



AT-HOME SUMMER GUIDE

for **SCHOOL-AGE** (Kindergarten–6th Grade)

Week of August 10, 2020

Welcome to the first week of the Champions learning guides for **World Explorers!**



This week's activities help develop a greater understanding of the natural world around you and how diverse nature can be. These activities improve critical thinking, creativity, and problem-solving skills through exploring nature, natural elements, and animals.

Stretch your imagination, engineering skills, and creative problem-solving by using common items to build musical instruments, towers, and catapults.

FAMILIES WITH KINDERGARTENERS:

Our summer school-age guide incorporates **first grade readiness activities** to keep your kindergartener's mind sharp through the summer!



This Week's Theme:

The Relationships of Nature



WORLD EXPLORERS

[Cleaner-Fish Cleanup](#)

Explore how cleaner fish help other creatures stay clean and healthy with this interactive game.

[Jungle Run](#)

Envision running through the jungle in this interactive game of imaginary escape.

[Water Music](#)

Invent your own set of water-based musical instruments and create a new song to sing along to the beat.

[Saving the Disappearing Rainforests](#)

Use your artistic skills to create a poster to advocate for and raise awareness of saving the rainforests.

[What Do Whales Eat?](#)

Put your critical thinking and measuring skills to the test as you compare the size of whales to their appetites.

PREVENTING LEARNING LOSS

[Playing-Card Tower](#)

Refine your balance, patience, and dexterity by building a tower with playing cards.

[Catapult Challenge](#)

Practice problem-solving and engineering skills to take common items to create a catapult and defy gravity!

FIRST GRADE READINESS

[Phonics Activity: Sight Word Memory](#)

This quick matching game will keep the most common sight words fresh in your child's memory!

[Math Activity: Ten or Under](#)

This addition and comparison game hits two math readiness skills in one roll of the dice!

CHAMPIONS[®]

At-Home Summer Guide for School-Age

Week of August 10, 2020

Getting Ready for the Week: Materials to Gather

For World Explorer Activities:

- [Cleaner Fish images](#)
- 30–40 stickers or sticky notes
- Stopwatch
- Glass jars or vases of different sizes (4–8)
- Pitcher
- Water
- Towel
- Wooden mallet or pencil
- [Rainforest Facts sheets \(2 pages\)](#)
- Paper
- Brown construction paper
- Writing and drawing tools
- Tape
- Yardstick or tape measure
- Paper or rope (optional)

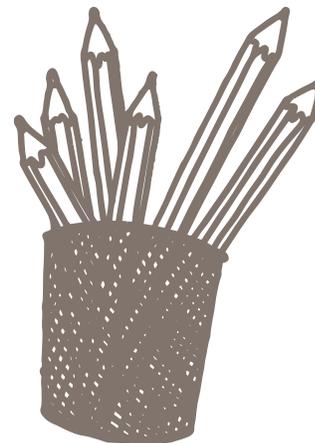
Tip: At the beginning of your week, gather materials and place them in a container so you're ready to go!

For Preventing Learning Loss Activities:

- Deck of 52 playing cards
- Binder clips
- Clothespins
- Cotton balls
- Craft sticks
- Plastic spoons
- Pompoms, various sizes
- Rubber bands
- Small cups
- Small craft sticks

For First Grade Readiness:

- 20 index cards
- Pen
- [Word List](#)
- 6-sided die
- Paper
- Pencil



At-Home Summer Guide for School-Age

Week of August 10, 2020

World Explorers: Cleaner-Fish Cleanup

Explore how cleaner fish help other creatures stay clean and healthy with this interactive game.

Length of activity:
20 minutes



Level of Engagement
Required by Adult: Medium



Level of Prep Required: Low



What you need:

- [Cleaner Fish images](#)
- 30-40 stickers or sticky notes
- Stopwatch

What you will do:

