a break from the screen and focus on the moment. Mindful walking is a great tool to have in your emotional tool kit. During a mindful walk we pay attention to what is going on around us, not the thoughts in your head. Mindful walking is great because you can do it inside, in nature, or in the city. Pick a day this week to take a mindful walk.

Start by noticing your body, use deep, calming breaths to focus your attention. Finish this sentence, "My body feels....."

Walk forward with slow, steady steps. Notice how your feet feel on the ground.

- What do you see as you walk? Can you name four things?
- What do you hear on your walk? Can you name three things?
- What do you feel on your walk? Can you name two things?
- What do you smell on your walk? Can you name one thing?

