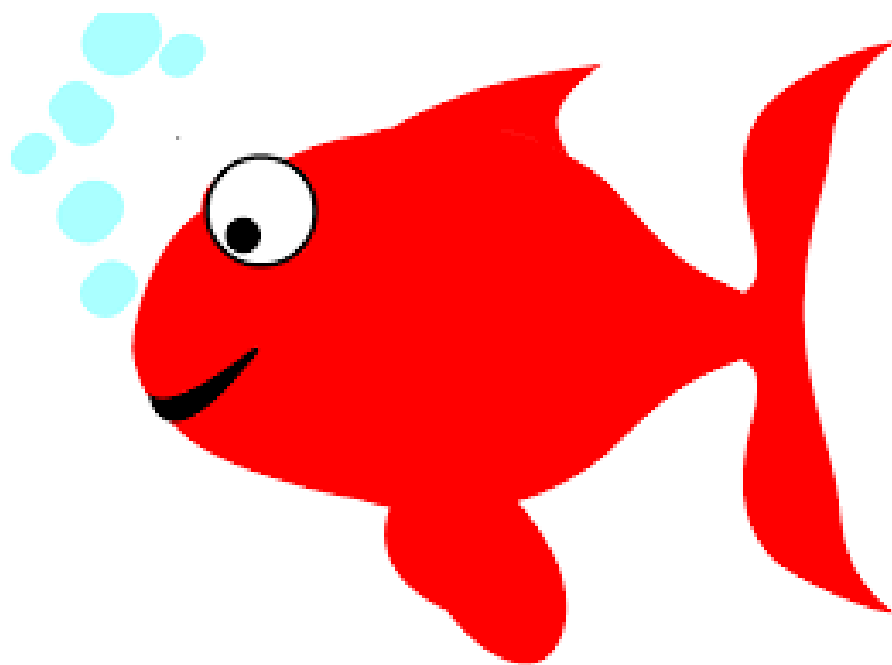


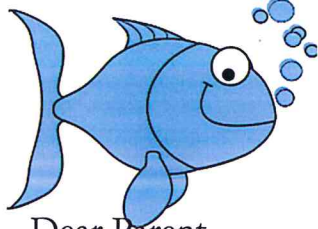
Summer Packet

A-E



Names:

4th to 5th Grade Summer Packet



Dear Parent,

The primary purpose of the Summer Packet is for your child to review some of the concepts and to be challenged as he/she looks ahead to the 5th Grade. To make this a successful project, your parental support is greatly needed. Your encouragement will help your child complete this packet without feeling overwhelmed.

You can help by creating a structured schedule which will allow your child to get the work done and also have fun doing the other activities you have planned for the vacation. Assignments in the packet are designed to reinforce skills for the next school year.

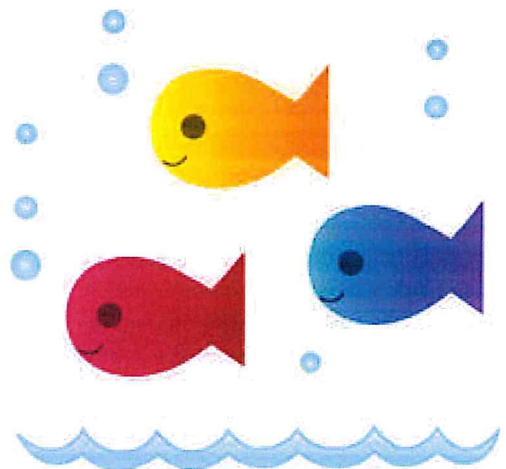
In addition to this packet, your child is required to complete a summer reading book report. The guidelines for summer reading are on the following page. There will only be one book for all students to read and complete a book report before coming back to school in August.

Have a safe and blessed summer and I look forward to an exciting school year.

May God continue to bless you and your family

Sincerely,

Mrs. Leah Ware



4th to 5th Grade Summer Packet

Dear Parent,

It has been shown time and again that when students spend a whole summer without practicing the skills they learned the previous year, they forget those concepts.

To help you and your child avoid this “memory loss” which often leaves the students struggling to get back into learning mode in August, we have prepared this packet for your child to work on during the upcoming weeks of summer. The primary purpose of the Summer Packet is for your child to review some of the concepts and to be challenged as he/she looks ahead to the 5th grade.

To make this a successful project, your parental support is greatly needed. Your wise encouragement will help your child complete this packet without feeling overwhelmed, while at the same time being challenged. You can help by creating a structured schedule which will allow your child to get some work done and also have fun doing the other activities you have planned for the vacation.

In addition to this packet, your child is required to complete a Summer Reading book report. The guidelines for Summer Reading are on the following page. There will be only one book for all students to read and complete a book report before coming back to school in August.

I pray you and your child will have a safe summer and I will be looking forward to seeing you in August.

I appreciate your support.

God bless,

Ms. Slivica

Summer Reading Paper Bag Book Report



Book to read:

Lunch Money by Andrew Clements ISBN: 0689866836

1. Read the book independently. 5 pts.
2. Choose an ordinary paper bag.
 - Then draw a picture of a scene described in your book, but not pictured in your book, or on the front page. (Use the description in the book and your imagination)
 - Include the title, author, and publisher on the front of the paper bag.
 - On the left side of the paper bag, draw and write about an internal conflict in the story. An internal conflict is a struggle someone has in his/her mind.
 - On the right side of the paper bag, draw and write about an external conflict in the story. An external conflict is a struggle someone has with another person.
 - Draw a favorite scene on the back, 25 pts.

3. Choose five to seven items to place in the bag to represent significant events or characters from the book. 10 pts.

For example, "Goldilocks and the Three Bears" might call for a soup spoon, a thermometer, a piece of dollhouse furniture, an ad for running shoes, etc.

4. Write ten questions. The first five questions need to be fact questions.

That means questions answered by reading the story.

For example: How did Alex Haley find his oral language?

The next five questions are thought questions such as: If you were Alex Haley how would you have felt talking with the African people? 20 pts.

5. Write and define ten words that you learned from the book. If you can't find ten words, perhaps your book was too easy. 20 pts.

6. After filling and decorating your bag, writing the two groups of questions, and listing the ten unknown words, present the project to the class. Be sure you speak clearly, slowly, and project your voice for understanding.

Show the class that you have read the book by giving a brief summary.

Then explain why you drew the pictures you drew on all sides of the bag.

Proceed with explaining your items you've placed in the bag.

Close by telling the class if you enjoyed the book and who you would recommend reading the book. 20 pts.

Project is worth 100 pts.

Suggested Summer Reading Book List

The Summer of Stanley	by Natalie Kinsey-Warnock
No Boys Allowed: Poems About Brothers and Sisters	edited by John Micklos, Jr.
Grandma, What Is Prayer?	by Katherine Bohlmann
When Daddy Prays	by Nikki Grimes
Twister	by Darleen Bailey Beard
Say Something	by Peggy Moss
My Secret Bully	by Trudy Ludwig
Quick as a Cricket	by Audrey Wood
My Father's Hands	by Joanne Ryder
Into the Sea	by Brenda Z. Guiberson
Christ's Object Lessons	by Ellen G. White
The Important Book	by Margaret Wise Brown
The Seashore Book	by Charlotte Zolotow
Beans to Chocolate	by Inez Snyder
If You Lived at the Time of the Civil War	by Kay Moore
The Story of Ruby Bridges	by Robert Coles
From Peanuts to Peanut Butter(From Farm to Table)	by Kristin Thoennes
The Peanut Butter Jam	by Elizabeth Sussman Nassau
Grandfather's Journey	by Allen Say
How My Parents Learned to Eat	by Ina R. Friedman
Iditarod Dream: Dusty and His Sled Dogs Compete in Alaska's Jr. Iditarod	by Ted Wood
How Do Birds Find Their Way?	by Roma Gans
What's a Bathtub Doing in My Church? Fifteen Questions Kids Ask about Baptism, Salvation, and Snorkels	by Kevin Spear

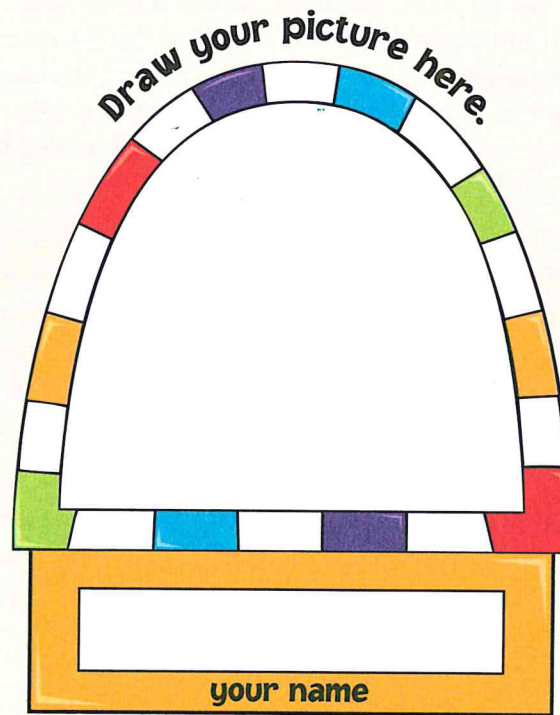
The Original
**Summer Bridge
Activities™**

Fourth to Fifth Grade

SBA was created by
Michele D. Van Leeuwen

written by
**Julia Ann Hobbs
Carla Dawn Fisher**

illustrations by
**Magen Mitchell
Amanda Sorensen**



Summer Learning Staff

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Super Summer Science pages © 2002 The Wild Goose Company and Carson-Dellosa.

Dear Parents,

The summer months are a perfect time to reconnect with your child on many levels after a long school year. Your personal involvement is so important to your child's immediate and long-term academic success. No matter how wonderful your child's classroom experience is, your involvement outside the classroom will make it that much better!

Summer Bridge Activities™ is the original summer workbook developed to help parents support their children academically while away from school, and we strive to improve the content, the activities, and the resources to give you the highest quality summer learning materials available. Ten years ago, we introduced **Summer Bridge Activities™** to a small group of teachers and parents after I had successfully used it to help my first grader prepare for the new school year. It was a hit then, and it continues to be a hit now! Many other summer workbooks have been introduced since, but **Summer Bridge Activities™** continues to be the one that both teachers and parents ask for most. We take our responsibility as the leader in summer education seriously and are always looking for new ways to make summer learning more fun, more motivating, and more effective to help make your child's transition to the new school year enjoyable and successful!

We are now excited to offer you even more bonus summer learning materials online at www.SummerBridgeActivities.com! This site has great resources for both parents and kids to use on their own and together. An expanded summer reading program where kids can post their own book reviews, writing and reading contests with great prizes, assessment tests, travel packs, and even games are just a few of the additional resources that you and your child will have access to with the included **Summer Bridge Activities™** Online Pass Code.

Summer Learning has come a long way over the last 10 years, and we are glad that you have chosen to use **Summer Bridge Activities™** to help your children continue to discover the world around them by using the classroom skills they worked so hard to obtain!

Have a wonderful summer!

Michele Van Leeuwen and the Summer Learning Staff!

Hey Kids!

We bet you had a great school year! Congratulations on all your hard work! We just want to say that we're proud of the great things you did this year, and we're excited to have you spend time with us over the summer. Have fun with your **Summer Bridge Activities™** workbook, and visit us online at www.SummerBridgeActivities.com for more fun, cool, and exciting stuff!

Have a great summer!



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Official Pass Code

kk0731r

Log on to www.SummerBridgeActivities.com and join!

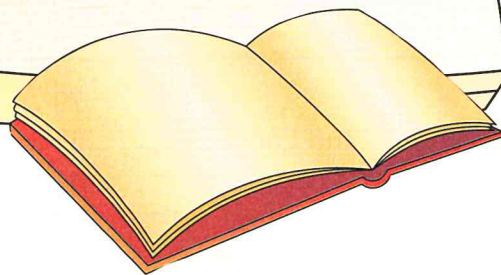
Sections of SBA

- There are three sections in SBA: the first and second review, the third previews.
- Each section begins with an SBA Motivational Calendar.
- Each day your child will complete an activity in reading, writing, math, and language. The activities become progressively more challenging.
- Each page is numbered by day.

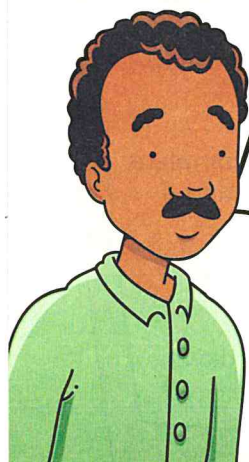
Here's what you will find inside

Summer Bridge Activities™

Exercises in **Summer Bridge Activities™** (SBA) are easy to understand and presented in fun and creative ways that motivate children to review familiar skills while being progressively challenged. In addition to basic skills in reading, writing, math, and language arts, SBA contains activities that challenge and reinforce skills in geography and science!



Here are some groups who say our books are great!



Mr. Fredrickson

☀ Daily exercises review and preview skills in reading, writing, math, and language arts, with additional activities in geography and science. Activities are presented in half-page increments so kids do not get overwhelmed and are divided into three sections to correlate with traditional summer vacation.

☀ Bonus Super Summer Science pages provide hands-on science activities.

☀ A Summer Reading List introduces kids to some of today's popular titles as well as the classics. Kids can rate books they read and log on to www.SummerBridgeActivities.com to post reviews, find more great titles, and participate in national reading and writing contests!

☀ Motivational Calendars begin each section and help kids achieve all summer long.

☀ Discover Something New lists offer fun and creative activities that teach kids with their hands and get them active and learning.

☀ Grade-specific flashcards provide a great way to reinforce basic skills in addition to the written exercises.

☀ Removable Answer Pages ensure that parents know as much as their kids!

☀ A Certificate of Completion for parents to sign congratulates kids for their work and welcomes them to the grade ahead.

☀ A grade-appropriate, official Summer Fun pass code gives kids and parents online access to more bonus games, contests, and resources at www.SummerBridgeActivities.com.

Ways to Maximize

The Original **Summer Bridge Activities™**



First, let your child explore the book. Flip through the pages and look at the activities with your child to help him become familiar with the book.



Help select a good time for reading or working on the activities. Suggest a time before your child has played outside and becomes too tired to do the work.



Provide any necessary materials. A pencil, ruler, eraser, or reference works may be required.



Offer positive guidance. Remember, the activities are not meant to be tests. You want to create a relaxed and positive attitude toward learning. Work through at least one example on each page with your child. "Think aloud" and show your child how to solve problems.



Give your child plenty of time to think. You may be surprised by how much children can do on their own.



Stretch your child's thinking beyond the page. If you are reading a book, you might ask, "What do you think will happen next?" or "What would you do if this happened to you?" Encourage your child to talk about her interests and observations about the world around her.



Reread stories and occasionally flip through completed pages. Completed pages and books will be a source of pride to your child and will help show how much he accomplished over the summer.



Read and work on activities while outside. Take the workbook out in the backyard or on a family campout. It can be fun wherever you are!



Encourage siblings, relatives, and neighborhood friends to help with reading and activities. Other children are often perfect for providing the one-on-one attention necessary to reinforce reading skills.



Give plenty of approval! Stickers and stamps are effective for recognizing a job well done. At the end of the summer, your child can feel proud of her accomplishments and will be eager for school to start.

Skills List

Language Arts/Reading



Parent:

Exercises for these skills can be found inside **Summer Bridge Activities™** and can be used for extra practice. The skills lists are a great way to discover your child's strengths or what skills may need additional reinforcement.

- Is able to complete analogies
- Recognizes compound words
- Recognizes contractions
- Recognizes antonyms, synonyms, and homonyms
- Recognizes tenses of verbs
- Recognizes parts of speech
- Uses correct punctuation
- Recognizes complete and incomplete sentences
- Uses possessives properly
- Can identify the main idea from context clues in a story
- Can identify the setting of a story
- Can identify the conflict of a story
- Can identify the conclusion of a story
- Can identify cause and effect relationships in a story
- Can make predictions from content clues
- Can identify common abbreviations
- Uses the writing and editing process correctly
- Can use a dictionary and encyclopedia
- Can identify prefixes and suffixes
- Is able to construct a short story
- Is able to write a friendly letter
- Reads and writes for pleasure
- Recognizes literary genres: poetry, nonfiction, tall tales, etc.
- Can properly address an envelope



Skills List

Math

- Recognizes numbers to 9,999,999
- Can identify 2- and 3-dimensional geometric shapes
- Can read and interpret a graph
- Understands place value up to the millions place
- Is able to use decimals to the hundredths place
- Can recall all addition facts (sums to 24)
- Can recall all subtraction facts (subtrahends: 0–10)
- Can recall all multiplication facts (factors: 0–12)
- Can recall all division facts (divisors: 1–9)
- Performs 4-digit addition with regrouping
- Performs 4-digit subtraction with regrouping
- Can make estimations
- Can count money to make change
- Can perform money addition problems using a decimal point
- Can perform money subtraction problems using a decimal point
- Can tell time by the minute
- Can measure using standard units and the metric system
- Can order fractions
- Can find equivalent fractions
- Can subtract fractions
- Can perform money multiplication problems using a decimal point
- Can perform money division using a decimal point
- Uses problem-solving strategies to complete math problems



Summertime = Reading Time!

We all know how important reading is, but this summer show kids how **GREAT** the adventures of reading really are! Summer learning and summer reading go hand-in-hand, so here are a few ideas to get you up and going:

Encourage your child to read out loud to you and make a theatrical performance out of even the smallest and simplest read. Have fun with reading and impress the family at the campsite next to you at the same time!

Establish a time to read together each day. Make sure and ask each other about what you are reading and try to relate it to something that may be going on within the family.

Show off! Let your child see you reading for enjoyment and talk about the great things that you are discovering from what you read. Laugh out loud, stamp your feet—it's summertime!

Sit down with your child and establish a summer reading program. Use our cool Summer Reading List and Summer Reading Program at www.SummerBridgeActivities.com, or visit your local bookstore and, of course, your local library. Encourage your child to select books on topics he is interested in and on his reading level. A rule of thumb for selecting books at the appropriate reading level is to choose a page and have your child read it out loud. If he doesn't know five or more of the words on the page, the book may be too difficult.

Books to Read



The Summer Reading List has a variety of titles, including some found in the Accelerated Reader Program.



We recommend parents read to pre-kindergarten through 1st grade children 5–10 minutes each day and then ask questions about the story to reinforce comprehension. For higher grade levels, we suggest the following daily reading times: grades 1–2, 10–20 min.; grades 2–3, 20–30 min.; grades 3–4, 30–45 min.; grades 4–6, 45–60 min.



It is important to decide an amount of reading time and write it on the SBA Motivational Calendar.

Use your surroundings (wherever you are) to show your child how important reading is on a daily basis. Read newspaper articles, magazines, stories, and road maps during the family vacation...just don't get lost!

Find books that tie into your child's experiences. If you are going fishing or boating, find a book on the subject to share. This will help your child learn and develop interests in new things.

Get library cards! Set a regular time to visit the library and encourage your child to have her books read and ready to return so she is ready for the next adventure! Let your child choose her own books. It will encourage her to read and pursue her own interests.

Make up your own stories! This is great fun and can be done almost anywhere—in the car, on camping trips, in a canoe, on a plane! Encourage your child to tell the story with a beginning, middle, AND end! To really challenge each other, start with the end, then middle, and then the beginning—yikes!

Motivational Calendar



Month _____

My parents and I decided that if I complete
15 days of **Summer Bridge Activities™** and
read _____ minutes a day, my incentive/reward will be:

Child's Signature _____ Parent's Signature _____

Day 1	★	📖	_____	Day 9	★	📖	_____
Day 2	★	📖	_____	Day 10	★	📖	_____
Day 3	★	📖	_____	Day 11	★	📖	_____
Day 4	★	📖	_____	Day 12	★	📖	_____
Day 5	★	📖	_____	Day 13	★	📖	_____
Day 6	★	📖	_____	Day 14	★	📖	_____
Day 7	★	📖	_____	Day 15	★	📖	_____
Day 8	★	📖	_____				

Child: Color the ★ for daily activities completed.

Color the 📖 for daily reading completed.

Parent: Initial the _____ when all activities are complete.



Discover Something New!



Fun Activity Ideas to Go Along with Section One!

- 1 Describe what you look like and write it down.
- 2 Polish a pair of your mom's or dad's shoes and put a love note in the toe.
- 3 Visit a sick neighbor, friend, or relative.
- 4 In the evening, look at the sky. Find the first star and make a wish.
- 5 Pick one of your favorite foods and learn how to make it.
- 6 Make a picnic lunch for two; then invite a friend over and have a picnic in your backyard.

- 7 Start a diary.
- 8 Ask your mom or dad for an old map and plan a trip. Decide on a destination and highlight your route. Figure out how many days it would take, where you would stop, and what you would like to see. Use the legend on the map to help you make these decisions.
- 9 Hold a fire drill in your home.
- 10 Find some old socks, buttons, yarn, and needle and thread. Make puppets and name them. Then find a cardboard box and paint it. Cut a hole in the front to put the puppets through and put on a puppet show for younger children.
- 11 Feed the birds.
- 12 Learn how to do something you have always wanted to do, like play the guitar, cross-stitch, rollerblade, cook pizza, train your dog, etc.
- 13 Have a watermelon bust.
- 14 Write a story about your friend.
- 15 Make a pitcher of lemonade or tropical Kool-Aid and sell it in front of your house.



Summer Reading List

Fill in the stars and rate your favorite (and not so favorite) books here and online at www.SummerBridgeActivities.com!

- 1 = I struggled to finish this book.
- 2 = I thought this book was pretty good.
- 3 = I thought this book rocked!
- 4 = I want to read this book again and again!

Frindle



Clements, Andrew

Stone Fox



Gardiner, John R.

Chasing Redbird

Creech, Sharon



Lily's Crossing

Giff, Patricia R.



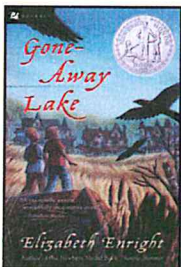
Gone-Away Lake

Enright, Elizabeth



The Reluctant Dragon

Graham, Kenneth



Join Portia, Foster, and Julian for their enchanted summer as they discover the hidden wonders of a summer retreat whose residents have dwindled to two—elderly Minnehaha Cheever and her brother, Pindar Payton.

Good-Bye, My Wishing Star

Grove, Vicki



Time for Andrew: A Ghost Story

Hahn, Mary Downing



Who knew that finding a bag of marbles under the attic floorboards could change two boys' lives forever? A thrilling tale of time travel and intrigue.

Fourth Graders Don't Believe in Witches

Fields, Terri



The Whipping Boy

Fleischman, Sid



Rabbit Hill



Lawson, Robert

Island of the Blue Dolphins

O'Dell, Scott



Strawberry Girl

Lenski, Lois



Mick Harte Was Here

Park, Barbara



Chocolate Covered Ants

Manes, Stephanie



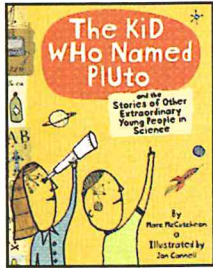
Poison Ivy and Eyebrow Wigs

Pryor, Bonnie



The Kid Who Named Pluto

McCutcheon, Marc



This book showcases the work and lives of nine people who were very young when they began making significant contributions to science. Who named Pluto? That would be 11-year-old Venetia Burney.

Holes

Sachar, Louis



Knights of the Kitchen Table

Scieszka, Jon



The Rag Coat

Mills, Lauren A.



Series of Unfortunate Events

Snicket, Lemony



Owls in the Family

Mowat, Farley



Orphan Train Rider: One Boy's True Story

Warren, Andrea



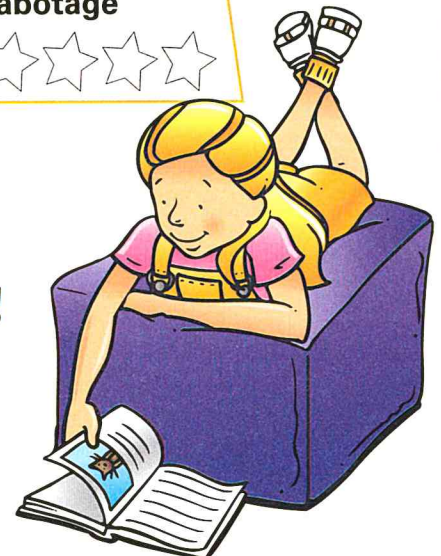
Stepbrother Sabotage

Wittman, Sally



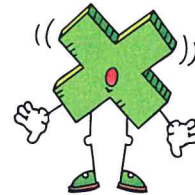
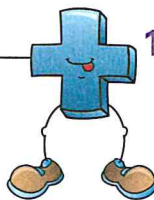
Join the SBA Kids Summer Reading Club!

