COBB COUNTY
SCHOOL DISTRICT

FOURTH GRADE INSTRUCTIONAL COLLECTION

COBB SCHOOLS | APRIL 13-17 | 2020

COBB COUNTY
SCHOOL DISTRICT

One Team, One Goal: Student Success

514 Glover Street
Marietta, GA 30060
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Dear Cobb County Families,

In an effort to support learning continuity, during our extended time away from school, the Cobb County School District has created Instructional Resource Collections for our Kindergarten through 8th Grade students. The enclosed resources provide developmentally appropriate, standards-based activities for students to work on at home. Your student is not required to complete every activity in the packet. However, these resources do support a learning experience that is tied to the academic standards of your child's grade level. Additionally, there are informational resources that will provide opportunities and support for you, as you continue to support your child in the learning process. Thank you for your continued partnership. We are eager to welcome our students back to school soon.

Regards,

The Cobb County School District

BOARD OF EDUCATION Brad Wheeler, *Chair* • David Banks, *Vice Chair*
David Chastain • Charisse Davis • Jaha Howard • David Morgan • Randy Scamihorn

SUPERINTENDENT Chris Ragsdale

Learning at Home

Activities for Grades 3-5

Reading/Writing

Read Outside
Grab a few books and head outside. Read independently or read with a parent, friend, or family member for 20 minutes.

Inference Riddles
Choose an object that you see outside and create a riddle describing the object without actually naming it. For example: Children sit on me to play. I have a seat and two chains on each side. What am I? (a swing). Create at least 3 riddles about 3 different objects. Share your riddles with a parent, friend, or family member to see if they can determine what object is being described.

Write a Letter
Write a letter to someone you haven't seen in a long time.

Writing with your Senses
Go outside and write what you see, hear, feel, and smell. Then, write a personal narrative or fictional story that takes place in the same area you just explored. Incorporate the sensory details into your writing.

Reflection
Read a story or article that looks interesting to you. Respond to what you have read in a creative way (poem, create a song, draw a picture, etc.) and share with a parent, friend, or family member.

Figurative Language
While watching a TV show of your choice, listen for the use of figurative language (simile, metaphor, personification, etc.). Write down the examples you hear.

Math

Scavenger Hunt
Go for a walk (inside or outside) and identify each of the following: an item about 1 foot long, two parallel lines, a right triangle, a cube-shaped object, an octagon, and a cylinder-shaped object.

Create a Test
Create a math test over something you have learned this year. Have your parent, friend, and/or family member complete it. Don't forget to create an answer key so you can grade the test when they finish.

Math Snacks
As you have a snack, think of 3 multiplication and/or division problems you can make by grouping some of the snack items together or dividing them into parts. Write down the number sentences (2x3=6) as you munch away.

Create a Game
Use dice or playing cards to create a math game using addition, subtraction, multiplication and/or division.

Fractions
Identify 3 examples of how fractions are used in everyday life. Share your examples with a parent, friend, or family member. Challenge them to share 2 additional examples of how they use fractions in everyday life.

Cobb County School District

Activity Choice Board- 4th Grade **Week of 4/13/20 – 4/17/20**

Directions: Each day, students should read at least 30 minutes and select at least 1 activity from each content area below (i.e. 1 from ELA, 1 from Math, 1 from Science, and 1 from Social Studies).

Parents/Guardians should initial the box upon completion of each activity.

