

#### Families:

Education has shifted significantly for everyone in the last few weeks, and we are working hard to help ensure that each student receives instruction to help them continue to grow despite school closures.

These printed learning resource packets have been designed to provide alternatives to the online learning opportunities that we are providing; our goal is to provide alternative assignments that give students and families flexibility, allow for creativity, and increase interest and motivation.

Included in this packet, you will find academic materials that align with the learning targets at each grade level, as well as some tips and information for families who are supporting learning at home. If your student is unable to access the online platforms, they may use these materials for our distance learning platform.

Our recommendation for learning time for students is in between 60-90 minutes each day; however, we know that all families are different, so we want you to adjust times and routines to best meet your family needs.

This packet contains materials that will cover learning from 4/17/2020 through the end of April. In the first week of May, you will receive another packet of learning resources for that month.

# What if my student received support services in school (English Learners, LAP/Title, Special Education services, etc.)?

Our support services staff are working closely with the general classroom teachers to assist students who need more time and support in their learning. Teachers should be reaching out to students and families to support, monitor and adjust how students are engaging in the work.

#### What if the work is too difficult for my student to do independently?

In the printed resources are family support resources (tips to help your student). If you need additional support in helping your student(s) to be successful, please contact your student's teacher via email or phone. Additionally, if your child is eligible for special education, your child's case manager will assist you with questions about individualized learning resources to meet your child's needs. Contact information is located on the school website. If you are unable to access the school website, please call (360) 965- 0000 for staff contact information. In the meantime, families may adjust the workload as it fits your student's best interest.

# What if my student can access some of the online learning, but not all of it? Can we use some of this packet, and some of the online materials?

Certainly. We want families to be able to select the method of instruction that best fits their family needs. Work with your student's classroom teacher to develop a plan that works best for your family.

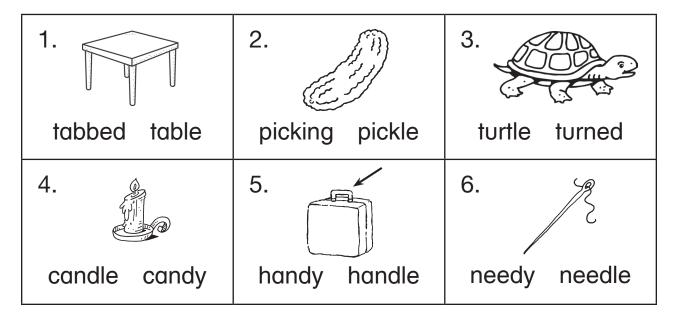
# Reading & & Writing

Lesson 11		
Name		Reading Analysis
	Write one way the two texts	are the same.
Write one way	the two texts are different.	

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**Phonics** 

# **DIRECTIONS** Circle the word for each picture.



Find the word that has the same ending sound as Circle the letter.



- 7. A. litter
  - B. lightly
  - C. little

- 8. A. purple
  - B. purred
  - C. purest

#### **A Horse Named Chester**

Did you ever see a horse in a store? Chester goes into stores. Chester is special. He is a service horse. Chester's owner, Mike, cannot see. Chester helps Mike every day. Chester leads him along. He helps Mike cross streets. Chester helps Mike find his way.

Chester looks much like other horses. But he is much smaller. He is the size of a large dog.

People have used service dogs for many years. Some people think horses are better helpers. Small horses like Chester are gentle. They are friendly. They can learn to help people. They can live for 30 years or more.

Trainers teach service horses to do their jobs. Service horses are good helpers. They are also great friends.

Lesson 3	
Name	Sleuth Work
Look for Clues Circle the sentence that tells what the writer service horses.	thinks about
<b>Ask Questions</b> Write one question about service horses.	
<b>Ask Questions: Extend Your Ideas</b> Underline the sentences in the story that rel question.	late to your
Make Your Case Underline the words in the text that tell what	t you learned

Make Your Case: Extend Your Ideas			
Write what you learned about service horses.			

**Phonics** 

**DIRECTIONS** Write a word from the box to match each picture.

towel snow	couch	soup
------------	-------	------

١.





3.



4.



Write the word to finish each sentence. Remember to use a capital letter at the beginning of a sentence.

5. \_\_\_\_\_ does the plant grow? how

have

6. I like to \_\_\_\_\_ bubbles. **blue** 

blow

7. Can I play at your \_\_\_\_\_?

toy

house

**DIRECTIONS** Circle the word that tells who the family belongs to.

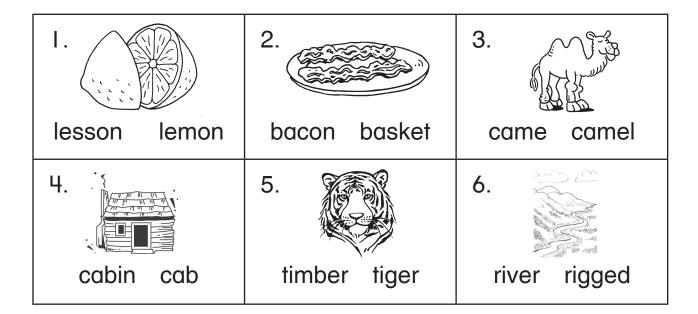
Tony's family went on a picnic in October.

Writing

**DIRECTIONS** Write an introduction to your book review. Name the book. Tell about the book. Write your opinion.

**Phonics** 

# **DIRECTIONS** Circle the word for each picture.



Draw a picture for each word.

7. spider

8. baby

**Phonics** 

# **DIRECTIONS** Circle the word for each picture.

had hood	2. cook coat	3. bake book
4. wide wood	5. store stood	6. hook hard

Read the words in the box.

Circle the words that have the same vowel sound as Pick one of these words to finish each sentence.



take	foot	took	soon	goat	tool	good

7. He \_\_\_\_\_ a picture.

8. That was a \_\_\_\_\_joke.

O NA.

9. My \_\_\_\_\_ hurts.

☐ I put an end mark at the end of each sentence.

Name \_\_\_\_\_Phonics

**DIRECTIONS** Add **-s**, **-ed**, or **-ing** to the word in (). Write the new word on the line.

$$(hope + -s)$$

\_\_\_\_\_





2. She plants seeds on the \_\_\_\_\_ hill.



$$(care + -ed)$$

\_\_\_\_\_

3. Jean \_\_\_\_\_ for the plants.



4. Jean \_\_\_\_\_ the corn.



.....

5. She is \_\_\_\_\_.

Name			
NULLE			

**Sleuth Passage** 

#### **Welcome to Pilsen**

Pilsen is part of Chicago. It has a rich history. People from many parts of the world live in Pilsen. In the 1950s, many people from Mexico began to move here. They came to find work. They came to help their families. They brought their favorite music and foods. They brought their traditions. They also brought their love of art!

The Mexican American community has created beautiful murals. A mural is a large painting on a wall. You can see these murals on schools and churches. They are on bridges and in parks. You can even see them on apartment buildings and houses. Pilsen is a work of art!

Many of the murals show important ideas. They show Mexican history and heroes. You see pictures of people working hard. One mural shows a family cooking a meal. Mexican culture is alive and well in Pilsen!

Vame	Sleuth Worl

### **Look for Clues**

Underline three details that tell what the murals show.

oriadimile inities detaile iniai feli writar inte interale entew.
<b>Ask Questions</b> Write one question you would like to ask an artist in Pilsen.
Make Your Case
Circle feeling words that help you understand how the
author feels about Pilsen. Then write how the author feels.
Make Your Case: Extend Your Ideas
Why is Pilsen a special place? Use details from the
passage.

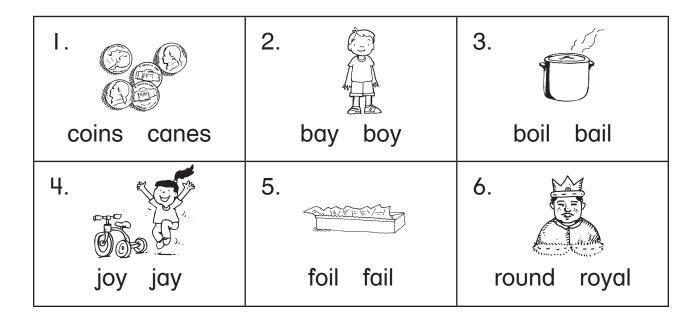
Lesson 13	
Name	Conventions
DIRECTIONS Fill in the missing word.	
Looking at Statue of Liberty makes me proud.	
	Writing
DIRECTIONS Write a title for your book rev	iew.

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**Phonics** 

**DIRECTIONS** Circle the word for each picture.

Name \_\_\_\_



Pick a word to finish each sentence. Write the word on the line.

