

Grade 1 | At Home Learning Activities

Too Good for Drugs

Lesson 1 A Great Day - *Setting Reachable Goals*

Language Arts Extender

Write the following words on a piece of paper in two columns.

Cat	Fiddle
Skate	Burn
Goal	Bat
Fish	Bowl
Riddle	Gate
Learn	Dish

You will say a word in the first column and then read the words in the second column. Ask your child to decide which word in the second column rhymes with the word in the first column. Then draw a line to match the rhyming words.

Physical Education Extender

When you reach your goal, you should celebrate your success. You worked hard and deserve a celebration. With your child, create your own celebration dance. You can add as many or as few movements as you want. Encourage your child to add skips, jumps, bends, twists, and turns into their dances.

Math Extender

Read the short stories below. Ask your child to count the number of goals in each story.

1. Cliff wants to learn how to play ping pong by the end of the summer. He also wants to learn how to say, "How are you?" using sign language, make two free throws in a row, and do a cartwheel. How many goals does Cliff want to reach before the end of the summer? *Answer: 4*
2. Mr. Piper set goals with his class. By the end of the week, his class wants to finish reading their story book, make a Get-Well card for the sick custodian, and earn a good report from the substitute teacher they will have on Friday. How many goals does Mr. Piper's class want to reach this week? *Answer: 3*
3. Biscuit and his family are going on a vacation to the beach. Before he leaves on vacation, Biscuit wants to learn how to float in the water. He also wants to learn how to hold his breath under water. He will ask his mom to take him to the bookstore so he can buy a book about shells. He also wants to save money to buy his own bucket and shovel set. How many goals does Biscuit want to reach before he leaves on vacation? *Answer: 4*

Art Extender

Ask your child to imagine he or she is going to stay at a family member's house for the weekend. All they can take is their backpack. Your child needs to decide what to bring. Remind your child that everything won't fit in the backpack, so think carefully about what to bring. Think about the possible consequences of bringing or leaving each item. Have your child draw a picture of the items he or she will pack in the backpack.

Social Studies Extender

Make a list with your child of foods we eat and things we drink that come from a farm. Be sure they include things such as cheese, bread, eggs, milk, meat, fruits, and vegetables. Next, ask your child to consider the good and bad things about growing or raising different crops or animals. For example, what could be good about raising cows? What could be bad about raising cows? What could be good about growing corn? What could be bad about growing corn? Then ask your child to imagine he or she is a farmer and that they must choose only one thing to grow or raise on their farm.

Language Arts Extender

Read the following sentences aloud to your child. Then ask them to choose the correct feeling word to describe how the person feels.

1. Felix can't wait for the first day of school. Is Felix excited or furious?
2. Max lost his favorite stuffed animal. Is Max heartbroken or thrilled?
3. Lula's ball is stuck in the tree. Is Lula frustrated or excited?
4. As the teacher reads the nice report from the substitute teacher, she smiles and puts her shoulders back. Does the teacher feel proud or disgusted?
5. Katie's brother jumps out from behind the door and screams. Is Katie terrified or sad?

Science Extender

Take your child for a walk outside. As you walk, ask your child to imagine the emotions that things in nature might feel. For example, what emotion do you think grass feels when it rains? What emotion do you think the trees feel in the wintertime? What emotion do you think the birds feel when it storms? What emotion do you think the squirrels feel when they see someone throw trash on the ground? What emotion do you think the flowers feel when it is nighttime? What emotion do you think the bugs feel when the sun is shining?

Art Extender

Read the short story below. Afterwards, ask your child to draw a picture of how the story makes them feel.

You are on a walk in a magical forest filled with twinkling lights and friendly animals. You enter a clearing in the forest that has a huge castle. You walk up to the front door and knock. The door opens and a giant dragon greets you.

Language Arts Extender

Play a listening activity with your child using long vowel sounds. Say a vowel and have your child say words that have that long vowel. For example, if the vowel was “ā” they could say, make, bake, lake, etc. For each long vowel sound, have your child say 5-6 words.

Language Arts Extender

Write the following words on a piece of paper in two columns

Nice	Playful
Honest	Kind
Fun	Useful
Helpful	Truthful

Say a word from the first column and then read the words in the second column. Ask your child to decide which word in the second column means the same thing as the word from the first column. Draw a line from the word in the first column to the word that means the same in the second column.

Social Studies Extender

Ask your child to think about your community. Then ask what is their favorite thing to do with their friends in your community? Have your child draw a picture themselves with their friend at their favorite place in your community.

Language Arts Extender

Write the following words on a piece of paper. Leave blanks for your child to fill in the missing vowels.

D _ _ _ r	Ch _ _ _ r
Wh _ _ _ l	G _ _ _ d
F _ _ _ t	Tr _ _ _
W _ _ _ l	Bl _ _ _ d
Thr _ _ _	R _ _ _ f

Explain that the word peer has double vowels. It is spelled P-E-E-R. Tell your child that you are going to see if you can figure out other words that have double vowels. Ask your child to look at the words on the paper and help you fill in the missing vowels for each word. The answers are: deer/door, cheer, wheel, good, foot/feet, tree, wool, blood/bleed, three, roof/reef.

Math Extender

Read the statements below and write the number from each statement on a piece of paper. Then ask your child to identify the place value for each number. For example, if the number is 61, ask which number is in the tens place and which number is in the ones place.

