

Weekly Summer Activities for Students and Parents

Reading

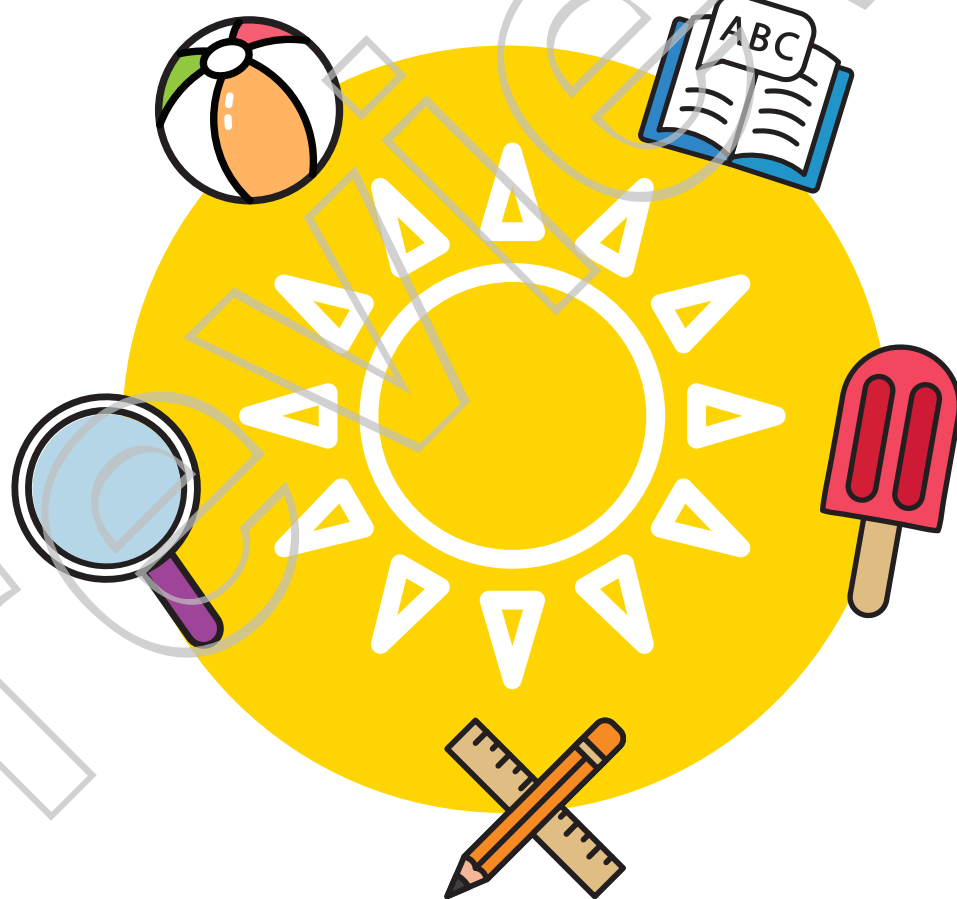
Writing

Math

Life
Skills

Parent
Involvement

Activities to
help keep
academic skills
sharp!



3rd - 5th Grade Edition

Dear Student

Welcome to summer break! What are your plans for the summer? While summer is a time for having fun, it's also important to keep working on your skills so that you're ready for the next school year.

This book contains 10 weeks of fun activities—one set of activities for each week of the summer. You will do some reading, writing, and math. You will also set goals, have fun outside, and even do some cooking! Sometimes a parent or another adult will work with you.

See how many of the activities you can do! And most importantly—have fun!

Dear Parent

Welcome to summer break! Your child will soon be moving on to the next grade, and you may be wondering what you can do over the next several weeks to help them prepare, while still enjoying the mental break that summer provides.

This book contains several activities that focus on reading, writing, and math—and also on “real world” skills that will help your child become more independent and well-rounded. The activities in this book are organized in a week-by-week format. While your child will be able to do many of the activities independently, they will be much more meaningful if you and your child go through them together. The best part—they're fun, too!

