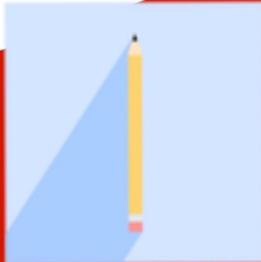


Students with Interrupted Formal Schooling

6th – 8th grade • English Level 1

Learning PACKET #7



Theme: Staying Active

International Consortium for Multilingual Excellence in Education



December 15th, 2020

Dear District/School Personnel:

We are a consortium of researchers, teacher educators, and teachers who believe in and strive to foster multilingual excellence. Therefore, during this time of crisis and difficulty, we are eager to put our expertise and passions to use to try to be of assistance. We initially designed 21 immediate-response packets for K-5, as soon as the pandemic forced schools to shut down. We then applied for and received a grant that has allowed us to create more than 100 full activity packets, ranging from Levels 1-3 of English proficiency, and grades K-12.

The breakdown of packets is as follows:

Level 1 – Entry into English

Emphasis on developmentally appropriate interesting/challenging tasks

- K-2
 - 3-5
 - 6-8 with a literacy background
 - 9-12 with a literacy background
 - 6-8 without literacy background
 - 9-12 without literacy background

Level 2 – Building Background

- K-1
 - 2-3
 - 4-5
 - 6
 - 7-8
 - 9-10
 - 11-12

Level 3 – Interdisciplinary Inquiry

- K-1
 - 2-3
 - 4-5
 - 6
 - 7-8
 - 9-10
 - 11-12

With this letter, is an “Activity Packet” that can be used freely with any group of students or families as you see fit. Each packet includes interdisciplinary activities designed to be completed within a week. Teachers from around the country have designed, developed, and created these packets, each focusing on the topics of their choice. Because learning academic content can happen within any thematic context, these packets are designed to be diverse, dynamic, and engaging for students of all backgrounds. The topics covered in these units range from cultures, animals, natural disasters, inventions, and much more. You will see each teacher’s personality reflected strongly in these packets, and our hope is that this will capture students in a way similar to that of a rich and immersive classroom environment.

International Consortium for Multilingual Excellence in Education



Our hope is that these materials can provide some meaningful learning supports to students and families who may not have access to online learning opportunities. However, we can also imagine a variety of ways that these packets can provide learning opportunities outside of our original intent and purpose. Please use these activity packets in any way you see fit for your students and families. We will be so pleased to learn of how they might be useful, particularly for your multilingual students and their families. We think it might be particularly helpful for you to print packets and mail them to families, but we also see opportunities to work with local agencies, leave printed-out packets for pick-ups at schools, etc.

We designed these activities based around several big ideas:

- Productive play and inquiry
- Grade level and English Language Development standards/curriculum
- Fostering multilingual language development
- Providing opportunity for all four language domains (reading, writing, speaking and listening)

These packets are self-contained. Everything a child will need to be successful with the activities is provided in the packet. Students will only need a writing utensil. Additional tools like crayons or scissors are optional.

We have also included a letter to parents. We hope this will help parents understand what students will be doing with the packet and that we encourage the use of all language resources available to the student. The packets are in English for the students, but the students can write, talk and engage with family members regarding the packet activities in any language they would like. We have translated the parent letter into Spanish, and we encourage districts to translate the letter into any other language that would be helpful for your local families.

Designing Activity Packets is a new initiative for us, though we have been designing professional learning opportunities (eWorkshops) for teachers of multilingual learners since 2011. Like our Activity Packets, those learning opportunities for teachers are free. To learn more about them and us, please visit our website at: <https://cehs.unl.edu/icmee/>

We are eager to be a helpful, collaborative partner in all learning needs related to multilingual students and their teachers, so please, do not hesitate to reach out to us with questions, ideas, concerns, feedback, etc. We are available at icmee@unl.edu.

Sincerely,

Kara Mitchell Viesca, PhD

Associate Professor of Language Education

University of Nebraska Lincoln

Teaching, Learning and Teacher Education

PI: International Consortium for Multilingual Excellence in Education

This packet was designed and created by **Jessica Millen and Brooke David** in collaboration with Lydia Kiramba, Kara Mitchell Viesca, and Alexa Yunes.





The Standards that Informed the Development of this Packet are:

Standard	6-8
English Language Arts: Reading	<p>CCSS.ELA-LITERACY.RI.6.1</p> <ul style="list-style-type: none"> ○ Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text. <p>CCSS.ELA-LITERACY.RI.6.2</p> <ul style="list-style-type: none"> ○ Determine a central idea of a text and how it is conveyed through particular details; provide a summary of the text distinct from personal opinions or judgments. ○
English Language Arts: Writing	<p>CCSS.ELA-LITERACY.W.6.2</p> <ul style="list-style-type: none"> ○ Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content. <p>CCSS.ELA-LITERACY.W.6.2.A</p> <ul style="list-style-type: none"> ○ Introduce a topic; organize ideas, concepts, and information, using strategies such as definition, classification, comparison/contrast, and cause/effect; include formatting (e.g., headings), graphics (e.g., charts, tables), and multimedia when useful to aiding comprehension. <p>CCSS.ELA-LITERACY.W.6.2.C</p> <ul style="list-style-type: none"> ○ Use appropriate transitions to clarify the relationships among ideas and concepts. <p>CCSS.ELA-LITERACY.W.6.3</p> <ul style="list-style-type: none"> ○ Write narratives to develop real or imagined experiences or events using effective technique, relevant descriptive details, and well-structured event sequences. <p>CCSS.ELA-LITERACY.W.6.3.C</p> <p>Use a variety of transition words, phrases, and clauses to convey sequence and signal shifts from one time frame or setting to another.</p>
WIDA Performance Definitions for Receptive and Productive Language	<p>At each grade, toward the end of a given level of English language proficiency, and with instructional support, English language learners will process...</p> <ul style="list-style-type: none"> • Single statements or questions • An idea within words, phrases, or chunks of language • Simple grammatical constructions (e.g., commands, Wh- questions, declaratives) • Common social and instructional forms and patterns • General content-related words • Everyday social, instructional and some content-related words and phrases <p>At each grade, toward the end of a given level of English language proficiency, and with instructional support, English language learners will produce...</p> <ul style="list-style-type: none"> • Words, phrases, or chunks of language • Single words used to represent ideas • Phrase-level grammatical structures • Phrasal patterns associated with familiar social and instructional situations • General content-related words • Everyday social and instructional words and expressions

Students with Interrupted Formal Schooling

6th – 8th grade • English Level 1

Learning PACKET #7



Theme: Staying Active

International Consortium for Multilingual Excellence in Education



December 15th, 2020

Dear Families:

During the COVID-19 pandemic, it became necessary for students to learn at home. Many students have limited access to technology, others struggle with online learning, and some simply want more to do while they are at home. With these things in mind, we have created an extensive resource of learning materials that we hope will be helpful for your children to engage with. These Activity Packets were designed with your students in mind and are aligned with each of their grade level content. Each activity in the packets will help students continue with their schooling as well as continue to grow their multilingualism. We encourage you to talk to your student about what they are doing and let your child ask you about the topics they are learning about. The packet is in English, but we encourage you and your children to speak and think together in any language you would like to. We strongly encourage you to use the language you feel most comfortable using with your student. Supporting their learning in all the languages they know is helpful—even for developing their English! So, please encourage your student to do the work in the packet in any language they would like.

We know that families are dealing with a lot of stress and uncertainty right now, so we encourage you to play the role you would like to play with your student and their Activity Packet based on what works best for you. We recommend reading the information about the packet and activities and then discussing with your student how the packet works and how they can work through it. We believe that with that introduction, your student can do a lot, if not all, of the work themselves. However, if you are available to work more closely with your student (or for a sibling or other family member to do so), we encourage that as well. Please know, this is not intended to be something that adds stress and work to your family during this demanding time. We hope that this is a helpful resource so your student can continue growing academically while in unusual situations.