Quick! Get Mom or Dad to help you log on and join the SBA Kids Summer Reading Club. You can find more great books, tell your friends about your favorite titles, and even win cool prizes! Log on to www.SummerBridgeActivities.com and sign up today.



Mixed Skills Practice. Watch the operation signs.

- | | | |
|--------------------------|--------------------------|--------------------------|
| 1. $13 - 5 =$ _____ | 2. $9 + 2 =$ _____ | 3. $6 \times 5 =$ _____ |
| 4. $17 - 9 =$ _____ | 5. $1 \times 2 =$ _____ | 6. $15 - 9 =$ _____ |
| 7. $0 \div 3 =$ _____ | 8. $10 \div 2 =$ _____ | 9. $30 \div 6 =$ _____ |
| 10. $3 \times 6 =$ _____ | 11. $4 \times 3 =$ _____ | 12. $6 + 9 =$ _____ |
| 13. $6 + 4 =$ _____ | 14. $13 + 5 =$ _____ | 15. $27 \div 3 =$ _____ |
| 16. $20 \div 4 =$ _____ | 17. $6 - 0 =$ _____ | 18. $9 \times 7 =$ _____ |



Find the missing number.

- | | | |
|---------------------------|-----------------------------|-----------------------------|
| 19. $18 \div \square = 6$ | 20. $\square \div 4 = 8$ | 21. $\square + 6 = 12$ |
| 22. $5 + \square = 6$ | 23. $3 \times \square = 21$ | 24. $4 \times \square = 36$ |
| 25. $10 - \square = 3$ | 26. $\square \div 6 = 4$ | 27. $\square - 6 = 7$ |
| 28. $24 \div \square = 3$ | 29. $\square + 4 = 9$ | 30. $\square \times 7 = 0$ |

Write yes before each group of words that make a sentence. Write no if the group is not a sentence. (**Remember:** A sentence is a group of words that express a complete thought.)

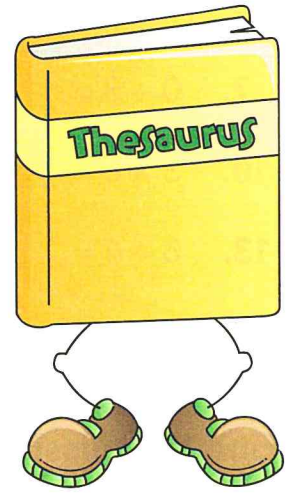


- | | |
|-------------------------------------|-----------------------------------|
| ___ 1. Tom carried the canned food. | ___ 2. Will you feed the pets? |
| ___ 3. Butterflies have beautiful. | ___ 4. Don't forget to call me. |
| ___ 5. For his tenth birthday. | ___ 6. Wrapped the gift. |
| ___ 7. Turtles have hard shells. | ___ 8. We will turn to page. |
| ___ 9. Everyone enjoyed the trip. | ___ 10. Ants are insects. |
| ___ 11. Have you fastened? | ___ 12. Do you have hiking boots? |
| ___ 13. Wash your hands before. | ___ 14. Cats are furry. |

A **thesaurus** is a reference book that contains synonyms and antonyms. In each row below, circle the word that does not belong. (Use a thesaurus if needed.)



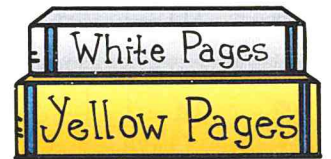
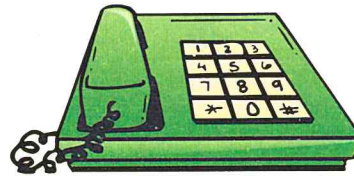
- | | | | |
|------------|----------|---------|-----------|
| 1. maxim | saying | pledge | proverb |
| 2. folk | tribe | clan | enemy |
| 3. time | moon | globe | satellite |
| 4. notice | overlook | observe | see |
| 5. daystar | sun | orb | planet |
| 6. leader | follower | first | alpha |
| 7. mention | remark | play | comment |
| 8. goose | pig | duck | swan |



Seek and Find. The telephone book is a reference book. There is a lot of useful information in a telephone book.



The **White Pages** list people's names and telephone numbers in alphabetical order by last name.



The **Yellow Pages** list businesses' telephone numbers by type of business. **Emergency** information is in the front of the book.

- Find a friend's name and number in the telephone book and write it down.

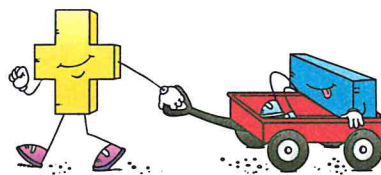
- Look up and list the phone numbers that would be helpful to you in case of an emergency.

- Find your school's phone number. _____

- Look up your favorite restaurant's phone number. _____

- Look up the phone numbers of your favorite places to go. _____

Add or subtract these 3- or 4-digit numbers.



Day
2

1.
$$\begin{array}{r} 681 \\ + 145 \\ \hline \end{array}$$

2.
$$\begin{array}{r} 428 \\ - 119 \\ \hline \end{array}$$

3.
$$\begin{array}{r} 4,918 \\ + 3,928 \\ \hline \end{array}$$

4.
$$\begin{array}{r} 2,830 \\ - 519 \\ \hline \end{array}$$



5.
$$\begin{array}{r} 248 \\ + 48 \\ \hline \end{array}$$

6.
$$\begin{array}{r} 569 \\ - 247 \\ \hline \end{array}$$

7.
$$\begin{array}{r} 2,709 \\ + 1,282 \\ \hline \end{array}$$

8.
$$\begin{array}{r} 6,219 \\ - 4,356 \\ \hline \end{array}$$

9.
$$\begin{array}{r} 304 \\ - 172 \\ \hline \end{array}$$

10.
$$\begin{array}{r} 143 \\ + 219 \\ \hline \end{array}$$

11.
$$\begin{array}{r} 3,744 \\ - 1,378 \\ \hline \end{array}$$

12.
$$\begin{array}{r} 7,645 \\ - 564 \\ \hline \end{array}$$

Add the correct word—their or there. Remember: their means “they own” or “have,” and there means “in or at the place,” or it can begin a sentence.



1. _____ must be something wrong with that cow.

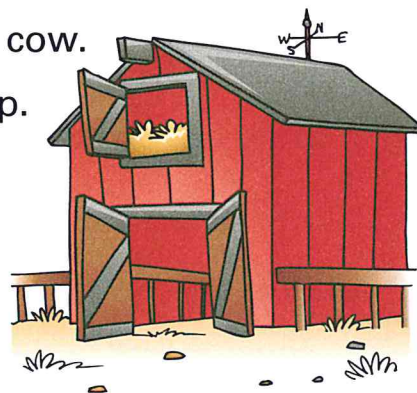
2. The Hills were training _____ horse to jump.

3. We are going to _____ farm tomorrow.

4. Please put the boxes over _____.

5. Will you please sit here, not _____?

6. _____ barn burned down yesterday.

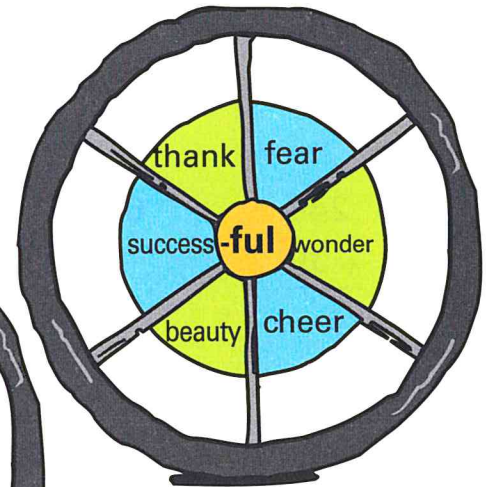
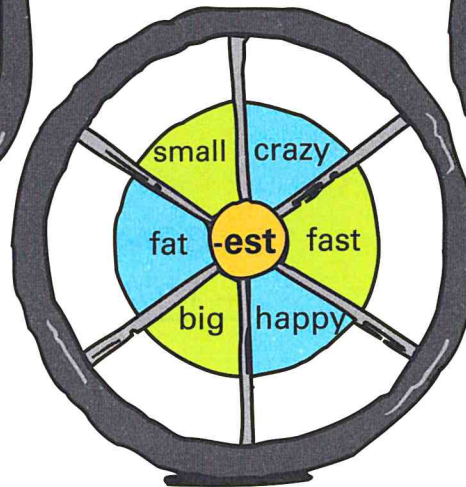
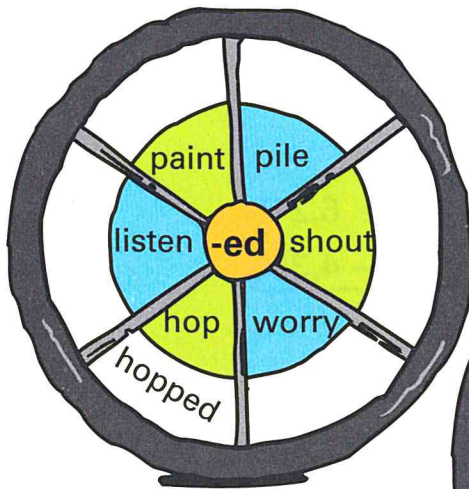


Write four sentences about your school. Use their in two of them and there in the other two.

7. _____
8. _____
9. _____
10. _____

A **suffix** is a syllable added to the end of a base word.

Add the suffix in the middle of the suffix wheel to the end of the base word. Write the new word. **Remember:** You may need to double the final consonant or change a **y** to an **i** when adding a suffix.



Producers and Consumers. Write answers to the following questions or discuss them with an adult.



1. Name some producers. _____
2. How are producers and consumers different? _____

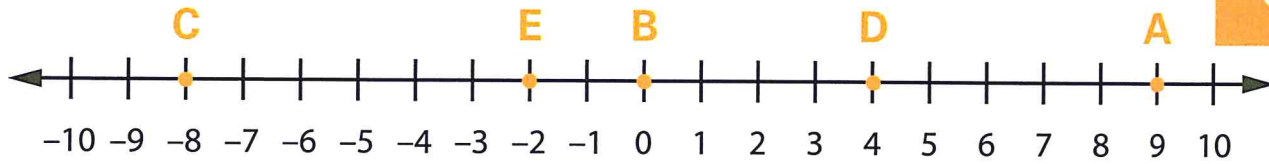
3. What do profit, labor, and wages have to do with producers and consumers? _____
4. How are producers and consumers interdependent? _____

5. How do you think consumers and producers of today are different from consumers and producers of years ago? _____

Give the integer for each letter on the number line.



Day
3



1. A = _____ 2. B = _____ 3. C = _____ 4. D = _____ 5. E = _____

Use $<$, $>$, or $=$ for each \bigcirc .

1. $-8 \bigcirc 8$

2. $0 \bigcirc -3$

3. $15 \bigcirc -16$

4. $|-4| \bigcirc 4$

5. $-12 \bigcirc -20$

6. $-3 \bigcirc |-4|$

Read the following paragraph and answer the questions.



Kangaroos are furry, hopping mammals that live only in Australia. Antelope kangaroos live on the plains in the north. Gray kangaroos live mostly in the grasslands and forests of eastern and southern Australia. Red kangaroos make their home in the deserts and dry grasslands in the central part of the country, and most wallaroos live in dry, rocky hills.

1. What is the main idea of this paragraph?

2. List some of the important details of the paragraph.



What products might we get from the seven major regions of our country? See if you can put the correct region next to the correct products.



- Great Lakes
- Plains
- Mountain
- Pacific
- Southwest
- Southeast
- Northeast

- _____ 1. The main crops are sugarcane, oranges, soybeans, rice, peanuts, and tobacco. The main minerals are oil, iron ore, limestone, and coal. Hickory, oak, maple, and lots of other trees are used for furniture, paper, and other products.
- _____ 2. Fish and shellfish are found here: cod, butterfish, clams, lobsters, squid, sea bass, flounder, sole, and swordfish. Farm products include milk, cheese, eggs, fruits, vegetables, chickens, turkeys, tomatoes, blueberries, cranberries, maple syrup, and grapes. This region also produces lots of coal.
- _____ 3. Record amounts of corn, soybeans, and oats are found here. Other crops include fruits and vegetables. This area is rich in minerals, iron ore, and coal. This area is also rich in dairy products. This is called the "Corn Belt" of the United States.
- _____ 4. Corn and wheat grow well here. A lot of farming, ranching, and mining is done here. Manufacturers produce hot dogs, flour, and breakfast cereals.
- _____ 5. The largest crop in this area is cotton. Other crops are oranges, grapefruit, rice, and wheat. They raise lots of cattle and sheep here. Silver and copper are found in this region. Fuels are also plentiful, such as coal, natural gas, uranium, and oil.
- _____ 6. A wide variety of products come from here because of the two very different climate areas. Products include oil, king crab, salmon, and timber, as well as pineapple, macadamia nuts, fruits, nuts, berries, and vegetables. This area also produces petroleum and natural gas. It has the top agricultural state in the nation, as well as the top commercial fishing region.
- _____ 7. Some of the major minerals found in this region are gold, lead, silver, copper, and zinc. There is also lots of natural gas, coal, and oil to be found. Wheat, peas, beans, sugar beets, and potatoes are grown here. Ranching includes beef cattle, sheep, and dairy cows.

Estimating Sums and Differences. When estimating numbers, round them off; then add or subtract. Remember: Answers are not exact.

EXAMPLE: $420 + 384 = \underline{\quad}$. 420 is close to 400, and 384 is close to 400, so your answer would be 800 when estimating. Try estimating these problems!



1. $88 + 19 = \underline{\quad}$
2. $81 + 75 = \underline{\quad}$
3. $93 - 85 = \underline{\quad}$
4. $98 - 12 = \underline{\quad}$
5. $93 - 39 = \underline{\quad}$
6. $891 - 551 = \underline{\quad}$
7. $57 - 39 = \underline{\quad}$
8. $24 + 35 = \underline{\quad}$
9. $209 + 179 = \underline{\quad}$
10. $64 + 39 = \underline{\quad}$
11. $56 - 33 = \underline{\quad}$
12. $288 + 398 = \underline{\quad}$
13. $66 + 12 = \underline{\quad}$
14. $30 + 71 = \underline{\quad}$
15. $610 - 273 = \underline{\quad}$

Write the five steps to the writing or composition process. (See page 59 if you need help.) Then write a short story of your own. Use all five steps. You will need additional paper.



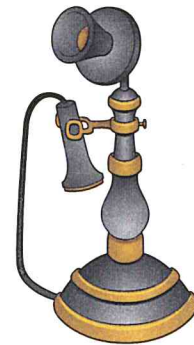
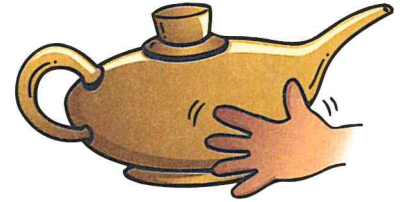
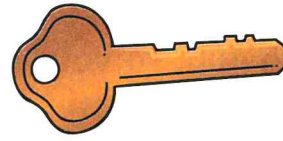
Story: _____

FACTOID

Every time you lick a stamp, you're consuming 1/10 of a calorie.

Prefixes are syllables added to the beginning of a base word. Add a prefix to these base words.

1. Will you unlock the door?
2. Can you ____call what he said?
3. The genie will ____appear if you clap your hands.
4. Janet will ____fold the napkins.
5. Do you ____agree with what I said?
6. Mother is going to ____arrange the front room.
7. The picture was the shape of a ____angle.
8. Everyone needs to come ____board now.
9. Erin and Eli will wear ____forms to the game.
10. You can count on me to ____pay you.
11. Look out for the ____coming traffic!
12. The Damons have six ____phones in their house.



A metaphor compares two different things. Here are a few metaphors written by students:

Homework is a sweaty sock: it stinks!

People are mirrors; you can see yourself in them.

Sleep is a stone, quiet and still.



Write your own metaphors by comparing two different things.

1. Sleep is _____
2. Life is _____
3. Anger is _____
4. Happiness is _____
5. Friendship is _____

Number Families. You can practice basic math facts by using "families of facts."



Day
5

$$\begin{array}{cccc} 7 + 2 = 9 & 2 + 7 = 9 & 9 - 2 = 7 & 9 - 7 = 2 \\ 3 \times 6 = 18 & 6 \times 3 = 18 & 18 \div 3 = 6 & 18 \div 6 = 3 \end{array}$$

Complete the number families below.

1. 9, 7, 16

$$9 + 7 = 16$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

2. 3, 9, 27

$$3 \times 9 = 27$$

$$\underline{\quad} \times \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

3. 8, 5, 40

$$8 \times 5 = 40$$

$$\underline{\quad} \times \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

4. 3, 8, 11

$$3 + 8 = 11$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

5. 3, 4, 12

$$3 \times 4 = 12$$

$$\underline{\quad} \times \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} \div \underline{\quad} = \underline{\quad}$$

6. 612, 208, 820

$$612 + 208 = 820$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

Nouns are words that name people, places, or things.

Common nouns name any person, place, or thing.

Proper nouns name a particular person, place, or thing.

Draw a circle around the common nouns and underline the proper nouns in the following sentences. The first one has been done for you.



1. Many people like to travel in England.
2. Christopher Columbus was an explorer.
3. Antarctica is a continent.
4. The ships crossed the Atlantic Ocean.
5. We paddled the canoe down the Red River.
6. Astronauts explore space for the United States.
7. San Francisco is the city by the bay.
8. Julie and Ashley visited their aunt in Boston.
9. Mt. Smart is a small mountain in Idaho.
10. Thursday is Andrew's birthday.



FACTOID

Earthquakes can cause rivers to temporarily flow backwards.

Draw lines between these words and their abbreviations.

EXAMPLE:

Sunday	mag.	Friday	tel.
magazine	pd.	principal	Fri.
quart	ex.	telephone	pt.
November	Sun.	volume	ave.
paid	oz.	pint	Oct.
pages	pkg.	William	wk.
ounce	Nov.	October	prin.
package	qt.	street	st.
government	pp.	avenue	Wm.
example	govt.	week	vol.



Our Government. There are three kinds of government: local, state, and federal (or national). Each kind handles problems of different sizes. They try to solve problems that people cannot solve alone. Put the following statements on problem solving and choices in the correct sequence (1, 2, 3, 4).



- _____ Write down the possible results of each choice, whether good or bad.
- _____ List all the choices or possibilities there are in connection to the problem or situation.
- _____ If there is more than one person involved, or if it involves money, people take a vote.
- _____ Decide what is most important and which choice or choices will best solve the problem.

Now choose a problem or choice that you are facing and try to follow some or all of the steps above. This problem or choice may affect just you, or it might affect those around you.

Money Sense. Make sense of these money problems.

1. Cammie has 3 coins worth 11¢. What are the coins?

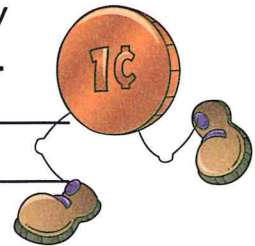
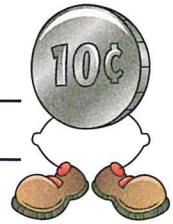
2. Janet has 6 coins worth 47¢. What are the coins?

3. Frankie has 5 coins worth 17¢. What 5 coins add up to 17¢?

4. Tenley has 7 coins. The value of the coins is 20¢. Find 7 coins with the value of 20¢.

5. Jake has 4 coins. One of them is a quarter. The value of his coins is 45¢. What coins does he have?

6. Gary has 6 coins worth 40¢. Find the 6 coins that Gary has with the value of 40¢.



Singular (One) Nouns and Plural (More Than One) Nouns. Write the singular or plural form of the following nouns.



EXAMPLE:

bee bees

EXAMPLE:

boys boy

1. bunny _____
3. cities _____
5. toe _____
7. buses _____
9. branch _____
11. foot _____
13. sheep _____
15. men _____
17. face _____
19. berries _____

2. windows _____
4. child _____
6. libraries _____
8. movie _____
10. goose _____
12. deer _____
14. boxes _____
16. class _____
18. woman _____
20. tax _____

Which word referent should be used in place of the word or words in parenthesis? Write it in the blank. He, she, you, it, they, him, her, them, then, here, us, and there are all word referents.



Barbara and Denise were best friends. (Barbara and Denise) _____ had decided to go on a trip together this summer. With maps and brochures scattered all over Barbara's floor, (Barbara and Denise) _____ started looking for a place to go. One brochure described an interesting place. (The brochure) _____ was about Yellowstone Park. "Let's go (Yellowstone) _____!" cried Denise. "(Yellowstone) _____ would be a fun place to go. I think we should ask my brother to go with us," said Barbara. "(My brother) _____ could do a lot of the driving for (Barbara and Denise) _____."

Tom's car was packed and ready to go the next morning. (The car) _____ was a new 4x4 Ranger. (Barbara, Denise, and Tom) _____ would have taken Barbara's car, but (Barbara's) _____ car had a flat tire.

After driving for two days the travelers got to Yellowstone Park. Tom shouted, "At last we are (at Yellowstone) _____!" (Tom) _____ was tired of driving. (The trip) _____ turned out to be a fun trip for (Barbara, Denise, and Tom) _____.



Points of Interest. What makes the town, state, or country that you live in an interesting place? Write an advertisement to get people to visit or even live in your town, state, or country. What are the points of interest? What makes it special and different from other places?



Geometry Gems



Day
7

Remember: Parallel lines never meet. Perpendicular lines form a right angle where they meet.

Draw a red line parallel to each line segment below.

1.



2.



3.

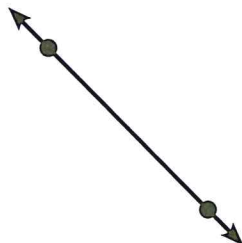


Draw a blue line perpendicular to each line segment below.

4.



5.



6.



Write a proper noun for each of the common nouns listed below.

Remember: Proper nouns start with capital letters.



EXAMPLE:

1. building White House

2. person _____

3. holiday _____

4. desert _____

5. national park _____

6. day _____

7. state _____

8. island _____

9. river _____

10. street _____

Now write a common noun for the following proper nouns.

1. Golden Gate _____

2. Canada _____

3. San Francisco _____

4. Joseph _____

5. Pacific _____

6. Liberty Bell _____

7. November _____

8. Iroquois _____

Adding Thousands. If you have a calculator, use it to check your answers.



Day
8

1.
$$\begin{array}{r} 2,456 \\ + 1,527 \\ \hline \end{array}$$

2.
$$\begin{array}{r} 9,873 \\ + 1,828 \\ \hline \end{array}$$

3.
$$\begin{array}{r} 4,678 \\ + 3,321 \\ \hline \end{array}$$

4.
$$\begin{array}{r} 18,086 \\ + 12,302 \\ \hline \end{array}$$

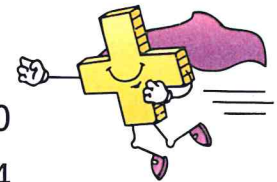
5.
$$\begin{array}{r} 19,873 \\ + 1,828 \\ \hline \end{array}$$

6.
$$\begin{array}{r} 1,465 \\ + 3,035 \\ \hline \end{array}$$

7.
$$\begin{array}{r} 626 \\ 8,024 \\ + 3,643 \\ \hline \end{array}$$

8.
$$\begin{array}{r} 3,481 \\ 309 \\ + 4,877 \\ \hline \end{array}$$

9.
$$\begin{array}{r} 430 \\ 2,824 \\ + 4,099 \\ \hline \end{array}$$



A singular (one) possessive noun is usually formed by adding 's—animal's. A plural (two or more) possessive noun is usually formed by adding s'—animals'. Choose a singular or plural possessive noun from the Word Bank to fill in the blanks. **Hint:** Look at the word after the blank to help you decide if you need a singular or plural.

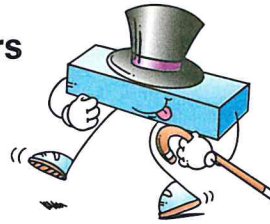


Word Bank

birds'
woman's
child's
dog's
children's
Rabbits'
cows'
lady's
plumbers'
Ann's

- The _____ toy is broken.
- _____ tails are fluffy.
- My _____ leash is black.
- After the accident the _____ tools were all over the road.
- The _____ pets are in a pet show.
- The _____ coat is made of fur.
- We hope that _____ picture will win the prize.
- The _____ mooing was loud and noisy.
- That _____ hat blew away in the windstorm.
- The _____ nests were high up in the trees.

