Blizzard Bag #2

6th Grade Social Studies

Teacher: Mrs. Ketchum

Directions: Use the internet to find the answers to the statements below. Place the FIRST LETTER of the answer in the blank that corresponds to the number in parentheses.

SECRET MESSAGE

1. BODY OF WATER THAT IS BETWEEN Great Britain and France
_____ (2)

2. A famous river that travels through Brazil
_____ (3)

3. Capital city of the Middle East country of Syria
_____ (4)

4. This South American country's capital is Quito
_____ (6)

5. Important mountain range that is located in the eastern United States _____ (7)

6. A Country found on the same Caribbean island as Haiti
_____ (1)

7. This European country touches Portugal and France
_____ (5)

____	____	____	____	____	____	____
1	2	3	4	5	6	7

Blizzard Bag #2

6th Grade Language Arts

Teacher: Mrs. Ketchum

Directions: Please write the following sentences correctly.

1. the horse was own by many people but mr skinner was the worse one

2. dad made hisself comfortable in a chair to read todays newspaper

3. my family wants to see a movie but I meself would rather read a book

4. many people think that africa is either a desert and a jungle

5. most of the north is sandful, or the northern coast is mountainish

Blizzard Bag #2

6th Grade Reading

Teacher: Mrs. Ketchum

Directions: Read the following writing prompt. Quick write 12-15 sentences about this topic. Be sure to proofread for spelling, punctuation, capital letters, and any words you may have left out.

TOPIC: IF YOU COULD MAGICALLY TURN YOURSELF INTO ANY AGE IN THE FUTURE, WHAT AGE WOULD YOU CHOOSE TO BE? WHY WOULD YOU LIKE TO BE THIS PARTICULAR AGE? DESCRIBE WHAT YOU THINK YOU WOULD LOOK LIKE? ADD ANY DETAILS TO YOUR WRITING TO MAKE IT COMPLETE.

Mrs. Kincaid - ELA

Blizzard Bag Day #2

Global Warming Trend

A Warmer Earth

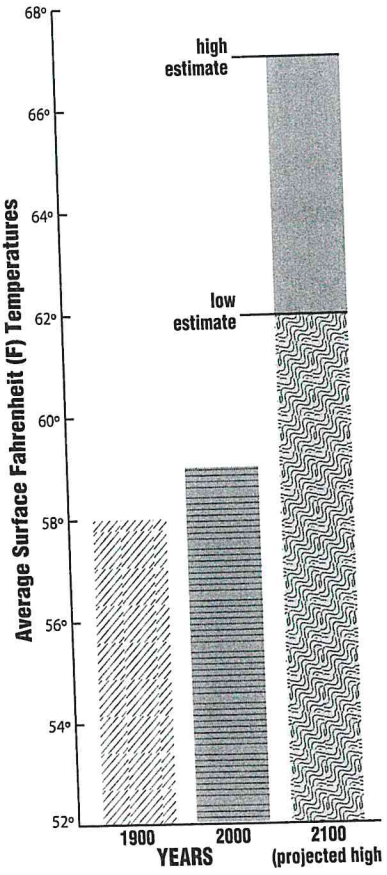
The average temperature on Earth has increased between 0.9° and 1.6°F (0.5 and 0.9°C) in the last 100 years. Earth is expected to warm an additional 3° to 8°F (1.5 to 4.5°C) by 2100.

Most scientists think human activity has caused this warming trend. People have released pollution into the atmosphere. This pollution traps gases, and this has warmed Earth. Also, people have cut down forests worldwide. Trees remove carbon dioxide from the atmosphere. Where there are fewer trees to remove carbon dioxide, the temperature of Earth's surface goes up.

What Causes It?

Natural greenhouse gases collect in the atmosphere. They work like the glass roof of a greenhouse, trapping heat near Earth's surface. Without them, Earth would be too cold. With too much of them, Earth would be too hot. Greenhouse gases are carbon dioxide, methane, nitrous oxide, and ozone. But here's what humans do to increase these gases:

- More carbon dioxide is released when fossil fuels are burned.
- Burning fossil fuels (coal, oil, and natural gas) emits more methane gas.
- Farms and factories emit more nitrous oxide gas.
- More ozone gases are released by manufacturing.



A Few Degrees—So What?

A few degrees might not seem like much. But snow and ice at the poles are melting due to warmer temperatures. Sea levels have risen. If sea levels continue to rise, coastal towns could flood.

Warmer temperatures also might allow disease-spreading insects such as mosquitoes to live farther away from the equator. Earlier springs might happen. This could change animal reproduction and migration.

Solar Energy

Greenhouse gases stay in the atmosphere for a long time. Scientists want people to make changes now. Solar energy is one solution. Burning fossil fuels gives off a lot of gases. Energy from the sun gives off no gases. Solar energy is not mined from Earth like fossil fuels. It does not pollute the air, ground, or water supply. Right now, solar energy is expensive, but scientists are finding cheaper ways to use it.

Of course, the best solution to the global warming trend is for more people to commit to using less energy in the first place.

Name _____

Global Warming Trend

Fill in the bubble to answer each question or complete each sentence.