We also hope you will find these packets interesting and fun. We have integrated activities from all of the grade level content standards: English Language Arts, Mathematics, Social Studies, Science, Physical Education and Art. We have also developed different packets for the different levels of English proficiency, so your child should feel challenged but also capable of largely understanding the content in front of them.

6th-12th grade students are encouraged to talk about their learning as much as possible, even if it is not to one person in particular. Some packets will include activities where students can “use a cell phone” to record voice messages and post on social media, which we hope might be ways in which they can be encouraged to speak in English or in any language they prefer.

In these packets, we have also included the following activities:

- Dictionary. Each day we hope that your student will engage with words they find interesting and want to keep track of. We encourage students to use the dictionary activities to keep track of words they learn and find interesting. We also encourage students to use any language they would like as well as pictures to help them remember what the words mean.



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- Staying Active. This week students will learn new vocabulary words related to staying active and exercising. Students will have the opportunity to complete exercises to stay active. Students will read and write about how they stay active and why it is important to exercise.
- Staying Healthy. In addition to exercise, students will learn about other ways to stay healthy like eating healthy food, drinking enough water and having healthy relationships. We encourage families to talk in any language about healthy choices students can make in their cultures. Through the context of staying active and drinking water, students will be able to use graphs and practice math facts. They should choose the math page that best matches their current math understandings.

We hope that these activities will enhance your child's learning while we work through these very unusual circumstances. We also hope that they will give your child opportunities for productive play. If you have any questions or concerns about these packets, feel free to reach out to our project at icmee@unl.edu or by calling the Teaching, Learning and Teacher Education department at 402-472-2231.

Sincerely,

Kara Mitchell Viesca, PhD

Associate Professor of Language Education

University of Nebraska Lincoln

Teaching, Learning and Teacher Education

PI: International Consortium for Multilingual Excellence in Education

This packet was designed and created by **Jessica Millen and Brooke David** in collaboration with Lydiah Kiramba, Kara Mitchell Viesca, and Alexa Yunes.

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15 de diciembre del 2020

Queridas familias:

Durante la pandemia del COVID-19, ha sido necesario que los estudiantes aprendan en casa. Muchos de los estudiantes tienen acceso limitado a la tecnología, otros tienen dificultad para aprender en línea y algunos simplemente quieren tener algo más qué hacer mientras están en casa. Pensando en estas razones, hemos creado un recurso con una gran extensión de materiales de aprendizaje que esperamos serán útiles para que sus hijos participen activamente. Estos paquetes de aprendizaje fueron diseñados teniendo en mente a sus niños y están alineados a los contenidos de cada nivel de grado. Cada actividad en estos paquetes los ayudará a continuar con su escolarización, así como a seguir aumentando su multilingüismo. Lo alentamos a que hable con su estudiante sobre lo que está haciendo y deje que le pregunte sobre los temas que le interesan. El paquete está en inglés, pero le recomendamos a usted y a su estudiante que hablen y piensen juntos en el idioma que deseen. Le recomendamos encarecidamente que use el idioma con el que se sienta más cómodo al comunicarse con su estudiante, ya que respaldar su aprendizaje en todos los idiomas que sabe es útil, ¡incluso para su inglés! Por lo tanto, anime a su estudiante a hacer el trabajo en el paquete en cualquier idioma que desee.

Sabemos que las familias están lidiando con mucho estrés e incertidumbre en este momento, por lo que lo alentamos a que desempeñe el papel que le gustaría desempeñar con su estudiante y su paquete de actividades según lo que funcione mejor para usted. Le recomendamos leer la información sobre el paquete y las actividades que contiene y luego discutir con su estudiante cómo funciona el paquete y cómo pueden trabajar en él. Creemos que, con esa introducción, su estudiante puede hacer mucho, si no todo, el trabajo por sí mismo. Sin embargo, si usted está disponible para trabajar más estrechamente con su estudiante (o un hermano u otro miembro de la familia), también lo recomendamos. Por favor, tenga en cuenta que esto no pretende ser algo que agregue estrés y trabajo a su familia durante este momento tan desgastante. Por el contrario, esperamos que este sea un recurso útil para que su estudiante pueda continuar desarrollándose académicamente durante esta situación tan inusual.

También esperamos que ustedes encontrarán estos paquetes interesantes y divertidos. Hemos integrado actividades de todos los estándares de contenido de nivel de grado: Artes del Lenguaje en inglés, Matemáticas, Estudios Sociales, Ciencias, Educación Física y Arte. También hemos desarrollado diferentes paquetes para los diferentes niveles de dominio del inglés, de esta manera su hijo podrá sentir el desafío y también será capaz de comprender en gran medida el contenido que se les presenta.

Los estudiantes de 6to a 12avo grado son motivados a hablar sobre su aprendizaje tanto como sea posible, aun cuando no sea a una persona en particular. Algunos paquetes incluirán actividades en donde los estudiantes pueden “usar un teléfono celular” para grabar mensajes de voz y subirlos a las redes sociales; esperamos que estas sean formas que los animarán a hablar en inglés o en el idioma de su preferencia.

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En este paquete hemos incluido las siguientes actividades:

-El paquete # 1 incluye materiales relacionados a presentación, sentimientos y números; así como lo referente a la edad. Se ha puesto énfasis en el aprendizaje de vocabulario nuevo para desarrollar las destrezas de lenguaje, a nivel principiante, del idioma inglés. Los estudiantes son animados a practicar las destrezas de lectura, escritura y conversación. Si hay tecnología disponible, se les pide que graben su conversación y la reproduzcan para escuchar sus voces.

Esperamos que estas actividades mejoren el aprendizaje de su hijo mientras trabajamos juntos para atravesar estas circunstancias tan inusuales. También esperamos que le darán a su hijo oportunidades de juego productivo. Si tiene alguna pregunta o inquietud acerca de estos paquetes, síntase en libertad de comunicarse con nuestro proyecto a icmee@unl.edu o llamando al departamento de Enseñanza, Aprendizaje y Educación para maestras (Teaching, Learning, and Teacher Education) al 402-472-2231.

Sinceramente,

Kara Mitchell Viesca, PhD

Associate Professor of Language Education

University of Nebraska Lincoln

Teaching, Learning and Teacher Education

PI: International Consortium for Multilingual Excellence in Education



ICMEE

cehs.unl.edu/icmee

Share your learning!

Share a picture of any of your work by using **#MultilingualProud** on social media.

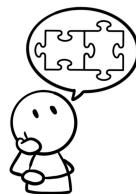
We'd love to see what you've done with this packet!



