

Dear Scholars,

Are we having spring weather? I wonder what signs of spring you will notice this week? You know what they say, “April showers bring May flowers!” We miss you guys so much and we can’t wait to get back to school. Here is your work to keep your brains growing this week. Remember to also read 30 minutes every day. Make sure you complete your work every day just like in school - practicing reading and math every day helps keep your brains active and strong! Your co-curricular teachers left some art and PE activities for you to do too. Stay safe and healthy!

Love,
 Your Teachers

Monday

Read for 30 minutes every day!	
Math	<p><u>Measure up!</u>- We know that a centimeter is about the width of our pinky finger. On a separate piece of paper, choose 10 small objects to measure in the house in centimeters. Record the objects and their measurements in centimeters. Then, answer this question with a high quality response: Would you use centimeters to measure your kitchen table? Why or why not?</p> <p>Extend the activity: If you have a ruler or tape measure, measure the objects in inches. Which measurements are bigger? Inches or centimeters? How do you know?</p>
Literacy	<p><u>Spelling</u>- On a sheet of paper, copy down this list of spelling words with prefixes. A prefix is added to the beginning of a base word and it changes the meaning of the base word.</p> <p>Write each word a total five times and create a sentence using each spelling word.</p> <p>CHALLENGE: Your sentences have to be about your teachers, your classmates, your family, or your favorite book character! To extend this activity, you can divide a paper into two columns and sort your words under un- and re-. The prefix re means again. The prefix un means not. You can also look up the words and write the definitions if you are unsure on what they mean.</p> <p style="text-align: center;">unhappy, unknown, unlucky, replace, react, untouched, unload, reread, recall, renew, unfortunate, uncomfortable, recycle, rewind, replay</p>

Art	Draw a picture of your favorite dessert and add visual texture to help make it look delicious!
PE	Practice the different pathways (Zig Zag, Straight, Curved) while galloping (cat chases the mouse)

Tuesday

Read for 30 minutes every day!				
Math	<p><u>Time Me</u> - For this game, you will need a piece of paper, a pencil, and a clock (digital or analog). On a separate piece of paper, copy the chart below. Choose any 3 activities during your day and record how much time you spend doing them. Write down the time you began the activity, and the time you ended the activity. Then, figure out how many minutes you spent doing each activity. Activities could include playing with Legos, watching a TV show, eating dinner, playing a game, practicing a sport, and so on!</p> <p><i>Example:</i></p>			
	Activity	Time began	Time Ended	How long did you do this activity for?
	<i>Frozen Puzzle</i>	<i>1:32 PM</i>	<i>1:54 PM</i>	<i>22 minutes</i>
	Extend the activity: Draw the time on analog clocks as well as in digital form for the time you began and ended each activity.			
Literacy	<p><u>Spring Adjective Poem</u>- Copy the poem below and then fill in the blanks with adjectives to create a poem about spring. Put on construction paper and design around the poem to make it a masterpiece! Challenge: create a brand new poem about spring. It could be about flowers, rain, allergies, holidays, etc. Don't forget to send pictures to your teachers!</p> <p>***An adjective is a word that describes an animal, person, thing, or thought. Adjectives include words that describe what something looks like and what it feels like to touch, taste, or smell. Adjectives can be colors or words that describe temperatures and sizes.</p>			
	Spring Adjectives Word Bank (some-you can also think of your own!)			
	Bright	Crisp	Changing	Blossoming
	Refreshing	Sprouting	Fresh	Budding
Peaceful	Grassy	Beautiful	Rainy	

	<p>(create a title)</p> <p>_____ spring is here!</p> <p>_____ wind,</p> <p>_____ sun,</p> <p>Grass is _____ and flowers are _____</p> <p>Super Sunny Spring!</p>
Art	<p>Cut out strips of colored paper or any other paper you have, then fold, curl and bend them. Glue the ends of the paper strips down on another flat piece of paper so that the middle of the strips stand up on their own. You can glue paper strips together to build complex designs and make your own paper playground. Here are some suggestions: Curl a strip of paper to make a slide or fold a strip like a paper fan, back and forth, to make steps!</p>
PE	<p>Find a short story to read, then find a word that repeats often in the story. Every time you read that word do one jumping jack.</p>

Wednesday

<p>Read for 30 minutes every day!</p>	
Math	<p><u>Ways to Show a Number</u> - There are so many ways to represent a number. Have a family member write down 10 3-digit numbers. Don't show them to the scholars yet! On a separate piece of paper, record the following for each number. Look at this example for 752.</p> <ol style="list-style-type: none"> Standard/ Number form: 752 Word form: Seven hundred fifty-two Expanded form: $700 + 50 + 2 = 752$ Unit form: 7 hundreds, 5 tens, 2 ones Base Ten form: <div style="text-align: center;"> </div> <p>Extend the activity: How many dollars and coins could you use to build the numbers? Example: 752 -----> 7 dollars, 2 quarters, 2 pennies = \$7.52</p>

