



# AT-HOME SUMMER GUIDE

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

Week of August 17, 2020

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



This week's activities transfer explorations of the world into expressions of learning. Explore some of the inhabitants of the oceans and forests of our world and find ways to share what you learn through art and poetry with your family.

As the school year begins, there can be a lot of emotions about what that might look like. Take time during these learning experiences to explore emotions you might be facing and practice breathing strategies to help you relax and calm down.

### 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:

# Expressions of Nature



## WORLD EXPLORERS

### [Researching Animals](#)

Become an animal expert as you research your favorite animal.

### [Fishing for Tens](#)

Join the fun in this math-inspired spin on "Go Fish" by creating combinations of 10 with the cards you draw.

### [Animal Acrostic Poems](#)

Create acrostic poems about your favorite animal.

### [Ocean Poetry](#)

Create your own book of poetry about the ocean.

### [Emotional-Animals Game](#)

Practice your acting skills in this game of animal emotion charades.

## PREVENTING LEARNING LOSS

### [How Would You Feel?](#)

Reflect on how you would feel about different scenarios and why feeling emotional is okay.

### [4-7-8 Breathing \(3rd-6th grade\)](#)

Use this breathing activity anytime you feel like your emotions are not in control to help you calm down.

## FIRST GRADE READINESS

### [Phonics Activity: Pots and Pans](#)

This short book will help your child practice reading words ending in *-ot* and *-an*.

### [Math Activity: Race to Zero](#)

This game of speed subtraction will put your child's mental math muscles to the test!

**CHAMPIONS®**

# At-Home Summer Guide for School-Age

## Week of August 17, 2020

### Getting Ready for the Week: Materials to Gather

#### For World Explorer Activities:

- [Jungle and Rainforest Animals sheet](#)
- Deck of playing cards with face cards removed
- [Blank Cube template](#)
- Child-size scissors
- Glue
- Paper
- Writing and drawing tools

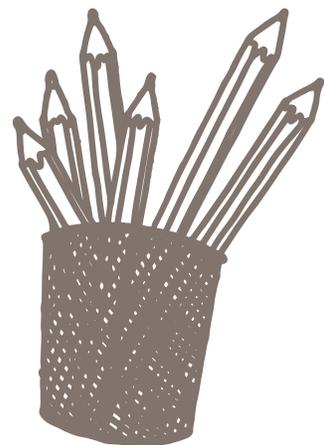
#### For Preventing Learning Loss Activities:

- Index cards or paper (six)
- Writing and drawing tools

#### For First Grade Readiness:

- [Pots and Pans book](#) (9 pages—can be printed or viewed on your device)
- 10–20 small objects to count, like blocks
- One or two six-sided dice

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



# At-Home Summer Guide for School-Age

## Week of August 17, 2020

### World Explorers: Researching Animals

Become an animal expert as you research your favorite animal.

**Length of activity:**  
30 minutes



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



**Level of Prep Required:** Low



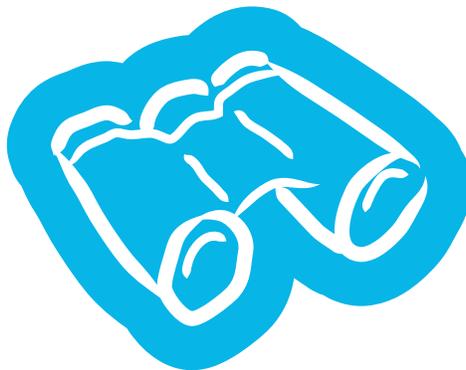
**What you need:**

- [Jungle and Rainforest Animals sheet](#)
- Paper
- Writing and drawing tools

#### What you will do:

The jungles and rainforests of the world are home to many different species of animals and insects—so many that scientists are still unable to determine exactly how many there are in the world. Take a look at the [lists](#) of some of the most common animals found in jungles and rainforests.

Choose your favorite animal from the lists on the next page. Research facts about your animal to become an animal “expert.” Learn about where they live, what they eat, and how they stay safe. You can use books or get help from a family member to conduct your research online. Record your research on paper using complete sentences or get creative and make a slideshow, a trading card, or a poster about your animal. Be sure to share your research with your family and friends.



