

# Week 4

1<sup>st</sup>  
grade

# Independent Study Packet

 Education.com

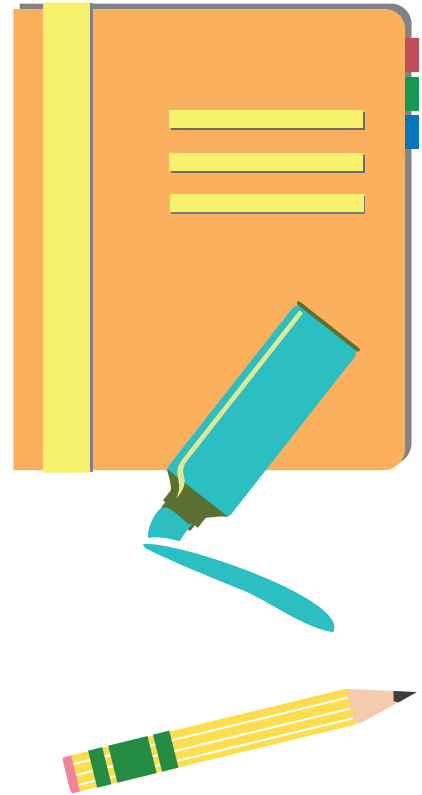


**5 MORE Days of  
Independent Activities in  
Reading, Writing, and Math**

# Helpful Hints for Students and Families

## Materials You Will Need:

- Pencils
- Extra paper or a notebook/journal (everything can go in one place)
- You will need colored pencils, markers, or crayons for some of the activities.
- Poster board and metal brad for a mood meter (alternatively, just use paper)
- Plastic bottle, glitter, glue, and food coloring for a calm down bottle



## Directions & Tips

- You may complete the activities in any order.
- Check off each of the activities when you finish them on the menu.
- Make sure an adult signs the activity menu before you bring it back to school.

# Activity Menu

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Reading</b> 	Read for 15 minutes each day and choose one activity from your reading log to do.				
<b>Writing</b> 	Each day, write some news about what you did in the Daily News worksheet.				
<b>Literacy</b> 	What is an Adjective?	Fill in a Funny Story	Kind Reminders: Letter to My Future Self	Compliment Notes	Color by Short Vowel Sound
<b>SEL</b> 	Range of Emotions	At-Home Mood Meters	Calm Down Bottle	Animal Breaths	Silly Stories: Mindfulness of Emotions
<b>Math</b> 	Find the Math Path	Greater Than, Less Than, Equal To	Measuring School Supplies: Centimeters	Addition Word Problems	Identifying Patterns: Animal Dance Moves
<b>Other Fun Stuff</b>	Color Bookmarks from Space! Kindness Bear Puppet Make a Family Gratitude Jar				



Parent/Guardian Signature: \_\_\_\_\_



# Reading Log

1. Read a book by yourself or with a grown-up.
2. Put your name and the title of the book at the top of a new page.
3. Choose one of the ideas and write one or two sentences about your book. Remember, not all of the questions make sense for every book.
4. Don't forget to tell why or how you know, or both if you can!



How did the story end?	Who is your favorite character? 	Is this book like any other book you have read? Which one?
How does the main character feel in this book?	Which words in the book were tricky?	Where does the story take place (the setting)?
What is your favorite part of the story? 	What is the big problem in the story? How is it solved?	What did you learn from reading this book?
What friend or family member might like this book?	When does the story take place (the setting)?	At the end, did any characters change from how they felt at the beginning?
What is your favorite picture in the book?	What did the author want you to learn?	What surprised you in the book?

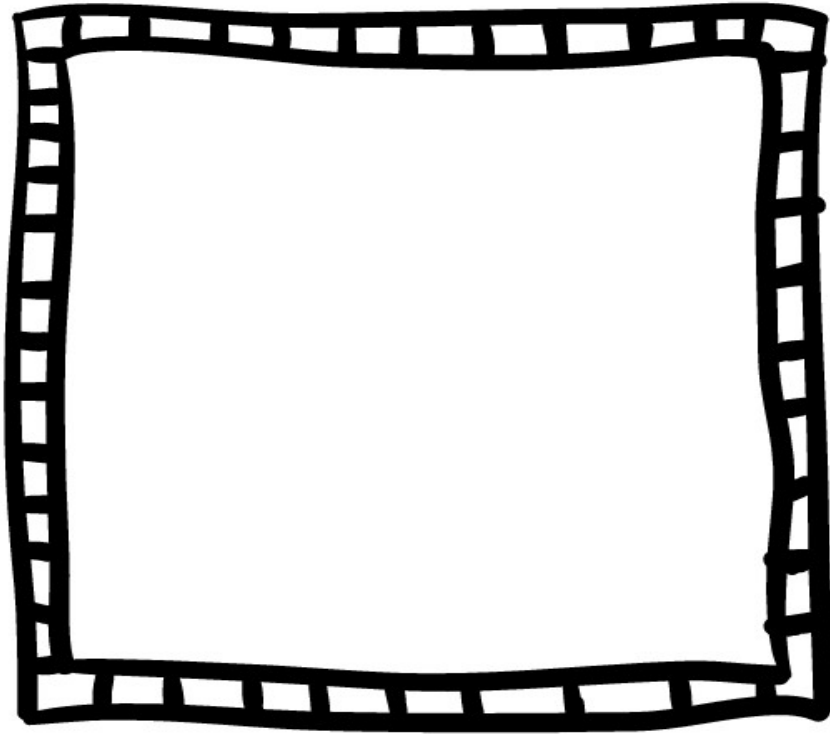
# Day 1

<b>Reading</b>	Read for 15 minutes and complete your reading log.
<b>Writing</b>	Write your Daily News.
<b>Literacy</b>	Find the describing words.
<b>SEL</b>	Learn about some different kinds of emotions we can feel.
<b>Math</b>	Complete the addition and subtraction problems to create the path through the puzzle.





# My Daily News



Some ways to start  
your Daily News:

Today I  
I went  
I learned  
I saw

Or, pick your own  
way to start!

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Name: \_\_\_\_\_

# What is an **Adjective**?

Adjectives are words that tell what something looks like, smells like, tastes like, feels like, or sounds like. They are **describing words**.

Look at the word sort below and circle all of the words that could describe something.

playground  
fluffy  
big  
purple  
loud  
tree  
red  
mouse  
kite  
silly  
hat  
dry  
fast  
old  
boy  
yummy  
grass  
car  
wagon  
grumpy  
balloon  
bed  
cold  
little  
sandwich  
book  
hairy  
sad  
glue  
sun  
sharp  
mean  
crunchy  
bike  
dog  
snake  
hot  
sticky  
stinky  
rough  
school  
tired  
house  
cat  
slimy  
quiet



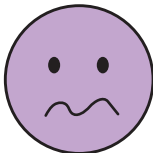
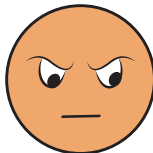






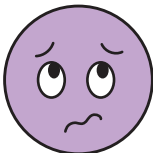



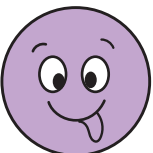
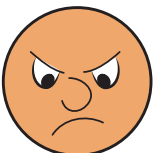
Name \_\_\_\_\_

Date \_\_\_\_\_

# Range of Emotions

## 1. Color!

Review the range of emotions below.

