FUN WAYS TO LEARN FROM HOME

MATH:

- Make Me Genius www.makemegenius.com (K-7)
- Cool Math www.coolmath.com (K-8)
- Math Drills www.math-drills.com (K-8; PRINTABLE WORKSHEETS)

READING:

- Storyline www.storylineonline.net (PK-4TH)
- -Readworks www.readworks.org (K-8th)
- Site Words www.sightwords.com/sight-words (PK-8th)

SCIENCE & SOCIAL STUDIES:

- -Mystery Doug mysterydoug.com (K-8th)
- National Geographic kids.nationalgeographic.com (K-8th)
- -Smithsonian Learning Lab learninglab.si.edu (Pk-8th)
- History for Kids www.historyforkids.net (K-8th)

WRITING:

- Typing Club www.typingclub.com

MULTI-SUBJECT:

- -Khan Academy www.khanacademy.org (2nd-8th)
- PBS Kids pbskids.org (K-6th; sign in required)
- Starfall starfall.com (Pk-3rd)

PreK-2nd Grade Social Emotional Learning

Make a list of 10 things that you love	Write or draw what it means to be a friend	Tell someone who your hero is and why.	Ask an adult about their career	Draw a picture of your family doing something you love to do together.
Go for a walk with a family member.	Take a nap	Name one new thing you want to try someday and draw it.	Make a card for a loved one.	Write a thank you note
Write or draw 3 things to do when you're worried.	Spend time with someone you love	Practice deep breathing	Read for fun	Play a game with someone.
List/draw as many feelings as you can.	Made a gratitude list	Stretch	Bake something with an adult	Help around the house.
Write a letter to someone in a nursing home or the armed services	Go outside and count how many things are red	Play emotion charades	Try eating something new that is healthy.	Tell someone 10 ways to show respect at home and school

3rd-8th grade Social Emotional Learning

Be Responsible by cleaning your room	Be Respectful as you play a game with a friend or family member	Do something extra nice for a brother or sister	Write about a time that you Persevered	Tell someone about a time when you used Self-Control
Tell someone 5 things you are grateful for	Write or draw what it means to be a good friend	Practice sitting still for 1 minute - what sounds do you hear?	After reading a chapter in a book, write or tell someone the emotions you saw in the book	Tell someone what it takes to be a good listener
Tell someone all of the emotions you can think of	Tell someone what are 3 things you can do when you are upset?	Talk/Write/Dra w about a time you showed empathy	Talk/Write/Draw about a time someone showed you empathy	List 3 positive character traits you have learned this year
Read a book and discuss the moments of caring you see	Tell about a time you felt sad	Be Responsible by helping to set the table	Tell about a time you showed compassion	Do an act of caring for a family member or neighbor
Send a compliment note to a classmate telling something they do well	Write and send a thank you note to your parent	Do an extra chore around the house to help out your parents	Send a "thinking of you" note/card to your grandparents, aunt, uncle, or another adult friend	Practice Mindfulness by doing the 5 Finger Breathing (trace the fingers on your hand while breathing)
Take a long walk and name 5 things you see, hear, smell, and feel.	Take a technology break and journal.	Color in a coloring page	Watch this BrainPop video about Digital Etiquette https://bit.ly/3cZzWj 4 and do this activity https://bit.ly/2viR0Q C	Do this lesson on Developing Empathy https://bit.ly/2WcFBw k

Social-Emotional Learning Resources

Active Screen Time Resource

https://www.gonoodle.com/for-families/

Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+

https://www.youtube.com/user/CosmicKidsYoga

Ultimate Guide to Mental Health and Education Resources for Kids and Teens

https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/

Help Your Family De-Stress During Coronavirus Uncertainty

https://www.commonsensemedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty

Progressive Muscle Relaxation for Kids

https://www.youtube.com/watch?v=cDKyRpW-Yuc

Interactive Tool for Job Seekers and Students to Learn More About Their Career Options https://www.mynextmove.org/

Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons https://wedolisten.org/

Mindfulness Websites/Activities

https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf

BrainPop Mindfulness

https://www.brainpop.com/health/mentalhealth/mindfulness/

Mindfulness Books

 $\frac{https://pawsitiveschoolcounselor.wordpress.com/2020/02/10/books-to-promote-mindfulness/?fb}{clid=lwAR2is7Wv-BPo0cHzjftBh8-VUR6-OTD-OHGURwWbgUHNyN-CjbqimQLAvWM}$

Social Emotional Readings

https://www.edutopia.org/social-emotional-learning

Managing Stress activities (parents must create a Go Noodle account)

https://app.gonoodle.com/categories/manage-stress

Social Emotional Journaling Prompts

** For younger students this may be used as discussion prompts**

- 1. When you want to feel more confident, what do you do?
- 2. What is your biggest goal? How will you achieve it?
- 3. Write about a time when you helped another person. How did you feel?
- 4. Make a list of ten things you're good at doing. How do these things make you unique?
- 5. How can you help other people feel more confident?
- 6. What is it like to try something new?
- 7. Do you ever have trouble making decisions? How can you work to make choices more quickly and with more confidence?
- 8. Write about three things that make you happy. How can you spend more time on these things each day?
- 9. What is the bravest thing you've ever done?
- 10. Think of something that you would like to do better. How can you work to improve?
- 11. What types of things make you feel confident?
- 12. Why is it important to spend time with people who appreciate you?
- 13. How do positive thoughts promote confidence?
- 14. What is something you have done well recently?
- 15. Write about a time when you made a great choice.
- 16. Do you spend time worrying about what other people think? How does this feel?
- 17. When do you feel proud of yourself?
- 18. Write about a time when you struggled with something new. What did you do to improve?

Daily Home Schedule 7:00 **BREAKFAST** 0 FREE PLAY 7:30 LEARNING ACTIVITIES 8:30 10:00 **SNACK** W 10:30 **CRAFTS** MOVEMENT ACTIVITIES 11:00 11:30 STORY TIME 12:00 LUNCH 12:30 **OUTDOOR PLAY** LEARNING ACTIVITIES 1:30 3:00 COOKING & SNACK 1838 8383 8383 4:00 **GAMES & PUZZLES** 4:30 FREE PLAY 5:30 DINNER FREE PLAY & TECH TIME 6:00 BEDTIME ROUTINE 7:30

Activity Ideas

LEARNING

- MATCHING COUNTING
- PREPOSITIONS COLOR/SHAPE ID PATTERNING
- LETTERS/NUMBERS
- DESCRIBING ORDERING BY SIZE RHYMING

MOVEMENT

- DANCE PARTY GONOODLE/FUN & FLUENCY (ONLINE) MOVEMENT SONGS OBSTACLE COURSE

- EXERCISES
 BRAIN BREAK
 ACTIVITIES
 YOGA POSES

<u>COOKING</u>

- HOMEMADE PIZZA POPSICLES
- CEREAL BARS
- STOVETOP POPCORN PLAY DOUGH
- SLIME/OOBLECK APPLESAUCE
- JELLO/PUDDING FRUIT SALAD

GAMES

- PUZZLE RACE

- PUZZLE RACE
 PLATTING CARDS
 HIDE AND SEEK
 BOARD CAMES
 CHARADES
 FOLLOW THE LEADER
 SITHON SAYS
 ACTION IMITATION
 I SPY

