Pronouns- replace the nouns with correct pronouns

boy _____

Mom and I _____

cup _____

Antonyms

nice _____

work _____

powerful _____

Synonyms

quarantine _____

pandemic _____

virus _____

Circle the subject/Underline the predicate in each sentence

My friends and I want to go to the park to play.

The teacher wrote a letter to everyone in the class.

The books and papers were scattered all over the room.

Homophones- circle the correct word

She couldn't (bear, bare) to tell her mom the bad news.

Do you know (whether, weather) we will go back to school?

He didn't want to (break, brake) the window.

Alphabetical order

example _____

evidence _____

estimate _____

excited _____

Contractions

He will _____

They are _____

She had _____

Circle the adjectives in the sentences,

The brown sticky log was in the green pond.

A beautiful butterfly landed in the tall tree.

The black and white spotted dog was playing with the loud toy.

Guide words- circle the word that can be found between the guide words

poem- Pot

pout   pool   prosper

bag- bear

bagpipe   behind   back

Suffixes- write the suffix in the blank

Ungrateful _____

Endless _____

Disappointment _____

Happiness _____

Prefixes- write the prefix in the blank

Redirect _____

Predetermine _____

Ungrateful _____

Dishonest _____

Correct the sentences

easter is always on sunday said mom

what are you doing today asked my friend

me and mom was excited about going to play at the park

Figurative Language

The sky misses the sun at night.

metaphor   simile   personification   hyperbole

They fought like cats and dogs.

metaphor   simile   personification   hyperbole

Context clues- use the clues in the sentence to determine the meaning of underlined word

The mother bathed the baby in the tepid water.

hot   muddy   lukewarm   cold

The slovenly boy never cleaned his room or washed his hands.

proud   sloppy   careful   little

Preposition- fill in the correct preposition

My sister sat _____ my mom _____ the bus.

The princess lives _____ the castle.

We took a trip _____ of town last week.

Past (P), Present (PR) or Future (F)

_____ We will be going to the movies tomorrow.

_____ Yesterday, we walked to the playground.

_____ We are doing lots of schoolwork today...

Pronouns - replace the nouns with correct pronouns

boy ___he___

Mom and I ___we, us___

cup ___it___

Homophones - circle the correct word

She couldn't (bear, (bare)) to tell her mom the bad news.

Do you know ((whether), weather) we will go back to school?

He didn't want to ((break), brake) the window.

Guide words - circle the word that can be found between the guide words

poem- Pot

pout   (pool)   prosper

bag- bear

(bagpipe)   behind   back

Figurative Language

The sky misses the sun at night.

metaphor   simile   (personification)   hyperbole

They fought like cats and dogs.

metaphor   (simile)   personification   hyperbole

Antonyms

nice ___ mean

work ___ play

powerful ___ weak

Alphabetical order

example ___3___

evidence ___2___

estimate ___1___

excited ___4___

Suffixes - write the suffix in the blank

Ungrateful ___ ful

Endless ___ less

Disappointment ___ ment

Happiness ___ ness

Context clues- use the clues in the sentence to determine the meaning of underlined word

The mother bathed the baby in the tepid water.

hot   muddy   (lukewarm)   cold

The slovenly boy never cleaned his room or washed his hands.

proud   (sloppy)   careful   little

Synonyms

quarantine ___ Seclusions, seperation

pandemic ___ epidemic

virus ___ illness, disease, infection

Contractions

He will ___ He'll

They are ___ They're

She had ___ She'd

Prefixes - write the prefix in the blank

Redirect ___ re

Predetermine ___ pre

Ungrateful ___ un

Dishonest ___ dis

Preposition - fill in the correct preposition

My sister sat ___by___ my mom ___on___ the bus.

The princess lives ___in___ the castle.

We took a trip ___out___ of town last week.

Circle the subject/Underline the predicate in each sentence

(My friends and I) want to go to the park to play.

(The teacher) wrote a letter to everyone in the class.

The books and papers (were scattered all over the room).

Circle the adjectives in the sentences,

The (brown) (sticky) log was in the (green) pond.