Green Take Care of Yourself or Talk to a Caring, Safe Adult	Blue Go	Purple Slow Down	Orange Stop
 Sad	 Happy	 Nervous	 Angry
 Upset	 Excited	 Surprised	 Screaming
 Hurt	 Calm	 Confused	 Ready to Fight
 Tired	 Proud	 Silly	 Furious



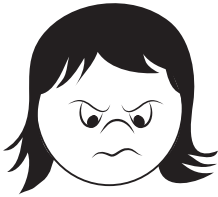
Name \_\_\_\_\_




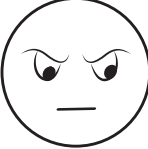












Date \_\_\_\_\_

# Range of Emotions

## 2. Match!

Match each face with the section in the range of emotions below.



Green Take Care of Yourself or Talk to a Caring, Safe Adult	Blue Go	Purple Slow Down	Orange Stop
 Sad	 Happy	 Nervous	 Angry
 Upset	 Excited	 Surprised	 Screaming
 Hurt	 Calm	 Confused	 Ready to Fight
 Tired	 Proud	 Silly	 Furious

## 3. Circle!

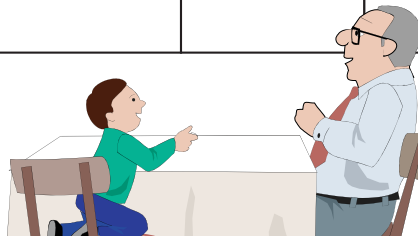
How do you feel right now? Circle the face above that describes how you feel in this moment.

# Find the path



Help the waiter get to his table by solving these addition and subtraction problems. Then, color each square where the number 5 is the answer to reveal a path to the table.

$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 4 \\ \hline \end{array}$
$\begin{array}{r} 9 \\ + 8 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 0 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 0 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ - 3 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$
$\begin{array}{r} 15 \\ + 9 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ - 1 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ - 2 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ - 5 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ - 3 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 3 \\ \hline \end{array}$
$\begin{array}{r} 8 \\ - 8 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 7 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 12 \\ - 7 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ + 4 \\ \hline \end{array}$
$\begin{array}{r} 12 \\ - 8 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 10 \\ - 0 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ - 2 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ - 1 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 5 \\ \hline \end{array}$



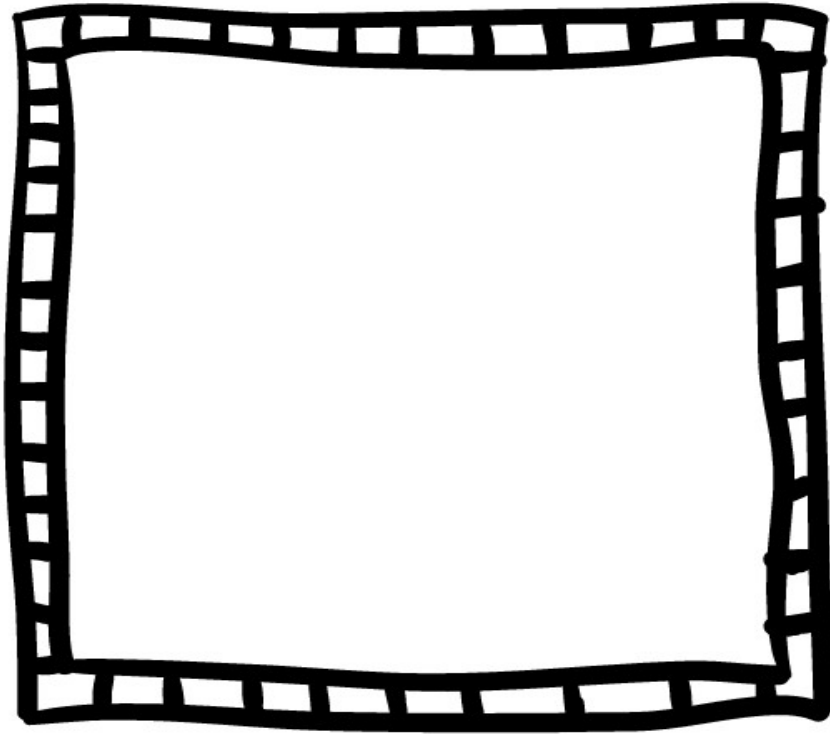
# Day 2

<b>Reading</b>	Read for 15 minutes and complete your reading log.
<b>Writing</b>	Write your Daily News.
<b>Literacy</b>	Write a silly animal story by filling in the blanks.
<b>SEL</b>	Create an at-home mood meter.
<b>Math</b>	Practice comparing two-digit numbers.





# My Daily News



Some ways to start  
your Daily News:

Today I  
I went  
I learned  
I saw

Or, pick your own  
way to start!

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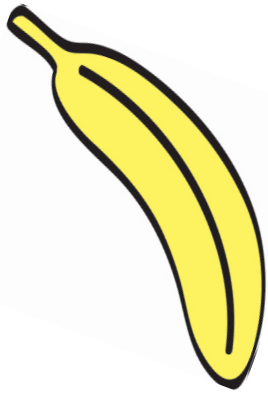
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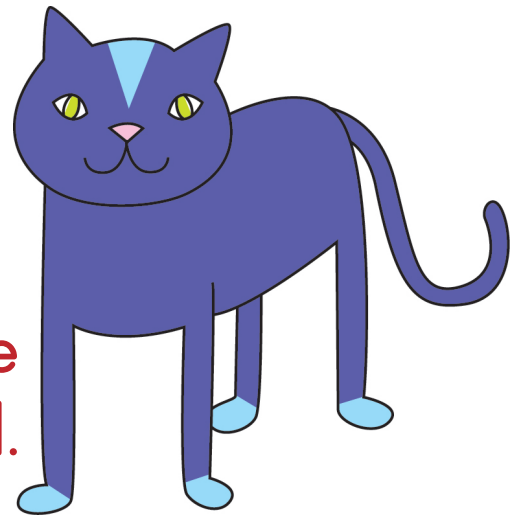
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# Tell a Silly Animal Tale

Fill in the blanks with the type of word described.



There once was a \_\_\_\_\_  
describing word

\_\_\_\_\_ from \_\_\_\_\_.  
animal country

Nobody knew he was a \_\_\_\_\_  
same animal

because he had \_\_\_\_\_ fur and  
color

ate \_\_\_\_\_ each  
number plural food

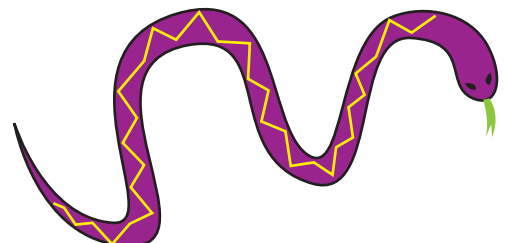
day. He liked to \_\_\_\_\_ and  
action word

sing \_\_\_\_\_. Whenever  
song

he was \_\_\_\_\_, he would start  
feeling

speaking \_\_\_\_\_. Then he would  
language

feel \_\_\_\_\_!  
feeling



Name \_\_\_\_\_

Date \_\_\_\_\_

## At-Home Mood Meters

Emotions are always changing and this mood meter can be a great tool to use to be aware of how you may be feeling at any time of the day.