7 Man I

7. May I \_\_\_\_\_\_ you? (jolly, join)

8. My new \_\_\_\_\_ is that doll. (tray, toy)

Lesson 1				
Name				Benchmark Vocabulary
DIRECTIONS the box. Then w				
	fair	booths	exp	lore
			Write	in Response to Reading
<b>DIRECTIONS</b> fair. Write a ser	=			

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Lesson	2			
Name			Benchmark Vocab	ulary
	<b>ONS</b> Choose Then write a se		below and draw it ing the word.	1
	delicious	peered	mischief	
			Write in Response to Rea	nding
DIRECTI	ONS Write yo	ur answer on	the lines.	
What is a	culture fair?			

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**Phonics** 

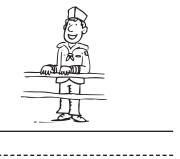
**DIRECTIONS** Write a word from the box to match each picture.

baker sailor painter teacher

١.



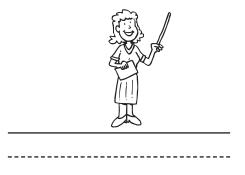
2.



3.



4.



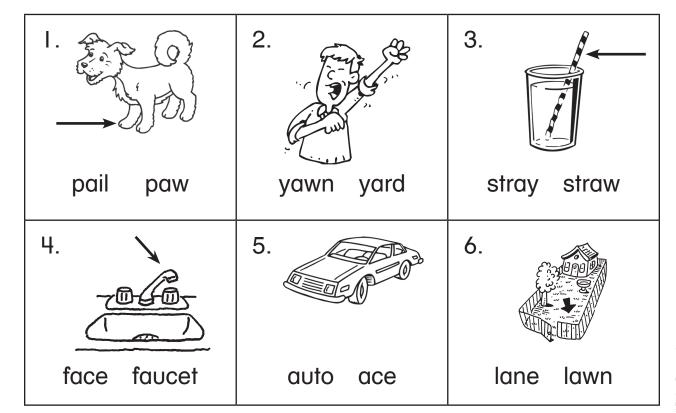
Draw a picture of each word.

5. driver

6. actor

**Phonics** 

# **DIRECTIONS** Circle the word for each picture.



Pick a word to finish each sentence. Circle the word. Write the word in the sentence.

7. I like to eat red

sauce sash

8. The bear uses its \_\_\_\_\_\_ to catch fish. clay claw

**Phonics** 

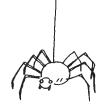
# **DIRECTIONS** Circle the word that names each picture.

Ι.



painter painting platter

2.



spider speech split

3.

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raindrop rabbit race

4.



bubble basket baby

Write the word from the box to finish each sentence.

playing picnic robot

5. The \_\_\_\_\_ needs a new part.

\_\_\_\_\_

6. Let's have a \_\_\_\_\_ at the park.

7. What game are you \_\_\_\_\_

**Sleuth Passage** 

#### The Festival

My school had a world festival. I think every school should have one. We celebrated different countries and cultures around the world. The best part was the music. I liked dancing to the music, too. I even played music!

My friend Jose is from Puerto Rico. He shared neat things about his homeland. People speak Spanish there. They eat fruits like guava and mango. They dance to salsa music. Jose let me try the maracas. I like the sound they make when they shake.

I learned about other places around the world at the festival. I heard different languages. I saw instruments that made different sounds. I ate food that was new to me.

I know that people are different. People come from different places around the world. We all live in America. Being different makes our country strong. It makes it special.

Marso			
Name			

**Sleuth Work** 

#### **Look for Clues**

Underline the sentence that tells why the writer thinks every school should have a world festival.

#### **Look for Clues: Extend Your Ideas**

In the writer's opinion, what was the best part of the festival? Circle the sentence. Draw a box around the writer's reasons for this opinion.

#### **Ask Questions**

What ques festival?	stions wo	uld you c	ask the v	writer ab	out the	world

#### **Ask Questions: Extend Your Ideas**

Suppose you wonder what the writer learned about Puerto Rico. Underline the sentences that answer that question.

What event at this world festival would you enjoy?

#### **Make Your Case**

What even at this world restrict woold you enjoy.
Underline the event or activity in the third paragraph. Then
write reasons from the text to tell why.

Name	Convent
<b>DIRECTIONS</b> Circletter.	ele the words that need an uppercase
new york city has p	arades every year on july 4.
	Wri
	ne the topic. Then write your opinion
DIRECTIONS Nanabout the topic.	

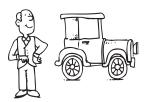
**Phonics** 

**DIRECTIONS** Add **re-** or **un-** to the word in ( ).

Write the new word on the line.

(build)

I. Mr. Ford will \_\_\_\_\_ the car.



(happy)

2. He is \_\_\_\_\_ with the color.



(paint)

3. He will \_\_\_\_\_ it.



(fills)

4. He \_\_\_\_\_ the car with gas.



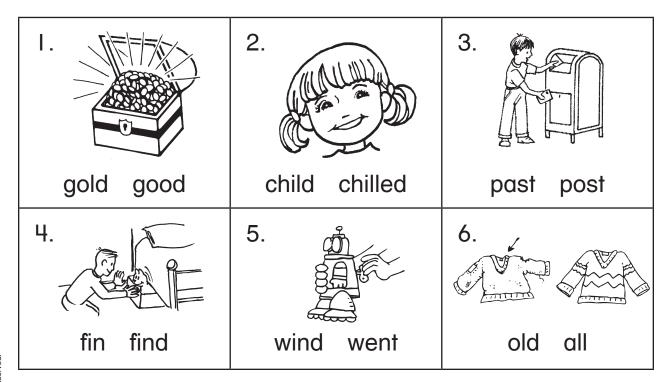
5. Don't forget to \_\_\_\_\_ the door!



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**Phonics** 

## **DIRECTIONS** Circle the word for each picture.



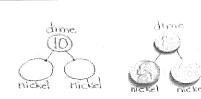
Circle the word to finish each sentence.

- 7. I told / tied my baby sister a story.
- 8. I can't fine / find my pencil.

# 

#### Place Value, Comparison, Addition and Subtraction to 100

In this final module of the school year, students synthesize their learning from all the other modules, working with the most challenging Grade 1 content. In the first several lessons, students identify and solve various types of word problems. Next, they extend their skills with tens and ones to numbers to 120, both counting and performing addition and subtraction. Finally, they are introduced to nickels and quarters, having already worked with dimes and pennies. The module concludes with fun fluency activities to celebrate their year of mathematical learning.



Number bonds with coins

# Two different methods for two-digit addition:

# What Came Before this Module:

In Module 5, students worked to sort, analyze, and compare both two- and three-dimensional shapes. They also learned how to combine shapes to create new, composite shapes. Finally, as in their work with number bonds and addition and subtraction, they examined the part-whole relationship through this new geometric lens.

Key Terms, Symbols, and Strategies in this Module:

Comparison Problem Type:
In these word problems,
students compare two
quantities to find the part that
makes them different from
each other.

(See reverse for a sample problem)

- < less than symbol
- > greater than symbo
- = equal to symbol



# + How you can help at home:

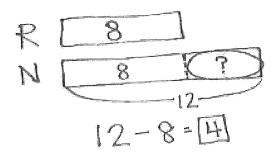
- Using loose change around the house, invite your student to count and compare the coins
- Continue to practice 10 more/10 less questions, e.g., "What is 10 less than 40?" "What is 10 more than 52?"
- Ask your student to compare and find the difference between two quantities, and note the strategy used

# **Key Common Core Standards:**

- Represent and solve problems involving addition and subtraction
  - Use addition and subtraction within 20 to solve word problems
- Extend the counting sequence
  - o Count to 120, starting at any number less than 120
- Understand place value
  - Understand that the two digits of a two-digit number represent amounts of tens and ones
  - Compare two two-digit numbers based on meanings of the tens and ones digits
- Use place value understanding and properties of operations to add and subtract
- Tell and write time and money

The problem to be solved: Rose wrote 8 letters. Nikil wrote 12 letters. How many more letters did Nikil write than Rose?

The Tape Diagram



Rose's "tape" shows the 8 letters she wrote. Nikil's shows 12 total, with the known amount of 8 marked off. Students learn to solve for the missing part, and to show their answer as a subtraction equation.

Spotlight on Math Strategies:

**Tape Diagrams** 

Students will use this strategy to solve problems in this module of *A Story of Units*.