Subtracting Thousands. Check your answers with a calculator if you have one.



**Day
9**

1. $4,888$
 $- 1,777$

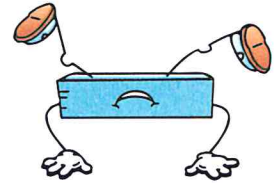
2. $4,314$
 $- 2,532$

3. $3,826$
 $- 49$

4. $5,835$
 $- 1,290$

5. $2,182$
 $- 396$

6. $6,922$
 $- 5,833$



7. $2,493$
 $- 1,617$

8. $22,318$
 $- 17,725$

9. $57,260$
 $- 23,458$

Write the singular and plural possessive forms of the following nouns. The first one is done for you.



<u>Singular</u>	<u>Possessive</u>	<u>Plural</u>	<u>Possessive</u>
boy	<u>boy's</u>	boys	<u>boys'</u>
key	_____	keys	_____
bird	_____	birds	_____
mouse	_____	mice	_____
puppy	_____	puppies	_____
woman	_____	women	_____
class	_____	classes	_____
rollerblade	_____	rollerblades	_____
flag	_____	flags	_____
computer	_____	computers	_____

FACTOID

Cats and dogs haven't rained down from the sky, but fish, frogs, beetles, and worms have!

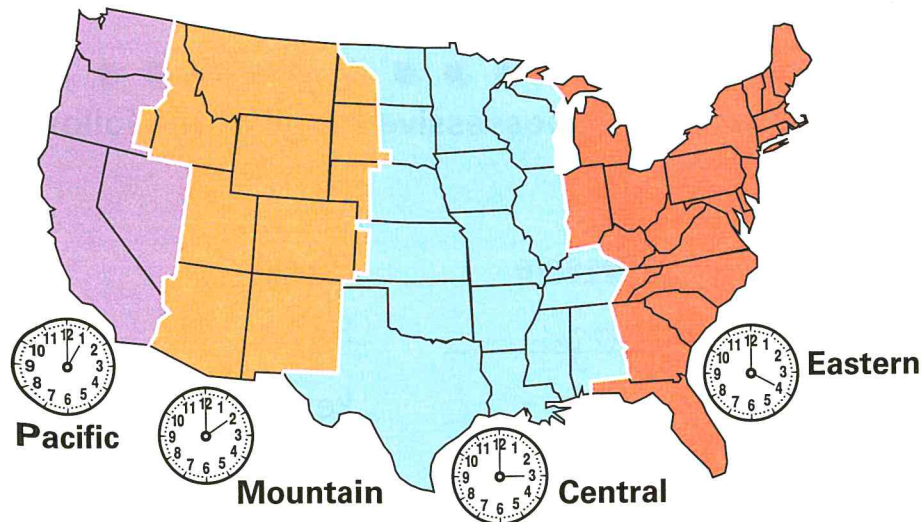


Cross out the word that does not belong in the sentence.

EXAMPLE: It's great that we ~~is~~ often agree on things.

- All butterflies will be gone went by October.
- Idaho are is known as the "Potato State."
- She will hid hide behind that large old tree.
- I have ridden rode my horse regularly this summer.
- Our dog consistently goes to that corner to dig digging.
- My baby sister always drinks drank her milk.
- Lee Ann had to swept sweep out the garage.
- I were was very irritated with my friend.
- How long have you known know Susan Green?
- We have has been forbidden to go into the cave.
- Have you done did your chores?
- The scared boy ran run all the way home.

Time Zones. Unscramble the answers.

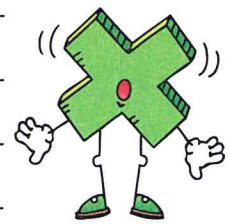


- Time zones are different because of the usn. _____
- As we go east the time is treal. _____
- As we go west the time is rri laee. _____
- You can find time zone maps in a lwdro manaacl. _____
- If you want to find the time in a certain zone to the east, you might want to dad suohr _____, not trtbuacs suohr. _____
- Remember, different parts of the world receive sunlight at different times. That is why we have different meit sonze. _____

Multiplication. Find each product.

EXAMPLE:

- | | | |
|--------------------------------------|--------------------------------------|---------------------------------------|
| 1. $9 \times 2 = 18$ | 2. $1 \times 9 = \underline{\quad}$ | 3. $7 \times 9 = \underline{\quad}$ |
| 4. $8 \times 4 = \underline{\quad}$ | 5. $4 \times 7 = \underline{\quad}$ | 6. $9 \times 9 = \underline{\quad}$ |
| 7. $5 \times 6 = \underline{\quad}$ | 8. $8 \times 3 = \underline{\quad}$ | 9. $8 \times 5 = \underline{\quad}$ |
| 10. $7 \times 3 = \underline{\quad}$ | 11. $3 \times 3 = \underline{\quad}$ | 12. $3 \times 4 = \underline{\quad}$ |
| 13. $4 \times 6 = \underline{\quad}$ | 14. $6 \times 3 = \underline{\quad}$ | 15. $5 \times 5 = \underline{\quad}$ |
| 16. $9 \times 5 = \underline{\quad}$ | 17. $6 \times 9 = \underline{\quad}$ | 18. $8 \times 7 = \underline{\quad}$ |
| 19. $8 \times 6 = \underline{\quad}$ | 20. $6 \times 6 = \underline{\quad}$ | 21. $7 \times 3 = \underline{\quad}$ |
| 22. $5 \times 7 = \underline{\quad}$ | 23. $9 \times 4 = \underline{\quad}$ | 24. $8 \times 8 = \underline{\quad}$ |
| 25. $3 \times 9 = \underline{\quad}$ | 26. $7 \times 7 = \underline{\quad}$ | 27. $9 \times 11 = \underline{\quad}$ |
| 28. $7 \times 6 = \underline{\quad}$ | 29. $7 \times 8 = \underline{\quad}$ | 30. $9 \times 10 = \underline{\quad}$ |



Main Verbs and Helping Verbs. Helping verbs help the main verb. The main verb shows action. Underline the main verbs. Circle the helping verbs.

EXAMPLE:

- It has been raining for five days.
- Jack had finished his lessons before 10:00.
- I have enjoyed the children this month.
- We were cleaning the house for our friend.
- The babies have been sleeping for two hours.



Fill in the blank with a helping verb.

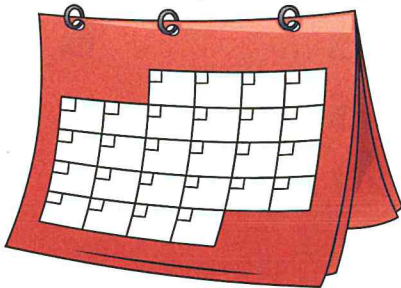
- David _____ diving into the pond.
- The pool _____ used all summer.
- I _____ waiting for them to fix it.
- They _____ working on it for three weeks.
- It _____ fun without the pool.



Calendar. The months of the year and the days of the week are written below in order. On the lines below write the months and days in alphabetical order. Write in cursive.



January February March April May June July
 August September October November December
 Sunday Monday Tuesday Wednesday Thursday Friday Saturday

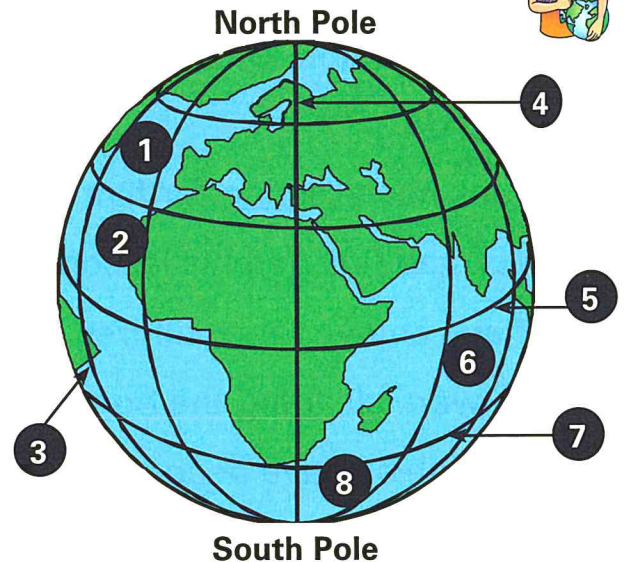


- | | | |
|----------|-----------|-----------|
| 1. _____ | 4. _____ | 12. _____ |
| 2. _____ | 5. _____ | 13. _____ |
| 3. _____ | 6. _____ | 14. _____ |
| | 7. _____ | 15. _____ |
| | 8. _____ | 16. _____ |
| | 9. _____ | 17. _____ |
| | 10. _____ | 18. _____ |
| | 11. _____ | 19. _____ |

World Globe. Read the information given; then label the following:



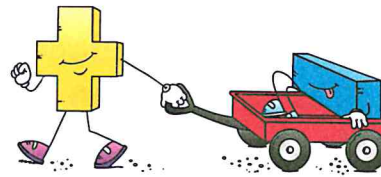
- 1 Northern _____
- 2 Western _____
- 3 Line of _____
- 4 Prime _____
- 5 _____
- 6 Eastern _____
- 7 Line of _____
- 8 Southern _____



We use different terms to locate places on maps and globes. We use lines of latitude to go around the globe from east to west. These lines run parallel to each other, never touching each other. Lines of longitude run north and south on a map or globe and are sometimes called meridians.

The equator is a line of latitude running west to east that divides the earth in half. The top half is called the Northern Hemisphere; the bottom half is called the Southern Hemisphere. The prime meridian is a line of longitude. It runs from north to south. All longitudes are determined based on the prime meridian.

Adding or Subtracting Thousands.
Check your answers using a calculator
if you have one.



- | | | | |
|---|--|--|--|
| 1. $7,458$
$- 3,762$
<hr/> | 2. $8,562$
$+ 2,163$
<hr/> | 3. $5,585$
$- 2,609$
<hr/> | 4. $6,052$
$- 5,381$
<hr/> |
| 5. $36,814$
$- 7,523$
<hr/> | 6. $53,397$
$+ 39,288$
<hr/> | 7. $19,506$
$+ 34,947$
<hr/> | 8. $18,103$
$- 9,079$
<hr/> |
| 9. $3,245$
$5,029$
$+ 6,981$
<hr/> | 10. $9,421$
$8,389$
$+ 4,506$
<hr/> | 11. $3,340$
$7,189$
$+ 4,482$
<hr/> | 12. $46,306$
$18,782$
$+ 3,115$
<hr/> |

Present tense verbs happen now. Past tense verbs have already happened. Write the past or present tense for these verbs.



	<u>Present</u>	<u>Past</u>		<u>Present</u>	<u>Past</u>
EX.	stay	<i>stayed</i>	1.	_____	thanked
2.	hop	_____	3.	_____	called
4.	skate	_____	5.	_____	sprained
6.	love	_____	7.	_____	wrapped
8.	play	_____	9.	_____	hugged

Past Tense with a Helper. Write the past tense.

	<u>Present</u>	<u>Past Tense with Helping Verb</u>
EX.	walk	has, have, had <i>walked</i>
1.	jog	has, have, had _____
2.	hurry	has, have, had _____
3.	empty	has, have, had _____
4.	chase	has, have, had _____

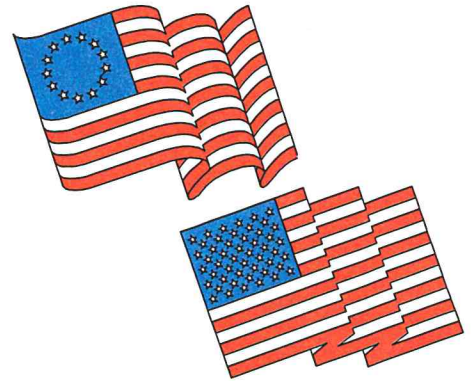


The Continental Congress adopted the first official American flag in Philadelphia, Pennsylvania, on June 14, 1777. History tells us that at that particular time the thirteen colonies were fighting for their liberty. The flag was a symbol of unity.



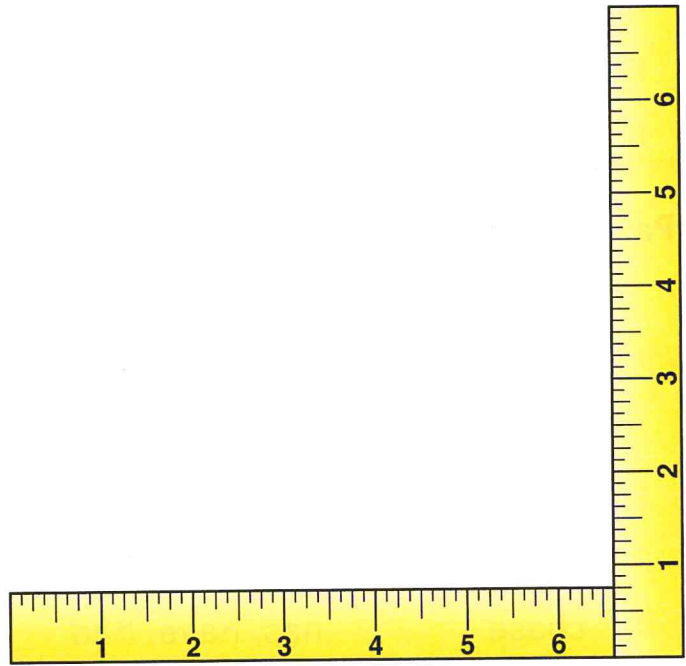
Choose one or more of the following activities.

1. Compare our flag today with the first American flag. Write a short paragraph about it.
2. Write what your life may have been like during that time.
3. Find out what the stars, stripes, and colors of the flag stand for and write about them.





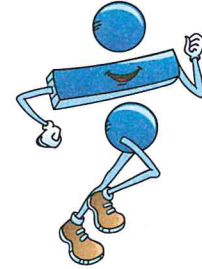
Your Choice of Rooms. Choose a room in your house and measure the floor space. Measure it in either feet or meters. Draw and label it.



Division. Find each quotient.



1. $20 \div 4 =$ _____
2. $28 \div 4 =$ _____
3. $14 \div 7 =$ _____
4. $0 \div 2 =$ _____
5. $42 \div 6 =$ _____
6. $30 \div 5 =$ _____
7. $32 \div 4 =$ _____
8. $25 \div 5 =$ _____
9. $81 \div 9 =$ _____
10. $49 \div 7 =$ _____
11. $18 \div 6 =$ _____
12. $63 \div 7 =$ _____
13. $40 \div 5 =$ _____
14. $36 \div 9 =$ _____
15. $72 \div 9 =$ _____
16. $54 \div 6 =$ _____
17. $48 \div 6 =$ _____
18. $32 \div 8 =$ _____
19. $45 \div 9 =$ _____
20. $36 \div 6 =$ _____
21. $54 \div 9 =$ _____



Fill in the blanks with the past tense verb. Hint: You will have to change the spelling. The first one is done for you.



Present

Past Tense

- EX. Bells ring. Bells rang.
1. We eat. We _____.
 2. I wear it. I _____ it.
 3. I throw rocks. I _____ rocks.
 4. I say no. I _____ no.
 5. They take turns. They _____ turns.



Fill in the blank with the past tense of the verb.

6. Sam _____ he wanted to stay in touch with Kit. (know)
7. Katie _____ a letter to Ron. (write)
8. He _____ his friend with him. (bring)
9. The men _____ to dig the ditch. (begin)
10. That little girl _____ her doll again. (break)
11. I _____ her new car to the play. (drive)

FACTOID

Manhole covers are round because a round cover will never fall through the hole.



Replace the word **said** in these sentences with another word that fits the meaning.

EXAMPLE:

1. The man (said) yelled, "Get that cat out of here!"
2. Margaret (said) _____, "Please, don't do that."
3. Mother always (said) _____, "A stitch in time saves nine."
4. "Is it time to go home so soon?" (said) _____ Mike.
5. "I don't like vegetables in soups," (said) _____ Dad.
6. "My sore throat still hurts," (said) _____ Nicholas.
7. The boy with a mouth full of candy (said) _____ he wanted more.
8. I called Megan on the phone, and she (said) _____, "There's no school today."
9. The shopkeeper (said) _____, "Do you want red or orange socks?"
10. Kristine Jones (said) _____ her mother makes the best cookies.

Using Guide Words. Look at the words in the Word Bank. Print each word in alphabetical order below the two guide words it would appear between in a dictionary.



Word Bank

aggravate	aboard	about	aid	ailment
above	affect	after	agree	afford

1. aardvark	afghan	2. Africa	aim
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Multiplication with Three Factors. Find the product of the three factors.



**Day
13**

EXAMPLE: $6 \times 1 \times 3 = 6 \times 1 = 6 \times 3 = 18$

1. $2 \times 4 \times 2 = \underline{\quad}$
2. $3 \times 3 \times 5 = \underline{\quad}$
3. $4 \times 2 \times 2 = \underline{\quad}$
4. $2 \times 5 \times 1 = \underline{\quad}$
5. $4 \times 2 \times 4 = \underline{\quad}$
6. $2 \times 3 \times 7 = \underline{\quad}$
7. $0 \times 9 \times 9 = \underline{\quad}$
8. $3 \times 2 \times 3 = \underline{\quad}$
9. $3 \times 3 \times 3 = \underline{\quad}$
10. $5 \times 2 \times 2 = \underline{\quad}$
11. $4 \times 2 \times 5 = \underline{\quad}$
12. $2 \times 3 \times 6 = \underline{\quad}$
13. $1 \times 2 \times 3 = \underline{\quad}$
14. $3 \times 3 \times 0 = \underline{\quad}$
15. $3 \times 5 \times 0 = \underline{\quad}$
16. $1 \times 3 \times 5 = \underline{\quad}$
17. $2 \times 3 \times 4 = \underline{\quad}$
18. $2 \times 2 \times 3 = \underline{\quad}$
19. $4 \times 3 \times 2 = \underline{\quad}$
20. $8 \times 1 \times 8 = \underline{\quad}$

Write two sentences using the word our. Write two sentences using the word are.



EX. Our house is almost finished.
When are you going to live in it?

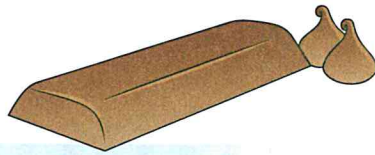


1. _____
2. _____
3. _____
4. _____

**Now write two sentences using it's and two sentences using its.
Remember: It's is a contraction of it is, and its is a possessive pronoun.**

1. _____
2. _____
3. _____
4. _____

Problem Solving.



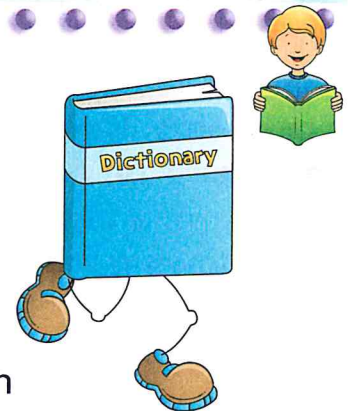
Day
14

- Jennifer bought a package of candy for \$2.50. The tax was 19¢. She used a coupon for 42¢ off the price of the candy. How much did she pay? _____
- Elsie worked at a grocery store keeping the shelves full. She worked 4 hours on Wednesday and 5 hours on Friday. She earned \$5 an hour. How much did she earn that week? _____
- Randy bought a box of cookies for \$1.98. He used a 20¢ coupon. On this particular day, the store took off double the coupon's value. How much did Randy pay for that box of cookies? _____
- Bradley bought a shirt for \$5 off the original price of \$24. The tax was \$1.40. How much did Bradley pay? _____
- Gayle bought a 6-pack of canned orange juice for \$2.89. The store had a special for 74¢ off the original price. The tax was 60¢. How much did Gayle spend? _____

Match the word to the meaning. Use a dictionary.

EXAMPLE:

- | | | |
|----------------|-------|---------------------------------------|
| 1. honorable | _____ | a kind of light |
| 2. current | _____ | to make clearly known |
| 3. knowledge | _____ | good reputation |
| 4. suspicion | _____ | usual, familiar, common |
| 5. exact | _____ | very large, great |
| 6. lantern | _____ | occupation, source of livelihood |
| 7. profession | _____ | leaving no room for error |
| 8. universal | _____ | now in progress |
| 9. agriculture | _____ | information, awareness, understanding |
| 10. declare | _____ | understood by all |
| 11. ordinary | _____ | the science and art of farming |
| 12. tremendous | _____ | suspecting or being suspected |



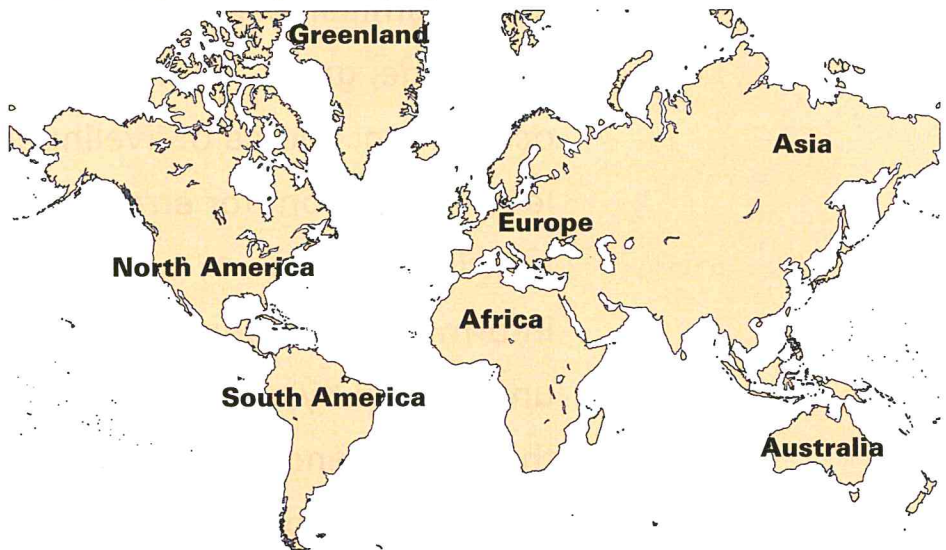
Read the meanings below and see if you know what the words mean. Write the word by its meaning.



gnaw doubt scene glisten plain
 pause pedal gnat comfort admire

1. to have high regard for; with wonder and delight _____
2. a lever worked with the foot _____
3. shine or sparkle _____
4. to not believe; to feel unsure _____
5. a short stop or wait _____
6. freedom from hardship; to ease _____
7. flatland; not fancy _____
8. part of a play; show strong feelings in front of others _____
9. to bite at something or wear away _____
10. small fly or insect _____

Continents. Have you ever really looked at the shapes of the continents on a world map? It almost seems as if the continents are part of a big puzzle. Find a world map; then trace and cut out the following major continents and islands: North and South America, Australia, Europe-Asia, Greenland, and Africa. Try to fit all of the continents together so that no (or very little) space exists between them.



FACTOID

Oats are sometimes used as a preservative in ice cream.



Below are the days of the week and the months of the year spelled with dictionary symbols. Write the words to the side. Don't forget capital letters.

- | | | | |
|------------------|--------------|------------------|-------|
| 1. /ā'prəl/ | <u>April</u> | 2. /mārch/ | _____ |
| 3. /jan'ūer'ē/ | _____ | 4. /wenz'dā/ | _____ |
| 5. /mun'dā/ | _____ | 6. /jün/ | _____ |
| 7. /sep'tem'bər/ | _____ | 8. /sun'dā/ | _____ |
| 9. /dēs'em'bər/ | _____ | 10. /nō'vem'bər/ | _____ |
| 11. /sat'ər dā/ | _____ | 12. /o'gest/ | _____ |
| 13. /mā/ | _____ | 14. /th'ərz'dā/ | _____ |
| 15. /feb'rüer'ē/ | _____ | 16. /ok'tōbər/ | _____ |
| 17. /tüz'dā/ | _____ | 18. /jülī'/ | _____ |
| 19. /frī'dā/ | _____ | | |

Chord—a line segment passing through a circle that has its endpoints on that circle

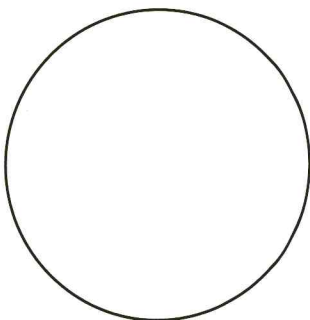
Circumference—the distance around a circle

Diameter—a chord passing through the center of a circle

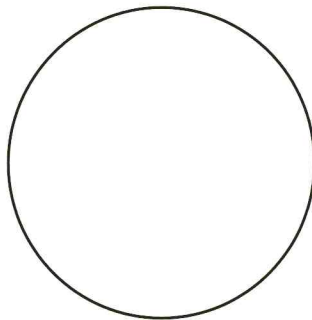
Radius—a line segment with one endpoint at the center of a circle and the other endpoint on the circle



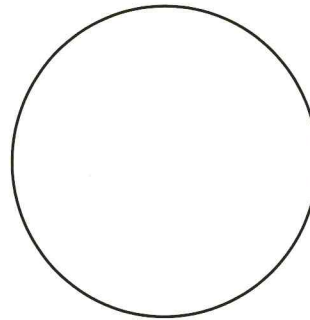
Draw an example for each term.



