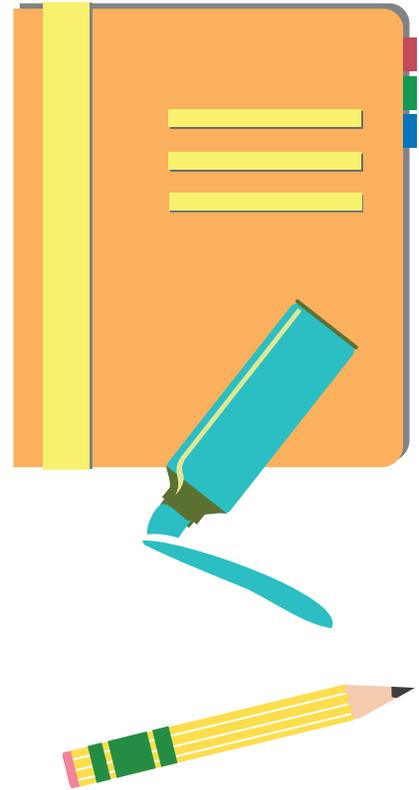


Helpful Hints for Students and Families

Materials You Will Need:

- Pencils
- Extra paper or a notebook/journal (everything can go in one place)
- You will need colored pencils, markers, or crayons for some of the activities.
- Poster board and metal brad for a mood meter (alternatively, just use paper)
- Plastic bottle, glitter, glue, and food coloring for a calm down bottle



Directions & Tips

- You may complete the activities in any order.
- Check off each of the activities when you finish them on the menu.
- Make sure an adult signs the activity menu before you bring it back to school.

Activity Menu

	Day 1	Day 2	Day 3	Day 4	Day 5
Reading 	Read for 15 minutes each day and choose one activity from your reading log to do.				
Writing 	Each day, write some news about what you did in the Daily News worksheet.				
Literacy 	What is an Adjective?	Fill in a Funny Story	Kind Reminders: Letter to My Future Self	Compliment Notes	Color by Short Vowel Sound
SEL 	Range of Emotions	At-Home Mood Meters	Calm Down Bottle	Animal Breaths	Silly Stories: Mindfulness of Emotions
Math 	Find the Math Path	Greater Than, Less Than, Equal To	Measuring School Supplies: Centimeters	Addition Word Problems	Identifying Patterns: Animal Dance Moves
Other Fun Stuff	Color Bookmarks from Space! Kindness Bear Puppet Make a Family Gratitude Jar				

Parent/Guardian Signature: _____



Reading Log

1. Read a book by yourself or with a grown-up.
2. Put your name and the title of the book at the top of a new page.
3. Choose one of the ideas and write one or two sentences about your book. Remember, not all of the questions make sense for every book.
4. Don't forget to tell why or how you know, or both if you can!



How did the story end?	Who is your favorite character? 	Is this book like any other book you have read? Which one?
How does the main character feel in this book?	Which words in the book were tricky?	Where does the story take place (the setting)?
What is your favorite part of the story? 	What is the big problem in the story? How is it solved?	What did you learn from reading this book?
What friend or family member might like this book?	When does the story take place (the setting)?	At the end, did any characters change from how they felt at the beginning?
What is your favorite picture in the book?	What did the author want you to learn?	What surprised you in the book?

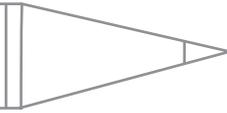
Day 1

Reading	Read for 15 minutes and complete your reading log.
Writing	Write your Daily News.
Literacy	Find the describing words.
SEL	Learn about some different kinds of emotions we can feel.
Math	Complete the addition and subtraction problems to create the path through the puzzle.



Name: _____

What is an **Adjective?**



Adjectives are words that tell what something looks like, smells like, tastes like, feels like, or sounds like. They are **describing words**.



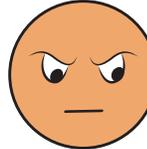
Look at the word sort below and circle all of the words that could describe something.

big purple playground **fluffy**
tree red mouse loud
silly hat dry fast old kite
boy yummy grass car wagon
grumpy balloon bed cold little
sandwich book hairy glue
sun sharp mean sad crunchy
bike dog
sticky stinky rough snake hot
tired house slimy school quiet
cat

Range of Emotions

1. Color!

Review the range of emotions below.

Green Take Care of Yourself or Talk to a Caring, Safe Adult	Blue Go	Purple Slow Down	Orange Stop
 Sad	 Happy	 Nervous	 Angry
 Upset	 Excited	 Surprised	 Screaming
 Hurt	 Calm	 Confused	 Ready to Fight
 Tired	 Proud	 Silly	 Furious

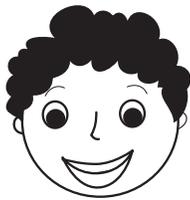
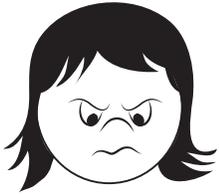
Name _____

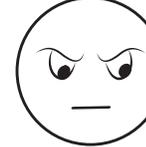
Date _____

Range of Emotions

2. Match!

Match each face with the section in the range of emotions below.



Green Take Care of Yourself or Talk to a Caring, Safe Adult	Blue Go	Purple Slow Down	Orange Stop
 Sad	 Happy	 Nervous	 Angry
 Upset	 Excited	 Surprised	 Screaming
 Hurt	 Calm	 Confused	 Ready to Fight
 Tired	 Proud	 Silly	 Furious

3. Circle!

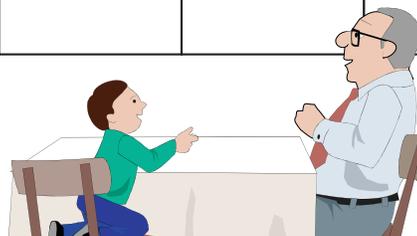
How do you feel right now? Circle the face above that describes how you feel in this moment.