# A Story of Units has several key mathematical strategies that will be used throughout a student's elementary years.

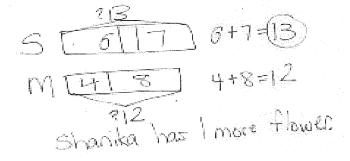
The tape diagram is a powerful model that students can use to solve various types of problems. At this point in first grade, we will introduce it as another way to conceptualize addition and subtraction word problems. Tape diagrams are especially powerful visual models for comparing two quantities, which students will do quite extensively in Module 6. These diagrams are also called "bar models" and consist of simple bar drawings that students make and adjust to fit a word problem. They then use the drawing to discuss and solve the problem.

As students move through the grades, tape diagrams will continue to be used and later will provide an essential bridge to algebra. Below is a sample word problem from Module 6 solved using a tape diagram to show the parts of the problem.

Sample Problem from Module 6: (Example taken from Module 6, Lesson 7)

Shanika has 6 roses and 7 tulips in a vase. Maria has 4 roses and 8 tulips in a vase.

Who has more flowers? How many more flowers does she have?



ر ز ر ر

シンシンシン

# G1-M6-Lesson 1

Noah ate 7 jelly beans. His older sister Charlotte ate 15 jelly beans. How many more jelly beans did Charlotte eat than Noah?

C

I can first draw and label a tape diagram to represent the number of jelly beans Noah ate, 7. I can label this tape diagram with the letter N.

Next, I can draw and label a second tape diagram right underneath to represent the number of jelly beans Charlotte ate, 15, and label it with the letter C. I can see that Charlotte's tape is longer than Noah's because she ate more jelly beans. Drawing and labeling a double tape diagram like this helps me easily compare numbers.

.N 7

7

15

Noah's tape represents 7, so this much of Charlotte's tape is also 7.

This part of Charlotte's tape represents how many more jelly beans she ate. I can write a question mark in this part to represent the unknown.

?

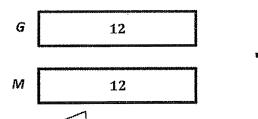
Charlotte ate 8 more jelly beans than Noah.

Finally, I need to write my statement that matches my story. This will help me check my answer and make sure it makes sense.

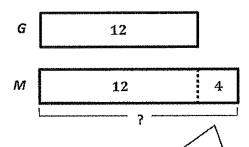
Now I can write a number sentence to find the unknown. There are many strategies to find the unknown. I can count on from 7 to get to 15. I can think of this problem as 7 + ? = 15 to get 8. But, in this case I choose to use subtraction since it is the most efficient.

#### G1-M6-Lesson 2

1. Grace used 12 blocks to build a tower. Matt used 4 more blocks than Grace. How many blocks did Matt use?



I can draw a double tape diagram to represent the story. First, I can draw a tape diagram that represents the number of blocks, 12, that Grace used to build a tower and label her tape with the letter G. Then I can draw a second tape diagram to represent the number of blocks Matt used to build his tower and label it with the letter M. Since I don't yet know how many blocks Matt used for his tower, I can begin by drawing and labeling his tape the same size as Grace's.



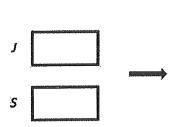
The story says, "Matt used 4 more blocks than Grace." So, I need to draw an extra part of tape next to Matt's to show that he used 4 more blocks than Grace. The unknown is the total number of blocks Matt used. I can label this with a question mark.

To check that I've drawn and labeled all of the known and unknown information, I can read each part of the story again. As I read, I can touch the part of the double tape diagram that corresponds to what I'm saying.

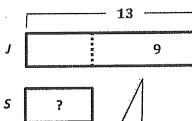
Matt used 16 blocks.

Now I can write a number sentence to help me find the total number of blocks and a statement that answers the question.

2. Susan found 9 fewer seashells than John. John found 13 seashells. How many seashells did Susan find?

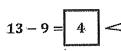


I can start by drawing and labeling a double tape diagram to represent the story. I will draw my two tapes the same size.



The first sentence of the story says, "Susan found 9 fewer seashells than John." That means John found 9 more seashells than Susan, I can show this on my diagram by adding another part to John's tape and labeling it with a 9.

The second sentence of the problem says, "John found 13 seashells." That means 13 represents the total number of seashells John found, so I can put the arms around John's entire tape diagram and label it 13. The question, however, is, "How many seashells did Susan find?" I know that if I find out the unknown part for John's tape, then I also find the unknown of Susan's tape.

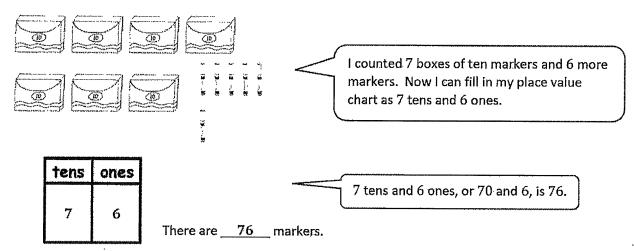


Susan found 4 seashells.

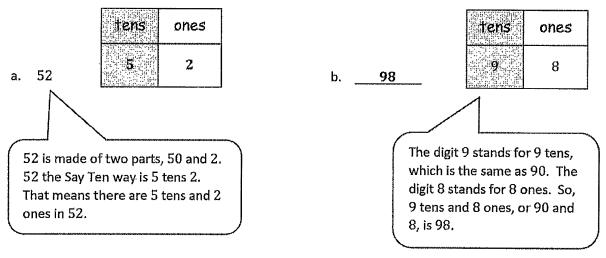
I can use subtraction to find the missing part. Since John's missing part is 4, Susan's missing part is also 4 because. they are the same size. So, Susan found 4 seashells.

#### G1-M6-Lesson 3

1. Write the tens and ones. Complete the statement.



2. Write the number as tens and ones in the place value chart, or use the place value chart to write the number.



grafoldig koluni ingringgan meneliggal bangungen korong dang bang bang ang alambang kang bang bang beng bang b

Name

Date \_\_\_\_\_

### My Addition Practice

Today I finished \_\_\_\_\_ problems.

I solved \_\_\_\_\_ problems correctly.



Lesson 1: Date:

Name

### My Missing Addend Practice

$$_{5}$$
 0 + = 7

Today I finished \_\_\_\_\_ problems.

I solved \_\_\_\_\_ problems correctly.





Date

# My Related Addition and Subtraction Practice

Today I finished \_\_\_\_\_ problems.

I solved \_\_\_\_\_ problems correctly.



Lesson 1:



Name

Date

### My Subtraction Practice

Today I finished \_\_\_\_\_ problems.

I solved \_\_\_\_\_ problems correctly.



Lesson 1:



Name

Date

### My Mixed Practice

Today I finished \_\_\_\_\_ problems.

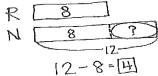
I solved \_\_\_\_\_ problems correctly.



Lesson 1:

Name	Date
Read the word problem.	

 $\underline{\underline{\mathbf{D}}}$ raw a tape diagram or double tape diagram and label.  $\underline{\underline{\mathbf{W}}}$ rite a number sentence and a statement that matches the story.



1. Peter has 3 goats living on his farm. Julio has 9 goats living on his farm. How many more goats does Julio have than Peter?

2. Willie picked 16 apples in the orchard. Emi picked 10 apples in the orchard. How many more apples did Willie pick than Emi?



3. Lee collected 13 eggs from the hens in the barn. Ben collected 18 eggs from the hens in the barn. How many fewer eggs did Lee collect than Ben?

4.

a. Shanika did 14 cartwheels during recess. Kim did 6 more cartwheels than Shanika. How many cartwheels Kim do?

b. How many cartwheels did Shanika and Kim do?

Name	Date	
$\underline{\underline{\mathbf{R}}}$ ead the word problem. $\underline{\underline{\mathbf{D}}}$ raw a tape diagram or double tape diagram and label. $\underline{\underline{\mathbf{W}}}$ rite a number sentence and a statement that matches story.	the $R = 8$ $12-8$	] -12- } = 田

1. Anton drove around the racetrack 12 times during the race. Rose drove around the racetrack 5 more times than Anton. How many times did Rose go around the racetrack?

Name	Date	
$\underline{\underline{R}}$ ead the word problem. $\underline{\underline{D}}$ raw a tape diagram or double tape diagram and label. $\underline{\underline{W}}$ rite a number sentence and a statement that matches $\underline{\underline{N}}$	the story. $\mathbb{R}^{N}$	8 8 ? 12-8=4

1. Fran donated 11 of her old books to the library. Darnel donated 8 of his old books to the library. How many more books did Fran donate than Darnel?

2. During recess 7 students were reading books. There were 17 students playing on the playground. How many fewer students were reading books than playing on the playground?

Lesson 1: Date:



3. Maria is 18 years old. Her brother Nikil is 12 years old. How much older is Maria than her brother Nikil?

- 4.
- a. It rained 15 days in the month of March. It rained 4 more days in April than in March. How many days did it rain in April?

b. How many days did it rain in March and April?