Draw or list as many emotions that you can think of below:

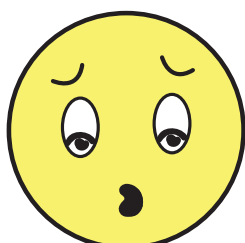
Match the words to each face and emotion below:

**Silly**

**Happy**

**Angry**

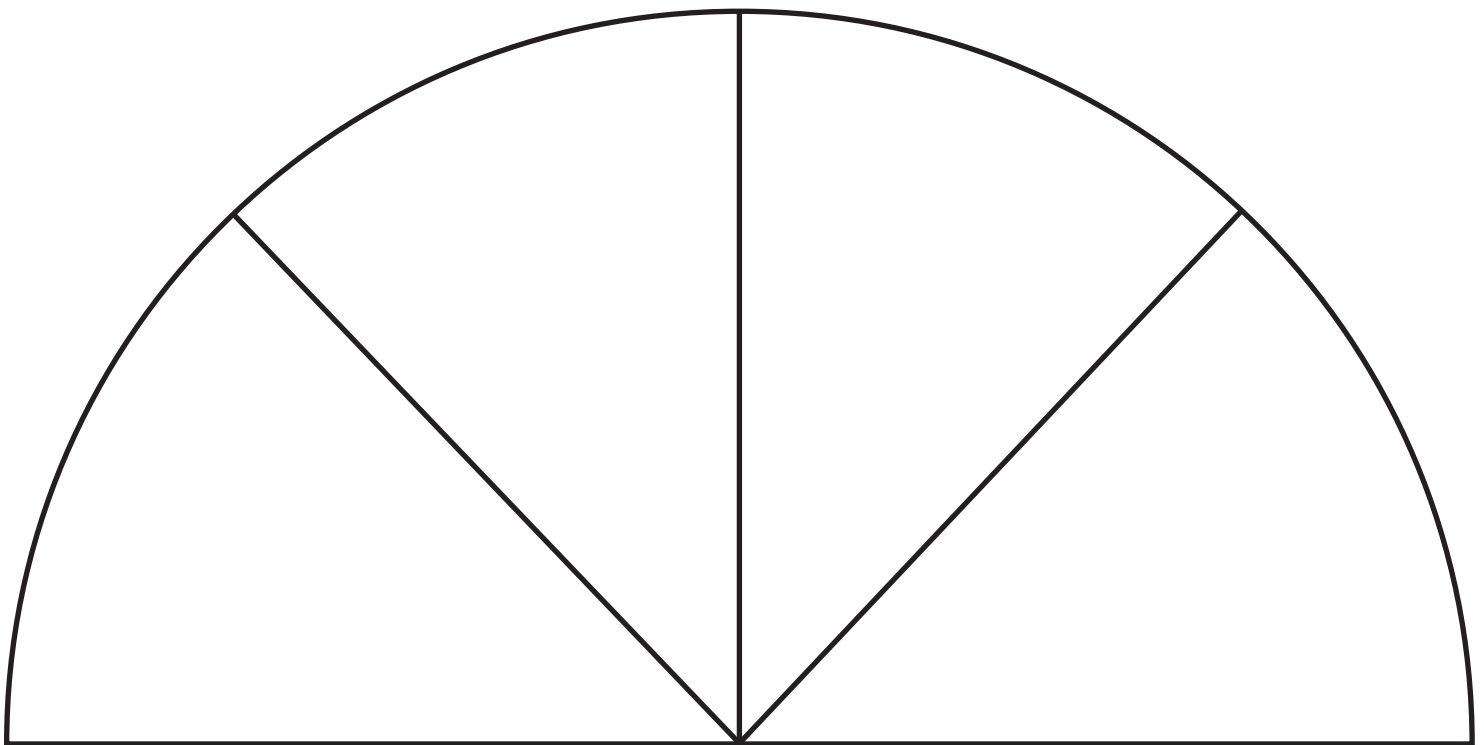
**Tired**



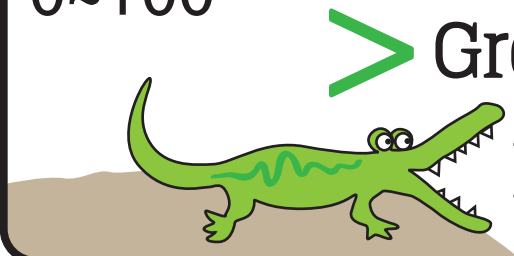
## At-Home Mood Meters

Using your materials and poster board:

- On the top of your poster, write a title (or get an adult's help to write a title) such as, "In this moment, I feel..."
- Make a large half-circle with your compass centered in the middle of your poster.
- Divide the half-circle in half again using the ruler and then divide each half once more. (You will have created four parts or "slices.")
- Use each color of the construction paper—blue, green, yellow, and red—to match each slice. (You may also color in each part if you do not have construction paper.)
- Glue the colors from left to right in each section: blue, green, yellow, red.
- Write on the first section of blue: sad, sick, tired, lonely, bored.
- For the green, write the following: happy, calm, feeling good, ready to learn, and focused.
- In the yellow zone section, write the following: upset, worried, frustrated, silly, and excited.
- Write in the final red section: mad, mean, scared, unsafe.
- Cut out a 6-inch-long arrow (or get a caring adult's help to do this).
- Attach the arrow to the poster board with the metal fastener.
- You may draw faces or glue faces on each section to match the feeling or mood.
- Place your mood meter in your home to use whenever the time seems appropriate.
- Parents or caring adults: Ask your child to notice how they are feeling and to talk about it using the phrases, "I feel bored," or "I feel happy." Remind them that it is okay to be feeling whatever they may be feeling and to notice how it feels in their body.



0~100



Greater Than  
Less Than

or Equal To  
=

Write in the symbol that makes the problem true.

>, < or =

1. 35  52

2. 40  74

3. 45  30

4. 84  77

5. 38  64

6. 51  39

7. 43  43

8. 79  28

9. 99  89

10. 23  22

11. 66  77

12. 6  16

13. 98  89

14. 18  18

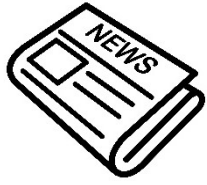
15. 30  49



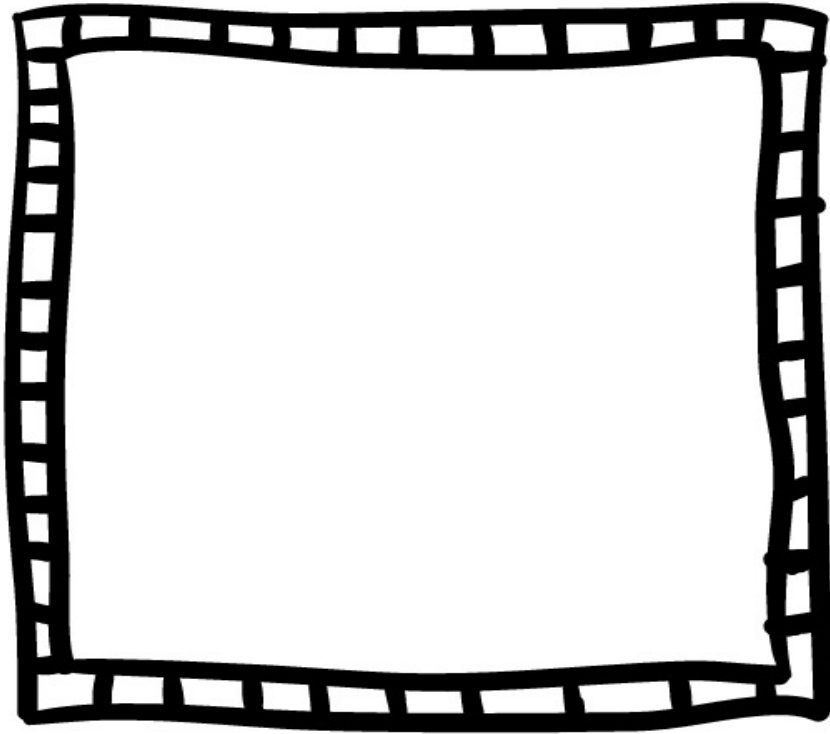
# Day 3

<b>Reading</b>	Read for 15 minutes and complete your reading log.
<b>Writing</b>	Write your Daily News.
<b>Literacy</b>	Write a letter to your future self.
<b>SEL</b>	Make a calm down bottle.
<b>Math</b>	Measure the school supplies.