A (beautiful) butterfly landed in the (tall) tree.

The (black) and (white) (spotted) dog was playing with the (round) toy.

Correct the sentences

"Easter is always on Sunday," said mom.

"What are you doing today?" asked my friend.

Mom and I were excited about going to play at the park.

Past (P), Present (PR) or Future (F)

__F__ We will be going to the movies tomorrow.

__P__ Yesterday, we walked to the playground.

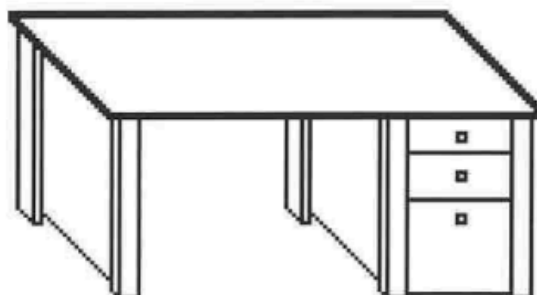__PR__ We are doing lots of schoolwork today.

The Perfect Paragraph

Practicing Sentence Variety
Practice Worksheet 12

Read the paragraph below. Then, rewrite it to make it sound better. You will need to add words, leave out repeated words, and change the order of others. Do not combine all sentences. Leave a few short for variety. Also, vary sentence beginnings.

He tore into the room. He tripped on a desk. The desk was out of place in the row. A girl dashed after him. She was angry. Her face showed the anger. The math class was dismayed. They looked up. They had been working on story problems. They had been working quietly. The boy turned unexpectedly. He stared straight at the girl. She stopped. The stop was short. No one dared to breathe.

Teen Pilot Breaks World Record (780L)

Step 1: Before Reading Poll (Write Your Answer)

In April 2019, 18-year-old Mason Andrews was named the youngest solo pilot to circle the globe. Mason was asked what he would say to kids. Below is his response. What do you think of his statement?

"Anything is possible."

- Do you agree or disagree?

> Sentence Starter (speaking or writing)
>
> I agree that anything is possible because…
>
> **or**
>
> I disagree that anything is possible because…

Step 2: Article (Read the Article)

Photo credit: Used with permission from Mason Andrews

Mason Andrews flew this single engine plane around the world and set a Guinness World Record.

MONROE, Louisiana (Achieve3000, April 12, 2019). Mason Andrews is studying aviation in college. But the teen from the U.S. state of Louisiana has already made history.

In April 2019, Guinness World Records made it official: Mason is the youngest pilot to fly solo around the world. The record used to be held by Lachlan Smart of Australia. He completed a solo flight at age 18 in 2016.

Mason was 18 years and 163 days old—71 days younger than Smart—when he landed his single engine plane in Monroe, Louisiana, on October 6, 2018. It was the end of a globe-circling voyage that came with a hefty share of terrifying moments.

We'll get to the scary stuff shortly. Let's take off at the beginning, shall we?

Mason earned his pilot's license at age 17. He got a big idea in November 2017. At first, his goal was to fly across the Atlantic Ocean. But then he thought, why not fly around the world?

"I realized that it was possible. But it would be difficult," he told Achieve3000 when we caught up with him at Louisiana Tech University.

Something else that would be difficult for Mason: convincing his mother and father to let him go. Mason presented them with a well-thought-out plan. But they didn't agree right away.

"I had to ask my dad three or four times before he was like, 'Alright, if we can find a way to come up with the money, we can do it,'" Mason said.

And raise money they did! With the help of generous sponsors, Mason was able to start his journey in July 2018. They also raised over $30,000 for MedCamps of Louisiana. The group runs free summer camps for children with disabilities.

Mason said goodbye to his parents and his supportive community at Monroe Regional Airport. He thought he would be gone for about 40 days. Of course, he had no way of knowing about the Category 5 typhoons that would leave him grounded in the Philippines for nearly three weeks.

It's just one of the problems he had during the trip, which ended up taking 180 flight hours over 76 days.

