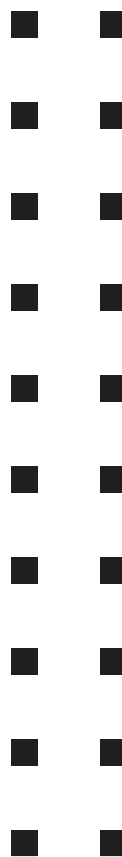




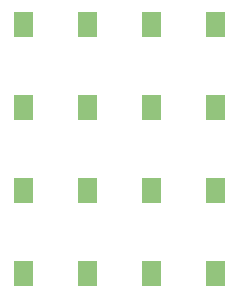
# RSU 57

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

## Continuous Learning LEARNING MENUS



**Printables**  
Week 1



# LEARNING MENU LEVELS

## GRADE LEVELS

**K**  
—

**1**  
—

**2**  
—

**3**  
—

**4**  
—

**5**  
—

**6**

**7**

**8**

INTEGRATION

SEESAW & GOOGLE CLASSROOM

Check our website daily for additional remote learning supports: [bit.ly/rsu57remote](https://bit.ly/rsu57remote)

Name: \_\_\_\_\_

**Flowers for Caterpillars:** Eric Carle is a children's book author and illustrator. You may know some of his more popular books: The Very Hungry Caterpillar, Brown Bear, Brown Bear, What Do You See, The Very Busy Spider. He is an artist that creates his work by cutting out shapes from different pieces of painted paper that he has painted. Texture and color are really important in his work. Using some recycled materials, create a flower by cutting out a variety of shapes. You can add details using crayons, markers, or any other material to add even more details!

Name: \_\_\_\_\_

**Face Plates:** Find a plate that you can use for a face! Look around your house for items such as small toys, kitchen supplies, even office supplies. Identify the different parts of a face, eyes, nose, mouth, hair, eyebrows, ears. Sort your objects and think about what parts of the face that they could be used for. Build a face, take a photo, send it to your art teacher.

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Name: \_\_\_\_\_

Create a useful product of your choice using items in your recycling bin.

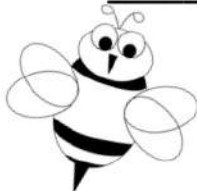
What problem will your new product solve?

Brainstorm all the ways materials such as newspapers, cardboard, paper, juice boxes, chip bags, egg cartons, milk cartons could be used.

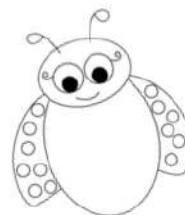
Choose your best idea to build, plan it out first by making a drawing. Use a limited amount of bonding materials such as duct tape, glue or string.

Name: \_\_\_\_\_

Name \_\_\_\_\_



# 10 more and 10 less



Pick a number out of the bag. Write it on the chart.  
Then write what number is 10 less and 10 more.

10 less	number	10 more
	34	
	76	
	12	
	99	
	27	
	45	
	61	

10 less	number	10 more
	83	
	58	
	19	
	42	
	120	
	22	
	36	

Name: \_\_\_\_\_

Choose three animals to study. You can study real animals in your yard outside, animals in videos or toy animals you have in your home. Your job is to observe the animals' different body parts and try to figure out all the ways the animal moves. For example, fish can swim but they can also flip and tread water. Snakes can crawl but they also glide and slither. Tigers can walk, run, stalk, climb and pounce.

Then, pick one animal to focus on. What body parts help it move? How does that help your animal survive in nature? Make a drawing that shows what you found out about how your animal moves. Say why that feature helps it survive.



Name: \_\_\_\_\_

Take a close-up look at the parts of a flower by watching part of this clip (2:30-3:44).

Why do plants have flowers? What do they help the plant do? Why is this important? Create a model flower using materials you find around the house. Make sure your flower has all the parts.

<https://www.youtube.com/watch?v=R9sn7HZM7uY>

Name: \_\_\_\_\_



## Name Your Workout

Directions: Use the letters in your name and complete each exercise!