ELA	Math	Science	Social Studies
Read your choice book for 20 minutes. Write a letter to the author giving your feedback to them. What part do you like best? What would you change? Be sure to use text evidence to support your thinking. Specialized Support#1 Stop and Think	Using the digits 0, 2, 9, and 4, create six different numbers with decimals and then order them greatest to least. Specialized Support: #5: Color-Coded Place Value Chart	Do some research on the Earth and the moon. Find out how they are the same and how they are different. Make a chart that compares and contrasts Earth with the moon.	The Bill of Rights is the first 10 amendments to the US Constitution. These amendments are focused on protecting the rights of US citizens against the national government. Why do you think the framers of the Constitution thought this was important? What were they trying to do by including these amendments? Write a paragraph to explain.
Choose your favorite childhood book. What if there were a sequel? Write the beginning of how the new book would begin. Be sure to use text evidence from the original text in your new sequel beginning. Specialized Support: #2: Sentence Frames	Juan and Renaldo each have a 4-digit number that contains the digits 3, 7, 1, and 5 and a number in the tenths place. Juan's number is larger. What could Juan's and Renaldo's numbers be? What are two other numbers they could be? Specialized Support: #5: Color-Coded Place Value Chart	Fill a cup with soil. Then fill another cup with water. Put them in the sun for one hour. Predict which one will heat up first. Why do you think that? Put a thermometer in each cup and compare the temperatures. Write down your results. Which one takes in more energy from the sun? Specialized Support: #2: Sentence Frames	After the Civil War, Congress passed 3 new amendments to the US Constitution. The 13th, 14th, and 15th amendments. Read the amendments below and write 2-3 sentences explaining why Congress passed each amendment. **13th Amendment -** "Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction." **14th Amendment –** "All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside. No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws." Naturalized = born outside the US, but became a US citizen Abridge = change or limit - Immunities = protections **15th Amendment –** "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude."
Go outside and set a timer for five minutes. Write about a topic of your choice until the timer stops. Specialized Support: #2: Sentence Frames #7 Word Bank	Mark's recipe calls for three times as many potatoes as carrots. If Mark uses two cups of carrots, how many cups of potatoes will he use? What if he uses 3 cups of carrots, how many cups of potatoes would he use? What about 4 cups? Specialized Support: #6: Basic Fact Chart	Create a comic strip explaining the different types of clouds found in the sky and the type of weather they predict. Specialized Support: #7: Word Bank	Which Reconstruction Amendment do you think is the most important? Prepare a speech to defend your position and present it to your family. Specialized Support: #2: Sentence Frames
Read your choice book to a stuffed animal or family member for 20 minutes. Change your voice into different accents. Have fun! Specialized Support: #1: Stop and Think	A shirt costs $15. A pair of sneakers costs four times as much. How much does the pair of sneakers cost? A hat is half as much as the sneakers, so how much does the hat cost? If Ken buys one hat, one pair of sneakers and two shirts, how much has he spent? Specialized Instruction #8 Word Problem	Create a detailed diagram of the planets in orbit around our Sun in the correct order. Specialized Support: #7: Word Bank	Imagine you and your family are traveling west from Georgia to the gold mining towns of California and Oregon in the early 1800s. What physical features of the United States might make your journey difficult? Which physical features might have been easier to travel through? Think about specific bodies of water (Mississippi River, Great Lakes, Colorado River, Rio Grande), mountain ranges (Continental Divide, Appalachian Mtns., Rocky Mtns.) and other features of the United States (Atlantic Coastal Plain, Great Plains). Write a narrative story that tells about your family's journey across these features.
How are you feeling? Draw a picture, write a song, poem, or chant describing your feelings. Share it with a family member or friend. Specialized Support: #2: Sentence Frames #7 Word Bank	At noon, the bakery had 1 whole pumpkin pie and 5/12 of a pumpkin pie available to sell. At the end of the day, 3/12 of a pie was left. How much pumpkin pie did the bakery sell during the afternoon?	Illustrate and describe the before and after changes to an ecosystem by the overpopulation of grazers.	Choose one of the following leaders from the Civil War who you think had the biggest impact on the war. Write and illustrate 2-3 ways they impacted the war. Robert E. Lee, Ulysses S. Grant, Jefferson Davis, Thomas "Stonewall" Jackson, William T. Sherman, Abraham Lincoln Specialized Support: #2: Sentence Frames #7 Word Bank

SPANISH

Cobb County School District

Tabla de Actividades Para Elegir - 4to Grado **Semana de 4/13/20 – 4/20/20**

Instrucciones: Los estudiantes deberán leer todos los días por lo menos 30 minutos y trabajar en **al menos una** de las actividades de cada área académica especificada a continuación (es decir, 1 de Inglés, 1 de Matemáticas, 1 de Ciencias y 1 de Estudios Sociales). Los padres / tutores deberán escribir sus iniciales en las casillas que han finalizado.