1. In 100 years, the Earth's average surface temperature is expected to _____.
   - Ⓐ increase by only one degree
   - Ⓑ increase a few degrees
   - Ⓒ decrease one degree
   - Ⓓ stay the same

2. Which of the following statements is <u>not</u> true about greenhouse gases?
   - Ⓐ Greenhouse gases stay in the atmosphere for a long time.
   - Ⓑ Greenhouse gases trap heat near Earth's surface.
   - Ⓒ Without greenhouse gases, Earth would be too hot.
   - Ⓓ Carbon dioxide and methane are two greenhouse gases.

3. People burn too many fossil fuels. What are *fossil fuels*?
   - Ⓐ another name for the ozone layer
   - Ⓑ another name for greenhouse gases
   - Ⓒ oxygen and carbon dioxide
   - Ⓓ coal, oil, and natural gas

4. Why are forests needed to help reduce global warming?
   - Ⓐ Trees naturally remove carbon dioxide from the atmosphere.
   - Ⓑ Trees give people and animals shade.
   - Ⓒ Trees provide shelter for many kinds of animals.
   - Ⓓ Trees provide wood to heat people's homes.

5. Global warming has caused _____.
   - Ⓐ the sun to provide more energy for Earth
   - Ⓑ people to burn more fossil fuels
   - Ⓒ the polar ice caps to melt and sea levels to rise
   - Ⓓ the temperature of Earth's surface to fall

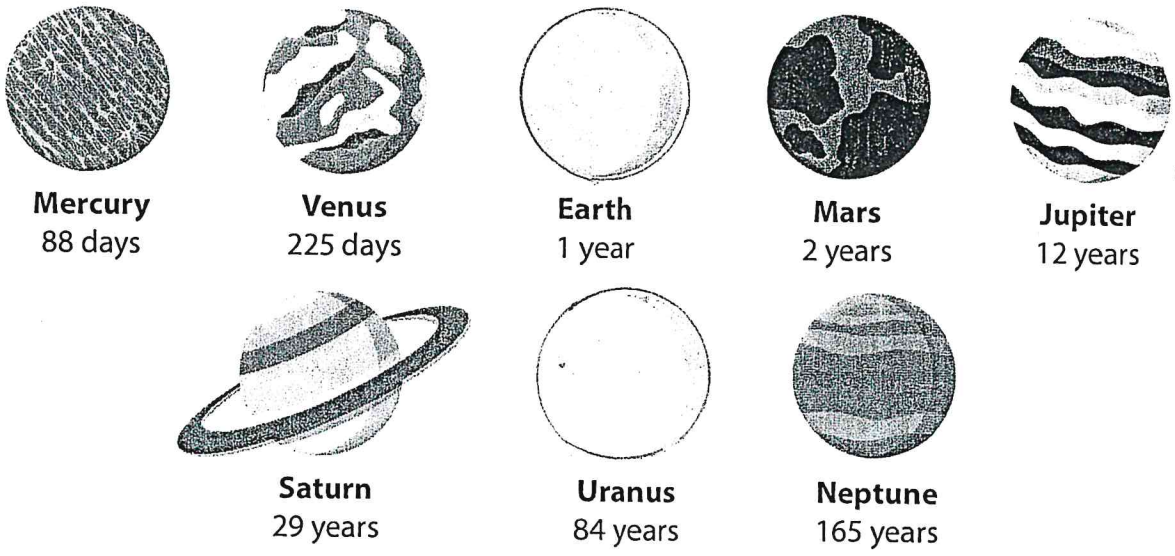
Bonus: Some scientists say that changes in Earth's temperature are part of a natural cycle of warming and cooling that has been going on for much of Earth's history. They don't think that human activity has caused global warming. On the back of this page, give three reasons why you think human activity has or has not caused global warming.

Name: _____ **Date:** _____

Directions: Read the text, study the diagram, and answer the questions.

Jeff is studying the orbit of the planets around the sun. The planets in our solar system are held in place by gravity. Each planet has its own individual orbit, so each planet's year differs. Below is a diagram that Jeff made showing how long different planets take to complete one orbit around the sun. The numbers are in Earth days and years.

Time for the Planets to Complete One Orbit Around the Sun



1. Which planet takes the shortest amount of time to orbit the sun?

   a. Saturn **b.** Uranus

   c. Mercury **d.** Jupiter

2. What planet takes two years to orbit the sun?

   a. Mercury **b.** Mars

   c. Saturn **d.** Pluto

3. What question could you ask about the time it takes for a planet to orbit the sun?

   _____

   _____

   _____

Day #2 – CONTINUED

4. The planets in our solar system are held into place by _____.

5. True or False All of the planets have the same year.

6. Which planet takes the longest to orbit around the sun? _____

7. How many more days does it take Earth to orbit the sun compared to Venus? _____

8. Which planet is closest to the sun? _____

9. Considering the time it takes to orbit the sun, which two planets are the closest to each other, Mercury and Venus OR Venus and Earth?

_____

6th Grade Math – Blizzard Bag - Day #2

Name _____

Change to a mixed number.