# At-Home Summer Guide for School-Age

## Week of August 17, 2020

### Jungle and Rainforest Animals

#### Jungle Animals of the Amazon

Capuchin Monkey  
Capybara  
Cougar  
Howler Monkey  
Jaguar  
Macaw  
Piranha  
Poison Dart Frog  
Squirrel Monkey

#### Jungle Animals of Africa

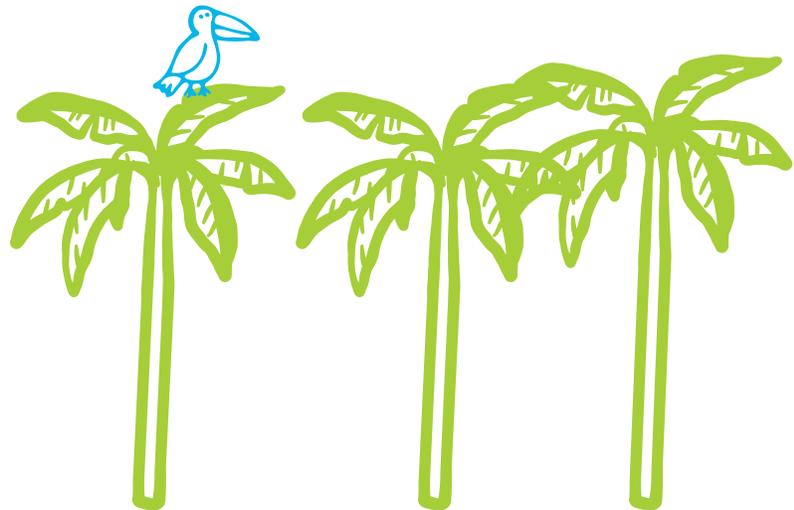
Baboon  
Crowned Eagle  
Gray Parrot  
Jungle Elephant  
Leopard  
Nile Crocodile  
Rock Python  
Tiger Fish  
Termite

#### Jungle Animals of Asia

Cobra  
Cockatoo  
Elephant  
Flying Fox  
Gibbon  
Saltwater Crocodile  
Sumatran Rhinoceros  
Sun Bear  
Tiger  
Water Buffalo

#### Rainforest Animals

Anaconda  
Bengal Tiger  
Blue Morpho Butterfly  
Boa Constrictor  
Chameleon  
Chimpanzee  
Gecko  
Gorilla  
Great Hornbill  
Harpy Eagle  
Hummingbird  
Leaf-Cutter Ant  
Lemur  
Manatee  
Orangutan  
Red-Eyed Tree Frog  
Parrot  
Praying Mantis  
Spider Monkey  
Tarantula  
Toucan



# At-Home Summer Guide for School-Age

## Week of August 17, 2020

### World Explorers: Fishing for Tens

Join the fun in this math-inspired spin on “Go Fish” by creating combinations of 10 with the cards you draw.

**Length of activity:**  
15 minutes



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



**Level of Prep Required:** Low



**What you need:**

- Deck(s) of playing cards without the face cards

#### What you will do:

First, make sure you have enough playing cards to provide one deck to every two to three players. Shuffle the deck of cards and distribute seven cards to each player. Place the remaining cards in a face-down pile between the players.

“Fishing for Tens” is a game based on “Go Fish,” but with a slightly different goal. Remember to remove all face cards from the deck of cards before playing. In this game, the ace card will represent “one.” Look at your seven cards and search for any combination of cards that have numbers that add up to ten. For example, you may add an eight and two, a nine and an ace, or a five, three, and two. When you find a combination, place those cards face-up on the table then have the other player look for combinations of ten in their hand.

Next look at the cards in your hand and ask the other player if they have a number that will complete another set of ten for you. For example, if you have a six, you might ask the other player, “Do you have a four?” If the other player has a four, they must hand it over to you. If they did have the card you asked for, it is still your turn, so look at your cards and ask for another card. Continue on this way until the other player says they do not have the card you asked for. If the other player does not have the card you asked for, he or she will say, “Go fish.” Then you must take one card from the pile and your turn is over.

The game ends when a player runs out of cards or when the all the extra cards are gone. When the game ends, both players should count the number of combinations of ten they have and whoever has the most is the winner.

**Challenge:** If you enjoy “Fishing for Tens” make your own playing cards using heavy cardstock paper. Try designing each card with your favorite marine animals.

# At-Home Summer Guide for School-Age

## Week of August 17, 2020

### World Explorers: Animal Acrostic Poems

Create acrostic poems about your favorite animal.

