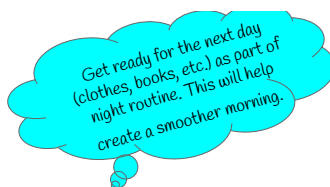


# SUMMER LEARNING INCOMING GRADES 3-5 SPECIAL EDUCATION



## SLEEP HABITS



Third graders need plenty of sleep! Routine is the key word when it comes to establishing healthy sleep patterns.

- ❖ Be firm on bedtime
- ❖ Be consistent about bedtime
- ❖ Use a clock or timer for wind down time so they know bedtime is approaching.
- ❖ No electronics to help start to quiet the brain
- ❖ Exercise during the day for at least three hours will help them get ready for sleep.

Recommended Amount of Sleep for Pediatric Populations\*

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

\*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).  
Source: Paruthi S, Brooks LJ, Chrousos CP, Heit W, Kales S, Lloyd RM, Mikirov B, Muzik K, Nichols C, Quan SF, Rosen CL, Troester MM, Wink MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25; pii: e40188-16. PubMed PMID: 27208298.

## FORMING ROUTINES



- ❖ Create a schedule that shows:
  - Snack time
  - Dinner time
  - Play time
  - Wind down time
  - Bedtime
- ❖ Review schedule and times with your child so they know and understand tasks and expectations

In September:

- ❖ Add: Homework time (pack up when done) & Extra curricular activities to schedule.
- ❖ If your child has papers for you to look at/sign/fill out, where should they go?
- ❖ Review time. Give yourself a set time to sit and review papers/notes and return them directly to your child's book bag. We know mornings can sometimes be hectic!

**Your child's teacher will expect them to be responsible for remembering their homework and materials.**

## THINGS YOUR CHILD SHOULD WORK ON IN PREPARATION

- ❖ Addition and subtraction fact mastery
- ❖ Your address and phone number
- ❖ Multiplication facts
- ❖ Writing an opening, three reasons why, additional detail, and a closing sentence on topic
- ❖ Practice reading
- ❖ Identify coins from heads and tails side, and count for a total
- ❖ Fractions- half, thirds, fourths
- ❖ Telling time- hour, half hour, 5 minutes
- ❖ Research skills
- ❖ Name your town, city, and state
- ❖ Fine motor skills- tie shoes, cut, glue, and letter formation
- ❖ General cleaning skills (pick up trash, clear table/desk, put things away)



## SUMMER LEARNING

- ❖ About 25 minutes of summer learning each day.
  - Summer learning can be the resources in your backpack, resources you have at home, and the "everyday" concepts suggested throughout this video.
- ❖ Create a space away from noise and distractions.
  - Have supplies readily available in space.
- ❖ Use a timer to help child stay focused on the task at hand.
- ❖ Be supportive by monitoring progress and give help if needed. Do not do the work for your child.

Other suggestions could include, homemade flash cards of math facts or spelling words, or have your child read a book.



## READING IS EVERYWHERE



Reading every day, even for 15 minutes, will help your child improve their reading skills.

**Shared Reading**– take turns reading a story aloud.

**Book of the Month**– all members of the family choose a different book to read. Discuss characters, setting, problem, solution, favorite part of the story, funniest, etc.

**Compare and contrast**– After reading the book, watch the movie. (Cat in the Hat). Ask your child how they are alike and how they are different.

**Comics**– Encourage your child to read the comics from a paper or a short book. Discuss what makes them funny.

**Subscription**– National Geographic Kids or Zoobooks, something that expands your child's interests.

**Book Project**– create something that represents a character or scene from the book.

**Tongue Twisters**– read a few, have fun! Discuss why they are tricky to say and what patterns are used.

Where?

- Car ride
- Dinner time
- Wind down/ bed time

How?

- Ask your child questions that they cannot just answer with a 'yes' or 'no'
  - What made you happy about today?
  - How are you feeling?
  - What did you enjoy about today?
  - What do you wish you didn't have to do today?
  - What activity did you really like doing today?
  - What was your favorite part of the day today?
  - What was one interesting thing that you learned today?

Let the questions spark further conversation.