Name Date	
Read the word problem. $\overline{D}$ raw a tape diagram and label. $\overline{W}$ rite a number sentence and a statement that matches the story.	N 6 4 R 6 4 P=10

1. Nikil baked 5 pies for the contest. Peter baked 3 more pies than Nikil. How many pies did Peter bake for the contest?

2. Emi planted 12 flowers. Rose planted 3 fewer flowers than Emi. How many flowers did Rose plant?

3. Ben scored 15 goals in the soccer game. Anton scored 11 goals. How many more goals did Ben make than Anton?



Lesson 2: Date:



4. Kim grew 12 roses in a garden. Fran grew 6 fewer roses than Kim. How many roses did Fran grow in the garden?

5. Maria has 4 more fish in her tank than Shanika. Shanika has 16 fish. How many fish does Maria have in her tank?

6. Lee has 11 board games. Lee has 5 more board games than Darnel. How many board games does Darnel have?



Lesson 2: Date:



Name	Date
Read the word problem. $\underline{D}$ raw a tape diagram or double tape diagram and label. $\underline{W}$ rite a number sentence and a statement that matches the story.	N 6 14 R 6 14 ?=10

1. Tamra decorated 13 cookies. Kiana decorated 5 fewer cookies than Tamra. How many cookies did Kiana decorate?

Lesson 2: Date:



Name Dat	e
$\underline{\underline{R}}$ ead the word problem. $\underline{\underline{D}}$ raw a tape diagram and label. $\underline{\underline{W}}$ rite a number sentence and a statement that matches the s	Story. R 6 4 6+4=10

1. Kim went to 15 baseball games this summer. Julio went to 10 baseball games. How many more games did Kim go to than Julio?

2. Kiana picked 14 strawberries at the farm. Tamra picked 5 fewer strawberries than Kiana. How many strawberries did Tamra pick?

3. Willie saw 7 reptiles at the zoo. Emi saw 4 more reptiles at the zoo than Willie. How many reptiles did Emi see at the zoo?

Date:



4. Peter jumped into the swimming pool 6 times more than Darnel. Darnel jumped in 9 times. How many times did Peter jump into the swimming pool?

5. Rose found 16 seashells on the beach. Lee found 6 fewer seashells than Rose. How many seashells did Lee find on the beach?

6. Shanika got 12 cards in the mail. Nikil got 5 more cards than Shanika. How many cards did Nikil get?



Name	Date	

Write the tens and ones. Complete the statement.

1.	tens ones	2,500,500,0	tens ones
000000000000000000000000000000000000000		70000 70000 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
		V-900 V-900 0	
20000 20000		1 MOG96 1 MOG96	
		900 900 900 900 900 900 900 900 900 900	
43 = te	ns ones	= te	ns ones
3.	tens ones	4. 9999999 00	tens ones
		. סטטטטטטט ס	
There are	cubes.	There are	cubes.
5.	tens ones	6.	tens ones
There are	cubes.	There are	cubes.
7.	tens ones	8. 10 6 10 6 10 6 10 6 10 6 10 6 10 6 10	tens ones
There are	peanuts.	There are	juice boxes.

COMMON CORE

Lesson 3: Date: Use the place value chart to record and name tens and ones within a two-digit number up to 100.

4/7/14

engage<sup>r</sup>

6.B.7

9. Write the number as tens and ones in the place value chart, or use the place value chart to write the number.

a. 40

tens	ones

b. 46

tens	ones

tens	ones
5	9

ones	tens
5	9

e. 75

tens	ones

f. 70

tens	ones

g. 60

tens	ones

tens	ones
8	0

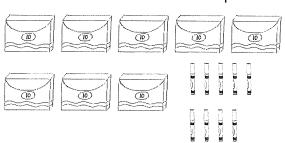
tens	ones
5	5

tens	ones
10	0

Date:

Name	Date	

1. Write the tens and ones. Complete the statement.



tens	ones

There are \_\_\_\_\_ markers.

2. Write the number as tens and ones in the place value chart, or use the place value chart to write the number.

a. 90

tens	ones

tens	ones
8	7

Date:

Name	Date	
, vario	• • • • • • • • • • • • • • • • • • • •	The second secon

Write the tens and ones. Complete the statement.

1.	tens ones		tens ones
52 =	_ten ones	= †c	en ones
	tens ones	4. <b>11111</b> 00 00 00 00 00	tens ones
There are _	cubes.	There are	cubes.
5.	tens ones	6.	tens ones
There are _	cubes.	There are	cubes.
7.	tens ones	8.	tens ones
There are _	carrots.	There are	markers.



Lesson 3:

Date:

Use the place value chart to record and name tens and ones within a two-digit number up to 100.

4/7/14



6.B.10

9. Write the number as tens and ones in the place value chart, or use the place value chart to write the number.

a. 70

tens	ones

b. 76

tens	ones

ns	ones
4	9

d.

tens	ones
9	4

e. 65

tens	ones
	. + 1

f. 60

tens	ones

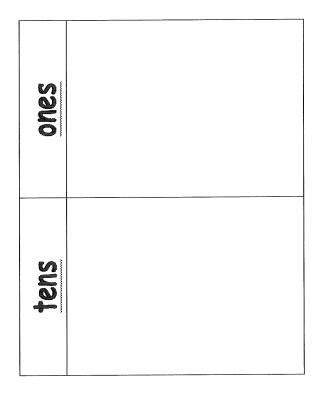
g. 90

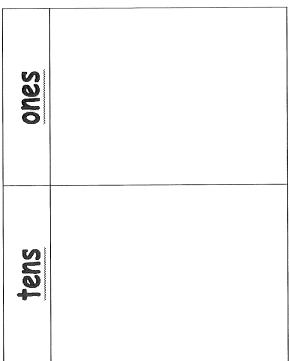
tens	ones

tens	ones
10	0

tens	ones
8	3

tens	ones
8	0





Lesson 3:

Date:

Use the place value chart to record and name tens and ones within a two-digit number up to 100.

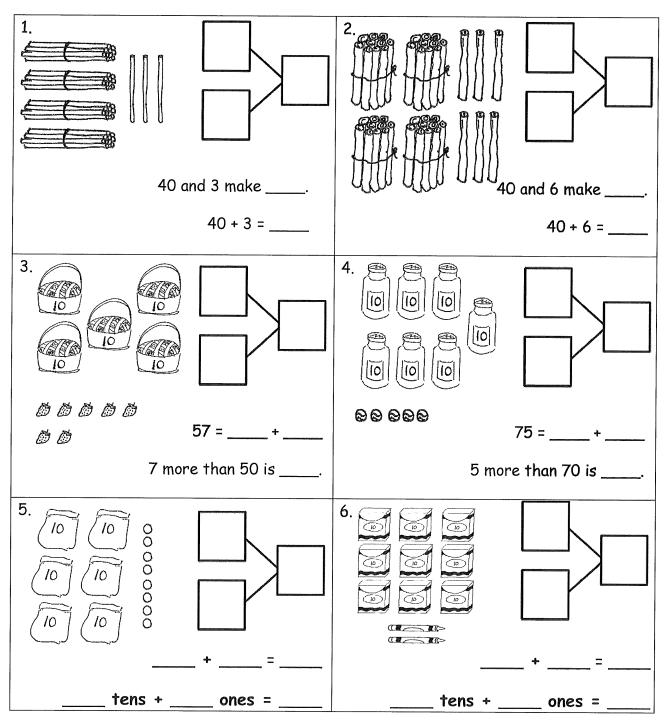
4/7/14



6.B.12

Name Date

Count the objects and fill in the number bond or place value chart. Complete the sentences to add the tens and ones.



COMMON

Lesson 4:

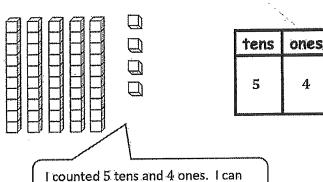
that combine tens and ones.

Date: 4/7/14

Write and interpret two-digit numbers to 100 as addition sentences

6.B.19

1. Count the objects, and fill in the number bond and place value chart. Complete the sentences to add the tens and ones.



record this on my place value chart.

5 tens and 4 ones is the same as 54. I can break apart 54 as 50 and 4, as shown on my number bond.

50

Now I can write addition number sentences that match my number bond. I can either start with the part that represents the tens like I did here or start my number sentence with the ones: 4 + 50 = 54. I can switch the addends around, and the total is still the same.