A- 50 Jumping Jacks	N- 25 Burpees
B- 20 Crunches/Sit-ups	O- 30 Plank Jacks
C- 30 Squats	P- 20 Second Isometric Arm Press
D- 15 Push-ups	Q- 30 Bicycle Crunches
E- 1 Min. Pulse Squats	R- 5 Mermaid Push-ups
F- 10 Burpees	S- 30 Burpees
G- 30 Second Arm Circles	T- 15 Sumo Squats
H- 20 Side Squats	U- 30 Second Wall-run
I- 45 Jumping Jills	V- 3 Minute Wall-sit
J- 15 Supermans	W- 20 Burpees
K- 10 Spider Push-ups	X- 60 Skiers
L- 2 Minute Wall-sit	Y- 10 Leg Lifts
M- 20 Jump Throughs	Z- 20 Headbanger Push-ups

Name: \_\_\_\_\_

# Workout for beginners what's your name?

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Name: \_\_\_\_\_

Retell the PLOT using the five finger retell of the story to someone in your household upload your video to your teacher that is no more than one minute long in Seesaw.



Name: \_\_\_\_\_

## Math Boxes

Lesson 5-11

DATE: \_\_\_\_\_

Math Boxes

- 1 You buy milk for 75¢. Use Ⓢ, Ⓓ, Ⓔ, and Ⓟ to show the coins you use to buy the milk.



- 2 Solve.

$$330 + 10 = \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} + 10 = 890$$

$$570 + \underline{\hspace{2cm}} = 670$$

$$\underline{\hspace{2cm}} = 100 + 620$$

- 3 Put a circle around the digit in the tens place.

210

391

199



- 4 Count back by 100s.

610, \_\_\_\_\_, \_\_\_\_\_, 310,

\_\_\_\_\_, \_\_\_\_\_

- 5 **Writing/Reasoning** What do you notice when you add 100 to a number in Problem 2?

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

## Who's Right?

Two students in your class can't agree on the answer to a homework problem and need your help.

*Mike loves to eat cookies. His mom bought a bag of 20 cookies, and Mike ate 6 of them. How many cookies are left in the bag.*

Student A thinks the answer is 14 and Student B believes the answer is 4. Who got the right answer, and what error did the other student make?

Name: \_\_\_\_\_

Activity 1: Nature Scavenger Hunt: Find items that are about 1 inch, 6 inches, 1 foot, 1 yard. Draw or take a picture and upload to Seesaw.

Activity 2: Draw a number line to 20 on your driveway, when someone gives you a fact, start at the bigger number and hop up or back (+ or -) that many spaces until you land on your answer.

Name: \_\_\_\_\_

My City

1. Draw a skyscraper that is 5 inches high.
2. Draw a building that is only 5 centimeters tall.
3. Draw another skyscraper that is 10 centimeters high.
4. Draw another building that is 3 inches tall.
5. Draw something in the sky that is 3 centimeters wide.
6. Draw something on the ground that is 1 inch long.



Name: \_\_\_\_\_

What does it take to make a seed grow?  
How could we find out?

Experiment to find out what it takes to make seeds grow the best. Use seeds found around the house - garden seeds if you have them or seeds like dried beans that you eat. Place each seed in a plastic bag with a wet paper towel, covering only one side so you can see what happens as it grows.

What things can you change about how you're growing your seeds? What will you observe and keep track of to figure out what it takes to make a seed grow best?

Name: \_\_\_\_\_

Go outside and observe the leaves you see on trees (or left behind on the ground).

How are the leaves the same and how are they different?

Make a drawing of five different leaf shapes.

Write a sentence about how the different leaf shapes help the plants survive.

Name: \_\_\_\_\_

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Name: \_\_\_\_\_

# Workout for beginners what's your name?

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Name: \_\_\_\_\_

Create a video or write a response to something you have read or listened to :  
SETTING: Describe the setting in your book. Explain why it is important to the story (setting includes time and place).  
PLOT: Describe the problem (so far) in the story.

Predict how it will be solved.  
Responses can be submitted to your teacher.

