

Webster County Schools

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Office of Curriculum

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1st Grade

Packet 4


















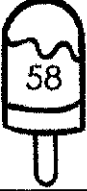














Name _____

Compare the numbers using $>$, $<$, and $=$.

ICE CREAM COMPARE



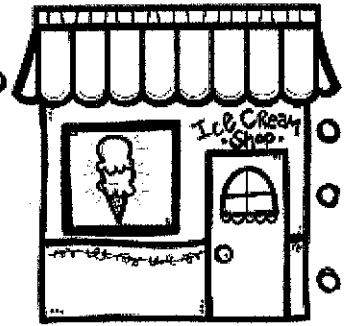
1.NB.T.3

 ○ 	 ○ 	 ○ 	 ○ 
 ○ 	 ○ 	 ○ 	 ○ 
 ○ 	 ○ 	 ○ 	 ○ 
 ○ 	 ○ 	 ○ 	 ○ 

Name _____

Ice Cream Addends

Add the three numbers together.



$\begin{array}{r} 7 \\ + 5 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 1 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 2 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 7 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 9 \\ + 2 \\ \hline \end{array}$	
$\begin{array}{r} 3 \\ + 3 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 2 \\ + 7 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 4 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 8 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 3 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 1 \\ + 9 \\ \hline \end{array}$
$\begin{array}{r} 5 \\ + 8 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ + 5 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 2 \\ + 9 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 1 \\ + 7 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 6 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 6 \\ + 2 \\ \hline \end{array}$

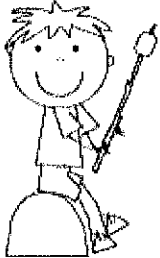
Name _____

Solve the word problems.

SUMMER STORIES

1.OA.1

5 kids were roasting smores.
Some more kids came.
Now there are 14 kids. How
many more kids came?



_____ kids

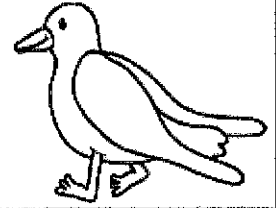
Ethan picked up 12 sand
dollars on the beach. Then
he picked up some more.
He picked up 19 sand dol-
lars in all. How many more
sand dollars did he pick up?

_____ sand dollars

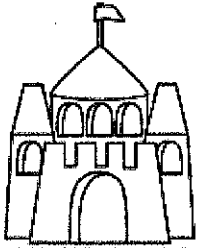


9 seagulls flying on the
beach. Some more seagulls
came. Now there are 15
seagulls. How many more
seagulls came?

_____ seagulls



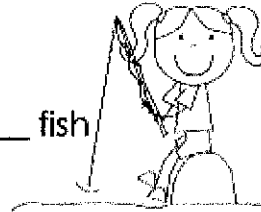
12 sandcastles on the
beach. Some fall down.
Now there are 4 sandcastles
on the beach. How many
sandcastles fell down?



_____ sandcastles

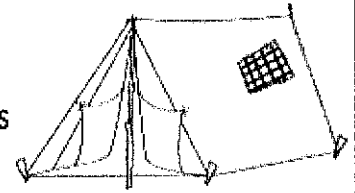
Addy caught 7 fish on Mon-
day. On Tuesday, she
caught some more. She
caught a total of 18 fish.
How many did she catch on
Tuesday?

_____ fish



8 kids went camping. Some
friends came to join them.
Now there are 11 kids at
camp. How many kids
joined them?

_____ kids



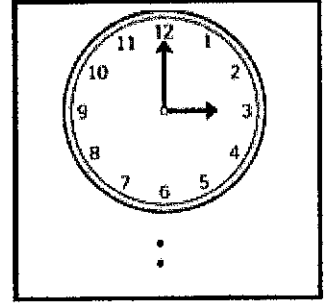
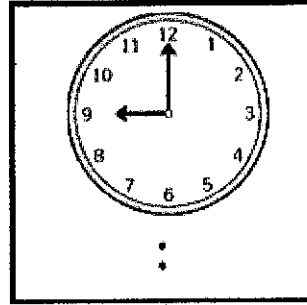
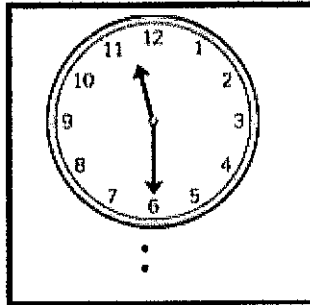
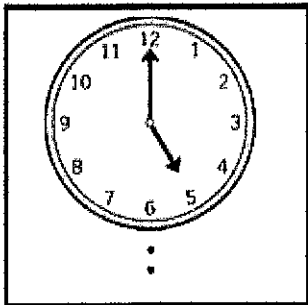
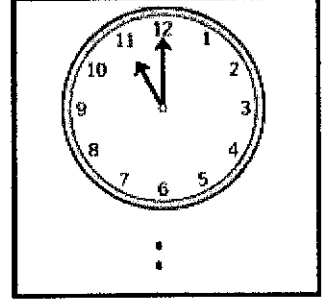
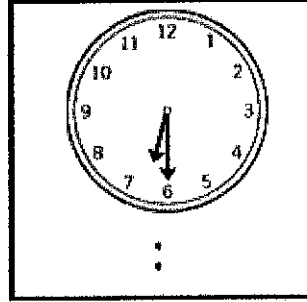
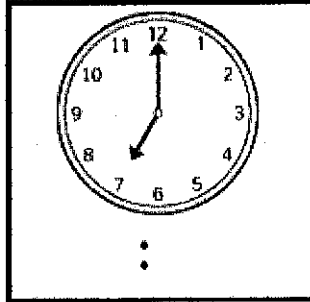
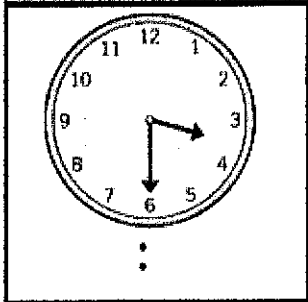
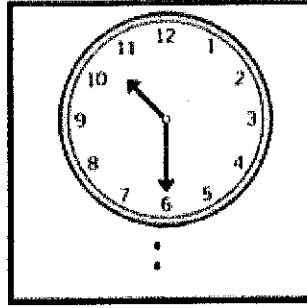
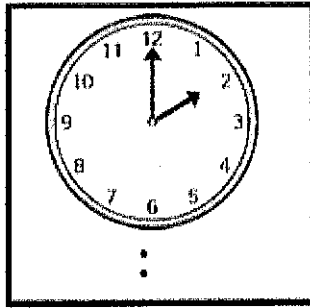
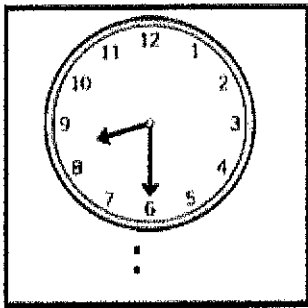
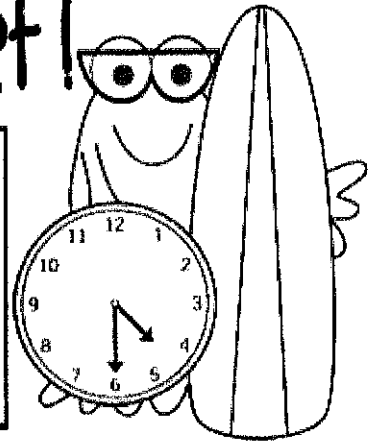
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Name _____

Write the time.