Ingles	Matemáticas	Ciencias	Estudios Sociales
Elija un libro para leer por 20 minutos. Escriba una narrativa para el autor dándole su opinión. ¿Qué parte le gustó más? ¿Qué cambiaría? Asegúrese de utilizar evidencias textuales para respaldar su opinión. Apoyo Especializado # 1 Pause y Piense	Usando los números 0, 2, 9 y 4, cree seis números diferentes con decimales y luego ordénelos de mayor a menor. Apoyo Especializado # 5: Tabla de valores posicionales codificada por color	Investiga un poco sobre la Tierra y la luna. Descubra sus semejanzas y diferencias. Dibuje un diagrama para comparar y contrastar sus características.	La Declaración de Derechos Humanos son las primeras 10 enmiendas a la Constitución de los Estados Unidos. Estas enmiendas se centran en proteger los derechos de los ciudadanos estadounidenses contra el gobierno nacional. ¿Por qué crees que los redactores de la Constitución pensaron que esto era importante? ¿Qué estaban tratando de hacer al incluir estas enmiendas? Escribe un párrafo para explicarlo.
Elija su libro favorito de la infancia. ¿Qué tal si hubiese una serie del libro? Escribe una introducción de cómo comenzaría el nuevo libro. Asegúrese de usar evidencia textual del texto original en el comienzo de la nueva serie. Apoyo Especializado # 2: Ejemplos de Oraciones	Juan y Renaldo, cada uno tiene un número de 4 dígitos que contiene los dígitos 3, 7, 1 y 5 y un número en el lugar de las decenas. El número de Juan es más grande. ¿Cuáles podrían ser los números de Juan y Renaldo? ¿Cuáles podrían ser otros dos posibles números? Apoyo Especializado # 5: Tabla de valores posicionales codificada por color	Llena una taza con tierra. Luego llena otra taza con agua. Ponlos al sol por una hora. Pronostique cuál se calentará primero. ¿Por qué? Ponga un termómetro en cada taza y compare las temperaturas. Escriba los resultados. ¿Cuál absorbe más energía del sol? Apoyo Especializado # 2: Ejemplos de oraciones	Después de la Guerra Civil, el Congreso aprobó 3 nuevas enmiendas de la Constitución de los Estados Unidos. Las enmiendas 13, 14 y 15. Lea las enmiendas a continuación y escriba 2-3 oraciones explicando por qué el Congreso aprobó cada enmienda. **13ava Enmienda:** "Ni la esclavitud ni la servidumbre involuntaria, excepto como castigo por un delito por el cual la parte haya sido condenada debidamente, existirá dentro de los Estados Unidos o en cualquier lugar sujeto a su jurisdicción". **14ava Enmienda:** "Todas las personas nacidas o naturalizadas en los Estados Unidos, y sujetas a la jurisdicción de estas, son ciudadanos de los Estados Unidos y del Estado en el que residen. Ningún Estado promulgará o hará cumplir ninguna ley que compense los privilegios o inmunidades de los ciudadanos de los Estados Unidos; ni ningún Estado privará a ninguna persona de vida, libertad o propiedad sin el debido proceso legal; ni negar a ninguna persona dentro de su jurisdicción la protección igualitaria de las leyes". Naturalizado = nacido fuera de los Estados Unidos, pero se convirtió en ciudadano estadounidense Síntesis = cambio o límite - Inmunidades = protecciones **15ava Enmienda:** "Los Estados Unidos o cualquier Estado no negarán ni restringirán el derecho de sus ciudadanos a votar por motivos de raza, color o condición previa de servidumbre."
Vaya afuera y ponga la alarma por cinco minutos. Escriba sobre un tema de su elección hasta que terminen los 5 minutos. Apoyo Especializado #2: Ejemplos de Oraciones #7 Lista de Palabras	La receta de Mark requiere tres veces más papas que zanahorias. Si Mark usa dos tazas de zanahorias, ¿cuántas tazas de papas usará? Y si usa 3 tazas de zanahoria ¿Cuántas tazas de papas usaría? O ¿4 tazas de zanahoria? Apoyo Especializado # 6: Guía de Conocimientos Básicos de Matemáticas	Dibuje una tira cómica que explique los diferentes tipos de nubes que se encuentran en el cielo y el tipo de clima que predicen. Apoyo Especializado # 7: Lista de Palabras	¿Cuál enmienda reformada cree ser la más importante? Prepare un discurso para sustentar su posición y preséntelo a su familia. Apoyo Especializado # 2: Ejemplos de oraciones
Elija un libro y léalo a un animal de peluche o a un miembro de la familia por 20 minutos. Cambie el tono de la voz con acentos diferentes. ¡Diviértase! Apoyo Especializado # 1: Pause y Piense	Una camisa cuesta $15. Un par de zapatillas cuesta cuatro veces más. ¿Cuánto cuesta el par de zapatillas? Un sombrero cuesta la mitad de las zapatillas de deporte, entonces, ¿cuánto cuesta el sombrero? Si Ken compra un sombrero, un par de zapatillas y dos camisas, ¿cuánto gastó? Apoyo Especializado # 8 Problemas de Razonamiento	Dibuje un diagrama detallado de los planetas en órbita alrededor de nuestro Sol en el orden correcto. Apoyo Especializado # 7: Lista de palabras	Imagínese que a principios de los años 1800s usted y su familia viajan del oeste de Georgia a las ciudades mineras de oro de California y Oregón. ¿Qué características físicas de los Estados Unidos podrían dificultar su viaje? ¿Cuáles características físicas podrían haber sido más fáciles de atravesar? Piense en las extensiones de de agua específicos (Río Mississippi, Grandes Lagos, Río Colorado, Río Grande), cadenas montañosas (División Continental, Montes Apalaches, Montañas Rocosas) y otras características topográficas de los Estados Unidos (Llanura Costera del Atlántico, Grandes Llanuras). Escriba una historia que narre el viaje de su familia a través de esta topografía o configuraciones del terreno.
¿Como te sientes? Haz un dibujo, escribe una canción, un poema o un canto que describa tus sentimientos. Compártalo con un familiar o amigo. Apoyo Especializado # 2: Ejemplos de oraciones # 7 Lista de Palabras	Al mediodía, la panadería tenía 1 pastel de calabaza entero y 5/12 de un pastel de calabaza disponible para vender. Al final del día, quedaban 3/12 de un pastel. ¿Cuánta tarta de calabaza vendió la panadería durante la tarde?	Ilustre y describa los cambios de antes y después en un ecosistema según la sobrepoblación de animales rumiantes. que se alimentan de pasto.	Elija uno de los siguientes líderes de la Guerra Civil que cree que tuvo el mayor impacto en la guerra. Escriba e ilustre 2-3 formas en que impactaron la guerra. Robert E. Lee, Ulysses S. Grant, Jefferson Davis, Thomas "Stonewall" Jackson, William T. Sherman, Abraham Lincoln Apoyo Especializado # 2: Ejemplos de oraciones # 7 Lista de palabras