54

$$5$$
 tens  $+$   $4$  ones  $=$   $54$ 

2. Complete the sentences to add the tens and ones.

a. 
$$70 + 4 = 74$$

b. 
$$6 \text{ tens} + 8 \text{ ones} = 68$$

I can say this number sentence as "70 more than 4 is 74," or "4 more than 70 is 74," or "70 plus 4 is 74," or "7 tens and 4 ones is 74." These are just some of the many different ways to say this number sentence. This helps me think about numbers flexibly.

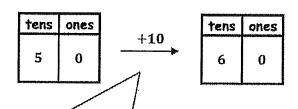
#### G1-M6-Lesson 5

- 1. Find the mystery numbers. Use the arrow way to show how you know.
  - a. 1 less than 50 is 49.

b.	10	more	than	50	is	<u>60</u> .	
----	----	------	------	----	----	-------------	--

tens	ones	4	tens	ones
5	0	— <u>T</u>	4	9
	L			

There are 5 tens and 0 ones in 50. I can write that in the place value chart on the left. 1 less than 50 is 49. From 50 to 49, I subtracted 1. I can draw an arrow from the first place value chart to the second and write -1 above the arrow. In this case, when I found 1 less, both the tens digit and ones digit changed.



10 more than 50 is 60. From 50 to 60, I added 10. I can draw an arrow from the first place value chart to the second and write  $\pm 10$  above the arrow. Only the tens digit changed this time from 5 tens to 6 tens because we added 10 more. The ones digit did not change.

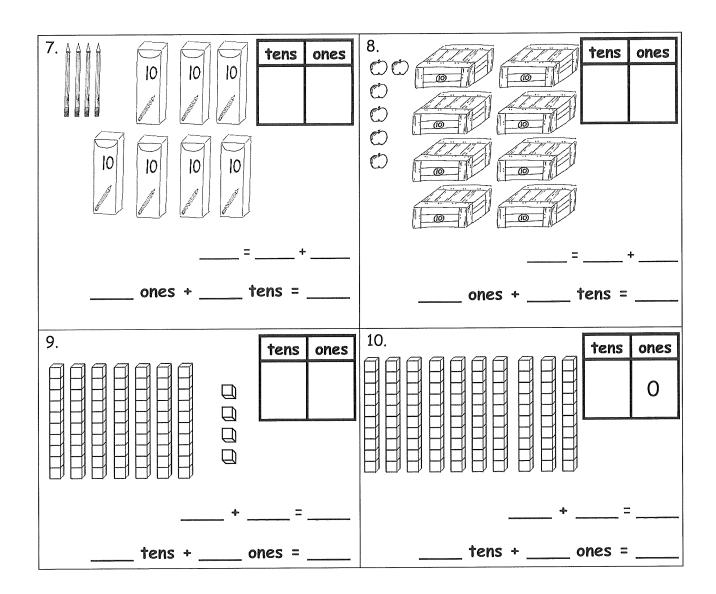
- 2. Write the number that is 1 more.
  - a. 60, <u>61</u>
  - b. 79, **80**

- 3. Write the number that is 10 less.
  - a. 70, 60
  - b. 82, <u>72</u>

When I find 1 more or 1 less, sometimes only the ones digit changes, and sometimes both the tens and ones digits change.

I need to read the directions carefully to know when I am adding 1 more, 1 less, 10 more, or 10 less.

SECURIORISMO DE CONTROLO D



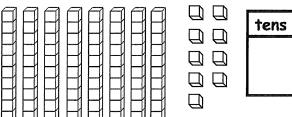
11. Complete the sentences to add the tens and ones.

Date:

Name

Date \_\_\_\_

1. Count the objects and fill in the number bond or place value chart. Complete the sentences to add the tens and ones.



ones							
				+		. =	AND DOWN
	)	tens	+		ones	=	No.

2. Complete the sentences to add the tens and ones.

Lesson 4:

Date:

Write and interpret two-digit numbers to 100 as addition sentences that combine tens and ones.

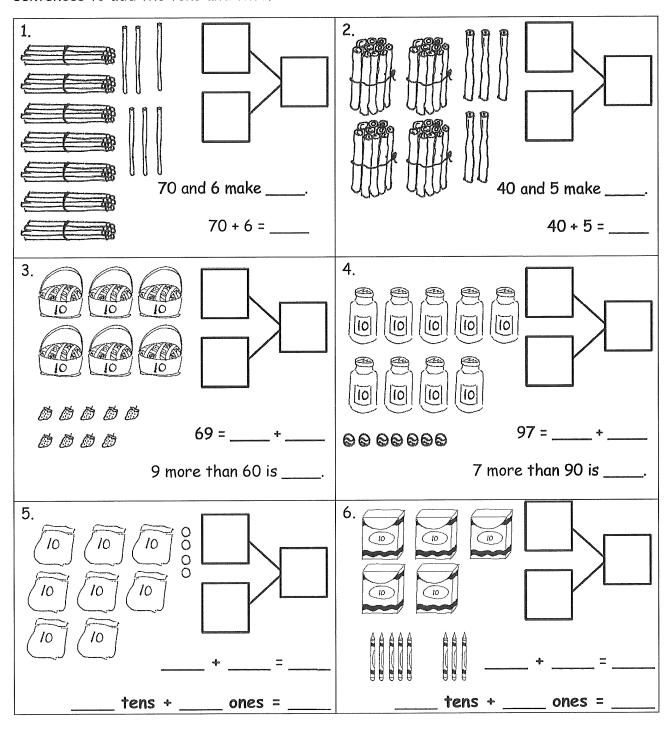
4/7/14



6.B.21

Name	Date	

Count the objects and fill in the number bond or place value chart. Complete the sentences to add the tens and ones.





Lesson 4:

Date:

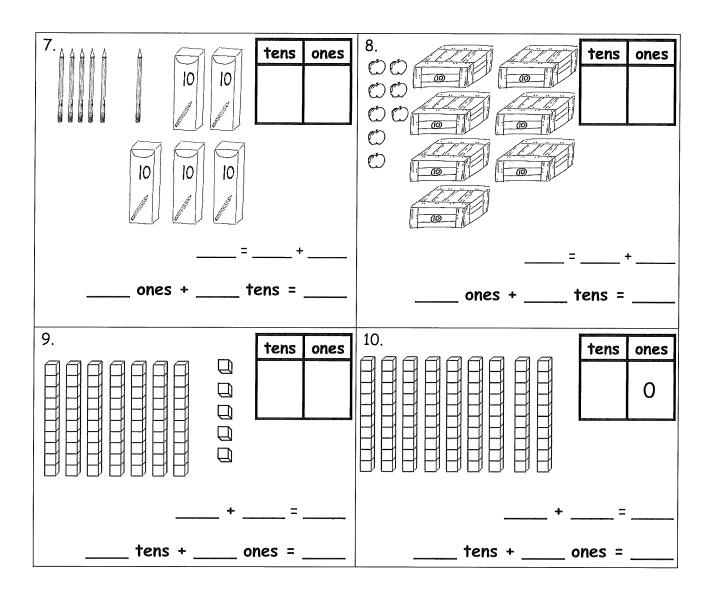
Write and interpret two-digit numbers to 100 as addition sentences

4/7/14

that combine tens and ones.

engage

6.B.22



11. Complete the sentences to add the tens and ones.

Date:

Na	me					assistados de la composição de la compos	_	Date_	w.D. da			
1.	Sol	ve. You may o	draw	or cross	off (x) to sho	ow y	our wo	rk.				
	a.				a a a a	b.			A		0 0 0	
					66 66						7 7 7 7	
			1 mo	re than 6	58 is			10	) mor	re than	68 is	·
	c.				Ø	d.						

- 2. Find the mystery numbers. Use the arrow way to explain how you know.
  - a. 10 more than 59 is \_\_\_\_\_.

	ones		 ones
5	9	+1 ten	

tens	ones

10 less than 71 is \_\_\_\_\_. 1 less than 70 is \_\_\_\_\_.

tens	ones

c. 1 more than 59 is \_\_\_\_\_.

ones

ones

d. 10 less than 59 is \_\_\_\_\_.

b. 1 less than 59 is \_\_\_\_\_.

tens	ones

tens	ones

COMMON

Lesson 5:

11/26/13 Date:

Identify 10 more, 10 less, 1 more, and 1 less than a two-digit number within 100.



6.B.33

3. Write the number that is 1 more.	4. Write the number that is 10 more.
a. 10,	a. 10,
b. 70,	b. 60,
c. 76,	c. 61,
d. 79,	d. 78,
e. 99,	e. 90,
5. Write the number that is 1 less.	6. Write the number that is 10 less.
a. 12,	a. 20,
b. 52,	b. 60,
c. 51,	c. 74,
d. 80.	d. 81.