The scariest moment of the entire journey? "I ended up in a really bad monsoon over the Bay of Bengal. That was very near a deadly situation," Mason said. "There was no turning back because the weather had already built up behind me just as much as it was building up in front of me. So, I was just having to continue straight ahead across the ocean. There's nowhere to land, obviously. I was [hundreds of] miles from the nearest piece of land, let alone an airport."

Luckily, Mason was able to get out of the situation thanks, in part, to his experience.

And then came the sandstorm.

"That was my flight from Egypt to Dubai," Mason said. "I was in the sandstorm for like 12 hours .... I couldn't see anything outside because of the sand. So, I was flying off my instruments alone, and it was extremely hot in the airplane."

Mason admits that he didn't share all the frightening updates with his mother until he was home safe and sound.

Since returning to Louisiana, Mason has been getting a lot of attention. His Guinness World Record for circumnavigating the globe solo made headlines. But the record itself isn't all that important to Mason.

"It's nice [to have the record]," he said. "But that's really not what the trip was about. It's how we got the press and the support and what we needed. But at the same time, after I [left] on the trip, it was about completing a personal achievement and staying alive."

Now, Mason has some advice for kids who aim high: "My advice…is that anything is possible…I would say that if you have a goal, that you should not stop pursuing that goal until you have no other options to pursue—push and push and push!"

As Mason understands especially well, the sky's the limit.

Video Credit: Taylor Yakowenko
Published on Oct 6, 2018
Edited for length

Dictionary

aviation *(noun)* the flying, designing, or making of aircraft

circumnavigate *(verb)* to go around something, often by plane or ship

monsoon *(noun)* a wind that carries heavy rains to southern Asia

sponsor *(noun)* a person or group that gives money to support an event or a person

typhoon *(noun)* a tropical cyclone that occurs in the western Pacific or Indian Oceans

solo *(adj.)* done without another person

voyage *(noun)* a long journey to a place far away especially over water

hefty *(adj.)* large and heavy

instrument *(noun)* a device that measures something (such as temperature or distance)

pursue *(verb)* to try to get or do

Vocabulary Memory Game

Directions: Cut out the cards and turn them face down (you can't see the words). Take turns picking two cards to match the vocabulary word to its definition. If you find a word and its matching definition, go again! If they do not match, it is the next person's turn. The player with the most matching cards wins!

aviation	the flying, designing, or making of aircraft	circumnavigate	to go around something, often by plane or ship
monsoon	a wind that carries heavy rains to southern Asia	sponsor	a person or group that gives money to support an event or person
typhoon	a tropical cyclone that occurs in the western Pacific or Indian Ocean	solo	done without another person
voyage	a long journey to a place far away especially over water	hefty	large and heavy
instruments	a device that measures something (such as temperature or distance)	pursue	to try to get or do

Step 3: Activity (Answer the Questions)

Question 1

Cause   **Effect**

?   →   Mason's flight ended up taking 180 flight hours over 76 days.

Based on the Article, which best replaces the question mark in the diagram above?

There are two boxes. The box on the left is labeled "Cause," and it has a question mark in it. There is an arrow pointing to a box on the right. The box on the right is labeled "Effect," and it says "Mason's flight ended up taking 180 flight hours over 76 days."

Ⓐ Mason Andrews had to fly off his plane's instruments alone for most of his trip.
Ⓑ Mason Andrews had a hard time convincing his parents to let him fly solo around the world.
Ⓒ Mason Andrews was grounded for nearly three weeks and flew through terrifying weather.
Ⓓ Mason Andrews flew through severe Category 5 typhoons in the Philippines.

Question 2

Suppose you were writing a summary of the Article. Which of these would be **most** important to put in the summary?

Ⓐ Guinness World Records said that Mason Andrews broke a record by a mere 71 days.
Ⓑ In July 2018, Mason Andrews took off on his journey from Monroe Regional Airport in Monroe, Louisiana.
Ⓒ At age 18, Mason Andrews became the youngest solo pilot to circumnavigate the globe.
Ⓓ Mason Andrews presented a well-thought-out plan to his parents to convince them to let him fly solo around the world.

