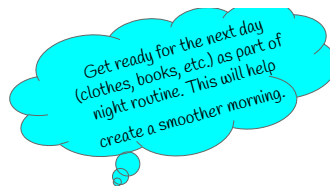


SUMMER LEARNING GOING INTO THIRD GRADE



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: Tarullo, S, Brooks, L, Chrousos, C, Hall, W, Kirsch, S, Lloyd, RM, Minkov, B, Muzik, K, Nichols, C, Quan, SF, Rosen, CL, Trostler, 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 28; pii: j4-00188-16. PubMed PMID: 27202026.

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, it will be in the red take home folder daily and yellow test folder on Wednesday.
- ❖ 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
- ❖ Multiplication facts
- ❖ Writing an opening, three reasons why, additional detail, and a closing sentence on topic
- ❖ Reading on grade level fluently
- ❖ Identify coins from heads and tails side, and count for a total
- ❖ Fractions- half, thirds, fourths
- ❖ Research skills
- ❖ The Water Cycle
- ❖ Ideas about government
- ❖ Prefixes and Suffixes



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 ticky 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?
 - 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
 Judy Moody 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.

- ❖ 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
 - Does the one syllable word end in two consonants? Just add the ending
 - Does the one syllable word end have two vowels in a row? Just add the ending

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

SPELLING STRATEGIES

COMMON PREFIXES AND SUFFIXES

Prefix		
a word part added in front of a base word to change the meaning		
Prefix	Meaning	Examples
re-	again	rewrite
un-	not	unkind
pre-	before	premade
dis-	not, opposite of	dishonest
im-	not, opposite of	impolite
non-	not	nonsense
mis-	wrong, bad	misbehave

Suffixes	
-ful full of colorful	-less without fearless
-ed already happened jumped	-ing happening now sitting
-ly how it is done slowly	-able able to growable
-er more taller	-est most tallest

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
 - Reflex Math

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.



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

Zoo

Aquarium

Local Library

Local Theatre

Roller or ice skating

Bowling

Cooking Class

Art lesson at local craft store

Planetarium

Play an instrument/ Sing

Gymnastics/ Dance Class

Karate

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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