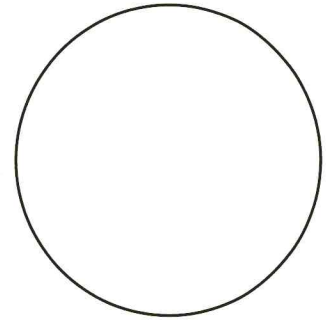
Draw a radius AB.



Draw a diameter XY.



Trace the circumference.



Draw a chord DE.

Eggs-traordinary!

This air pressure experiment can be an interesting way to eat breakfast, if your mom's not picky about you playing with your food!



Stuff You Need:

adult
egg (hard-boiled)
jar (small-mouth, like an olive jar)
matches (wooden)

Parent Alert: This experiment uses matches. Make sure you supervise your child during this experiment!

Here's What to Do:

1. Peel a hard-boiled egg and place it on top of a clean, empty olive jar. Without breaking the egg, try your best to squish it into the jar. Bet you can't get it in there! It won't go in because the jar is full of air, which takes up space and doesn't like getting squished. So, it squishes back.
2. Take the egg off the jar. Stick three wooden matches in one end of the egg.

Always have adult supervision and watch what you're doing when using matches! Be careful when lighting the matches and when turning the egg upside down on the jar.

3. Light the matches. Quickly place the egg on the bottle. Be sure the matches are inside the bottle, or this experiment won't work. Observe the reaction. Gulp! This is one hungry jar!
4. You now have a different problem. How do you get the egg OUT of the jar? Take a deep breath, tip the jar up so that the egg rests against the mouth of the jar, and blow quickly into the jar. The musty, old, smells-like-burned-paper egg will pop into your mouth. Fun, huh? And it tastes really good, too.

What's This All About?

The egg got into the jar because of air pressure. The heat from the burning matches increased the air pressure inside the jar, but the flame also removed oxygen from the air inside the jar, reducing the air pressure inside. When the flame went out, you were left with fewer air molecules and a lower air pressure inside the jar. The higher air pressure outside the jar then pushed the egg in.

You can get the egg out of the jar because when you blow into the jar, the burst of air increases the air pressure. The difference in air pressure pushes the egg back out of the opening. You might be able to do this experiment a couple of times, but the egg tends to fall apart from all this pushing and pulling.



Metamorphic Madness



Did you know that rocks can be cemented together with other rocks by heat and pressure to make bigger rocks? It is hard to recreate the pressure, but the heat makes this activity a good demonstration.

Stuff You Need:

adult	crayon pieces	cupcake baking cup (paper)
goggles	hot pad (oven mitt)	paper (scraps)
pebbles	sand	saucepan
stove top	water	
metal food can (like a coffee can)		

Parent Alert: This activity involves using a stove and hot wax. Use extreme caution! Wear goggles and be careful using the stove. Wax can burn, so don't use too much heat.

Here's What to Do:

1. Place the can in the saucepan. Add water to the saucepan so that it covers about half of the can. Place the saucepan on the stove top on medium heat.
2. As the water heats up, add crayon pieces to the can.
3. The crayons will melt and form a brown muck on the bottom of the can. Add the sand, paper scraps, and pebbles to create your "rock."

Use a hot pad (oven mitt) to lift the can.

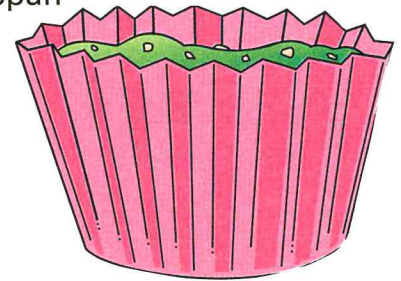
4. When all of the crayons have melted, carefully pour the can's contents into the paper baking cup.
5. When the "rock" has cooled, pull the paper baking cup away.

This is similar to what happens when metamorphic rocks are made. Separate materials fuse together under high pressure and temperatures to form a rock.

What's This All About?

Some rocks are made from other rocks that have stuck together over time. These are called **metamorphic** rocks, and they are made when different rocks are pressed together by extreme pressure or very high temperatures.

Metamorphic means "changed in shape or form." One good example of a metamorphic rock is quartzite. This rock starts out as sediment that got smooshed into a rock called sandstone. As other rocks pile up on top of the layers of sandstone and it is heated by the interior of the earth, it gets cooked into a harder rock that we call quartzite. Another example is marble, which is just limestone that has been changed into a harder rock by heat and pressure. In this experiment, everything started out as separate pieces and fused (or grew together) into one big mass. The hot water melted the crayon, and everything mixed together.





Motivational Calendar


Month _____

My parents and I decided that if I complete
20 days of **Summer Bridge Activities™** and
read _____ minutes a day, my incentive/reward will be:

Child's Signature _____ Parent's Signature _____

Day 1	★	📖	_____	Day 11	★	📖	_____
Day 2	★	📖	_____	Day 12	★	📖	_____
Day 3	★	📖	_____	Day 13	★	📖	_____
Day 4	★	📖	_____	Day 14	★	📖	_____
Day 5	★	📖	_____	Day 15	★	📖	_____
Day 6	★	📖	_____	Day 16	★	📖	_____
Day 7	★	📖	_____	Day 17	★	📖	_____
Day 8	★	📖	_____	Day 18	★	📖	_____
Day 9	★	📖	_____	Day 19	★	📖	_____
Day 10	★	📖	_____	Day 20	★	📖	_____



Child: Color the  for daily activities completed.

Color the  for daily reading completed.

Parent: Initial the _____ when all activities are complete.



Discover Something New!



Fun Activity Ideas to Go Along with Section Two!

- 1 Give your dog a bath or ask your neighbor or friend if you can give his or her dog a bath.
- 2 Pack a lunch and go to the park.
- 3 Roast marshmallows over a fire or BBQ.
- 4 Draw the shape of your state and put a star where you live. Draw your state flower, motto, and bird.
- 5 Write a poem that rhymes.
- 6 Make a batch of cookies and take them to a sick friend, neighbor, or relative.
- 7 Plant some flower or vegetable seeds in a pot and watch them grow.
- 8 Organize an earthquake drill for your family.
- 9 Get a piece of paper that is as long and as wide as you. Lie down on it and have someone outline you with a marker. Then color in the details—eyes, ears, mouth, clothes, arms, hands, etc.
- 10 Make a “Happy Birthday” card for a friend who is celebrating a birthday and give it to that person on his or her special day.
- 11 With bright colored markers, draw a picture of your favorite place to go. Paste it to a piece of posterboard and cut it into pieces for a jigsaw puzzle.
- 12 Make and fly a kite.
- 13 Invite your friends over for popcorn and vote on your favorite Disney movie. Watch the winning movie; then choose parts and act out the movie in your own way.
- 14 Read to younger children in your family or neighborhood.
- 15 Visit the library and attend story time.
- 16 Pick one of your favorite foods and learn how to make it.
- 17 Prepare a clean bed for your pet.
- 18 Get your neighborhood friends together and make a card of appreciation for the fire station closest to you. Then all of you deliver the card and take a tour of the station.
- 19 Invent a new game and play it with your friends.
- 20 Surprise a family member with breakfast in bed.



Write the rest of the number families.

Day
1

1. $6 \times 9 = 54$ $9 \times 6 = 54$ <hr/> $54 \div 6 = 9$ <hr/> $54 \div 9 = 6$	2. $8 \times 7 = 56$ <hr/> <hr/> <hr/>	3. $6 \times 7 = 42$ <hr/> <hr/> <hr/>
4. $48 \div 6 = 8$ <hr/> <hr/> <hr/>	5. $72 \div 8 = 9$ <hr/> <hr/> <hr/>	6. $6 \times 9 = 54$ <hr/> <hr/> <hr/>
7. $36 \div 4 = 9$ <hr/> <hr/> <hr/>	8. $9 \times 7 = 63$ <hr/> <hr/> <hr/>	9. $5 \times 9 = 45$ <hr/> <hr/> <hr/>



Prefixes and Suffixes. **Remember:** Prefixes are added to the beginning of a base word. Suffixes are added to the end of a base word. Add a prefix to these words. Use mis-, un-, and re-. Write the whole word.



- | | |
|----------------|----------------|
| 1. lucky _____ | 2. judge _____ |
| 3. spell _____ | 4. fill _____ |
| 5. build _____ | 6. able _____ |

Add a suffix to these words. Use -er, -less, -ful, and -ed. Write the whole word.

- | | |
|----------------|-----------------|
| 7. use _____ | 8. spell _____ |
| 9. care _____ | 10. hope _____ |
| 11. sing _____ | 12. teach _____ |

Now write two sentences using words of your choice from each of the two word lists above.

- _____
- _____

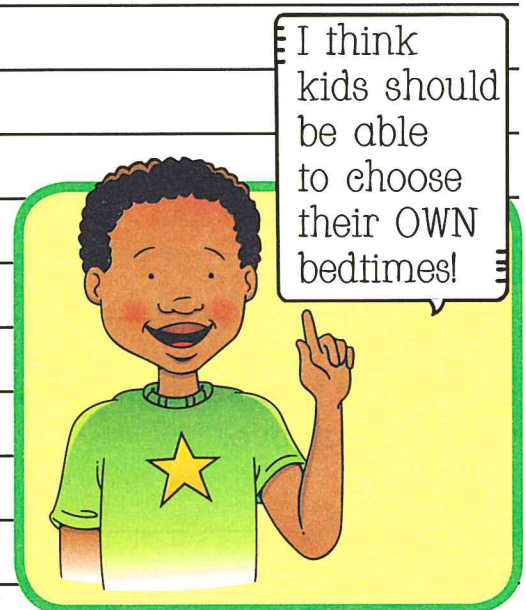
Opinions. Everyone has opinions on most things that happen around them. People will listen to your opinion more often if you state clearly and plainly why you feel as you do.



Write your opinion on one of the following topics or choose one of your own to write about.

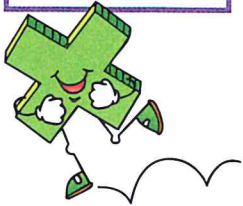
1. People should always wear seat belts.
2. Children should be able to eat anything they want.
3. Schoolchildren should never have homework to do.
4. We should always help other people, whether they are in our country or not.

A series of horizontal lines for writing an opinion, starting from the top of the page and extending down to the bottom of the page, with a yellow vertical bar on the left side.



Find the product by multiplying.

EXAMPLE:

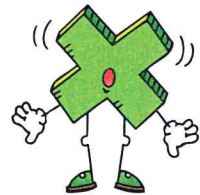
$$\begin{array}{r} 1 \\ 12 \\ \times 6 \\ \hline 72 \end{array}$$


1. $\begin{array}{r} 12 \\ \times 4 \\ \hline \end{array}$ 2. $\begin{array}{r} 22 \\ \times 6 \\ \hline \end{array}$ 3. $\begin{array}{r} 18 \\ \times 2 \\ \hline \end{array}$ 4. $\begin{array}{r} 23 \\ \times 4 \\ \hline \end{array}$

5. $\begin{array}{r} 23 \\ \times 7 \\ \hline \end{array}$ 6. $\begin{array}{r} 34 \\ \times 6 \\ \hline \end{array}$ 7. $\begin{array}{r} 16 \\ \times 5 \\ \hline \end{array}$ 8. $\begin{array}{r} 78 \\ \times 5 \\ \hline \end{array}$



9. $\begin{array}{r} 86 \\ \times 7 \\ \hline \end{array}$ 10. $\begin{array}{r} 69 \\ \times 9 \\ \hline \end{array}$ 11. $\begin{array}{r} 57 \\ \times 4 \\ \hline \end{array}$ 12. $\begin{array}{r} 62 \\ \times 6 \\ \hline \end{array}$ 13. $\begin{array}{r} 97 \\ \times 7 \\ \hline \end{array}$



Think of your five senses to help you describe the words below.
Try to come up with a word for each sense.



EXAMPLE:	taste	touch	smell	sight	sound
fire	smoky	hot	smoky	bright	crackle
candy bar	sweet	smooth	chocolate	brown	crunchy

1. a red rose _____
2. a rainbow _____
3. a barnyard _____
4. a snake's skin _____
5. a snowflake _____

Choose one of the above and write a paragraph about it. Be very descriptive and put in a lot of details.

Prefixes and suffixes can be added to word parts as well as to base or root words. Add a prefix or suffix to these word parts; then find and fill in the word shapes below.



- | | | | |
|-------------------|----------------|-----------------|----------------|
| 1. <u>du</u> plex | 2. pott _ _ _ | 3. _ _ _ dora | 4. _ _ most |
| 5. _ _ mit | 6. _ _ _ gress | 7. gran _ _ _ | 8. fur _ _ _ _ |
| 9. don _ _ | 10. _ _ _ tant | 11. _ _ plicate | 12. _ _ do |



duplex



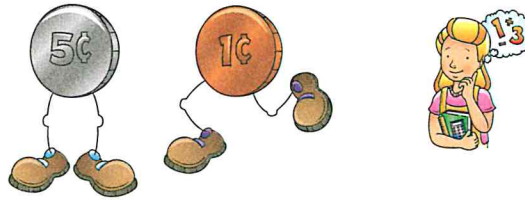
Mystery Word. Read the following clues to discover the mystery word.



1. It's composed of mineral particles mixed with animal and plant matter.
2. A well-organized, complicated layer of debris covering most of the earth's land surface.
3. It is shallow in some places and deep in other places.
4. It can be very red or very black, as well as other shades and colors.
5. It is one of the most important natural resources of any country.
6. It is so important that we need to make great efforts to conserve it.
7. It takes a long time to form.
8. A geologist thinks of it as material that covers the solid rock below the earth's surface.
9. To the farmer and most other people, it is a thin layer of the earth's surface that supports the growth of all kinds of plants.
10. The engineer thinks of it as material on which to build buildings, roads, earth dams, and landing strips.



Complete the tables.



Day
3

1. There are 5 pennies in a nickel.

pennies	5	10	15	20	25	30
nickels	1					

2. There are 10 dimes in a dollar.

dimes	10	20	30			
dollars	1	2				

3. There are 6 cans of pop in each carton.

cans	6	12		24		
cartons	1		3		5	36

When you write something, your reader should be able to understand clearly what you are trying to say. Read the sentences below and change the underlined word to a more descriptive or exact word.




EXAMPLE:

This is a good book. awesome

- My teacher is nice.
- Your things will be safe here.
- That is a big building.
- A car went by our house.
- Our pictures of the trip turned out badly.
- This is a good sandwich.
- The little boy saw a pretty butterfly.
- Many big worms were crawling on the ground.
- We had a bad winter.
- These grapes are awful.

Most words spelled backwards don't mean anything, but some do. Here are clues for some words that become different words when they are written backwards. The first one is done for you.

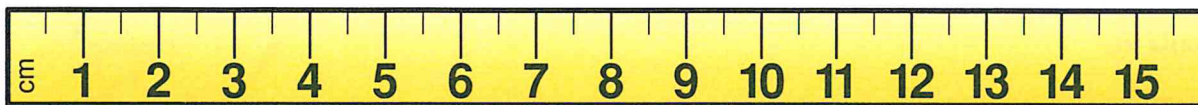


1. Spell a word backwards for something you cook in, and you will have a word that means "siesta." pan & nap 
2. Spell a word backwards for a name, and you will have something you turn on to get water. _____ & _____
3. Spell a word backwards for something you catch a fish in, and you will have a number. _____ & _____
4. Spell a word backwards for something to carry things in, and you will get a word that tells what you like to do with your friends.
_____ & _____
5. Spell a word backwards for something a train needs, and you will get a word for someone who is not honest. _____ & _____
6. Spell a word for "victory" backwards, and you will have a word that means "at once." _____ & _____
7. Spell a word backwards for something to catch a mouse in, and you will get a word that means "something less than whole."
_____ & _____
8. Spell a word backwards for a tool that cuts wood, and you will get a word that is a verb. _____ & _____
9. Spell a word backwards for a flying mammal, and you will get a word that means "a bill or check." _____ & _____
10. Spell a word backwards for the end of your pen, and you will have a word that means "a hole in the ground." _____ & _____
11. Spell a word backwards that means something you bathe in, and you will have a word that means "other than." _____ & _____
12. Spell a word backwards for "an instrument used in doing work," and you will get a word that means "things taken in a robbery."
_____ & _____

Your little finger is about 1 centimeter wide. If you don't have a centimeter tape, use a string and this centimeter ruler to measure for the following activities.



Day
4



1. The length of your shoes _____
2. The length and width of this book _____, _____
3. Your neck measurement _____
4. Your kitchen table length and width _____, _____
5. Your height in centimeters _____
6. The width of a chair in your home _____



How many other things can you measure? Try estimating; then check to see how close you come to the exact measurement.

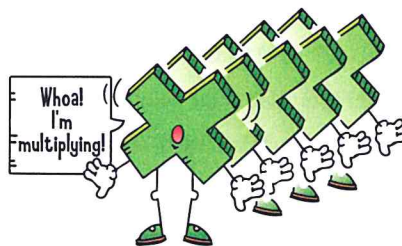
Underline the pronouns in the following sentences.

Remember: A pronoun takes the place of a noun.



1. Will you go with us?
2. Tomorrow we will go home.
3. He did a good job.
4. This book came for him.
5. She went with me.
6. A package came for us.
7. We ate all of them.
8. You are a good sport.
9. It is time for her to go.
10. He and I ate the apples.
11. I thanked him for it.
12. It was very good.

Multiplying with tens and hundreds is fast and fun.



Day
5

1. $4 \times 10 = \underline{\quad}$
2. $600 \times 6 = \underline{\quad}$
3. $7 \times 800 = \underline{\quad}$
4. $30 \times 8 = \underline{\quad}$
5. $5 \times 20 = \underline{\quad}$
6. $800 \times 5 = \underline{\quad}$
7. $8 \times 90 = \underline{\quad}$
8. $50 \times 6 = \underline{\quad}$
9. $600 \times 5 = \underline{\quad}$
10. $4 \times 100 = \underline{\quad}$
11. $7 \times 80 = \underline{\quad}$
12. $7 \times 500 = \underline{\quad}$
13. $900 \times 7 = \underline{\quad}$
14. $600 \times 4 = \underline{\quad}$
15. $900 \times 4 = \underline{\quad}$
16. $8 \times 900 = \underline{\quad}$
17. $800 \times 2 = \underline{\quad}$
18. $7 \times 900 = \underline{\quad}$
19. $3 \times 10 = \underline{\quad}$
20. $700 \times 6 = \underline{\quad}$
21. $3 \times 800 = \underline{\quad}$
22. $7 \times 40 = \underline{\quad}$
23. $9 \times 10 = \underline{\quad}$
24. $10 \times 100 = \underline{\quad}$
25. $4 \times 60 = \underline{\quad}$
26. $80 \times 2 = \underline{\quad}$
27. $500 \times 4 = \underline{\quad}$
28. $7 \times 700 = \underline{\quad}$
29. $30 \times 8 = \underline{\quad}$
30. $800 \times 6 = \underline{\quad}$

Pronouns such as I, you, he, she, it, we, and they can be the subject of a sentence. Read these sentences. The subject is underlined. Rewrite the sentences and use a subject pronoun in place of the underlined subject. Write in cursive.



1. Jim and I went fishing with our dad.

2. The weather was sunny and warm.

3. Ann and Sue can help us with the bait.

4. Mr. Jack broke his leg.

5. Kathy is going to New York on a vacation.

Categorize these words under one of the headings.

Hint: There can be eight words under each heading.

Remember: Categorizing words means to put them in groups that have something in common. One row of examples is given.



interstate	add	region	colony	bacteria	solid
oxygen	city	hemisphere	stop	column	inch
debate	larva	yield	basin	hexagon	canal
environment	speed	equal	fossil	candidate	intersection
measure	insect	bay	caution	map	estimate
numerator	freedom	society	elevation	freeway	railroad

Math Words

add

Geography Words

region

Transportation Words

interstate

Science Words

bacteria

Social Studies Words

colony

What About These Animals in Our Country? Buffalo, condors, and grizzly bears have all but disappeared from our country. The symbol of our country, the bald eagle, is very rare in most states. Bald eagles and bears live in mountainous regions. Prairie dogs and antelope live on the plains. Alligators live in marshy areas. Rattlesnakes live in the desert. Wild turkeys can be found in wilderness areas. There are also many others. Choose one of the following to do on a separate piece of paper.



1. Draw a picture of an animal from our country. Place it in the correct habitat. Color it accurately. What other interesting animals do you think might belong in this area? Draw them. What other important information does your picture show?
2. If you choose not to draw a picture about an animal, write a paragraph about one. Use the same type of information that the picture would portray.

What animal(s) did you choose? _____

Addition and multiplication are related. Answer the addition problems and then write the related multiplication problem.



Day
6

EXAMPLE: $10 + 10 + 10 + 10 + 10 = 50$, or $5 \times 10 = 50$

1. $20 + 20 + 20 =$ _____ \times _____ = _____

2. $9 + 9 + 9 + 9 + 9 + 9 =$ _____ \times _____ = _____

3. $100 + 100 + 100 + 100 =$ _____ \times _____ = _____

4. $8 + 8 + 8 + 8 + 8 + 8 + 8 + 8 =$ _____ \times _____ = _____

5. $12 + 12 + 12 + 12 =$ _____ \times _____ = _____

6. $75 + 75 + 75 =$ _____ \times _____ = _____

7. $35 + 35 + 35 + 35 + 35 + 35 =$ _____ \times _____ = _____

8. $51 + 51 + 51 + 51 + 51 =$ _____ \times _____ = _____

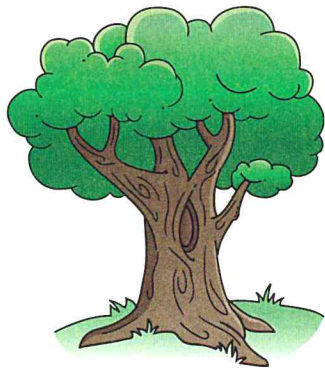
Use the pronouns me, her, him, it, us, you, and them after action verbs. Use I and me after the other nouns or pronouns. Circle the correct pronoun in each sentence.



1. Lily and (I, me) like to visit museums.
2. (They, Them) were very juicy oranges.
3. He helped her and (I, me).
4. (We, Us) tried not to fall as much this time.
5. Miss Green gave a shovel and bucket to (he, him).
6. (I, Me) wanted a new horse for Christmas.
7. Rick asked (she, her) to come with us.
8. Jason went with (they, them) to the mountain.
9. Mother asked (I, me) to fix the dinner.
10. Carla got some forks for (we, us).



Study this table about trees, and use it to answer the questions below. Can you identify the trees around you?

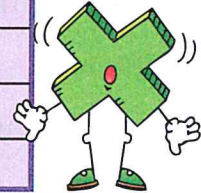


Tree	Bark	Wood	Leaves
Elm	brown and rough	strong	oval-shaped, saw-toothed edges, sharp points
Birch	creamy white, peels off in layers	elastic, won't break easily	heart-shaped or triangular with pointed tips
Oak	dark gray, thick, rough, deeply furrowed	hard, fine-grained	round, finger-shaped lobes
Willow	rough and broken	brown, soft, light	long, narrow, curved at tips
Maple	rough gray	strong	grow in pairs and are shaped like your open hand
Hickory	loose, peels off	white, hard	shaped like spearheads
Christmas Holly	ash colored	hard and fine-grained	glossy, sharp-pointed

- Which tree has heart-shaped leaves? _____
Hand-shaped? _____
- How many trees have hard wood? _____
- Which trees have sharp-pointed leaves? _____
- Which tree has wood like a rubber band? _____
- How many different colors of bark does the table show? _____
Name them: _____
- Which tree do you think we get syrup from? _____
- Which tree bark do you think Indians used to cover their canoes? _____
- Look around your yard and neighborhood. Can you identify any of the trees from the table? If so, which ones? _____

Complete this multiplication table.

x	10	20	30	40	50	60	70	80	90
1	10	20					70		
2						120			
3		60							270
4				160					
5							350		
6									
7			210						
8						480			
9				360					



How does multiplying by hundreds differ from multiplying by tens?