7. Fill in the missing numbers in each sequence.

e. 100, \_\_\_\_

- a. 40, 41, 42, \_\_\_\_
- c. 72, 71, \_\_\_\_, 69
- e. 40, 50, 60, \_\_\_\_
- g. 55, 65, \_\_\_\_, 85
- i. \_\_\_\_, 99, 98, 97

b. 89, 88, 87, \_\_\_\_

e. 100, \_\_\_\_

- d. 63, \_\_\_\_, 65, 66
- f. 80, 70, 60, \_\_\_\_
  - h. 99, 89, \_\_\_\_, 69
  - j. \_\_\_\_, 77, \_\_\_\_, 57

Lesson 5:

Identify 10 more, 10 less, 1 more, and 1 less than a two-digit number within 100.

11/26/13 Date:

Name	Date	
IVALLIC		

- 1. Find the mystery numbers. Use the arrow way to show how you know.
  - a. 1 less than 69 is \_\_\_\_\_.

	 	r
ones	tens	ones

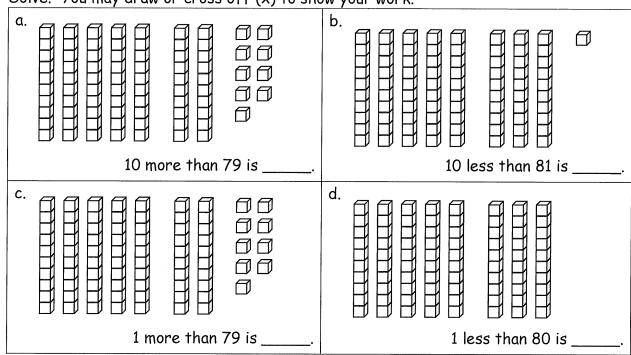
b. 10 more than 69 is \_\_\_\_\_.

tens	ones

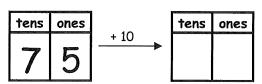
3. Write the number that is 10 more. 2. Write the number that is 1 more. a. 50, \_\_\_\_ a. 40, \_\_\_\_ ь. 86, \_\_\_\_ b. 62, \_\_\_\_ c. 90, \_\_\_\_ c. 89, 5. Write the number that is 10 less. 4. Write the number that is 1 less. a. 75, \_\_\_\_ a. 80, \_\_\_\_ b. 99, \_\_\_\_ b. 70, \_\_\_\_ c. 100, \_\_\_\_ c. 100, \_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_

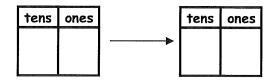
1. Solve. You may draw or cross off (x) to show your work.



- 2. Find the mystery numbers. You may make a drawing to help solve, if needed.
  - a. 10 more than 75 is \_\_\_\_\_.



b. 1 more than 75 is \_\_\_\_\_.



d. 1 less than 88 is \_\_\_\_\_.

c. 10 less than 88 is \_\_\_\_\_.

ones

tens	ones

tens ones

tens	ones

COMMON CORE

Lesson 5:

Identify 10 more, 10 less, 1 more, and 1 less than a two-digit number within 100.

Date: 11/26/13

6.B.36

3.	Write the number that is 1 more.	4. Write the number that is 10 more.
	a. 40,	a. 60,
	ь. <b>50</b> ,	b. 70,
	c. <b>65</b> ,	c. 77,
	d. 69,	d. 89,
	e. 99,	e. 90,
5.	Write the number that is 1 less.	6. Write the number that is 10 less.
	a. 53,	a. 50,
	b. 73,	ь. 60,
	c. 71,	c. 84,
	d. 80,	d. 91,
	e. 100,	e. 100,

7.

Lesson 5:

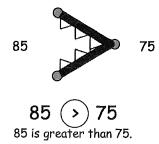
Identify 10 more, 10 less, 1 more, and 1 less than a two-digit number within 100.

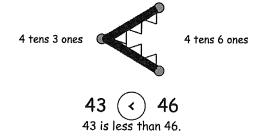
Date: 11/26/13

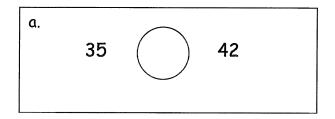


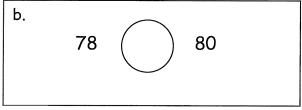
Date

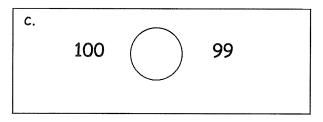
1. Use the symbols to compare the numbers. Fill in the blank with <, >, or = to make the statement true.

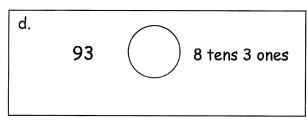


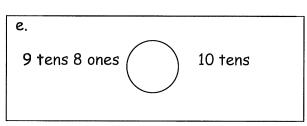


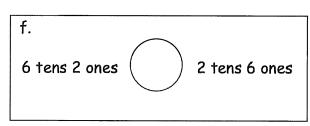


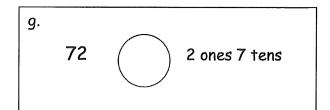


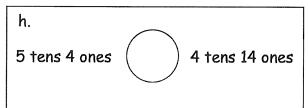












Lesson 6:

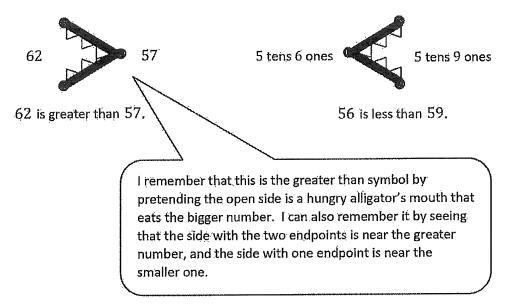
Use the symbols >, =, and < to compare quantities and numerals to

Date: 4/7/14

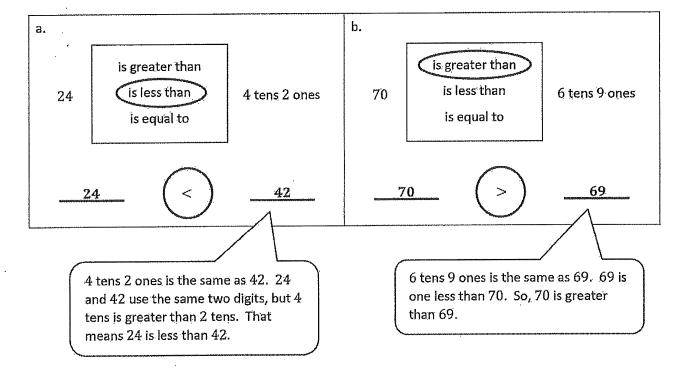


6.B.43

### G1-M6-Lesson 6



Circle the correct words to make the sentence true. Use >, <, or = and numbers to write a true statement.



Lesson 6:

Use the symbols >, =, and < to compare quantities and numerals to 100.

2. Circle the correct words to make the sentence true. Use >, <, or = and numbers to write a true statement.

a. 29	is greater than is less than is equal to	2 tens 9 ones	b. 7 tens 9 one	is greater than is less than is equal to	80
	_				COV.
C. 10 tens 0 c	is greater than is less than is equal to	0 tens 10 ones	d. 6 tens 1 one	is greater than is less than is equal to	5 tens 16 ones
				_	

3. Use  $\langle , = , \text{ or } \rangle$  to compare the pairs of numbers.

5 tens 9 ones 3 tens 9 ones

30

10 tens

6 tens 4 ones 4 ones 6 tens

7 tens 9 ones

5 ones 1 ten 1 ten 5 ones

6 tens 12 ones

8 tens 18 ones



Lesson 6:

Date:

Use the symbols >, =, and < to compare quantities and numerals to

4/7/14

100.

6.B.44

Name _	lame			Date		
Circle th a true st	e correct words to atement.	make the senten	ice true. Use	e >, <, or = and nun	nbers to write	
a. 36	is greater than is less than is equal to	6 tens 3 ones	b. 90	is greater than is less than is equal to	8 tens 9 ones	
c. 52	is greater than is less than is equal to	5 tens 2 ones	d. 4 tens 2 ones	is greater than is less than is equal to	3 tens 14 ones	

Name	Date
<ol> <li>Use the symbols to compare the numbers. statement true.</li> </ol>	Fill in the blank with <, >, or = to make the
62 57	5 tens 6 ones 5 tens 9 ones
62 > 57 62 is greater than 57.	56 < 59 56 is less than 59.
a. 43 35	b. 60 86
c. 10 tens 99	d. 5 tens 4 ones 54
e.	f.
7 tens 9 ones 9 tens 7 ones	1 ten 3 ones 31
g.	h.
3 tens 0 ones 2 tens 10 ones	3 tens 5 ones 2 tens 17 ones

COMMON CORE

Lesson 6:

Date:

Use the symbols >, =, and < to compare quantities and numerals to 100.

