


Letter Home

Dear: _____

This week the title of the newspaper was . I learned about a

place called . I had fun making a new recipe called .

I learned four new words:    .

My favorite part of the paper was the

story



recipe



joke



From, _____

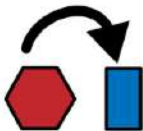
feel



Less-Stress
Smoothie



change



everyone



Stress
Awareness
Month



school



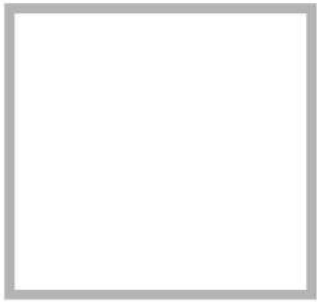
stress



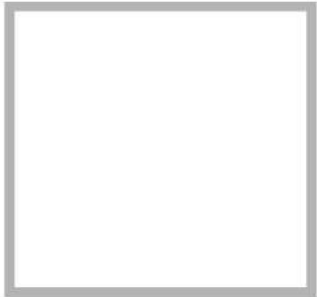
Word Definitions

Name: _____

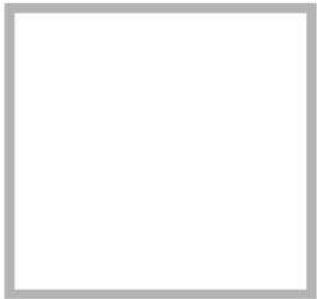
Match each picture/word card to its definition.



To make different



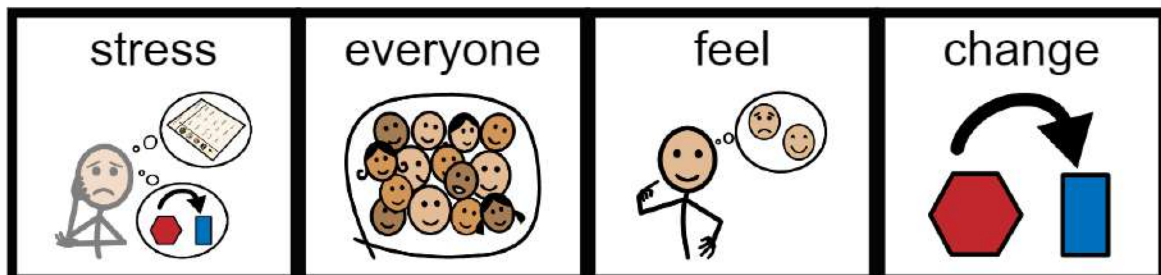
All people



What you feel when you are worried or uncomfortable about something



To experience an emotion or sensation



Counting Syllables

Name: _____

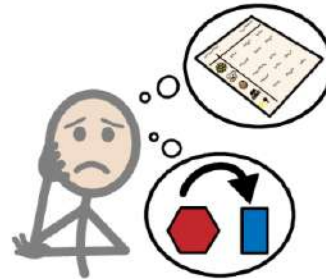
Say each word. Count the syllables. Place the number in each box.

better



2

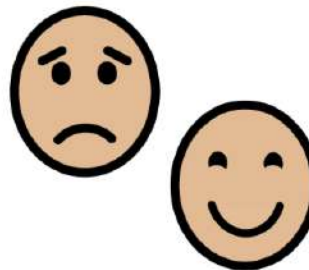
stress



feel



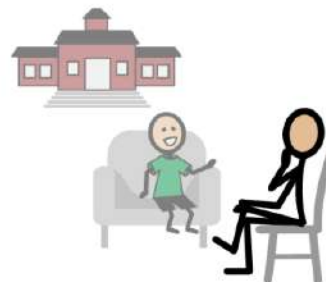
feelings



exercise



counselor



homework



everyone



Find the Sound

Name: _____

Each picture has // in it at the beginning, middle or end.

Say the word. Write the letter "l" in the box where the sound is located.