Question 3

Which of these is an opinion?

Ⓐ Mason Andrews has been receiving attention since he returned to Louisiana and was named a Guinness World Record holder.
Ⓑ Mason Andrews flew through a 12-hour sandstorm during his flight from Egypt to Dubai.
Ⓒ Mason Andrews acted generously when he decided to use his trip to raise money for MedCamps of Louisiana.
Ⓓ Mason Andrews was grounded in the Philippines for nearly three weeks because of typhoons.

Question 4

Which two words are the closest **antonyms**?

Only some of these words are used in the Article.

Ⓐ Circumnavigate and circle

Ⓑ Solo and alone

Ⓒ Supportive and unhelpful

Ⓓ Convince and persuade

Question 5

The author probably wrote this Article in order to _____.

Ⓐ Suggest that Mason Andrews should have been able to complete his journey in just 40 days, as planned

Ⓑ Advise kids who aim high that breaking a Guinness World Record is the only goal worth achieving

Ⓒ Inform readers about a determined young man who worked hard to achieve a challenging goal

Ⓓ Raise awareness for MedCamps of Louisiana, a cause Mason Andrews has asked people to support

Question 6

Based on the Article, the reader can tell that _____.

Ⓐ Mason Andrews likely regrets not giving his mother updates of all the frightening moments of his trip, because he would have appreciated her support.

Ⓑ Most students at Louisiana Tech University have probably never heard of Mason Andrews.

Ⓒ It is unlikely that Mason Andrews will stop dreaming big and attempting to achieve future goals.

Ⓓ It was probably difficult to convince Guinness World Records that Mason Andrews beat Lachlan Smart's record.

Question 7

The Article states:

> **With the help of *generous* sponsors, Mason was able to start his journey in July 2018. They also raised over $30,000 for MedCamps of Louisiana. The group runs free summer camps for children with disabilities.**

Which would be the closest **synonym** for the word *generous*, as it is used above?

Ⓐ Brave

Ⓑ Cowardly

Ⓒ Kind

Ⓓ Miserly

Question 8

Which passage from the Article best supports the idea that Mason Andrews' parents had to be convinced to allow Mason to make a solo flight circumnavigating the world?

Ⓐ Mason earned his pilot's license at age 17. He got a big idea in November 2017. At first, his goal was to fly across the Atlantic Ocean. But then he thought, why not fly around the world?

Ⓑ Mason said goodbye to his parents and his supportive community at Monroe Regional Airport. He thought he would be gone for about 40 days.

Ⓒ It's just one of the problems he had during the trip, which ended up taking 180 flight hours over 76 days.

Ⓓ "I had to ask my dad three or four times before he was like, 'Alright, if we can find a way to come up with the money, we can do it,'" Mason said.

Step 4: After Reading Poll (Did you change your mind?)

Now that you have read the article, indicate whether you agree or disagree with this statement.
"Anything is possible."

- Agree
- Disagree

<u>Sentence Starter</u>

After reading the article, I agree that anything is possible because…

or

After reading the article, I disagree that anything is possible because…

Step 5: Thought Question (Write Your Response)

Describe Mason Andrews. Next, explain what he did. Include facts and details from the Article in your answer.

Grade 4 Module 3 Topic C Quiz

Multiply the two numbers. You may use any method you prefer: place value chart, partial products, area model, or the standard algorithm.

1. 6 x 42	2. 5 x 237
3. 9 x 457	4. What is the product of 6 and 1,157?

5. Morgan is 23 years old. Her grandfather is 4 times as old. How old is her grandfather?

6. An elephant drinks 49 gallons of water per day. A rhinoceros drinks 21 gallons of water per day. What is the total amount of water the animals will drink in 8 days?

4th Grade Math Packet Answer Key

1. 252
2. 1,185
3. 4,113
4. 6,942
5. 92 years old
6. 560 gallons of water

EUREKA MATH TIPS FOR PARENTS

KEY CONCEPT OVERVIEW

Lessons 7 through 11 focus on multiplication. Students multiply a one-digit number by a number with up to four digits.