As you work through the activities with your child, take the time to read the parent involvement tips in the blue boxes, and most importantly, enjoy your time together.

CALENDAR PAGES

In the back of this book are calendar pages for June, July, and August. Together with your child, fill in the dates for each month and add any vacations, birthdays, or special plans you have this summer. Encourage your child to add any plans or events they want to make note of or remember.

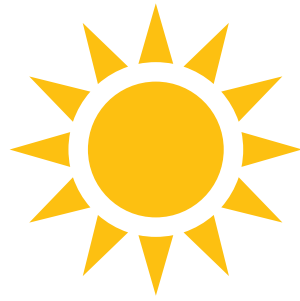
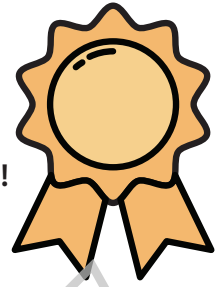


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Week 1: Set Summer Goals

A goal is something that you work toward. Some goals are easy to achieve. Others are harder and take more time. It's important for everyone to have goals!



Write About It: Your Summer Goals



What are 3 goals you can work toward this summer? They can be big or small. Write them below.

1. _____
2. _____
3. _____

Choose one of your goals. Tell how you plan to accomplish it.

Reading Round-Up: How Much Can You Read?



Set some summer reading goals. For example, your goal might be to read 20 minutes or more a day. *Reading every day will help keep your reading skills sharp!*

See if you can read at least 20 minutes each day this week. Record your minutes in the chart.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Minutes reading							

Think of another summer reading goal. You might set a goal to read a certain number of pages or finish a chapter book series. Write your goal below.

Parent Involvement Tip: You can help your child meet their reading goals by visiting the library every week or so and allowing them to pick out their own books. When children can choose what they read, they're more likely to be excited about reading.

Math in a Minute: Your Math Goals



Practicing math during the summer will help keep your math skills strong. Here are just a few ways you can have fun practicing your math skills this summer:

- ▶ Figure out the unit price of things. For example, if your family orders a pizza, figure out how much one slice costs—or figure out how much each baseball card in a pack costs.
- ▶ Read the labels on the snacks you like. Write down the number of calories and the amount of sugar in each. Compare the numbers. Which have the most calories and sugar? The least?
- ▶ Make a growth chart. Record your height and weight now, and record it again at the end of the summer to see how much you've grown.

Now think about your math goals for the summer.

What is one math skill you are really good at? _____

What is one math skill you want to improve? _____

What can you do to work on the skill you want to improve? _____

Parent Involvement Tip: If your child needs some extra help with math this summer, there are free resources available online. For example, [khanacademy.org](https://www.khanacademy.org) offers free videos, lessons, and practice problems. Go online with your child to help them find appropriate resources.

Have a great summer!



Summer is a time for setting some fun goals, too!

1. What is something fun you want to do this summer? _____

2. What is something new you want to try? _____

3. What is a new skill you'd like to learn? _____

Week 2: Explore the Outdoors



Getting outside every day can help keep your mind and body healthy. There are many ways you can explore the outdoors—right in your own yard or neighborhood.

Write About It: Weather Diary



Keep a weather diary this week. Each day, go outside and spend 5 minutes observing the weather. Write one or two sentences each day about what you feel, hear, and see.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Math in a Minute: Nature Hunt



Take a ruler or measuring tape outside with you. Try to find each of the following objects. Measure the length and width of each one. Write your measurements below.

1. flower length: _____ width: _____
2. rock length: _____ width: _____
3. tree leaf length: _____ width: _____
4. stick/branch length: _____ width: _____

Which item is longest? _____ Which item is widest? _____

Parent Involvement Tip: To enhance this activity, have a nature scavenger hunt. Together come up with a list of additional things to find and measure—like a tall weed, white flower, or particular kind of leaf.

