

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

# Continuous Learning LEARNING MENUS

**MATH** 

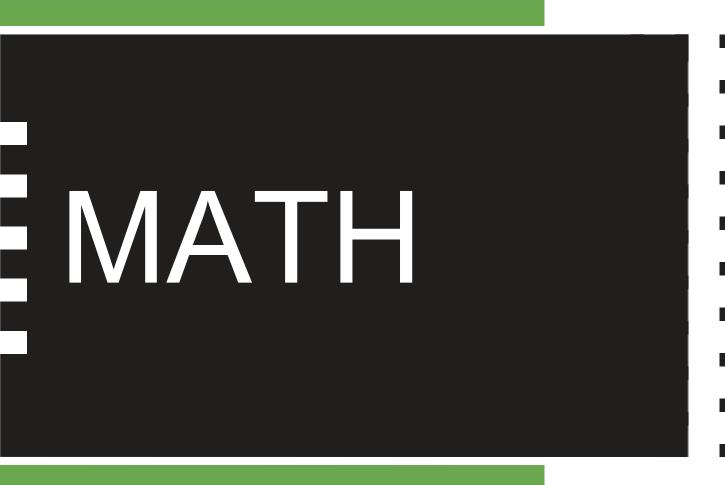
**LITERACY** 

**SPECIALS** 

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**Printables** 

Make a bar graph for your set of data.

Title: \_\_\_\_\_

MATH BOX #4

1	): 		

3	Title: _				

Key: Each \_\_\_\_\_ = \_\_\_\_

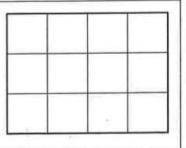
Find the area of each rectangle in square centimeters.

Then find the perimeter of each rectangle in centimeters.

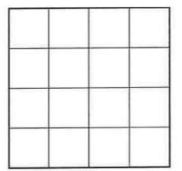
# **EXAMPLE**

Area: 12 square centimeters

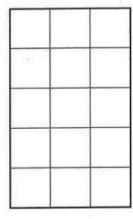
Perimeter: 14 centimeters



1



2



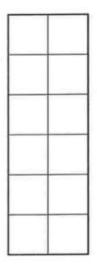
Area: \_\_\_\_\_

Perimeter: \_\_\_\_\_

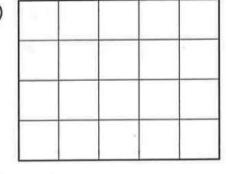
Area: \_\_\_\_\_

Perimeter: \_\_\_\_\_

3



4



Area: \_\_\_\_\_

Perimeter: \_\_\_\_\_

Area: \_\_\_\_\_

Perimeter: \_\_\_\_\_

Name:

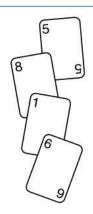
# **Top-It Games**

Materials ☐ number cards 0–10 (4 of each)

**Players** 2 to 4

Skill Practicing basic facts

Object of the Game To collect the most cards.



# **Multiplication Top-It**

## **Directions**

- Shuffle the cards. Place the deck number-side down on the table.
- Each player turns over 2 cards and calls out the product of the numbers.
- The player with the largest product wins the round and takes all the cards.
- In case of a tie for the largest product, each tied player turns over 2 more cards and calls out the product of the numbers. The player with the largest product then takes all the cards from both plays.
- The game ends when there are not enough cards left for each player to have another turn.
- The player with the most cards wins.

# Example

### Round 1:

- Ann turns over a 2 and a 6. She multiplies  $2 \times 6$  and calls out 12.
- Beth turns over a 6 and a 0. She multiplies  $6 \times 0$  and calls out 0.
- Joe turns over a 10 and a 4. He multiplies  $10 \times 4$  and calls out 40.

Joe has the largest product. He takes all 6 cards.





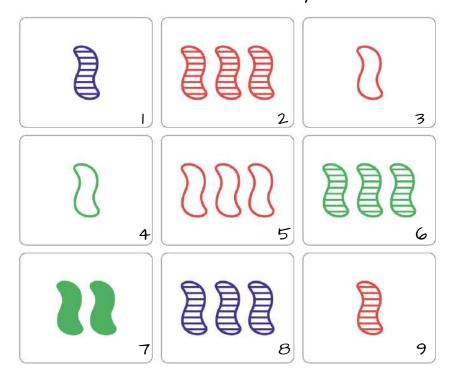




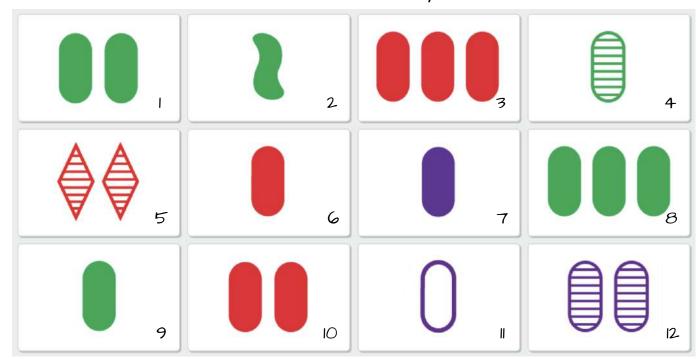


6

There are 4 SETs below. Can you find them all?



There are 6 SETs below. Can you find them all?



# Roll to 1,000

Materials 

1 Roll to 1,000 Record Sheet (Math Masters, p. G7)

2 six-sided dice

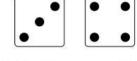
Players 2 to 4

Skill Adding multiples of 10

Object of the Game To score at least 1,000.

# **Directions**

Each dice roll represents a number of tens. For example, if you roll a 3 and a 4 for a total of 7, you have 7 tens, or 70.