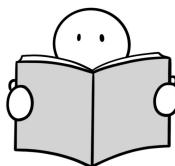
Instructions Key



- Share with someone else
- Comparte con alguien más
- مشاركتها مع شخص آخر
- La wadaag qof
- Chia sẻ với ai đó



- Make a connection
- Hacer una conexión
- إجراء اتصال
- Xiriir samee
- Tạo kết nối



- Read
- Lee
- اقرأ
- Akhriso
- Đọc

123

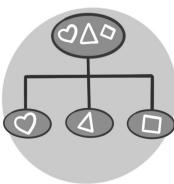
- Count
- Cuenta
- العد
- Tirí
- đếm



- Write
- Escribe
- أكتب
- Qor
- Viết



- Draw
- Dibuja
- رسم
- Sawir
- Vẽ tranh



- Sort
- Ordena
- رتب
- Kala sooc
- lựa chọn



- Find
- Encuentra
- وجد
- Soo hel
- Tìm thấy



- Move your body
- Mueve tu cuerpo
- حرك جسمك
- Dhaqdhaqaaqa jirkaaga
- Di chuyển cơ thể của bạn



- Color
- Colorea
- لون
- Midab gudaha
- làm cho hoa mĩ



- Cut
- Corta
- قص الورقة
- Waraaqda jar
- Cắt giấy

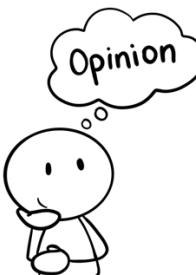
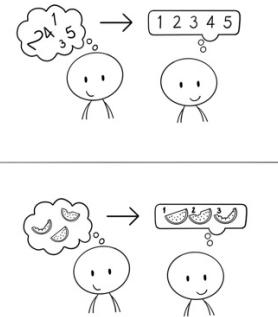


- Share with your Buddy
- Comparte con tu Buddy
- شارك مع صديقك
- La wadaag asxaabtaada
- Chia sẻ với bạn bè của bạn

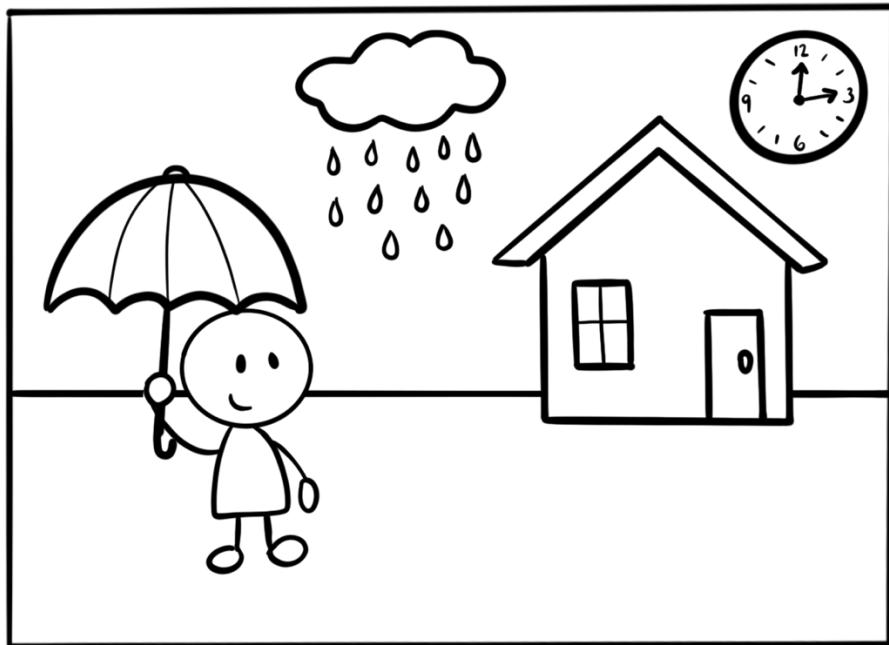


- Read out loud
- Lee en voz alta
- قراءة بصوت عال
- Kor u aqri
- Đọc to

Thinking Skills Glossary

Word	Definition	Picture
Fact 事实 Hecho	something we know, without question 我们知道的毫无疑问 Algo que podemos comprobar	
Opinion 意见 Opinión	something we think or believe 我们认为或相信的事情 Algo que pensamos	
Compare 相比 Comparar	think about how two or more things are the same or different 考虑一下两个或多个事物是相同还是不同 Pensar en qué se parecen y en qué son diferentes dos o más cosas	
Sequence 序列 Secuencia	to put things in the right order from first to last 从头到尾正确地安排事情 Poner las cosas en orden , del primero al último	
Classify Sort Categorize 分类 Clasificar Organizar	to put things into groups by how they are the same 通过相同的方式将事物分组 Agrupar cosas por cómo se parecen	

Question Words



Who?



When?



Where?



What?



Why?



iPhone Instruction Icons



Write a text message
写短信
Escribe un mensaje



Tweet: write one sentence
推特：写一句话
Tweet: escribe una oración



Post on Facebook: write a few sentences
在Facebook上发布：写几句话
Publica en Facebook: escribe algunas oraciones



Post on Instagram: write a sentence and draw a picture
在Instagram上发布：写一个句子并画一幅画
Publica en Instagram: escribe una oración y dibuja



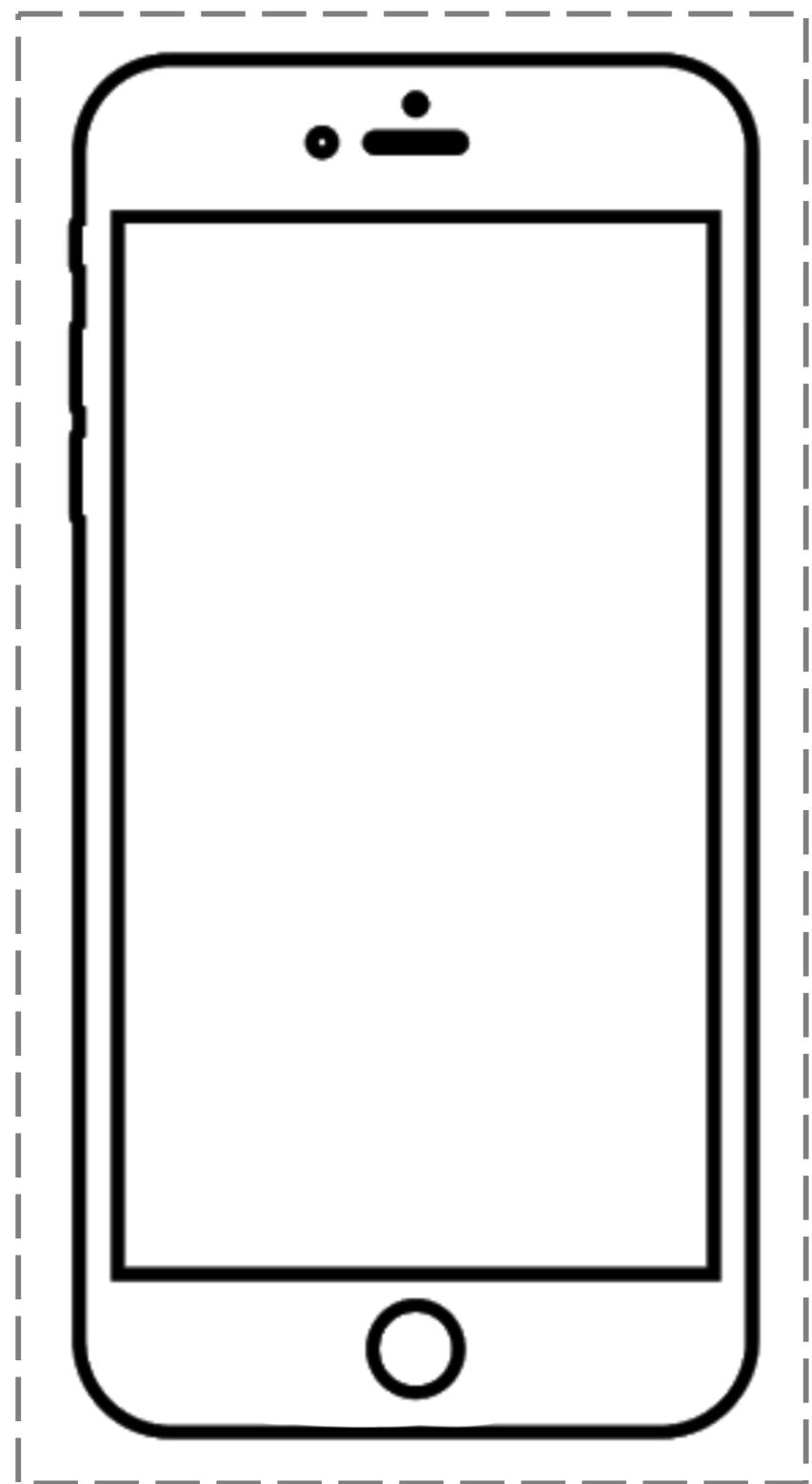
Write an email: write a paragraph
写一封电子邮件：写一个段落
Escribe un correo electrónico: escribe un párrafo



Record a voice message
录制语音留言
Graba un mensaje de voz



Make a phone call
打个电话
Haz una llamada



N ICMEE



N

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Day 1

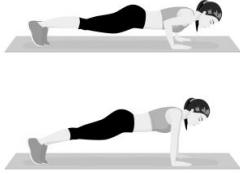
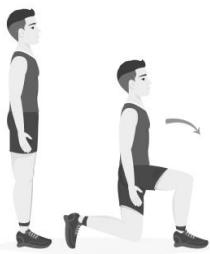
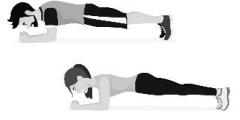


Staying Active

It is important to get exercise and stay active. This helps people stay healthy.