Character Counts: Responsibility



Part of being responsible is making good choices. When you are a responsible community member, you make choices that help keep outdoor parts of your community clean. That means:

- ▶ always throwing away your trash.
- ▶ putting your things away after you play outside.
- ▶ cleaning up after your pets.
- ▶ keeping your yard safe for plants and animals.

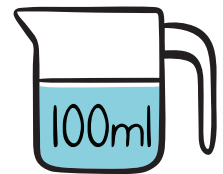
In the space below, draw a poster that encourages people in your community to take care of outdoor spaces.

A large rectangular area defined by a dotted black line, intended for drawing a poster. A large, faint watermark reading 'Preview' is overlaid diagonally across this area.

Parent Involvement Tip: Take a walk with your child through a local park, or around your block. Wear gloves, take a trash bag, and pick up any litter you see. Spending time outside is good for both of you, and helping your community feels good, too.

Week 3: Fun with Cooking

Do you eat lots of snacks during the summer? Do you make some of your own meals? Cooking is a great way to practice reading and math. It can also help you learn some important skills.



Reading Round-Up: Read a Recipe



1. What is your favorite meal or dessert? _____

2. If you have a cookbook, find an easy recipe you'd like to try. If you don't have a cookbook, go online with a parent to find a recipe. Write the ingredients below. Put a check mark next to the ones you have and an X next to the ones you need.

3. What's the first step of the recipe? _____

Math in a Minute: Recipe Math



Use the recipe to answer the questions.

1. How many does the recipe serve or make? _____ (Hint—look for a note on the recipe that looks like this: *Serves 4* or *Makes 24*.)

2. Look at your answer to question 1. Suppose you only make half of the recipe. Then how many would it serve or make? _____

3. Now suppose you double the recipe. This means you will make twice as much. How many would the recipe serve or make? _____

Parent Involvement Tip: Cooking helps children learn several important skills, including measurement, fractions, reading comprehension, and following written instructions. Try to involve your child as much as you can in the preparation of meals and snacks, and encourage them to try simple food prep on their own. Mastering kitchen skills can help build independence and self-esteem!

Career Corner: Chef



A career is the kind of work a person does. People choose careers based on what they like and can do well. For example, people who like to cook sometimes choose to become a chef—and that becomes their career.

Go online with a parent to [bls.gov/ooh](https://www.bls.gov/ooh) to find the answers to these questions.

1. What do chefs do? _____

2. Where do chefs work? _____

3. How much money does the average chef make in a year? _____

4. How does someone become a chef? _____

5. What are some interests a person who wants to be a chef might have? Check the boxes.

nutrition

learning about money

writing stories

growing a vegetable garden

caring for animals

watching cooking shows

6. What career would you like to learn more about? _____

7. Go online with a parent to [bls.gov/ooh](https://www.bls.gov/ooh) and read about that career. What did you learn?

Parent Involvement Tip: It's never too early for your child to begin learning about different careers. If you have a job, talk to your child about what you do, what you like about your job, and what you don't like. Also, look for teachable moments. For example, when you're at the doctor's office, talk about what nurses and doctors do, and about the education that's required for those careers.

Week 4: Get Creative



Being creative helps you learn to solve problems, look at things in a different way, and have fun!

Reading Round-Up: Make Predictions



Grab a book you haven't read before. If it's a chapter book, read one chapter. If it isn't a chapter book, read a couple pages and then stop.

What do you think will happen next in your book? Write your prediction below.

Parent Involvement Tip: Predicting what happens next in a story is an important literacy skill to develop. Visit the library and have your child choose a couple of books they've never read. Then have them practice making predictions as they read aloud to you.

Math in a Minute: Write a Word Problem



Make up a word problem. Then ask a parent or family member to solve it!

Parent Involvement Tip: Ask your child what they were learning in math before summer break. Help them make up word problems that use that skill. For example, if your child was learning division, you might help them make up a word problem about finding the unit price of an item at the grocery store.

