## Cross Cat/Resource 4th Grade 5/18-5/29

## Remote Learning Packet <br> Dates: May 18 - May 29

## 3rd Grade Cross Cat/Resource

Morning Message: Welcome Students! We hope you are feeling great today:
Morning Check-in: Make sure you have all of your materials, including writing utensils!

| ELA |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Day | Monday May 18 | Tuesday May 19 | Wednesday May 20 | Thursday May 21 | Friday May 22 |
| Time | 20 minutes | 20 minutes | 20 minutes | 20 minutes | 20 minutes |
| Learning Target | I can work on my reading and writing IEP goals |  |  |  |  |
| Learning Experiences <br> Directions | Home Run Adjectives: Circle each adjective in the sentence and underline the noun. Remember an adjective describes a noun. | Favorite Food Writing: Answer the opinion question and write some details to support your opinion. | Fun in the Garden: Write a word in each blank. Then read your crazy story to someone at home with you. | Subject/Verb Agreement: Read each sentence and choose the verb that makes the most sense. Then choose the verb that agrees with the subject. | Review: look back at the worksheet you completed this week. Did you find any mistakes? If you did, fix them in a different color. Once you have reviewed them, take a picture of your favorite worksheet and send a picture to your teacher! |
| How will my teacher know that I have learned this? | Take a picture of your favorite page and send it to your teacher by text or email. If no tech, your teacher will call and talk about the worksheets with you on your video conferences or phone calls. |  |  |  |  |


| ELA |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :---: | :---: |
| Day | Monday May 25 | Tuesday May 26 | Wednesday May 27 | Thursday May 28 | Friday May 29 |  |  |


| Time | 20 minutes | 20 minutes | 20 minutes | 20 minutes | 20 minutes |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Learning Target | I can work on my reading and writing IEP goals |  |  |  |  |
| Learning Experiences <br> Directions | No School - Memorial Day | Punctuation: <br> Read each sentence and write the correct punctuation it should have at the end. | Nouns and Adjectives: Underline the nouns and adjectives in each sentence. Remember that a noun is a person, place, thing, or animal. | Reading <br> Comprehension: Read the story about the Ice Cream Disaster and then answer the questions that follow. Remember to use complete sentences. | Review: look back at the worksheet you completed this week. Did you find any mistakes? If you did, fix them in a different color. Once you have reviewed them, take a picture of your favorite worksheet and send a picture to your teacher! |
| How will my teacher know that I have learned this? | Take a picture of your favorite page and send it to your teacher by text or email. If no tech, your teacher will call and talk about the worksheets with you on your video conferences or phone calls. |  |  |  |  |


| MATH |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Day | Monday May 18 | Tuesday May 19 | Wednesday May 20 | Thursday May 21 | Friday May 22 |
| Time | 20 minutes | 20 minutes | 20 minutes | 20 minutes | 20 minutes |
| Learning Target | I can work on my math IEP goals. I can tell the value of each coin. |  |  |  |  |
| Learning Experiences <br> Directions | Addition Word Problems: <br> Read the problem and then write the addition equation. Solve the problem. | Multiplication Color by Number: <br> Complete each multiplication problem to know what to color each space. | Reading Calendars: <br> Look at the calendar for May 2020. Answer the questions that go along with the calendar. | Addition and Subtraction: Solve the problems. Make sure you are paying attention to the sign to know if you should add or subtract. | Review: look back at the worksheet you completed this week. Did you find any mistakes? If you did, fix them in a different color. Once you have reviewed them, take a picture of your favorite worksheet and send a picture to your teacher! |

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| MATH |  |  |  |  |  |
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| Day | Monday May 25 | Tuesday May 26 | Wednesday May 27 | Thursday May 28 | Friday May 29 |
| Time | 20 minutes | 20 minutes | 20 minutes | 20 minutes | 20 minutes |
| Learning Target | I can work on my math IEP goals. |  |  |  |  |
| Learning Experiences <br> Directions | No School - Memorial Day | Multiplying by Three: Using a multiplication strategy or chart, complete the multiplication problems.A | Getting to School: Using the bar graph answer the questions at the bottom of the page. | Fraction Practice: Look at each shape and write the fraction. Hint: The amount of spaces colored is the numerator and the total number of spaces is the denominator. | Review: look back at the worksheet you completed this week. Did you find any mistakes? If you did, fix them in a different color. Once you have reviewed them, take a picture of your favorite worksheet and send a picture to your teacher! |
| How will my teacher know that I have learned this? | Take a picture of your favorite page and send it to your teacher by text or email. <br> If no tech, your teacher will call and talk about the worksheets with you on your video conferences or phone calls. |  |  |  |  |

