

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

# Continuous Learning LEARNING MENUS

**MATH** 

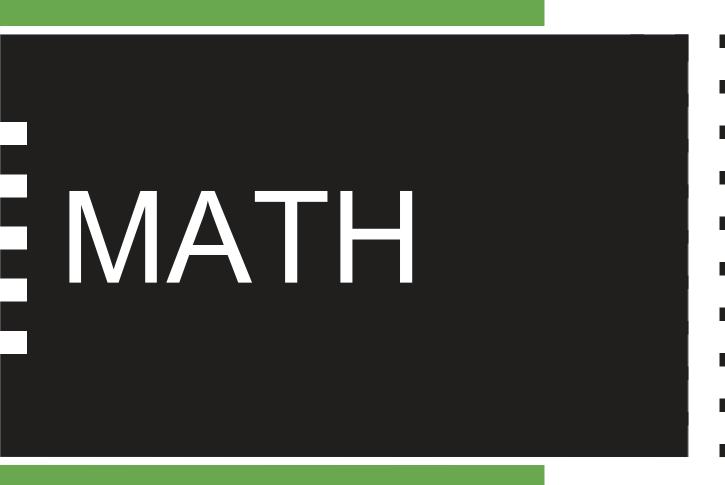
**LITERACY** 

**SPECIALS** 

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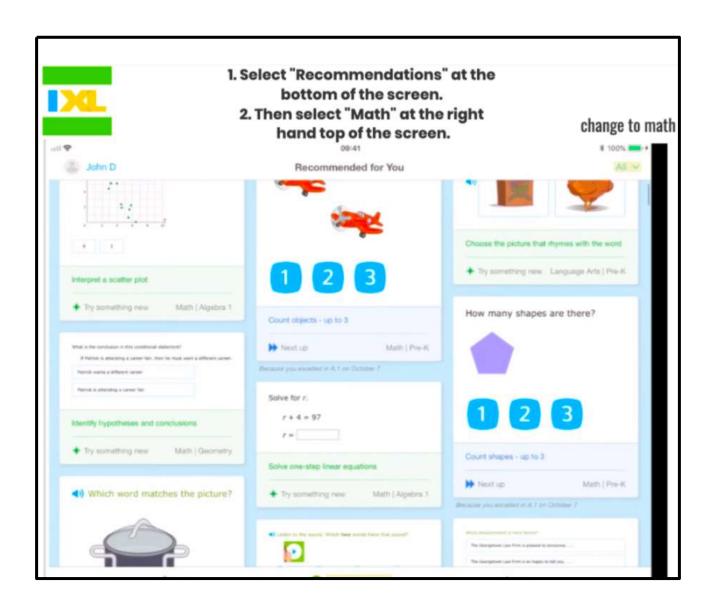
**Printables** 

Name:

M.1-1

### Directions

### Accessing IXL Recommendations



### Fishing for 10



Materials 4 sets of number cards (0-10), Fishing for 10

Record Sheet (Math Masters, page G33)

Players 2-4

**Skill** Practicing combinations of 10

Object of the Game To collect as many combinations

of 10 as you can

#### **Directions**

- 1) Shuffle the cards and put them number-side down in a pile.
- 2 Each player takes 5 cards.
  - Remove pairs of cards that add to 10 from your hand.
  - Place them number-side up on the table.
- 3 Draw cards from the pile so you have 5 cards again.
- 4 Take turns. When it is your turn:
  - Fish by asking another player for a card you need to make a combination of 10.
  - If that player does not have the card you need, go fish, or draw a card from the pile.
  - Place any combinations of 10 in your hand number-side up on the table.
- Make sure everyone's cards add to 10.
- 6 Play until there are no more cards in the pile and nobody can make another combination of 10.
- Record 6 of your combinations of 10 on your *Fishing for 10* Record Sheet.

## Operations and Algebraic Thinking:

Number Stories - Create and solve addition and subtraction word problems about personal interests or everyday life.

For example, "I had 8 chicken nuggets on my plate. I ate some and now I have 4 left. How many chicken nuggets did I eat?"

Record, (write, draw or make an audio for) your number model and the thinking you used to solve it.

## Number and Operations in Base Ten:

#### Ten More Ten Less

Please write each number on a piece of paper. Then write the number that is 10 more and 10 less than the following: 11, 12, 53, 24, 46, 39, 60, 45, 10, 68, 34, 27, 30, 23, 65, 16, 19, 57

Ex: 25, 35, 45

Optional Challenges:

- 1. Create your own 5 numbers to complete 10 before and 10 after.
- 2. Please write each number on a piece of paper. Then write the number that is 10 less and 10 more for each number: 160, 187, 262, 398, 400.

#### Measurement and Data:

Find something at home to use as a unit stick (measuring stick). A crayon, straw, pencil, paper clip or anything that has a straight edge will do.

Gather the family's sneakers and measure the length.

Write down the measurements and put them in order from the shortest to the longest. Then measure the width and put in order from narrowest to widest.

#### Measurement & Data: Time

- 1. Watch the following time videos on BrainPopJr:
  - bit.ly/Time\_to\_hour
  - bit.ly/Time-to-half-hour
- 2. Practice telling time to the hour and half hour by playing the Math Game given to you by your teacher on SeeSaw. Play until your score is 100.

What is special about a dog, woodpecker and ducks feet? How do they each use their feet? Let's find out more by reading page 6 of this interactive e-book What Makes Them Special?

Then choose one of the animals and draw a picture of it's foot, showing what is special about it.

bit.ly/1421box8

Have you ever had difficulty solving a problem, like trying to grab something that is slippery or too high to reach? How can looking at the way other living things solve problems help us solve human problems?

Choose a human problem that needs solving. For example, humans wear rain boots to keep their feet dry when the ground is muddy. Then think about all of the animals you can that could help us solve this problem by thinking about how they solve the same problem? Could humans use this same idea? Explain your best idea to someone else and what animal ideas you used.



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## 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.

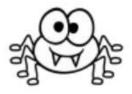
She feeds her dog.	
He will not peek.	CANAL STATE OF THE PARTY OF THE
The seed is in there.	
He sleeps in his bed.	
Does she see it?	

# Beginning Blends

Say the name of the picture. Fill in the letters that make the beginning sound. Color the pictures.



\_\_ ender



\_\_ ider



\_\_ ail



\_\_ oss



\_\_ock



\_\_ uit



\_\_ oves



\_\_ ead



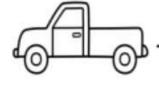
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# SPECIAL S

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#### 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!

	to choos	e!			ou.	
	1	2	3	4	5	6
1	20 Jumping Jacks	5 Push-ups	20 second plank	5 Jump and	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

#### 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?