"Time" to Surf!

IMD.3



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Editing Marks

- ≡ Capitalize a letter
- / Make a capital letter lowercase
- Delete (take out)
- ^ Insert a word or letter
- ◉ Insert a period
- Correct the spelling
- ~ Reverse letters or words
- ¶ Indent paragraph



Daily Edit Sentences

1. pam is sad.

L.1.1, L.1.2

2. Matt can go



Daily Math Review

← 1.OA.6 →

<p>1.</p> $\begin{array}{r} 0 \\ +1 \\ \hline \end{array}$	<p>2.</p> $\begin{array}{r} 0 \\ +0 \\ \hline \end{array}$	<p>3.</p> $\begin{array}{r} 1 \\ +1 \\ \hline \end{array}$	<p>4.</p> $\begin{array}{r} 0 \\ +2 \\ \hline \end{array}$	<p>5.</p> $\begin{array}{r} 3 \\ +1 \\ \hline \end{array}$
--	--	--	--	--

6. 1.NBT.1

Count how many. Write the number in the box.

7. 1.OA.5

Count on to add. Then finish the addition equation.

$$\begin{array}{r} 5 \\ 5 \end{array} + \begin{array}{r} 6 \\ 3 \end{array} = \underline{\quad}$$

8. 1.OA.3

Add.

$$7 + 0 = \underline{\quad}$$

Strategy: Identity property of 0

9. 1.OA.1

Joe drew 2 squares and 5 circles. How many shapes did Joe draw?

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

Put together (total unknown)



Daily Edit Sentences

1. Bud was mad

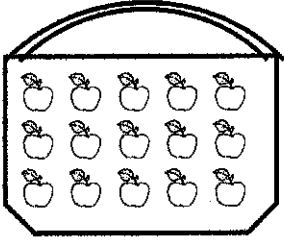

L.1.1, L.1.2


2. ron sits on top.

Daily Math Review

← 1.OA.6 →

1. $\begin{array}{r} 0 \\ +3 \\ \hline \end{array}$	2. $\begin{array}{r} 4 \\ +0 \\ \hline \end{array}$	3. $\begin{array}{r} 0 \\ +0 \\ \hline \end{array}$	4. $\begin{array}{r} 1 \\ +2 \\ \hline \end{array}$	5. $\begin{array}{r} 0 \\ +1 \\ \hline \end{array}$
--	--	--	--	--

<p>6. ^{1.NBT.1} How many apples are in the basket? Write the number in the box.</p>  <div style="display: inline-block; border: 1px solid black; width: 40px; height: 20px; vertical-align: middle; margin-left: 20px;"></div>	<p>7. ^{1.OA.5} Count on and write how many stars altogether. Then complete the equation.</p>  $2 + \underline{3} \quad \underline{4} \quad \underline{5} \quad \underline{6} = \underline{\quad}$ $2 + 4 = \underline{\quad}$
--	--

<p>8. ^{1.OA.3} Subtract.</p> $8 - 0 = \underline{\quad}$ <p>Strategy: Identity property of 0</p>	<p>9. ^{1.OA.1} <u>Two</u> birds are in a tree. <u>Three</u> more birds join them. How many birds are in the tree now?</p>  $\underline{\quad} + \underline{\quad} = \underline{\quad}$ <p>Add to (result unknown)</p>
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Daily Edit Sentences

1. dog is on the log

L.1.1, L.1.2

2. cat gets wet.

Daily Math Review

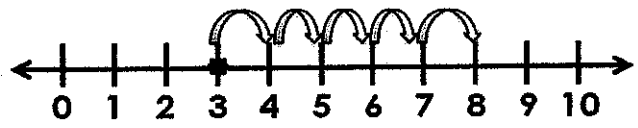
← 1.OA.6 →

1. $\begin{array}{r} 5 \\ +0 \\ \hline \end{array}$	2. $\begin{array}{r} 4 \\ +1 \\ \hline \end{array}$	3. $\begin{array}{r} 1 \\ +3 \\ \hline \end{array}$	4. $\begin{array}{r} 0 \\ +6 \\ \hline \end{array}$	5. $\begin{array}{r} 6 \\ +1 \\ \hline \end{array}$
--	--	--	--	--

6. 9 1.NBT.1

Draw a set of circles to represent the number.

7. Look at the equation. Use the number line to count on to add. Then complete the equation. 1.OA.5



$3 + 5 = \underline{\quad}$

8. 1.OA.3


Write the missing number.

$10 + \underline{\quad} = 10$

Strategy: Identity property of 0

9. 1.OA.1

Bob found 10 acorns. He gave 4 to Jen. How many acorns does Bob have now?



$10 - \underline{\quad} = \underline{\quad}$

Take from (result unknown)



Daily Edit Sentences

1. Hog gets hot

L.1.1, L.1.2

2. I see The bus

Daily Math Review

← 1.OA.6 →

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

6. 1.NBT.1
Fill in the missing numbers.

0	1	2	3	4	5	6	7	8	9
10	11	12		14	15	16	17	18	19
	21	22	23	24	25	26	27	28	

7. 1.OA.5
Look at the equation, and use the number line to count back to subtract. Then complete the equation.

$7 - 3 = \underline{\quad}$

8. 1.OA.3
Subtract.

$12 - 0 = \underline{\quad}$

Strategy: Identity property of 0

9. 1.OA.1
Deb saw 3 ladybugs and 5 ants. How many insects did she see?

$\underline{\quad} + \underline{\quad} = \underline{\quad}$

Put together (total unknown)



Daily Edit Sentences

1. do you run

L.1.1, L.1.2

2. can you jump up

Daily Math Review

← 1.OA.6 →

1. $\begin{array}{r} 0 \\ +5 \\ \hline \end{array}$	2. $\begin{array}{r} 4 \\ +1 \\ \hline \end{array}$	3. $\begin{array}{r} 1 \\ +6 \\ \hline \end{array}$	4. $\begin{array}{r} 0 \\ +5 \\ \hline \end{array}$	5. $\begin{array}{r} 5 \\ +1 \\ \hline \end{array}$
--	--	--	--	--

6. 1.NBT.1 Write the missing number. _____, 25, 26, 27, 28	7. 1.OA.5 Count back 4 from 8. Then complete the subtraction equation. $\begin{array}{ccccccc} 4 & 5 & 6 & 7 & \leftarrow & 8 \\ \hline & & & & & \end{array}$ $8 - 4 = \underline{\quad}$
---	--

8. 1.OA.3 Add. $9 = \underline{\quad} + 0$ Strategy: Identity property of 0	9. 1.OA.1 Four frogs are in the pond. <u>Three</u> more frogs join them. How many frogs are in the pond now? <div style="text-align: center;"> </div> $\underline{\quad} + \underline{\quad} = \underline{\quad}$ Add to (result unknown)
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Answer Key