## Movement Break, Art Activity, Music- Choose one activity each day - 10 minutes

Each special plans 1 daily activity or choice board with directions

## Home Run Adjectives

## DIRECTIONS:

Circle the adjective in each sentence. Underline the noun that it describes.

## EXAMPLE:

The white ball flew over the fence.
In this example, the word "white" is an adjective. It describes the noun, "ball."
 Note: There may be more than one adjective in a sentence.

1. We went to an exciting baseball game on Saturday.
2. The stadium was filled with happy fans.
3. The stadium was so large we had a hard time finding our seats.
4. Once we found our seats, we ordered delicious hot dogs.
5. The hot dogs were so hot they burned our mouths.

6. To cool our mouths down we ordered some ice-cold lemonade.
7. By the time we finished our tasty lemonade the game had started.
8. To the left and right of us, fans were eager for the first pitch of the game.
9. As the game went on the noisy fans never calmed down.
10. The players were just as happy about the game as the fans were.
11. I have never experienced such a lively game in my life.
12. My favorite part of the game was the foul ball that I caught with my old glove.
13. My dad bought me fluffy cotton candy to celebrate my great catch.
14. That game was one of the best baseball games I ever saw.
$\qquad$

## My Favorite Food Pre-Writing

In your opinion, what's the best food to eat for dinner?
Give three reasons why it's the best.
Then write a concluding sentence.

## My Opinion:

Reason \#1:

Reason\#2:

Reason\#3:

## Conclusion:

$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

Fill in the blanks with the right parts of speech to complete this outrageous story!
had a
(NAME 1)
(ADJECTIVE)
garden in $\qquad$

The garden had many $\qquad$ and $\qquad$ plants and (NOUN)
$\overline{\text { (PLURAL NOUN) }}$ hanging from a $\frac{}{\text { (NOUN) }}$. There was even a $\overline{\text { (ADJECTIVE) }}$
section of the garden for $\overline{(P L U R A L N O U N)}$ like $\frac{}{(N O U N)}, \frac{(N O U N)}{}$, and $\qquad$ $\overline{\text { (NAME 2) }}$ said they should put in a (NOUN)
to grow $\qquad$ . But $\qquad$ thought this was a
(NAME 3)
(ADJECTIVE)
idea. People from all over $\qquad$ came to sample some of (LOCATION) plants. Because the $\qquad$ plants grew the special $\qquad$ (NOUN)
so $\frac{}{\text { (ADVERB) }}$ they were protected with a $\frac{}{(\text { ADJECTIVE) }}$ to keep the $\qquad$ away. One day a $\qquad$ judge from a farm $\qquad$ and awarded $\qquad$ with a prize for the most (PAST TENSE VERB)
(NAME 1)
 in $\qquad$ . $\frac{}{(\text { NAME 1) }}$ was proud to win such a $\qquad$ award and thanked friends by $\qquad$ a
(-ING VERB)
(ADJECTIVE) and $\qquad$ !
(NOUN)

## Subject / Verb Agreement

## With Gabriella Grammar

Hi! I'm Gabriella Grammar. Let's learn about subject and verb agreement together! The subject and verb must agree in number: both must be singular, or both must be plural. For example:

Singular --> The dog chases the cat
Plural --> The dogs chase the cat

## Circle the verb that correctly completes each sentence.



1. The four aliens $\qquad$ green goo inside their spaceship.
2. My dinosaur $\qquad$ onto the trampoline.
3. Those cars $\qquad$ a loud sound as they race around the track.
4. One of his sisters $\qquad$ the trombone.
5. I $\qquad$ milkshakes to cool down on hot summer days.
6. Our hamburgers $\qquad$ so delicious!
7. Mrs. Lane, my teacher, $\qquad$ us to finish our homework before the big game.