You can expect to see homework that asks your child to do the following:

- Draw place value disks to represent multiplication **expressions**.
- Multiply one-digit numbers by a number with up to four digits by using the **standard algorithm**, the **partial products** method, and the area model (as shown in this order in the Sample Problem below).
- Use multiplication to solve word problems.

SAMPLE PROBLEM (From Lesson 11)

Solve the following expression by using the standard algorithm, the partial products method, and the area model.

9×762


```
    7  6  2              7  6  2
  ×       9            ×       9
    5  1
  6, 8  5  8                 1  8
                         5  4  0
                    +  6, 3  0  0
                       6,  8  5  8
```

$9 \times (\ 700\ +\ 60\ +\ 2\ )$

$(\ 9\ \times\ 700\ ) + (\ 9\ \times\ 60\ ) + (\ 9\ \times\ 2\ )$

$6,300 + 540 + 18 = 6,858$

Additional sample problems with detailed answer steps are found in the *Eureka Math Homework Helpers* books. Learn more at GreatMinds.org.

HOW YOU CAN HELP AT HOME

- Discuss with your child the different methods for solving multiplication expressions. Ask her to explain which one she likes best and why. This will help you to understand her math thinking and help her to verbalize her thoughts.
- Write five multiplication expressions of a one-digit number times a two-, three-, or four-digit number. Before your child solves each expression, prompt him to roll a die to determine which method to use: 1 means standard algorithm, 2 means partial products, 3 means area model, 4 means his choice, 5 means you have to solve, 6 means he can use a calculator.

TERMS

Expression: Any combination of sums, differences, products, or divisions of numbers that evaluates to a number. For example, 3×4 is an expression. Expressions do not have an equal sign.

Partial products: The result of decomposing a multiplication expression into smaller parts. For example, we can decompose 24×6 into the partial products of 20×6 and 4×6.

Standard algorithm: A standard step-by-step procedure to solve a particular type of problem. For example, the process of multiplying vertically with regrouping is a standard algorithm.

Multiplying a Three-Digit Number by a One-Digit Number

Name: _____

Find the product.

1 500 × 4 = _____

501 × 4 = _____

506 × 4 = _____

2 300 × 2 = _____

299 × 2 = _____

298 × 2 = _____

3 400 × 3 = _____

405 × 3 = _____

410 × 3 = _____

4 499 × 6 = _____

5 706 × 3 = _____

6 195 × 5 = _____

7 What pattern do you notice in problem 2? How could it help you solve a problem such as 297 × 2?

8 Choose problem 4, 5, or 6. Explain how you could check your answer.

Multiplying a Four-Digit Number by a One-Digit Number

Estimate. Circle all the problems that will have products between 18,000 and 32,000. Then find the exact products of only the problems you circled. Show your work.

1 8,491 × 2 = _____

2 6,148 × 4 = _____

3 7,062 × 5 = _____

4 4,362 × 5 = _____

5 1,789 × 8 = _____

6 2,206 × 9 = _____

7 7,218 × 4 = _____

8 9,821 × 3 = _____

9 4,762 × 6 = _____

10 6,739 × 6 = _____

11 7,964 × 4 = _____

12 3,618 × 7 = _____

13 What strategies did you use to solve the problems? Explain.

Find the product.

1 500 × 4 = __2,000__   501 × 4 = __2,004__   506 × 4 = __2,024__

2 300 × 2 = __600__   299 × 2 = __598__   298 × 2 = __596__

3 400 × 3 = __1,200__   405 × 3 = __1,215__   410 × 3 = __1,230__

4 499 × 6 = __2,994__   **5** 706 × 3 = __2,118__   **6** 195 × 5 = __975__

7 What pattern do you notice in problem 2? How could it help you solve a problem such as 297 × 2?

Answers will vary. Possible answer: Each product is 2 less than the previous product. As one factor decreases by 1, the product decreases by 2 × 1, or 2. To find 297 × 2, you could multiply 300 × 2 = 600, then subtract 3 × 2 from the product. You subtract 3 × 2 because 297 is 3 less than 300.