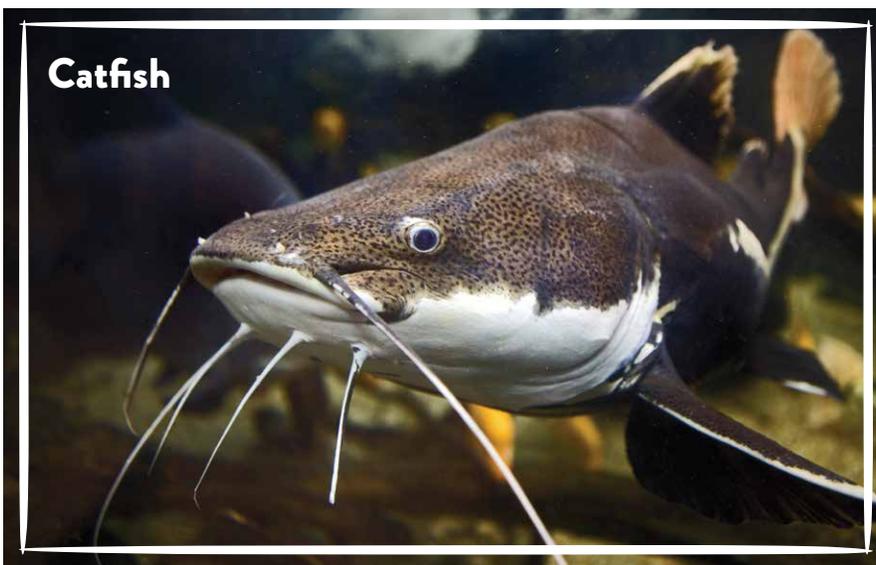
The natural world relies on balance and relationships to maintain healthy environments. One of the most iconic relationships is between cleaner fish and large predators. There are several species of cleaner fish, including wrasse, catfish, and goby. These special fish eat parasites, dead skin cells, and debris off larger predators. This relationship helps the health of the fish they clean, while providing food for the cleaner fish. Look at some [examples](#) of cleaner fish on the next page.

This game will show you why it is faster and more efficient for large fish to take advantage of the cleaner fish than to try to clean themselves. Pair up with a family member or friend and take 15-20 stickers or sticky notes and put them all over one person's torso including the middle of their back between their shoulders. The participant with the stickers will attempt to take all of the stickers off their body on their own. Next, put 15-20 stickers or sticky notes on the other participant, but this time help to take stickers off the hard to reach places. Use a stopwatch if you have one to time how long it takes with and without help. Was it easier to take the stickers off yourself or with help? How do you think the relationships with cleaner fish help other fish in the ocean stay clean?

At-Home Summer Guide for School-Age

Week of August 10, 2020

Cleaner Fish



At-Home Summer Guide for School-Age

Week of August 10, 2020

World Explorers: Jungle Run

Envision running through the jungle in this interactive game of imaginary escape.

Length of activity:
15 minutes



**Level of Engagement
Required by Adult:** Low



Level of Prep Required: Low



What you need:

No materials needed

What you will do:

If you were exploring in the jungle, you might find yourself challenged by the dense vegetation or some of the animals that live there. In this game you'll pretend you're in the jungle and need to escape quickly.

Start by slowly jogging in place. Have a family member or friend call out the following instructions and perform the actions that would take you away from the challenges or threats named. Between each instruction, continue to jog in place.

- You approach a stack of fallen trees and have to climb or jump over each of them.
- The low-hanging branches start to scratch your face and you have to duck under them.
- You start to sink in quicksand and have to get out of it as quickly as possible.
- A tiger is on the prowl near you and you have to sneak away before you're seen.
- A snake drops in front of you and you have to slowly back away from it before it strikes.
- A group of monkeys tries to grab your backpack and you have to break free of them.

Try to mix up the order of challenges and add others if you think of new challenges. Try to escape from the jungle for 10 minutes and redo the activity throughout the week.



At-Home Summer Guide for School-Age

Week of August 10, 2020

World Explorers: Water Music

Invent your own set of water-based musical instruments and create a new song to sing along to the beat.

Length of activity:
25 minutes



**Level of Engagement
Required by Adult:** Low



Level of Prep Required: Medium



What you need:

- Glass jars or vases of different sizes (4–8)
- Pitcher
- Water
- Towel
- Wooden mallet or pencils

What you will do:

Music comes from controlling the pitches of sounds and can be created using a variety of tools such as different sized drums, strings, and blowing inside instruments. In this activity, explore the ways you can use water as a basis for musical instruments.

Gently tap the sides of different sized glass cups, jars, or vases with wooden mallets or pencils. Listen closely to the music they create. Next, use a pitcher to add water to the containers in different amounts and explore what happens to the sound when the container has water inside. Next, compare what happens when you tap the containers where the water is versus tapping where it still doesn't have water.

Try to make music by turning your containers into water-based instruments with different amounts of water to create a beat. When you finish your beat, try adding lyrics to create a song. Share your new song with your family or friends.



At-Home Summer Guide for School-Age

Week of August 10, 2020

World Explorers: Saving the Disappearing Rainforests

Use your artistic skills to create a poster to advocate for and raise awareness of saving the rainforests.