Example:

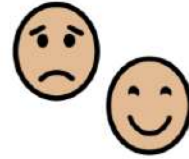


feel

Beginning

Middle

End



feelings

Beginning

Middle

End



schedule

Beginning

Middle

End

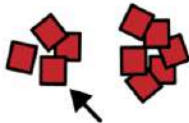


school

Beginning

Middle

End



less

Beginning

Middle

End



lonely

Beginning

Middle

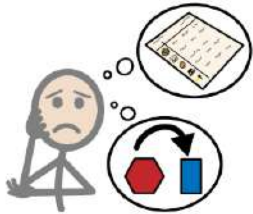
End

Beginning Letter

Name: _____

1. Start at the dots. Trace the letters.
2. Alphabetize the words. Record the order using the small boxes on the right using 1, 2, 3 and 4.

stress



s s s

☐

everyone



e e e

☐

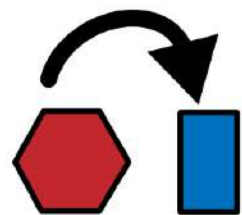
feel



f f f

☐

change



c c c

☐

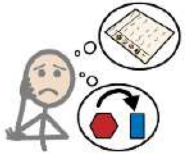
a b c d e f g h i j k l m n o p q r s t u v w x y z

Write the Word

Name: _____

1. Write the word.
2. On the line below the word, write a sentence using the word.

stress



stress

everyone



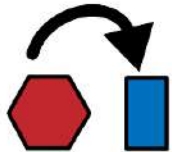
everyone

feel



feel

change



change

Word Sort

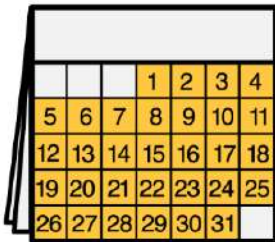
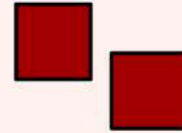
Name: _____

1. Cut out the words/pictures. Glue the top section of the page to construction paper.
2. Sort the singular and plural words.