# My Daily News



Some ways to start  
your Daily News:

Today I  
I went  
I learned  
I saw

Or, pick your own  
way to start!

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Name \_\_\_\_\_

Date \_\_\_\_\_

# Kind Reminders: Letter to My Future Self

Dear Future Self,



I am \_\_\_\_\_ years old today.

I am good at:

Draw three things you are good at below! (Soccer, helping others, dancing?)

--	--	--

I love to \_\_\_\_\_.

Remember to always be yourself and to \_\_\_\_\_

\_\_\_\_\_.

With Love,

\_\_\_\_\_

Write your name

Name \_\_\_\_\_

Date \_\_\_\_\_

# Calm Down Bottle

**Instructions:** Fill one third of a small plastic bottle with warm water. Add 2 ounces glitter glue, 2-4 ounces fine glitter, and 2-3 drops food coloring. Close the lid tightly and shake to combine. When you're upset, look at the bottle and breathe deeply.

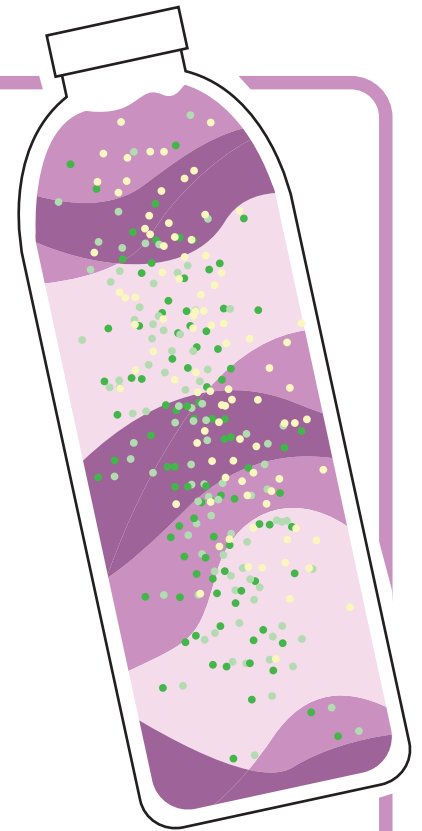
After making a calm down bottle, answer the following questions:

What is a calm down bottle?

How will you use your calm down bottle?

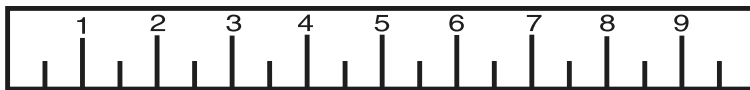
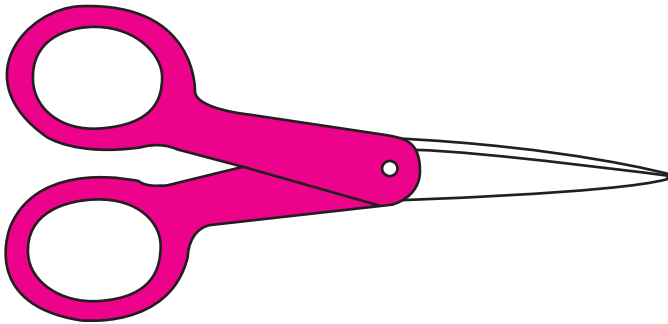
When will you use your calm down bottle?

Draw a picture of your calm down bottle:



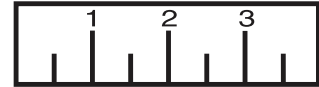
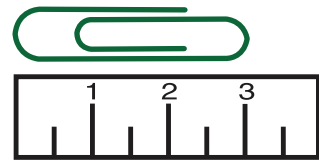
# Measurement in Centimeters

1.



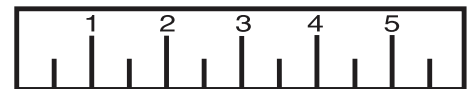
about \_\_\_\_\_ centimeters

2.



about \_\_\_\_\_ centimeters

3.



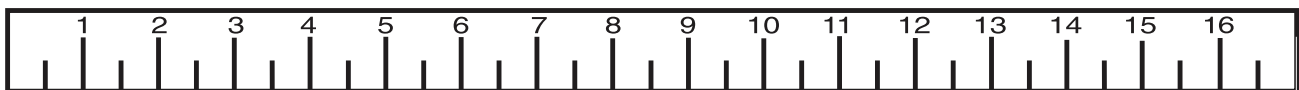
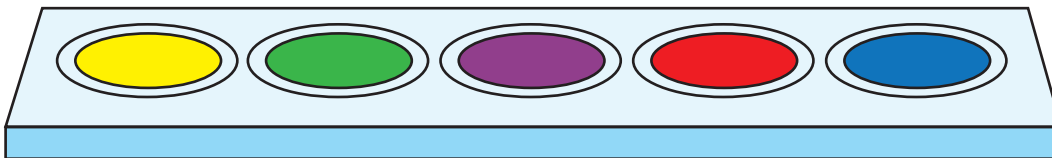
about \_\_\_\_\_ centimeters

4.



about \_\_\_\_\_ centimeters

5.



about \_\_\_\_\_ centimeters

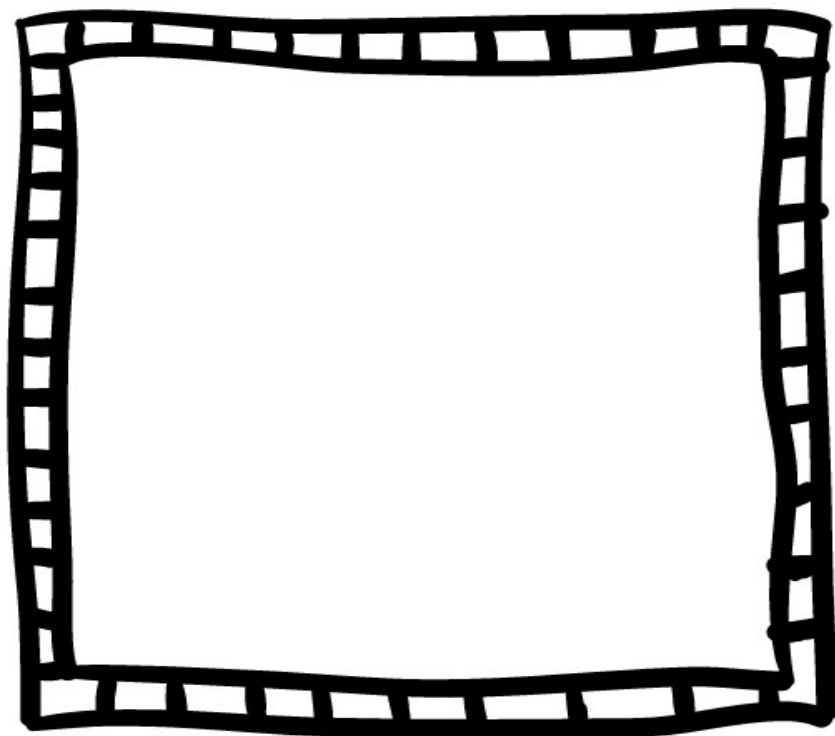
# Day 4

<b>Reading</b>	Read for 15 minutes and complete your reading log.
<b>Writing</b>	Write your Daily News.
<b>Literacy</b>	Send compliment notes to brighten others' days.
<b>SEL</b>	Use animal breaths to "play attention."
<b>Math</b>	Solve the addition word problems.