First Week

Day 1

1. Pam is sad.
2. Matt can go.

- 1-5. 1, 0, 2, 2, 4
6. 12
7. 6, 7, 8
 $5 + 3 = 8$
8. $7 + 0 = 7$
9. $2 + 5 = 7$

Day 4

1. Hog gets hot.
2. I see the bus.

- 1-5. 8, 8, 5, 9, 10
6. 13 20 29
7. $7 - 3 = 4$
8. $12 - 0 = 12$
9. $3 + 5 = 8$

Day 2

1. Bud was mad.
2. Ron sits on top.

- 1-5. 3, 4, 0, 3, 1
6. 15
7. 6 $2 + 4 = 6$
8. $8 - 0 = 8$
9. $2 + 3 = 5$

Day 5

1. Do you run?
2. Can you jump up?

- 1-5. 5, 5, 7, 5, 6
6. 24
7. 4, 5, 6, 7 ←
 $8 - 4 = 4$
8. $9 = 9 + 0$
9. $4 + 3 = 7$

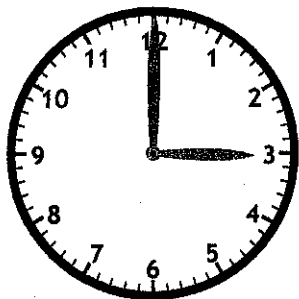
Day 3

1. Dog is on the log.
2. Cat gets wet.

- 1-5. 5, 5, 4, 6, 7
6. 9 circles should be drawn.
7. $3 + 5 = 8$
8. $10 + 0 = 10$
9. $10 - 4 = 6$

Name: _____

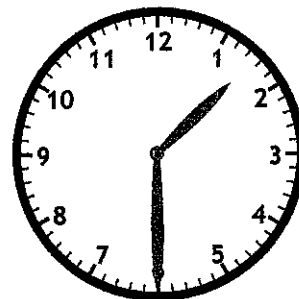
Telling Time



What time is it?
two o'clock
three o'clock
three thirty



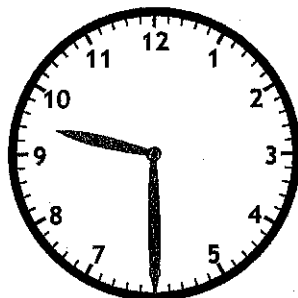
What time is it?
six o'clock
nine thirty
six thirty



What time is it?
two thirty
three thirty
one thirty



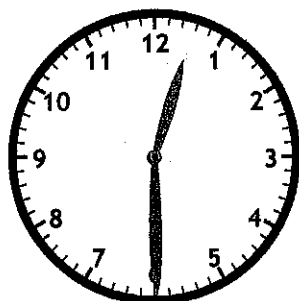
What time is it?
ten o'clock
one o'clock
ten thirty



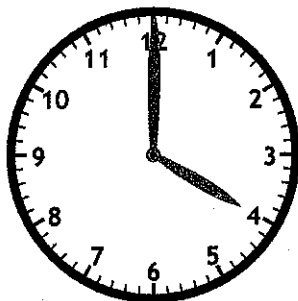
What time is it?
nine thirty
eight thirty
nine o'clock



What time is it?
eleven thirty
eleven o'clock
ten o'clock



What time is it?
twelve o'clock
three o'clock
twelve thirty

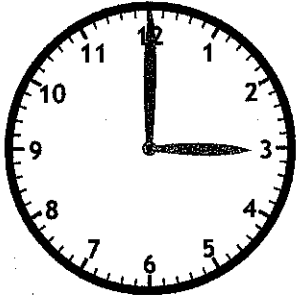


What time is it?
four thirty
five o'clock
four o'clock



What time is it?
twelve thirty
twelve o'clock
two thirty

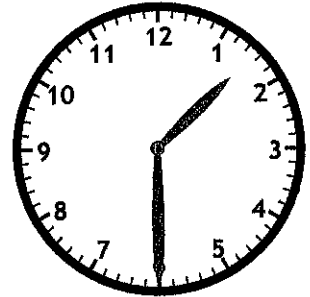
Telling Time



What time is it?
 two o'clock
three o'clock
 three thirty



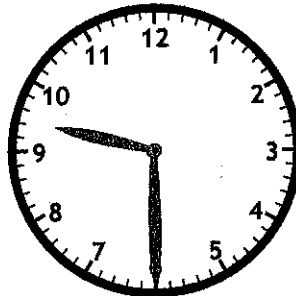
What time is it?
 six o'clock
 nine thirty
six thirty



What time is it?
 two thirty
 three thirty
one thirty



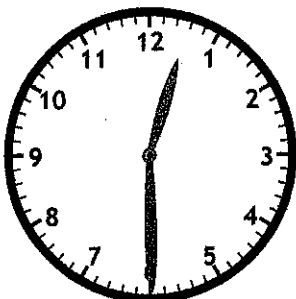
What time is it?
ten o'clock
 one o'clock
 ten thirty



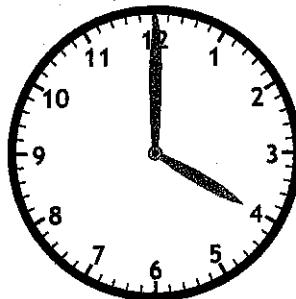
What time is it?
nine thirty
 eight thirty
 nine o'clock



What time is it?
 eleven thirty
eleven o'clock
 ten o'clock



What time is it?
 twelve o'clock
 three o'clock
twelve thirty



What time is it?
 four thirty
 five o'clock
four o'clock



What time is it?
twelve thirty
 twelve o'clock
 two thirty

Name: _____

The Rhyme Game

by Guy Belleranti

Bella and James sat on the grass.

"Let's play the rhyme game," Bella said. "First, you say a word. Then, I'll say a word that rhymes."

James nodded. "Truck," he said.

"Duck," Bella rhymed.

"House," James said.

"Mouse," Bella rhymed.

"Dog," James said.

"Frog," Bella rhymed.

"Can I do the rhyming now?" James asked.

"Yes," Bella said.

"Dress," James rhymed.

Bella laughed. "Wait. Yes wasn't my word. Here it is now."

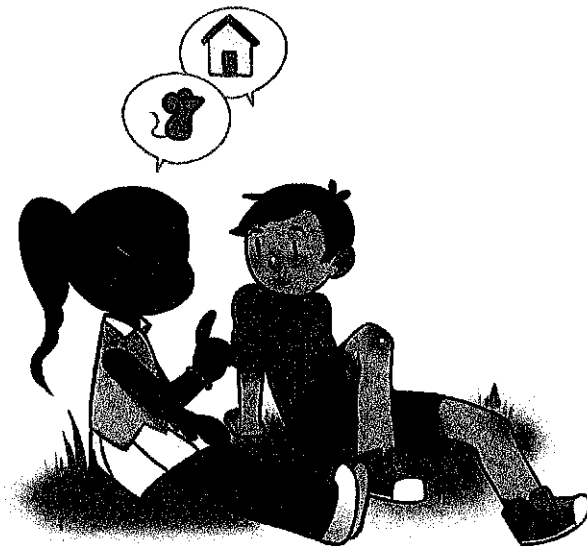
"Cow," James rhymed.