Week 5: Friends and Family



Friends and family are the most important people in your life. These are the people you can count on to always help and support you.

Write About it: You and Yours

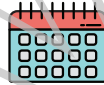


Fill in the paragraph with information about your friends and family.

My name is _____ . I live in (city, state) _____ . The adults who live in my house are (names) _____ . Our favorite game to play as a family is _____ . Our favorite meal to eat together is _____ . In the summer, we like to _____ .

My best friend's name is _____ . The thing I like most about my friend is _____ .

Math in a Minute: Birthday Graph



Think of your family, friends, and relatives and color in one square for each person you know who has a birthday in that month. Ask a parent for the birthdays you don't know. Fill in as many blocks as you can and then answer the questions on the next page.

January
February
March
April
May
June
July
August
September
October
November
December

1. Which month(s) have the most birthdays? _____
2. Which month(s) have the fewest birthdays? _____
4. How many birthdays are in the first 6 months of the year? _____
5. How many birthdays are in the last 6 months of the year? _____

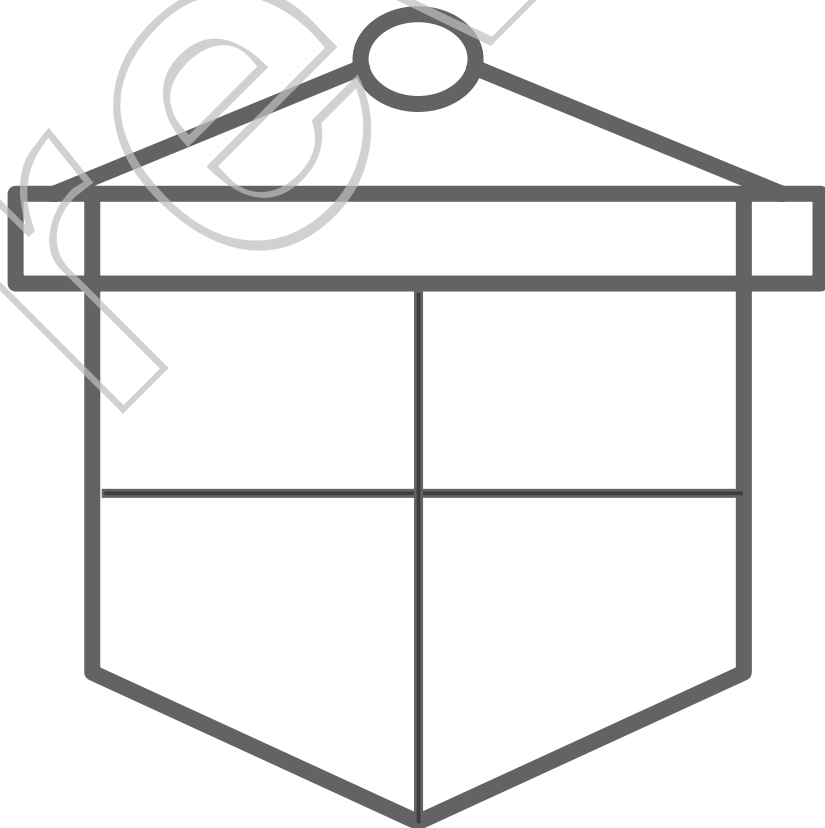
Parent Involvement Tip: Children love learning about their family history. Talk to your child about what life was like when you were growing up—how things were the same, and how they were different. Share old family photos with your child and, if you know your ancestry, use a map to show them the parts of the world where your family originated.

Draw & Color It: Your Family Flag



A flag is a symbol. The parts of a flag tell about the place or thing it represents. For example, the American flag has 50 stars—one for each state. A flag can also include special colors, animals, objects, and shapes.

If your family had a flag, what would it look like? Color the flag below to tell about your family. Then show it to a parent or other family member and explain the different parts.



Week 6: Caring for Your Body



Getting some exercise every day is good for your body *and* your mind.
How are you going to move your body this summer?