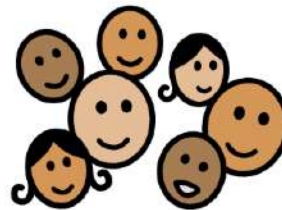
Singular



Plural



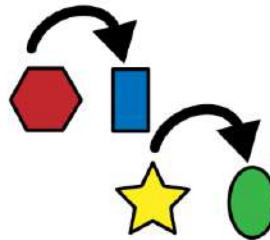
month



people



school



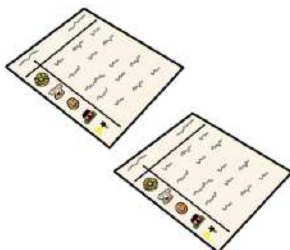
changes



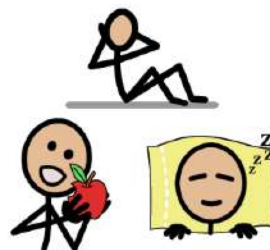
home



body



tests



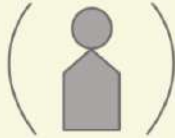
activities

Word Sort

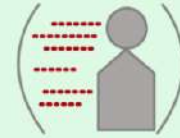
Name: _____

1. Cut out the words/pictures. Glue the top section of the page to construction paper.
2. Sort the nouns and verbs.

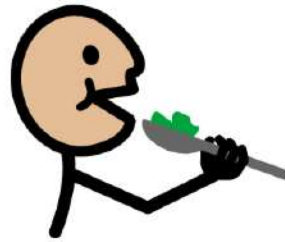
Nouns



Verbs



April



eat



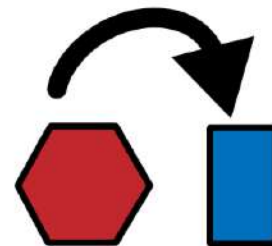
feel



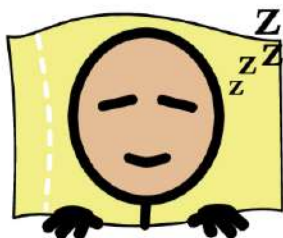
everyone



school



change



sleep

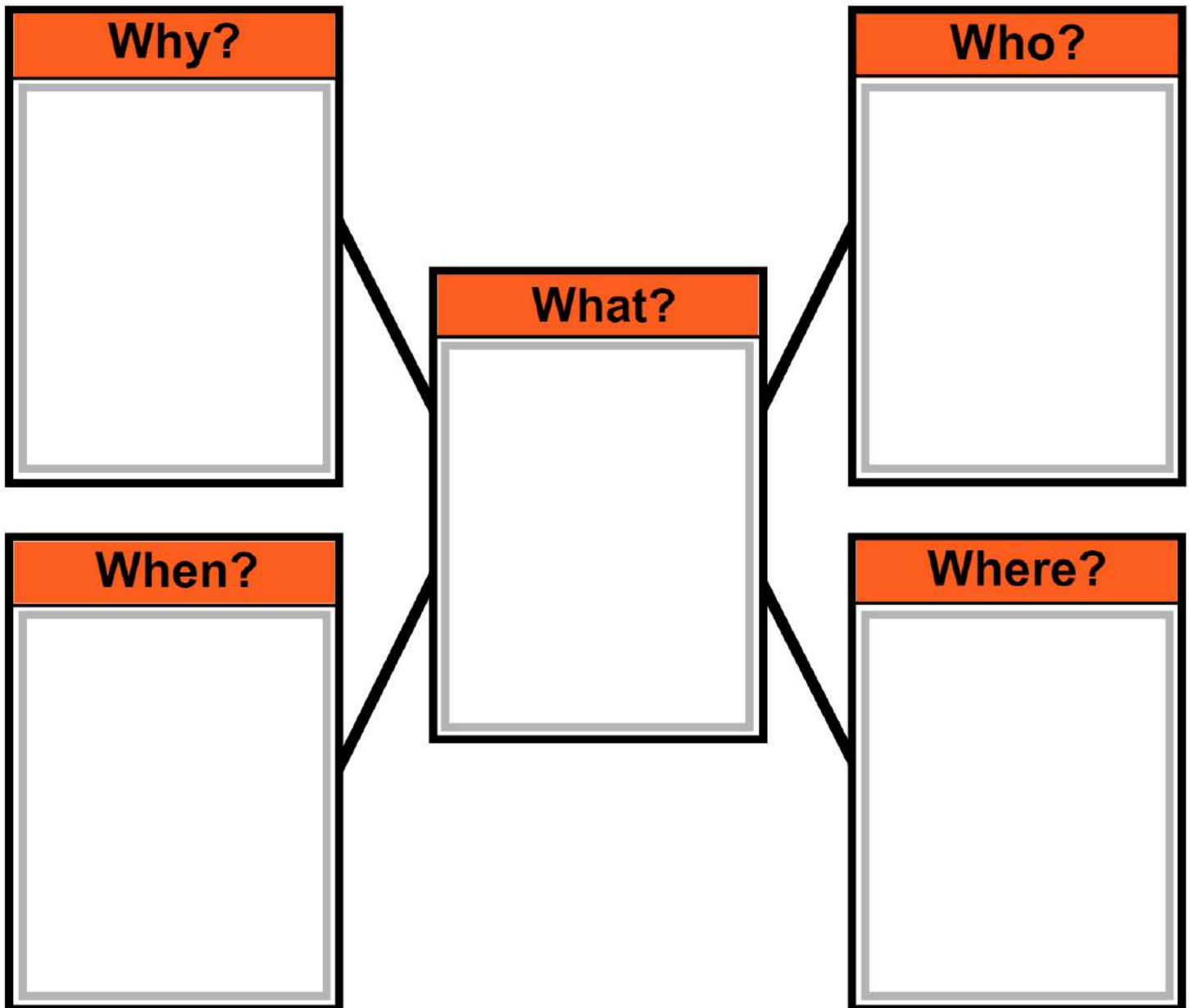


homework

Webbing

Name: _____

Choose a picture/word card to fill in each part of the web.

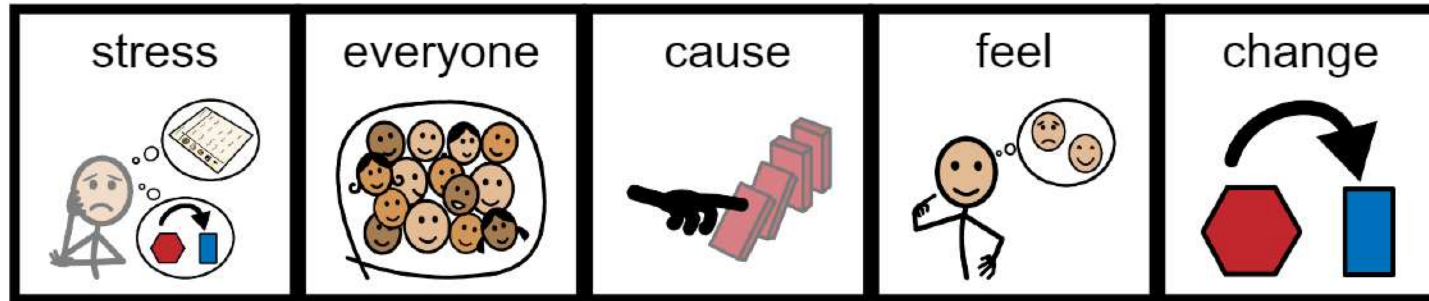


<p>school counselor</p>	<p>Stress Awareness Month</p>	<p>school</p>	<p>learn about stress</p>	<p>April</p>
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Write a Story