4/7/14



2. Fill in the correct words from the box to make the sentence true. Use >, <, or = and numbers to write a true statement.

is greater than is less than is equal to

α.

42 \_\_\_\_\_1 ten 2 ones b.

6 tens 7 ones 5 tens 17 ones c.

2 tens 14 ones 4 ones 2 tens d.

9 ones 5 tens \_\_\_\_\_ 9 tens 5 ones

Lesson 6:

Date:

Use the symbols >, =, and < to compare quantities and numerals to

4/7/14

engage

6.B.47

# Let's Practice!



# second 1112 Problem-Solving Steps Flowchart for Families

# **WHAT?**

- Your child is learning the Second Step Problem-Solving Steps at school.
- Use the flowchart to help you solve problems using the Problem-Solving Steps at home.

# WHY?

- This flowchart gives you simple steps to help you and your family members solve problems.
- Using a structured process to work through a problem can help stop the problem from getting bigger.

# WHO?

- You can use this flowchart to help anyone in your family solve a problem.
- It can help solve a problem between siblings or between adults and children.

# WHEN?

 Use this flowchart anytime your family needs to work through a problem together.



# Second Problem-Solving Steps Flowchart for Families

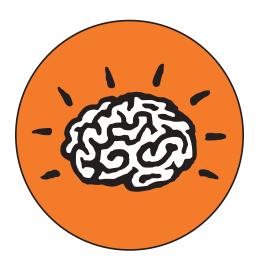
Say the Problem: Write a problem statement using non-blaming words. Think of Solutions: Think of three solutions that are safe and respectful. Think of one positive and one negative **Explore the Consequences:** consequence for each solution **Pick the Best Solution** 



#### **Brain Builder Games**

These simple and fun brain-building games are designed to boost children's skills for paying attention and controlling their behavior. These skills help children do better in school and get along with others. Play these games with your children to help them strengthen their ability to:

- Pay attention to the game leader, the rules, and how they're doing in the game
- Remember and apply game rules that change or get harder
- Control their behavior, for example, by starting or stopping an action in order to follow game rules



#### **Making Games Easier or Harder**

Brain builders can be made easier or harder to match your children's needs. It's a good idea to make the game harder as children get better at playing it. The Brain Builder directions list different levels of challenge for the game.

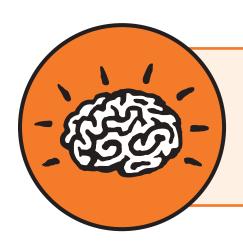
#### Tell Children the Games Will Help Their Brains Grow Stronger

It's important to tell children that these games make their brains grow stronger. Children learn that when playing the games, they are building their brains' ability to focus attention, remember and follow rules, and control behavior. Understanding this is important for children to get the most out of the games.

#### **Helping Your Child Improve**

Watch your children while you are playing the game, and note which parts they find most challenging. Focus on these areas the next time you play the game.





# WHAT?

**Brain Builders** are active, fun games with specific rules and steps.

They include ways to increase the challenge.

They give children the message that their brains can get stronger and smarter with practice and effort.

# WHY?

**Brain Builders** look like simple games, but they do a whole lot more.

They develop the parts of children's brains that help them pay attention, remember, and have self-control.

# <u>WHO?</u>

**Brain Builders** can be played with children ages three to eight. In this age range, children's skills are rapidly developing, so it's the perfect time for extra practice.

# WHERE?



## Second Brain Builder Game: Dance Double! | Ages 3+



#### **Get Ready**

- **1.** Have children stand, leaving enough room to move.
- **2.** Tell children to listen to the rules:
  - Rule 1 is, watch me do the dance.
  - Rule 2 is, do the exact same dance!

#### **Play the Game**

- 1. Stand and face children.
- **2.** Perform a series of movements.
- **3.** Have children repeat the same series of movements.
- **4.** Play another round and increase the challenge!

#### **Movement Suggestions**

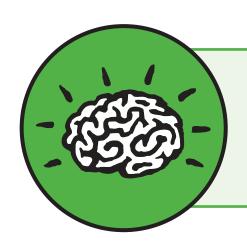
Pat shoulders	Stomp feet	Turn around
Squat down	Touch toes	Reach up high
Make body small	Make body wide	Make body tall
Make arm circles	Make ankle circles	March on tiptoe
Wiggle like jelly	Balance on a foot	Swing arms
Do knee bends	Wiggle fingers	Clap hands

#### **Increase the Challenge**

- Have children perform the same series in reverse order.
- Have children wait five seconds before performing the dance, then freeze in the final position until you say, "Melt!"
- Have children name the body parts as they use them to dance. For example, "I'm marching on tiptoe!"

- Play the game for only a few minutes at a time.
- Play the game at least twice a day.
- Have children take turns leading the game.
- Increase the challenge as children get better at the game.





Sink or Swim

# WHAT?

**Brain Builders** are active, fun games with specific rules and steps.

They include ways to increase the challenge.

They give children the message that their brains can get stronger and smarter with practice and effort.

# WHY?

**Brain Builders** look like simple games, but they do a whole lot more.

They develop the parts of children's brains that help them pay attention, remember, and have self-control.

# WHO?

**Brain Builders** can be played with children ages three to eight.

In this age range, children's skills are rapidly developing, so it's the perfect time for extra practice.

# WHERE?



# Second Brain Builder Game: Sink or Swim | Ages 3+



#### **Get Ready**

- 1. Have children stand in a line along one side of a large space (an open area outside would work well).
- 2. Say: You are on the bank of a river. The goal of the game is for you to swim across the river to the other side where I am standing. Demonstrate a swimming motion.
- **3.** Tell children to listen to the rules:
  - Rule 1 is, when I say "Swim!" you swim across the river.
  - Rule 2 is, when I say "Sink!" you sink down to the bottom of the river.
  - Rule 3 is, stay frozen on the bottom of the river until you hear me say "Swim!" again.

#### **Play the Game**

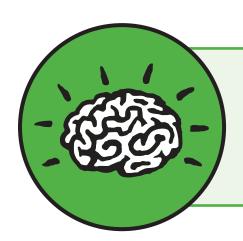
- 1. Stand facing children on the other side of the river.
- 2. Say: Swim! Children start to swim toward you.
- 3. After a few seconds, say: Sink! Children slowly sink down.
- 4. After a few seconds, say: Swim! again.
- **5.** Repeat Steps 2–4 until all children have crossed the river.

#### **Increase the Challenge**

- Combine swim and/or sink with other actions (for example, swim and clap, swim and hop, swim and skip, sink and spin, sink and wave, and so on).
- Have children remain sunken for longer and longer periods of time.
- Call out other actions instead of "Swim!"
- Children can move only when you say "Swim!"
- Introduce an opposites rule: Children swim when you say "Sink!" and sink when you say "Swim!"
- Change the setting and actions every few rounds. For example, say: You are in a band marching down the street. The actions are march and rest. Or say: You are rabbits hopping across the garden. The actions are hop and crouch.

- Play the game for only a few minutes at a time.
- Play the game at least twice a day.
- Have children take turns leading the game.
- Increase the challenge as children get better at the game.





# WHAT?

**Brain Builders** are active, fun games with specific rules and steps.

They include ways to increase the challenge.

They give children the message that their brains can get stronger and smarter with practice and effort.

# WHY?

**Brain Builders** look like simple games, but they do a whole lot more.

They develop the parts of children's brains that help them pay attention, remember, and have self-control.

# WHO?

**Brain Builders** can be played with children ages three to eight.

In this age range, children's skills are rapidly developing, so it's the perfect time for extra practice.

# WHERE?



# Second Brain Builder Game: Mixed-Up Rules | Ages 4+



#### **Get Ready**

- **1.** Have children stand, leaving enough room to move.
- **2.** Tell children to listen to the rules:
  - Rule 1 is, when I say "Touch your nose," touch your toes.
  - Rule 2 is, when I say "Pat your back," pat your belly
  - Rule 3 is, when I say "Tap your knees," tap your ears.

#### **Play the Game**

- 1. Face children.
- **2.** Say: **Touch your nose**. Children touch their toes.
- 3. Say: Pat your back. Children pat their bellies.
- **4.** Say: **Tap your knees.** Children tap their ears.
- **5.** Repeat Steps 2–4 with other mixed-up rules.

#### **Mixed-Up Rules**

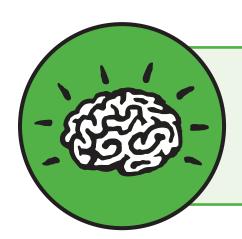
Direction		Action
Jump high	>	Squat low
Turn around	>	Sit down
Wiggle your toes	>	Wiggle your fingers
Look down	>	Look up
Hop back	>	Hop forward
Clap your hands	>	Stomp your feet

#### **Increase the Challenge**

- Add words without matches to the list.
- Add more words to each category.
- Read the list twice and require three or four repetitions for a match.