Reading Round-Up: Doing Research



Research helps you learn more about a topic. You can do research online. You can also read books, magazines, and newspapers.

Go online with an adult. See if you can find the answers to these questions about exercise.

1. What are two ways exercise helps your body? _____

2. How many minutes of exercise should someone your age get each day? _____
3. What is a good exercise to keep your heart healthy? _____

Parent Involvement Tip: Exercise is also good for your physical and mental health!
Try to engage in at least one physical activity with your child every day.

Math in a Minute: Making Predictions



Predict how many of each exercise you can do in one minute. Write your predictions in the chart. Then set a timer and do each exercise for one minute. Count how many you can do. Compare your results with each prediction.

	Your prediction	Your results
Jumping jacks		
Sit-ups		
Arm circles		
Lunges		

Draw a star next to the exercise where your prediction and result were the closest.

Draw an X next to the exercise where your prediction and result had the greatest difference.

Being Your Best You: Healthy Habits



Think about your daily habits. Below are some habits that are good for your body and mind. Check off the ones you do each day:

- | | |
|--|---|
| <input type="checkbox"/> eat fruits and vegetables | <input type="checkbox"/> get at least 9 hours of sleep at night |
| <input type="checkbox"/> spend time outside/in nature | <input type="checkbox"/> brush my teeth twice a day |
| <input type="checkbox"/> do something active for 30–60 minutes | <input type="checkbox"/> spend time relaxing |
| <input type="checkbox"/> limit screen time | <input type="checkbox"/> drink a lot of water |

How many of these healthy habits do you do every day? _____

Which ones do you want to start doing more of? _____

What are some healthy habits you have that are not on the list? _____

Mental Health: Finding What Helps You



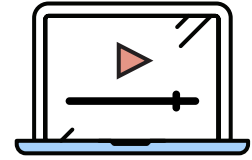
Mental health is how you think and feel about yourself. Caring for your mental health is just as important as caring for your body. One way to care for your mental health is to know what helps you feel better when you're sad or stressed.

What do you do to feel better when you're upset?

- | | | |
|--|---|--|
| <input type="checkbox"/> find a quiet place to sit | <input type="checkbox"/> play with a pet | <input type="checkbox"/> take a bath |
| <input type="checkbox"/> listen to music | <input type="checkbox"/> spend time outside | <input type="checkbox"/> talk to someone |
| <input type="checkbox"/> watch a favorite show | <input type="checkbox"/> other _____ | |

Parent Involvement Tip: It is normal for children to feel stressed, anxious, and/or angry at times. To help your child cope with these emotions, help them develop calming techniques such as deep breathing, using centering objects, and positive self-talk.

Week 7: Talking Technology



Kids your age spend a lot of time using technology—especially during the summer. Do you ever think about the technology you use?

Write About It: How Do You Use Technology?



What kinds of technology do you use? _____

What are some things you like to do that involve technology? _____

Math in a Minute: Track Technology Use



Do you know that kids your age spend about 4–6 hours a day on screens? Do you think you use technology more or less than that? Track your screen time for a few days and find out!

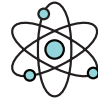
Write the number of hours you spend using technology (TV, phone, tablet, video games) in the morning, afternoon, and evening. Do this for three days, and add up the hours each day. At the end of the three days, come up with the total hours.

	Day 1	Day 2	Day 3
Morning			
Afternoon			
Evening			
	Total:	Total:	Total:
Total hours for all 3 days:			

Do you think you spend too much time using technology? Yes Maybe No

Parent Involvement Tip: Track your own technology use along with your child. Help your child figure out what percentage of their time was spent using technology, and see how it compares to yours.

Make Predictions: Technology of the Future



Technology is changing and improving every day. Think about the technology that people might have in the future. What is one kind of technology that you can imagine people having? Write about your idea.