Could you change this table to show multiplying by hundreds? _____

How? _____

Using its, it's, Your, and You're. It's and you're are contractions. Its and your are possessive pronouns. Fill in the blanks with it's, its, your, or you're.



- I hope _____ coming to my barn dance.
- The dance will be for _____ friends also.
- Do you think _____ too cold for a barn dance?
- _____ starting time is eight o'clock.
- Will _____ family come to the dance with you?
- _____ floor is long and wide.
- _____ coming early, aren't you?
- I think I will need _____ help.



Write a sentence of your own for each word.

- it's _____
- its _____
- you're _____
- your _____

Read this crazy story. Every time you come to an underlined word, write the abbreviation for it. The first one is done for you.



Last January *Jan.* we moved from Georgia _____ to New York _____. It was a very long trip. We had to walk most of the way because the car broke down. We left on Monday _____, March _____ 10, and didn't get there until five years _____ later.

On the trip I had to learn how to measure. One day I measured gallons _____, inches, _____, yards _____, and grams _____. I also learned about science _____, adverbs _____, and adjectives _____. It was a boring trip!

We only traveled about two miles per hour _____. That's why it took us so long. Also, we stopped at a number _____ of relatives' places and stayed for months _____ on end.

Next time let's fly!

Table of Contents.

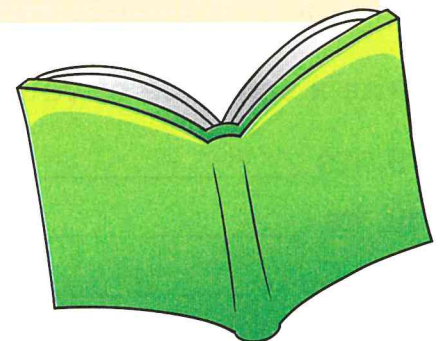
1. On what page of the guide would you find what kind of fast-food places are in town?

2. On what page would there be information about what the weather is like? _____
3. You want to see if any good movies are playing; what page would you look under? _____
4. You want to see if there are any job openings; what page would you look under? _____
5. You want a copy of the bus schedule; what page would you find it on? _____

**Corvallis Happenings Guide:
Local Information,
Table of Contents**



Entertainment	5
Weather Conditions	5
Transportation	12
Careers and Employment	17
Dining Out	20

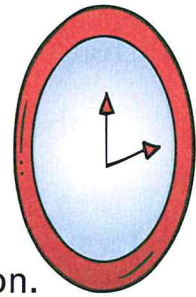


What About Time? You know that 60 seconds = 1 minute, 60 minutes = 1 hour, 24 hours = 1 day, 7 days = 1 week, 52 weeks = 1 year, 12 months = 1 year, and 365 days = 1 year (except leap year, which has 366 days).



Use what you know to complete the following.

1. Phillip is in the fourth grade. He is 10 _____ old.
2. There are 30 _____ in June.
3. Nancy's baby brother started to walk at the age of 11 _____.
4. We have 48 _____ in 2 days.
5. Nick's swimming lesson is 25 _____ long.
6. It took Leslie 10 _____ to comb her hair.
7. Mother's Day is celebrated once a _____.
8. Many children get about 3 _____ of summer vacation.
9. It takes about 1 _____ to blink your eyes.
10. Most children go to school 5 _____ a week.



Write these words in alphabetical order. Be sure to look at the third or fourth letters.



1. events, evening, every, eventually

2. tremendous, treatment, tree, treasure

3. coast, coconut, coal, collect, color

4. entrance, entry, end, enthusiasm, enough

5. grandfather, graph, grain, grateful, grab, graduated

What Does It Really Mean? An idiom is an expression whose meaning can't be understood by just knowing the individual words. Write what you think these idiomatic expressions mean.



1. She was really pulling my leg. _____
2. Do you think we'll be in hot water? _____
3. When you are having fun, time flies. _____
4. You've hit it on the head, Andrew. _____
5. Ryan will lend a hand tomorrow. _____
6. In the winter, my bedroom is like an icebox. _____
7. Mrs. Tune always has beautiful flowers; she must have a green thumb. _____

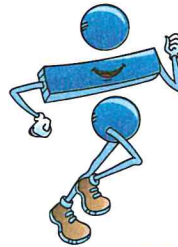


A Litter Graph. Go on a "litter" walk. In a plastic bag, gather up litter as you go. Only pick up safe litter. Do not pick up needles, litter you are unsure of, or anything marked hazardous waste. When you are finished, bring it home. Categorize what you have found and display it in a bar graph.



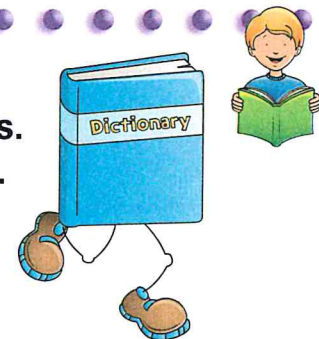
Type of Litter	1	2	3	4	5	6	7	8	9	10	more than 10

Place Value Division Patterns. We know that $8 \div 2 = 4$, so $80 \div 2 = 40$, and $800 \div 2 = 400$. Do the following division patterns.



- | | | |
|-------------------------|----------------------|-----------------------|
| 1. $9 \div 3 =$ _____ | $90 \div 3 =$ _____ | $900 \div 3 =$ _____ |
| 2. $8 \div 2 =$ _____ | $80 \div 2 =$ _____ | $800 \div 2 =$ _____ |
| 3. $12 \div 4 =$ _____ | $120 \div 4 =$ _____ | $1200 \div 4 =$ _____ |
| 4. $6 \div 3 =$ _____ | $60 \div 3 =$ _____ | $600 \div 3 =$ _____ |
| 5. $30 \div 6 =$ _____ | $300 \div 6 =$ _____ | $3000 \div 6 =$ _____ |
| 6. $72 \div 8 =$ _____ | $720 \div 8 =$ _____ | $7200 \div 8 =$ _____ |
| 7. $32 \div 8 =$ _____ | $320 \div 8 =$ _____ | $3200 \div 8 =$ _____ |
| 8. $49 \div 7 =$ _____ | $490 \div 7 =$ _____ | $4900 \div 7 =$ _____ |
| 9. $56 \div 8 =$ _____ | $560 \div 8 =$ _____ | $5600 \div 8 =$ _____ |
| 10. $25 \div 5 =$ _____ | $250 \div 5 =$ _____ | $2500 \div 5 =$ _____ |

Look up the word meet in a dictionary. At the end of each sentence, write what part of speech (noun or verb) meet is. Then write the number for the meaning of the word meet.



EXAMPLE:

I will meet you at three.

Verb - 2

1. Tomorrow we are going to have a track meet. _____
2. I hope he doesn't meet with disaster. _____
3. We need to meet the plane at seven P.M. _____
4. He will have to meet the payments every month. _____
5. It was nice to meet and talk with you yesterday. _____
6. Are you going to meet your friends later? _____

FACTOID

Carrots used to be found in almost every color except orange.

Someone or Something with Power. What is power? Choose something or someone with power. How do they have power? How did they get it? Could they lose it? Do they use it? How? Why? Do you have power? Yes you do! What are some of the powers that you have? What are some that you don't have that you would like to have?



Find the quotients and the remainders. Use a separate piece of paper to show your work.



EXAMPLE:

$$\begin{array}{r} 12 \text{ R } 2 \\ 3 \overline{) 38} \\ \underline{-3} \\ 8 \\ \underline{-6} \\ 2 \end{array}$$

1. $3 \overline{) 95}$

2. $4 \overline{) 47}$

3. $4 \overline{) 85}$

4. $5 \overline{) 58}$

5. $2 \overline{) 65}$

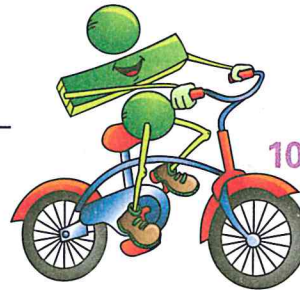
6. $9 \overline{) 100}$

7. $7 \overline{) 79}$

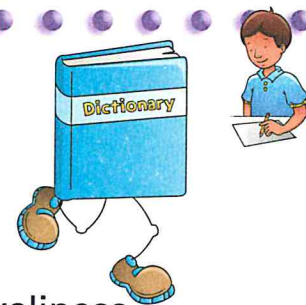
8. $5 \overline{) 57}$

9. $3 \overline{) 37}$

10. $4 \overline{) 87}$



Draw a line between the syllables. First, try to remember what you have learned about where to divide words. Then use a dictionary if you need more help.



EXAMPLE:

1. column

2. harness

3. liveliness

4. inflate

5. gable

6. glorious

7. slashing

8. alphabet

9. understood

10. pigeon

11. soviet

12. jewelry

13. afraid

14. bicycle

15. generation

16. frozen

17. difficult

18. vegetable

19. tennis

20. kerosene

21. evidence

The next time you watch TV or read a magazine, look at the commercials or ads. In the boxes below, write down what you think is true about the commercials or ads and what you think is false.



What is the commercial or ad about?	<u>TRUE</u>	<u>FALSE</u>
	1.	1.
	2.	2.
	3.	3.
	4.	4.
	5.	5.

Conserving Energy. Recycling saves energy and natural resources. Besides recycling, how can we conserve energy? Write down ways to conserve energy with the following:



water _____

lights _____

heat _____

electricity _____

transportation _____

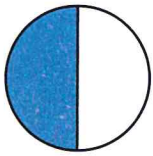
buying things _____

bathroom _____

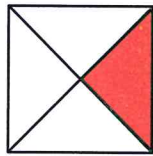
Write the fraction that describes the shaded section.

EXAMPLE:

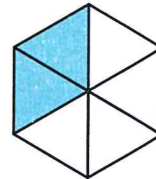
1. $\frac{1}{2}$



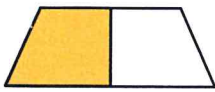
2. _____



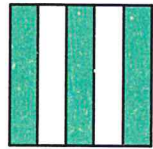
3. _____



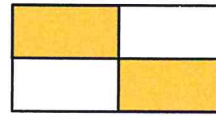
4. _____



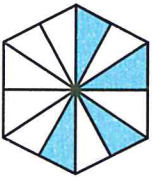
5. _____



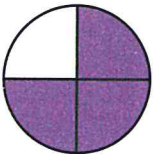
6. _____



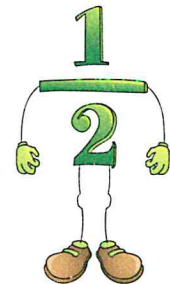
7. _____



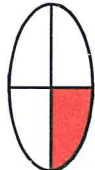
8. _____



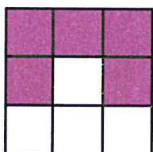
9. _____



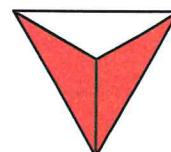
10. _____



11. _____



12. _____

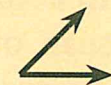
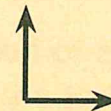


Identify each angle and label it in the space below.

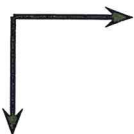
Right Angle—angle that measures 90 degrees (the angle forms a square corner)

Acute Angle—angle that measures less than a right angle, or less than 90 degrees

Obtuse Angle—angle that measures more than 90 degrees, or greater than a right angle



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



Practice writing and spelling these homophones. Write in cursive. After you know how to spell them, have someone give you a test to see if you can spell them without looking. Write each word twice.



way	_____	_____	tide	_____	_____
weigh	_____	_____	tied	_____	_____
base	_____	_____	waist	_____	_____
bass	_____	_____	waste	_____	_____
threw	_____	_____	sore	_____	_____
through	_____	_____	soar	_____	_____
scene	_____	_____	pare	_____	_____
seen	_____	_____	pair	_____	_____
sight	_____	_____	pear	_____	_____
site	_____	_____			

Water in the Air. There is water in the air. How does it get there? Clouds and rain are made from water vapor in the air.



Try this to help explain how water gets into the air. Take 3 or more drinking glasses that are all about the same size. Fill the glasses almost full of water. Place them in different areas, such as warm places, cool places, dark places, windy places, outside places, inside places, and other places of your choice. Watch them for 4 or 5 days or longer. Check the water levels. What happened to the water in the glasses? Where did it go? Explain in your own words where you think the water vapor in the atmosphere comes from and where it goes.



These letters are in alphabetical order. See if you can make a word from them. The first letter is underlined.



EXAMPLE:

- | | | | |
|-----------------------|------------------|--------------------|-------|
| 1. abbelopr | <u>p</u> robable | 2. aaegimnz | _____ |
| 3. aejlosu | _____ | 4. eiorssu | _____ |
| 5. eenprrst | _____ | 6. ghottu | _____ |
| 7. beeemmr | _____ | 8. irstw | _____ |
| 9. beknnoru | _____ | 10. aeginry | _____ |
| 11. cdffiilut | _____ | 12. dīnrstuy | _____ |
| 13. <u>a</u> ccdgīnor | _____ | 14. <u>c</u> eenrt | _____ |
| 15. eegmnnortv | _____ | 16. ehilstw | _____ |

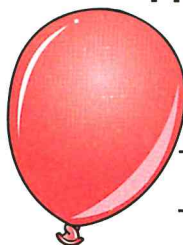
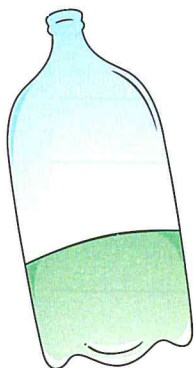
Put the letters in these words in alphabetical order.

- | | | | |
|--------------|-------|---------------|-------|
| 17. creature | _____ | 18. factory | _____ |
| 19. fountain | _____ | 20. hospital | _____ |
| 21. basement | _____ | 22. committee | _____ |

Blow Up a Balloon. Here is an experiment that you can do in your home with an adult's permission. Get a balloon and blow it up several times until the balloon becomes easy to enlarge. Put one tablespoon of baking soda in the balloon; then put 3 tablespoons of white vinegar into a soda pop bottle. Now put the balloon opening around the mouth of the soda pop bottle. Move the balloon so the baking soda falls down and mixes with the vinegar. Draw a picture of what happens and write a couple of sentences to go with your picture.



Draw what happens!



Multiplying 3-digit numbers by 1-digit numbers.

EXAMPLE:
$$\begin{array}{r} 21 \\ 186 \\ \times 3 \\ \hline 558 \end{array}$$
 $6 \times 3 = 18$ $3 \times 80 = 240$ $3 \times 100 = 300$
 $18 + 240 + 300 = 558$



Day
13

1.
$$\begin{array}{r} 162 \\ \times 5 \\ \hline \end{array}$$

2.
$$\begin{array}{r} 398 \\ \times 2 \\ \hline \end{array}$$

3.
$$\begin{array}{r} 904 \\ \times 8 \\ \hline \end{array}$$

4.
$$\begin{array}{r} 329 \\ \times 5 \\ \hline \end{array}$$

5.
$$\begin{array}{r} 240 \\ \times 7 \\ \hline \end{array}$$

6.
$$\begin{array}{r} 432 \\ \times 6 \\ \hline \end{array}$$

7.
$$\begin{array}{r} 412 \\ \times 8 \\ \hline \end{array}$$

8.
$$\begin{array}{r} 542 \\ \times 9 \\ \hline \end{array}$$

9.
$$\begin{array}{r} 506 \\ \times 5 \\ \hline \end{array}$$

10.
$$\begin{array}{r} 554 \\ \times 6 \\ \hline \end{array}$$

11.
$$\begin{array}{r} 473 \\ \times 9 \\ \hline \end{array}$$

12.
$$\begin{array}{r} 257 \\ \times 8 \\ \hline \end{array}$$

Put commas in the following sentences to separate words in a series.



1. Nan Tom Julie and James are going to a movie.
2. Anne took her spelling reading and math books to school.
3. The snack bar is only open on Monday Tuesday Friday and Saturday.
4. Our new school flag is blue green yellow black and orange.
5. Women men children and pets enjoy sledding.
6. Have you ever seen baby kittens piglets or goslings?

Now write four sentences of your own. Name at least three people, sports, or foods in a series. Be sure to put in the commas.

7. _____

8. _____

9. _____

10. _____

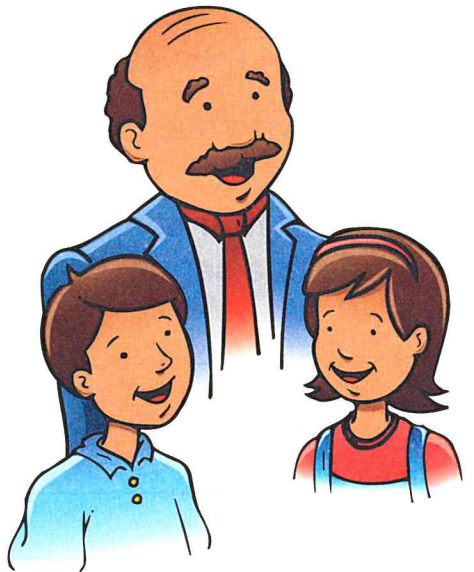
FACTOID

The inside of a banana peel can be used to polish leather.

Parents and Family. What do you think your parents and family have in mind for your life? What do they want you to accomplish? What would they like to see you do? How do you feel about it? Think and write about it.



A series of horizontal lines for writing, starting from the top of the page and extending down to just above the family illustration at the bottom right.



How Many Times in a Minute? Use a stopwatch or a watch with a minute hand to time yourself as you do the following activities. Use that information to calculate how many times you could do those things in 5 minutes, 8 minutes, 10 minutes, and 15 minutes.

- How far can you hop in a minute? _____
- How far can you walk in a minute? _____
- How many jumping jacks can you do in a minute? _____
- How many times can you toss a ball and catch it in a minute? _____
- How many times can you bounce a ball in a minute? _____
- How many times do you breathe in a minute? _____
- How many times can you write your name in a minute? _____



Activity	Minutes				
	1	5	8	10	15
hop					
walk					
jumping jacks					
toss and catch ball					
bounce ball					
breathe					
write name					

Put commas after yes or no when they begin a sentence and before and/or after names when that person is being spoken to. Put the commas in these sentences.



- Yes I will go with you John.
- Aaron do you play tennis?
- Kirk do you want to go?
- No Eli I never learned how.
- No I need to finish this.
- Come on T.J. let's go to the game.
- John I am glad Sam will come.
- Yes I was x-rayed at the doctor's.
- Nicky what happened?
- Mom thanks for the help.
- Don I fell on the sidewalk.
- Tell me Joe did you do this?

Do you know when the holidays come? Fill in the blanks with the date or name of the correct holiday. Use a calendar if you need help.



1. Many children look forward to _____ or _____ in December.
2. On January 1 we celebrate _____.
3. In May we have _____.
4. Be sure to wear green in March. It's _____.
5. In October 1492 he sailed the ocean blue. _____.
6. On February 14 be sure to send your sweetheart a _____.
7. On July 4 we celebrate _____.
8. October 31 can be really scary. _____.
9. Sometimes it comes in March; sometimes it comes in April: _____.
10. Do you work on _____ in September?
11. _____ and _____ also have birthdays in February.
12. In June we also have _____.
13. Martin Luther King Jr.'s birthday is in _____.
14. Because the Pilgrims came, we have _____.
15. _____ is in June.
16. On November 11 we honor our _____.



At the top of each page in a dictionary you will find two **guide words**. The guide word on the *left* tells you the first word found on the page. The guide word on the *right* tells you the last word on the page. Circle the word that will be found on the page with the following guide words.



1. bowling-brain

bread braid brawl

3. golem-gossamer

gondola goal gourd

5. liquid-litter

lists live lion

7. spoon-spread

spoil sprite spray

2. monster-mope

morbid monsoon moon

4. flank-flaw

flash flame flight

6. work-worst

word world worth

8. central-chafe

cell chalet certain



Draw a new figure by following the directions given.

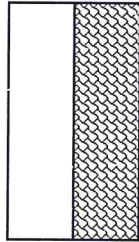


Day
15

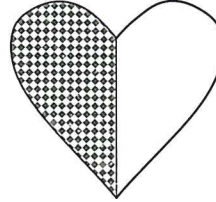
1. Flip horizontally.



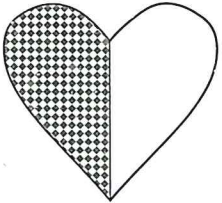
3. Flip vertically.



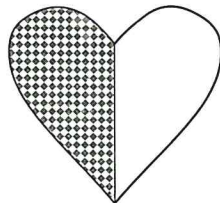
5. Flip vertically, turn 90°.



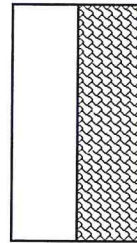
2. Turn 180° ($\frac{1}{2}$ turn).



4. Turn 90° ($\frac{1}{4}$ turn).



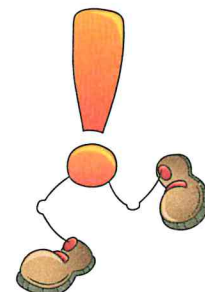
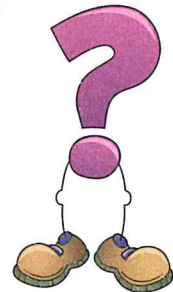
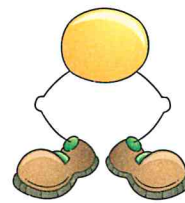
6. Turn 270° ($\frac{3}{4}$ turn).



Using Punctuation Marks. Put periods and question, exclamation, and quotation marks in the following sentences. Use proper capitalization.



1. Nate, do you have the map of our town asked Kit
2. What an exciting day I had cried Mary
3. I said the puppy fell into the well
4. Did you learn that birds' bones are hollow asked Mrs. Tippy
5. She answered No, I did not learn that
6. Wayne exclaimed I won first prize for the pie eating contest
7. I'm tired of all work and no play said Sadie
8. I agree with you replied Sarah
9. Mr. Harris said this assignment is due tomorrow
10. It will be part of your final grade he added



Circle the two words in each group that are spelled correctly.



A
 gabel
 genuine
 gracefull
 graine
 great

B
 suger
 surpize
 terrible
 straight
 sonday

C
 allready
 among
 aunte
 awhile
 advise

D
 where
 weather
 wite
 weare
 rotee

E
 jackit
 junior
 jujment
 justece
 journey

F
 rimind
 remain
 fouff
 refer
 raisd

G
 feathers
 feever
 finsih
 folow
 fiction

H
 donkiys
 double
 drawer
 dosen
 detective

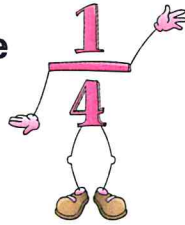
I
 handsom
 herrd
 holiday
 healthy
 haevy

J
 explore
 elctrecity
 enjine
 enormous
 ecstat

Complete the picture and add any other details you would like.



Equal Fractions. Use the fraction table on page 59 to find equal fractions.



Day
16

1. $\frac{1}{3} = \frac{\quad}{6}$

2. $\frac{4}{5} = \frac{\quad}{10}$

3. $\frac{10}{10} = \frac{\quad}{6}$

4. $\frac{\quad}{5} = \frac{4}{10}$

5. $\frac{4}{16} = \frac{\quad}{8}$

6. $\frac{12}{12} = \frac{\quad}{10}$

7. $\frac{3}{6} = \frac{\quad}{12}$

8. $\frac{9}{12} = \frac{\quad}{4}$

9. $\frac{\quad}{12} = \frac{4}{6}$

10. $\frac{0}{4} = \frac{\quad}{2}$

11. $\frac{6}{8} = \frac{\quad}{4}$

12. $\frac{1}{2} = \frac{\quad}{10}$

13. $\frac{\quad}{4} = \frac{4}{8}$

14. $\frac{3}{9} = \frac{\quad}{3}$

15. $\frac{\quad}{15} = \frac{2}{3}$

16. $\frac{2}{3} = \frac{\quad}{12}$

What Does It Mean? Choose a word from the Word Bank and write it next to the correct meaning.