Cobb County School District

Activity Choice Board- 4th Grade– Specialized Support

Week of 4/13/20-4/17/20

#1: Stop and Think

Use sticky notes or small sheets of paper to write a note about the main idea/important details you remember after reading each page of your book (or paragraphs). This will help you remember the important events and details.

Example:

After the first page/couple of paragraphs in the book *Holes* you may write, "Stanley Yelnats was sent to Camp Green Lake in an attempt to build his character."

#2 Sentence Frames

Start a sentence and leave a blank line(s) for students to finish the sentence. Blanks can be placed in the middle or at the end of sentences. The blank can require the student to fill in one word or more than one word. Some sentence frames begin with a question, and the frame helps the student answer the question.

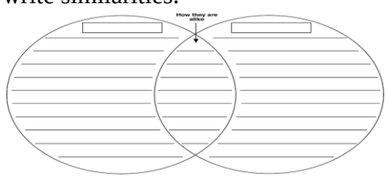
Example:

The most interesting part of the book was _____. I thought it was strange when _____, _____, and _____ happened. I felt _____ when the text said, "_____."

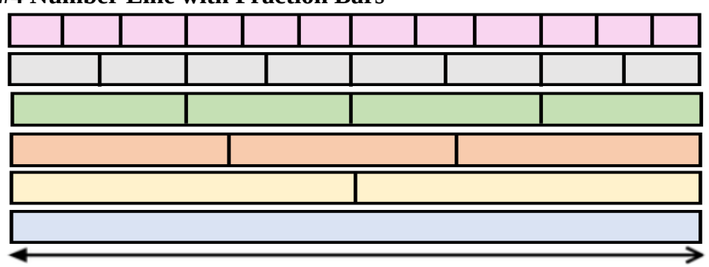
In my opinion _____ because the author stated, "_____."

#3 Venn Diagram

Write one topic in the left box, and one in the right box. Then list details under each that are unique. In the middle, write similarities.



#4 Number Line with Fraction Bars



#5 Color-Coded Place Value Chart

Hundreds	Tens	Ones		Tenths	Hundredths	Thousandths
5	2	3	•	7	8	8
5	2	3	•	0	9	8
5	2	3	•	7	9	0

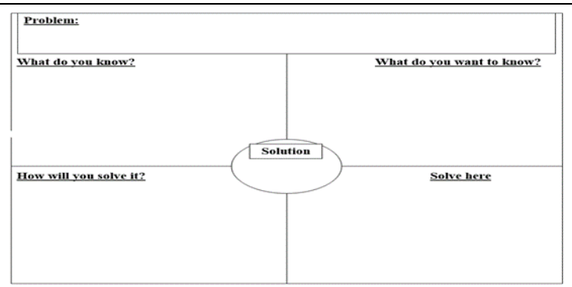
Create a chart to fill in numbers. Remember to include zeros.

First, compare the numbers with the greatest value on the left. Then, work your way to the right.