Name: \_\_\_\_\_

What kinds of body parts and behaviors help animals survive in their habitat? Go to Creaturepedia to explore.

Choose a region (e.g. North America) then select an animal to study (e.g. beaver). What specific body parts and behaviors show this animal has 'adapted' to its environment?

Choose another animal in this region to study. What patterns do you notice in the body parts of animals that live in the same region? Why do you think this is so?

Name: \_\_\_\_\_

Deck of Fitness: Deck of Fitness-  
Can you find a deck of cards at home?  
Create a fitness chart.

For example:

Hearts = jumping jacks

Spades = lunges

Diamonds = squats

Clubs = sit ups

Spread out the deck on cards face down on the floor and pick a card. Whatever suit you pick you will do that exercise and the number will represent your repetition(s). Face cards are worth 10. Aces are worth 11!



Name: \_\_\_\_\_

Pablo Picasso is a famous abstract artist that created both paintings and sculptures. Abstract means that it is not meant to look realistic. Using your recyclables, create a face!

The face can be assembled on a table or plate or it could be more of a 3-D piece of work! 3-D would require using glue, so if you do not have glue, you can use the recyclables to create a face (or more than one face) on a flat surface.

<https://www.youtube.com/watch?v=RINF5XZDcQs>

Name: \_\_\_\_\_



## Name Your Workout

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Name: \_\_\_\_\_

Jamie made up a new dice game. Two players each roll an ordinary six-sided die. Of the two numbers showing, the smaller is subtracted from the larger.

**Scoring:**

- If the difference is 0, 1, or 2, player A gets 1 point.
- If the difference is 3, 4, or 5, player B gets 1 point.

The game ends after 12 rounds. The player with the most points wins the game.

If you were given the choice of being Player A or Player B, which would you pick, assuming you want to win?

Remember to explain all the steps you use in making your decision.

Name: \_\_\_\_\_

Make at home math activity (cooking, measuring, designing etc)

Scoop 10 pieces of different colored cereal or other colored objects.

- Sort by color.
- What fraction of each color do you have?
- Name an equivalent fraction for 3 of your fractions
- Convert three of your fractions into decimals

Name: \_\_\_\_\_

Using materials you find around the house (cardboard scraps, rubberbands, string, tape, paperclips, popsicle sticks), make a simple working model of a hand. Think about how a real hand works. Where are the joints? The muscles? What other materials can you attach to your cut out to make it work?