## eat eats

leap leaps
make makes
play plays
drink drinks
taste tastes
want wants

## Circle the correct verb and complete the sentence.

1. The elephant (bring/brings)
2. Sarah (win/wins)
3. All the princes and princesses (eat/eats)

## Punctuation

Pedro the Parrot needs help putting the correct punctuation at the end of each sentence. Help him complete each sentence by adding a period (.), exclamation point (!), or question mark (? ).

1. When is your birthday

2. I love ice cream
3. My favorite subject is writing
4. Sam walks to school
5. How far can you run
6. The dog is in the dog house
7. What is the title of the book
8. We had pizza for lunch
9. May I have a drink of water $\qquad$
10. The cat jumped on the fence $\qquad$

## Nouns \& Adjectives

Underline the nouns and adjectives in each sentence.

1. I really want to go camping this summer.
2. Franklin packed his hiking backpack full of supplies.
3. Our entire family is going to Mount Hood this summer.
4. An old memory I always remember is swimming at Lake Tahoe.
5. The giant sequoias are among the tallest trees in the world.
6. The mighty wind was perfect for sailing on the pristine lake.
7. Summer is my favorite time of the year.
8. Peter hiked the difficult trail to the secret lake.
9. Jackie was planning to do some reading under a tree this summer afternoon.
10. Daniel goes fishing every summer to relax and to breathe some fresh air.

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# Reading Comprehension: <br> The Ice Cream Disaster 

Name: $\qquad$ Date: $\qquad$

Read the passage below and answer the questions that follow.

My day started out great. I woke up to the sound of the birds chirping outside. I knew my grandma was making bacon for breakfast. The delicious smell drifted into my bedroom.

Things looked good! We went to the beach near my grandma's house. The sun shone brightly. Grandma promised that I could get some ice cream from the Snack Bar.

I really worked up an appetite for that ice cream after I swam in the water, built four sandcastles, and buried my friend's legs in the sand. Grandma gave me the money. I went to get my treat.

As soon as I got back to the blanket where we sat, I ate my ice cream cone. Then it happened. The ice cream began to melt at a lightning speed and before I knew it, my ice cream was splattered in the sand.


1. Where did the boy buy the ice cream?
2. How did the boy feel at the beginning of the story?
3. How did the boy feel at the end of the story?
4. What does worked up an appetite mean in Paragraph 3?

## Addition Facts <br> Word Problems

Write and solve an addition equation for each problem.

1. The city zoo has six white rhinos and seven black rhinos. How many rhinos does it have in all?
$\qquad$ $+\underline{7}=13$

2. The parrot house has seven adult macaws and five young macaws. How many macaws does it have in all?
$\qquad$
$\qquad$
$\qquad$
3. The Down Under Display has eight mother kangaroos. Four of them each have one baby. How many kangaroos are there in all?
$\qquad$
$\qquad$
$\qquad$
4. The zoo has eight Asian elephants and five African elephants. How many elephants are there in all?
$\qquad$ $+$ $\qquad$
$\qquad$
5. In the monkey house, there are seven tamarins and nine marmosets. How many monkeys are there in all?
$\qquad$ $+$ $\qquad$ $=$ $\qquad$
6. Last year, the anaconda snake measured eight feet long. This year it grew another five feet. How many feet long is it this year?
$\qquad$ $+$ $\qquad$ $=$
7. The Polar Display has three penguins and seven harp seals. How many polar animals are there in all?
$\qquad$
$\qquad$
$\qquad$
8. The seals eat six baskets of fish a day. How many baskets of fish do they eat in two days?
$\qquad$ $+$ $\qquad$
$\qquad$

## WULTIPLIGATION COLOR BY NUMDRER

63 light blue 18 pink
54 brown
0 yellow
27 gray
36 light brown 45 light brown 81 blue 72 green 9 red
Multiply. Then, use the color code to complete the picture.

$\qquad$

Reading Calendar Days and Dates

Answer the following questions using the calendar below.

1. What day on the calendar is May 19?

2. How many Tuesdays are there in May?
3. Mother's Day is on the second Sunday in May. Write the date.
4. The Cinco de Mayo Festival is on May the fifth. Write the day.
5. Memorial Day is the day before the 28th of May. Write the date two ways.

| Sunday | Monday | Tuestay | Wednestay | Thursay | Friday | Saturay |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | 25 | 26 | 27 | 28 | 29 | 30 |

## Addition \& Subtraction


2459
99
63
_ 16
_40

- 32
- 29

| 35 | 76 | 13 | 48 |
| ---: | ---: | ---: | ---: |
| +35 | +25 | +52 | +16 |

92
30
76
84

- 18
$-21$
- 57
-61


## Multiplying by Three

Find the product.