Word Bank

- schedule ●
- assistant ●
- campaign ●
- approximately ●
- hollow ●
- exchange ●
- university ●
- venture ●
- artificial ●
- publicity ●
- reputation ●
- genuine ●

1. not natural, not real _____
2. a timed plan for a project _____
3. a giving or taking of one thing for another _____
4. esteem in which a person is commonly held _____
5. a person who serves or helps _____
6. really being what it is said to be; true or real _____
7. a series of organized, planned actions _____
8. to make information commonly known _____
9. near in position _____
10. an educational institution of the highest level _____
11. having a cavity within it, not solid _____
12. something on which a risk is taken _____

Adding Fractions.

$$\frac{1}{3} + \frac{2}{3} = \frac{3}{3}$$

← add the numerator
← use the same denominator



Day
17

1. $\frac{1}{3} + \frac{1}{3} =$ 2. $\frac{1}{2} + \frac{1}{2} =$ 3. $\frac{6}{12} + \frac{5}{12} =$ 4. $\frac{11}{12} + \frac{11}{12} =$

5. $\frac{5}{8} + \frac{2}{8} =$ 6. $\frac{3}{10} + \frac{4}{10} =$ 7. $\frac{1}{6} + \frac{2}{6} =$ 8. $\frac{7}{10} + \frac{6}{10} =$

9. $\frac{1}{4} + \frac{2}{4} =$ 10. $\frac{1}{8} + \frac{6}{8} =$ 11. $\frac{4}{9} + \frac{4}{9} =$ 12. $\frac{2}{8} + \frac{4}{8} =$

13. $\frac{3}{6} + \frac{1}{6} =$ 14. $\frac{4}{12} + \frac{5}{12} =$ 15. $\frac{3}{8} + \frac{3}{8} =$ 16. $\frac{8}{12} + \frac{5}{12} =$

Circle the abbreviations in these sentences.

Remember: Abbreviations are short forms of words and usually begin with capital letters and end with periods.

1. Dr. Cox is my family doctor.
2. Do you live on Rocksberry Rd.?
3. My teacher's name is Ms. Hansen.
4. On Mon. we are taking a trip to Fort Worth, Tx.
5. Will Mr. Harris sell his company to your parents?



Now write the abbreviations for these words.

- | | | | |
|---------------|-------|----------------|-------|
| 6. avenue | _____ | 7. Tuesday | _____ |
| 8. postscript | _____ | 9. Mister | _____ |
| 10. teaspoon | _____ | 11. tablespoon | _____ |
| 12. January | _____ | 13. circle | _____ |
| 14. Thursday | _____ | 15. company | _____ |

Choose 4 compound words and illustrate them.

EXAMPLE: supermarket is super and market.

Here are some to choose from, or you can choose some of your own: billfold, screwdriver, backyard, butterfly, rainbow, drawbridge, postman, undertake, windpipe, starfish, basketball.





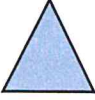
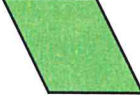
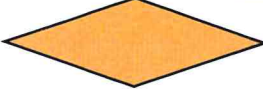
A large rectangular area for drawing, featuring a vertical dashed line down the center and a horizontal dashed line across the middle, intersecting at the center. The lines are composed of small purple dots.

Understanding Polygons.

Closed figures that have straight lines are *polygons*.
Which of these are polygons? _____

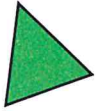


Day
18

1.  2.  3.  4.  5. 

Why? _____

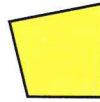
Where each side or point meets is called a *vertex*. Count and write the number of sides and the number of vertices each polygon has.



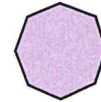
triangle



pentagon



quadrilateral



octagon

sides _____

sides _____

sides _____

sides _____

vertices _____

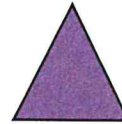
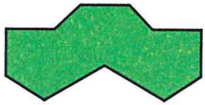
vertices _____

vertices _____

vertices _____

How are these shapes below alike? _____

How are they different? _____



Write the book titles correctly. Remember: Underline the whole title and use capital letters at the beginning of all the important words and the last word in the title.



1. millions of cats _____

2. higher than the arrow _____

3. john paul jones _____

4. no flying in the house _____

5. ludo and the star horse _____

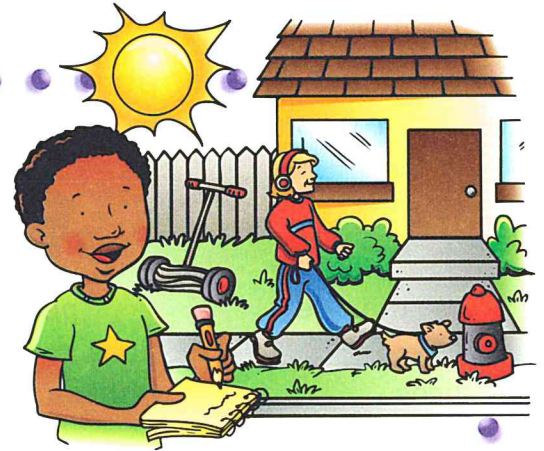
6. an elephant is not a cat _____

7. one wide river to cross _____

8. the polar express _____

9. where the sidewalk ends _____

Neighborhood Survey. Conduct a survey with your neighborhood, friends, or relatives. Find out how many have pets. If possible, observe them with their pets. Do they keep their pets inside or outside? Are the pets left to find their own food or part of their food, or is their food provided for them? How much space do they have to move around in? Think of other questions you might ask. Record your information in a report, chart, graph, table, or picture.

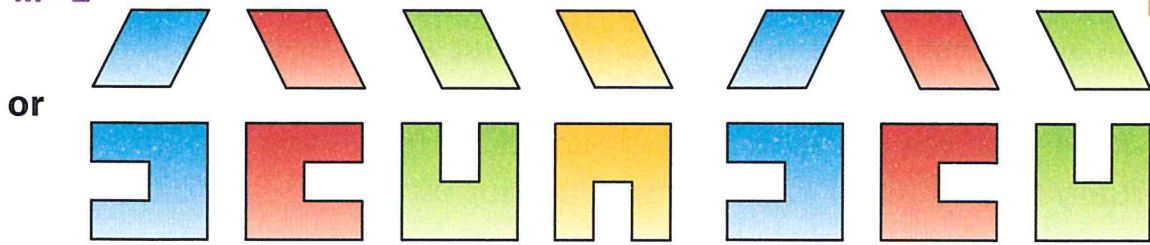


A large rectangular area for writing, bounded by a decorative border of purple dots. The border is thicker on the top and right sides and thinner on the left and bottom sides. A solid orange vertical bar is located on the left side of the page, partially overlapping the border.

Use what you know about polygons to make a pattern.
Start with one polygon and flip, turn, or slide it to make a pattern.



EXAMPLE:



Now try your hand at making some polygon patterns.



Review of Homonyms or Homophones. Write 5 sentences using some of these pairs of homonyms or homophones. Be sure to use both words and underline them.



EXAMPLE: Would you chop some wood?

- | | | |
|-------------------|----------------|------------------|
| 1. no, know | 2. four, for | 3. way, weigh |
| 4. ate, eight | 5. sun, son | 6. sent, cent |
| 7. see, sea | 8. tail, tale | 9. rode, road |
| 10. knight, night | 11. sale, sail | 12. pair, pear |
| 13. new, knew | 14. so, sew | 15. their, there |

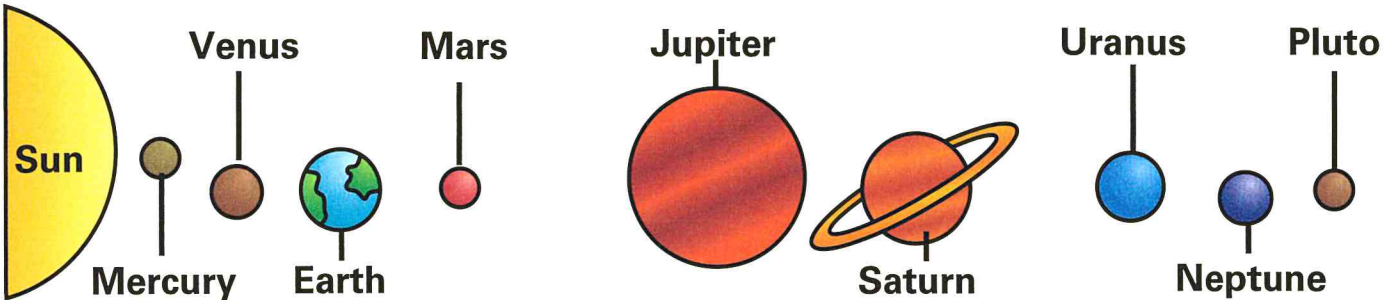
Read this paragraph. Put in the punctuation marks that are missing. Don't forget capitals.



FACTOID

Birds need gravity to help them swallow.

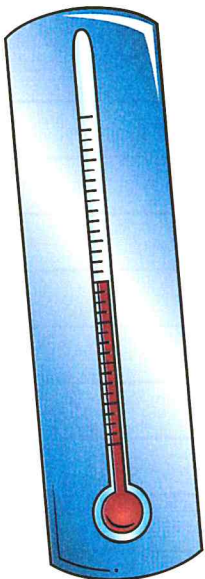
do you ever wonder about the planet pluto it takes pluto 248 earth years to orbit the sun most of the time pluto is farther away from the sun than any other planet but for some time pluto had been closer to the sun than neptune because it was traveling inside neptune's orbit it remained in neptunes orbit until february 9 1999 pluto is now traveling out of neptunes orbit



See if you can find more information about Pluto. Did you know that some astronomers believe that it was once a moon of Neptune? Look in an encyclopedia to find out more.



Chart the weather and temperature for the month. You will need to check with the weatherman for the high and low temperatures for the day. Write down or draw the weather for the day. Include the high and low temperature.



Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.

Rename these fractions.



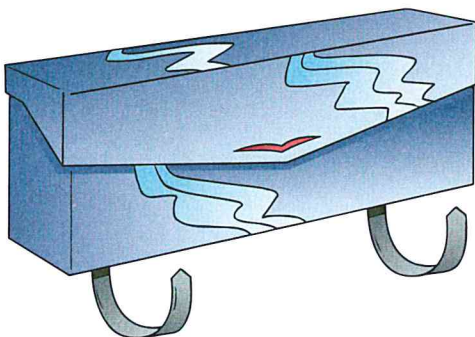
Day
20

EXAMPLE:

1. $\frac{5}{4} = 1\frac{1}{4}$
2. $\frac{10}{3} =$
3. $\frac{9}{8} =$
4. $\frac{8}{3} =$
5. $\frac{5}{2} =$
6. $\frac{7}{4} =$
7. $\frac{10}{3} =$
8. $\frac{11}{10} =$
9. $\frac{10}{7} =$
10. $\frac{19}{8} =$
11. $\frac{25}{10} =$
12. $\frac{9}{5} =$
13. $\frac{31}{10} =$
14. $\frac{23}{10} =$
15. $\frac{17}{8} =$
16. $\frac{13}{3} =$

Name the parts of a letter.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



1624 Oak Avenue
Amarillo, TX 79103
June 20, 1995

2 Dear Pat,

3 Today my friends and I went swimming in June's pool. We had a lot of fun. I sure miss you. I wish your family hadn't moved. Have you made any new friends yet?
Please write to me as soon as you can.

4 Your friend,
5 *Judy*

Rock Candy Crazy!



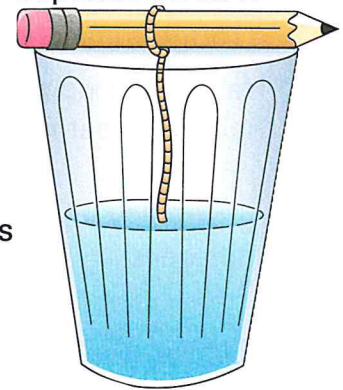
Rock candy is yummy! (Maybe not so good for the teeth, but yummy!)

Stuff You Need: (adult supervision)

water	cotton string	drinking glass
food coloring (optional)	masking tape	pencil
saucepan (nonstick, 4-quart)	stove top	sugar

Here's What to Do:

1. When starting with this solution, be sure to leave at least two-thirds of the saucepan empty. This leaves enough room for the sugar to dissolve and displace the water.
2. Have an adult help you use the stove. Fill your pan a little less than one-third full with water. Set it on the stove top to boil. When the water is boiling, slowly add the sugar. Stir the solution so the crystals dissolve more quickly. Add twice as much sugar as you have water to get a pan of syrup.
3. Once the syrup is made, wet the cotton string in water. Then roll it in dry sugar. This "seeds" the string and gives the sugar in the solution something to hang on to. Tie the string to a pencil and hang it in your glass so it just touches the bottom of the glass.
4. The syrup can now be added to the glass. Fill it close to the top. If you want colored rock candy, add a bit of food coloring to the syrup. Gently swirl it around.
5. Set the glass in a place where it will not be bothered. Don't pull the string out of the solution to look at it. This disrupts the crystal formation. You will also want to place a paper towel over the glass because ants love this experiment, and they may troop through your house to find it! Also, bacteria and dust may get in an uncovered glass.
6. The crystals may take one or two weeks to form. How long it takes depends on how sugary the syrup is and the number of seeds on the string. When the crystals have formed, you can eat this sweet concoction of pure sugar.



What's This All About?

One of the basic concepts of science is conservation of energy. This means that all things use up the least amount of energy possible. A water molecule in the gas state moves all over the place. This takes a lot of energy. It would take a lot less energy if the water molecule were a liquid, so the water vapor condenses into a water droplet. If the temperature drops low enough, the liquid can turn into a solid, becoming a piece of ice or a snowflake. This is conservation of energy.

Sugar is usually found as a solid at room temperature. When it is in the liquid form it takes extra energy for it to remain so. Since conservation of energy is the key, the sugar tries to recrystallize. When you pour the solution into the glass, the sugar molecules cling to the string to recrystallize. As more and more sugar molecules hang on, the crystals start to form.

Lung Capacity!



Take a deep breath! Hold it . . . hold it . . . Whoosh! Let it all out. Now, how much air was in your lungs? Here's how to find out.

Stuff You Need:

marker (permanent)
metric measuring cup
soda bottle (2-liter)
tub (large, plastic)
tubing (rubber)
water

Here's What to Do:

1. Put 250 ml of water into the bottle and make a mark. Continue to fill the bottle with 250 ml at a time, making a mark for each new level of water until you reach the 2 liter mark and the bottle is full.
2. Add 2 inches of water to the tub. Stick one end of the tubing inside the soda bottle. The other end should hang over the side of the tub. Quickly flip the bottle upside down and set the opening in the tub of water so that no water pours out.
3. Take a deep breath and blow all the air in your lungs into the tube. Your breath will push water into the tub as long as you are blowing into the tubing.
4. When you run out of air, quickly flip the bottle right side up to see how much air you added. See how far down the new water line is from the old water line. This amount is a rough measurement of your lung capacity!
5. Have other people try the same experiment and record their lung capacities on a Record Sheet like the one at the bottom of this page.



Lung capacity varies with size as well as with physical fitness. So it's OK if others' results are different!

Record Sheet

Name _____

Amount of water displaced _____ ml

My lung capacity is _____ ml.

Motivational Calendar



Month _____

My parents and I decided that if I complete
15 days of **Summer Bridge Activities™** and
read _____ minutes a day, my incentive/reward will be:

Child's Signature _____ Parent's Signature _____

Day 1	★	📖	_____	Day 9	★	📖	_____
Day 2	★	📖	_____	Day 10	★	📖	_____
Day 3	★	📖	_____	Day 11	★	📖	_____
Day 4	★	📖	_____	Day 12	★	📖	_____
Day 5	★	📖	_____	Day 13	★	📖	_____
Day 6	★	📖	_____	Day 14	★	📖	_____
Day 7	★	📖	_____	Day 15	★	📖	_____
Day 8	★	📖	_____				

Child: Color the ★ for daily activities completed.

Color the 📖 for daily reading completed.

Parent: Initial the _____ when all activities are complete.



Discover Something New!



Fun Activity Ideas to Go Along with Section Three!



Draw a picture of your favorite friend, toy, or teacher in your favorite time of the year.



Put together a collection of leaves from your neighborhood and label as many as you can.



Write five questions that you would like to ask the President of the United States.



Invent a new ice cream flavor. How is it made? What will you call it?



Play football with a Frisbee.



Find out how to recycle in your town; then make and deliver flyers to inform all your neighbors.



Using a book on astronomy, look for stars and constellations. This is a fun nighttime activity.



Write your answer to the following question: How would the world be different without Alexander Graham Bell?



Surprise your parents and weed a flower bed or garden, rake the leaves, do the dishes, etc.



Pretend you live in the year 2028. How will life be different? How will you look? What will you eat? How will you get around? Write it down and draw it.



Play flashlight tag tonight!



Design a comic strip and draw it.



Paint a mural on butcher paper.



Set up a miniature golf course in your own backyard.



Play hockey using a broom.



Add and rename fractions where needed.



Day
1

EXAMPLE:

1. $\frac{3}{4} + \frac{2}{4} = \frac{5}{4}$ or $1\frac{1}{4}$
2. $\frac{6}{10} + \frac{8}{10} =$
3. $\frac{3}{4} + \frac{5}{4} =$
4. $\frac{9}{11} + \frac{2}{11} =$
5. $\frac{10}{12} + \frac{14}{12} =$
6. $\frac{6}{11} + \frac{7}{11} =$
7. $\frac{7}{12} + \frac{8}{12} =$
8. $\frac{6}{8} + \frac{5}{8} =$
9. $\frac{5}{15} + \frac{10}{15} =$
10. $\frac{9}{16} + \frac{9}{16} =$
11. $\frac{4}{7} + \frac{5}{7} =$
12. $\frac{8}{9} + \frac{6}{9} =$

Look at the letter on page 75 to answer the following questions.



1. What does the heading tell you? _____

2. How many paragraphs are in the letter? _____
3. What is the signature? _____

4. What words in the letter have capitals? _____

5. Where are the commas in the letter? _____

FACTOID

Benjamin Franklin thought the turkey should be America's national symbol.



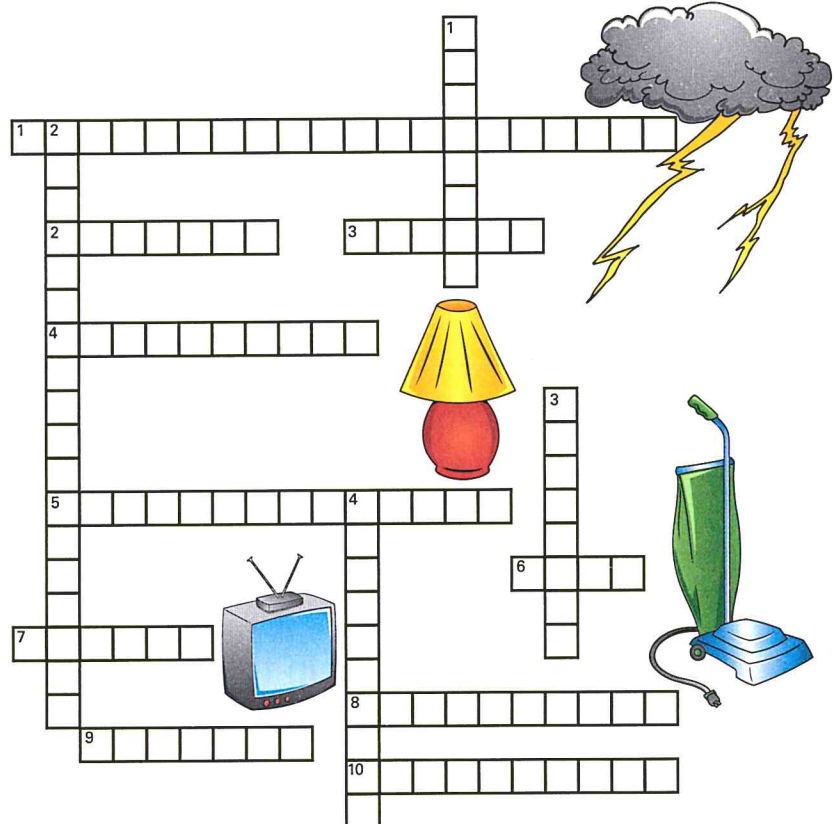
Electric Circuit Crossword Puzzle.

Across

1. Electric currents from a battery flow in one direction from n _____ to p _____.
2. Electrical c _____ means the flow of charged particles.
3. M _____ are good conductors of electrical currents because electricity can flow through them easily.
4. The plastic or rubber coverings on wires are called i _____.
5. In a lightbulb, when the switch is turned on or connected, the electricity flows through what we call a c _____ c _____.
6. When electricity flows through the wires on a toaster they become hot, and h _____ from the wires toasts our bread.
7. L _____ and thickness are the two things that determine the wires' resistance that causes them to become hot.
8. A _____ such as electric stoves and toasters contain wires that are conductors of electricity.
9. A b _____ is a cell storing an electrical charge and capable of furnishing an electrical current.
10. Copper and aluminum are good c _____ of electricity because it can go through them easily due to their low resistance to the electrical current.

Down

1. A r _____ is a tool used to control the amount of electrical current that goes through a circuit.
2. When wires, bulbs, and batteries are connected they make a path for electricity to flow through called an e _____ c _____.
3. Lightbulbs have a special wire in them called a f _____.
4. The property of the filament that makes it light up when electricity flows through it is called the r _____ to electricity.



Subtracting Fractions.



Day
2

$$\frac{4}{5} - \frac{1}{5} = \frac{3}{5}$$

← subtract the numerators
← keep the same denominators

1. $\frac{2}{6} - \frac{1}{6} =$

2. $\frac{5}{10} - \frac{3}{10} =$

3. $\frac{3}{4} - \frac{2}{4} =$

4. $\frac{6}{8} - \frac{3}{8} =$

5. $\frac{8}{11} - \frac{3}{11} =$

6. $\frac{6}{7} - \frac{4}{7} =$

7.
$$\begin{array}{r} 6 \frac{8}{10} \\ - 3 \frac{4}{10} \\ \hline \end{array}$$

8.
$$\begin{array}{r} 8 \frac{4}{10} \\ - 3 \frac{3}{10} \\ \hline \end{array}$$

9.
$$\begin{array}{r} 7 \frac{2}{5} \\ - 3 \frac{1}{5} \\ \hline \end{array}$$

10.
$$\begin{array}{r} 13 \frac{3}{4} \\ - 9 \frac{1}{4} \\ \hline \end{array}$$

11.
$$\begin{array}{r} 14 \frac{10}{12} \\ - 7 \frac{9}{12} \\ \hline \end{array}$$

12.
$$\begin{array}{r} 24 \frac{7}{10} \\ - 12 \frac{3}{10} \\ \hline \end{array}$$



Put all the punctuation marks and capital letters in this letter.



Mr. Greg Jones
1461 Condor St.
Lake Tona, OH 12345

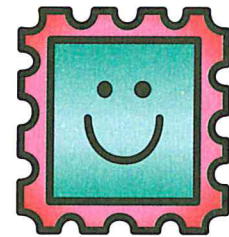
1461 condor st
lake tona oh 12345
july 21 1995

dear david

thank you for sending me
the pictures of your trip it looks
like you had a great time do
you want me to send them back
next week im going to
kansas city to spend the rest of
the summer with my dad i hope
we will get along well
write again when you can

your friend

greg



Use the words in the Word Bank to complete these sentences on "body facts."



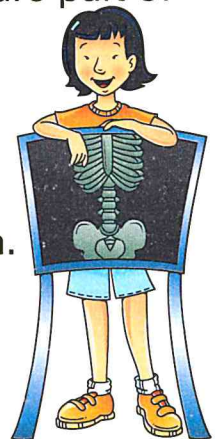
FACTOID

The name "zipper" came from the sound a zipper makes when it is opened or closed.

Word Bank

- brain
- water
- calcium
- circulatory
- cells
- iron
- digestive
- eyes
- heart

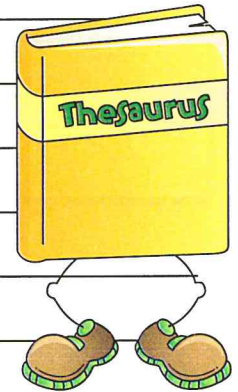
1. Our bodies are made up of millions of tiny _____.
2. Our bodies are mostly _____, between 55 and 75 percent.
3. Our bodies have lots of metals and minerals in them, some of which are _____ and _____.
4. Our bodies have several systems that work together to help us. Our heart, blood vessels, and blood are part of our _____ system, which moves blood throughout our bodies.
5. Our salivary glands, esophagus, stomach, gallbladder, large intestines, and small intestines are part of our _____ system.
6. Our _____ is like a wonderful tool. It tells our _____ to beat and our _____ to blink.