- Play the game for only a few minutes at a time.
- Play the game at least twice a day.
- Have children take turns leading the game.
- Increase the challenge as children get better at the game.





# WHAT?

**Brain Builders** are active, fun games with specific rules and steps.

They include ways to increase the challenge.

They give children the message that their brains can get stronger and smarter with practice and effort.

# WHY?

**Brain Builders** look like simple games, but they do a whole lot more.

They develop the parts of children's brains that help them pay attention, remember, and have self-control.

# WHO?

**Brain Builders** can be played with children ages three to eight.

In this age range, children's skills are rapidly developing, so it's the perfect time for extra practice.

# WHERE?



# Second Brain Builder Game: My Turn, Your Turn | Ages 4+



#### **Get Ready**

- 1. Have children stand, leaving enough room to move.
- **2.** Tell children to listen to the rules:
  - Rule 1 is, watch me name and touch the body parts.
  - Rule 2 is, stand still and wait for me to say "Your turn" before you name and touch the same body parts.

#### **Play the Game**

- **1.** Face the children.
- **2.** Name and at the same time touch two body parts. Students stand still and wait.
- **3.** Say: **Your turn.** Students name and touch the same two body parts.
- **4.** Repeat Steps 2 and 3 with other body parts

#### **Mixed-Up Rules**

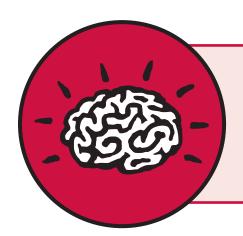
Direction		Action
Touch your ears	>	Touch your elbows
Touch your hips	>	Touch your knees
Touch your toes	>	Touch your shoulders
Touch your nose	>	Touch your ankles

### **Increase the Challenge**

- Increase the wait-time before you say "Your turn."
- Say the directions in a quiet voice.
- Name and touch three or more body parts.
- Have the students touch the body parts in reverse order
- Add a mixed-up rule, such as one from the list above.

- Remind children to use their self-talk to remember which body parts to touch: Saying the two body parts to yourself while you are waiting for me to say "Your turn" can help you remember them.
- Play the game for only a few minutes at a time.
- Play the game at least twice a day.
- Have children take turns leading the game.
- Increase the challenge as children get better at the game.





# **WHAT?**

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# <u>WHY?</u>

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# WHO?

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# WHERE?



# Second Brain Builder Game: Listening Concentration Ages 5+





#### **Get Ready**

- **1.** Have children stand or sit facing you.
- **2.** Tell children to listen to the rules:
  - Rule 1 is, hold up one finger after you've heard a word twice. That's a match!
  - Rule 2 is, when you've heard three matches, stand up and hold your earlobe.

    Model for children.

#### Play the Game

- 1. Read one of the word lists.
- **2.** When children have made three matches, the round is over.
- **3.** Play again. This time, add distractions: click a pen, tap on furniture, raise/lower blinds, jump up and down, and so on.
- **4.** Play another round and increase the challenge!

# SUBWAY!

RUCK!

#### **Word Lists**

- **1.** Truck, airplane, skateboard, train, bicycle, airplane, subway, bus, bus, truck, skateboard, subway, bicycle, train
- **2.** Dolphin, shark, stingray, whale, octopus, whale, seahorse, dolphin, salmon, shark, salmon, octopus, seahorse, stingray
- **3.** Banana, carrot, avocado, apple, carrot, spinach, orange, banana, tomato, avocado, apple, tomato, spinach, orange

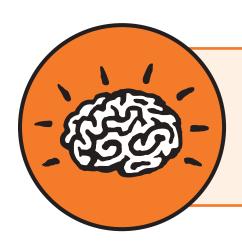
### **Increase the Challenge**

- Add words without matches to the list.
- Add more words to each category.
- Read the list twice and require three or four repetitions for a match.



- Play the game for only a few minutes at a time.
- Play the game at least twice a day.
- Have children take turns leading the game.
- Increase the challenge as children get better at the game.





# WHAT?

**Brain Builders** are active, fun games with specific rules and steps.

They include ways to increase the challenge.

They give children the message that their brains can get stronger and smarter with practice and effort.

# WHY?

**Brain Builders** look like simple games, but they do a whole lot more.

They develop the parts of children's brains that help them pay attention, remember, and have self-control.

# WHO?

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# WHERE?



## Second Brain Builder Game: Rhyme Race | Ages 6 +



#### **Get Ready**

- 1. Have children stand, leaving enough room to move.
- **2.** Tell children to listen to the rules:
- Rule 1 is, listen to the list of rhyming words I say.
- Rule 2 is, when I say, "Go!" say all the words from the list.



## **Play the Game**

- 1. Face children.
- **2.** Say a list of three rhyming words.
- 3. Wait, then say: Go!
- **4.** Children repeat the list of rhyming words.
- **5.** Repeat steps 2–4 with another list of rhyming words.

#### **Word Lists**

Sad, mad, glad
Cry, fry, try
Frown, crown, drown
Laugh, half, calf

Feel, meal, peel Smile, file, pile Worry, hurry, blurry Feeling, ceiling, healing

## **Increase the Challenge**

- Have children repeat the list of rhyming words in reverse order.
- Have children wait longer before repeating the list of rhyming words.
- Have children add one or more rhyming words to the list.
- Say the first word and have children add two or more rhyming words to the list.

# FRY!

- Play the game for only a few minutes at a time.
- Play the game at least twice a day.
- Have children take turns leading the game.
- Increase the challenge as children get better at the game.





#### **Lesson 11: Showing Care and Concern**



#### What Is My Child Learning?

Your child is learning how to show care and concern for another person by listening, saying kind words, and helping that person. This is called *showing compassion*, and it makes people feel better.

#### Why Is This Important?

Being able to show compassion helps children get along with others.

Ask your child: What does showing compassion mean? Possible answer: Showing you care about others.

What are some ways you can show care and concern or compassion for others? Possible answers: Listening to them. Saying kinds words. Helping them.

When is a time someone might need you to show someone compassion? Possible answers: When someone is feeling sad, lonely, tired, or frustrated.

How do you feel when someone shows you compassion? Possible answers: Happy, special.

#### **Practice at Home**

Help your child notice when someone else could use some help or a kind word. For example:

- Your father has a lot of dishes to do after dinner. Do you think he could use some help?
- It sure looks like Mrs. Sanders could use some help picking up the trash. Can you do that?

Activity Help your child think of something kind to say to someone else at home (or someone your child can easily call or the phone) as a way to show "compassion." Fill in the details below for your child. Then help your child do it!
I can show compassion to
I will say:
After I showed compassion, I think this person felt

(CHILD'S NAME)

(DATE)

(ADULT'S SIGNATURE)

#### **Lesson 15: Self-Talk for Calming Down**



#### What Is My Child Learning?

Your child is learning that some feelings are strong and need to be managed. You can manage strong feelings by saying "Stop," naming the feeling, then using belly breathing and positive self-talk to calm down.

#### Why Is This Important?

When children have strong feelings, they have a harder time thinking clearly and paying attention. When children are calm, they are able to learn.

Ask your child: When you are having a strong feeling, what should you do first? *Second Step* answer: Put my hands on my tummy and say "Stop."

What should you do next? Second Step answer: Name my feeling.

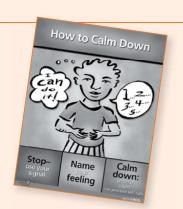
I get a strong feeling and need to calm down when:

Positive things I could say to myself:

Then what can you do to calm down? Possible answers: Belly breathe or take belly breaths. Count. Use positive self-talk.

Can you show me how to do belly breathing? (Let your child lead you through belly breathing.)

When you are feeling angry, what can you say to yourself that will help you calm down? Possible answers: Relax. It will be okay.



#### **Practice at Home**

When you notice your child having strong feelings, remind your child to say "Stop," then name his or her feeling. Then practice belly breathing with your child. Help your child think of positive self-talk to use to remain calm. For example:

I see you're having a strong feeling. Remember to say "Stop." Wait for your child to say stop. What are you feeling? Help your child name the feeling, if needed. Now let's belly breathe together. Practice belly breathing with your child. What can you say to yourself that will help you keep calm?

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Help your child to think of a time when he or she has a strong feeling and what he or she needs to do to calm down. Fill in your child's responses in the blanks below.

Stop! I am feeling \_\_\_\_\_\_
Practice belly breathing.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)