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CRAFTS

- COLLAGES
- PAINTING
- STILRESS
 KINETIC SAND
 CARDBOARD BOX
 CREATIONS
 SCRAPBOOKING
 BEADING
 SEWING

FREE PLAY

- LEGOS/BLOCKS

- MAKE A FORT PUPPET SHOW DOLL HOUSE DRAMATIC PLAY
- BUILD A CITY
- SENSORY BIN CREATE A MAZE PLAY DOUGH

STORY TIME

- STORYLINE ONLINE BOOKS ON TAPE PICTURE WALK FELT BOARD

- ACTIVITIES STORY RETELLING COMPREHENSION
- QUESTIONS STORY ELEMENTS

OUTDOOR

- RIDE BUCES
 NATURE WALK
 SCAVENGER HUNT
 CHALK
 HOPSCOTCH
 BUBBLES
 JUMP ROPE
 SPORTS/RACES
 TAG

30 At-Home Brain Breaks

5 min break	15 minute break	30 minute break		
GoNoodle Videos on YouTube	Sidewalk Chalk	Play outside		
Jump rope	Watercolor painting	Bake a special sweet treat (with an adult)		
Play-Doh sculptures	Play outside	Play with your favorite toys		
Color a picture	Ride a bike	Make a fort out of sheets and pillows		
Dance Party to your favorite song	Play hide and seek with your sibling	Play a card game (Go Fish!, Old Maid, etc.)		
Sing your favorite song and make up silly dance moves	Build a LEGO sculpture	Play a board game with your sibling(s) or parent(s)		
Kid's Yoga YouTube video	Read your favorite book	Create and complete a nature scavenger hunt		
Do 5 different exercises for 1 minute each	Fly a kite outside	Make a craft from recycled & upcycled materials		
Build a paper airplane and fly it down the hall or outside	Take pictures of nature in your front and back yard	Make an obstacle course with simple toys and complete it		
Look at your favorite picture book	Take turns telling silly jokes with your sibling(s) or parent(s)	Play dress up		

At Home Learning Ideas

WEEK 1

MON Go for a walk. Create a video journal of things you noticed.

TUE Read a new fiction book.

WED Build something from a cardboard box.

THU Create an Explainer Video. Use props from outside.

FRI Open the magnifier app on your phone. Observe bugs and plants.

WEEK 2

MON Find a recipe. Change it. Bake something new.

TUE Create a book trailer of your new fiction book.

WED Pretend you're running for President. Create your plan.

THU Create your own podcast. Invite a parent as a guest.

FRI Create a mosaic using dry food or household materials.

WEEK 3

MON Read a biography of a historical figure.

TUE Make ice cream in a bag.

WED Learn a new card game. Call a friend and teach them.

THU Take pictures of trees. Create a photostory.

FRI Dress up as your favorite fictional character. Act and record it.

WEEK 4

MON Invent something using only toothpicks and glue.

TUE Run to the mailbox and back. Calculate avg speed.

WED Create an alternate ending to your fiction book.

THU Create a music video with a family member or friend.

FRI Create a stop motion video using toys or legos.

@drlangraad

SITE WORD PRACTICE

DOLCH WORD LIST

Sorted alphabetically by grade level

Pre	-primer	P	rimer	ENGLISH	First	Sec	ond	5300	hird
а	play	all	out	after	once	always	right	about	never
and	red	am	please	again	open	around	sing	better	only
away	run	are	pretty	an	over	because	sit	bring	own
big	said	at	ran	any	put	been	sleep	carry	pick
blue	see	ate	ride	as	round	before	tell	clean	seven
can	the	be	saw	ask	some	best	their	cut	shall
come	three	black	say	by	stop	both	these	done	show
down	to	brown	she	could	take	buy	those	draw	six
find	two	but	50	every	thank	call	upon	drink	small
for	up	came	soon	fly	them	cold	us	eight	start
funny	we	did	that	from	then	does	use	fall	ten
go	where	do	there	give	think	don't	very	far	today
help	yellow	eat	they	going	walk	fast	wash	full	together
here	you	four	this	had	were	first	which	got	try ·
1		get	too	has	when	five	why	grow	warm
in		good	under	her		found	wish	hold	
is		have	want	him		gave	work	hot	
it		he	was	his		goes	would	hurt	
jump		into	well	how		green	write	`if	
little		like	went	just		its	your	keep	
look		must	what	know		made		kind	
make		new	white	let		many		laugh	*
me		no	who	live		off		light	
my		now	will	may		or		long	
not		on	with	of		pull		much	
one		our	yes	old		read		myself	

http://www.k12reader.com

Adding with Some Regrouping (A) Find each sum.