# My Daily News



Some ways to start  
your Daily News:

Today I  
I went  
I learned  
I saw

Or, pick your own  
way to start!

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Name \_\_\_\_\_

Date \_\_\_\_\_

# Compliment Notes

1. Write one compliment for a friend using the sentence stem below:

You are \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Draw a picture for your friend.

A large, empty rectangular box with rounded corners and a purple border, intended for drawing a picture for a friend.



Name \_\_\_\_\_

Date \_\_\_\_\_

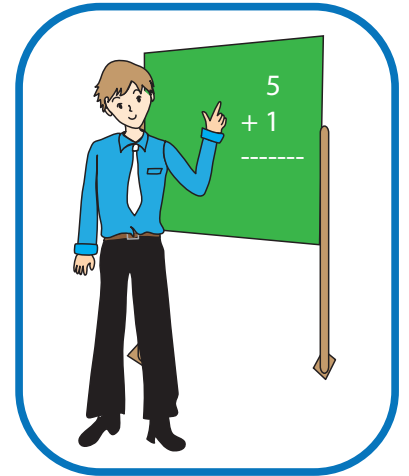
# Compliment Notes

2. Write one compliment for a teacher:

You are \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Draw a picture for your teacher.

A large, empty rectangular box with rounded corners and a blue border, intended for drawing a picture for the teacher.

Name \_\_\_\_\_

Date \_\_\_\_\_

## Compliment Notes

3. Write one compliment for a family member or loved one:

You are \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Draw a picture for your family member or loved one.

A large, empty rectangular box with rounded corners and a green border, intended for drawing a picture of a family member or loved one.

Name \_\_\_\_\_

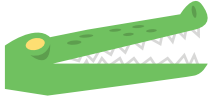
Date \_\_\_\_\_

# ANIMAL BREATHS

Try the animal breaths below by following the instructions and the pictures.  
Then, draw or write your answer to the reflection questions:



**Spider breath:** Breathe in with your hands close to your body; then, while breathing out, let your arms shoot out like a spider spinning a web.



**Crocodile breath:** Breathe in while opening your arms like the jaws of a crocodile; then breathe out while clapping your arms together.



**Bird breath:** Inhale while spreading your arms out to the side like wings, then exhale by bringing your hands together in front.

**Create your own animal breath!**

**Draw and describe the animal breath you and your partner created.**

**Draw a picture OR write your answer. You can also draw AND write.**

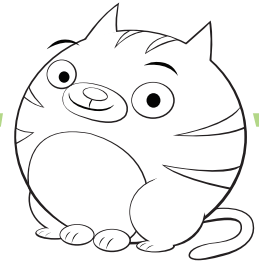
**How do animal breaths help me stay calm?**

**When will I practice animal breaths?**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Addition Word Problems



Solve the word problems. Show your work.

1. Noah had 12 books. He got 5 more books. How many books did Noah have in all?
2. Bonnie found 8 rocks on her sidewalk and 7 rocks in her backyard. How many rocks did Bonnie find in all?
3. Edward had 5 toy cars. He got 8 more toy cars. How many toy cars did Edward have in all?
4. Mariela collected 11 feathers. Then she found 3 more feathers. How many feathers did Mariela have in all?
5. LaMonte made 14 cookies. Then he made 5 more cookies. How many cookies did LaMonte have in all?

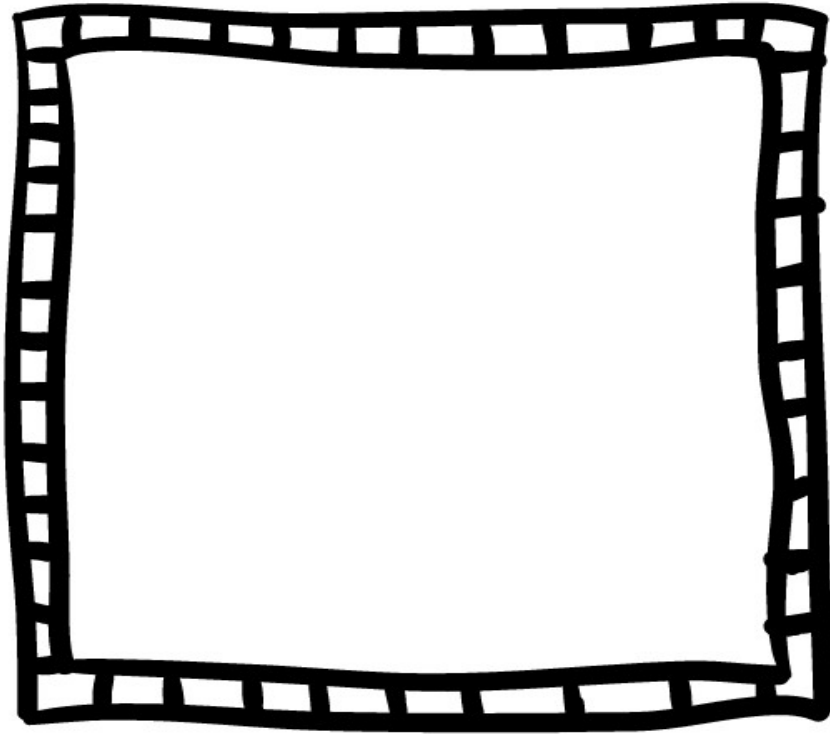
# Day 5

<b>Reading</b>	Read for 15 minutes and complete your reading log.
<b>Writing</b>	Write your Daily News.
<b>Literacy</b>	Practice short vowel sounds by coloring in the picture.
<b>SEL</b>	Create a silly story while learning about feelings.
<b>Math</b>	Complete the patterns by finding out what dance move comes next.





# My Daily News



Some ways to start  
your Daily News:

Today I  
I went  
I learned  
I saw

Or, pick your own  
way to start!

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# Color by Short Vowel Sound

Read the words and pay attention to the vowel sounds. Then use the codes to color in the picture according to the vowel sounds.