Make 7 groups of 10, or 70.

- Players take turns. When it is your turn:
  - Roll the dice as many times as you want. Each roll tells you how many tens you have.
  - Mentally add the numbers you get for all of your dice rolls. Enter this as your score for the turn.
  - If you roll a 1, your turn is over.
     Enter 0 as your score for this turn.
- 3 Continue to add to your score each turn. If you roll a 1 at any time, your score for that turn is 0. The score you enter is the total from your previous turn. See the example on the next page.
- The first player to score 1,000 or more wins the game.

Turn	Player 1	Player 2	Player 3	Player 4
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

Roll to 1,000 Record Sheet

Springtime in Maine is the perfect time to visit a vernal pool with your family. A vernal pool is a shallow place where water collects making a pond for only part of the year.

Before you visit a vernal pool, what kinds of living things do you think you will find there? Why? What kinds of body parts would animals and plants living in a vernal pool need to have? Visit the pool. Make a drawing of what you see, including any animals and plants present.

Frogs and toads are similar animals. Make a list of the ways you think frogs are alike and the ways they are different. Watch this 5 minute video to find out more. Pay special attention to the body features toads have that make them different than frogs.

Then, using what you've learned about their needs, design a 'toad abode.' Use natural materials or things made of natural materials (e.g. clay pots, cardboard) you find around your house to design and build a safe toad shelter. Place the toad abode in your yard and try not to touch it. Make a drawing of your shelter explaining what features it has that will help the toad survive.

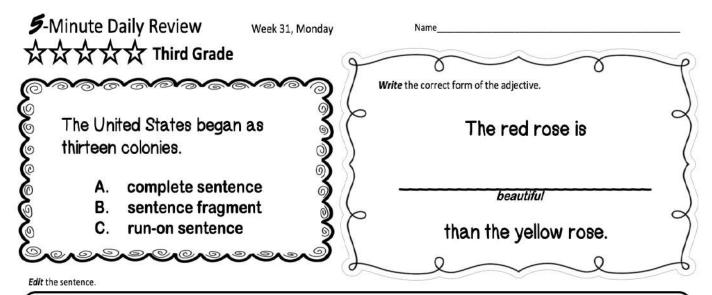
safeYouTube.net/w/yUu6



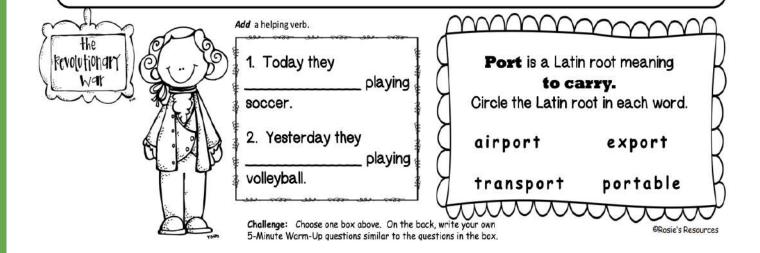
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george washington led the americans in the revolutionary war





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# SPECIAL S

**Printables** 

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!

	เบ เทเบบร	C:		3		00
	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

Try playing the cup ostinatos with this song! First, watch this video to practice. Then, try performing it with this video. If you don't have a plastic cup, you can try using an empty can (no sharp edges!), a paper towel roll, or an empty yoqurt cup.

Tutorial: safeyoutube.net/w/Vii6

Play-along video: https://safeYouTube.net/w/Dki6

What song did you listen to?

Was there someone singing?

Describe the ensemble (group of musicians) that performed the song. What instruments did you hear? Was it a large group or a small group?

Circle the tempo/speed of the song:

**Fast** 

Medium

Slow

What did the song make you think of? How did it make you feel?

Anything else you would like to share about the song you chose?

Name:

# Playing a Known Song on Water Glasses

For this activity, you will be using 3 water glasses/bottles to play either the song, "Hot Cross Buns" or "Mary Had a Little Lamb." If you want, try playing the song on different glasses, directions below. Send your music teacher a video of your work, we would love to see it!

### Materials:

- 3 water glasses/glass bottles/wine glasses
- A metal or wooden spoon
- Water

Fill the first glass with a little water, fill the second glass about halfway, and fill the third glass almost full of water.

# Water Glasses

**Gently** tap on the side of each glass to make a sound. Try playing "Hot Cross Buns" or "Mary Had a Little Lamb" on the glasses. You can experiment with more or less water in your glasses to make it sound more in tune. Check out the videos below for other examples.

https://www.youtube.com/watch?v=t26-nbRs2KY

## **Glass Bottles**

Fill the bottles the same way as the water glasses. Gently blow straight over the top of the bottles to make the sound. Try playing "Hot Cross Buns" or "Mary Had a Little Lamb" on the glasses. Experiment with what direction you are blowing to get the best sound. Also, you can experiment with more or less water in the bottles to make it sound more in tune. Check out the example below.

https://www.youtube.com/watch?v=G0RF7UcyJO0

# Wine Glasses

Fill your wine glasses the same way as the water glasses. Gently wet your pointer finger and shake off the excess water. Gently run your pointer finger around the rim of the wine glass. It should make a light, ringing sound. Try playing "Hot Cross Buns" or "Mary Had a Little Lamb" on the glasses. Experiment with adding a very slight amount of pressure to make the best sound. Also, you can experiment with more or less water in the glasses to make it sound more in tune. Check out the example below. This is the toughest one to do, so if you can't figure this one out, try one of the other ways! <a href="https://www.youtube.com/watch?v=NJ-O\_nfOhDY">https://www.youtube.com/watch?v=NJ-O\_nfOhDY</a>



# 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?