	9 9	8	5	1	7	1	7	9	9
	9 +2	_+1	_ + 4	+ 7	+ 2	+ 2		_	
			8		-				
	4 2	6	2	8	3	3	1	9	9
+	1 +9	+ 6	+ 3				+ 9		+ 5
	3 8	9	9	4	1	2	4	6	4
+ 8	+ 6	+ 6	_ + 7	+ 8	_ + 7	_+6	+ 6	+ 9	+ 3
4		-							
1	_	6		9	4	4	9	4	2
_+6	+4	+ 3	+ 7	+8	+ 6	_ + 8	+ 5	+ 7	+ 6
2) 4								
+ 7	_	4				8	4	9	3
- + /	+ 4	<u>+1</u>	+ 2	<u>+ 2</u>	+ 9	+4	_ + 5	_ + 7	+ 1
7	9	2	2	_					
+ 6	-	2 + 3			4		7	8	5
		- + 3	+8	+ 4	_ + 7	+ 2	+ 4	_+4	+ 8
4	3	8	9	,		_			
+ 4	1	+ 4	+ 7	6	4			8	7
				+8	+ 5	+ 1	<u>+1</u>	<u>+7</u>	+ 3
9	3	2	5	7	3	4			
+ 8	+ 5	+ 9						5	3
					+ 4	_ + 1	+ 5	+ 6	+ 3
9	9	5	7	3	6	2		1 3	
+ 6	+ 9	+ 4	+ 2		+ 5		8	3	7
							+ 8	+ 2	+ 8
2	4	4	5	6	5	3	3	0	
+ 9	+ 7		+ 2	+ 1	+ 4		+ 9	8	4
							тэ .	+ 2	+ 4

Math-Drills.Com

Subtraction Facts to 18 (A)

Calculate each difference.

15	13	6	10	2	4	6	14	10	4
- 8	- 9	- 3	- 6	- 0	- 4	- 0	- 9	- 2	- 3
13	11	6	8	13	9	11	12	8	5
- 4	- 3	<u>- 4</u>	- 6	- 7	<u>- 5</u>	- 5	- 9	- 7	- 3
11	7	14	13	7	5	7	10	15	12
- 2	- 7	- 5	- 6	- 1	<u>- 0</u>	- 3	- 4	<u>- 6</u>	- 4
12	18	10	1	7	9	12	7	14	6
- 6	- 9	- 5	- 1	- 5	<u>- 4</u>	- 8	- 2	- 8	- 2
14	3	7	10	10	11	9	8	5	15
- 7	- <u>1</u>	- 6	- 8	- 9	- 9	<u>- 8</u>	-1	<u>- 4</u>	- 7
6	13	12	5	9	8	3	13	4	16
<u>- 1</u>	- 8	- 5	- 5	<u>- 3</u>	<u>- 4</u>	- 3	- 5	- 1	- 8
16	7	15	9	1	2	3	14	8	0
- 9	- 0	- 9	- 6	- 0	- 1	- 2	- 6	- 3	- 0
17	2		17	5	7	4	3	6	12
- 8	- 2		- 9	<u>- 1</u>	- 4	- 2	- 0	<u>- 5</u>	- 3
	9	16	6	8	8	11	4	5	10
	<u>- 2</u>	- 7	- 6	- 8	- <u>5</u>	- 4	- 0	- 2	- 3

11

<u>- 7</u>

10

<u>- 7</u>

9

<u>- 1</u>

11

<u>- 8</u>

8

<u>- 0</u>

<u>- 9</u>

<u>- 0</u>

9 12

<u>- 7</u>

10

<u>- 1</u>

Multiplication Facts to 81 (A)

Determine each product.

9	2	5	2	5	8	4	9	6
<u>×4</u>	× 9	× 5	× 8	× 1	× 1	× 6	× 2	× 4
1	7	3	5	3	7	6	8	9
× 3	× 5	× 9	× 7	× 7	× 7	× 9	× 2	× 8
,					A			
7	4	1	2	1	3	3	2	9
× 8	× 9	× 4	× 6	× 1		× 1		× 9
,					_			
8	3	6	1	8	6	2	8	7
× 3	× 2	× 7	× 8	× 9			× 5	× 1
					12			
6	7	9	2	1	6	8	6	7
× 8	× 9		× 4	× 5				× 4
9	2	4	5	2	5	3	5	7
× 3	× 1	× 7	× 9	× 3		× 4	× 6	× 6
		-			4			
8	8	3	5	1	8	4	1	4
× 7	× 4	× 3	× 3	× 7	× 8	× 4	× 2	× 3
		-		-				
1	9	7	3	7	9	4	3	1
× 6	× 1				× 5	× 1	× 8	
			0 0		+1			
6	2	6	5	4	9	4	4	5
	_ × 2							