Length of activity:
25 minutes



**Level of Engagement
Required by Adult:** Low



Level of Prep Required: Low



What you need:

- [Rainforest Facts sheets \(2 pages\)](#)
- Paper
- Brown construction paper
- Writing and drawing tools

What you will do:

Rainforests are fascinating places with unique climates that are filled with thousands of varieties of plants, animals, and insects that can only be found in this special habitat. Think about the impacts of losing rainforests and how it might impact our world. Unfortunately, the actions of humans have damaged the rainforests to the extent that rainforests may eventually disappear from Earth. For example, logging companies have cut down trees in rainforests to use the wood for flooring, furniture, and other wood products. Paper companies have used the wood from the trees to create pulp that's manufactured into paper. Governments clear rainforests to build roads, highways, and railroad tracks. Farming companies clear entire areas of rainforests to plant crops.

One way to advocate for causes you feel passionate about is to use words or art to represent what you want to see changed. Think of the impacts of losing the forests and design a poster that you can share with others. The poster can show the importance of the forest or might demonstrate what can happen if the forests disappear. Take a moment to read the Rainforest Facts sheets on the following two pages. Cut out the leaves and create a tree using brown construction paper to represent a summary of the facts, then use art or slogans on a separate sheet of paper to encourage friends and family to advocate for saving the rain forests.



The graphic features a white background with various green tropical plants. At the top left, a large palm frond extends across the top. On the left side, there are several other plants, including a pink bird's nest fern and a large green leaf with a pink flower. The title 'Rainforest Facts' is written in a blue, sans-serif font. Four large, dark green leaves are arranged in a circular pattern, each containing a white text box with a rainforest fact.

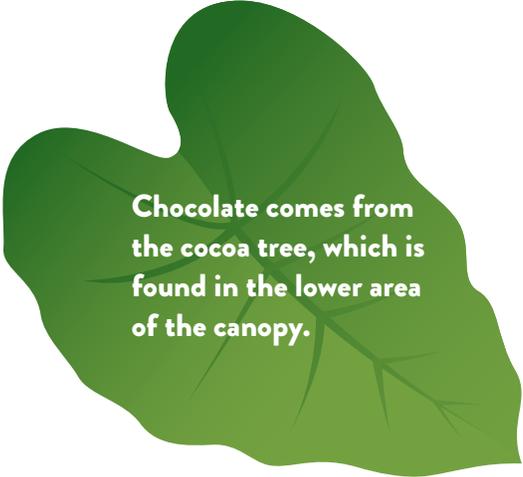
Rainforest Facts

Rainforests receive over 75 inches of rain per year.

There are at least 2,500 species of vines in rainforests.

The average temperature of rainforests is 68–95 degrees Fahrenheit.

Forty percent of the world's oxygen is created and released by rainforests.



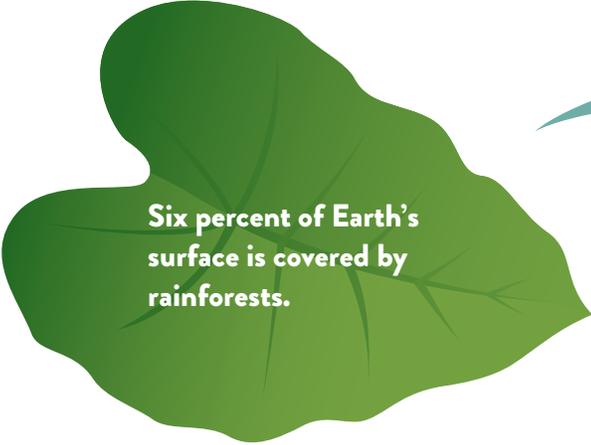
Chocolate comes from the cocoa tree, which is found in the lower area of the canopy.



A single rainforest may have up to 200 species of trees.



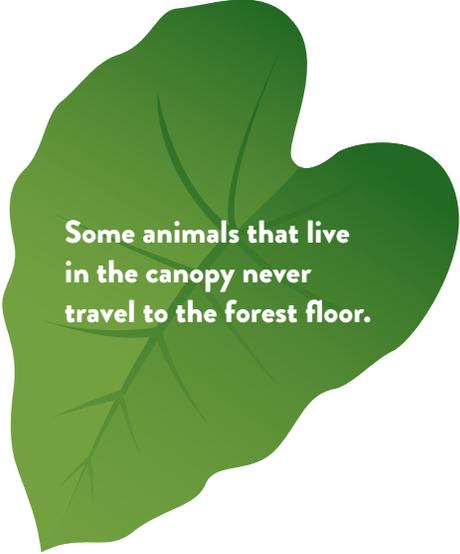
The canopy layer holds more animals than any of the other three layers of a rainforest.