1. Jasper pressured Comet to throw a snowball at the school bus. Comet said, "No way." There were 27 kids on the bus that cheered when Comet refused Jasper's pressure.
2. Aster told Piper that she needs to buy lunch from the school instead of bringing her lunch. Piper moved to the other end of the lunch table and sat with 12 of her classmates.
3. Kendall wanted Sasha to tell the teacher that she didn't feel good so they could leave class and go to the nurse. Sasha said, "I have a better idea. Let's go write down our guess for the number of jellybeans in the jar. I think there are 379."
4. Jack's favorite number is 283. Jack told his friend, Skipper, that if he wanted to be friends with him, he had to like the same number.

Language Arts Extender

Write the following sentences on a piece of paper. Ask your child to identify the verb in each sentence.

1. The boy laughs.
2. The teacher takes a deep breath.
3. The girl talks to her stepmom.
4. We manage disappointment in healthy ways.

Art Extender

In this activity, your child will make a glitter bottle. When they shake the glitter bottle, the glitter will swirl throughout the bottle. As they watch the glitter settle, it will allow them to calm down their minds and bodies. Using these bottle will help your child stay calm when they experience a disappointment.

For this activity you will need an empty half liter plastic water bottle with a cap, glitter glue or clear glue, distilled water, and glitter. Help your child make a glitter bottle. To make the bottle, pour $\frac{1}{2}$ cup of distilled water in the bottle. Then pour $\frac{1}{2}$ cup of glitter glue or clear glue. Add 1-2 teaspoons of extra glitter. Fill up the rest of the bottle with distilled water. You may want to use a hot glue gun to seal the lid onto the bottle. Shake the bottle well to distribute the glue.

Invite your child to sit down. Once your child is seated, instruct them to shake the glitter bottle. Ask them to place the bottle on the table or floor and to take deep breaths as they watch the glitter swirl in the bottle. After the glue settles, ask your child to describe how they feel. Use the glitter bottle when they need to calm down.

Music Extender

Music can have a profound effect on the mind and body. Slower tempo music combined with repeated movements can quiet the mind and relax the muscles. This activity will allow your child to practice listening to music as a way to relax and calm down.

For this activity you will need calming music. Play calming music and ask your child to create movements that go along with it. The movements they include repetitive movements such as tapping fingers or feet to the beat.

Lesson 8 All the Right Moves

Understanding the Safe Use of Prescription and OTC Medicines

Language Arts Extender

Write the following words on a sheet of paper in two columns, as shown below.

Sick	No
Yes	Child
Doctor	Well
Adult	Sad
Happy	Dirty
Clean	Patient

Explain that you will say a word in the first column. Then read the words in the second column. Ask your child to decide which word in the second column is the opposite of the word in the first column. Draw a line to the opposite word.

Science Extender

Many diseases are spread by not washing hands with soap and water. This activity will help show that hand washing is the best way to prevent the spread of germs.

For this activity, you will need hand lotion, glitter, a sink or a bucket, paper towels, and water. To start, put a drop of lotion on your hands and rub them together, so the lotion is spread out evenly. With your hands over a sink or bucket, put a pinch of glitter in the palm of one of your hands. Then make a fist with the hand with the glitter on it. Open your hand and spread your fingers out. Ask your child to describe what they see. Now, press the palms of your hands together. Ask your child to describe what happened with the glitter. Get a paper towel and try to wipe your hands clean. Ask your child to describe what happened. Now, wash your hand with soap and water. Ask your child to describe what happened. Explain that the glitter in this activity is like germs on our hands and that is why we wash our hands with soap and water anytime we might have touched something that has germs on it.

Language Arts Extender

Write the following words on a piece of paper in two columns as shown below.

Gas	Reach
Harm	Bell
Bleach	Charm
Tell	Believe
Room	Pass
Leave	Doom

Read a word from the first column and then read the words from the second column. Ask your child to decide which word in the second column rhymes with the word in the first column. Draw a line to the word it rhymes with.

Social Studies Extender

Explain that to prepare your home to be safe for visitors, you should do a safety check walk through to identify any potentially harmful substances. To get started, help your child draw a map of your home. First, draw a simple outline of your home. Next, draw squares to represent the rooms. Include the kitchen, bedrooms, living room, bathrooms, etc. If your home has more than one level, like a second story or a basement, stack the squares on top of each other to represent the other levels. Ask your child to color the rooms that are safe and don't have any harmful substance in them in blue. Color the rooms that have possible harmful substances in red. Include a garage, storage area, or basement, if you have them.

Language Arts Extender

Write the following sentences on a piece of paper. Ask your child to identify the adjective in each sentence.

1. The strawberry is red.
2. The boy is sweaty.
3. The apple is rotten.
4. The carrot is orange.
5. The banana is big.

Art Extender

Create a Healthy Food Headband with your child. Cut a 3-inch wide strip of green paper. Use the strip to measure your child's head and staple or tape the ends together to create the headband. Have your child draw pictures of the healthy foods he or she likes to eat. Cut out the pictures of the healthy foods and glue or tape them to the headband.

Math Extender

Your child will use his or her sorting skills to answer five questions. The answers are in italics.

1. Which is bigger, an apple or a strawberry? *Answer: Apple*
2. Which is taller, a corn stalk or an adult apple tree? *Answer: Apple tree*
3. Which is smaller, a tomato or a blueberry? *Answer: Blueberry*
4. Which is bigger, a bicycle or a roller skate? *Answer: Bicycle*
5. Which is smaller, a basketball or a golf ball? *Answer: Golf ball*