Math-Drills.Com

Division Facts (A)

Find each quotient.

		na each quotient.	
$48 \div 8 =$	$24 \div 6 =$	$40 \div 5 =$	$8 \div 1 =$
$54 \div 9 =$	$15 \div 5 =$	$14 \div 2 =$	$12 \div 3 =$
$30 \div 5 =$	$28 \div 4 =$	$20 \div 4 =$	$2 \div 1 =$
$50 \div 5 =$	$49 \div 7 =$	$20 \div 5 =$	$36 \div 4 =$
$4 \div 4 =$	$35 \div 7 =$	$36 \div 9 =$	$10 \div 5 =$
$12 \div 4 =$	$10 \div 1 =$	$8 \div 4 =$	$21 \div 7 =$
$42 \div 6 =$	$70 \div 10 =$	$56 \div 7 =$	$6 \div 6 =$
$6 \div 2 =$	$27 \div 9 =$	$9 \div 9 =$	$5 \div 5 =$
$54 \div 6 =$	$81 \div 9 =$	$30 \div 6 =$	$18 \div 6 =$
$63 \div 7 =$	$20 \div 10 =$	$45 \div 5 =$	$6 \div 3 =$
$18 \div 2 =$	$24 \div 8 =$	$1 \div 1 =$	$35 \div 5 =$
$40 \div 10 =$	$25 \div 5 =$	$8 \div 2 =$	$80 \div 8 =$
$16 \div 4 =$	$5 \div 1 =$	$36 \div 6 =$	$50 \div 10 =$
$7 \div 7 =$	$8 \div 8 =$	$24 \div 3 =$	$12 \div 6 =$
$16 \div 8 =$	$21 \div 3 =$	$6 \div 1 =$	$30 \div 3 =$
$3 \div 3 =$	$63 \div 9 =$	$12 \div 2 =$	$90 \div 9 =$
$60 \div 6 =$	$45 \div 9 =$	$32 \div 4 =$	$100 \div 10 =$
$9 \div 3 =$	$56 \div 8 =$	$72 \div 9 =$	4÷1=
$7 \div 1 =$	$27 \div 3 =$	$72 \div 8 =$	$28 \div 7 =$
$40 \div 4 =$	$30 \div 10 =$	$24 \div 4 =$	$18 \div 9 =$
$42 \div 7 =$	$64 \div 8 =$	$40 \div 8 =$	$90 \div 10 =$
$15 \div 3 =$	$70 \div 7 =$	$60 \div 10 =$	$3 \div 1 =$
$32 \div 8 =$	$4 \div 2 =$	$14 \div 7 =$	$80 \div 10 =$
$48 \div 6 =$	$10 \div 10 =$	$10 \div 2 =$	$9 \div 1 =$
$18 \div 3 =$	$16 \div 2 =$	$2 \div 2 =$	$20 \div 2 =$

Adding Fractions (A)

Name:

Date:

Add each pair of fractions and simplify if necessary.

1.
$$\frac{7}{13} + \frac{4}{13}$$

2.
$$\frac{7}{22} + \frac{14}{22}$$

3.
$$\frac{17}{21} + \frac{3}{21}$$

4.
$$\frac{1}{17} + \frac{13}{17}$$

5.
$$\frac{5}{8} + \frac{2}{8}$$

6.
$$\frac{2}{24} + \frac{3}{24}$$

7.
$$\frac{6}{12} + \frac{2}{12}$$

8.
$$\frac{9}{20} + \frac{3}{20}$$

9.
$$\frac{11}{14} + \frac{1}{14}$$

10.
$$\frac{13}{16} + \frac{2}{16}$$

11.
$$\frac{11}{19} + \frac{7}{19}$$

12.
$$\frac{1}{10} + \frac{7}{10}$$

13.
$$\frac{7}{11} + \frac{1}{11}$$

14.
$$\frac{1}{6} + \frac{3}{6}$$

15.
$$\frac{4}{23} + \frac{1}{23}$$

16.
$$\frac{9}{15} + \frac{3}{15}$$

17.
$$\frac{1}{3} + \frac{1}{3}$$

18.
$$\frac{4}{7} + \frac{2}{7}$$

19.
$$\frac{3}{9} + \frac{5}{9}$$

20.
$$\frac{1}{4} + \frac{2}{4}$$

Adding Fractions (A)

Find the value of each expression in lowest terms.