"No," Bella said, laughing harder. "No, no, no."

"Go." James rhymed. "Go, go, go."

Bella laughed so hard she rolled on the grass.

James rolled next to her. Rhyming was fun!



Name: _____

The Rhyme Game

by Guy Belleranti

1. Where does this story take place?
- a. on a sunny day b. outside
c. at the beach d. in the morning



2. Whose idea was it to play the rhyme game? _____

3. What word did Bella rhyme with dog?
- a. hog b. fog
c. go d. frog

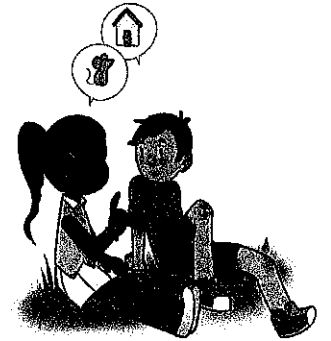
4. Why did Bella keep laughing at James' rhymes?

Now try this: Play the rhyming game with a friend.

Name: _____

The Rhyme Game

by Guy Belleranti



Draw lines to match the words from the story with their meanings.

- | | | | |
|-----------|---|---|----------------------------------|
| 1. grass | ● | ● | small furry animal |
| 2. nodded | ● | ● | large animal that makes milk |
| 3. mouse | ● | ● | moved head up and down |
| 4. cow | ● | ● | green plants that make up a lawn |
| 5. laugh | ● | ● | opposite of stop |
| 6. go | ● | ● | Ha, ha, ha! |

Name: _____

The Rhyme Game

by Guy Belleranti



In the story, "The Rhyme Game," Bella and James think of rhyming words.

Write three sentences with rhyming words. Use a pair of rhymes in each.

examples: A mouse is in my house.

My dog chased a frog.

1.

2.

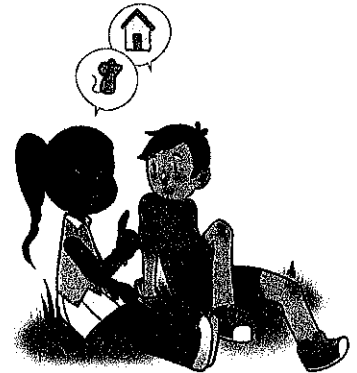
3.

ANSWER KEY

The Rhyme Game

by Guy Belleranti

1. Where does this story take place? b
- a. on a sunny day b. outside
c. at the beach d. in the morning



2. Whose idea was it to play the rhyme game? Bella's

3. What word did Bella rhyme with dog? d
- a. hog b. fog
c. go d. frog

4. Why did Bella keep laughing at James' rhymes?

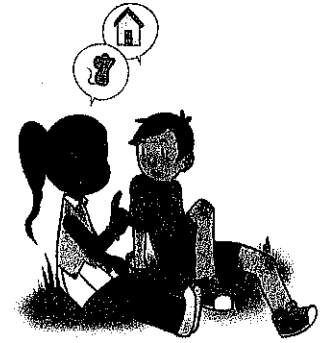
James kept rhyming words that she didn't intend for him to rhyme.

Now try this: Play the rhyming game with a friend.

ANSWER KEY

The Rhyme Game

by Guy Belleranti



Draw lines to match the words from the story with their meanings.

- | | | | |
|-----------|---|---|----------------------------------|
| 1. grass | ● | ● | small furry animal |
| 2. nodded | ● | ● | large animal that makes milk |
| 3. mouse | ● | ● | moved head up and down |
| 4. cow | ● | ● | green plants that make up a lawn |
| 5. laugh | ● | ● | opposite of stop |
| 6. go | ● | ● | Ha, ha, ha! |

Name: _____

PUNCTUATION

Complete each sentence with the correct punctuation.
Each answers will be one of the following: ! . ?



1. Kyle loves to help his dad cook dinner ____
2. What do you think Kyle and his dad will cook tonight ____
3. "Oh no ____", Jean yelled, "Why didn't you tell me I'm late ____"
4. Would you like to play tennis with me ____
5. Please close the door ____
6. Jeremy won the game and shouted, "Hooray ____"
7. Let's go to the park and have a picnic tomorrow ____
8. Ouch ____ The stove is hot ____
9. Do you have any money left in your pocket ____
10. I stayed up past midnight reading the book ____

ANSWER KEY

PUNCTUATION

Complete each sentence with the correct punctuation.
Each answer will be one of the following: ! . ?



1. Kyle loves to help his dad cook dinner .
2. What do you think Kyle and his dad will cook tonight ?
3. "Oh no!", Jean yelled, "Why didn't you tell me I'm late ?"
4. Would you like to play tennis with me ?
5. Please close the door .
6. Jeremy won the game and shouted, "Hooray!"
7. Let's go to the park and have a picnic tomorrow .
8. Ouch ! The stove is hot !
9. Do you have any money left in your pocket ?
10. I stayed up past midnight reading the book .

Listen and Learn

Describing Characters

A **character** is a person or lifelike animal in a story. You can learn about characters by thinking about what they say and do.



Here are some questions you can ask about characters:

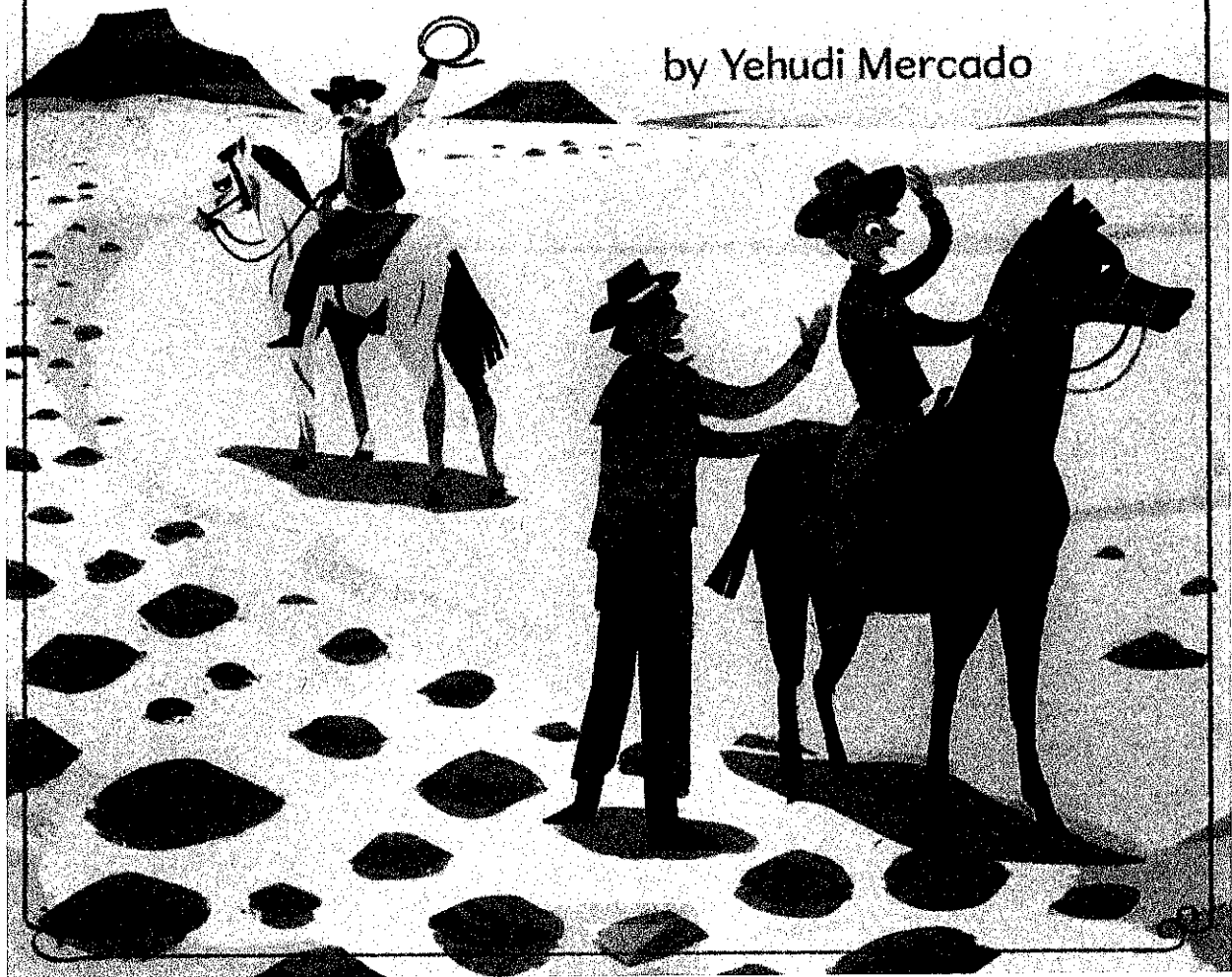
- ▶ What does the character say?
- ▶ What does the character do?
- ▶ How does the character feel?

Asking these questions helps us learn more about the characters.

Cow Tales

Are We There Yet?

by Yehudi Mercado





“Are we there yet?” a voice shouts. The voice is coming from the back of the herd of COWS.

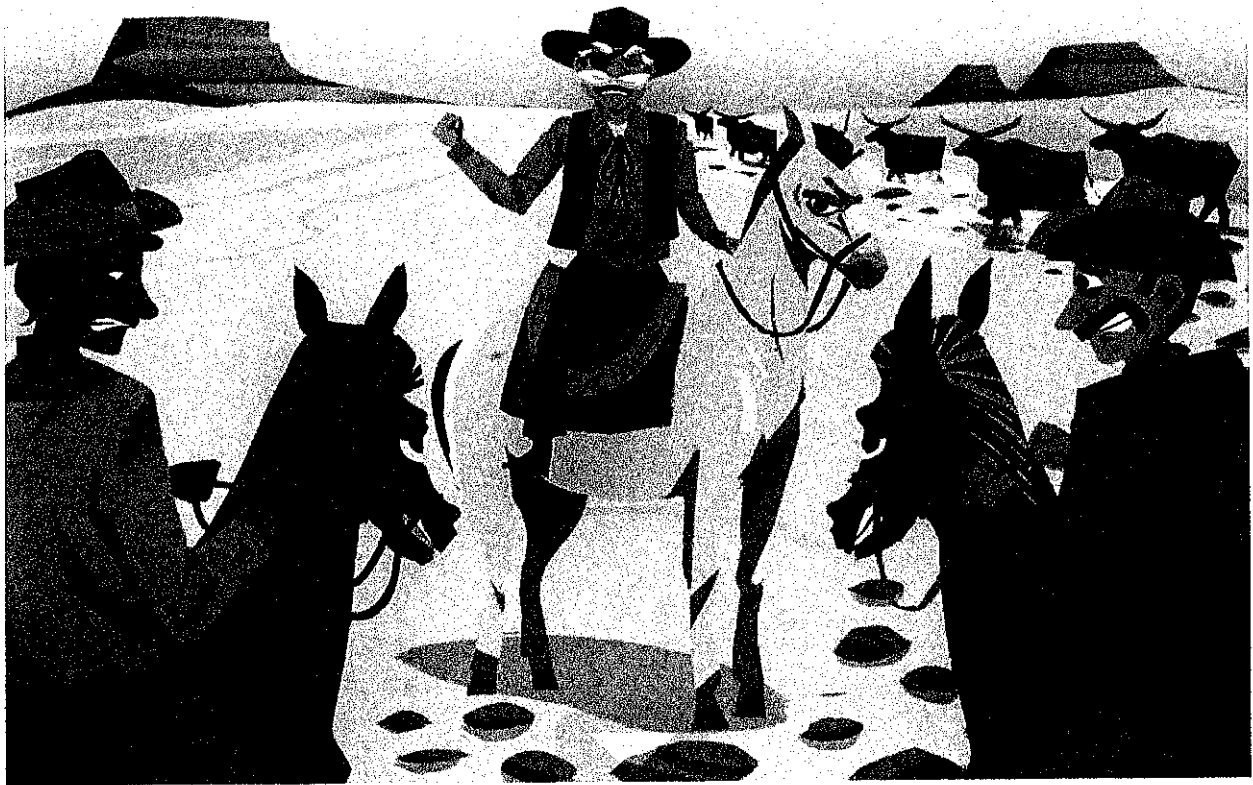
Cowboys are leading five hundred cows along a rocky trail. They have been traveling on the path for weeks. But they still have a long way to go.

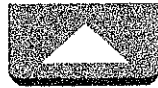




“Who said that?” the trail boss yells. He yanks on the reins to stop his horse. He glares at his team with one angry eye.