**Length of activity:**  
20 minutes



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



**Level of Prep Required:** Low



**What you need:**

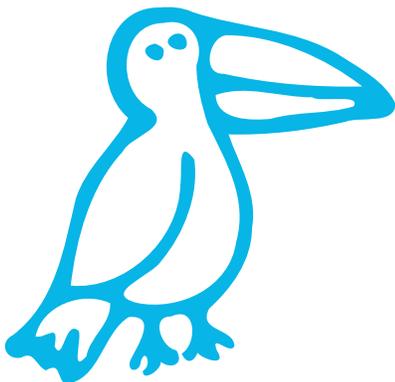
- Paper
- Writing and drawing tools

#### What you will do:

In this activity you'll select an animal to be the focus of an acrostic poem, which is created from a word written vertically on the left side of a sheet of paper. Each line of the poem begins with a letter from that word. Each line must also relate to the word, and may consist of one word, a short phrase, or a complete sentence. The shorter the word chosen, the shorter the acrostic poem.

Below is an example of an acrostic poem based on the word "Parrot."

Once you understand how to write an acrostic poem, try to write one around an animal you've studied. Use your drawing tools to decorate the area around the poem to portray the animal in its natural habitat.



#### "Parrot"

**P**erched on branches with strong, clawed feet

**A**rranging brightly colored feathers

**R**esting on eggs in the holes of trees

**R**ooting around for meals of fruits, nuts, and seeds.

**O**ver 80 years it may live in

**T**ropical areas, its preferred home.

# At-Home Summer Guide for School-Age

## Week of August 17, 2020

### World Explorers: Ocean Poetry

Create your own book of poetry about the ocean.

**Length of activity:**  
30 minutes



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



**Level of Prep Required:** Low



**What you need:**

- Paper
- Writing tools

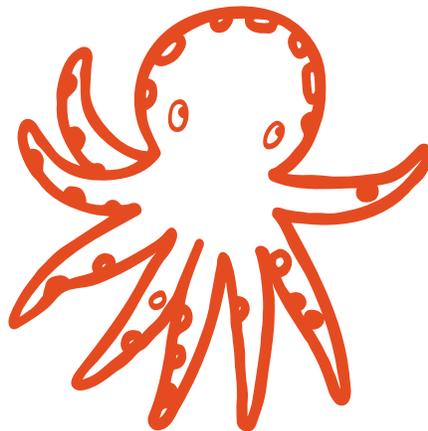
#### What you will do:

Write poems based on something you've learned about the ocean. You can write in any form of poetry that you like. There are many forms of poetry, including acrostic, which you learned about in the previous activity. Here are two other common styles of poetry:

- Free form: no consistent rhyme, pattern, or musical form
- Rhymed: includes some form of rhyming words

To create your book of poetry about the ocean you might choose to write a rhyming poem about whales, a free form poem about an ocean storm, and an acrostic poem using the word "oceanography."

Use paper and drawing tools to create a piece of art for each line of your poem or for each individual poem. Present your book to your family, reading it aloud and sharing your artwork and creativity. You can also have a family member record your presentation then help you send it to family and friends that might not live near you.



# At-Home Summer Guide for School-Age

## Week of August 17, 2020

### World Explorers: Emotional-Animals Game

Practice your acting skills in this game of animal emotion charades.

**Length of activity:**  
25 minutes



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



**Level of Prep Required:** Low



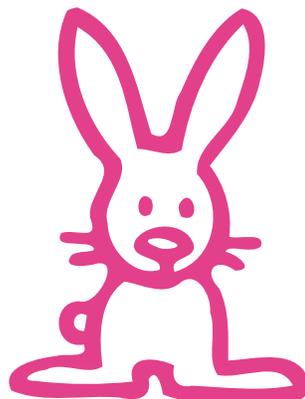
**What you need:**

- [Blank Cube template](#)
- Child-size scissors
- Glue or tape
- Writing and drawing tools