Find the path

Help the waiter get to his table by solving these addition and subtraction problems. Then, color each square where the number 5 is the answer to reveal a path to the table.



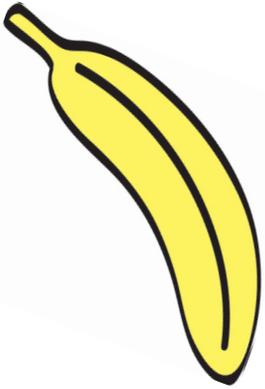
$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 4 \\ \hline \end{array}$
$\begin{array}{r} 9 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 0 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 0 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ - 3 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$
$\begin{array}{r} 15 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ - 1 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ - 2 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ - 5 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ - 3 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 3 \\ \hline \end{array}$
$\begin{array}{r} 8 \\ - 8 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 7 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 12 \\ - 7 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 4 \\ \hline \end{array}$
$\begin{array}{r} 12 \\ - 8 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ - 0 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ - 2 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ - 1 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 5 \\ \hline \end{array}$



Day 2

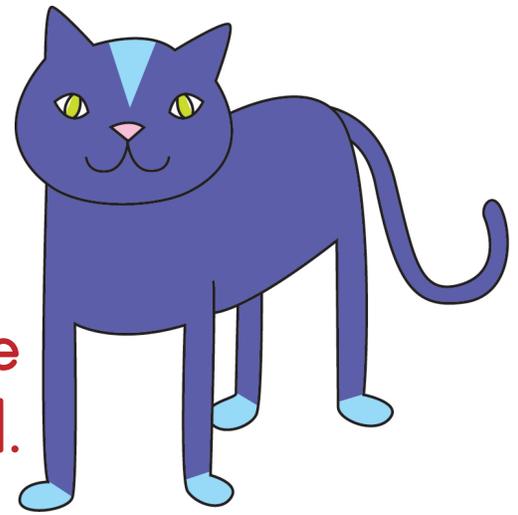
Reading	Read for 15 minutes and complete your reading log.
Writing	Write your Daily News.
Literacy	Write a silly animal story by filling in the blanks.
SEL	Create an at-home mood meter.
Math	Practice comparing two-digit numbers.





Tell a Silly Animal Tale

Fill in the blanks with the type of word described.



There once was a _____
describing word

_____ from _____.
animal country

Nobody knew he was a _____
same animal

because he had _____ fur and
color

ate _____ each
number plural food

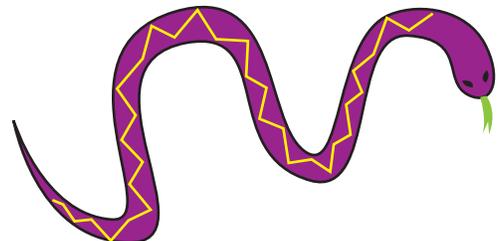
day. He liked to _____ and
action word

sing _____. Whenever
song

he was _____, he would start
feeling

speaking _____. Then he would
language

feel _____!
feeling



Name _____

Date _____

At-Home Mood Meters

Emotions are always changing and this mood meter can be a great tool to use to be aware of how you may be feeling at any time of the day.

Draw or list as many emotions that you can think of below:

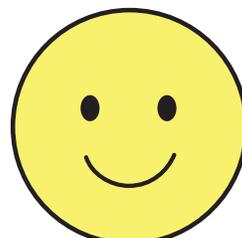
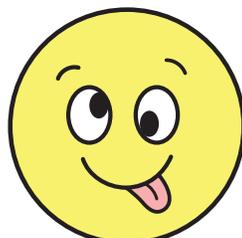
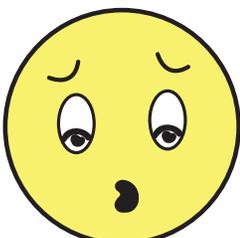
Match the words to each face and emotion below:

Silly

Happy

Angry

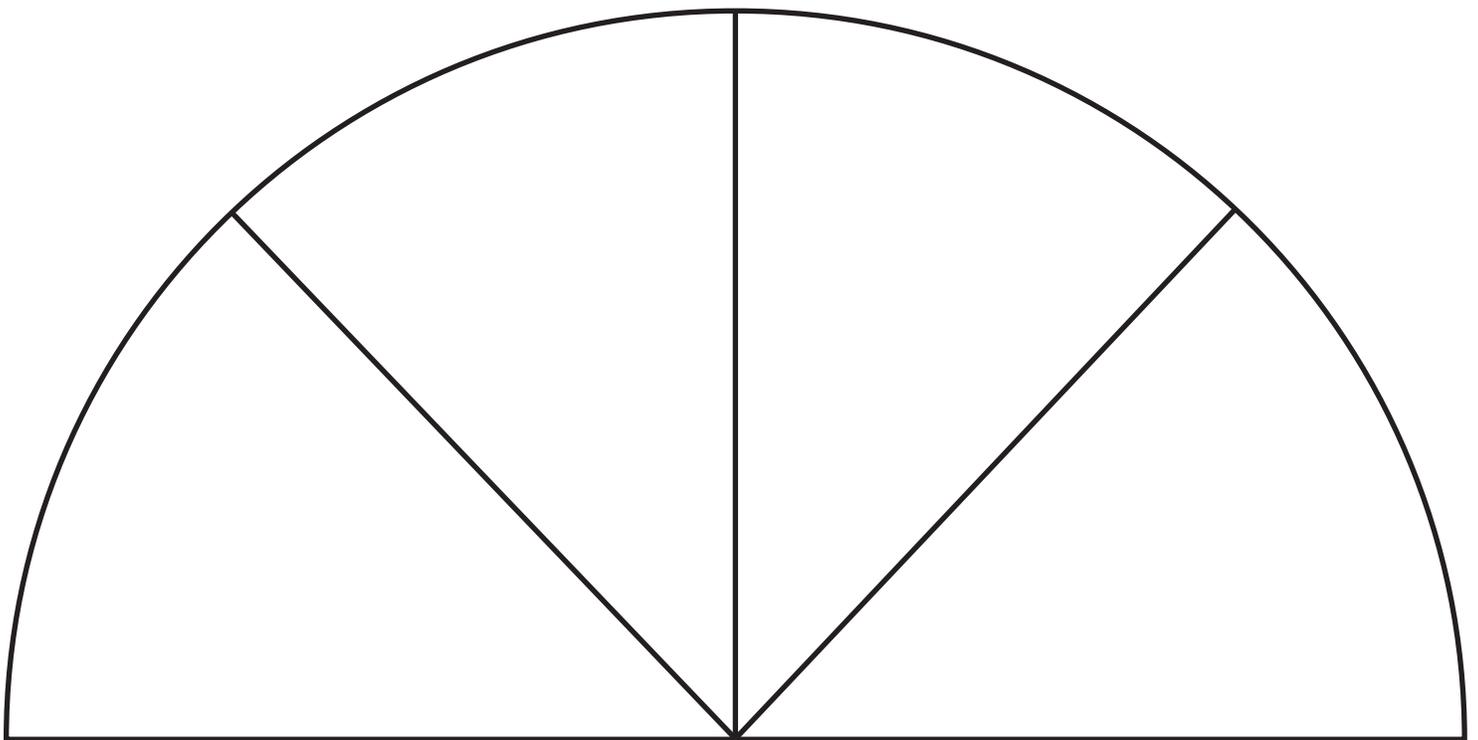
Tired



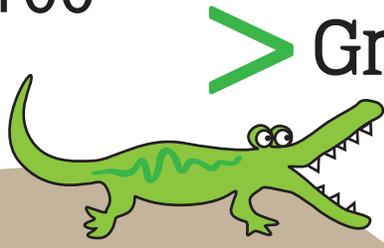
At-Home Mood Meters

Using your materials and poster board:

- On the top of your poster, write a title (or get an adult's help to write a title) such as, "In this moment, I feel..."
- Make a large half-circle with your compass centered in the middle of your poster.
- Divide the half-circle in half again using the ruler and then divide each half once more. (You will have created four parts or "slices.")
- Use each color of the construction paper—blue, green, yellow, and red—to match each slice. (You may also color in each part if you do not have construction paper.)
- Glue the colors from left to right in each section: blue, green, yellow, red.
- Write on the first section of blue: sad, sick, tired, lonely, bored.
- For the green, write the following: happy, calm, feeling good, ready to learn, and focused.
- In the yellow zone section, write the following: upset, worried, frustrated, silly, and excited.
- Write in the final red section: mad, mean, scared, unsafe.
- Cut out a 6-inch-long arrow (or get a caring adult's help to do this).
- Attach the arrow to the poster board with the metal fastener.
- You may draw faces or glue faces on each section to match the feeling or mood.
- Place your mood meter in your home to use whenever the time seems appropriate.
- Parents or caring adults: Ask your child to notice how they are feeling and to talk about it using the phrases, "I feel bored," or "I feel happy." Remind them that it is okay to be feeling whatever they may be feeling and to notice how it feels in their body.



0~100



Greater Than
Less Than

or Equal To
=

Write in the symbol that makes the problem true.

>, < or =

1. 35 52

2. 40 74

3. 45 30

4. 84 77

5. 38 64

6. 51 39

7. 43 43

8. 79 28

9. 99 89

10. 23 22

11. 66 77

12. 6 16

13. 98 89

14. 18 18

15. 30 49

Day 3

Reading	Read for 15 minutes and complete your reading log.
Writing	Write your Daily News.
Literacy	Write a letter to your future self.
SEL	Make a calm down bottle.
Math	Measure the school supplies.



Name _____

Date _____

Kind Reminders: Letter to My Future Self



Dear Future Self,

I am _____ years old today.

I am good at:

Draw three things you are good at below! (Soccer, helping others, dancing?)

--	--	--

I love to _____.

Remember to always be yourself and to _____.

_____.

With Love,

Write your name

Name _____

Date _____

Calm Down Bottle

Instructions: Fill one third of a small plastic bottle with warm water. Add 2 ounces glitter glue, 2-4 ounces fine glitter, and 2-3 drops food coloring. Close the lid tightly and shake to combine. When you're upset, look at the bottle and breathe deeply.

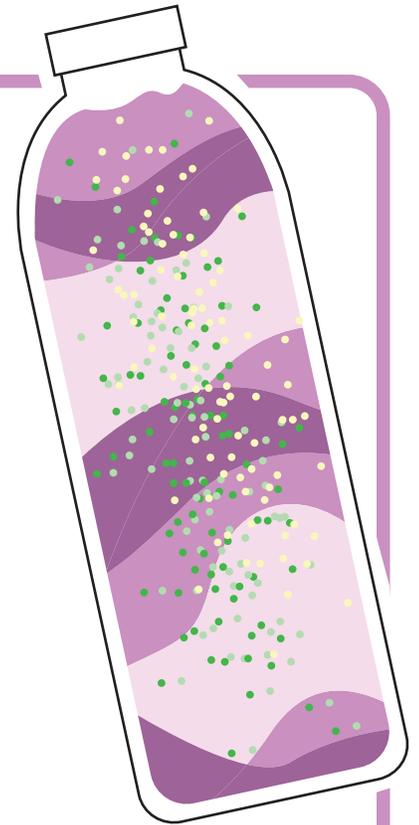
After making a calm down bottle, answer the following questions:

What is a calm down bottle?