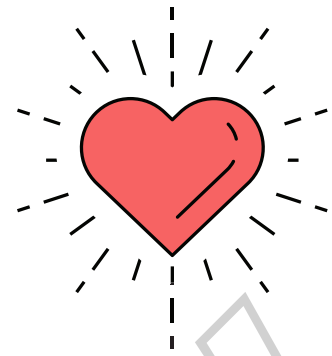
Draw a picture of your idea.

A large rectangular area defined by a dotted line, intended for drawing a picture of the technology idea. A large, light gray watermark reading 'PREVIEW' is overlaid diagonally across this area.

Parent Involvement Tip: Talk to your child about how technology has changed since you were their age.

Week 8: Kindness Counts

Not only does being kind to others make *them* feel good—it makes *you* feel good, too!



Reading Round-Up: Understand Kindness



Read the quote about kindness below. Then answer the question.

"A single act of kindness throws roots in all directions, and the roots spring up and make new trees."
Amelia Earhart

What do you think this quote means? Explain it in your own words.

Parent Involvement Tip: Talk to your child about what it means to be kind. Together, come up with small ways they can spread kindness throughout the community, such as saying hello to an elderly neighbor or picking up trash in a local park.

Math in a Minute: Count Donations



Donating things you don't use anymore is a great way to be kind. Find some items you would like to donate. Sort them into groups, such as shirts, pants, toys, and books. Then fill in the chart.

Type of item	How Many I Donated
	Total items:

Character Counts: Show Citizenship



This week, complete as many of these acts of kindness as you can. Check off each one as you do it.

- Pick up your toys without being asked.
- Help a parent with a chore.
- Do something nice for a family member.
- Pick up trash at the park.
- Say "thank you" to a worker at the grocery store, library, or other place.
- Make a card for a neighbor.
- Write a thank you note.
- Open and hold a door for someone.

How many did you check off? _____

Think about a time you were a good citizen. What did you do? How did it make you feel?

Parent Involvement Tip: Take your child on a citizenship field trip. Here are some ideas:

- ▶ Go to the park and pick up any trash you see.
- ▶ Visit a firehouse or police station and give them a handmade card.
- ▶ Drive past your polling place and talk to your child about how voting works.
- ▶ Go to the post office to buy stamps or mail a letter.
- ▶ Visit a local historical museum.
- ▶ Visit a national or state park.

Week 9: All About Careers



During Week 3, you learned about being a chef. This week, you will think more about careers. You will even interview an adult about their job.

Is there a career you think you might like to have someday? _____

Reading Round-Up: Choose the Career



Think of an elementary-age character in a favorite book.

Book _____ Character _____

What do you think would be a good career for them to have when they grow up, and why?

Math in a Minute: Match the Salary



People have careers for many reasons. One reason is to make money. Different careers pay different amounts of money. The amount of money someone makes each year at their job is called a *salary*. Draw a line from each career to the salary you think best matches it. *The answers are on the bottom of the next page.*

Dentist	\$48,000/year
Barber	\$78,000/year
Plumber	\$30,000/year
Computer programmer	\$60,000/year
Nurse	\$163,000/year
Truck driver	\$93,000/year

Parent Involvement Tip: Talk about how different occupations provide workers with different incomes—and discuss how the most highly paid occupations often require the most education and/or training.

Career Corner: Career Interview



The best way to learn about a career is to talk to someone who has one! Ask a parent or another adult you know the following questions about their career.

Person being interviewed: _____ Their career: _____

What do you do at your job? _____

Why did you choose this career? _____

Do you ever use math at your job? If so, how? _____

Do you ever use reading and writing? If so, how? _____

What do you like most about your career? _____

What do you like least about it? _____

Dentist - \$163,000 Barber - \$30,000 Plumber - \$60,000 Computer Programmer - \$93,000 Nurse - \$78,000 Truck Driver - \$48,000

Week 10: Reflect

It's almost time to begin a brand new school year! This week, you will reflect on your summer break. You will think about what you've accomplished, and what you are looking forward to in your new grade.