short a = orange

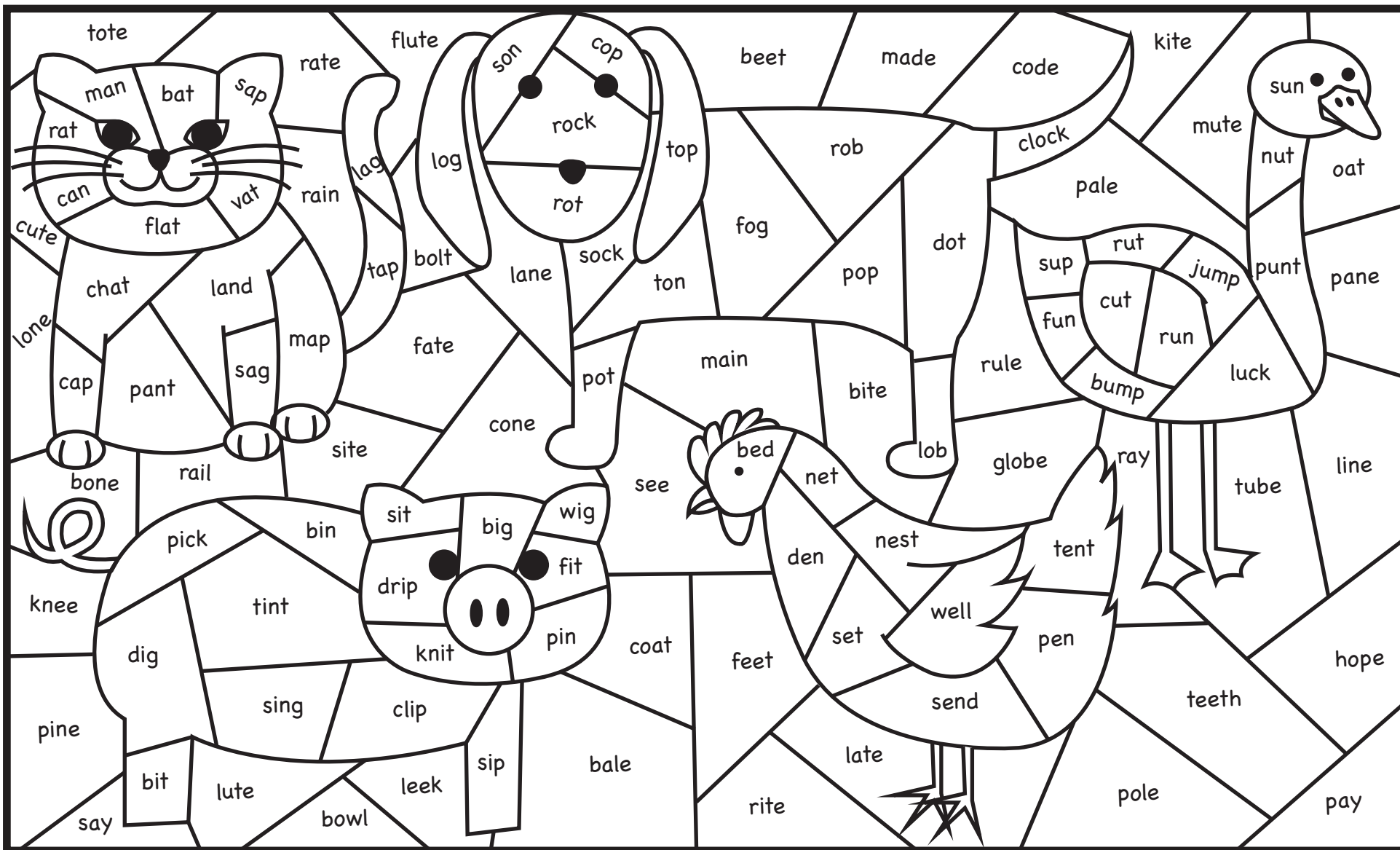
short e = grey

short i = pink

short o = brown

short u = yellow

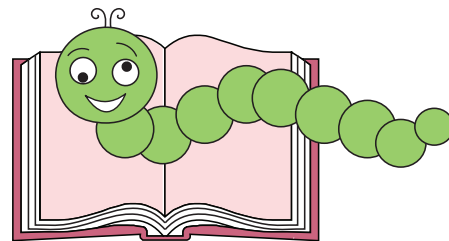
long vowels = green



Name \_\_\_\_\_

Date \_\_\_\_\_

# Silly Stories: Mindfulness of Emotions



**Directions:** Ask your child to share their answer to the prompts below the lines to fill in the story. Don't let them see what they are filling in until you are done, and then read aloud the Silly Story to them.

Emotions are like \_\_\_\_\_ .  
Type of weather

They come and go like \_\_\_\_\_ .  
Something in nature that changes

Emotions are changing like \_\_\_\_\_ .  
Something in nature that changes

They come and go like \_\_\_\_\_ .  
Something in nature (plural)

Emotions are moving through like \_\_\_\_\_ .  
Type of weather

They come and go like \_\_\_\_\_ .  
Something in nature that changes

Emotions can be felt in \_\_\_\_\_ .  
Body part

Noticing what you feel and \_\_\_\_\_ can create calm.  
Activity you do with your body

## Extension Activity

1. Visit <https://www.greatschools.org/gk/articles/social-emotional-learning-mad-lib/>
2. Choose one Mad-Sad-Glad Lib to complete with a caring adult.
3. Have fun reading your Mad-Sad-Glad Lib aloud!



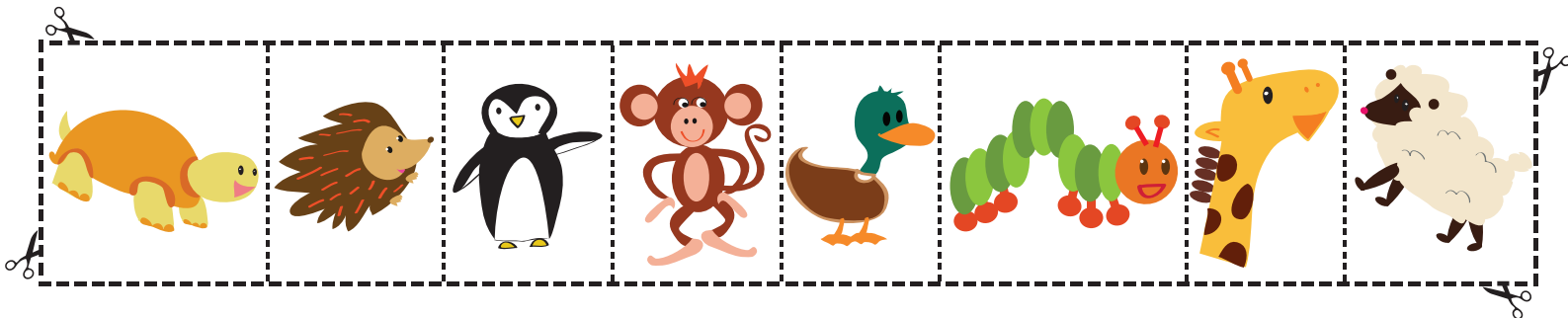
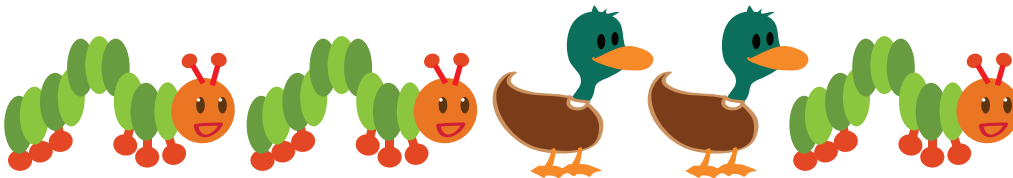
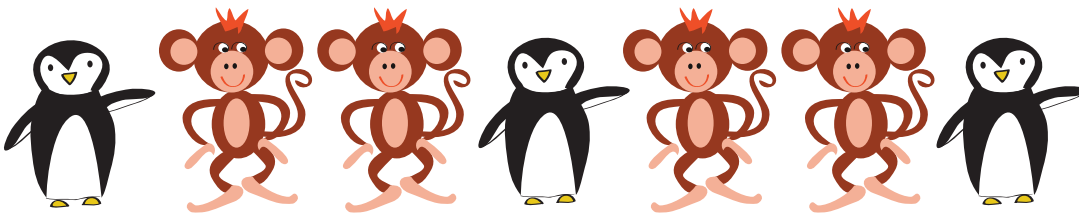
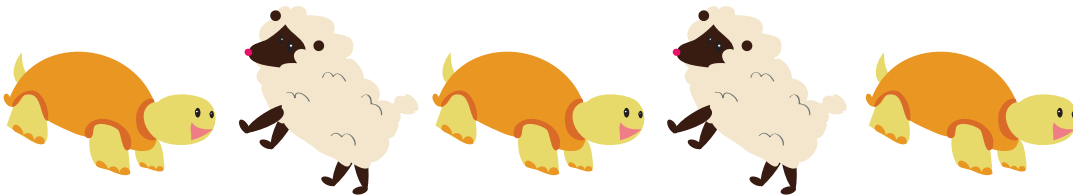
Name \_\_\_\_\_

Date \_\_\_\_\_

# Animal Dance Move!

## Identifying Pattern

Which move comes next in each row?  
Cut and paste pictures below.