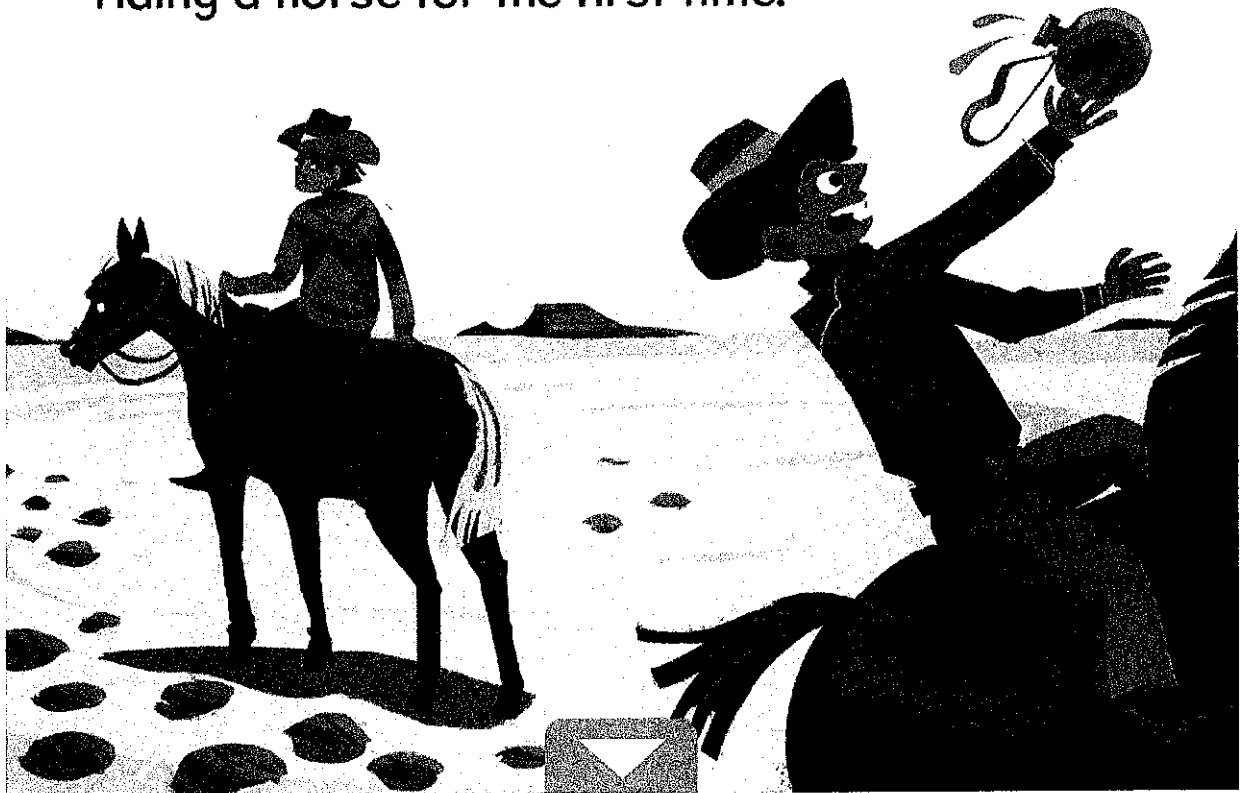
The other cowboys are afraid of the trail boss. They stay quiet.





A cowboy named Wayne looks over at the young cowboy who was shouting. Wayne has been herding cows his whole life. He often helps new cowboys.

And the young cowboy surely needs help. He is sliding off his saddle. He looks like he is riding a horse for the first time.





“Hey, new kid. What is your name?” Wayne asks. Then he fixes the young cowboy’s saddle.

“My name is Jelly,” the young cowboy says. He tries to drink from his canteen. Water splashes his face.

“Well listen, Jelly. The trail boss does not like when the cowboys ask questions. You want to know if we’re there yet? Just ask me. Don’t make a fuss.”





Wayne holds up a map.

“Wow! Where did you get that map?” Jelly asks.

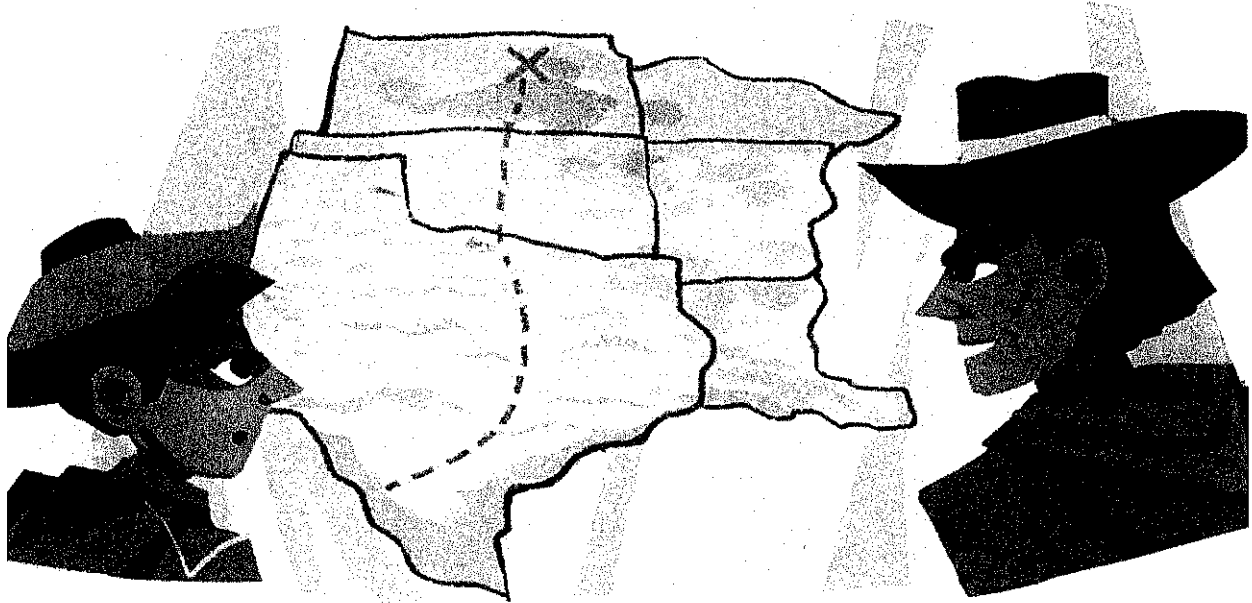
“It’s Zeb’s map,” says Wayne. He points at a cowboy behind him.

“Hello! I’m Zeb!” the cowboy says. He is pulling a cart full of maps.





Wayne shows Jelly the map.



“We will follow this trail for hundreds of miles,” Wayne says. “We must cross mountains, keep our cows safe, AND end the trip by winter. So please stop asking that annoying question!”

“What question?” asks Jelly.

“ARE WE THERE YET!” shouts Wayne.



“Quiet!” the trail boss yells. He glares at Wayne with one angry eye.

Jelly shrugs his shoulders. “So, we’re NOT there yet?” he asks Wayne.

Wayne shakes his head. “No,” he says. “We are not even close.”

They continue on their rocky journey.



Question 1 (for p. 1 of passage)

Which key detail tells how much more the cowboys will be on the trail?

- a. The cowboys still have a long way to go.
- b. The cowboys have been traveling for weeks.
- c. The cowboys are leading five hundred cows.

Question 2 (for p. 2 of passage)

How does the trail boss feel? Complete the sentence.

The trail boss is _____.

- a. angry
- b. afraid
- c. quiet

Question 3 (for p. 3 of passage)

Which character is the new, young cowboy?



Question 4 (for p. 4 of passage)

How does Wayne help Jelly?

- a. He listens to Jelly.
- b. He fixes Jelly's saddle.
- c. He gives Jelly a drink.