8 Choose problem 4, 5, or 6. Explain how you could check your answer.

Answers will vary.

Multiplying a Four-Digit Number by a One-Digit Number

Estimate. Circle all the problems that will have products between 18,000 and 32,000. Then find the exact products of only the problems you circled. Show your work.

1 8,491 × 2 = _____

2 6,148 × 4 = _24,592_

3 7,062 × 5 = _____

4 4,362 × 5 = _21,810_

5 1,789 × 8 = _____

6 2,206 × 9 = _19,854_

7 7,218 × 4 = _28,872_

8 9,821 × 3 = _29,463_

9 4,762 × 6 = _28,572_

10 6,739 × 6 = _____

11 7,964 × 4 = _31,856_

12 3,618 × 7 = _25,326_

13 What strategies did you use to solve the problems? Explain.

Answers will vary. Possible answer: I rounded the greater number to the nearest thousand to estimate the product. Then I used place value to multiply.

i-Ready

Number Correct: _____

A

Squares and Unknown Factors

1.	$2 \times 2 =$	
2.	$2 \times \underline{\quad} = 4$	
3.	$3 \times 3 =$	
4.	$3 \times \underline{\quad} = 9$	
5.	$5 \times 5 =$	
6.	$5 \times \underline{\quad} = 25$	
7.	$1 \times \underline{\quad} = 1$	
8.	$1 \times 1 =$	
9.	$4 \times \underline{\quad} = 16$	
10.	$4 \times 4 =$	
11.	$7 \times \underline{\quad} = 49$	
12.	$7 \times 7 =$	
13.	$8 \times 8 =$	
14.	$8 \times \underline{\quad} = 64$	
15.	$10 \times 10 =$	
16.	$10 \times \underline{\quad} = 100$	
17.	$9 \times \underline{\quad} = 81$	
18.	$9 \times 9 =$	
19.	$2 \times \underline{\quad} = 10$	
20.	$2 \times \underline{\quad} = 18$	
21.	$2 \times 2 =$	
22.	$3 \times \underline{\quad} = 12$	

23.	$3 \times \underline{\quad} = 21$	
24.	$3 \times 3 =$	
25.	$4 \times \underline{\quad} = 20$	
26.	$4 \times \underline{\quad} = 32$	
27.	$4 \times 4 =$	
28.	$5 \times \underline{\quad} = 20$	
29.	$5 \times \underline{\quad} = 40$	
30.	$5 \times 5 =$	
31.	$6 \times \underline{\quad} = 18$	
32.	$6 \times \underline{\quad} = 54$	
33.	$6 \times 6 =$	
34.	$7 \times \underline{\quad} = 28$	
35.	$7 \times \underline{\quad} = 56$	
36.	$7 \times 7 =$	
37.	$8 \times \underline{\quad} = 24$	
38.	$8 \times \underline{\quad} = 72$	
39.	$8 \times 8 =$	
40.	$9 \times \underline{\quad} = 36$	
41.	$9 \times \underline{\quad} = 63$	
42.	$9 \times 9 =$	
43.	$9 \times \underline{\quad} = 54$	
44.	$10 \times 10 =$	

EUREKA MATH™

Lesson 3: Demonstrate understanding of area and perimeter formulas by solving multi-step real-world problems.

1

B

Squares and Unknown Factors

1.	$5 \times 5 =$	
2.	$5 \times \underline{} = 25$	
3.	$2 \times 2 =$	
4.	$2 \times \underline{} = 4$	
5.	$3 \times 3 =$	
6.	$3 \times \underline{} = 9$	
7.	$1 \times 1 =$	
8.	$1 \times \underline{} = 1$	
9.	$4 \times \underline{} = 16$	
10.	$4 \times 4 =$	
11.	$6 \times \underline{} = 36$	
12.	$6 \times 6 =$	
13.	$9 \times 9 =$	
14.	$9 \times \underline{} = 81$	
15.	$10 \times 10 =$	
16.	$10 \times \underline{} = 100$	
17.	$7 \times \underline{} = 49$	
18.	$7 \times 7 =$	
19.	$2 \times \underline{} = 8$	
20.	$2 \times \underline{} = 16$	
21.	$2 \times 2 =$	
22.	$3 \times \underline{} = 15$	