Name: _____

Use one, two or all of the following picture/word cards to write a sentence or a story.

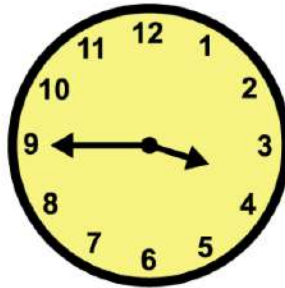


Time to the Quarter Hour

Name: _____

Read the question. Find the answer. Place the time on the clock.

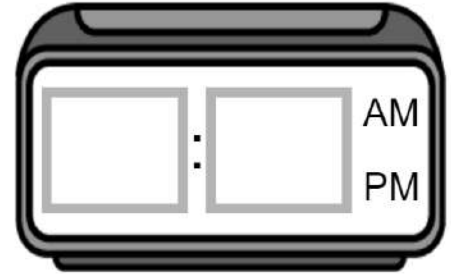
This afternoon I talked with my friends about stress. What time did I start talking with my friends?



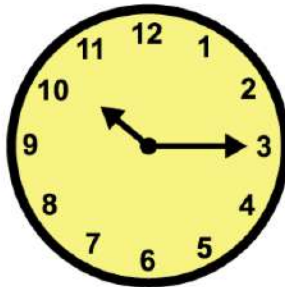
3:45

5:45

7:45



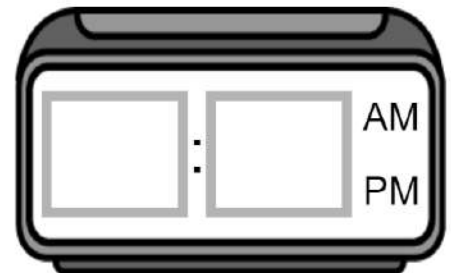
This morning my brother played a game with his friends to feel less stress. What time did they start playing the game?



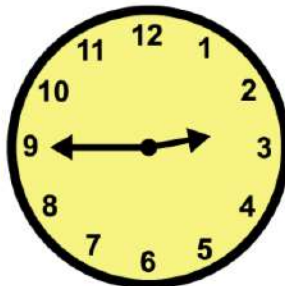
8:15

10:15

12:15



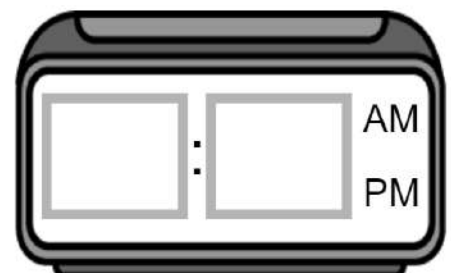
This afternoon my caretaker made a healthy snack. What time did my caretaker start making the healthy snack?



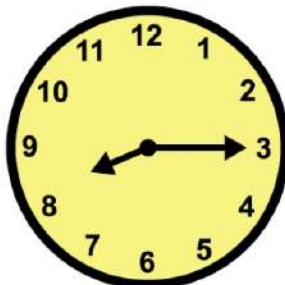
2:45

1:45

12:45



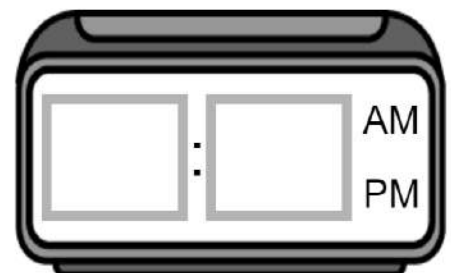
This morning in their online health class, students learned about stress. What time did the health class start?