 Say and  write the new vocabulary.

Word	Picture	Write the Word
exercise		 <u>exercise</u>
workout		 <u>workout</u>
healthy		 <u>healthy</u>
walk		 <u>walk</u>
run		 <u>run</u>

 pushups		 PUSH-UPS
 sit ups		 SIT-UPS
 lunges		 LUNGES
 jumping jacks		 jumping jacks
 plank		 PLANK
 stretch		 stretch

 ride a bike		 <i>ride a bike</i>
 play sports		 <i>play sports</i>

What else do you like to do to stay active?

 Picture	 Write the Word in English or in your language

Staying Active Bingo



It is important to get exercise and stay active. This helps people stay healthy.



How many exercises can you complete? Use the Bingo card to track your activity. When you complete an activity, mark it off. When you get 5 in a row, you get a Bingo!

How to get a Bingo:

B	I	N	G	O
go for a walk	20 push-ups	25 squats	25 lunges	
30 jumping jacks	20 minutes of stretching	30 minute bike ride		
Play a sport for 30 minutes	25 lunges	go for a walk	go for a run	
20 push-ups	30 minute bike ride	go for a run	go for a walk	
20 minutes of stretching	1 minute plank	Play a sport for 30 minutes	go for a walk	

B	I	N	G	O
go for a walk	go for a run	20 push-ups	25 squats	25 lunges
30 jumping jacks	20 minutes of stretching	30 minute bike ride	Play a sport for 30 minutes	
Play a sport for 30 minutes	25 lunges	FREE!	go for a walk	go for a run
20 push-ups	30 minute bike ride	45 second plank	20 minutes of stretching	
20 minutes of stretching	1 minute plank	Play a sport for 30 minutes	go for a walk	25 squats

B	I	N	G	O
go for a walk	go for a run	20 push-ups	25 squats	25 lunges
30 jumping jacks	30 second plank	20 minutes of stretching	Play a sport for 30 minutes	
Play a sport for 30 minutes	25 lunges	FREE!	go for a walk	go for a run
20 push-ups	30 minute bike ride	45 second plank	20 minutes of stretching	
20 minutes of stretching	1 minute plank	Play a sport for 30 minutes	go for a walk	25 squats

B	I	N	G	O
X	X	X	X	X
30 jumping jacks	30 minutes of stretching	30 minute bike ride	Play a sport for 30 minutes	
Play a sport for 30 minutes	25 lunges	FREE!	go for a walk	go for a run
20 push-ups	30 minute bike ride	45 second plank	20 minutes of stretching	
20 minutes of stretching	1 minute plank	Play a sport for 30 minutes	go for a walk	25 squats

Diagonal

Across

Down

Blackout



Some exercises tell you **how many** and some tell you **how long**.

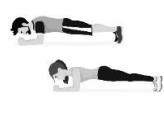
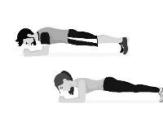
How many?



5 push-ups



60 seconds = 1 minute

B	I	N	G	O
 go for a walk	 go for a run	 20 push-ups	 25 sit-ups	 25 lunges
 50 jumping jacks	 30 second plank	 20 minutes of stretching	 30 minute bike ride	 Play a sport for 30 minutes
 Play a sport for 30 minutes	 25 lunges	FREE! 	 go for a walk	 50 jumping jacks
 20 push-ups	 30 minute bike ride	 go for a run	 45 second plank	 20 minutes of stretching
 20 minutes of stretching	 1 minute plank	 Play a sport for 30 minutes	 go for a walk	 25 sit-ups

Are you thirsty?



It is important to stay **hydrated** by drinking water. This means our body has enough water and we will not be thirsty.

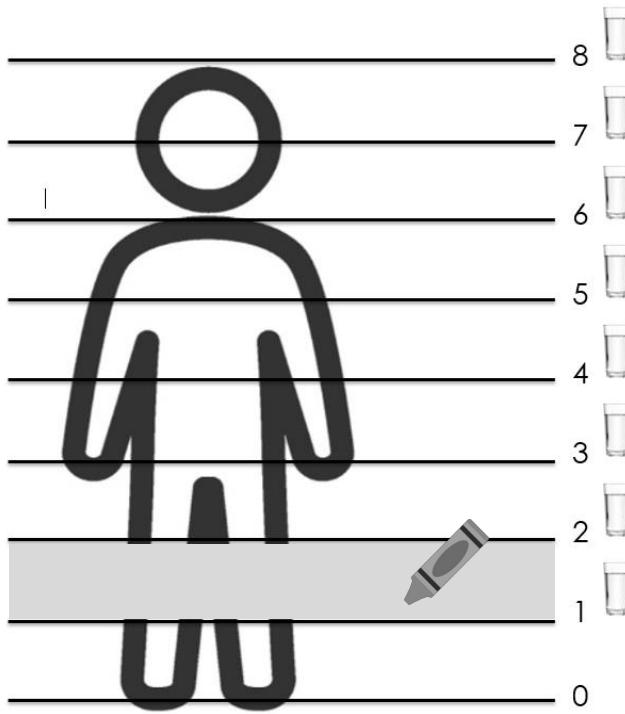
On average, a student in middle school should drink **8 cups of water a day**. Remember to drink more when you exercise!

1 cup = 8 ounces

Use the graphs to track how much water you drink each day. Color to the line each time you drink another glass of water.



Look at the example:

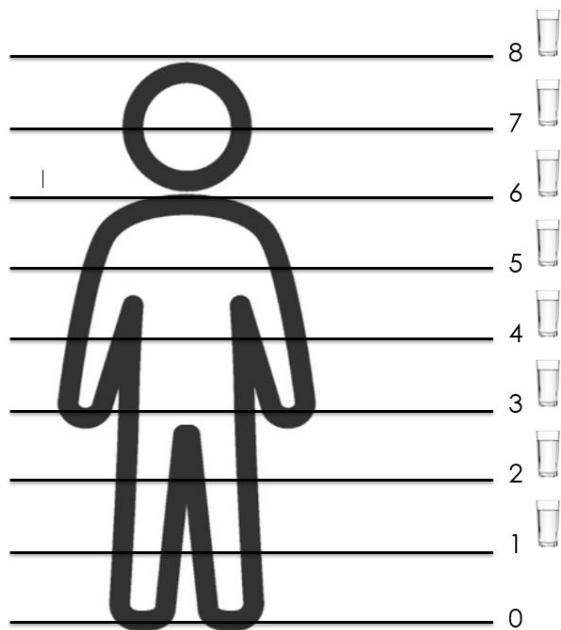


Are you using a water bottle? Your water bottle may hold more than 8 ounces. Find out how many cups or ounces your water bottle has to help you complete your graph.