How will you use your calm down bottle?

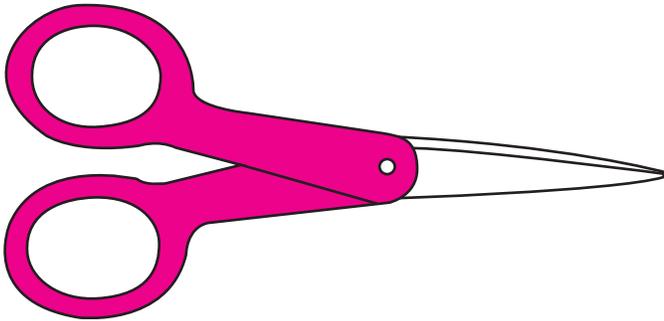
When will you use your calm down bottle?

Draw a picture of your calm down bottle:



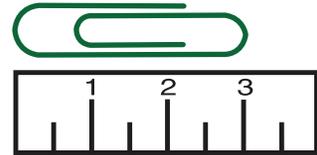
Measurement in Centimeters

1.



about _____ centimeters

2.



about _____ centimeters

3.



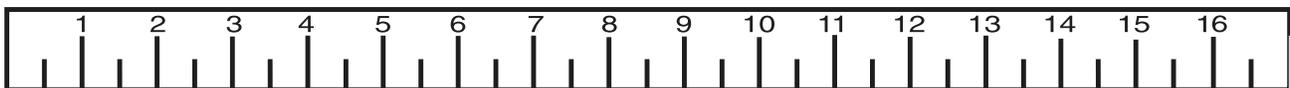
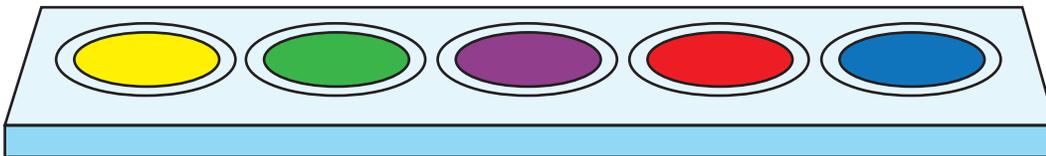
about _____ centimeters

4.



about _____ centimeters

5.



about _____ centimeters

Day 4

Reading	Read for 15 minutes and complete your reading log.
Writing	Write your Daily News.
Literacy	Send compliment notes to brighten others' days.
SEL	Use animal breaths to "play attention."
Math	Solve the addition word problems.



Name _____

Date _____

Compliment Notes

1. Write one compliment for a friend using the sentence stem below:

You are _____



Draw a picture for your friend.

A large, empty rounded rectangular box with a purple border, intended for drawing a picture for a friend.

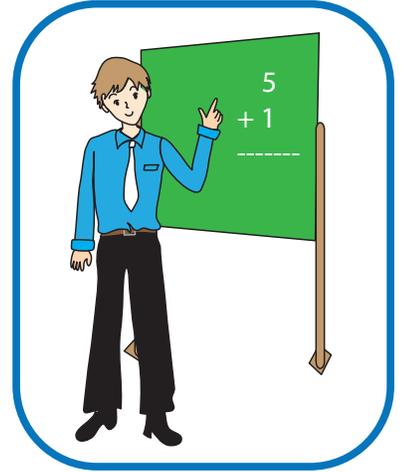
Name _____

Date _____

Compliment Notes

2. Write one compliment for a teacher:

You are _____



Draw a picture for your teacher.

A large, empty rounded rectangular box with a blue border, intended for drawing a picture for the teacher.

Name _____

Date _____

Compliment Notes

3. Write one compliment for a family member or loved one:

You are _____



Draw a picture for your family member or loved one.

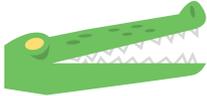
A large, empty rectangular area with rounded corners and a green border, intended for drawing a picture of a family member or loved one.

ANIMAL BREATHS

Try the animal breaths below by following the instructions and the pictures. Then, draw or write your answer to the reflection questions:



Spider breath: Breathe in with your hands close to your body; then, while breathing out, let your arms shoot out like a spider spinning a web.



Crocodile breath: Breathe in while opening your arms like the jaws of a crocodile; then breathe out while clapping your arms together.



Bird breath: Inhale while spreading your arms out to the side like wings, then exhale by bringing your hands together in front.

Create your own animal breath!

Draw and describe the animal breath you and your partner created.

Draw a picture OR write your answer. You can also draw AND write.

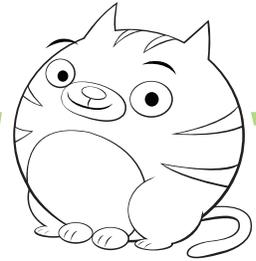
How do animal breaths help me stay calm?

When will I practice animal breaths?

Name: _____

Date: _____

Addition Word Problems



Solve the word problems. Show your work.

1. Noah had 12 books. He got 5 more books. How many books did Noah have in all?
2. Bonnie found 8 rocks on her sidewalk and 7 rocks in her backyard. How many rocks did Bonnie find in all?
3. Edward had 5 toy cars. He got 8 more toy cars. How many toy cars did Edward have in all?
4. Mariela collected 11 feathers. Then she found 3 more feathers. How many feathers did Mariela have in all?
5. LaMonte made 14 cookies. Then he made 5 more cookies. How many cookies did LaMonte have in all?

Day 5

Reading	Read for 15 minutes and complete your reading log.
Writing	Write your Daily News.
Literacy	Practice short vowel sounds by coloring in the picture.
SEL	Create a silly story while learning about feelings.
Math	Complete the patterns by finding out what dance move comes next.