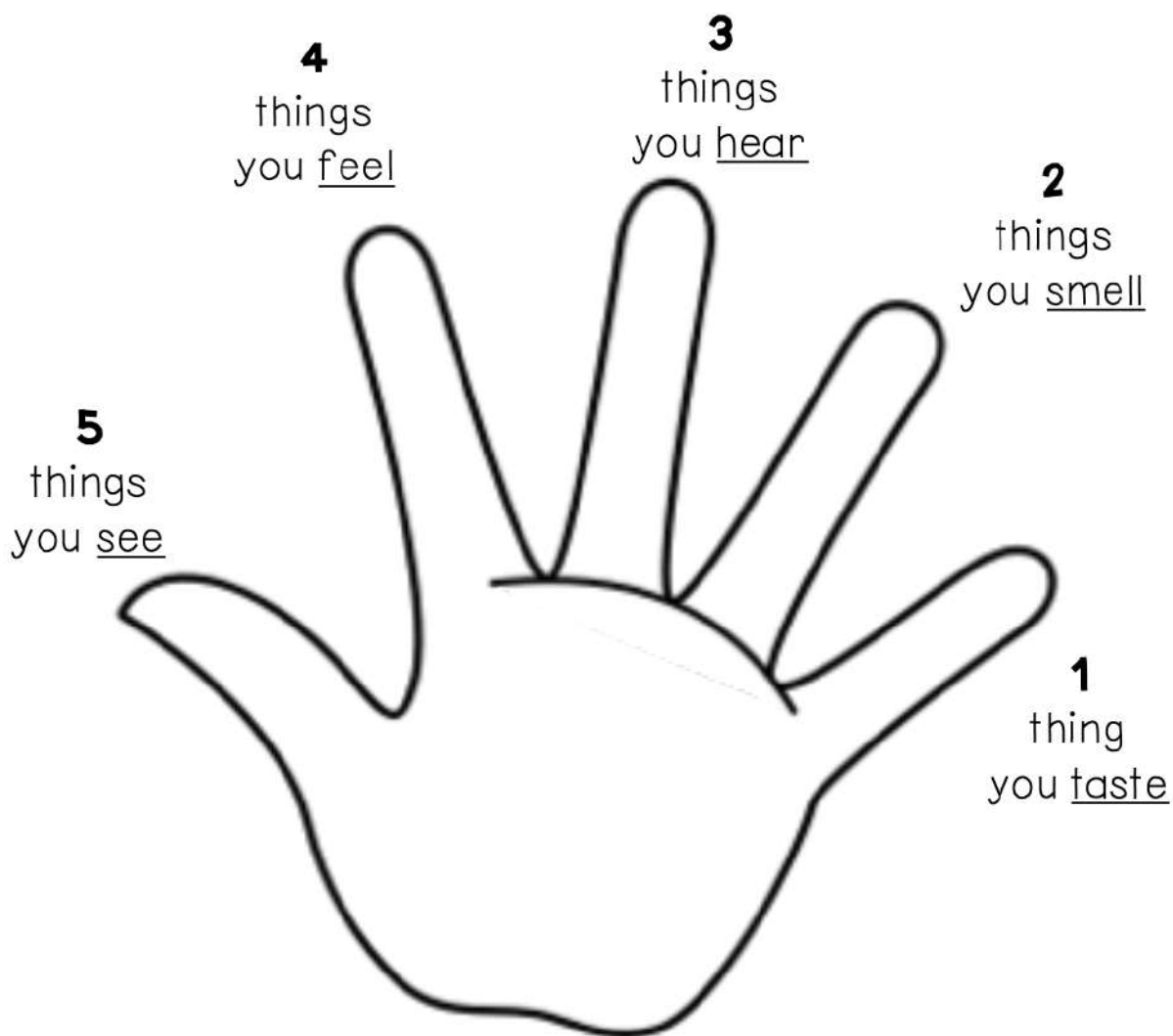
Name: \_\_\_\_\_

What special body parts do octopus have to help them survive? Make a list or draw a picture of as many body parts you can think of. As you watch this clip, add more information to your list or picture about the special body parts octopus have. Be sure to say specifically how the part helps octopus survive.

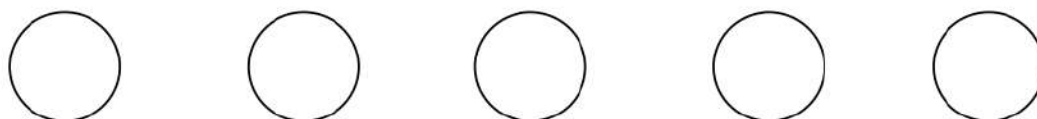
Name: \_\_\_\_\_

# GIVE ME 5

Look around you.  
Identify and name...



Now take 5 deep breaths and talk it out.





Name: \_\_\_\_\_

## Coping Skills for Worry or Anxiety

### Deep Breathing

Deep breathing is a simple tool that's great for managing emotions! Not only does deep breathing work, it can also be done without others knowing and is easy to use at any time or place.

- Sit comfortably and place one hand on your belly.
- Breathe in through your nose, deeply so the hand on your belly rises, for 4 seconds
- Hold the air in your lungs for about 4 seconds
- Exhale slowly through your mouth, as if you are blowing gently through a straw, for about 6 seconds The secret is to go slow: Breathe in for 4 seconds, hold for 4 seconds, and breathe out for 6 seconds. Do 5-10 breaths like this for it to work best!

