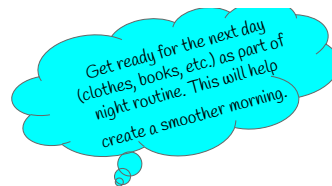


# SUMMER LEARNING GOING INTO FOURTH GRADE



## SLEEP HABITS



Fourth graders are facing more pressure this year, so getting a good night's sleep is increasingly important.

- ❖ 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
- ❖ Avoid caffeine or sugary snacks at least two hours before bedtime.

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 GJ, Chrousos CP, Heit W, Kline S, Lloyd RM, Muzik B, Muzik K, Nichols C, Quan SF, Rosen CL, Troester MM, Wolk MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 28; pii: 14-00138-16. PubMed PMID: 27208099.

## 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!

## THINGS YOUR CHILD SHOULD WORK ON IN PREPARATION

- ❖ Reading on grade level fluently
- ❖ Write a thorough, well constructed paragraph on topic
  - expository, descriptive, persuasive, and narrative essays
- ❖ Understand complex cause and effect relationships
- ❖ Decimals and Fractions (add, subtract, and compare)
- ❖ Multiplication and division facts
- ❖ NJ state history
- ❖ Familiar with Native American tribes in the area
- ❖ Subject-verb agreement
- ❖ Landforms and their characteristics
- ❖ Multi-step word problems
- ❖ Research and gather information
- ❖ Understand different genres of fiction
- ❖ Basic understanding of maps



## SUMMER LEARNING

- ❖ About 40 or more 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, if needed, to help your child stay focused.
  - Managing time will become more and more important.
- ❖ Be supportive by monitoring progress and giving help if needed.
  - Do not do the work for your child.
  - Break the assignment into small, manageable tasks
  - Be patient

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



## READING IS EVERYWHERE



Fourth graders will be reading increasingly longer chapter books, textbooks, and informational books.

**Projects**– have your child create a project about the book they are reading, or just finished reading.

**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.

**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.

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

**Subscription**– Dig, Faces, or Muse, something that expands your child's interests.

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?
  - What did you enjoy about today?
  - What do you wish you didn't have to do in today?
  - What activity did you really like today?
  - What was your favorite part of the day today?
  - What would you have done differently today if you were able to choose?

Let the questions spark further conversation. Open communication is crucial as your child gets older.

## FAMILY CONVERSATIONS

## HOME LIBRARY (SUGGESTED BOOKS)

Books by Judy Blume

Books by Beverly Cleary

Books by Roald Dahl

Who Am I Series

2030: A Day in the Life of Tomorrow's Kid by Amy Zuckerman and Jim Daly

Sadako and the Thousand Paper Cranes by Eleanor Coerr

The Harry Potter Series by J.K. Rowling

Pippi Longstocking by Astrid Lindgren

Song for a Whale by Lynne Kelly

Esperanza Rising by Pam Munoz

Rules by Cynthia Lord

City Spies by James Ponti

Maniac Magee by Jerry Spinelli

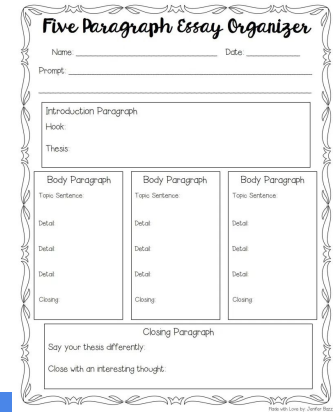
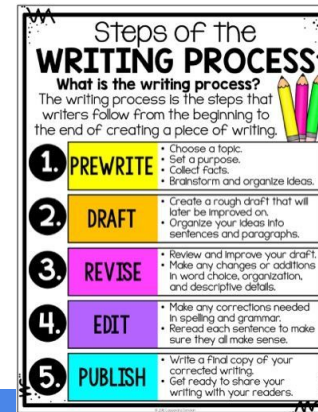
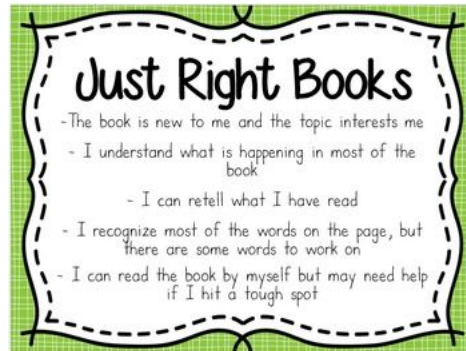
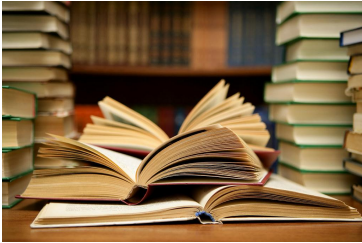
I Survived Series

Diary of a Wimpy Kid Series

You can find books:

- Thrift store
- Library
- Second Hand Bookstore
- Garage Sale
- Swap with neighbors

## HOW TO FIND A BOOK



## SPELLING AND WRITING

As your fourth grader gains more experience with writing, spelling becomes more important.

## 'Said is Dead!' Let's Learn Some Synonyms

- |            |              |             |             |
|------------|--------------|-------------|-------------|
| ❖ admitted | ❖ complained | ❖ laughed   | ❖ shouted   |
| ❖ agreed   | ❖ concluded  | ❖ lied      | ❖ sobbed    |
| ❖ answered | ❖ cried      | ❖ mumbled   | ❖ stated    |
| ❖ argued   | ❖ declared   | ❖ murmured  | ❖ taunted   |
| ❖ asked    | ❖ demanded   | ❖ muttered  | ❖ teased    |
| ❖ begged   | ❖ described  | ❖ objected  | ❖ waived    |
| ❖ blurted  | ❖ divulged   | ❖ offered   | ❖ whimpered |
| ❖ boasted  | ❖ exclaimed  | ❖ replied   | ❖ whined    |
| ❖ bragged  | ❖ gasped     | ❖ responded | ❖ whispered |
| ❖ bugged   | ❖ groaned    | ❖ retorted  | ❖ worried   |
| ❖ called   | ❖ grumbled   | ❖ screamed  |             |
| ❖ chatted  |              |             |             |

## MATH AT HOME OR ON THE GO



- ❖ Baking
  - We need 60 cupcakes and each box of mix makes 12 cupcakes. How many boxes do we need?
  - Figure out how to double a recipe. What are the new measurements?
- ❖ Everyday math- "There are 56 guests coming to the party. There are 7 favors in each bag. How many bags do we need to buy?"
- ❖ 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
  - Food Science Experiments- 'Dancing' raisins
- ❖ 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?
- ❖ Maps
  - Use Google Maps to get a bird's-eye view of your house, neighborhood, and town. ing.
- ❖ 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.



## 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.



## SUMMER FUN- CHECK LOCAL LIBRARY FOR FREE PASSES



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

**Just Play!!!**

## 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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