1.
$$\frac{3}{4} + \frac{1}{16}$$

5.
$$\frac{2}{5} + \frac{1}{10}$$

9.
$$\frac{1}{4} + \frac{1}{2}$$

2.
$$\frac{3}{14} + \frac{1}{3}$$

6.
$$\frac{1}{19} + \frac{1}{2}$$

10.
$$\frac{1}{2} + \frac{3}{16}$$

3.
$$\frac{9}{11} + \frac{1}{11}$$

7.
$$\frac{6}{19} + \frac{2}{3}$$

11.
$$\frac{2}{11} + \frac{1}{2}$$

4.
$$\frac{1}{3} + \frac{2}{17}$$

8.
$$\frac{1}{3} + \frac{1}{6}$$

12.
$$\frac{4}{11} + \frac{3}{8}$$

Adding and Subtracting Fractions (A)

Find the value of each expression in lowest terms.

1.
$$2\frac{5}{6} - \left(4\frac{1}{3} - \frac{3}{2}\right)$$
 5. $1\frac{1}{5} + \frac{17}{2} - \frac{3}{2}$ 9. $\frac{11}{2} - \left(\frac{2}{7} + \frac{3}{2}\right)$

5.
$$1\frac{1}{5} + \frac{17}{2} - \frac{3}{2}$$

9.
$$\frac{11}{2} - \left(\frac{2}{7} + \frac{3}{2}\right)$$

2.
$$\frac{1}{2} + \frac{13}{8} - \frac{11}{12}$$

6.
$$\frac{17}{6} + \frac{5}{3} - 3\frac{1}{2}$$

10.
$$3\frac{1}{3} + 1\frac{3}{4} - 1\frac{2}{3}$$

3.
$$\frac{3}{10} - \frac{1}{6} + 3\frac{4}{5}$$

7.
$$\frac{5}{2} + 1\frac{7}{9} + \frac{1}{3}$$

11.
$$\frac{4}{3} - \left(1\frac{11}{12} - \frac{5}{4}\right)$$

4.
$$\frac{3}{4} + \frac{2}{7} - \frac{2}{7}$$

8.
$$1\frac{11}{12} - \left(1\frac{3}{4} - \frac{1}{8}\right)$$
 12. $2\frac{1}{3} - \frac{2}{3} + 1\frac{4}{5}$

12.
$$2\frac{1}{3} - \frac{2}{3} + 1\frac{4}{5}$$

Multiplying and Dividing Mixed Fractions (A)

Find the value of each expression in lowest terms.

1.
$$3\frac{2}{7} \div 1\frac{1}{4}$$

6.
$$1\frac{1}{3} \times 1\frac{2}{3}$$

11.
$$1\frac{3}{8} \div 1\frac{1}{12}$$

2.
$$1\frac{2}{3} \div 3\frac{1}{3}$$

7.
$$1\frac{1}{3} \times 2\frac{1}{5}$$

12.
$$2\frac{7}{8} \div 5\frac{1}{2}$$

3.
$$2\frac{1}{4} \div 1\frac{1}{2}$$

8.
$$2\frac{1}{7} \div 2\frac{1}{2}$$

13.
$$3\frac{2}{3} \div 1\frac{1}{6}$$

4.
$$6\frac{1}{2} \div 2\frac{2}{3}$$

9.
$$1\frac{3}{11} \div 2\frac{1}{3}$$

14.
$$1\frac{3}{8} \times 3\frac{1}{3}$$

5.
$$2\frac{1}{10} \div 2\frac{3}{5}$$

10.
$$3\frac{1}{2} \div 2\frac{3}{4}$$

15.
$$1\frac{4}{11} \div 1\frac{1}{4}$$