### Progressive Muscle Relaxation

By tensing and relaxing the muscles throughout your body, you can achieve a powerful feeling of relaxation. Also, progressive muscle relaxation will help you spot anxiety by teaching you to recognize feelings of muscle tension. Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not painfully. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

- Feet Curl your toes tightly into your feet, then release them.
- Calves Point or flex your feet, then let them relax.
- Thighs Squeeze your thighs together tightly, then let them relax.
- Torso Suck in your abdomen, then release the tension and let it fall.
- Back Squeeze your shoulder blades together, then release them.
- Shoulders Lift and squeeze your shoulders toward your ears, then let them drop.
- Arms Make fists and squeeze them toward your shoulders, then let them drop.
- Hands Make a fist by curling your fingers into your palm, then relax your fingers.
- Face Scrunch your facial features to the center of your face, then relax.
- Full Body Squeeze all muscles together, then release all tension.

Name: \_\_\_\_\_

**Challenging Automatic Negative Thoughts (ANTs)**

Anxiety can be made worse by irrational thoughts, or automatic negative thoughts (ANTs!). For example, the thoughts that “something bad will happen” or “I will make a mistake” might not have evidence, but can affect how you feel. Sometimes, we need to look at our ANTs and challenge them - are they really true?

Put thoughts on trial. Choose an ANT that has contributed to your anxiety/worry. Gather evidence in support of your thought (real facts only), and against your thought. Compare the evidence. Often when we do this we find that the ANT is not really true, but just a thought.

Question the ANTs: Ask yourself:

- “Is my thought based on facts or feelings?”
- “How would my best friend see this situation?”
- “How likely is it that my fear will come true?”
- “What’s most likely to happen?”
- “If my fear comes true, will it still matter in a week? A month? A year?”

**Imagery**

Your thoughts have the power to change how you feel. If you think of something sad, it’s likely you’ll start to feel sad. The opposite is also true: When you think of something positive and calming, you feel relaxed. Imagery uses this power to reduce anxiety.

Think of a place that you find comforting. It could be a secluded beach, your bedroom, a quiet mountaintop, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this place in great detail -- really imagine it.

**\*Sight** What do you see around you? What do you notice in the distance? Look all around to take in all your surroundings. Look for small details you would usually miss.

**\*Sound** What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.

**\*Taste** Are you eating or drinking something enjoyable? What is the flavor like? How does it taste? Savor all the tastes of the food or drink.

**\*Feel/Touch** What can you feel? What is the temperature like? Think of how the air feels on your skin, and how your clothes feel on your body. Soak in all these sensations.

**\*Smell** What smells are there? Are they strong or faint? What does the air smell like? Take some time to appreciate the smells.

Name: \_\_\_\_\_

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Name: \_\_\_\_\_



## Name Your Workout

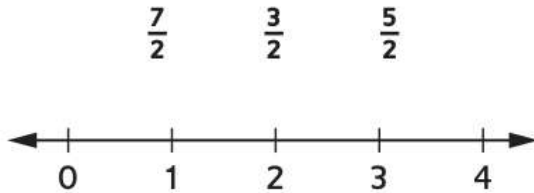
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Name: \_\_\_\_\_

- 1** Place the fractions on the number line.



Write  $\frac{7}{2}$  as a mixed number. \_\_\_\_\_



- 2** Make an estimate. Then use U.S. traditional multiplication to solve.

\_\_\_\_\_ (estimate)

$$\begin{array}{r} 302 \\ * 89 \\ \hline \end{array}$$



- 3** Beatrice has a page of 8 math problems to complete over the weekend. She solved 3 problems on Saturday morning and 2 on Saturday afternoon.

Write a number sentence with fractions that describes how much of the page Beatrice has completed.

\_\_\_\_\_

What fraction of the page did Beatrice complete on Saturday?

\_\_\_\_\_



- 4** Solve.

a.  $\frac{1}{2}$  of 6 = \_\_\_\_\_

b.  $\frac{1}{2}$  of 8 = \_\_\_\_\_

c.  $\frac{1}{3}$  of 12 = \_\_\_\_\_

d.  $\frac{1}{4}$  of 20 = \_\_\_\_\_



- 5 Writing/Reasoning** Choose a fraction from Problem 1. Write a division number story that has that fraction as the answer.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Name: \_\_\_\_\_

### Chocolate Chip Cookies

 $2\frac{1}{2}$  cups flour

1 tsp. baking soda

 $\frac{3}{4}$  teaspoon salt

1 cup butter

 $\frac{3}{4}$  cup sugar

1 tsp. vanilla

2 eggs

 $\frac{3}{4}$  pound of Chocolate Chips

Makes 60 cookies.