Write About it: Think About Your Goals



Think back to the goals you set at the beginning of the summer. Which goals did you accomplish?

Think about your goals for the next school year. Name one school goal—like raising your hand more often or spending more time on your homework.

Your school goal: _____

What is one thing you can do to make sure you can achieve this goal? _____

Name a personal goal—like making a new friend or getting to bed earlier on school nights.

Your personal goal: _____

What is one thing you can do to make sure you can achieve this goal? _____

Parent Involvement Tip: Talk to your child about their goals for the coming school year. Come up with a goal you'd like to work on and share your goal with your child. Also talk to your child about what you will do to try to achieve your goal.

Reflect: Looking Back



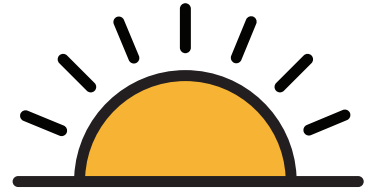
What is your best memory from this summer? Write about it.

Draw a picture of your best memory.

A large rectangular area defined by a dotted black line, intended for drawing a picture of the child's best memory. A large, light gray watermark reading 'PREVIEW' is diagonally overlaid across this area.

Parent Involvement Tip: Some children look forward to the new school year, and some dread the end of summer. Regardless of where your child falls on this spectrum, take some time to do something fun with them this week. Visit a museum, play some games, or have a picnic. Use this time to talk to your child about how they are feeling and how you can best support them as they get ready for the new school year.

June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This June calendar is just for you! Write the correct dates in the boxes. Use this calendar to record June events, activities, appointments, birthdays and anything else you want to remember or make note of.

July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This July calendar is just for you! Write the correct dates in the boxes. Use this calendar to record July events, activities, appointments, birthdays and anything else you want to remember or make note of.

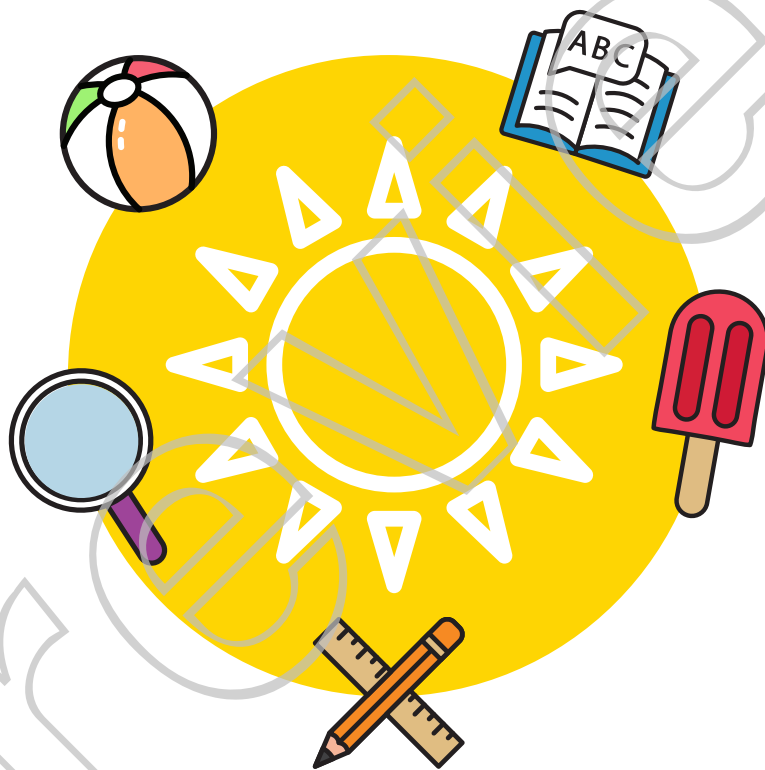
August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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This August calendar is just for you! Write the correct dates in the boxes. Use this calendar to record August events, activities, appointments, birthdays and anything else you want to remember or make note of.

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