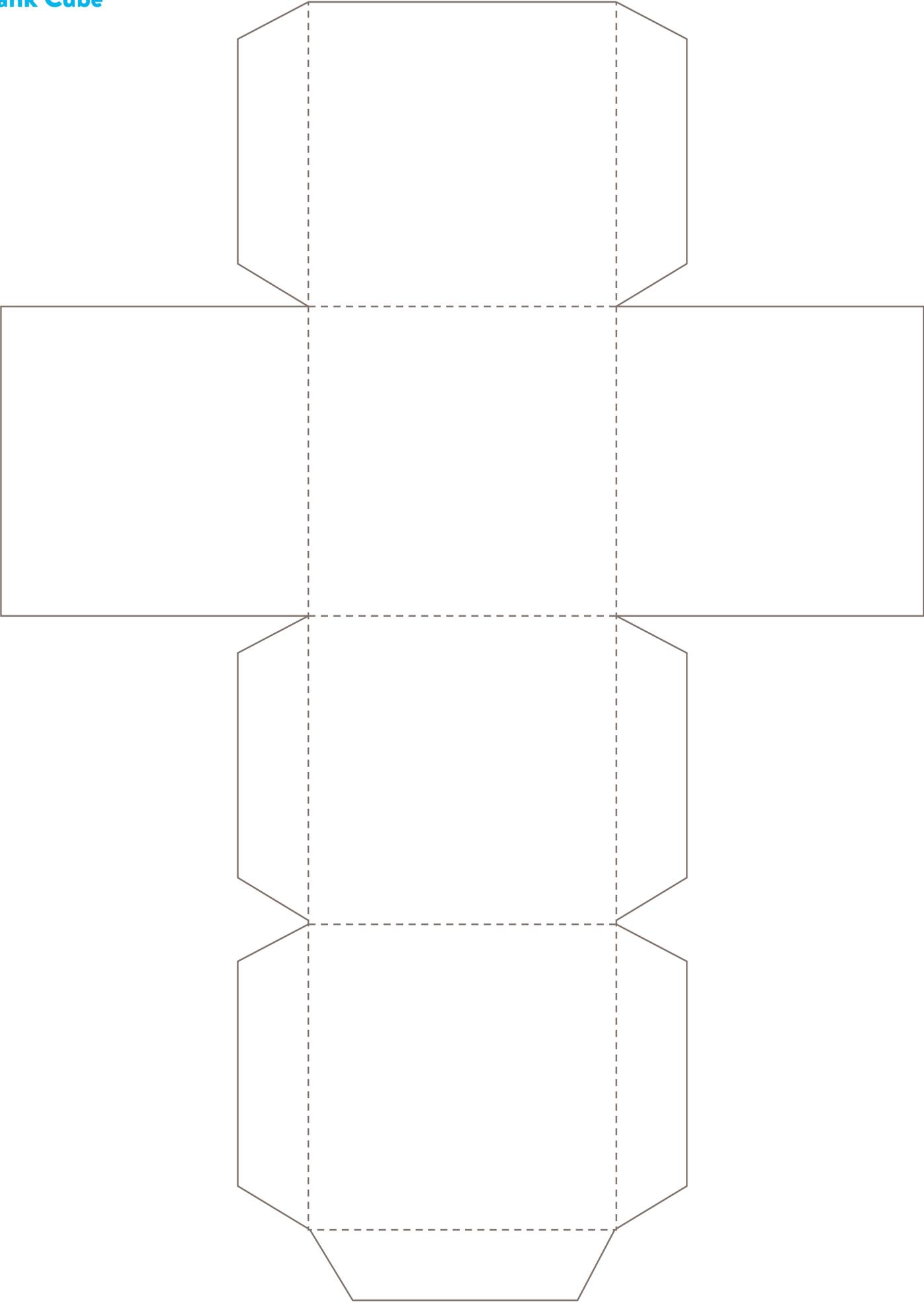
#### What you will do:

You'll use two [Blank Cube templates](#) to prepare for the game. On one cube, write the name of a different jungle or rainforest animal in each box of the cube, for a total of six animal names. On the other cube, write a word that describes an emotion or feeling in each box of the cube, for a total of six emotions or feelings. Aim to be creative, using words such as frustrated, overjoyed, or confused rather than basic emotions such as happy, sad, or mad. Next, color and decorate your cubes. Then cut out your cubes on the solid lines, and fold them on the dashed lines to form three-dimensional cubes. Use glue or tape to secure the tabs to form the cubes.

Next, play a charades-type game with your cubes. To play the game, roll the cubes out of view of the other participants. Look at the cubes and begin to act as if you are the animal showing on the top of the cube expressing the emotion on the top of the other cube. For example, if you rolled "elephant" and "confused," you would try to act like a confused elephant. The other players would then try to guess what animal and emotion you are portraying. After a player guesses correctly, they roll the cubes and the game continues until everyone has had an opportunity to perform, or all animals and emotions have been performed.



**Blank Cube**



# At-Home Summer Guide for School-Age

## Week of August 17, 2020

### Preventing Learning Loss: How Would You Feel?

Reflect on how you would feel about different scenarios and why feeling emotional is okay.