$\frac{30}{4}$ = _____ $\frac{52}{7}$ = _____ $\frac{27}{8}$ = _____ $\frac{39}{6}$ = _____

Change to an improper fraction.

$5\frac{3}{4}$ = _____ $7\frac{2}{3}$ = _____ $9\frac{4}{5}$ = _____ $10\frac{5}{7}$ = _____

Multiply. Simplify if needed.

$\frac{3}{5} \times \frac{10}{12} =$

$\frac{9}{12} \times \frac{2}{3} =$

$4\frac{1}{6} \times 2\frac{2}{3} =$

$2\frac{1}{2} \times 3\frac{3}{4} =$

There are 326 students in the middle school. Of those students, $\frac{5}{8}$ of them play sports. How many students play sports in the middle school?

_____

TeensHealth.org
A safe, private place to get doctor-approved information on health, emotions, and life.

TeensHealth from Nemours

6th & 7th Grade Blizzard Bag For Gym Class

Why Exercise Is Wise

You've probably heard countless times how exercise is "good for you." But did you know that it can actually help you feel good, too? Getting the right amount of exercise can rev up your energy levels and even help improve your mood.

Rewards and Benefits

Experts recommend that teens get 60 minutes or more of moderate to vigorous physical activity each day. Here are some of the reasons:

- **Exercise benefits every part of the body, including the mind.** Exercising causes the body to produce endorphins, chemicals that can help a person to feel more peaceful and happy. Exercise can help some people sleep better. It can also help some people who have mild depression and low self-esteem. Plus, exercise can give people a real sense of accomplishment and pride at having achieved a certain goal — like beating an old time in the 100-meter dash.

- **Exercising can help you look better.** People who exercise burn more calories and look more toned than those who don't. In fact, exercise is one of the most important parts of keeping your body at a healthy weight.

- **Exercise helps people lose weight and lower the risk of some diseases.** Exercising to maintain a healthy weight decreases a person's risk of developing certain diseases, including type 2 diabetes and high blood pressure. These diseases, which used to be found mostly in adults, are becoming more common in teens.

- **Exercise can help a person age well.** This may not seem important now, but your body will thank you later. Women are especially prone to a condition called osteoporosis (a weakening of the bones) as they get older. Studies have found that weight-bearing exercise — like jumping, running, or brisk walking — can help girls (and guys!) keep their bones strong.

The three components to a well-balanced exercise routine are: aerobic exercise, strength training, and flexibility training.

Aerobic Exercise

Sports and activities that encourage flexibility are easy to find. Martial arts like karate also help a person stay flexible. Ballet, gymnastics, pilates, and yoga are other good choices. Stretching after your workout will also help you improve your flexibility.

What's Right for Me?

One of the biggest reasons people drop an exercise program is lack of interest: If what you're doing isn't fun, it's hard to keep it up. The good news is that there are tons of different sports and activities that you can try out to see which one inspires you.

When picking the right type of exercise, it can help to consider your workout personality. For example, do you like to work out alone and on your own schedule? If so, solo sports like biking or snowboarding could be for you. Or do you like the shared motivation and companionship that comes from being part of a team?

You also need to plan around practical considerations, such as whether your chosen activity is affordable and available to you. (Activities like horseback riding may be harder for people who live in cities, for example.) You'll also want to think about how much time you can set aside for your sport.

It's a good idea to talk to someone who understands the exercise, like a coach or fitness expert at a gym. He or she can get you started on a program that's right for you and your level of fitness.

Another thing to consider is whether any health conditions may affect how — and how much — you exercise. Doctors know that most people benefit from regular exercise, even those with disabilities or conditions like asthma. But if you have a health problem or other considerations (like being overweight or very out of shape), talk to your doctor before beginning an exercise plan. That way you can get information on which exercise programs are best and which to avoid.

Too Much of a Good Thing

As with all good things, it's possible to overdo exercise. Although exercising is a great way to maintain a healthy weight, exercising too much to lose weight isn't healthy. The body needs enough calories to function properly. This is especially true for teens, who are still growing.

Exercising too much in an effort to burn calories and lose weight (also called **compulsive exercise**) can be a sign of an eating disorder. If you ever get the feeling that your exercise is in charge of you rather than the other way around, talk with your doctor, a parent, or another adult you trust.

It's also possible to overtrain — something high school athletes need to watch out for. If you participate in one sport, experts recommend that you limit that activity to a maximum of 5 days a week, with at least 2–3 months off per year. You can still train more than that as long as it's cross-training in a different sport (such as swimming or biking if you play football).

Participating in more than one activity or sport can help athletes use different skills and avoid injury. Also, never exercise through pain. And, if you have an injury, make sure you give yourself enough time to heal. Your body — and your performance — will thank you.

Why Exercise Is Wise

Name_____

Blizzard Bag

1. Why is it important to get the right amount of exercise each day?

2. List 3 Benefits of exercise:
   a.

   b.

   c.

3. Experts recommend how many minutes teens should get of moderate to vigorous physical activity each day?

4. List 3 components to a well-balanced exercise routine:
   a.

   b.

   c.

5. What is compulsive exercise?

6. In your opinion do you get the recommended amount of exercise each day? Why or Why not?