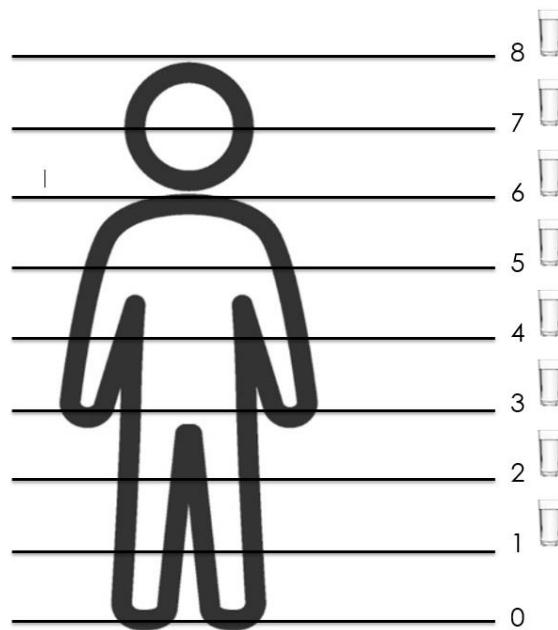


Do you drink enough water every day?

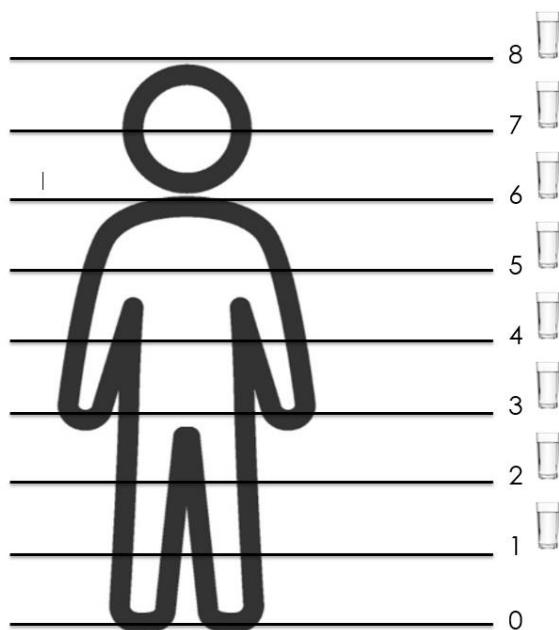
Day 1



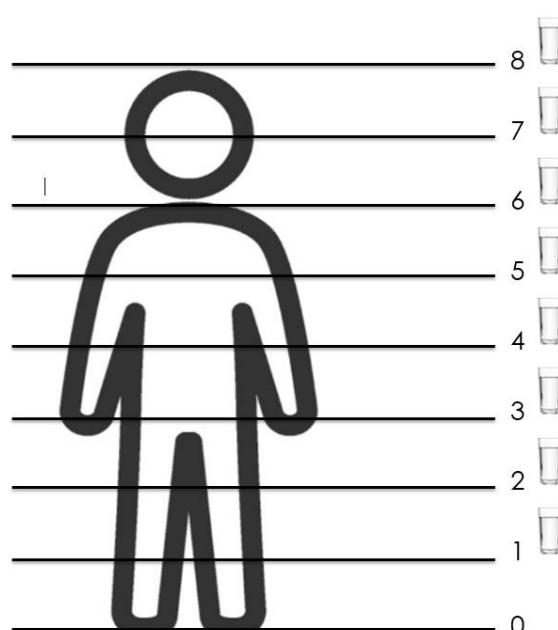
Day 2



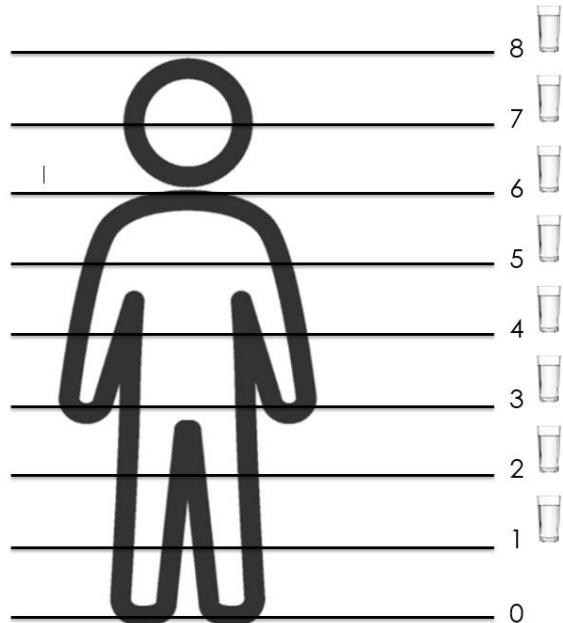
Day 3



Day 4



Day 5



Analyze your Data:

Do you drink enough water every day?

Circle Yes or No for each day.



Day 1	Day 2	Day 3	Day 4	Day 5
Yes	No	Yes	No	Yes

I _____ drink enough water every day.



do



do not



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Day 2

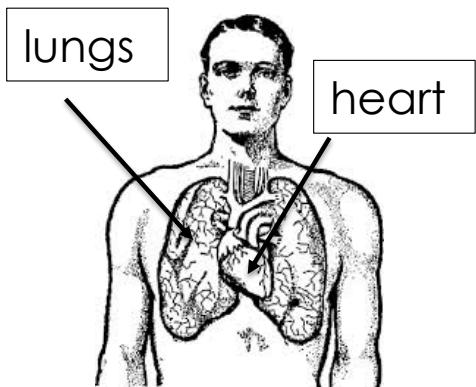
Exercise Reading and Sorting



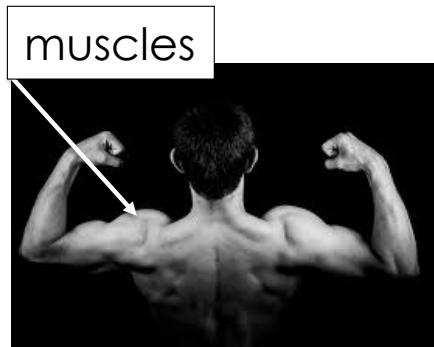
Read to someone about exercise.



Exercise is a way to stay active. There are many types of exercises. Cardio and strength training are two types of exercise.



Cardio is good for your heart and lungs. Walking, running and riding a bike are examples of cardio.

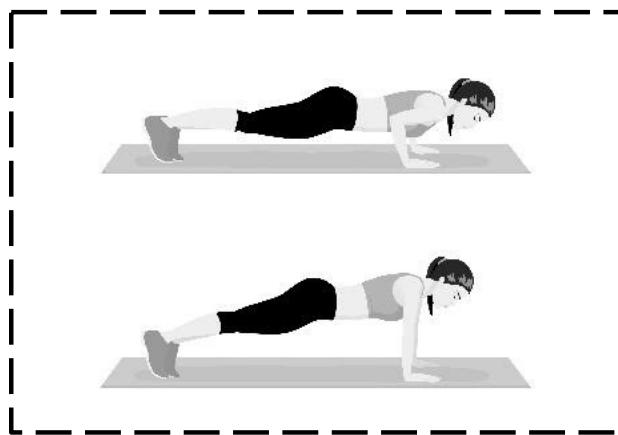


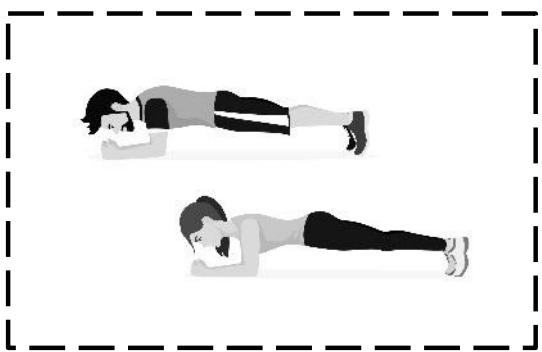
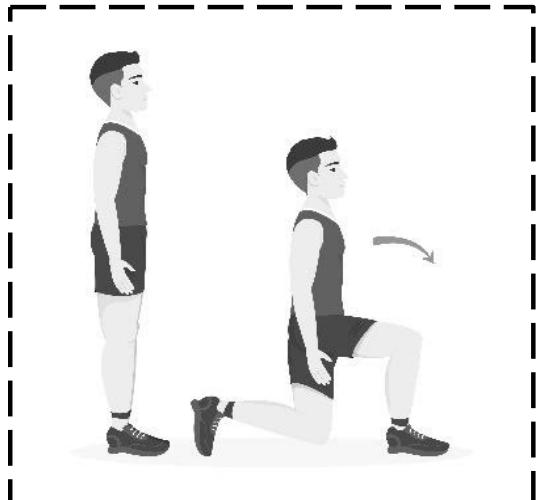
Strength training is good for your muscles. Push-ups, planks and lunges are examples of strength training.