## FAMILY CONVERSATIONS

## HOME LIBRARY (SUGGESTED BOOKS)

My Weird School Series  
 Books by Beverly Cleary  
 Magic Tree House Series  
 Skippyjon Jones  
 American Girl Series  
 Geronimo Stilton Series  
 The S.T.A.T. Series  
 Amelia Bedelia Series  
 Dogman Series

Charlotte's Web by E.B. White  
 Books by Judy Blume  
 Ordinary People Collection  
 Adventures According to Humphrey  
 Captain Underpants by Dav Pilkey  
 Who Would Win Series  
 How Tia Lola Came to Stay by Julia Alvarez  
 Brendan Buckley's Universe and Everything In It by Sundee T. Frazier  
 The Great Wall of Lucy Wu by Wendy Wan-Long Shang



## HOW TO FIND A BOOK



### How to Choose a Just Right Book



1. Look at the cover.
2. Read the title.
3. Read the blurb on the back.
4. Browse through the book.
5. Read the first page.
6. Use the 5 Finger Rule.

0-1 Finger- Too Easy

2-3 Fingers- Just Right

4-5 Fingers- Too Hard



Third graders should be writing every day. Here are some Strategies to help.

- ❖ Long and short vowel sounds
- ❖ Using word families to figure out how to spell or say a difficult word.
- ❖ Break the word up into syllables
- ❖ Endings
  - Does the base word have a silent e? Drop the e before adding -ed or -ing
  - Does the one syllable word end in a consonant? Double the consonant before adding -ed or -ing

Keep a list of frequently misspelled words to help with memorization.

## SPELLING STRATEGIES

## MATH AT HOME OR ON THE GO



- ❖ Baking
  - If each box of mix makes 12 cupcakes, how many boxes do I need to make 60 cupcakes?
  - Figure out how to double a recipe. What are the new measurements?
- ❖ Everyday math- "There are 5 people in our family. We will be on vacation for 7 days. How many outfits should we have total?"
- ❖ Simple multiplication and division fact practice
  - Flashcards
  - Create a fun one minute, 10 facts sheet to see how many they can correctly answer.
  - Verbal fact practice

## SCIENCE & SOCIAL STUDIES ALL AROUND US

- ❖ Build
  - Animal Habitat
  - Water Cycle
  - Constellation Projector
  - Marshmallow Catapult
- ❖ Make
  - Silly Putty
  - Glue Fossils
  - Crystals
  - 'Domino Effect' Course
- ❖ Explore
  - Science behind bath bombs
  - Balloon Buoyancy
  - Density of Liquids
- ❖ Start a collection: rocks, shells, pressed leaves or flowers, photographs of plants or animals.
- ❖ Holidays
  - Why do we celebrate them? What is the history behind them?
- ❖ Famous Figures
  - Learn about important historical figures and places where you live and places you are visiting.
- ❖ Citizenship
  - Take a walk through your courthouse or city hall and discuss how your local government works, its laws, and the role of its citizens.
- ❖ Diversity - celebrate differences in traditions, appearance, dress, and food.



## SUMMER FUN



- |                       |                                 |
|-----------------------|---------------------------------|
| Hands-on Museum       | Cooking Class                   |
| Zoo                   | Art lesson at local craft store |
| Aquarium              | Planetarium                     |
| Local Library         | Play an instrument/ Sing        |
| Local Theatre         | Gymnastics/ Dance Class         |
| Roller or ice skating | Karate                          |
| Bowling               | Nature Walk at the Cove         |

## Just Play!!!

## FAMILY FUN NIGHTS



- ❖ Movie Night
- ❖ Game Night: Board Game, Card Game, Hot Potato, BINGO, Pictionary
- ❖ Flashlight Tag
- ❖ Make a fun dinner together (make your own pizza)
- ❖ Backyard Camping
- ❖ Scavenger Hunt around the house or neighborhood
- ❖ Arts and Crafts Night
- ❖ Bike Ride as a family
- ❖ Children's Choice
- ❖ A Day in Pictures- take photos of family, favorite toy, flower in your garden, places you visit.

## LEARNING ON THE ROAD

- ❖ Alphabet Hunt
  - Start at the beginning and shout out something you see that begins with that letter. Go in order.
- ❖ State Hunt
  - Can you find all 50 license plates?
- ❖ 3D Shapes Hunt
  - Find 3 things per shape.
- ❖ Memory Games
  - "I went on a picnic and I brought an **apple**, I went on a picnic and I brought an apple and **bread**"
- ❖ Magnet spelling- have letters and cookie sheet for a board.
- ❖ Audio book & discussion
- ❖ Mad Libs (learn parts of speech)

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