Name: \_\_\_\_\_

Spring has finally arrived! Let's get ready to plant some fresh veggies. First, we need a garden bed to plant in. Draw the plans for a new rectangular garden bed for your yard. Label the length, width and height. Then find the volume of the inside so we know how many cubic units of soil we will need to fill it.

# Name that Number

Materials: 4 cards each of numbers 0-10 and 1 card each of numbers 11-20

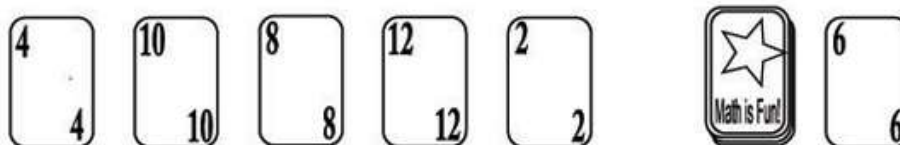
Number of Players: 3 or 4

A player shuffles the deck and places five cards face-up on the playing surface. This player leaves the rest of the deck facedown and then turns over and lays down the top card from the deck. The number on this card is the number to be named.

In turn, players try to (re)name the number on the set-apart top card by adding or subtracting the numbers on two of the five face-up cards.

A successful player takes both the two face-up cards and the number-named top card. A successful player also replaces those three cards by drawing from the top of the facedown deck. Unsuccessful players lose their turns. But they turn over and lay down the top card from the facedown deck, and the number on this card becomes the new number to be named. Play continues until all facedown cards have been turned over. The player who has taken the most cards at the end wins:

Example:  
Mae's turn:



The number to be named is 6. It may be named with  $4+2$ ,  $8-2$ , or  $10-4$ .

Mae selects  $4+2$ . She takes the 4, 2, and 6 cards. She replaces the 4 and 2 cards with the top two cards from the facedown deck and then turns over and lays down the next card to replace the 6.



Mike's Turn:

The new number to be named is 16. Mike can't find two cards with which to name 16, so he loses his turn. He also turns over the next card from the facedown deck and places it on top of 16, and the number on this card becomes the new number to be named.

Play continues as before.

Game Variations: If children are finding the game difficult, increase the number of face-up cards. Use any combinations of two or more numbers and all operations. For example, Mike could have named 16 as follows:

$$10+7-1$$

$$10+12-7+1$$

$$8+12-10+7-1$$

Children can experiment by using different numbers of face-up cards.



Name: \_\_\_\_\_

Choose an area to study in your backyard or neighborhood. You might choose a pond, a vernal pool, a forest, a field. Make a drawing of the living and nonliving things in this space. How do the living and nonliving parts work together to support life here?

Write a paragraph to explain your thinking. Be sure to include specific examples from the area you observed.

Name: \_\_\_\_\_

What can we learn from fallen log? Watch this [video clip](#) to get started. Go outside and find your own fallen log or stump to examine. You can download and print the [data sheet](#) or use a blank piece of paper to record your questions, observations and drawings. What evidence do you see of plant life and animal life? How are the plants, animals, and the fallen log or stump interconnected?

Name: \_\_\_\_\_

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- Exhale slowly through your mouth, as if you are blowing gently through a straw, for about 6 seconds The secret is to go slow: Breathe in for 4 seconds, hold for 4 seconds, and breathe out for 6 seconds. Do 5-10 breaths like this for it to work best!