Color by Short Vowel Sound

Read the words and pay attention to the vowel sounds. Then use the codes to color in the picture according to the vowel sounds.

short a = orange

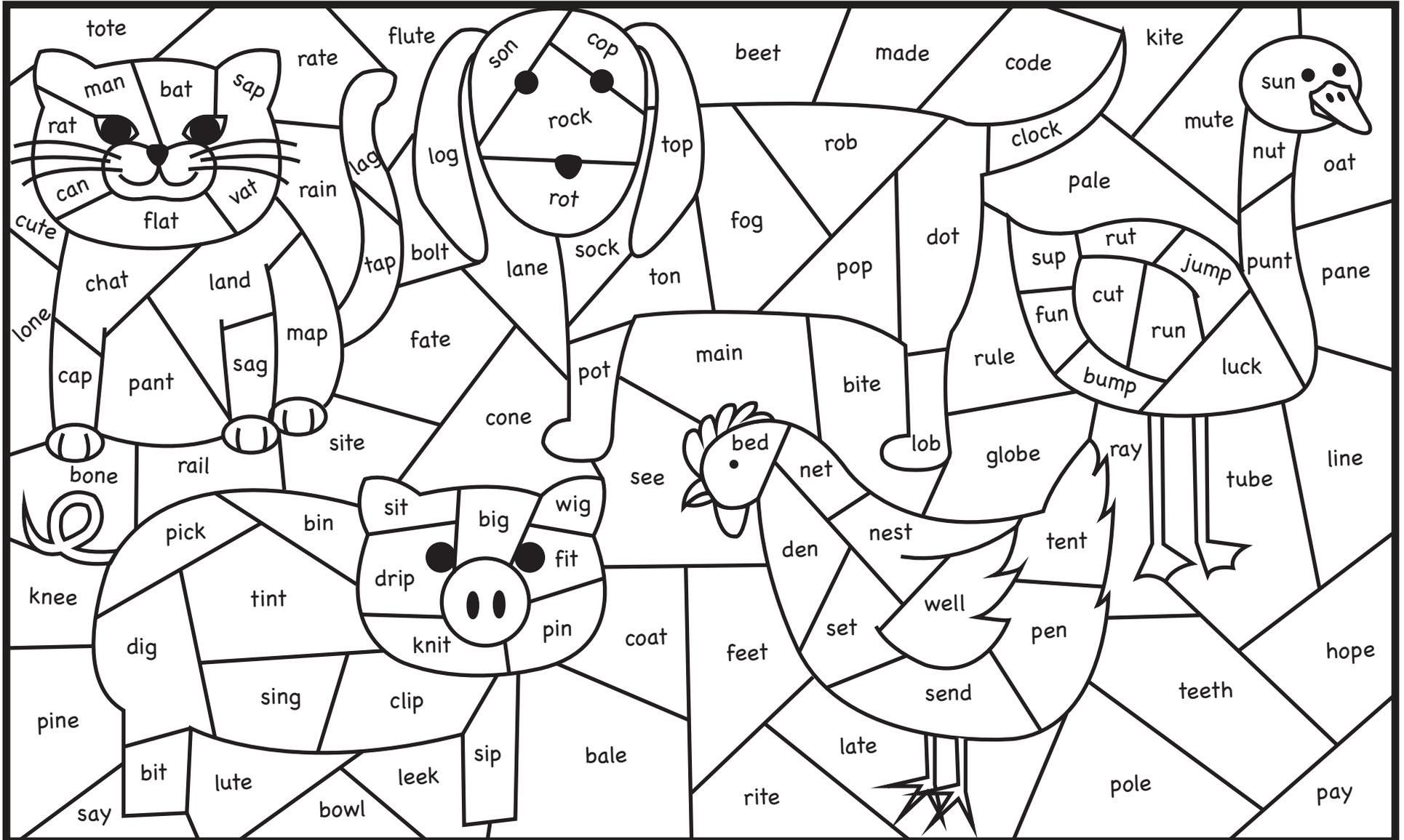
short e = grey

short i = pink

short o = brown

short u = yellow

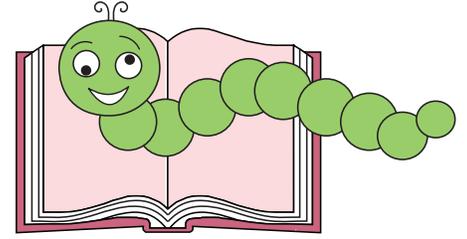
long vowels = green



Name _____

Date _____

Silly Stories: Mindfulness of Emotions



Directions: Ask your child to share their answer to the prompts below the lines to fill in the story. Don't let them see what they are filling in until you are done, and then read aloud the Silly Story to them.

Emotions are like _____ .
Type of weather

They come and go like _____ .
Something in nature that changes

Emotions are changing like _____ .
Something in nature that changes

They come and go like _____ .
Something in nature (plural)

Emotions are moving through like _____ .
Type of weather

They come and go like _____ .
Something in nature that changes

Emotions can be felt in _____ .
Body part

Noticing what you feel and _____ can create calm.
Activity you do with your body

Extension Activity

1. Visit <https://www.greatschools.org/gk/articles/social-emotional-learning-mad-libs/>
2. Choose one Mad-Sad-Glad Lib to complete with a caring adult.
3. Have fun reading your Mad-Sad-Glad Lib aloud!

