

# 1st Grade

## **ELA Opportunities**

- 30-45 minutes of quiet reading time using books at home, Epic, Raz-Kids, Tumblebooks (all of these can be found at our LES Website)
  - Before reading take a sneak peek at the cover and pictures.
  - During reading stop and jot thoughts and ideas (characters, setting and when it changes, compare characters, ask and answer questions, writing down and discussing tricky words, etc.)
  - After reading ask and answer questions about the text, write about your favorite part of the story, reread...
- Write Opinion pieces using favorite books, or common experiences we have read this year. Example: My favorite book is \_\_\_\_ because \_\_\_\_\_. My favorite Specials class is \_\_\_\_\_ because \_\_\_\_\_. (Include an introduction, three reasons why, and a conclusion... use transition words: First, Next, Last)
- Write Persuasive pieces explaining why you may like something. Example: Pizza is better than macaroni and cheese because \_\_\_\_\_. (Include an introduction, three reasons why, and a conclusion... use transition words: First, Next, Last)
- Research a topic and write an informational paper about it: include an introduction, 3 facts, and a conclusion.
- Write letters using the proper letter format to nurses, doctors, healthcare workers, family members, etc.
- Letterland: Your child can review the words by doing mini spelling tests, play hangman, have the child make their own Word Search, look for the spelling patterns in the books they are reading and jot them down. Word lists can be found [here](#). Review units 1-20
- Go on a word hunt using the Letterland patterns taught this year. Find words with common cvc patterns and make a list. Example: magic "e" word list, "ee" word list, "e\_e" word list
- [Activities for parents to print](#)
- Identify characters and setting [EDU breakout activity](#)
- Other Online Resources:
  - [LIBBY](#): Public library app that allows you to borrow digital texts.
  - [Unite for Literacy](#) and [Oxford Owl](#) have free digital books
  - [Lunch Doodles with Mo Willems](#) Mo Willems invites viewers into his studio at 1:00 pm for a lunch doodle and story.
  - [Storyline Online](#) has picture books that are read by actors to the children. Under the video it has a Teacher's Guide or Activity Guide

link that will give ideas of questions to ask about the story (for comprehension) or art activities to do

## **Math Opportunities**

- Grade 1 math games parents can play with students: [grade 1 math games](#)
- Online resources: Prodigy, ABCYa! (all of these can be found at our LES Website)
- Create addition/subtraction equations up to 20 and use a strategy to solve it
- Create addition equations of a 2 digit number and 1 digit number and use a strategy to solve it ( ex.  $56 + 3$ )
- Create addition equations of a 2 digit number and a multiple of 10 and use a strategy to solve it ( ex.  $56 + 30$ )
- Data: (ask and answer questions about the data)
  - Choose 3 different types of food in your house. Count how many of each food you have. Create a graph to show it. (ex how many apples/ bananas/ pears you have)
  - Take out a bin of toys that are different colors. Choose 3 colors. Count how many toys are of that color and make a graph to show it.
    - Questions about data to have with parents:
      - How many \_\_\_\_ do you have?
      - How many more \_\_\_\_ do you have than \_\_\_\_.
      - What do you have the most of?
      - What do you have the least of?
      - How many do you have altogether?
- Play spill the cup up to 20 objects. You will need 20 of a small object (coins, small toys, dried beans) and a cup. Identify which number you are working on (example: 10). Have your child close his/her eyes. Place an amount under the cup (example: 6). Your child opens his/her eyes and identifies how many are out of the cup (four) and then how many must be under the cup, without peeking (10). Switch roles and let them see you guess.
- [Math Before Bed](#): 10 Math Before Bed prompts that spark math discussions, a parent instruction page, a parent guide that has extra verbal prompts to keep the conversation going, a curriculum/standard guide that shows how the prompt relates to grade expectation

## **Science/Social Studies opportunities**

- Go on a rock hunt outside and categorize your rocks based on size, texture, color. Describe your rocks while writing different adjectives.
- Write a fictional rock story: Name your rock. Tell where it came from. What has your rock seen?

- [Virtual field trips](#)- virtual field trips all over the world
- [Mystery science](#)- 15 minute digital mini lessons and full lessons with hands on activities
- Use BrainPop Jr. and Discovery Education in Wake Portal to watch science/social studies videos
- Discuss supply and demand
- Articles to read:  
<https://classroommagazines.scholastic.com/support/learnathome/grades-1-2.html>

## **Specials**

### ***Physical Fitness Activities***

- Go for a walk or a hike
- Jump Rope
- Use a balloon and turn it into volleyball or tennis!
- Online Resources: Go Noodle, [Free Kids Workouts](#) , [No Equipment Needed Fitness](#), [Yoga](#), [Indoor Ball Games](#)

### ***Technology***

- Many of the resources listed above have been added to our Students Links for easy access.
- The links below will help parents assist their students while they are at home anytime throughout the year.
- [View or print the LES Student Password and Login hints for all sites](#)
- [Common Sense Media Resources for parents](#)

### ***Arts Projects***

- [Art Resources](#)

### ***Games/Ideas:***

- Have your student create a treasure hunt for you to do as a family
- Have your student create a scavenger hunt for you to do as a family
- Awesome simple strategy games from around the world. [SO MANY](#)...easy to make with paper, pencil, and coins/items around house
- Card games --  
Independent Card Games: 11, Clock Patience, Solitaire  
2 people -- War, Speed  
3+ people -- Old Maid, Go Fish, Crazy 8s, Sevens, Kings in the Corner, Spoons, 99, Kemps, Golf  
[Instructions from ones students learn at LES](#)

- [Mancala](#) -- No game...no problem!
- [Peg Solitaire](#) -- use pennies or beans instead of pegs
- [Free printable paper and pencil games](#)
- [Shisima](#) -- a cool math game from Kenya
- [Printable LOGIC puzzles for kids](#) -- all grade levels
- [Printable Sudoku for kids](#) -- various levels
- [Cryptograms](#)
- [Printable Mandala Mazes](#) --
- [MatchStick problem](#) -- Move one matchstick to make the equation true
- Hidden Picture Puzzles
  - [Easier for younger students](#)
  - [Challenging for older students](#)

## **Student Support Services**

### ***Maintaining mental health and wellness***

- Take a walk outside
- Do yoga (YouTube has some great videos on yoga for kids)
- Have a family dance party
- Stick to a regular sleep schedule (keep a regular bedtime and morning wake-up time)
- Engage in some activities that make you laugh every day
- Do at least one relaxing thing each day
- Create opportunities to maintain some social contact with other (i.e. write letters to family or friends, talk with a relative on the phone, or FaceTime with others)
- Develop a self-care plan. It should include activities you do purely for fun. It should also include some stress management strategies. Develop a list or menu of activities, so you can choose something each day and keep some variety in your days.
- It may be helpful for everyone in the family to have some built in quiet time each day where they can have a little downtime by themselves.

### ***Mindfulness ideas***

- Try "belly breathing." Have your children lay on their back and place a stuffed animal on their belly. Ask them to focus on the rise and fall of the stuffed animal as they breathe in and out. To help your children breathe deeply and control their breath, ask them to slow the stuffed animal down by breathing slower and deeper into their belly. This is a fun way for children to become in-tune with their

breathing and to notice not only the control they have over it, but how it can control how they feel. Do arts and crafts. While engaged in the activities, evoke mindfulness by giving prompts such as “While drawing, think about the texture of the pencil, the smell of the paper, and the sound the pencil makes while forming marks on the paper.”

- Have your children jump up and down for one minute. Then invite them to sit down, close their eyes, and put their hands on their chest. Invite them to feel their breath and notice their heartbeat. Ask what else they notice about their bodies.
- Try a listening activity. Take turns sharing what sounds everyone hears in the environment around them.
- While going for a walk outdoors, invite your children to describe what they can smell. Encourage them to take deep breaths through their nose. Ask them how the different smells make them feel.
- Blow bubbles. Have your children focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.
- Muscle relaxation (or body scan): Have your children lie down on their back on a comfortable surface and close their eyes. Then tell them to squeeze every muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone. After a few seconds, have them release all their muscles and relax for a few minutes. Encourage your children to think about how their body is feeling throughout the activity.
- Grounding exercises. 5 Senses Countdown. Have your children name 5 things they see, 4 things they can touch, 3 things they hear, 2 things they smell, and 1 thing they taste.
- Object focus. Hold an item in your hand. Put all of your attention on just this one item. Notice everything there is to notice about it. What colors do you see? What textures does the object have? Does it make a sound? How does it feel in your hand? How does it feel if you poke or squeeze it?

### ***Further recommendations for children and families***

- Be mindful of the messages you communicate to your children. Everyone is experiencing different stressors at this time. It's ok to step away from a situation, take some time by yourself, and then return once you have had a chance to collect your thoughts and calm down.
- Provide your children different ways to express how they are feeling. Facilitate conversations to check in or reflect on how family members are feeling. See if

your children want to write in a journal. It could be a private journal just for them, or it could be one where you write back and forth to each other. Some children have great success expressing their feelings through art (i.e. drawing pictures).

- Validate your children's emotions. Acknowledge what they are saying and recognize that it's ok to feel different emotions. Allow kids to express their feelings without fear of judgment. Teach them tools to listen to their own emotions so they are in touch with how they are feeling.

## ***Special Education and Related Services***

### Special Education:

- Reading:
  - Read to your child or have them read aloud--ask them questions about the text (If you need questions ideas, here is a sheet with general questions: <https://www.scholastic.com/content/dam/teachers/blogs/meghan-everette/2017-2018/parent/ME-Parent-Bookmark.pdf>)
  - Before reading, have your child complete a picture walk. Ask them to predict what they think the story will be about.
  - After reading, have them retell what they read. Have them complete a five finger retell:
    - For fiction texts (Each finger represents one of the following questions):
      - Who (Who is the story mostly about?)
      - Where (Where did the story take place?)
      - Events (2 or more things that happened, including the problem)
      - Ending (How did it end? How was the problem solved?)
    - For nonfiction texts:
      - Topic
      - Main Idea
      - Three key details
  - No books available? Use your TV!
    - Younger students: Retell the story of a just-watched episode of their favorite show
    - Older students: Mute the TV and use the Closed Captioning feature to have students read the show, then provide a verbal summary of the key story details.
  - Online Resources:
    - [ABCmouse.com/redeem](http://ABCmouse.com/redeem) (Use Code: AOFLUNICEF)
    - [scholastic.com/learnathome](http://scholastic.com/learnathome)
    - [Storylineonline.net](http://Storylineonline.net)

■ starfall.com

● Writing:

- Have students practice writing their name/sight words. They can use paint, shaving cream, etc.
- Give your child an opportunity to write about how they are feeling right now. They can draw a picture to accompany their writing.
- Give reminders to use correct capitalization and punctuation.
- Word Work:
  - Hangman
  - Word Ladders: Students start with one word and change one letter at a time to create new words. C-a-t becomes h-a-t, h-a-t becomes h-i-t. Players see how far they can get before they run out of words. Single players, partners, or teams can enjoy this game. For a slightly easier version, try changing two letters at a time. Start out with three letter words; once you are ready for more of a challenge, move on to four, five, and six letter words.
  - How Many Words: Give your student a scrambled 6-8 letter word and challenge them to find as many smaller words using only those letters as possible. Award a point for each correct word and bonus points for figuring out the original word containing all of the letters.

● Math:

- Basic math fact practice--you can use flash cards, write facts on paper, or call them out aloud. Older students might be able to do addition and subtraction within 100 or 1000.
- Online Resources:
  - Prodigy Math

● Social Skills:



- If your child has been receiving instruction using the Zones of Regulation curriculum, ask them to share their current Zone. Use the graphic above if you need a reference.

- If they share that they are in the Blue, Yellow, or Red Zone, ask them a strategy they can use to calm their body down (i.e. deep breathing or taking a break)
- Play games- Have students practice taking turns, following the rules of a game, congratulating the other players, and accepting defeat if they do not win the game
- Online Resources:
  - gonoodle.com
- Social Story
  - <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

### Occupational Therapy: Activities for Improved Hand Strength/Coordination

- Squirr Bottles: Use squeeze bottle to mist household plants, use it to make spray pictures on a chalkboard, use it to squirt shaving cream off a board with water colored by food coloring
- Sponges: Use sponge to sop up water and squeeze it to transfer the water to another container
- Animal Walks: Do different kinds of walking on the hands, wheelbarrow walk, bear walk, crab walk
- Playground Equipment: Spend time on playground equipment, monkey bars, swings, etc.
- Cutting with scissors: Cut on different thicknesses of paper, cut straws and make bracelet/necklace with cut pieces
- Cooking with you: Encourage them to stir with a spoon when cooking, have them knead dough with their hands
- Opening jars: Especially those with screw lids
- Carrying tote bags: Especially with a handle
- Hole puncher: Use a variety of thickness of paper
- Clothespins/chip clips: Have them transfer to different pieces of paper, different objects, place them on a coffee can, have them paint a picture while having a cotton ball in the clothespin
- Turkey Baster: Have races by squeezing baster and blowing air at a cotton ball, transfer water from various containers
- Tearing construction paper: rip large or small pieces and making a picture with the ripped pieces
- Glue Bottle: Squeezing glue bottles to make glue pictures
- Tweezer: Using tweezers/tongs to transfer mini marshmallows, cereal, small objects to different piles



### Opportunities for ELL students:

- Most importantly: READ!!! Practice reading to yourself as well as reading to family members, stuffed animals to work on fluency.
- Choose a book on [www.uniteforliteracy.com](http://www.uniteforliteracy.com) and listen to it twice. Then, on a piece of paper write the title and author of the book and write two sentences telling your opinion of the book

## **Opportunities for Academic Intervention:**

### **All Grades**

- **Read, Read, Read!** Read for fun! Read to someone aloud (even a pet or a stuffed animal). Have someone read aloud to you. Read all types of genres: fiction, non-fiction, magazines, graphic novels...whatever you enjoy. Then take a few minutes to tell someone about what you are reading or write to them about it. Have a book club with friends or family members where you can talk on the phone, text, or write to them your thoughts about the book. Get creative and have fun!
- Letterland Resources on LES Website, Letterland Spelling Lists
- Practice writing your letters (K) and sounding out letters, words (K-2) by writing in a simple journal or writing a friend or family member a letter.
- Imagine you live in a world with only 20 words. You can use these 20 words as much as you want, but you cannot use any other words at all. List the 20 words you'd pick.
- Write directions from your bedroom to any room in your house, such as the kitchen. Do not write the name of your destination. Instead, write: And then you are there. When you have finished writing your mystery directions, have a family member draw a map of what you've described in your directions.
- A palindrome is a word, phrase, or sentence that reads the same backwards as it does forwards. Rise to vote, sir and Was it a cat I saw? are also palindromes. Create your own original palindrome of at least three words. Be sure it makes sense!
- Invite your family to brainstorm with you on how to use the following items in different ways. Try to think of as many as you can!
  - a piece of paper
  - a sheet
  - a pillow
  - a book

a chair  
a cup  
a piece of string  
a box  
a rubber band