Fill in the multiplication chart.

| $x$ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 3 |  |  |  |  |  |  |  |  |  |  |

## Getting to School

 Use the bar graph to answer the questions.


A group of students at Parkside Elementary School made a bar graph to show how they get to school.

How many students ride their bicycle to school? $\qquad$
Do more students ride their bicycle or get a ride in a car? $\qquad$ How many more students take the bus to school than take the train? $\qquad$
How many students ride in a car to school? $\qquad$ How many students take the train and walk to school combined? $\qquad$
How do most of the students get to school? $\qquad$

## FRACTION PRACTICE

Write the fraction the shaded parts of each shape represent.


Draw a line between the matching fractions.


## Directions: Please choose at least one activity to complete each day. UPDATED 5/18-5/29

## Computers: <br> I can use Technology to do research. <br> Standard 2 <br> 3rd/4th Grade <br> Identify what type of website provides you with relevant, accurate information.

Should Wikipedia be used as a source of information? Why or Why not?

Pick a topic that interests you and write it at the top of a page. If possible, find three websites that give you good, accurate information about your topic.

If finding websites is not possible, write down three things about your topic that you would
like to research over the summer

2nd Grade
What is your definition of the word "research"?

What is your favorite game to play in the summertime? Write down three things that you could learn about the game by doing research on the computer.

Draw a picture of yourself playing the game you chose.

## $\delta$ Music $\delta:$ <br> Email Ms. Cate a picture or video of you singing or working on music or just a note saying "Hi." I miss you! acate@sd194.org <br> I can demonstrate knowledge of music concepts. <br> I can explain how personal interests and experiences influence my musical preferences.

Anchor Standard 7:
Perceive and analyze artistic work.
Complete the attached worksheet, "The Soundtrack to My Life."
What song describes how you've been feeling while staying at home during this pandemic?
Why?
Now, choose one or more of the songs you included on your soundtrack to your life to analyze. Listen to the song and answer these questions...

1. What is the style? (Classical, Rap, etc.)
2. What instruments do you hear? Describe them.
3. What is the tempo (speed)? Does it change? How does it change?
4. What is the dynamic level (volume)? Does it change? How does it change?
5. What is the mood of the song? (How does it make you feel?)
6. How do the instrumentation, tempo, and dynamics affect the mood of the song?

Nurse/Health/So. Wk:

State one emotion you feel in each zone and a time you felt it. Draw that emotion

Keep a journal of the foods you eat, the hours of sleep you get each night, the amount of water you drink, and the amount of exercise you participate in each day. After one week, reflect on the following questions:

1. Did I drink enough water? (Kids should drink 5-7 cups of water each day!)
2. Did I eat the recommended daily allowance of fruits and vegetables? (Kids should eat $1 \frac{1}{2}-2$ cups each of fruits and vegetables each day!)
3. Did I participate in enough physical activity this week?(Kids should participate in 60 minutes or more of exercise each and every day!)
4. Did I get enough sleep each night?(Kids need 9-12 hours of sleep each night!) WOW!

So - how did you do? Keep your journal for another week and try to improve on these healthy habits.

## Gym/PT:

Running: Begin by walking around the block one time as a warm-up. Begin jogging to continue the warm-up. Jog around your block with a family member or pet. Begin running when you feel ready. Continue running, jogging or walking as needed. See if you can increase how many times you can run around the block in 25 minutes.

I can increase the distance that I run. State Goal 20

## Bounce \& Catch

Using a tennis ball or other smaller ball, bounce the ball and try to catch it in an empty can.

I can improve hand-eye coordination by practicing bouncing and catching a ball. State Goal 19

## Freeze Dance

Play your favorite music. Have a family member press play and pause during the song. When the music stops, freeze in your pose and hold it until the music begins again. Do this for 5 songs. Notice how quickly or slowly your heart beats when you dance and when you pause.