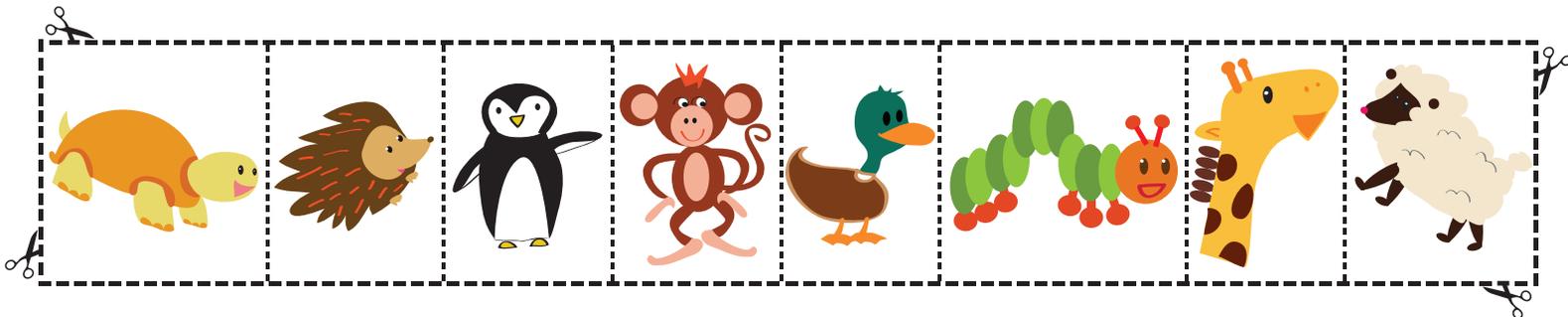
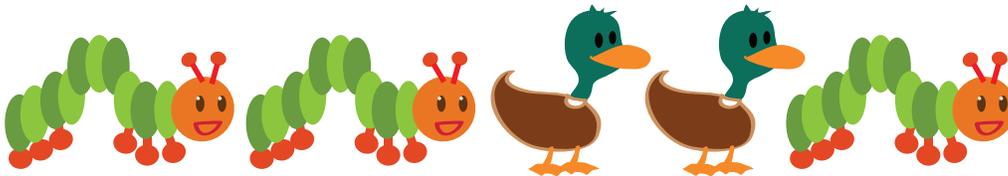
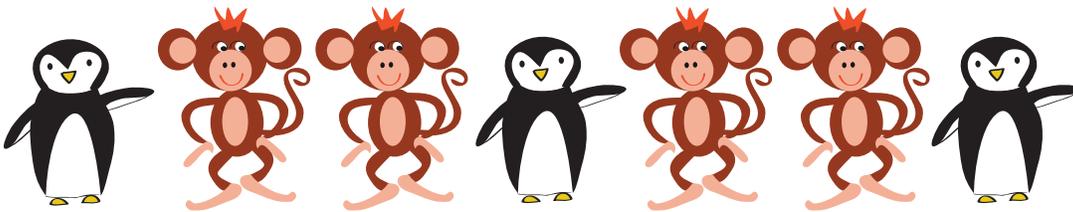
Name _____

Date _____

Animal Dance Move!

Identifying Pattern

Which move comes next in each row?
Cut and paste pictures below.