Six percent of Earth's surface is covered by rainforests.



Trees in the emergent layer can grow up to 150 feet high.



Some animals that live in the canopy never travel to the forest floor.



At-Home Summer Guide for School-Age

Week of August 10, 2020

World Explorers: What Do Whales Eat?

Put your critical thinking and measuring skills to the test as you compare the size of whales to their appetites.

Length of activity:
25 minutes



Level of Engagement
Required by Adult: Medium



Level of Prep Required: Low



What you need:

- Tape
- Yardstick or tape measure
- Paper or rope (optional)

What you will do:

Whales are some of the largest creatures on the planet! In this activity you will practice using yardsticks or a tape measure to measure out the size of common whales to see how large they are compared to you and compared to the size of their relatively small diets.

To better imagine the sizes of some whale species, you will measure the lengths of an average blue whale, humpback whale, and orca. Use your measuring tool to measure the following lengths outside, down a hallway, or on a sidewalk:



Blue whale = 80 feet

Humpback whale = 50 feet

Orca = 20 feet

Although some whale species are extremely large, they do not necessarily eat large animals. In fact, only one whale species, the orca whale, is known for eating large marine animals such as other whales, sea lions, walruses, and seals. There are whales that have teeth, such as beluga whales, but they primarily eat smaller ocean wildlife such as fish, squid, crab, and snails. Most other whale species only eat very small ocean animals, such as fish, shrimp, plankton, crab, krill, and squid, in large quantities. In order to satisfy their hunger, whales need to eat twice a day and may eat more than 5,000 pounds of these small animals at one time!

Use a technology device to look up images of some of the animals that whales eat and compare the size of their diets to the size of their bodies. What do you notice?

At-Home Summer Guide for School-Age

Week of August 10, 2020

Preventing Learning Loss: Playing-Card Tower

Refine your balance, patience, and dexterity by building a tower with playing cards.

Length of activity:
30 minutes



**Level of Engagement
Required by Adult:** Low



Level of Prep Required: Low

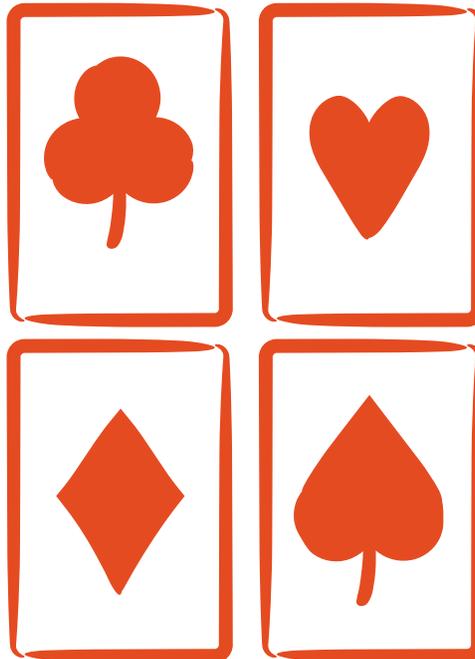


What you need:

- Deck of playing cards

What you will do:

- Try to build the tallest structure you can with a deck of cards.
- Try to use all 52 cards to make the largest structure possible.
- For an additional challenge try to build a structure that is wider on the top than on the bottom.



At-Home Summer Guide for School-Age

Week of August 10, 2020

Preventing Learning Loss: Catapult Challenge

Practice problem-solving and engineering skills to take common items to create a catapult and defy gravity!

Length of activity:
45 minutes



**Level of Engagement
Required by Adult:** High



Level of Prep Required: Low



What you need:

- Binder clips
- Clothespins
- Cotton balls
- Craft sticks
- Plastic spoons
- Pompoms, various sizes
- Rubber bands
- Small cups
- Small craft sticks

What you will do:

- Try to use the materials provided to build a catapult. Take one week to build, test, and get feedback, rebuilding if necessary.
- After you have built your catapult, test it for distance and accuracy by launching various-size pompoms, counters, cotton balls, or other safe materials.

CAUTION! Adults should supervise carefully when rubber bands are used. You should not shoot rubber bands or wrap them around your fingers or wrists.

At-Home Summer Guide for School-Age

Week of August 10, 2020

First Grade Readiness

Our summer school age guide incorporates **first grade readiness activities** to keep your kindergartener's mind sharp through the summer.

Phonics Activity: Sight Word Memory

This quick matching game will keep the most common sight words fresh in your child's memory!