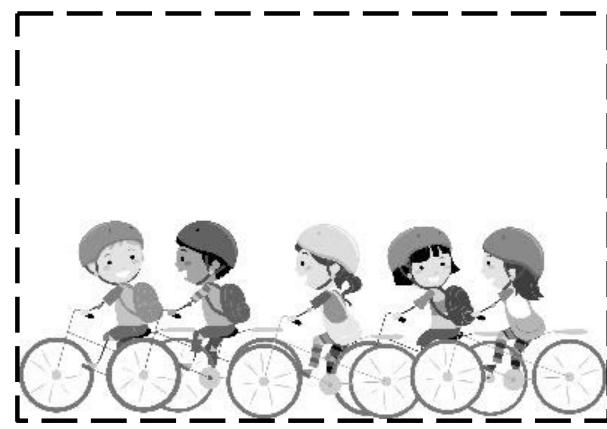
Adapted from: www.pebblego.com

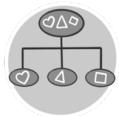


Cut the pictures.

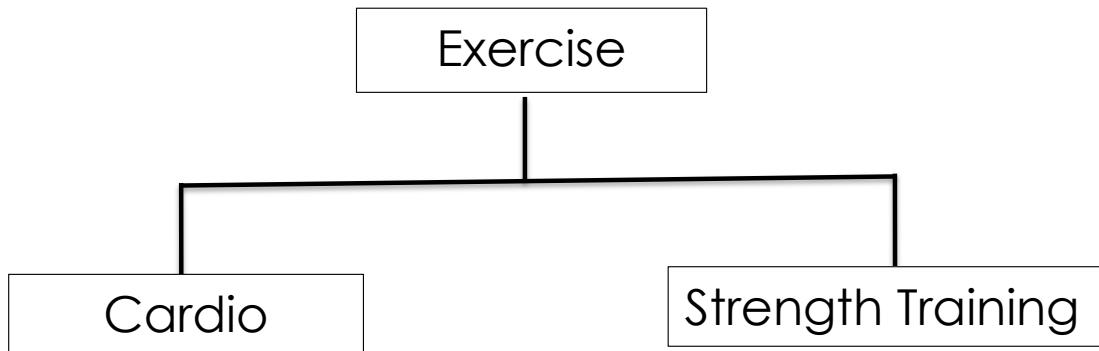








Sort the exercises into different categories after you cut the pictures.



Exercise Past Tense Activity

A verb is an action word. In English, at **-ed** to the end of a verb to explain something in the past (before).

Verb: talk



Present tense



I talk
You talk
They talk
She talks
Ahmed talks
The teachers talk

Past tense



I **talked**
You **talked**
They **talked**
She **talked**
Ahmed **talked**
The teachers **talked**



Write the past tense verbs.

Verb	Present Tense (now) ↓	Past Tense (before) ←
bike 	bike bikes	biked
Walk 	walk walks	walked
exercise 	exercise exercises	exercised

<p>play sports</p> 	<p>play plays</p>	<p><u>p<u>layed</u></u></p>
<p>stretch</p> 	<p>stretch stretches</p>	<p><u>s<u>tretched</u></u></p>



Record yourself talking about the activities you did in your country. Use the past tense.

Example: In my country, I played soccer.



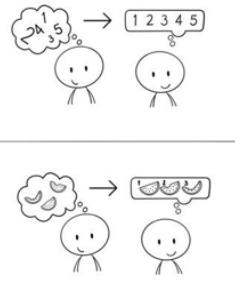
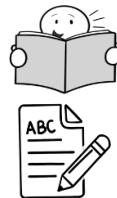
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Day 3

After School Activities

Read about Ku Moo does after school to stay active. Underline the sequence words.



Sequence Words			
1	2	3	4
First,	Second,	Third,	Fourth,
	Next,	Then,	Last,
		After,	Finally,

This is Ku Moo. He is from Thailand. He speaks Karen. Now he lives in the United States. After school, he goes to soccer practice.



At soccer practice, the players exercise a lot.

First, they stretch their muscles.



Next, they run around the soccer field.



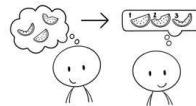
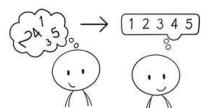
Then, they do sit-ups.



Finally, they practice soccer.

Ku Moo is excited for his game on Friday!

Sequence what you do after school to stay active and healthy. Draw pictures and write words to show what you do after school.



Sequence Words			
1	2	3	4
First, 	Second, Next,	Third, Then,	Fourth, Last,



Draw and write about what you do after school.

1 <hr/> <hr/>	2 <hr/> <hr/>
3 <hr/> <hr/>	4 <hr/> <hr/>

Choose the math practice
that is right for you!
Counting → Addition → Subtraction →
Multiplication → Division

123

Let's Move!

Count and do the action!



	Day 1	Day	Day 3	Day 4	Day 5
Jumping jacks 	• • • • • ..	• • • • • • • • • • • • • • •	• • • • • ..	• • • • • • • • • •	• • • • • ..
Toe touches 	• • • • • • • • • •	• • • • • • • • • •	• • • • • ..	• • • • • • • • • •	• • • • • ..
Sit-ups 	• • • • • ..	• • • • •	• • • • • • • • • •	• • • • • • • • • • .	• • • • • • • • • • ..
Arm circles 	• • • • • • • • • • • • • • •	• • • • • • • • • • • • •	• • • • • • • • • • • • • • •	• • • • • • • • • • • • •	• • • • • ..
Run (minutes) 	.	• • •	..	• • • •	• • • • •
Stand up, sit down 	• • • • • • • • • • . .	• • • • • • • • • • • • •	• • • • • • • • • •	• • • • • . .	• • • • • • • • • •
Wall sit (seconds) 	• • • • • • • • • • • • • • •	• • • • • • • •	• • • • • . .	• • • • • • • • • • • • •	• • • • • • • • • • ..
Plank (seconds) 	• • • • • • • • • • . .	• • • • • • • • • • • • •	• • • • • • • • • • • • • • •	• • • • • . .	• • • • • • • • • •

Choose the math practice
that is right for you!
Counting → **Addition** → **Subtraction** →
Multiplication → **Division**

Let's Move! □

Solve the math equations and do the actions!