Other Fun Stuff

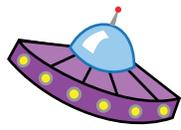
Color Bookmarks from Space

Make a Kindness Bear Puppet

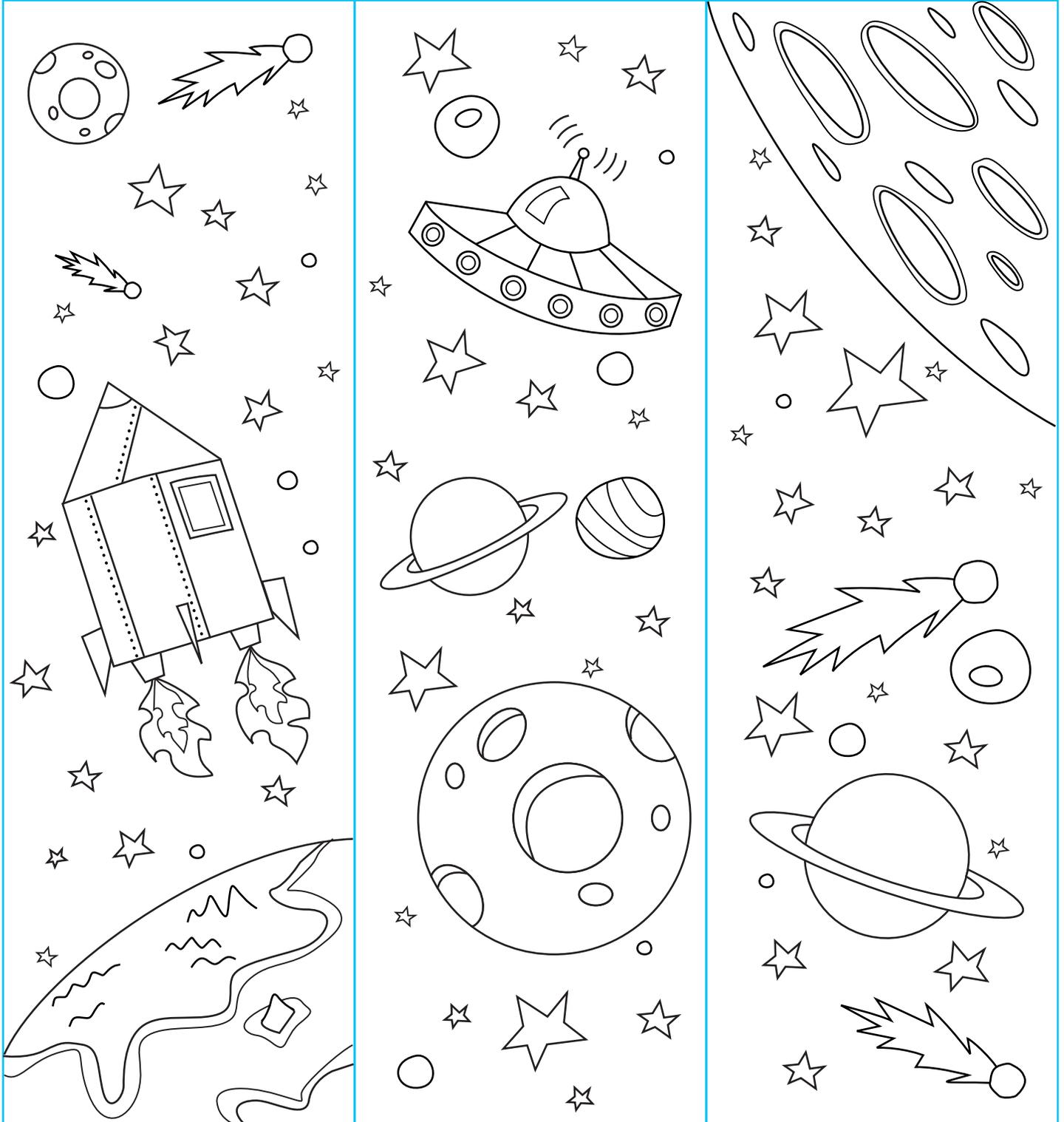
Create a Family Gratitude Jar



SPACE Bookmarks!



Ask a grown-up to help cut these out after coloring.
This project works best printed on thicker paper!



Name _____

Date _____

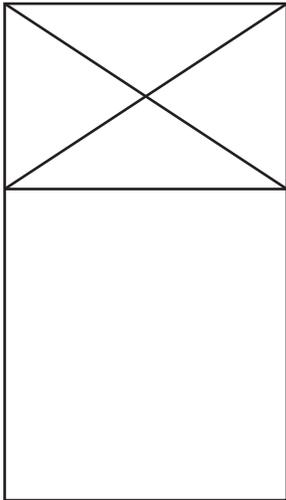
Kindness Bear Puppet



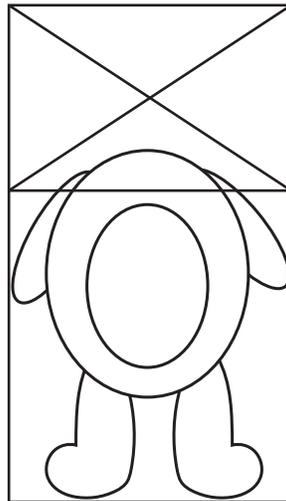
Follow these directions to make your own kindness bear puppet!

1. Color in your bear face and body.
2. Cut out your bear body and face.

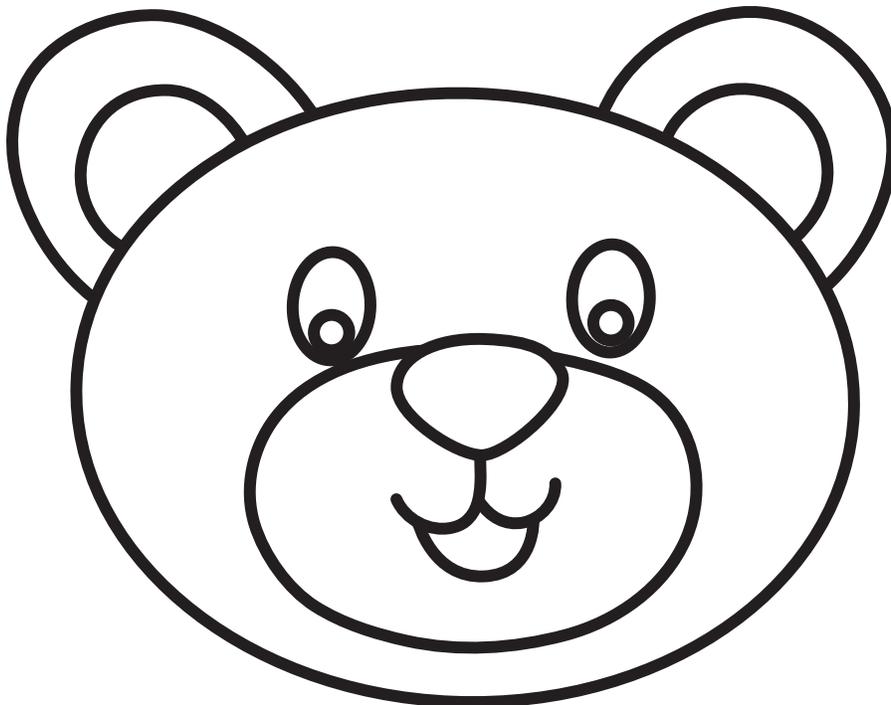
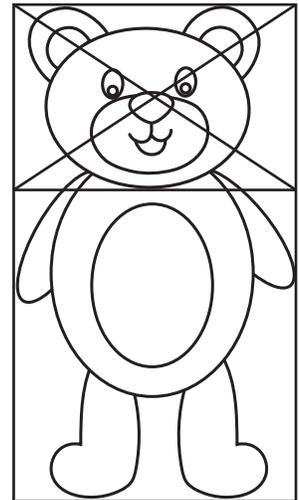
3. Lay your paper bag flat.