# Other Fun Stuff

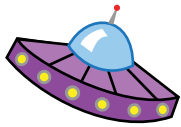
Color Bookmarks from Space

Make a Kindness Bear Puppet

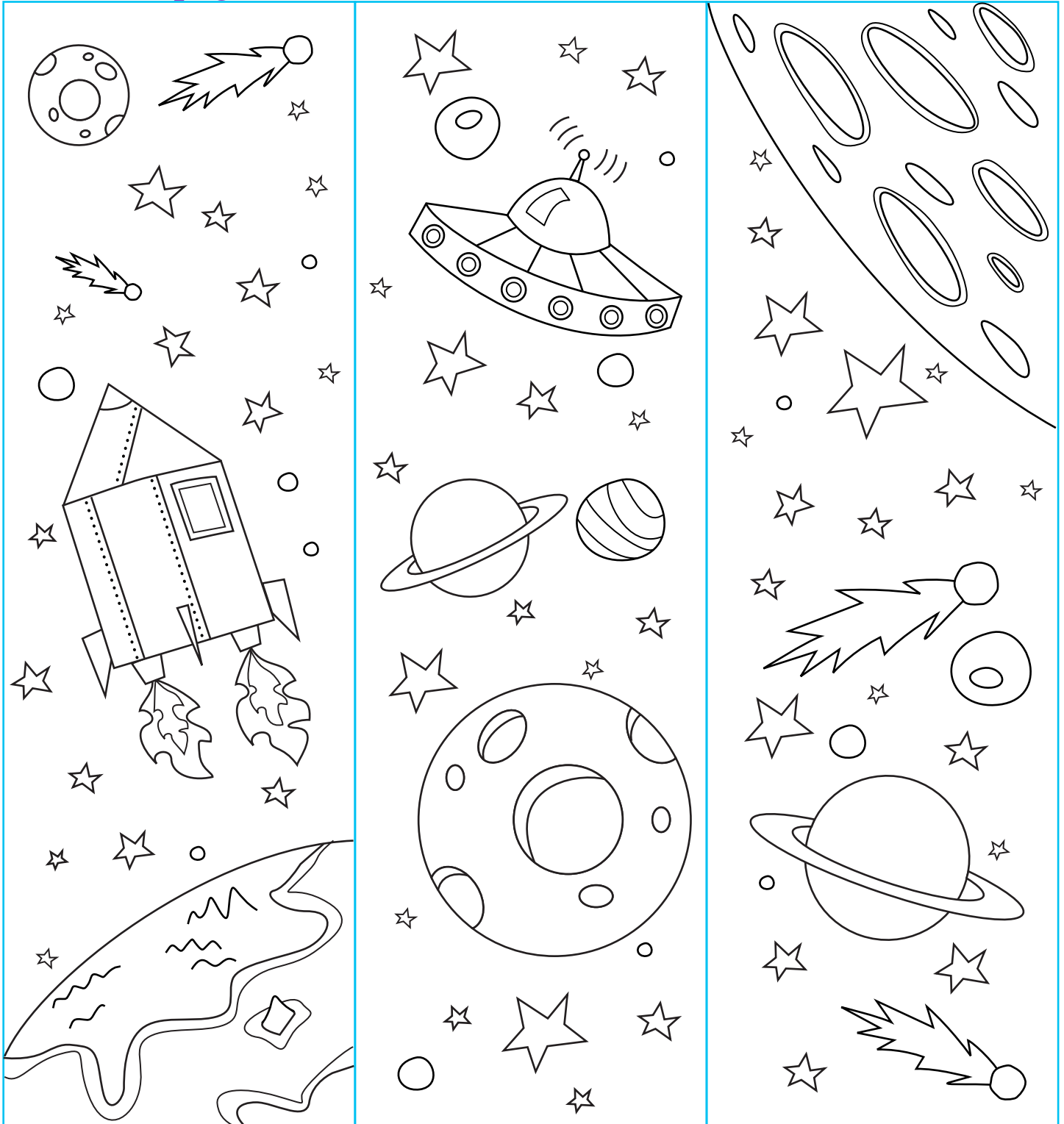
Create a Family Gratitude Jar



# SPACE Bookmarks!



Ask a grown-up to help cut these out after coloring.  
*This project works best printed on thicker paper!*



Name \_\_\_\_\_

Date \_\_\_\_\_

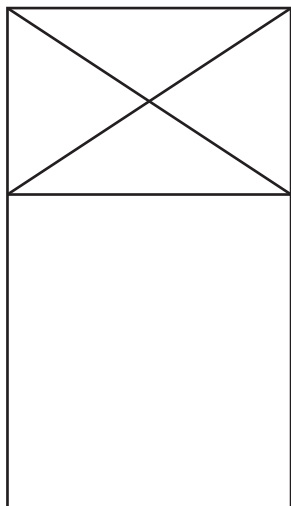
# Kindness Bear Puppet



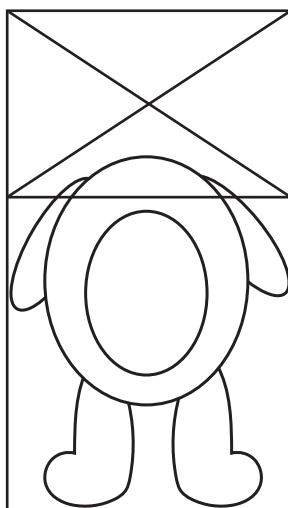
Follow these directions to make your own kindness bear puppet!

1. Color in your bear face and body.
2. Cut out your bear body and face.

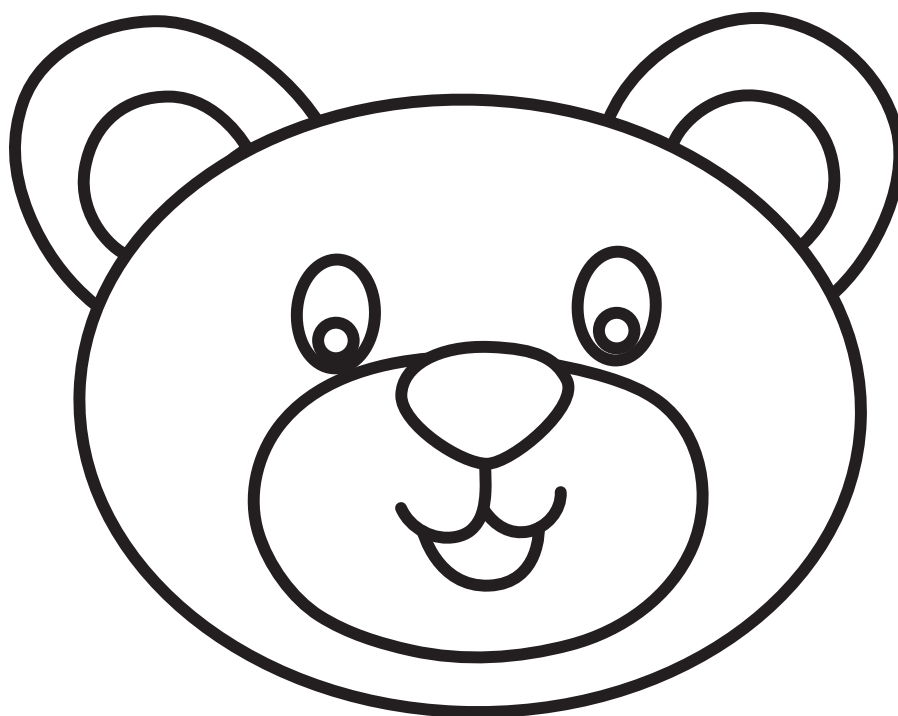
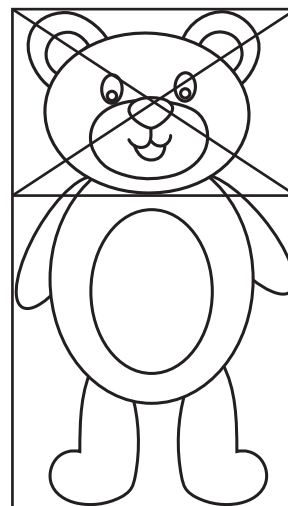
3. Lay your paper bag flat.