A **synonym** is a word that means the same as another word. An **antonym** is a word that means the opposite of another word. Using a thesaurus, write a synonym and an antonym for each word below



1. rough _____
2. problem _____
3. winter _____
4. spring _____
5. mad _____
6. harvest _____
7. huge _____
8. inaccurate _____
9. calm _____
10. riot _____



Addition and Subtraction with Thousands.

Day
3

$$\begin{array}{r} 1. \ 5,162 \\ - 2,678 \\ \hline \end{array}$$

$$\begin{array}{r} 2. \ 9,252 \\ - 5,003 \\ \hline \end{array}$$

$$\begin{array}{r} 3. \ 7,825 \\ - 3,148 \\ \hline \end{array}$$

$$\begin{array}{r} 4. \ 3,529 \\ + 7,506 \\ \hline \end{array}$$

$$\begin{array}{r} 5. \ 8,929 \\ + 4,050 \\ \hline \end{array}$$

$$\begin{array}{r} 6. \ 9,341 \\ - 6,037 \\ \hline \end{array}$$

$$\begin{array}{r} 7. \ 2,629 \\ + 7,536 \\ \hline \end{array}$$

$$\begin{array}{r} 8. \ 4,528 \\ + 1,257 \\ \hline \end{array}$$

$$\begin{array}{r} 9. \ 7,932 \\ - 5,847 \\ \hline \end{array}$$

$$\begin{array}{r} 10. \ 9,826 \\ + 1,329 \\ \hline \end{array}$$

$$\begin{array}{r} 11. \ 4,723 \\ + 5,297 \\ \hline \end{array}$$

$$\begin{array}{r} 12. \ 3,872 \\ - 1,799 \\ \hline \end{array}$$



Write a letter to a friend, grandparent, or someone else you would like to write. Be sure to put in all five parts of the letter.

Remember: Letter writing uses the same steps as writing a story. Refer to page 59. Copy your letter to another sheet of paper.



A large sheet of lined paper for writing a letter, with a header section and a main body section.

Below are the stressed syllables of some spelling words. Fill in the missing syllables and then write the words in cursive. Each blank stands for a letter. The first one is done for you.



several	busy	accept	violin
parent	begin	dial	bacon
salad	wonderful	unlock	vegetable
library	limit	into	depend

- | | | | |
|--------------------|---------------|--------------------|-------|
| 1. par' <i>ent</i> | <i>parent</i> | 9. sev' _ _ _ | _____ |
| 2. li' _ _ _ _ | _____ | 10. sal' _ _ | _____ |
| 3. lim' _ _ | _____ | 11. won' _ _ _ _ | _____ |
| 4. in' _ _ | _____ | 12. _ _ lock' | _____ |
| 5. _ _ pend' | _____ | 13. veg' _ _ _ _ _ | _____ |
| 6. ba' _ _ _ | _____ | 14. _ _ _ lin' | _____ |
| 7. di' _ _ | _____ | 15. _ _ cept' | _____ |
| 8. _ _ gin' | _____ | 16. bus' _ | _____ |

Self-Portrait Poem.

1. Write your name.
2. Write two words that tell about you.
3. Write three words that tell what you like to do.
4. Write two more words that describe you.
5. Write your name again.



Try writing another "portrait poem" about a person or pet in your life.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Fractions to Tenths and the Decimal Equivalents for the Fraction.
Remember: When working with fractions that have a denominator of 10, you can write them as fractions in tenths, or you can use the decimal equivalent. Do this activity by writing each both ways.

EXAMPLE:

1.  $\frac{6}{10}$ or $.6$

2. $\frac{3}{10}$ or _____




3.  _____ or _____

4. $1\frac{7}{10}$ or _____

5.  _____ or _____

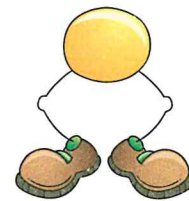
6. $3\frac{5}{10}$ or _____

7.  _____ or _____

8. 1.9 or _____

9.  _____ or _____

10. $.8$ or _____




11.  _____ or _____

12. 3.4 or _____

On page 85, you wrote a letter to someone. Today, address an envelope and send the letter to them. Be sure to put your address in the upper left-hand corner and the address of the person to whom you're sending the letter in the center. Don't forget to put a stamp in the upper right-hand corner. Use the space below to practice.





Write an **analogy** to finish these sentences. **Remember:** An analogy is a comparison between two pairs of words. Try to think of the relationship between the two words given and then think of another word that has the same kind of relationship to the third word.



EXAMPLE:

Story is to read as song is to sing.

1. Brother is to boy as sister is to _____.
2. Princess is to queen as prince is to _____.
3. Milk is to drink as hamburger is to _____.
4. Arrow is to bow as bullet is to _____.
5. Car is to driver as plane is to _____.
6. Ceiling is to room as lid is to _____.
7. Paper is to tear as glass is to _____.
8. Large is to huge as small is to _____.
9. Wrist is to hand as ankle is to _____.
10. Father is to uncle as mother is to _____.
11. Cupboard is to dishes as library is to _____.
12. Hard is to difficult as easy is to _____.



Exercising Parts of the Body. Make a list of 5 or 6 exercises. Some examples are running, hopping, sit-ups, jumping jacks, touching your toes, push-ups, jumping, skipping, playing sports, gymnastics, and swinging your arms. Try them. Which parts of the body are affected? Write down the results. Try this exercise. Take an ordinary spring-centered clothespin. Hold the ends between your thumb and one of your fingers. How many times can you open and close it in 30 seconds?





Use what you know about fractions to tenths and their decimal equivalents to work with hundreds. **Remember:** When a whole object is divided into 100 equal parts, each part is one hundredth ($\frac{1}{100}$ or .01). Write the fraction as a decimal. The first one is done for you.

1. $\frac{49}{100} = .\underline{49}$ 2. $\frac{25}{100} = .\underline{\quad}$ 3. $\frac{20}{100} = .\underline{\quad}$
 4. $\frac{86}{100} = .\underline{\quad}$ 5. $\frac{37}{100} = .\underline{\quad}$ 6. $\frac{9}{100} = .\underline{\quad}$



Now write the mixed number as a decimal.

7. $1\frac{93}{100} = \underline{\quad}$ 8. $7\frac{15}{100} = \underline{\quad}$ 9. $15\frac{47}{100} = \underline{\quad}$
 10. $46\frac{89}{100} = \underline{\quad}$ 11. $35\frac{6}{100} = \underline{\quad}$ 12. $625\frac{12}{100} = \underline{\quad}$
 13. $12\frac{5}{100} = \underline{\quad}$ 14. $81\frac{1}{100} = \underline{\quad}$ 15. $10\frac{11}{100} = \underline{\quad}$

Adjectives are words that tell about or describe nouns and pronouns. Circle the adjective(s) in these sentences. Write the noun(s) or pronoun(s) described at the end of the sentences.



1. A (beautiful) light flashed across the (cloudy) sky. light sky
 2. On the tall mountain we found blue and yellow flowers. _____
 3. He was brave after the accident. _____
 4. It is fun, but it is also dangerous to skydive. _____
 5. Our brown dog had six cute puppies. _____

Now fill in the blanks with adjectives.

6. My _____ pencil is never in my desk.
 7. The _____ students were having a _____ time.
 8. The _____, _____ ride was making me sick.
 9. My brother, Jack, sang a _____ song when we were camping.
 10. _____, _____ snakes were wiggling around in the box.

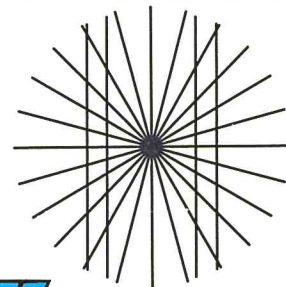
Maintaining Good Health. Fill in the blanks with the following health terms: nutrients, healthy, sleep, exercise, liquids, water, cleanliness, checkups, energy, food groups. Some terms are used more than once.



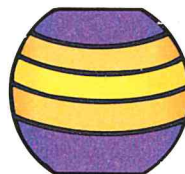
1. _____ are basic nourishing ingredients in good foods that you eat.
2. _____ helps you to strengthen your muscles. It helps your heart and lungs grow, too.
3. _____ help you prevent tooth decay and maintain good health.
4. Meat, fruits, vegetables, milk, and breads and cereals make up the basic _____ that keep you healthy.
5. Being healthy means feeling good and having the _____ to work and play.
6. Vitamins and minerals are kinds of _____ that you get from food.
7. Being _____ means feeling good and not being sick.
8. Sugar, starch, and fats are _____ that your body uses for fuel to give you _____.
9. You need to drink a lot of _____ because your body is approximately 60–70% _____.
10. Plenty of _____ helps give your body time to grow and repair itself. Children need 10 to 11 hours of it because they are still growing.
11. _____ is a way of fighting germs and staying healthy.

Are You Confused?

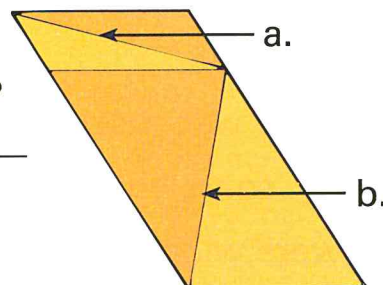
1. Are any of the lines curved? _____



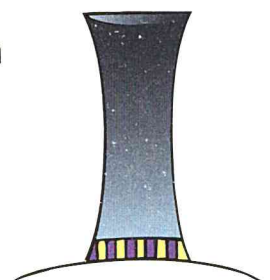
2. Which vase is wider at the top and bottom? _____



3. Which line is longer, a or b?



4. Is the hat taller than the brim is wide?



Decimals and Money. Remember: 100 pennies = 1 dollar. One penny is 1/100 of a dollar, or \$.01, so 49 pennies = \$.49. We can compute money by adding, subtracting, multiplying, and dividing—just watch the decimals. Look at the signs. Use a separate piece of paper to show your work.



Day
7

EXAMPLE:

$$\begin{array}{r} \$57.34 \\ + 62.89 \\ \hline \$120.23 \end{array}$$

$$\begin{array}{r} \$62.89 \\ - 34.91 \\ \hline \$27.98 \end{array}$$

$$\begin{array}{r} \$12.45 \\ \times \quad 3 \\ \hline \$37.35 \end{array}$$

$$\begin{array}{r} \$ 3.95 \\ 5 \overline{) \$19.75} \\ \underline{- 15} \\ 47 \\ \underline{- 45} \\ 25 \\ \underline{- 25} \\ 0 \end{array}$$

1.
$$\begin{array}{r} \$409.75 \\ - 249.83 \\ \hline \$ \end{array}$$

2.
$$\begin{array}{r} \$14.74 \\ \times \quad 3 \\ \hline \$ \end{array}$$

3.
$$\begin{array}{r} \$492.00 \\ - 349.50 \\ \hline \$ \end{array}$$

4.
$$\begin{array}{r} \$ \\ 4 \overline{) \$12.92} \end{array}$$

5.
$$\begin{array}{r} \$162.49 \\ + 186.32 \\ \hline \$ \end{array}$$

6.
$$\begin{array}{r} \$ \\ 7 \overline{) \$49.77} \end{array}$$

7.
$$\begin{array}{r} \$601.89 \\ + 403.23 \\ \hline \$ \end{array}$$

8.
$$\begin{array}{r} \$9.57 \\ \times \quad 6 \\ \hline \$ \end{array}$$

9.
$$\begin{array}{r} \$668.45 \\ + 171.63 \\ \hline \$ \end{array}$$

10.
$$\begin{array}{r} \$915.04 \\ - 102.56 \\ \hline \$ \end{array}$$

11.
$$\begin{array}{r} \$741.13 \\ \times \quad 8 \\ \hline \$ \end{array}$$

12.
$$\begin{array}{r} \$ \\ 4 \overline{) \$29.48} \end{array}$$

Write nouns to go with these adjectives. The first one is done for you.



1. two red apples

2. fancy little _____

3. fluffy yellow _____

4. small pink _____

5. cold, wet _____

6. smooth green _____

7. dark, strange _____

8. fat, juicy _____

9. wild, dangerous _____

10. loud, shrill _____

11. furry black _____

12. fourteen blue _____

13. big, heavy _____

14. long, thick _____

Add a prefix and a suffix to the following words; then choose five of the words and write sentences with them.



suffix

prefix

1. _____ print _____

2. _____ spell _____

3. _____ light _____

4. _____ lock _____

5. _____ poison _____

6. _____ port _____

7. _____ courage _____

8. _____ cook _____

9. _____ agree _____

10. _____ appoint _____

Sentences:

1. _____

2. _____

3. _____

4. _____

5. _____

What's for Breakfast, Lunch, and Dinner? This is your day to plan the meals. You can have anything you want to eat for the day. It can be for the whole family or just yourself. Plan and write down your menu for breakfast, lunch, and dinner. You can even schedule a few snacks.





Multiplying Multiples of 10 and 100.

To use shortcuts to find the product of multiples of 10 or 100, write the product for the basic fact and count the zeros in the factors.



Day
8

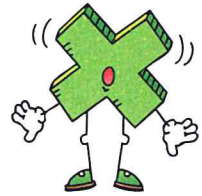
$10 \times 8 = 80$ (1 zero) $10 \times 80 = 800$ (2 zeros) $10 \times 800 = 8,000$ (3 zeros)

Multiples of tens:

- $10 \times 5 = \underline{\quad}$
- $7 \times 10 = \underline{\quad}$
- $39 \times 10 = \underline{\quad}$
- $30 \times 30 = \underline{\quad}$
- $54 \times 10 = \underline{\quad}$
- $10 \times 21 = \underline{\quad}$
- $710 \times 10 = \underline{\quad}$
- $9 \times 10 = \underline{\quad}$
- $70 \times 30 = \underline{\quad}$

Multiples of hundreds:

- | | | | |
|---|---|---|---|
| 10. $\begin{array}{r} 900 \\ \times 40 \\ \hline \end{array}$ | 11. $\begin{array}{r} 600 \\ \times 10 \\ \hline \end{array}$ | 12. $\begin{array}{r} 230 \\ \times 20 \\ \hline \end{array}$ | 13. $\begin{array}{r} 700 \\ \times 80 \\ \hline \end{array}$ |
| 14. $\begin{array}{r} 500 \\ \times 50 \\ \hline \end{array}$ | 15. $\begin{array}{r} 600 \\ \times 90 \\ \hline \end{array}$ | 16. $\begin{array}{r} 440 \\ \times 30 \\ \hline \end{array}$ | 17. $\begin{array}{r} 700 \\ \times 60 \\ \hline \end{array}$ |



Adjectives are used to compare. Add -er and -est to these adjectives.

EXAMPLE:

- | | | |
|---------|---------------|----------------|
| red | <i>redder</i> | <i>reddest</i> |
| 1. hot | _____ | _____ |
| 2. nice | _____ | _____ |
| 3. warm | _____ | _____ |
| 4. hard | _____ | _____ |
| 5. easy | _____ | _____ |



Now write a story. Use as many of the adjectives above as you can. Underline the adjectives.

FACTOID

Plumbers find strange things in clogged pipes. One found a 2.2 meter boa constrictor in the pipe!



Choose 4 idioms and illustrate each one. Here are some to choose from, or you can use your own.

- Could you lend a hand?
- The boys were shooting the breeze.
- He's got rocks in his head.
- She gave him a dirty look.
- I got it straight from the horse's mouth.
- You won the game by the skin of your teeth.
- Time flies.
- Keep a stiff upper lip.
- She's a ball of fire.
- I'd really like to catch her eye.
- I was dog tired.

Place Value. A place-value chart can help you read as well as figure out large numbers.



Hundred Millions	Ten Millions	Millions	Hundred Thousands	Ten Thousands	Thousands	Hundreds	Tens	Ones
	8	6	5	3	7	1	4	3

Using the place-value chart to help you, read and write the following numbers. The first one is done for you.

- Eighty-six million five hundred thirty-seven thousand one hundred forty-three 86,537,143.
- Seven hundred eighty-nine million four hundred ninety-six thousand three hundred twenty-one _____.
- One hundred sixty million seven hundred six thousand one hundred twenty-nine _____.
- Seventy-one million four hundred eleven thousand eight hundred ninety-nine _____.
- One hundred million three hundred seventy-five thousand _____.
- 1,369,000 _____
- 375,403,101 _____
- 894,336,045 _____

Overworked and. Rewrite the paragraph and leave out all the occurrences of and that you can. Write in cursive and be sure to put capitals and periods where they need to go.



My friend and I visited Cardiff, Wales, and we learned that Cardiff is the capital and largest port of Wales and the city lies on the River Taff near the Bristol Channel and Cardiff is near the largest coal mines in Great Britain and it is one of the great coal-shipping ports of the world.




How many times were you able to leave and out of the paragraph? _____



FACTOID

Potato chips were invented when a cook got mad at a customer who was picky about his French fries.

The following words are often misspelled. Write each word three times; then have someone give you a test. Use another piece of paper for your test.

EXAMPLE:

1. although although although although 
2. arithmetic _____
3. trouble _____
4. bought _____
5. chocolate _____
6. aunt _____
7. handkerchief _____
8. piece _____
9. vacation _____
10. practice _____
11. receive _____
12. getting _____

 Categorizing the People in Your Family. Include some aunts, uncles, and cousins. Categorize them according to age, height, weight, hair color, hair length, eye color, etc. What do they have in common? What are some of their differences? Then draw a picture of them. Use a sheet of paper. 

Family Member	Age	Height	Weight	Hair Color



Multiplying 2-Digit Numbers.



Day
10

1. $\begin{array}{r} 39 \\ \times 69 \\ \hline \end{array}$

2. $\begin{array}{r} 72 \\ \times 18 \\ \hline \end{array}$

3. $\begin{array}{r} 85 \\ \times 36 \\ \hline \end{array}$

4. $\begin{array}{r} 23 \\ \times 87 \\ \hline \end{array}$

5. $\begin{array}{r} 46 \\ \times 77 \\ \hline \end{array}$

6. $\begin{array}{r} 57 \\ \times 49 \\ \hline \end{array}$

7. $\begin{array}{r} 41 \\ \times 73 \\ \hline \end{array}$

8. $\begin{array}{r} 48 \\ \times 95 \\ \hline \end{array}$

9. $\begin{array}{r} 88 \\ \times 66 \\ \hline \end{array}$

10. $\begin{array}{r} 68 \\ \times 92 \\ \hline \end{array}$

11. $\begin{array}{r} 507 \\ \times 13 \\ \hline \end{array}$

12. $\begin{array}{r} 456 \\ \times 32 \\ \hline \end{array}$

13. $\begin{array}{r} 640 \\ \times 21 \\ \hline \end{array}$

14. $\begin{array}{r} 576 \\ \times 45 \\ \hline \end{array}$

Write **S** by the word pairs that are synonyms, **A** by the word pairs that are antonyms, or **H** by the word pairs that are homonyms.



EXAMPLE:

tie • bind **S**

high • low **A**

here • hear **H**

- weep • cry _____
- wonderful • terrible _____
- look • glare _____
- huge • large _____
- away • toward _____
- walk • stroll _____
- never • always _____
- bear • bare _____
- ask • tell _____
- cymbal • symbol _____
- many • numerous _____
- end • begin _____
- hair • hare _____
- move • transport _____
- problem • solution _____
- idea • thought _____
- claws • clause _____
- I'll • isle _____
- add • subtract _____
- try • attempt _____
- that • this _____
- doe • dough _____
- enough • ample _____
- board • bored _____

Read the clues to help you decide what words go in this crossword puzzle.



FACTOID

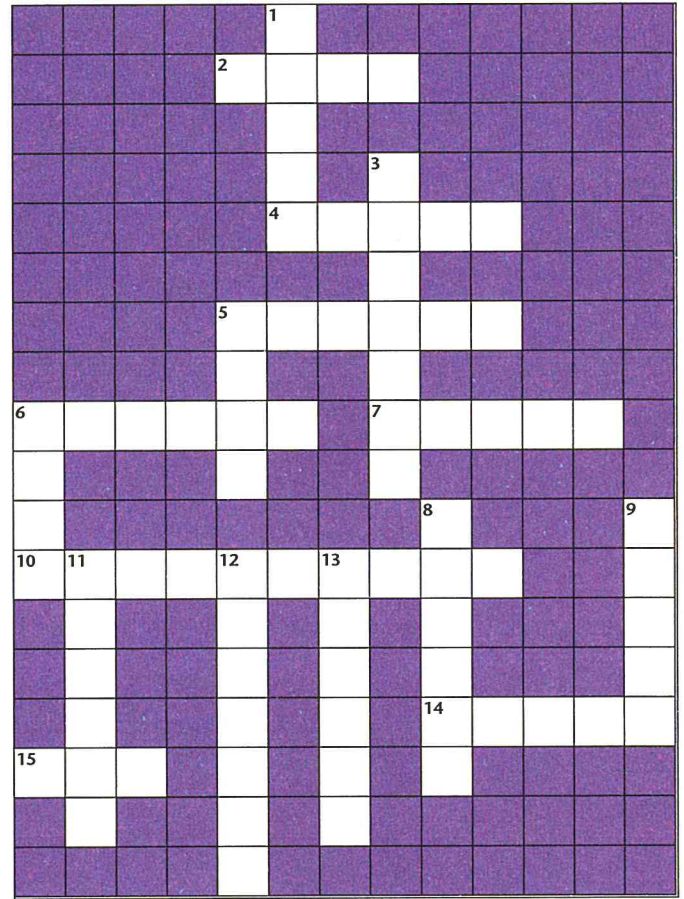
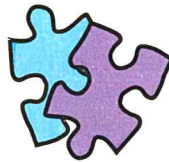
The first formal Christmas card wasn't created until 1843.

Down

- 1. birds with webbed feet
- 3. plays the piano
- 5. gave money
- 6. holds up the gate
- 8. boards for building
- 9. frilly
- 11. do it again to a story
- 12. hair by the eye
- 13. another name for a mule

Across

- 2. red from the sun
- 4. won't bend easily
- 5. eat outside
- 6. beginning of a word
- 7. decay of food
- 10. very large; great
- 14. nothing in it
- 15. cook in



Think of one of your favorite fairy tales. Tell how the story begins, what happens in the middle, and how it ends. Write it in your own words and in the correct order. Don't write the whole story.



Quotients with Remainders. Use another sheet of paper if you need to.



EXAMPLE:

$$\begin{array}{r} 2 \text{ R}8 \\ 20 \overline{)48} \\ \underline{40} \\ 8 \end{array}$$

$$30 \overline{)189}$$

$$70 \overline{)456}$$

$$80 \overline{)504}$$

$$30 \overline{)281}$$

$$60 \overline{)246}$$

$$90 \overline{)458}$$

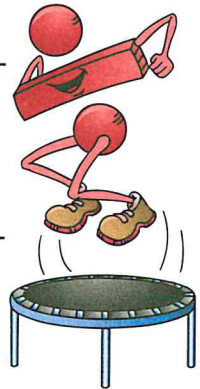
$$60 \overline{)573}$$

$$40 \overline{)172}$$

$$80 \overline{)410}$$

$$60 \overline{)692}$$

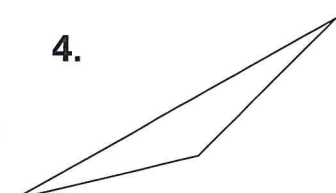
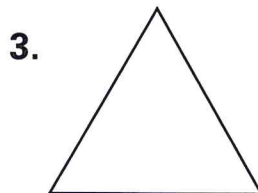
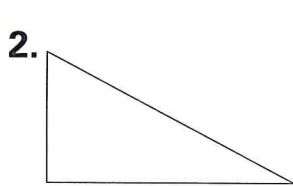
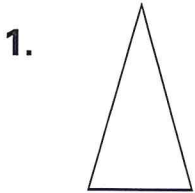
$$70 \overline{)661}$$

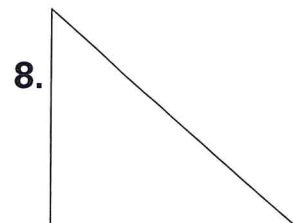
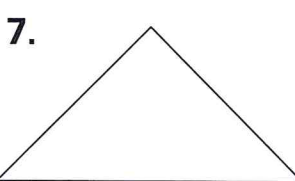
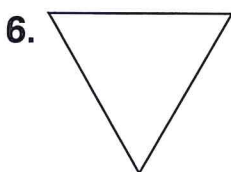
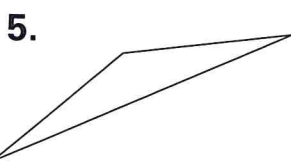


Equilateral Triangle—has three congruent sides
Isosceles Triangle—has only two congruent sides
Scalene Triangle—has no congruent sides



Classify the following triangles. Write equilateral, isosceles, or scalene.