23.	$3 \times \underline{} = 24$	
24.	$3 \times 3 =$	
25.	$4 \times \underline{} = 12$	
26.	$4 \times \underline{} = 28$	
27.	$4 \times 4 =$	
28.	$5 \times \underline{} = 10$	
29.	$5 \times \underline{} = 35$	
30.	$5 \times 5 =$	
31.	$6 \times \underline{} = 24$	
32.	$6 \times \underline{} = 48$	
33.	$6 \times 6 =$	
34.	$7 \times \underline{} = 21$	
35.	$7 \times \underline{} = 63$	
36.	$7 \times 7 =$	
37.	$8 \times \underline{} = 32$	
38.	$8 \times \underline{} = 56$	
39.	$8 \times 8 =$	
40.	$9 \times \underline{} = 27$	
41.	$9 \times \underline{} = 72$	
42.	$9 \times 9 =$	
43.	$9 \times \underline{} = 63$	
44.	$10 \times 10 =$	

EUREKA MATH™

Lesson 3: Demonstrate understanding of area and perimeter formulas by solving multi-step real-world problems.

2

Lesson 3

Sprint

Side A

1. 4	12. 49	23. 7	34. 4
2. 2	13. 64	24. 9	35. 8
3. 9	14. 8	25. 5	36. 49
4. 3	15. 100	26. 8	37. 3
5. 25	16. 10	27. 16	38. 9
6. 5	17. 9	28. 4	39. 64
7. 1	18. 81	29. 8	40. 4
8. 1	19. 5	30. 25	41. 7
9. 4	20. 9	31. 3	42. 81
10. 16	21. 4	32. 9	43. 6
11. 7	22. 4	33. 36	44. 100

Side B

1. 25	12. 36	23. 8	34. 3
2. 5	13. 81	24. 9	35. 9
3. 4	14. 9	25. 3	36. 49
4. 2	15. 100	26. 7	37. 4
5. 9	16. 10	27. 16	38. 7
6. 3	17. 7	28. 2	39. 64
7. 1	18. 49	29. 7	40. 3
8. 1	19. 4	30. 25	41. 8
9. 4	20. 8	31. 4	42. 81
10. 16	21. 4	32. 8	43. 7
11. 6	22. 5	33. 36	44. 100

Special Forces Choice Board

3-5

Color each square that you complete

Art	PE	Music	Media
Art Bowling Game Decorate strips of paper to wrap and secure around empty water bottles. Make a ball out of aluminum foil. Ready, Set, Bowl!	**PE** Run 3 laps outside, either around your house or your yard, AND Jump rope for 5 minutes using an actual jump rope or an imaginary rope.	**Music** Go outside and listen to the different noises made by animals, insects, people, cars, planes, etc. See how many different noises you can identify.	**Media** Read out loud to an adult! You can take turns reading too!
PE BATMAN Workout www.tinyurl.com/BatWorkout OR BATGIRL Workout www.tinyurl.com/BatgirlWorkout OR Build an indoor/outdoor obstacle course	**Music** Create 4 beat rhythms (use only 4 notes) use ta ♩ ti-ti ♫ and rest 𝄽 . Practice clapping, tapping, and patting them.	**Media** Write a review of a book you have read. Would you recommend this book to someone else? Why?	**Art** Zentangle Draw circles all over a piece of paper (different sizes). Draw a pattern in each circle. Color.
Music Jump the Beat: Jump rope while saying jump rope rhymes or singing a song. See if you can keep the steady beat with your jumping. If you don't have a jump rope, try hopping on one foot.	**Media** Read in a pillow fort!	**Art** Gather all different kinds of pasta. Glue onto a piece of paper, shaping into people. OR Cut and illustrate paper dolls for each member of your family.	**PE** Dance for 10 minutes to your favorite songs, AND Stretch for 10 minutes
Media Pick an interesting article from Social Studies Weekly. Based on evidence from the article, give a news a report to someone in your home.	**Art** Make Salt Dough ½ Cup Salt 2 Cups Flour 1 Cup Water	**PE** ANTMAN Workout www.tinyurl.com/ AntmanWorkout OR CYBORG Workout www.tinyurl.com/ CyborgWorkout OR Play a tag game for 10 minutes	**Music** Grab your favorite book and instead of reading it – sing it!
Art Write the names of your family members in cursive. Trace with various colors.	**PE** Do 20 burpees and perofrm a high or low plank holding it as long as possible.	**Music** What are 10 words you can write on a music staff using only the letters in our musical alphabet (A,B,C,D,E,F, and G)? Can you draw a music staff (5 lines) and show where those notes go on the treble clef? (remember G is on line 2!)	**Media** Tie a blanket, towel, or scarf around your neck and read like you are a superhero!