Length of activity:
10–15 minutes



**Level of Engagement
Required by Adult:** Low



Level of Prep Required: Medium



What you need:

- 20 index cards
- Pen
- [Word List](#)

What your child is learning:

- To recognize and read some short words
- To practice using their short-term memory

What you will do:

Use the index cards to create matched pairs of sight words. Select ten words from the following list of common words or choose any word that your child has learned to read recently. If possible, choose a mix of some words that will be easier for your child to read, as well as some that will be more challenging. Write each word you pick on two index cards, to create two identical sets of ten index cards each.

Shuffle the index cards and lay them out face down in a 5 x 4 grid shape. Then, invite your child to play a matching game with the cards! For each turn, they should flip over two cards on the board and read the words on the cards. If the words match, then they can take both index cards out of the grid. If the words do not match, they should flip the index cards back over and try again. The game is over when all the matches have been discovered.

If your child is ready: This game can be made more and less challenging by changing the difficulty of the words written on the index cards, or by changing the total number of matches on the board. For example, some children may be great readers but struggle with the memory portion of the task, so you could modify the activity to include fewer, but harder, words.

At-Home Summer Guide for School-Age

Week of August 10, 2020

100 Most Frequent Words in Books for Beginning Readers

- | | | | |
|----------|------------|-----------|-----------|
| 1. the | 26. he | 51. be | 76. cat |
| 2. a | 27. out | 52. now | 77. them |
| 3. and | 28. that | 53. when | 78. tree |
| 4. to | 29. one | 54. there | 79. where |
| 5. I | 30. big | 55. into | 80. away |
| 6. In | 31. go | 56. day | 81. time |
| 7. IS | 32. was | 57. look | 82. as |
| 8. on | 33. like | 58. eat | 83. water |
| 9. you | 34. what | 59. make | 84. home |
| 10. it | 35. not | 60. his | 85. made |
| 11. of | 36. do | 61. here | 86. long |
| 12. said | 37. then | 62. your | 87. has |
| 13. can | 38. this | 63. an | 88. help |
| 14. for | 39. no | 64. back | 89. good |
| 15. my | 40. too | 65. mom | 90. going |
| 16. but | 41. she | 66. dog | 91. by |
| 17. all | 42. went | 67. very | 92. how |
| 18. we | 43. see | 68. did | 93. house |
| 19. are | 44. will | 69. her | 94. dad |
| 20. up | 45. so | 70. from | 95. or |
| 21. at | 46. some | 71. had | 96. two |
| 22. with | 47. down | 72. got | 97. red |
| 23. me | 48. little | 73. put | 98. am |
| 24. they | 49. come | 74. came | 99. over |
| 25. have | 50. get | 75. just | 100. saw |

This list was derived from a survey of 1,000 pre-primer, early, and first readers. Copies of this list may be made provided the list is not altered in any way and the original copyright notice is clearly visible.

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At-Home Summer Guide for School-Age

Week of August 10, 2020

Math Activity: Ten or Under

This addition and comparison game hits two math readiness skills in one roll of the dice!

Length of activity:
10–15 minutes



**Level of Engagement
Required by Adult:** High



Level of Prep Required: N/A



What you need:

- 6-sided die
- Paper
- Pencil

What your child is learning:

- To sum numbers to ten
- To compare “greater than” and “less than”

What you will do: This week’s first-grade readiness math activity is an addition game. As many family members as are interested can play!

Each player will roll a die repeatedly, adding together the sum of their rolls. The object of the game is to roll the highest sum possible without going over a sum of ten. Players may choose to stop rolling the die at any time.

For example, a player might roll a three and then a four, to reach a sum of seven. The player could choose to stop rolling the die and keep their final sum at seven. Or, they could choose to roll again to increase their sum, hoping to roll a three or below to keep them from going over the limit of ten.

The player with the highest final sum, who does not go over a sum of ten, wins the round. If there is a tie, whichever player had the smallest final die roll is the winner. If all players go over ten, nobody wins the round. Each player takes a complete turn before the next player starts rolling the die. Whichever player won the last round goes first in the next round. The first player to win five rounds wins the game.

If needed, players may use the paper and pencil to keep track of their die rolls and solve the addition problems.

To help your first grader get the hang of the game, start with a demonstration by rolling the die yourself. Model your strategy aloud. For example, if you roll a six, ask them what they think you should do. Should you roll again? Discuss the potential outcomes.

If your child is ready: For more of a challenge, this activity can be altered to set the limit at a higher sum, like twenty. In this version of the game, players try to roll the highest sum possible without going over a sum of twenty, instead of a sum of ten. For an even more difficult version of the game, players can roll two dice at a time to add to twenty.