FACTOID

Teddy bears were named after President Theodore Roosevelt.

Adverbs Describe Verbs. Write an adverb to describe these verbs. Remember: Many adverbs end with -ly.

1. walk quietly
3. smiled _____
5. painted _____
7. laughed _____
9. arrived _____
11. folded _____

2. _____ run
4. _____ looked
6. _____ cried
8. burned _____
10. went _____
12. answered _____



Write five sentences using the verbs and adverbs you put together.

EXAMPLE: *I will walk quietly in the library.*

13. _____
14. _____
15. _____
16. _____
17. _____

Make a "Happy" list and then a "Sad" list. Put the things that make you most happy at the top of your "Happy" list. Do the same thing with things that make you sad on your "Sad" list.



Happy List



Sad List



Multiplying Money. Remember: Multiply as you do using whole numbers and then place the decimal point or cents (2 numbers from the right).

EXAMPLE: $\$.24$
 $\times 89$
 216
 $+1920$
2136

$$\begin{array}{r} 24 \times 9 = 216 \\ 24 \times 80 = 1920 \\ 1920 + 216 = 2136 \end{array}$$



Place the decimal and the dollar sign \$21.36

1. $\$.65$
 $\times 24$

2. $\$.52$
 $\times 36$

3. $\$.94$
 $\times 13$

4. $\$.45$
 $\times 25$

5. $\$.81$
 $\times 34$

6. $\$.59$
 $\times 54$

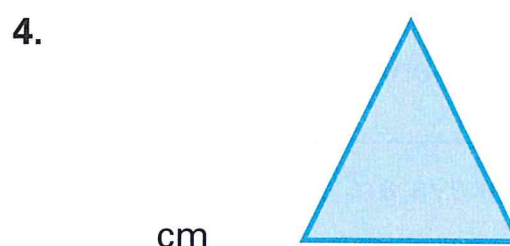
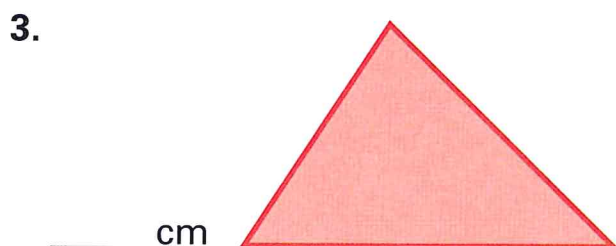
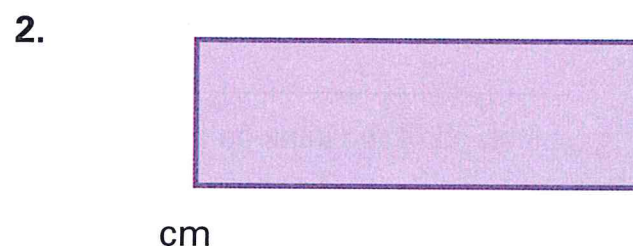
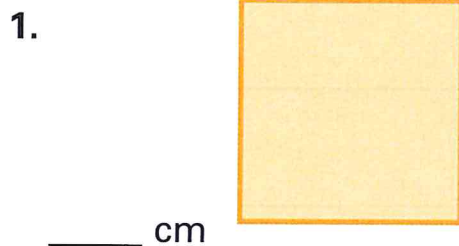
7. $\$ 3.52$
 $\times 34$

8. $\$ 3.45$
 $\times 56$

Perimeter—the distance around an object.



Measure the length of each side to find the perimeter in centimeters.



FACTOID

"Ferris wheel" and "cartwheel" are both nicknames for silver dollars.

Read a book and fill out the following book report. Share it with a sibling or friend.

Title:	
Author:	
Illustrator:	I liked the book because:
Setting (where):	
Main Characters (who):	Tell which character in the book you would like to be and why:
Main Ideas (what):	



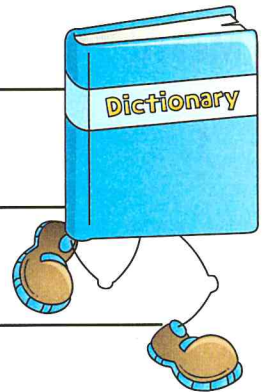
Dictionary Sentences. Rewrite the following dictionary sentences using the correct spelling.

1. Thank ū fôr thə yel'ō T shŭrt and blak shərts.

2. Mis'tēr Ralf livz ôn ə färm doun əlôŋ thə riv'ēr.

3. I stak'əd ôl thə kanz ôn top uv ēch uth'ēr.

4. Wē nēd ə gal'ən uv milk, sum egz, and but'ēr, nou!



Now rewrite these two sentences using the dictionary.

1. A thousand pennies equal ten dollars, I am told.

2. Monkeys are funny, furry little animals in the zoo.

Explain to an adult what the following geometrical terms mean. Show what each means by drawing an example of each.

1. Segments, lines, endpoints, and rays
2. Intersecting lines
3. Parallel lines
4. Perimeter



Adverbs tell where, how, or when. Tell what kind of adverb is underlined in the following sentences. Write where, when, or how.



1. Animals are sometimes called mammals. _____
2. There was a big accident on the freeway yesterday. _____
3. Joe quickly ran out to catch the bus. _____
4. We could hear the sound far below us. _____
5. Our campfire burned brightly all night. _____
6. We are going there next winter. _____
7. Be sure to write your letter neatly. _____
8. The birds will fly away if you scare them. _____

Where?
How?
When?

Now fill in the blanks with a how, when, or where adverb.

1. The car was going very (how) _____.
2. Will you take April and June (where) _____ to the movie?
3. Mom will take them down (when) _____.

More Geometry. Explain and draw an example of the following geometrical terms.



Day
14

1. Congruent figures
2. Right angles
3. Triangles
4. Parallelograms
5. Polygons



1 pint (pt.) is equal to 2 cups.
1 quart (qt.) is equal to 2 pints.

1 gallon (gal.) is equal to 4 quarts.
1 pound (lb.) is equal to 16 ounces.



Circle the best answer or fill in the blank lines with the correct answer.

- | | | | | |
|------------------------------|---------|------------------------------|--------|---------|
| 1. the capacity of a glass | 2 cups | 2 pt. | 2 qt. | 2 gal. |
| 2. the capacity of a tub | 60 cups | 60 pt. | 60 qt. | 60 gal. |
| 3. the capacity of a sink | 2 cups | 2 pt. | 2 qt. | 2 gal. |
| 4. the capacity of a pitcher | 2 cups | 2 pt. | 2 qt. | 2 gal. |
| 5. 5 pt. = _____ cups | | 6. 4 pt. = _____ qt. | | |
| 7. 2 qt. = _____ pt. | | 8. 32 oz. = _____ lb. | | |
| 9. 3 gal. = _____ qt. | | 10. 8 cups = _____ pt. | | |
| 11. 5 lb. 8 oz. = _____ oz. | | 12. 4 pt. 1 cup = _____ cups | | |
| 13. 4 qt. 1 pt. = _____ pt. | | 14. 16 qt. = _____ gal. | | |
| 15. 5 pt. 1 cup = _____ cups | | 16. 12 pt. = _____ cups | | |

FACTOID

A mermaid purse is a case of eggs laid by a shark or ray out in the ocean.



Create small words from the letters in the following words. Write them.

EXAMPLE:

borrow row or bow rob brow

1. pajamas _____
2. carpenter _____
3. performance _____
4. bandage _____
5. knowledge _____
6. theory _____
7. satisfaction _____
8. customer _____
9. discovery _____
10. eventually _____
11. announcement _____
12. sentence _____

Sometimes things happen that cause something else to happen. This is called "cause and effect." A clue word helps to tell which is which. In the following sentences, underline the cause with a straight line (___).

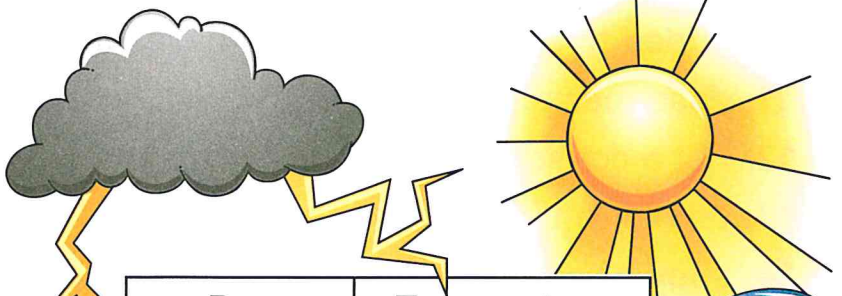
Underline the effect with a dotted line (_ _ _). Put a box □ around the clue word.



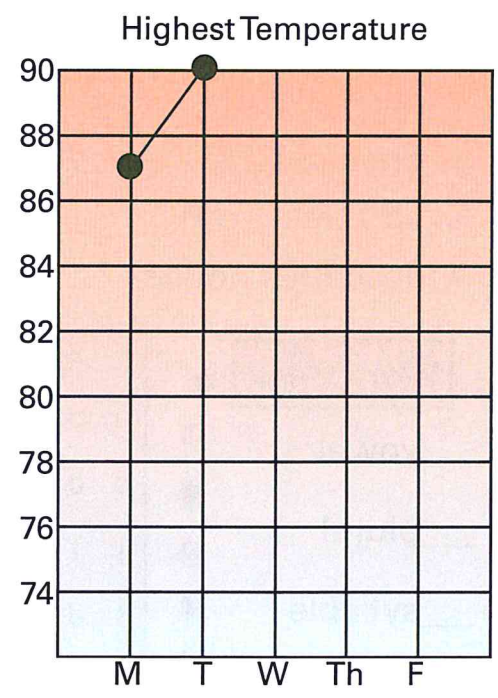
1. The tooth was broken, so it gave her a lot of pain.
2. The book was ripped and dirty because the dog got it.
3. Because it was so cold, Betty could ice skate for only a short while.
4. I went to bed early last night because I was so tired.
5. Because it was raining hard, we couldn't play outside.
6. The rabbit ran fast because the fox was after it.
7. It was very foggy out, so we could not see the mountains.
8. Because we got to the camp too late, there was no time for hiking.
9. It was very dark in the dugout, so we turned on the flashlight.
10. Kit played basketball too long after school; therefore, he missed the bus.



Graphs, Charts, and Tables. There are many different kinds of graphs, charts, and tables. Check your newspaper regularly to find different kinds and different information that you could chart or graph daily. This is a "broken-line" graph. Complete this graph using the information given in the table. Monday and Tuesday have been done for you.



Day	Temperature
Monday	87°
Tuesday	90°
Wednesday	74°
Thursday	78°
Friday	80°



Write these sentences in the correct order. Underline the **negative word** in each sentence. The word that makes the sentence mean "no" or "not" is the negative word.



1. win won't contest I ever art an.

2. involved does want be not He to.

3. today I do have to no work more.

4. nowhere play is us ball There for to.

5. complains leg about never her She broken.

6. ridden ever horse Jeremy a hasn't.

FACTOID

The smallest frogs in the world are about one centimeter long. Now that's tiny!



Match the definitions below to a word in the Word Bank. Find and circle the words in the puzzle. The first one has been done for you.

1. ABC order
2. not a vowel
3. more than one
4. names things
5. mark used for stress
6. part of a word
7. describes nouns
8. used in place of a noun
9. just one
10. added to the beginning of a base word
11. describes verbs
12. not a consonant
13. added to the end of a base word
14. shows action

Word Bank

___vowel

___plural

___syllable

1 alphabetical

___consonant

___prefix

___adjectives

___nouns

___verb

___suffix

___pronoun

___adverbs

___accent

___singular

i	z	x	a	b	u	i	o	m	e	c	f	i	t	x	z	o	c	p	r	u	t
u	p	r	t	v	x	o	n	l	k	b	d	f	h	j	l	i	o	m	q	s	t
o	o	q	s	u	i	z	a	m	j	a	c	e	g	i	k	o	n	o	u	n	s
j	t	s	b	r	c	i	m	s	u	f	f	i	x	b	n	o	s	r	s	t	v
f	d	l	v	e	r	b	i	y	q	l	i	g	h	g	a	c	o	d	f	k	l
b	c	u	o	x	o	k	r	l	p	u	u	i	o	t	v	e	n	e	h	i	m
a	a	f	w	d	z	j	a	l	p	h	a	b	e	t	i	c	a	l	i	p	m
p	x	c	e	g	t	l	m	a	x	q	b	c	l	l	b	c	n	j	b	o	t
r	u	o	l	n	p	o	k	b	a	d	g	j	t	o	t	f	t	u	a	i	i
y	a	d	v	e	r	b	s	l	c	f	i	l	o	p	r	e	f	i	x	e	l
k	d	x	f	g	j	k	l	e	b	e	h	k	i	r	b	f	g	o	e	n	e
m	j	z	h	i	o	q	s	r	v	x	y	z	a	o	a	c	c	e	n	t	o
l	e	c	m	o	n	p	t	u	l	w	e	a	l	n	w	x	y	z	a	b	c
a	c	d	w	e	f	h	j	l	m	n	o	q	r	o	n	o	x	y	z	e	l
p	t	e	a	b	e	m	o	e	g	h	i	p	l	u	r	a	l	i	m	o	t
s	i	n	g	u	l	a	r	f	j	k	n	i	o	n	e	a	k	l	u	p	x
y	v	c	d	e	a	d	e	j	m	v	y	z	i	t	m	l	o	x	z	b	a
o	e	b	f	g	k	n	o	q	s	w	f	o	u	l	n	a	d	g	i	m	n
e	s	c	h	i	l	p	r	t	y	x	b	c	e	f	h	k	l	o	r	s	t

Swinging Water!



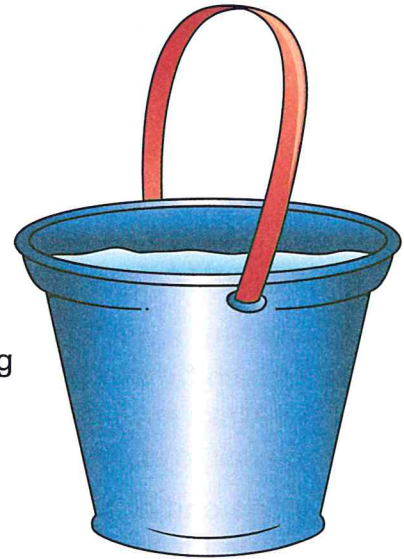
What would you say if someone told you to swing a bucket of ice-cold water over your head? Would you try it? You are going to have the opportunity to see just how brave you are!

Stuff You Need:

bucket with handle (a sand bucket works well if it has a strong handle)
water

Here's What to Do:

1. Go outside for this activity! If you goof indoors, you will have lots of cleanup to do. Not fun.
2. Fill the bucket about halfway with water.
3. Start swinging the bucket back and forth until you are making complete circles over your head (like a windmill) without spilling a drop.



What's This All About?

There are two forces keeping the water inside the bucket. The first one is **gravity**, and the second one is called **centrifugal force**.

Centrifugal force is created as an object swings rapidly in a circular motion. The object wants to travel in a straight line, but the handle keeps it going in a circle. This creates the force needed to keep the water in the bucket, even though it is completely upside down.

This is a good activity! And it shouldn't really be that messy if you are careful when you start and stop swinging.

What happened to the water in the bucket as you swung it upside down? _____

What could you see? _____

Imagine that you are swinging a clear bucket. Draw a picture of yourself swinging the bucket, and show what the water looks like inside the bucket when it is upside down.

Rubber Bands and Steel Girders!



Do you know how your muscles work with your skeleton? The contraction you are getting ready to build demonstrates all the parts that help you move and bend.

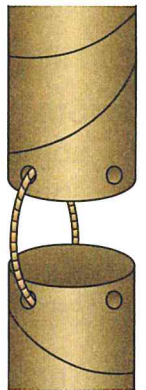
Stuff You Need:

cardboard tubes (short) (2)
elastic cords (2)
marker (red)

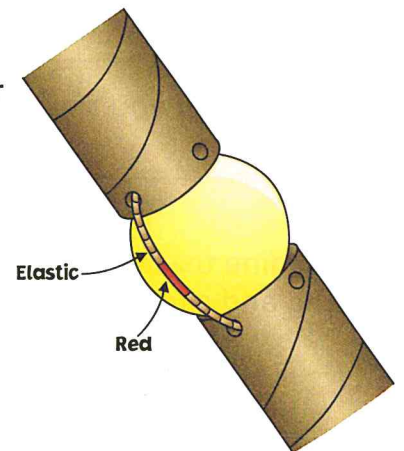
chenille craft sticks (pipe cleaner)
hole punch
table tennis balls (2)

Here's What to Do:

1. With one hand, touch the hard places (bones) and the soft stuff (muscles) under the skin in your other arm from your elbow to your fingers. How many bones do you have in your lower arm? How many do you have in your leg from your knee to your toes?
2. Now, look carefully at a joint (where two bones come together) such as your elbow, knee, wrist, shoulder, or knuckle. Feel the backs of your knees and the top side of your elbows. You'll find stringy, cord-like things near these joints.
3. Punch four small holes in one end of each cardboard tube about three-fourths of an inch from the opening. The holes should be evenly spaced around the tube. Make sure the holes are big enough for the elastic cord and a chenille craft stick to slide through.
4. Slip one end of the elastic cord through holes on each side of one tube and continue through holes on each side of the second tube. Tie the cord loosely so you can hold the tubes apart about an inch without stretching the cord.
5. Place a table tennis ball between the tubes, as shown. The ball should fit snugly between the tubes, and the cord should be slightly stretched. You should be able to move the "bones" freely around the ball. Congratulations! You've just joined your bones with muscles, tendons, and cartilage. The tubes represent bones. The ball represents cartilage (a material that supports and cushions bones). The elastic cord represents both muscles and tendons (the stringy things that connect muscles to bones or cartilage).
6. Color the middle sections of the elastic cord with a red marker. The red parts of the cords are muscle, and the white parts are tendons. Muscles expand and contract (get larger and smaller), causing bones to move. To see how this happens, gather the "muscle" together on one side of the bones. This should cause the joint to bend toward the shorter muscle.



Notice that the muscle on the other side of the bones stretches in the opposite direction. Muscles in your body work in pairs. Those on one side of a joint get smaller while the ones on the other side get longer. To bend the bones the other way, the muscles that were stretching must contract, and the ones that were contracting must now stretch.



Activity Pyramid

The Activity Pyramid works like the Food Pyramid. You can use the Activity Pyramid to help plan your summer exercise program. Fill in the blanks below.

List 1 thing that isn't good exercise that you could do less of this summer.

1. _____

List 3 fun activities you enjoy that get you moving and are good exercise.

1. _____
2. _____
3. _____

Cut Down On



TV time
video or computer games
sitting for more than
30 minutes at a time

List 3 exercises you could do to build strength and flexibility this summer.

1. _____
2. _____
3. _____

2-3 Times a Week

List 3 activities you would like to do for aerobic exercise this summer.

1. _____
2. _____
3. _____



Work & Play
bowling
swinging
fishing
jump rope
yard work

Strength & Stretching
dancing
martial arts
gymnastics
push-ups/pull-ups



List 2 sports you would like to participate in this summer.

1. _____
2. _____

3-5 Times a Week at least 30 minutes

Aerobic Exercise
walking
running
skating
bicycling
swimming



Sports/Recreation
soccer
basketball
volleyball
relay races
tennis
baseball



Every Day

walk
play outside
take the stairs
bathe your pet



help with chores:
sweeping
washing dishes
picking up
clothes and toys



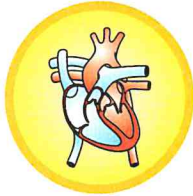
Adapted from the President's Council on Fitness and Sports

List 5 everyday things you can do to get moving more often.

1. _____
2. _____
3. _____
4. _____
5. _____

Fitness Fundamentals

Basic physical fitness includes several things:



Cardiovascular Endurance. Your cardiovascular system includes your heart and blood vessels. You need a strong heart to pump your blood which delivers oxygen and nutrients to your body.



Muscular Endurance. Endurance has to do with how long you can use your muscles before they get tired.

Flexibility. This is your ability to move your joints and to use your muscles through their full range of motion.



Body Composition. Your body is made up of lean mass and fat mass.

Lean mass includes the water, muscles, tissues, and organs in your body.

Fat mass includes the fat your body stores for energy. Exercise helps you burn body fat and maintain good body composition.



Find these fitness words.

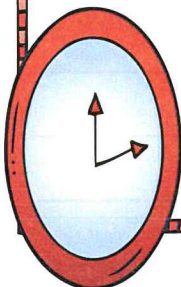
The goal of a summer fitness program is to improve in all the areas of physical fitness.

You build cardiovascular endurance through **aerobic** exercise. For **aerobic** exercise, you need to work large muscle groups at a steady pace. This increases your heart rate and breathing. You can jog, walk, hike, swim, dance, do aerobics, ride a bike, go rowing, climb stairs, rollerblade, play golf, backpack...

You should get at least 30 minutes of aerobic exercise per day, three to five days a week.

You build muscular strength and endurance with exercises that work your muscles, like sit-ups, push-ups, pull-ups, and weight lifting.

You can increase flexibility through stretching exercises. These are good for warm-ups, too.



Word Bank

aerobic	exercise	fat
muscular	flexible	blood
endurance	strength	oxygen
heart rate	joint	hiking

u a e y i d t y a g d x p o b
o l s h s t r e n g t h l r c
e w l o o o z v s d m i h d t
g t z w s j o i n t m n k a o
s q a c h i p s a d e t f f m
k c q r x i q f l e x i b l e
e e j o t v k w t e u r g e g
i e s e d r v i n t n f k x o
k e l i d c a d n n e g e j w
u z e d c y u e i g g x i c i
j c i b o r e a h h y w v s i
a m r a a c e m x x x y d i g
f p v n p n d x u s o x e f k
p o c b l o o d e g z a x m c
l e m u s c u l a r m k g i s

Your Summer Fitness Program

Start your summer fitness program by choosing at least one aerobic activity from your Activity Pyramid. You can choose more than one for variety.



Do this activity three to five times each week. Keep it up for at least 30 minutes each time.
(Exercise hard enough to increase your heart rate and your breathing. Don't exercise so hard that you get dizzy or can't catch your breath.)

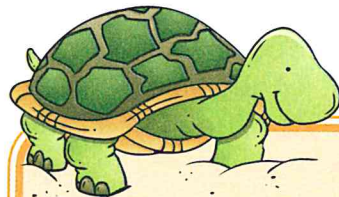


Use this chart to plan when you will exercise, or use it as a record when you exercise.

DATE	ACTIVITY	TIME

DATE	ACTIVITY	TIME

Plan a reward for meeting your exercise goals for two weeks.
(You can make copies of this chart to track your fitness all summer long.)

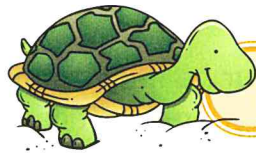


Start Slow!

Remember to start out slow. Exercise is about getting stronger. It's not about being superman—or superwoman—right off the bat.

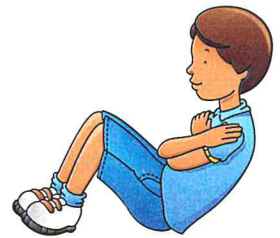
Are You Up to the Challenge?

The Presidential Physical Fitness Award Program was designed to help kids get into shape and have fun. To earn the award, you take five fitness tests. These are usually given by teachers at school, but you can train for them this summer. Make a chart to track your progress. Keep working all summer to see if you can improve your score.



Remember: **Start Slow!**

1. **Curl-ups.** Lie on the floor with your knees bent and your feet about 12 inches from your buttocks. Cross your arms over your chest. Raise your trunk up and touch your elbows to your thighs. Do as many as you can in one minute.



2. **Shuttle Run.** Draw a starting line. Put two blocks 30 feet away. Run the 30 feet, pick up a block, and bring it back to the starting line. Then run and bring back the second block. Record your fastest time.

3. **V-sit Reach.** Sit on the floor with your legs straight and your feet 8 to 12 inches apart. Put a ruler between your feet, pointing past your toes. Have a partner hold your legs straight, and keep your toes pointed up. Link your thumbs together and reach forward, palms down, as far as you can along the ruler.



4. **One-Mile Walk/Run.** On a track or some safe area, run one mile. You can walk as often as you need to. Finish as fast as possible. (Ages six to seven may want to run a quarter mile; ages eight to nine, half a mile.)

5. **Pull-ups.** Grip a bar with an overhand grip (the backs of your hands toward your face). Have someone lift you up if you need help. Hang with your arms and legs straight. Pull your body up until your chin is over the bar; then let yourself back down. Do as many as you can.