#### Length of activity:

20 minutes



#### Level of Engagement

Required by Adult: Low



Level of Prep Required: Low



#### What you need:

- Index cards or paper (six)
- Writing and drawing tools

#### What you will do:

- Write or illustrate different emotions on each of your index cards, such as happy, sad, afraid, or anxious.
- Read a series of scenarios and select an emotion card that represents how you would feel in each scenario.
- Reflect on why you would feel each way and why it is ok to feel those emotions.
- Scenarios can include:
  - Winning a championship game
  - Getting a bad grade
  - Adopting a new pet
  - Being picked to be on a team
  - Going to school
  - Going to the doctor
  - Helping cook dinner
  - Doing chores
  - Waking up on Saturday morning
  - Seeing a friend bullied
  - Giving a presentation in class
  - Losing a game
  - Having a teacher call on you
  - Getting ready to take a big test
  - Blowing bubbles
  - Running late
  - Being in an argument
  - Helping someone
  - Receiving a compliment from a friend
  - Receiving a compliment from a stranger
  - Not being included
  - Not including someone
- Which scenarios were easy to choose emotions for and which were challenging?

# At-Home Summer Guide for School-Age

## Week of August 17, 2020

### Preventing Learning Loss: 4-7-8 Breathing (3rd–6th grade)

Use this breathing activity anytime you feel like your emotions are not in control to help you calm down.

**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:

- You'll practice focusing your attention on your breathing so you can regulate your body, your emotions, and your reactions.
- In this breathing exercise, you'll breathe in for a count of four, hold your breath for a count of seven, and exhale for a count of eight.
  - Place the tip of your tongue on the roof of your mouth, right behind their front teeth.
  - Breathe in through your nose for a count of four.
  - Hold your breath for a count of seven.
  - Exhale through your mouth for a count of eight.
  - Repeat the 4-7-8 breathing technique three or four times.
- You can use this deep breathing technique to help you calm down and relax whenever you feel anxious or upset.

# At-Home Summer Guide for School-Age

## Week of August 17, 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: *Pots and Pans*

This short book will help your child practice reading words ending in *-ot* and *-an*.

**Length of activity:**  
10–15 minutes



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



**Level of Prep Required:** Low



**What you need:**

- [Pots and Pans book](#)  
(9 pages—can be printed or viewed on your device)

#### What your child is learning:

- To read short words

#### What you will do:

Look at the [cover](#) of the book with your child. Ask them if they can read the title to you. If this is a challenge, review the sounds that *-ot* and *-an* make by sweeping your finger under each letter from left to right and sounding the words out together, letter by letter.

Then, ask your child to read the book out loud to you. If you come to words that they don't know, help them sound the words out, letter by letter. Pause on each page to talk about the pictures. For example, what is the girl doing with the pot or pan? What are she and Pop making together?

**If your child is ready:** If reading the book is challenging for your child, or your child has trouble maintaining interest in reading out loud, you can modify this activity by reading the book to your child instead of asking them to read it to you. On each page, ask them if they can help you find any words that end in *-ot* or *-an*.

A WORD FAMILY READER

# Pots and Pans

by Lyssa Horvath

Illustrated by Krista Martenson



PHONICS ADVENTURES® - READING WITH WORD FAMILIES

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I have a pot.



I have a pan.



The pot is not hot.



The pan is not hot.



Pop can help!



We use a pot and pan.



We cook a lot!

# Decodable Words

-ot

pot

not

hot

lot

# Review Words

-an

pan

can

-op

pop

# At-Home Summer Guide for School-Age

## Week of August 17, 2020

### Math Activity: Race to Zero

This game of speed subtraction will put your child's mental math muscles to the test!

**Length of activity:**  
10–15 minutes



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



**Level of Prep Required:** Low



**What you need:**

- 10–20 small objects to count, like blocks
- One or two six-sided dice

#### What your child is learning:

- To subtract small numbers
- Increased fluency in mental math

**What you will do:** Invite your child to play a game all about fast subtraction! This description is for a one-player version of the game; see below for a multi-player version.

For the simplest version of the game, start with a pile of ten small objects to count and one six-sided die. The player will roll the die and remove that number of objects from the pile. Before they can make their next die roll, they must say aloud how many objects are left over. For example, if a child rolls a five on their first turn, they would remove five objects from the pile of ten, and then say, “Five!” out loud before their next roll.

The last roll of the game must be exact. For example, if a child had five objects in their pile and rolled a six, they would have to re-roll, because six is bigger than five.

Time each trial through the game. Encourage your child to try to beat their previous score!

**If your child is ready:** For more of a challenge, use fifteen or twenty objects in the starting pile. For even more challenge, use two dice to allow children to subtract bigger numbers. Just make sure you're starting with more than twelve objects to count, in case they roll two sixes!

For a multi-player version of this game, both players get their own pile of items to count and their own dice to roll. To start the game, say, “On your mark, get set, go!” and then have both players race to be the first to finish subtracting through their pile. If you have children of different ages and different levels of subtraction skill in the house, the older child could start with a bigger pile, to level the playing field.