	Day 1	Day 2	Day 3	Day 4	Day 5
Jumping jacks 	$2 + 15 = \underline{\hspace{2cm}}$	$9 + 8 = \underline{\hspace{2cm}}$	$7 + 4 = \underline{\hspace{2cm}}$	$11 + 4 = \underline{\hspace{2cm}}$	$4 + 13 = \underline{\hspace{2cm}}$
Toe touches 	$12 + 15 = \underline{\hspace{2cm}}$	$14 + 8 = \underline{\hspace{2cm}}$	$12 + 9 = \underline{\hspace{2cm}}$	$8 + 13 = \underline{\hspace{2cm}}$	$7 + 9 = \underline{\hspace{2cm}}$
Sit-ups 	$16 - 6 = \underline{\hspace{2cm}}$	$40 - 30 = \underline{\hspace{2cm}}$	$37 - 27 = \underline{\hspace{2cm}}$	$28 - 18 = \underline{\hspace{2cm}}$	$19 - 9 = \underline{\hspace{2cm}}$
Arm circles 	$8 + 13 = \underline{\hspace{2cm}}$	$11 + 8 = \underline{\hspace{2cm}}$	$24 + 2 = \underline{\hspace{2cm}}$	$6 + 7 = \underline{\hspace{2cm}}$	$9 + 3 = \underline{\hspace{2cm}}$
Run (minutes) 	$16 - 14 = \underline{\hspace{2cm}}$	$20 - 17 = \underline{\hspace{2cm}}$	$14 - 13 = \underline{\hspace{2cm}}$	$20 - 18 = \underline{\hspace{2cm}}$	$19 - 18 = \underline{\hspace{2cm}}$
Stand up, sit down 	$14 - 5 = \underline{\hspace{2cm}}$	$20 - 6 = \underline{\hspace{2cm}}$	$32 - 14 = \underline{\hspace{2cm}}$	$22 - 17 = \underline{\hspace{2cm}}$	$18 - 16 = \underline{\hspace{2cm}}$
Wall sit (seconds) 	$2 + 15 = \underline{\hspace{2cm}}$	$9 + 4 = \underline{\hspace{2cm}}$	$17 + 4 = \underline{\hspace{2cm}}$	$13 + 4 = \underline{\hspace{2cm}}$	$4 + 23 = \underline{\hspace{2cm}}$
Plank (seconds) 	$10 + 15 = \underline{\hspace{2cm}}$	$10 + 20 = \underline{\hspace{2cm}}$	$10 + 25 = \underline{\hspace{2cm}}$	$10 + 30 = \underline{\hspace{2cm}}$	$10 + 35 = \underline{\hspace{2cm}}$

Choose the math practice
that is right for you!

Counting → **Addition** → **Subtraction** →
Multiplication → **Division**



Let's Move!



Solve the math equations and do the actions!



	Day 1	Day 2	Day 3	Day 4	Day 5
Jumping jacks 	$32 \div 2 = \underline{\quad}$	$45 \div 3 = \underline{\quad}$	$64 \div 8 = \underline{\quad}$	$27 \div 3 = \underline{\quad}$	$80 \div 8 = \underline{\quad}$
Toe touches 	$3 \times 3 = \underline{\quad}$	$4 \times 3 = \underline{\quad}$	$5 \times 3 = \underline{\quad}$	$6 \times 3 = \underline{\quad}$	$7 \times 3 = \underline{\quad}$
Sit-ups 	$22 - 16 = \underline{\quad}$	$52 - 39 = \underline{\quad}$	$37 - 21 = \underline{\quad}$	$74 - 56 = \underline{\quad}$	$90 - 71 = \underline{\quad}$
Arm circles 	$12 + 15 = \underline{\quad}$	$9 + 8 = \underline{\quad}$	$7 + 4 = \underline{\quad}$	$11 + 4 = \underline{\quad}$	$4 + 13 = \underline{\quad}$
Run (minutes) 	$22 \div 11 = \underline{\quad}$	$36 \div 12 = \underline{\quad}$	$14 \div 7 = \underline{\quad}$	$84 \div 42 = \underline{\quad}$	$9 \div 3 = \underline{\quad}$
Stand up, sit down 	$4 \times 3 = \underline{\quad}$	$4 \times 4 = \underline{\quad}$	$4 \times 5 = \underline{\quad}$	$2 \times 7 = \underline{\quad}$	$2 \times 9 = \underline{\quad}$
Wall sit (seconds) 	$84 - 55 = \underline{\quad}$	$40 - 6 = \underline{\quad}$	$72 - 14 = \underline{\quad}$	$52 - 17 = \underline{\quad}$	$98 - 16 = \underline{\quad}$
Plank (seconds) 	$32 + 15 = \underline{\quad}$	$89 + 8 = \underline{\quad}$	$47 + 4 = \underline{\quad}$	$71 + 14 = \underline{\quad}$	$34 + 17 = \underline{\quad}$



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Day 4



What can you do to stay healthy?

There are many things that can help us take care of our bodies to be healthy.

wear a mask 	get vaccines 	wash my hands 	eat healthy food 
exercise 	get enough sleep 	drink enough water 	ask for help 

  Read and copy the sentences about how you can take care of your body to be healthy.

I can wear a mask to be healthy.

I can drink enough water to be healthy.

I can exercise to be healthy.

Adverbs of Frequency
are words that tell us **how often** we do something.



How often = when



always

normally

often

sometimes

never

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
always	always	always	always	always	always	always
normally		normally	normally	normally	normally	
often		often		often		often
sometimes				sometimes		
never						

Use the adverbs of frequency to write about the healthy choices you make.



How often do you _____?

I _____

always

normally

often

sometimes

never

Example:

I always wear a mask.

wear a mask



How often do you _____?

I _____

**always
normally
often
sometimes
never**

	<p>wear a mask</p> 
	<p>get vaccines</p> 
	<p>wash my hands</p> 
	<p>eat healthy food</p> 

How often do you _____?

I _____

always
normally
often
sometimes
never

	<p>exercise</p> 
	<p>get enough sleep</p> 
	<p>drink enough water</p> 
	<p>ask for help</p> 

I Am Healthy



Read about how Evelin is healthy.

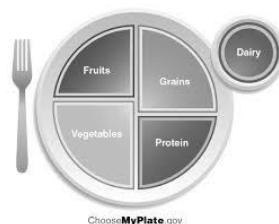
This is Evelin. She is **healthy**.



She likes to play sports. She **plays soccer** with her friends.



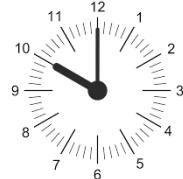
She also eats healthy every day. She eats **fruits** and **vegetables**.



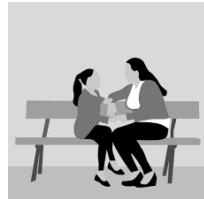
Evelin **washes her hands** during the day and **takes a shower** every day.



Evelin gets enough **sleep** every night. She goes to bed **at 10:00 o'clock** each night.



When she is **sad**, she **talks to her mom** to feel better.



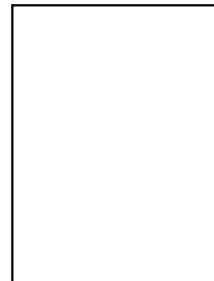
Comparing Healthy Habits



Compare your healthy habits to Evelin's healthy habits.



Evelin



You

Evelin plays soccer.

Evelin eats fruits and vegetables.

Evelin takes a shower every day.

Evelin goes to bed at 10 o'clock each night.

When she is sad, she talks to her mom.

I play _____.

I eat _____ and _____.

I _____ every day.

I go to bed at _____ o'clock each night.

When I am sad, I _____.