Question 5 (for p. 5 of passage)

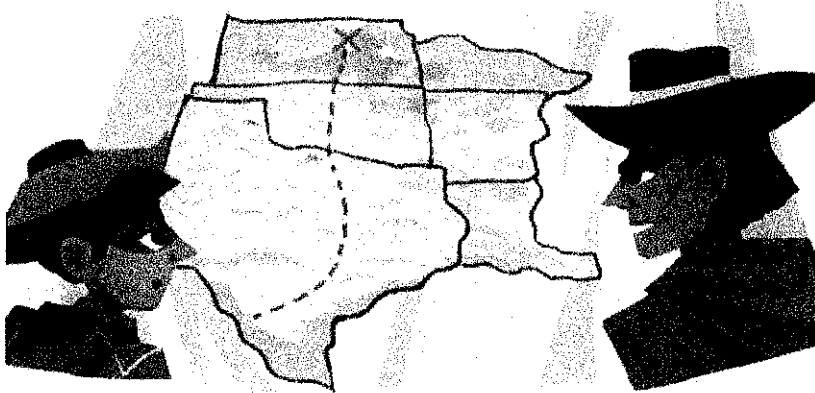
What does Zeb have that the cowboys need? Complete the sentence.

Zeb has a _____.

- a. map
- b. cart
- c. cow

Question 6 (for p. 6 of passage)

Wayne shows Jelly the map.



"We will follow this trail for hundreds of miles," Wayne says. "We must cross mountains, keep our cows safe, AND end the trip by winter. So please stop asking that annoying question!"

"What question?" asks Jelly.

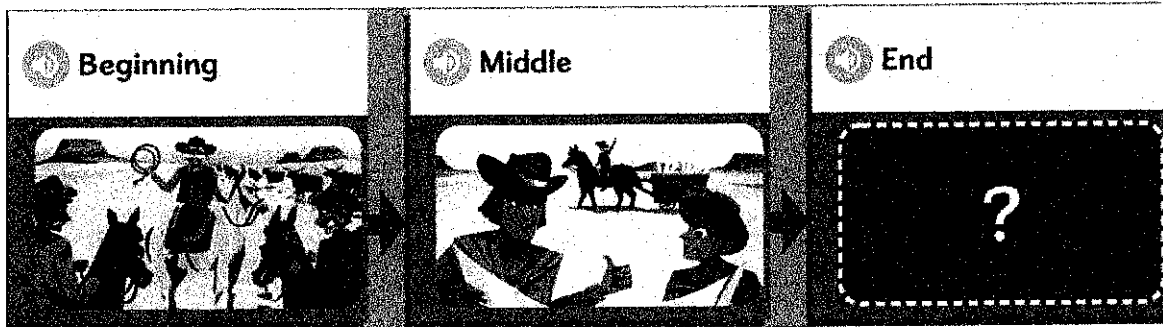
"ARE WE THERE YET!" shouts Wayne.

Read the underlined text. Look at what Wayne says. Why does he say this?

- a. He is showing Jelly the map.
- b. He is answering Jelly's question.
- c. He is asking Jelly about the trail.

Question 7 (for p. 7 of passage)

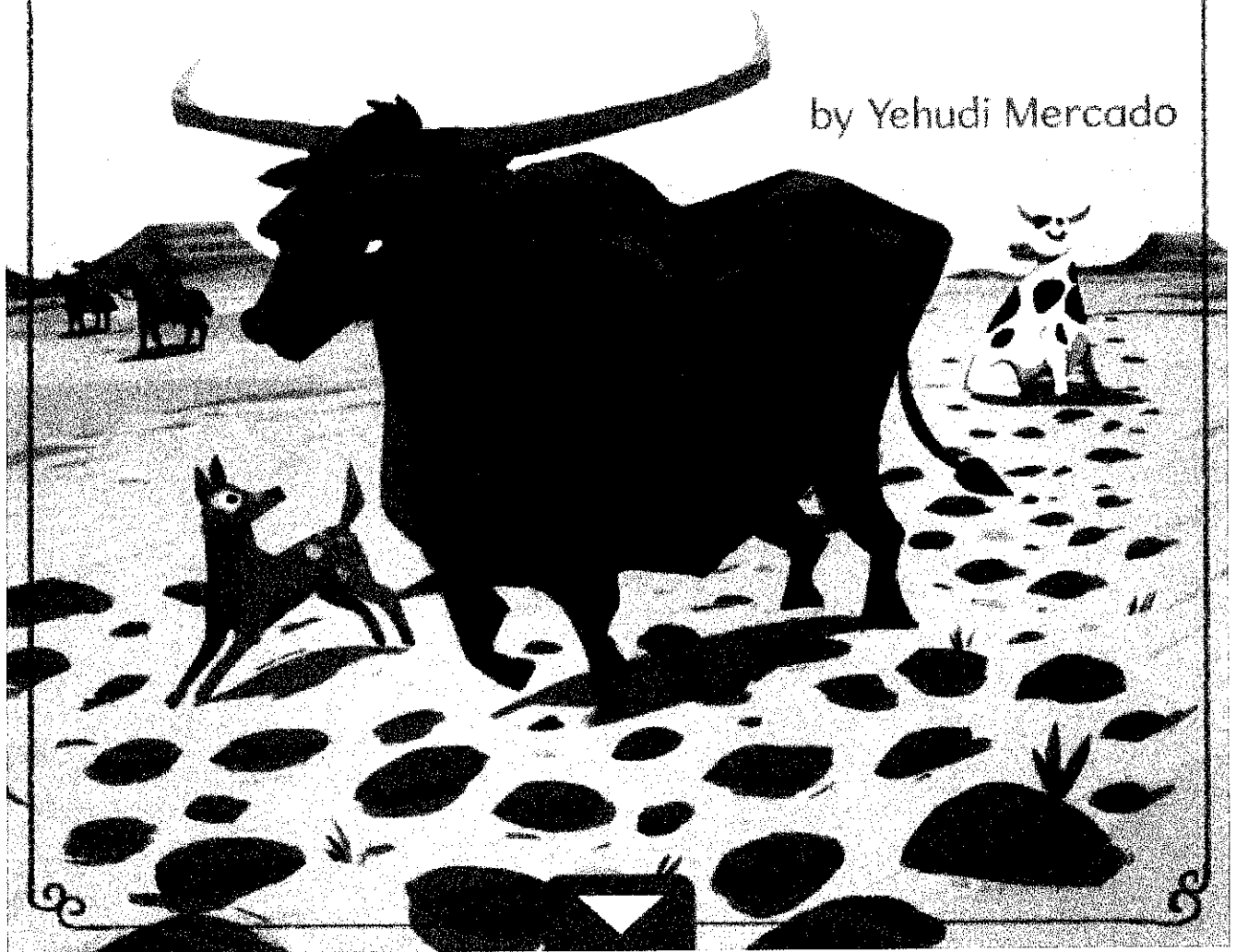
Look at what happens in the beginning and middle of the story. What happens at the end?
Choose the picture.



Cow Tales

King of the Trail

by Yehudi Mercado





Claire's hard feet slide on the rocks. She is so tired! She and the other cows have walked on the trail for weeks. They still have many, many miles to go.

"No," Claire says. She sits.





A large bull stops. He is the leader of the cows. They call him the King.

A small dog named Lady stops next to the King. Her job is to keep the cows moving. “Why did we stop?” the dog asks.





The King says, "This cow stopped."

"That's Claire," says Lady. "She does not listen. She does what she wants. She should start moving."

The King stands next to Claire. He looks into her eyes. "You must move now."

"No," Claire says. "This trail is too long. The rocks hurt my feet."