### Progressive Muscle Relaxation

By tensing and relaxing the muscles throughout your body, you can achieve a powerful feeling of relaxation. Also, progressive muscle relaxation will help you spot anxiety by teaching you to recognize feelings of muscle tension. Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not painfully. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

- Feet Curl your toes tightly into your feet, then release them.
- Calves Point or flex your feet, then let them relax.
- Thighs Squeeze your thighs together tightly, then let them relax.
- Torso Suck in your abdomen, then release the tension and let it fall.
- Back Squeeze your shoulder blades together, then release them.
- Shoulders Lift and squeeze your shoulders toward your ears, then let them drop.
- Arms Make fists and squeeze them toward your shoulders, then let them drop.
- Hands Make a fist by curling your fingers into your palm, then relax your fingers.
- Face Scrunch your facial features to the center of your face, then relax.
- Full Body Squeeze all muscles together, then release all tension.

me: \_\_\_\_\_

### Challenging Automatic Negative Thoughts (ANTs)

Anxiety can be made worse by irrational thoughts, or automatic negative thoughts (ANTs!). For example, the thoughts that “something bad will happen” or “I will make a mistake” might not have evidence, but can affect how you feel. Sometimes, we need to look at our ANTs and challenge them - are they really true?

Put thoughts on trial. Choose an ANT that has contributed to your anxiety/worry. Gather evidence in support of your thought (real facts only), and against your thought. Compare the evidence. Often when we do this we find that the ANT is not really true, but just a thought.

Question the ANTs: Ask yourself:

- “Is my thought based on facts or feelings?”
- “How would my best friend see this situation?”
- “How likely is it that my fear will come true?”
- “What’s most likely to happen?”
- “If my fear comes true, will it still matter in a week? A month? A year?”

### Imagery

Your thoughts have the power to change how you feel. If you think of something sad, it’s likely you’ll start to feel sad. The opposite is also true: When you think of something positive and calming, you feel relaxed. Imagery uses this power to reduce anxiety.

Think of a place that you find comforting. It could be a secluded beach, your bedroom, a quiet mountaintop, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this place in great detail -- really imagine it.

**\*Sight** What do you see around you? What do you notice in the distance? Look all around to take in all your surroundings. Look for small details you would usually miss.

**\*Sound** What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.

**\*Taste** Are you eating or drinking something enjoyable? What is the flavor like? How does it taste? Savor all the tastes of the food or drink.

**\*Feel/Touch** What can you feel? What is the temperature like? Think of how the air feels on your skin, and how your clothes feel on your body. Soak in all these sensations.

**\*Smell** What smells are there? Are they strong or faint? What does the air smell like? Take some time to appreciate the smells.

Name: \_\_\_\_\_



## Name Your Workout

Directions: Use the letters in your name and complete each exercise!



A- 50 Jumping Jacks	N- 25 Burpees
B- 20 Crunches/Sit-ups	O- 30 Plank Jacks
C- 30 Squats	P- 20 Second Isometric Arm Press
D- 15 Push-ups	Q- 30 Bicycle Crunches
E- 1 Min. Pulse Squats	R- 5 Mermaid Push-ups
F- 10 Burpees	S- 30 Burpees
G- 30 Second Arm Circles	T- 15 Sumo Squats
H- 20 Side Squats	U- 30 Second Wall-run
I- 45 Jumping Jills	V- 3 Minute Wall-sit
J- 15 Supermans	W- 20 Burpees
K- 10 Spider Push-ups	X- 60 Skiers
L- 2 Minute Wall-sit	Y- 10 Leg Lifts
M- 20 Jump Throughs	Z- 20 Headbanger Push-ups

Name: \_\_\_\_\_

# Workout for beginners what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

**A** 10 jumping jacks**N** 10 second jump rope**B** 5 push-ups**O** 10 russian twists**C** 1 burpee**P** 5 plie squats**D** 20 high knees**Q** 10 arm circles**E** 5 crunches**R** 10 skaters**F** 10 mountain climbers**S** 10 second jog in place**G** 5 squats**T** 10 butt kickers**H** 10 front lunges**U** 5 inchworms**I** 10 side lunges**V** 5 tricep dips**J** 10 second wall sit**W** 3 star jumps**K** 5 calf raises**X** 5 bird dogs**L** 5 second plank**Y** 10 leg raises**M** 3 squat jumps**Z** 5 squat jacks