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Day 5

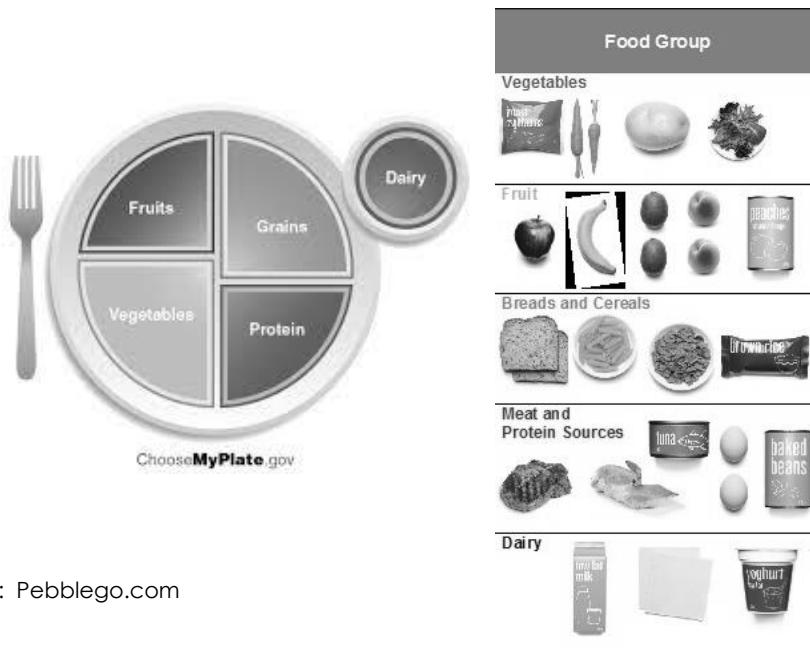


Eating Healthy Food



Read about **food groups**.

It is important for students to eat food from all of the food groups. The five food groups are dairy, fruits, vegetables, protein, and grains. Vegetables are parts of plants. Carrots, broccoli and lettuce are vegetables. Fruits are sweet. Oranges, grapes and apples are fruit. Grains are seeds from plants. Wheat and rice are grains. Protein helps you grow. Meat, chicken and eggs have protein. Dairy food are made from milk. Yogurt and cheese are dairy foods.



Adapted from: Pebblego.com

What food do you eat in your country? Draw a
36 picture of typical food in your country. Do
you eat from all of the **food groups**?



Tell someone about food in your country.

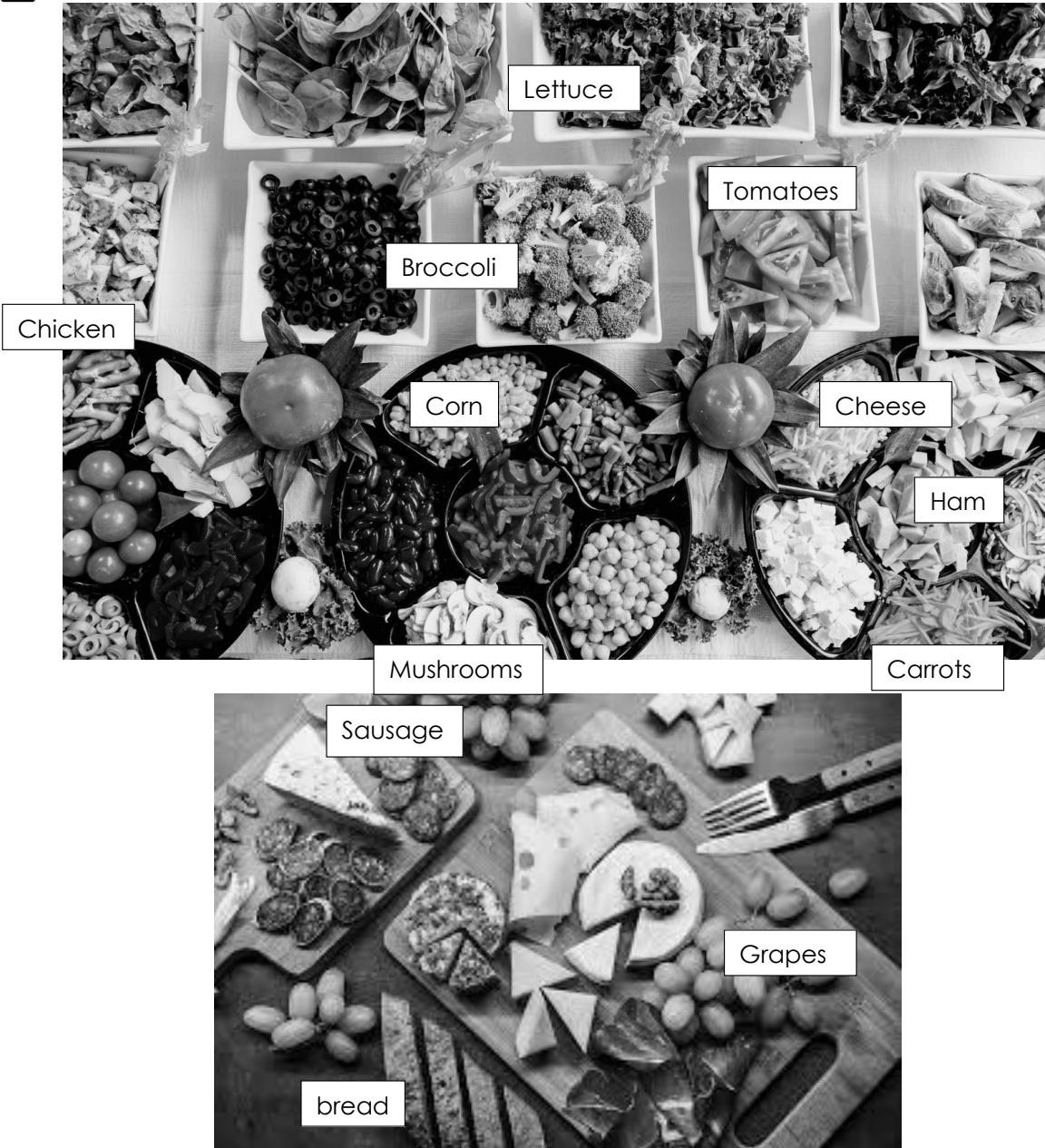


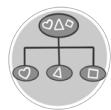
Write (label) as many words as you can on this picture in English or your own language.





Record the words. Compare to your picture.





Sort the words from the picture into the different categories.

Fruit	Vegetables	Grains	Meat	Dairy

What makes a good friend?



It is important to have healthy relationships.
Look at the pictures and talk with a friend or
an adult about what makes a good friend.



Pronouns identify who we are talking about

Use **he** when we talk
about a boy (male).

Use **she** when we talk
about a girl (female).



Use **they** when we talk about
more than one person
(plural) or someone who
does not use he or she
(non-binary).

It's important to use the correct pronouns when we talk about someone to show respect.

What pronouns do you use?

My pronouns are _____.
she/her/hers he/him/his they/them/theirs other: _____

We can use adjectives to describe our friends.

My friend is _____.	
respectful 	funny  My friend is funny. He makes me laugh.
honest 	friendly  My friend is friendly. They wave to me.
a good listener 	trustworthy  My friend is trustworthy. I can tell her anything.
accepting 	generous  My friend is generous. He shares his lunch with me.



Draw and write about your friend. What makes your friend a good friend?

My friend's name is _____.

_____ is _____.

_____.



All About Me



This is a picture of me.



My name is _____.

I am from _____.

I speak _____.



I am _____ years old.

I am in ____th grade.

I like _____.

I don't like _____.



Write your paragraph

International Consortium for Multilingual Excellence in Education



My Packet Journal

In this packet I learned

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Reference Sheet

LENGTH

Metric

1 kilometer = 1000 meters

1 meter = 100 centimeters

1 centimeter = 10 millimeters

Customary

1 mile = 1760 yards

1 mile = 5280 feet

1 yard = 3 feet

1 foot = 12 inches



CAPACITY AND VOLUME

Metric

1 liter = 1000 milliliters

Customary

1 gallon = 4 quarts

1 gallon = 128 ounces

1 quart = 2 pints

1 pint = 2 cups

1 cup = 8 ounces



MASS AND WEIGHT

Metric

1 kilogram = 1000 grams

1 gram = 1000 milligrams

Customary

1 ton = 2000 pounds

1 pound = 16 ounces

TIME

1 year = 365 days

1 year = 12 months

1 year = 52 weeks

1 week = 7 days

1 day = 24 hours

1 hour = 60 minutes

1 minute = 60 seconds

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