4. Glue body under the flap.



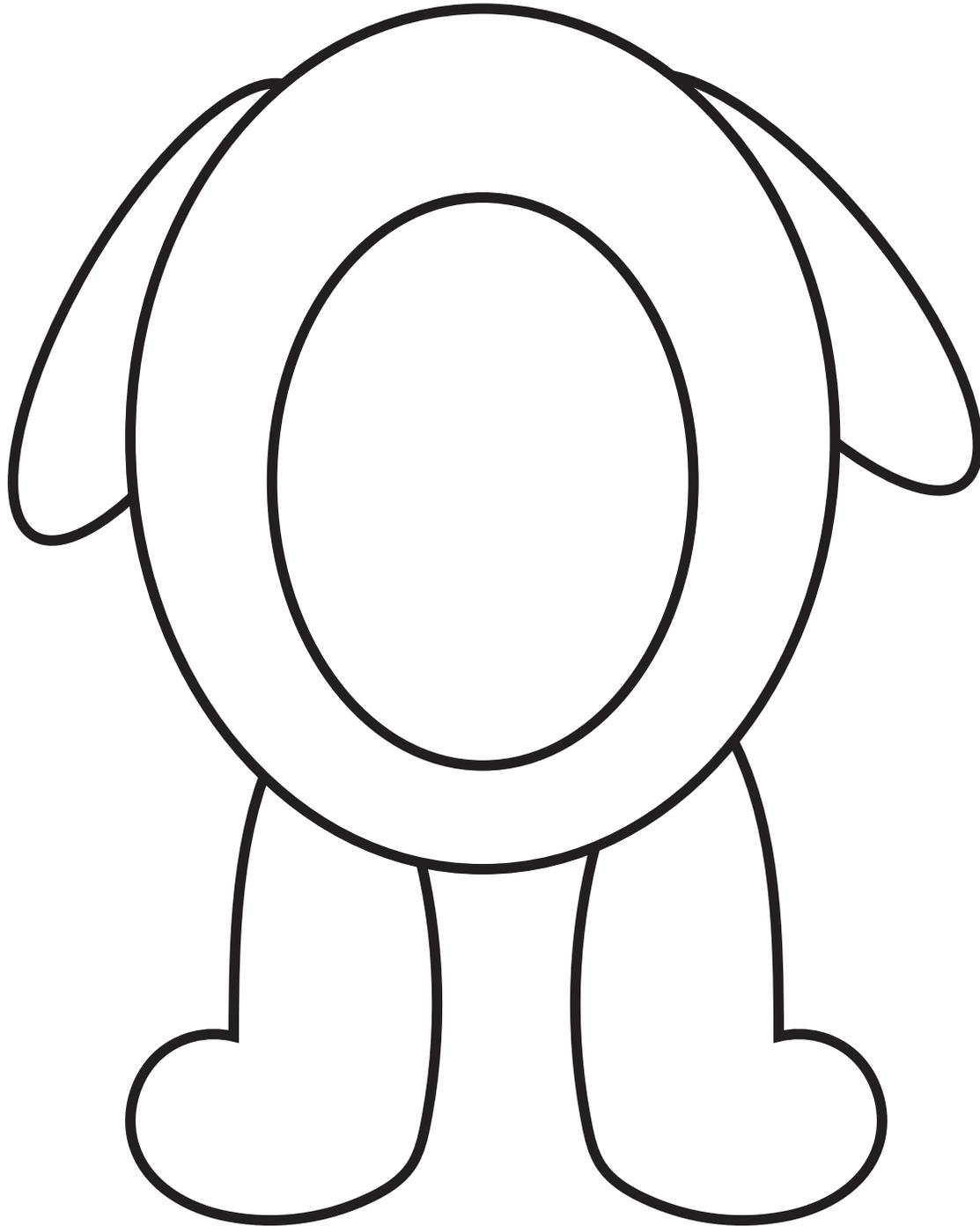
5. Glue your bear face on top of the flap.



Name _____

Date _____

Kindness Bear Puppet



Make a Family Gratitude Jar

The power of gratitude is endless! Research shows that practicing gratitude can strengthen relationships, improve physical and emotional well-being, deepen empathy skills, and improve self-esteem. With such wide-spread benefits, how can we create our own gratitude practice at home with children? First, define gratitude to your children. Then, have them fill out notecards with examples of what they are thankful for. Ideal for preschool through second grade learners, here is an easy to use daily activity your whole family will enjoy!

What You Need:

- [The Thankful Book by Todd Parr](#) or similar book about gratitude
- Empty container (e.g., a recycled glass jar or small box)
- Markers or crayons
- Notecards
- Decorating supplies such as: glue, glitter glue, stickers, paint



What You Do:

1. Begin with a discussion about gratitude. For younger kids, a great way to start is by reading aloud a picture book such as *The Thankful Book* by Todd Parr. As you read, pause to ask your child open-ended questions such as, "What do you see on this page? Why do you think they are grateful for ___?"
2. Define gratitude for your child as, "Gratitude is a feeling of thankfulness and appreciation." Share something that you are thankful for, then ask, "What is one thing you are thankful for?"
3. Explain that today you are going to work together to make a Gratitude Jar, a place where you will write down things you are thankful for everyday.
4. Show your child the materials and model different ways they might decorate their jar such as painting, adding stickers, using glitter glue, etc.
5. Provide time for your child to use the materials to decorate the jar, giving assistance as needed.
6. Choose a consistent time each day to sit down as a family and each identify one thing to be grateful for each day. It can be helpful to use a sentence frame such as "I am thankful for _____ today."
7. Create a nonjudgmental space as you share. Whatever you think of goes. This might mean your child is thankful for chocolate chip cookies one day, and that's okay! The act of identifying things you are grateful for will provide a nurturing space for your whole family to identify both big and small things.
8. Use a notecard to write down what you are thankful for. For younger children, have them dictate to you while you write it down, and encourage them to draw a picture. For beginning writers, create a sentence starter that says, "I am thankful for _____." Then, have them fill in the blank.
9. Read through the slips in your gratitude jar when the jar is full or when you need a pick-me-up. This is a great way to help your child remember all of the positive things in their life.

Once the gratitude jar becomes a part of your day-to-day routine, think about how you might extend the experience. Perhaps you ask your child to think about a particular person or part of the natural world that they are grateful for. Encourage the whole family to get creative in ways to share their gratitude with others—can you make thank you cards for friends, family members, or teachers? Perhaps you decide to volunteer at a local animal shelter or food bank. However you choose to share—gratitude will grow and grow!