I can tell when my heart beats faster. State Goal 20

## Wall Ball

Find a wall that you are allowed to throw a ball against. This can be inside, outside, at the park or against the porch stoop. Bounce the ball against the wall and catch it. Do this for 25 minutes.

I can improve hand-eye coordination by practicing bouncing and catching a ball. State Goal 19

Fun Fitness Time: Choose a sports or fitness activity that you enjoy. Send Mr. Moses an email, picture or video telling him what you did or showing him what you did. bmoses@sd194.org

I can choose participation in a healthy activity. State Goal 24

## Speech \& OT

## Speech:

*Attributes: Describe the following items with at least 3 attributes (example: banana - you eat it, it's yellow, it's a fruit, it grows on a tree): 1. Tree 2. Sock 3. Sheep 4. Guitar 5. Pencil
*Ask an adult to tell you about a vacation when he/she was younger. Then, ask the adult 3 on topic questions about the adult's vacation.
*Name the category:

1. Flower, bush, grass...these are all $\qquad$ -.
2. Hammer, saw, wrench...these are all
$\qquad$ .
3. Pencil, ruler, eraser...these are all $\qquad$ _.
4. Spring, summer, fall...these are all $\qquad$ - -
5. Steak, hamburger, bacon...these are all $\qquad$ -.
*Tell an adult about 5 fun or exciting things that happened at school this year. Be sure to use the correct past tense verbs in your sentences.
(use good speech sounds and grammar when doing the above activities:)
(use easy, steady speech when doing the above activities -no "speedy" speech!)

## 5/18-5/29

OT:
*make all the letters of your name out of playdoh
*go for a scavenger hunt outside and find everything you can that starts with a specific letter of the alphabet. An example would be everything that starts with the letter T.

If you have any questions or need anything from OT please feel free to email me at bbender@sd194.org

## Library:

"Check out" Ms, Star on Youtube!
https://www.youtube.com/chan nel/UCN6HKB8Zxt3TWHuAP NGqn8g

New stories have been added and will be added so keep checking back.

## What's YOUR story?

Write a short story about yourself. (Biography)

Ms. Star wants to know what you are reading! Send a video or picture of you reading to: skaminski@sd194.org

Remember.. Reading isn't always a "book" it could be a newspaper, magazine or an article online.

READ! READ! READ!

Rtl and Title Reading:
**If possible, take pictures and videos of any activities that you're doing and send to Mrs. Blievernicht, Mrs. Peick and/or Ms. St. Pierre**
tblievernicht@sd194.org apeick@sd194.org
tonistpierre@sd194.org

## Phonics

Get out your sidewalk chalk! (or crayons, or markers if you don't have any) Write your first and last name at the top, big and bold. Now see how many smaller words you can form from letters in your name. Write in all kinds of colors!

## Vocabulary

Write a synonym and antonym for each word:

- quiet
- beautiful
- dangerous
- clever
- repair


## Comprehension

Think about a story you read from class this week. Answer the following questions:

1. What would you change in the story and why?
2. What does this story remind you of?
3. What was the author's purpose with this story?

## Writing

Use as many of the synonym and antonym words from the Vocabulary activity above in a short story, a poem, or a journal entry about your day.

## Fluency

Have fun with your fluency--part 2!! Fluency practice incorporates accuracy, expression, and phrasing (reading more than one word at a time). Use any kind of

## Art <br> Send me pics of your chosen projects weekly <br> mlorenzatti@sd194.org Whenever you have one completed.

Anchor Standard 1: Generate and conceptualize artistic ideas and work.

4th grade, check out how to make items go into the background by drawing a sideways V on your paper. I
just posted mine on the district art website along with a how-to. Check it out! www.stegerart.wordpress.com
"I can make art or design with various materials and tools to explore personal interests, questions, and curiosity"

2nd graders, here is a lesson about the artist Jeff Koons who makes large sculptures, some of which look like balloon animals.
https://www.deepspacesparkle .com/jeff-koons-inspired-paper -balloon-dogl

3rd grade try this lesson inspired by the artist Keith Haring. You can use this method to draw people as well, by adding features and clothing.
https://www.deepspacesparkle .com/keith-haring-action-figure s/

Remember how to draw a tree? Start with a letter Y and keep adding branches, which are Ys as well. The trunk should be thinner than you think (take a look outside, or

## RTI Math

"I can write numbers three ways."