<p>Literacy</p>	<p><u>Informational Paragraphs</u>- On a sheet of paper, in your neatest handwriting, write an informational paragraph about an animal of your choice. Remember to use the checklist to make sure you have ALL PARTS! Reminder- A paragraph has 5 sentences or more! Don't forget to send pictures to your teachers of high quality work!</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sound word→ explanation <input type="checkbox"/> Hook/? <input type="checkbox"/> 3 Facts in Your Own Words (1. Where they live, 2. What they eat, 3. predators) <input type="checkbox"/> Ending Sentence <p>Example: Tweet-tweet! That's the sound of a Red Robin sitting in a tree outside. Would you like to learn more about Red Robins? Red robins live across North America and in parts of Central America. They can be found in open grassy areas, gardens, and woodlands. They often eat earthworms and berries. The birds also snack on insects, such as caterpillars and grasshoppers. Snakes, hawks, and cats hunt adult American robins. Squirrels, blue jays, crows, and ravens eat American robin eggs and chicks. I hope you learned more about Red Robins!</p>
<p>Art</p>	<p>Draw yourself as a superhero! Write down your superpowers and abilities on the back of your drawing. Bonus: Draw your family as superheroes and give your mighty team an awesome heroic name! Here are some examples of super-team names: The Incredibles, The Fantastic Four, The Avengers, The Super Friends, and The Justice League.</p>
<p>PE</p>	<p>FREEZE Dance! Have someone play music, every time they pause the music you must freeze as quickly as possible and stay frozen until the music turns back on.</p>

Thursday

<p>Read for 30 minutes every day!</p>	
<p>Math</p>	<p><u>101 and Out!</u> - To play, you will need a sheet of paper, two teams, a pencil, and one dice. If you don't have a die, cut out 6 pieces of paper and number (1-6). Put the slips in a hat or bag. Reach in and grab one slip of paper for each turn. Remember to replace the slips of paper in the hat or bag. The object of the game is to score as close to 101 without going over or "out." To play, scholars take turns rolling the dice. As they roll, they can either take the number as a one or a ten. For example, if a student rolls a 5, they could take it as a 5 or a 50. Scholars keep a running record of both totals as they play. It's a great way to build mental math strategies. Extend the activity: If your scholar needs more subtraction practice than addition, play this game backwards! Start at 100 and try to get to 1 without going under or out!</p>
<p>Literacy</p>	<p><u>Adjectives</u>- On a sheet of paper, write the whole alphabet from A-Z! Like this</p> <p>A B C</p>

	<p>After you write the whole alphabet, write one adjective per letter. Like this</p> <p>Athletic Bossy Cautious</p> <p>Share your lists with your teacher. The longest fully-correct list gets to choose the theme for our next video meeting!</p>
Art	<p>Sort your toys into groups of warm colors and cool colors. Which group has more in it?</p> <p>Warm colors remind us of warm things like the sun and fire, spicy things like chili peppers and cinnamon candies. Cool colors remind us of leafy plants, clean water and frosty ice, and grape jelly.</p>
PE	<p>Find a coin and follow the workout on the Flip a Coin workout sheet attached!</p>

Friday

<p>Read for 30 minutes every day!</p>	
Math	<p><u>Guess my number</u> - To play, you will need a piece of paper and a pencil. Families will choose a number between 1-100. Keep it a secret! Scholars will then make a hundreds chart by writing down each number 1-100. Next, scholars will guess the number by asking a series of yes or no questions. The scholars crosses off numbers it can't be and circles numbers it could. The person who guesses the right number, wins!</p> <p>Here are some example questions/ answers:</p> <p>Q: Does your number have 2 tens? A: No</p> <p>The scholar would then cross out all the numbers with 2 tens (20-29)</p> <p>Q: Does your number have 8 ones? A: Yes</p> <p>The scholar would then circle all the numbers with 8 ones. (18, 28, 38, 48, 58, 68, 78, 88, 98)</p> <p>Extend the activity: If your scholar is up for it, make a 1000s chart! Choose a number between 1-1000. Ask questions to guess the number like in the activity above</p>
Literacy	<p><u>Charades</u>- Use your spelling words from Monday!</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>unhappy, unknown, unlucky, replace, react, untouched, unload, reread, recall, renew, unfortunate, uncomfortable, recycle, rewind, replay</p> </div>

	<p>Act out each word and have another person guess what you are acting out! The person only has 3 guesses. When you are acting it out you can <u>NOT</u> make sounds or say anything. Have fun!</p> <p>Record yourself acting out at least 1 word and send it to your teacher! Your teachers will post on Dojo and parents can guess which word you are acting out too!</p>
Art	<p>Make a thank you card for someone in your home that you really appreciate and has done something nice or helpful for you this week. If you are having trouble deciding on just one person, make a card for everyone in your home this weekend! Use your neatest handwriting and cleanest coloring to tell someone special how much you appreciate them!</p>
PE	<p>Spell your name workout!! Using the What's your name worksheet attached, do each workout for every letter in your name!</p>

Alma families, please follow

Mr. Rego's art class on Instagram: [@alma_douglass_art](#)

**Send photos of your artwork to chrisreg@almadelmar.org
or tag the Instagram accounts**

and

Ms. Doohar's art class on Instagram: [@ms_dooher_art_almadelmar](#)

**Check our Instagram accounts for step-by-step visual instructions
and examples of completed projects.**

Send photos of finished artwork from your scholars and their siblings and your art teacher will post them to their art class account, (no names, just grade levels), to inspire our community to keep making beautiful and interesting art!

Ms. Mello's PE class is on Instagram!

[@Douglass_PE_Ms_Mello](#)

Send pictures of yourself doing ANY physical activity to

jaimemello@almadelmar.org

FLIP A COIN WORKOUT

@workouts_daily

	Heads:	Tails:
1st time	15 jump squats	25 calf raises
2nd time	:60 jog in place	25 jumping jacks
3rd time	20 kneeling pushups	10 pushups
4th time	20 jumping jacks	:50 jog in place
5th time	40 high knees	40 jumping jacks
6th time	35 crunches	20 sit-ups
7th time	10 pushups	20 kneeling pushups
8th time	:60 jog in place	25 jumping jacks
9th time	50 crunches	20 sit-ups

what's your name? fit activity for kids

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

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |