

# 1st Grade Continuous Learning Plan

Directions: Select 1-2 options per day to complete

## Reading/Writing Activities

<p>Write an opinion piece about the best way to continue learning over your longer break. Provide three reasons why your idea is the best.</p>	<p>Read a story of your choice and complete a story map including the title, main characters, setting, problem, and solution. Draw a picture of your favorite part.</p>	<p>Make the following sight words using objects around your house: give, some, next, help, and about.</p>
<p>Write a letter to your classroom teacher telling him or her what you are doing on the extended break. Write a letter to your classroom teacher telling him or her what you miss most about school during this extended break.</p>	<p>Show your parent/guardian all the parts of the book (For example: title, author, front of book, glossary, table of contents).</p>	<p>Read a story of your choice and write a different ending or what would happen next.</p>
<p>Choose an animal or topic you know a lot about and write a book or page that tells all you know about that topic or animal. Include a title and labels.</p>	<p>Write a sentence using each of the following sight words: give, some, next, help, and about.</p>	<p>Listen to a story read by another person. Stop beginning, middle, and end of the story asking the following questions...</p> <ul style="list-style-type: none"> <li>● Who is the story about?</li> <li>● What is happening in the story?</li> <li>● Where is the story taking place?</li> </ul>

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## Mathematics Activities

Find three objects of different lengths in your house. Measure each object using paper clips, small blocks, or another similar small object. Put the items in order from shortest to longest. Draw a picture of your objects and tell how many objects (paper clips etc.) long each object is.

Write each fact in the fact family for the following fact families: 3, 4, 7 and 6, 5, 11 and 7, 3, 10. Remember each fact family should have two addition facts and two subtraction facts.

Quick draw each of the following numbers using sticks and circles to represent tens and ones: 54, 36, 21, and 40. Then choose two of those numbers and find the same number of objects in your house and group them in groups of tens and ones.

Make an addition sentence using 10's and 1's. This is called expanded form. ( $56 = 50+6$ .  
 $10+9=19$ ,  $40=40+0$ )

Find some 3 dimensional shapes in your home (cone, cube, rectangular prism, ...) Draw the item you found and write a sentence about the shape you found (I found a rectangular prism! My Kleenex box is a rectangular prism.)

Find some 2 dimensional shapes in your home (triangle, square, rhombus, trapezoid ...) Draw the item you found and write a sentence about the shape you found (I found a rectangle on the side of my Kleenex box.)

Grab a handful of macaroni (pennies, beans, ...). Count how many are in your handful/group. Divide the group into 2 parts. Make a fact family. Remember - A fact family uses the SAME 3 numbers and has 2 addition sentences and 2 subtraction sentences. (I have 15 pieces of macaroni. I made a group of 8 and a group of 7. I can make the fact family group of  $8+7=15$ ,  $7+8=15$ ,  $15-7=8$ ,  $15-8=7$ )

Count by 1's to 120. Count by 2's to 120. Count by 5's to 120. Count by 10's to 120.

Start at any number from 0-120 and count up to 120 from that number. You can count by 1's, 2's, 5's, 10's (I choose 57. I will count by 1's. 57, 58, 59, 60 ...) (I choose 23. I will count by 2's. 23, 25, 27, 29, ...) (I choose 36. I will count by 5's. 36, 41, 46, 51, 56, ...) (I choose 19. I will count by 10's. 19, 29, 39, 49, ...)

Draw a picture using at least five different shapes. Label each shape you used in the picture.

Make a graph telling about the weather in your time off. How many days was it sunny, rainy, cloudy, etc.? Make sure your graph has a title and labels on each axis. Then answer which weather happened most? Least?

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## Science Activities

Find three different objects in your house. Find a source of light (lamp, flashlight, phone light, etc.) and shine the light on the objects and compare how well the light shines through or not through each object.	Go outside and find an insect or animal. Draw a picture of the insect or animal and label the parts you can see. Choose two parts of the insect or animal and describe what the parts do. Compare what these parts do to things humans use in their everyday lives to complete tasks and projects.	Create a moon journal. Each night draw and describe what the moon looks like and describe how it is changing from the night before.
Create a weather journal. Record what the weather is like each day. What is the temperature, is it sunny, cloudy, windy, rainy?	Take a walk and listen to all the different sounds you hear. Write about what you heard.	Make a list of living and non-living things within your house and your backyard.
Draw a picture of a mother or father animal and it's baby. Think about how the animals are alike and how they are different. Also think about how the mother/father helps the baby stay safe and how the baby gets food. Are there any special parts of the animal's body that help to keep it safe?	Can you make it move? Pick an object in your home. Does it move when you... <ol style="list-style-type: none"><li>1. Blow on it with your mouth</li><li>2. Blow through a straw</li><li>3. Roll a ball into it</li><li>4. Place it on a ramp</li></ol>	Observe using your five senses: Pick one food item and ask the following... <ol style="list-style-type: none"><li>1. See-how does it look?</li><li>2. Touch-how does it feel?</li><li>3. Smell-how does it smell?</li><li>4. Hear-how does it sound?</li><li>5. Taste-how does it taste?</li></ol>

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## Social Studies Activities

Draw a map of your house or wherever you are. Include a title and key. Make sure your map has color and detail.

Choose a community helper and explain how that community helper is helping our community during this time.

Create a timeline of your week so far and everything you have done on your time away from school. Make sure everything is in order.

Think of your favorite place you've ever been. Create a brochure convincing other people to go there. Include things you can do there, places to eat, and/or things you can buy. Use pictures and words to describe your place.

Think about classroom rules. Write about which rule you think is the most important.  
Why?

Make a list of things in your room or your house. Decide if those things are a "need" or a "want". Remember - A "need" is something you have to have in order to survive. A "want" is something you have that you will not physically "die" if you do not have it :)

### Country Research



1. Pick a country to research. What is the name of this country? Where is it located? Be as specific as possible: What hemisphere(s) and continent is it in?
2. What is the capital of this country?
3. How big is this country? Give your answer in square miles.
4. What is the climate of this country? What is the average rain fall? What is the average high temperature? The average low temperature?
5. What is the population of this country?
6. Describe the resources of this country. What food does it grow? What valuable rocks or minerals does it have?
7. What kinds of animals live in this country? Name a few of them.
8. Name some of the lakes, rivers, and mountains in this country.
9. Draw a picture of this country. Label the capital and any large lakes, rivers, and mountain ranges.

### State Research

1. What is the name of this state? What region is it in? For example: Pacific, Midwestern, Southern, Mid-Atlantic, or Northwest.
2. What is its postal abbreviation?
3. What is the capital of this state?
4. What is the state bird? What is the state flower? What is the state tree?
5. What is this state's nickname?
6. How did the state get this nickname?
7. What year was this state admitted to the Union?
8. Trace this state on your paper and label it with the state name. Show where the capital city is on this state by drawing a star. Write the name of the state capital next to it.



### History

Choose a dinosaur to research.  
Answer these questions:

1. What is the name of this dinosaur?
2. During which period did it live?
3. Was it an herbivore, carnivore, or omnivore?
4. About how tall was this dinosaur?
5. Name one special characteristic of this dinosaur.

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## Technology Activities

<p>Learn to draw with Mo Willems <a href="https://youtu.be/RmziCPQv3y8">https://youtu.be/RmziCPQv3y8</a></p> <p>See if you can draw one of Mo Willems characters!</p>	<p>Take a picture of all of the rectangles you can find in your home! Count how many pictures you took.</p>	<p>Age of Learning (ABCmouse, Adventure Academy, ReadingIQ)</p> <p><a href="https://www.ageoflearning.com/schools">https://www.ageoflearning.com/schools</a></p> <p>In order to get a free account use code: SCHOOL7771</p>
<p><a href="https://www.coolmathgames.com/">https://www.coolmathgames.com/</a> Play some cool math games</p>	<p>Find all the letters in your name around your house and take a picture</p>	<p>Video yourself skip counting by 4's</p>
<p>Find 7 objects and take a picture of them</p>	<p>Listen to a book <a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a></p>	<p>Find all the letters in your name around your house and take a picture</p>

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## PE Activities

<p>Complete the following workout: <a href="https://www.darebee.com/programs/full-circuit.html?showall=&amp;start=1">https://www.darebee.com/programs/full-circuit.html?showall=&amp;start=1</a></p>	<p>Complete the following workout: <a href="https://www.darebee.com/programs/full-circuit.html?showall=&amp;start=3">https://www.darebee.com/programs/full-circuit.html?showall=&amp;start=3</a></p>	<p>Practice tying your shoes if you do not know how.</p>
<p>Do each exercise for 30 seconds, rest 20 seconds in between. After all 5 are done, move to 20 seconds for each exercise and so on down to 10 seconds</p> <p>Circuit Training-30-20-10 Push Ups 30 sec, 20 sec, 10 sec Sit Ups 30 sec, 20 sec, 10 sec Mountain Climbers 30 sec 20 sec 10 sec Air Squats 30 sec, 20 sec, 10 sec Plank 30 sec, 20 sec, 10 sec</p>	<p>Frozen Yoga: <a href="https://www.youtube.com/watch?v=xlg052EKMtk">https://www.youtube.com/watch?v=xlg052EKMtk</a></p> <p>Or Cosmic kids yoga on youtube</p>	<p>Exercise to your favorite songs Make up your own dance.</p>
<p>Complete the following 15 minute workout: <a href="https://www.youtube.com/watch?v=L_A_HiHZxfI">https://www.youtube.com/watch?v=L_A_HiHZxfI</a></p>	<p>Bounce, toss and dribble a ball Or Play catch with a family member</p>	<p>Take an adult on a nature walk/jog/run and play I spy with various things that you see.</p>

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## Art Activities

Get dressed and create a superhero costume. Explain to your family members what kind of superhero you are!	Read your favorite book and create drawings to illustrate the story.	Draw a map of the inside of your house. Make sure you include details - doorways, closets, hallways, sitting area, beds, sinks etc... Color your map and label all the areas.
Make puppets using lunch bags or socks and art materials to create a story or retell a story such as the Three Little Pigs.	Make a paper plate mask and act out a story.	Using coins, leaves, other items, place under a paper and using a crayon without the wrapper, rub it over the item to see if the item shows up on the paper.
Draw yourself, what is on your face? How are you feeling? What kinds of clothes are you wearing?	Have an adult write your name in bubble letters, decorate it with crayons or other craft materials in your home.	Draw your family, what is your family doing? Who is in your family?

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## Music Activities

<p>If you have access to YouTube, sing along with these St. Patrick's Day songs: I'm a Little Leprechaun, G-R-E-E-N, Dance Dance Leprechaun Dance (all Kiboomer songs).</p>	<p>Watch a favorite movie scene with the sound turned off. Brainstorm some ideas of what kind of music you would include. What instruments would play? What would it sound like? Then turn the sound back on to see what the composer decided to do!</p> <p>Afterward, if you can: <a href="https://www.youtube.com/watch?v=ecYggLml89c">https://www.youtube.com/watch?v=ecYggLml89c</a></p>	<p>With a guardian, sibling, or anyone around home, think of a fruit in your head. Try and tap/pat it out without saying what's in your head! Can they figure it out?</p> <p>Now try swapping! Which fruits are the easiest to hear? Which are more difficult?</p>
<p>If you have access to YouTube, watch some Irish dancers on "Irish Dance World Championships 2017 - Fusion Fighters Performance".</p>	<p>Find a favorite song on the radio, TV, or youtube. Make a list of as many instruments you can hear playing in the song as you can. Briefly try and describe how each of these instruments make their sound.</p>	<p>Practice Keeping a steady beat.</p>
<p>Create a band using objects around your house.</p>	<p>List all the instruments you know and find pictures of each instrument.</p>	<p>Listen to different genres of music and identify what you like about the music.</p>