Take three dice and roll 3 numbers. Write the numbers in order and read it outloud, for instance, 236. Then write it with letters, two hundred thirty six Finally, write it in expanded form, $200+30+6=236$. Roll the dice four more times and write those numbers in three ways also.
"I can subtract two-digit numbers and rename if necessary to find the reminder. I can add two-digit numbers. I can decide when to add or subtract to correctly answer a problem."

Take your age and subtract it from your parent's age. (Use an older relative if you prefer.) How old was your parent when you were born? How old will you be in 5 years? How many years until you go to Columbia Central? How many years until you can get a driver's license? Is there another special time you are looking forward to? How many years until that occurs?
"I can draw an array to show how many. I can use repeated addition to demonstrate multiplication."

Draw your favorite fruit. Now draw an array to show how many fruit you would eat altogether, if you had it for breakfast, lunch, and dinner for the next four days. Write two addition number sentences to show the answer. Write two multiplication number sentences, if you know multiplication. Now draw an array for a family's favorite fruit if they ate it for each meal for two days. Write number sentences for this array, too. Color your fruit and chart in bright colors.
"I can skip count by $2 \mathrm{~s}, 5 \mathrm{~s}$, and 10 s ."

On a nice day, take sidewalk chalk and write the numbers 1-100 where an adult shows you it is safe to write on the sidewalk. (If it's rainy, you can use paper and crayons.) First write all the numbers in one color. Next trace over the even numbers in a different color. Then

| text--newspaper, magazine, recipe, directions, or a page from your favorite book. Read the text in these silly ways: <br> - In a soft whisper <br> - Like a robot <br> - Like an angry cat <br> - With a spooky voice <br> - Like a cheerleader <br> - Like your teacher <br> - Like a baby <br> - With a deep voice <br> - Like a rapper or rock star <br> - Like you have lots of energy <br> - Like you are exhausted <br> Record yourself and share it with us! :) | go out there with some paper and a pencil and draw one as you see it.) You should notice that the top of the tree is twice the size of the height of the trunk, or more. <br> Mlorenzatti@sd194.org <br> I MISS YOU! | trace all the odd numbers in a third color. Repeat tracing for multiples of 5 s and 10 s . What do you notice about the different colors some of the numbers are retraced into? Can you explain why some numbers change more than one time? Which numbers changed colors most frequently? Why? Write at least three sentences that explain what you observed about the numbers' colors and why some numbers changed more than once. <br> Take pictures of your sidewalk chalk numbers before they are washed away by rain and email them to me: <br> nshugan@sd194.org |
| :---: | :---: | :---: |

## The Soundtrack of My Life

Music is a backdrop against which we live our lives. Specific songs can bring distinct memories of people, places and events from our past and present. Think about your life up until now. What major events do you remember that have changed you, influenced you, or shaped your life? Did these events make you happy, laugh, mad or sad? They may be huge like your first day of school, a vacation or trip you took, moving houses/towns, or even the death of a loved one. OR, they might have seemed insignificant at the time, but looking back it has changed you or shaped your life in some way, like starting to play a sport, your first musical performance, a teacher you had or the first time you read a book. Now, what songs remind you of those important events in your life? Include as many songs as you would like. Share your answers with Ms. Cate at acate@sd194.org. Have fun reminiscing on your life.

## Song \#1:

Title \& Artist:
Why is this song important to you? $\qquad$

## Song \#2:

Title \& Artist: $\qquad$
Why is this song important to you? $\qquad$

## Song \#3:

Title \& Artist:
Why is this song important to you? $\qquad$
$\qquad$

## Song \#4:

Title \& Artist: $\qquad$
Why is this song important to you? $\qquad$

## The Zones of Regulation



$\left.$| Blue |  |
| :---: | :---: |
| sad | Zone |
| sick | tired |
| sired |  | | moving |
| :---: |
| slowly | \right\rvert\,


| Green Zone |
| :--- |
| happy |
| calm |
| feeling ok |
| focused |
| ready to learn |


| Yellow Zone <br> frustrated <br> worried <br> silly/wiggly <br> excited <br> loss of some control | Red Zone <br> mad/angry |
| :--- | :--- |
| terrified <br> yelling/hitting <br> elated <br> out of control |  |