Just then, a map blows in the wind. Claire looks at the map. She points to the end of the trail. “Is that a field?” she asks.

“Yes. It is a field with sweet, soft grass,” the King says.

Claire thinks about the field. It would be nice to walk on that soft grass!





The King says more. "I have changed my mind, Claire. Don't get up," he says.

"Why not?" Claire asks. She seems mad.

"Why not?" Lady asks. She seems unhappy.

"We need to keep going."





“You should stay, Claire,” says the King.
“Then, I can have your grass and mine. Please sit longer.”

“No,” Claire says. She gets up. “My feet are rested now.”

The King smiles. Lady smiles. The cows keep going on their long trip.



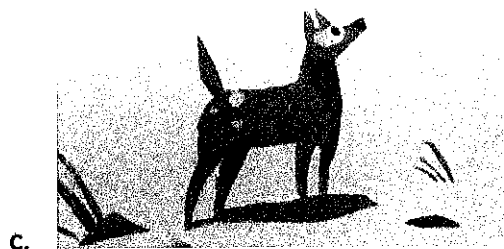
Question 1 (for p. 1 of passage)

Who is Claire?

- a. a person
- b. a horse
- c. a cow

Question 2 (for p. 2 of passage)

Think about the text. Which picture shows the leader of the cows?



Question 3 (for p. 3 of passage)

What does Lady say about Claire?

- a. Claire will not move on the rocks.
- b. Claire cannot go on such a long trail.
- c. Claire does not follow directions.

Question 4 (for p. 3 of passage)

What does the King want Claire to do? Complete the sentence.

The King wants Claire to _____.

- a. move
- b. stop
- c. rest

Question 5 (for p. 4 of passage)

Why does Claire like the field?

- a. There is good food.
- b. The grass is soft.
- c. The wind blows there.

Question 6 (for p. 5 of passage)

What does the King tell Claire to do now?

- a. get up
- b. stay sitting
- c. feel less angry






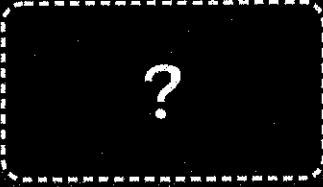
Question 7 (for p. 6 of passage)

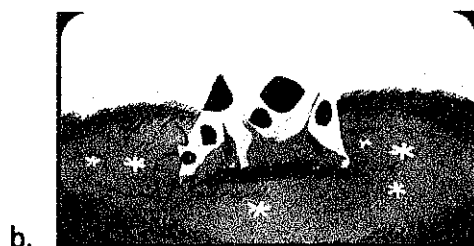
Why does the King smile?

- a. Claire gives him grass.
- b. Claire needs rest.
- c. Claire stands up.

Question 8 (for p. 6 of passage)

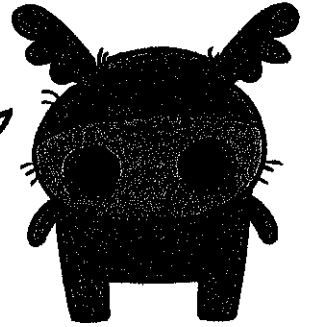
Look at what happens in the beginning and middle of the story. What happens at the end?
Choose the picture.

 Beginning	 Middle	 End
		



Describing Connections

To **connect** means to fit together. Events and ideas in informational text can connect in different ways.



Here are two kinds of connections:

- ▶ Events follow each other in time order:
 1. New leaves grow in spring.
 2. Flowers bloom in summer.

- ▶ One event or idea causes another:
 1. A lot of rain falls at once.
 - ➔
 2. Rivers rise and flood.

Describing connections between events and ideas helps you understand and remember key details.

MONTH

May

50 FITNESS ACTIVITIES HEART RAISERS ON THE SPOT

36. R-P-S (ROCK-PAPER-SCISSORS)

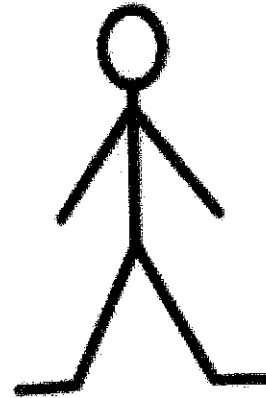
ROCK



PAPER



SCISSOR



The following are descriptions for three movement activities for R-P-S: Rock = Crouch low into a ball, touching hands to knees. Paper = Stand straight, with your feet together and hands at your sides. Scissors = Legs straddle shoulder width apart and arms move away from your sides. Add a jump into each movement. For example, two foot jump into the 'Rock' activity, then jump to 'Paper', and then jump to 'Scissors'. Key Phrase: "Jump-Rock, jump-Paper, jump-Scissors". Repeat R-P-S sequence. As a variation, find a partner and play active R-P-S. Partners start by facing one another. Both partners jump twice then on the third jump show either rock, paper, or scissor. Play best of three rounds then find a new partner. Key Phrase: "Jump, jump, show".

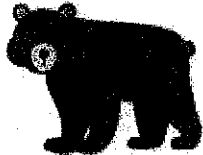
KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



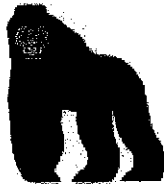
FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



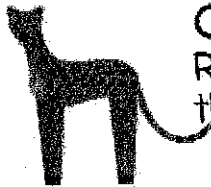
GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



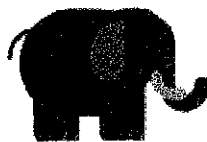
CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

Daily Fitness Challenge for Kids

o*o, o*o, o*o, o*o, o*o, o*o, o*o, o*o, o*o, o*o, o*o, o*o

- | | |
|------------------------------|------------------------|
| A: 10 Jumping Jacks | N: 4 Lunges |
| B: 30 Second Plank | O: 3 Burpees |
| C: Crab Walk | P: 10 Second Butterfly |
| D: 10 Push Ups | Q: Run in Place 1 Min |
| E: 10 Sit Ups | R: 7 Jumping Jacks |
| F: 5 Cartwheels | S: 4 Leg Kicks |
| G: Headstand | T: 5 Sit Ups |
| H: 4 Somersaults | U: 15 Second Plank |
| I: Duck Walk | V: 3 Cartwheels |
| J: Jump In Air 5 Times | W: Crab Walk |
| K: Touch Toes 6 Times | X: 2 Somersaults |
| L: Spin Around 3 Times | Y: 5 Lunges |
| M: 10 Leg Kicks | Z: Duck Walk |

Spell each day of the week for a daily workout!

o*o, o*o, o*o, o*o, o*o, o*o, o*o, o*o, o*o, o*o, o*o, o*o

OUTDOOR ADVENTURE HUNT

- { } Something colorful.
- { } A pinecone.
- { } An acorn.
- { } Something smooth.
- { } Something rough.
- { } Two kinds of leaves.
- { } Two kinds of sticks.
- { } Something bumpy.
- { } A flat rock.
- { } Something fuzzy.
- { } Something pretty.
- { } A chewed leaf.
- { } A flower or petal.
- { } A piece of litter.
- { } Something you think is
a treasure.