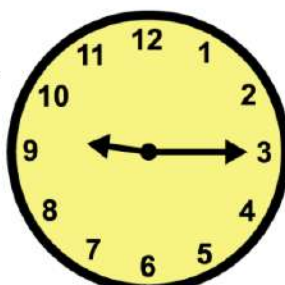
3:15

8:15

9:15



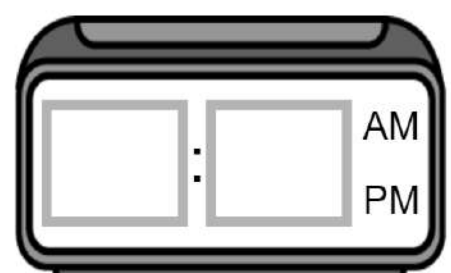
This morning a school counselor went to work at a school. What time did the school counselor arrive at the school?



3:45

10:15

9:15



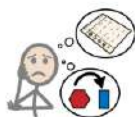
Graphing

Name: _____

1. Count the number of times each word appears in this week's news pages.
2. Starting at the bottom of each column, fill in the squares to match that number.

10					
9					
8					
7					
6					
5					
4					
3					
2					
1					

stress



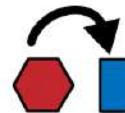
everyone



feel



change



school
counselor

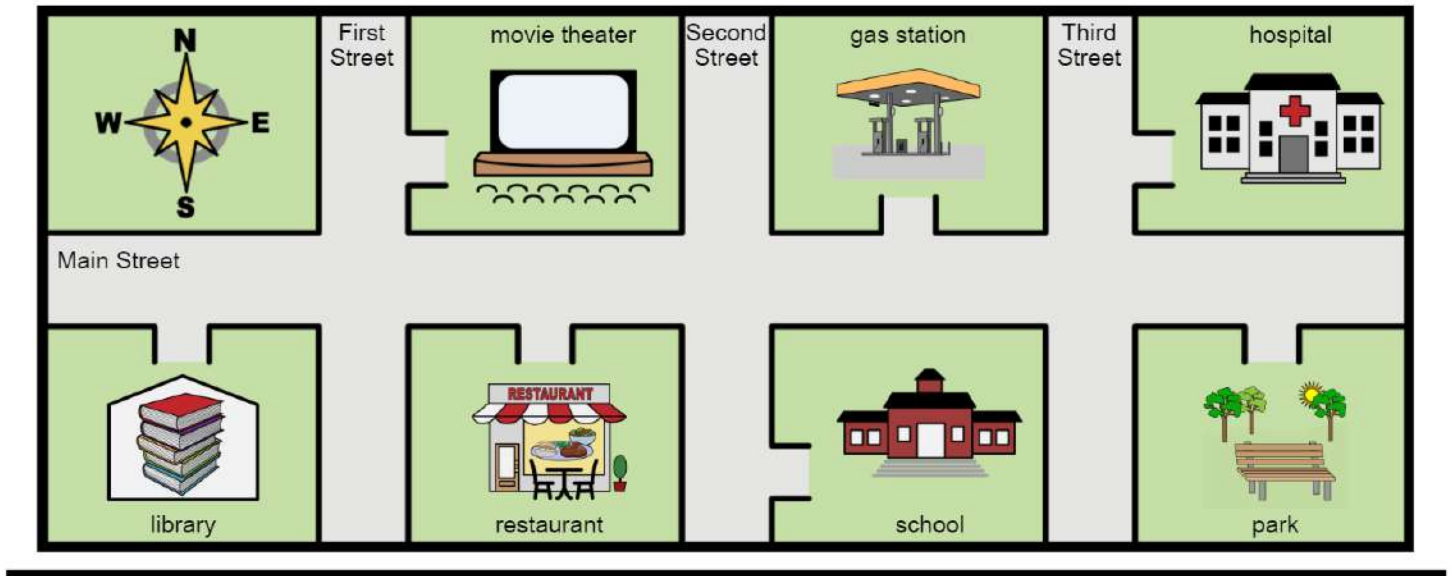


Geography

Name: _____

Use the map to answer the questions.

School 



What place is this page about?

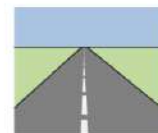


What street is the school on?

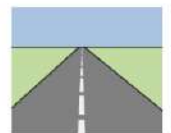
Main Street



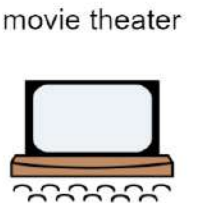
Second Street



First Street



What place is east of the school?



What place is farthest west?

