



RSU 57

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

Continuous Learning LEARNING MENUS

MATH

LITERACY

SPECIALS

Printables
Week 2



RSU 57

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MATH

Printables

Week 1

2

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Name: _____

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Outdoor Scavenger Hunt

TO LOOK FOR

- ☐ Something Purple
- ☐ A Pinecone
- ☐ 3 different kinds of rocks
- ☐ Something Round
- ☐ 2 Kinds of flowers
- ☐ Something that starts with the letter G
- ☐ Something Very Tall
- ☐ Something Green
- ☐ 2 Different kinds of leaves
- ☐ 1 Stick
- ☐ 2 Different types of trees
- ☐ Something prickly
- ☐ Something that smells good
- ☐ Something that starts with the letter B
- ☐ 1 Spiderweb
- ☐ Something orange
- ☐ 1 Bug
- ☐ 1 Squirrel
- ☐ Something Blue
- ☐ 1 Worm
- ☐ Something that starts with the letter P
- ☐ Something Smooth
- ☐ An Ant Hill
- ☐ 1 Bird
- ☐ Something Yellow
- ☐ 1 Butterfly
- ☐ 2 Clouds



TO LISTEN FOR

- ☐ Wind through the trees
- ☐ Leaves under your feet
- ☐ Birds Singing
- ☐ An animal moving in the trees



TO FEEL

- ☐ Rough Tree Bark
- ☐ The Sun on your face
- ☐ The Wind in your hair
- ☐ A Smooth rock
- ☐ Something Wet



Name: _____

Name: _____

Name: _____



Jack is worth 11, Queen is worth 12, King is worth 13 and Ace is worth 14. Split the deck between 2 players. Each player flips over the top three cards and lays them in row. Each player finds the sum of the 3 cards. The highest sum wins all 6 cards. Continue playing until all cards are used. This game can also be played by flipping over cards. The highest sum wins all 8 cards.

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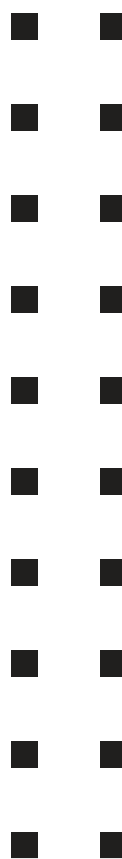
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RSU 57

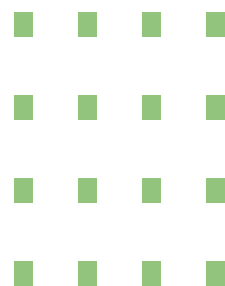
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ELITERACY



Printables

Week 1



Name: _____

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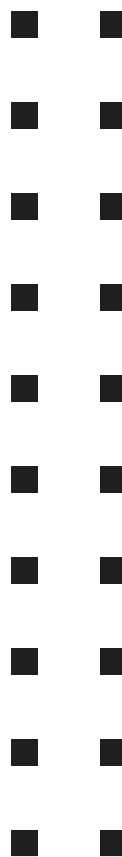
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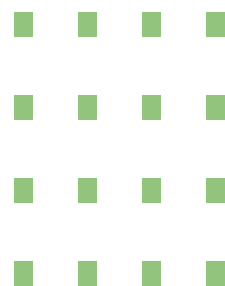
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ESPECIALS



Printables
Week 1















Name: _____



Luck of the Dice

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: _____

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Name: _____

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?