4. Glue body under the flap.



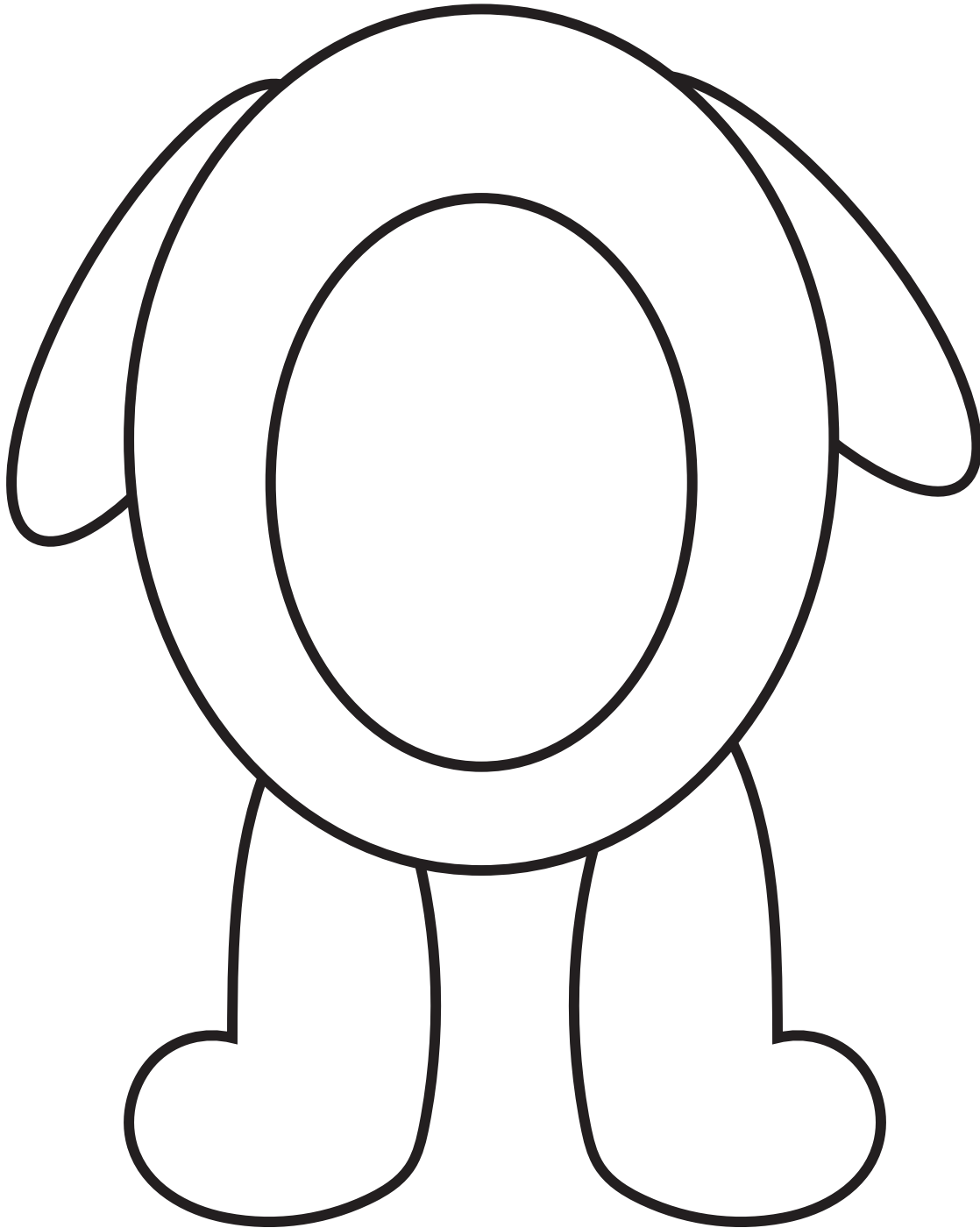
5. Glue your bear face on top of the flap.



Name \_\_\_\_\_

Date \_\_\_\_\_

# Kindness Bear Puppet



# Make a Family Gratitude Jar

The power of gratitude is endless! Research shows that practicing gratitude can strengthen relationships, improve physical and emotional well-being, deepen empathy skills, and improve self-esteem. With such wide-spread benefits, how can we create our own gratitude practice at home with children? First, define gratitude to your children. Then, have them fill out notecards with examples of what they are thankful for. Ideal for preschool through second grade learners, here is an easy to use daily activity your whole family will enjoy!

## What You Need:

- [The Thankful Book by Todd Parr](#) or similar book about gratitude
- Empty container (e.g., a recycled glass jar or small box)
- Markers or crayons
- Notecards
- Decorating supplies such as: glue, glitter glue, stickers, paint



## What You Do:

1. Begin with a discussion about gratitude. For younger kids, a great way to start is by reading aloud a picture book such as *The Thankful Book* by Todd Parr. As you read, pause to ask your child open-ended questions such as, "What do you see on this page? Why do you think they are grateful for \_\_\_\_?"
2. Define gratitude for your child as, "Gratitude is a feeling of thankfulness and appreciation." Share something that you are thankful for, then ask, "What is one thing you are thankful for?"
3. Explain that today you are going to work together to make a Gratitude Jar, a place where you will write down things you are thankful for everyday.
4. Show your child the materials and model different ways they might decorate their jar such as painting, adding stickers, using glitter glue, etc.
5. Provide time for your child to use the materials to decorate the jar, giving assistance as needed.
6. Choose a consistent time each day to sit down as a family and each identify one thing to be grateful for each day. It can be helpful to use a sentence frame such as "I am thankful for \_\_\_\_\_ today."
7. Create a nonjudgmental space as you share. Whatever you think of goes. This might mean your child is thankful for chocolate chip cookies one day, and that's okay! The act of identifying things you are grateful for will provide a nurturing space for your whole family to identify both big and small things.
8. Use a notecard to write down what you are thankful for. For younger children, have them dictate to you while you write it down, and encourage them to draw a picture. For beginning writers, create a sentence starter that says, "I am thankful for \_\_\_\_\_." Then, have them fill in the blank.
9. Read through the slips in your gratitude jar when the jar is full or when you need a pick-me-up. This is a great way to help your child remember all of the positive things in their life.

Once the gratitude jar becomes a part of your day-to-day routine, think about how you might extend the experience. Perhaps you ask your child to think about a particular person or part of the natural world that they are grateful for. Encourage the whole family to get creative in ways to share their gratitude with others—can you make thank you cards for friends, family members, or teachers? Perhaps you decide to volunteer at a local animal shelter or food bank. However you choose to share—gratitude will grow and grow!