UNO HOME FITNESS!

EQUIPMENT

Deck of UNO Cards

OBJECTIVE

Collect as many cards as possible in a set time period

RULES

1. Play by yourself or with as many people that want to participate.
2. Keep the cards in a pile.
3. The first person takes a card and does the exercise and the number of repetitions (example: a yellow 5 = 5 jumping jacks).
4. The next player immediately takes a card and does the exercise.
5. Once a player is finished they may grab another card.
6. Play continues until all the cards are gone or time is up (5-10 minutes).
7. Whoever
Has the most cards wins!!!

CARDS

5 — JUMPING JACKS

3 — JUMP TWISTS

8 — SIDE HOPS

1 — BURPEES

SKIP AROUND THE ROOM

UNO — TAKE 2 CARDS AND DO THE EXERCISES

+4 — TAKE 4 CARDS AND DO THE EXERCISES

JOG BACKWARDS AROUND THE ROOM

5 PUSH-UPS

Counselors' Corner

Mrs. Dingess, Ms. Green, Mrs. Jenkins, Mrs. Miller

Weekly Focus

PUTTING IT INTO PRACTICE

Dear Parents/Guardians:

If you have not done so already, give yourselves a huge pat on the back. You have taken on a task you neither expected nor requested, and you are surviving ~ maybe even thriving ~ during this difficult time. You are to be commended!

I'd like to share a simple but important tip with you for this journey which we are all on together:

> During commercial flights, included in pre-flight instructions is that if oxygen masks are needed, put yours on first, before assisting others. You cannot take care of others if you are not in good shape yourself. If you are having difficulty, as we will at times during this situation, read the "Courage" and "Calming Tools" activity pages provided in the previous two weeks of *Counselors' Corner* and adapt the information there to suit your needs. Your children look to you to see how to react in any given situation, and if they see you showing courage and exhibiting calm in the midst of everything, they are far more likely to do so themselves. *YOU* were their first teacher; they are looking to you for guidance...and they are in good hands!

On the next page is a flower of activities for your child to do. He/she may choose to do some or all of them, coloring each flower part as the activity is completed. Hopefully they will have fun with this, but it can also be beneficial in helping them through this or any other challenging time. When our thoughts and actions go out to others, or when we at least focus on something besides ourselves, we are far less likely to dwell on our problems, our fears, or our fusses with our siblings!

Thank you for all you are doing ~ you are amazing!

Athens City Schools School Counselors

Color each flower part after you do the activity.
You may think up your own activity for the center
of the flower. Have fun, and please know
we are so anxious to see how much
YOU have blossomed when we
get to see you again!

Draw a picture for someone you miss.

Describe to a loved one a place that makes you happy using all 5 senses.

Draw a picture of what you want to be when you grow up.

Create a poster that shows others how to be kind.

Help a family member clean something without them having to ask.

Teach a loved one 3 ways you can calm yourself. (Remember last week's activities!)

Give out 10 compliments to your family.