#6 Basic Fact Chart

X	1	2	3	4	5	6	7	8	9	10
1	1	2	3	4	5	6	7	8	9	10
2	2	4	6	8	10	12	14	16	18	20
3	3	6	9	12	15	18	21	24	27	30
4	4	8	12	16	20	24	28	32	36	40
5	5	10	15	20	25	30	35	40	45	50
6	6	12	18	24	30	36	42	48	54	60
7	7	14	21	28	35	42	49	56	63	70
8	8	16	24	32	40	48	56	64	72	80
9	9	18	27	36	45	54	63	72	81	90
10	10	20	30	40	50	60	70	80	90	100

#7 Word Problem Graphic Organized



SPANISH

Cobb County School District

Tabla de Actividades para Elegir – 4to Grado – Apoyo especializado **Semana del 4/13/20 al 4/20/20**

#1: Pause y Piense

Use notas adhesivas o una libreta pequeña para hacer anotaciones sobre la idea principal y detalles importantes que recuerde después de leer cada página (o párrafos) del libro. Esto le ayudará a recordar la trama de la historia y los detalles importantes. Por Ejemplo:

Después de leer la primera página o un par de párrafos del libro ***Holes,*** se puede escribir que: "Stanley Yelnats fue enviado a Camp Green Lake con el fin de crear su personaje".

#2 Esquemas de oraciones para que los estudiantes aprendan a formar oraciones bien estructuradas.

Comience una oración dejando una línea en blanco para que los estudiantes completen la oración. Los espacios en blanco se pueden colocar en el medio o al final de las oraciones. Es posible que se requiera de una palabra o más palabras. Algunos marcos de oraciones comienzan con una pregunta, y el esquema ayuda al alumno a responder la pregunta.

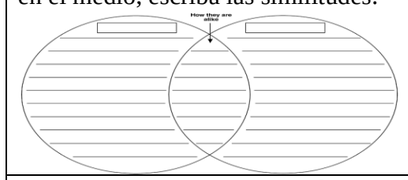
Por ejemplo:

La parte más interesante del libro fue_____. Fue extraño cuando _____,_____, y _____sucedió. Sentí_____cuando se dijo en el texto, "_____."

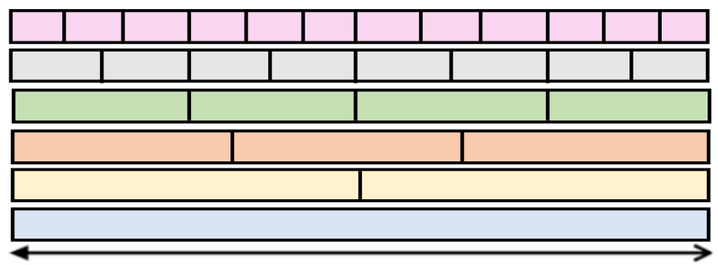
En mi opinión _____porque el autor afirmó, "_____."

#3 Diagrama de Venn

Escriba un tema en cuadro del círculo de la izquierda y otro en el cuadro de la derecha. Luego, en cada circulo, escriba los detalles que sean únicos y en el medio, escriba las similitudes.



#4 Recta Numérica con barras de fracciones



#5 Tabla de Valor de Posición Codificada en Colores

Centenas	Decenas	Unidades		Decenas	Centenas	Millares
5	2	3		7	8	8
5	2	3		0	9	8
5	2	3		7	9	0

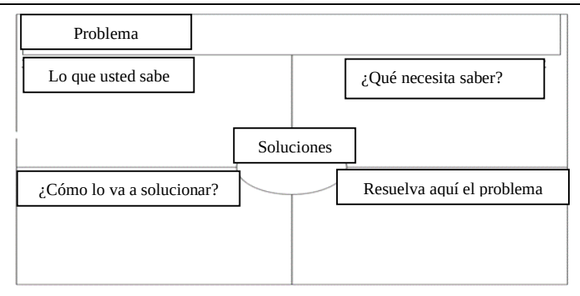
Cree una tabla para completar los números. Recuerde incluir ceros.

Primero, compare los números con el mayor valor a la izquierda. Luego trabaje hacia la derecha.

#6 Gráfica de Fundamentos Básicos de Matemáticas

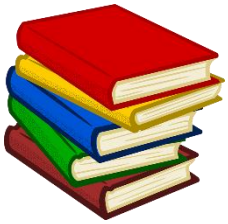
X	1	2	3	4	5	6	7	8	9	10
1	1	2	3	4	5	6	7	8	9	10
2	2	4	6	8	10	12	14	16	18	20
3	3	6	9	12	15	18	21	24	27	30
4	4	8	12	16	20	24	28	32	36	40
5	5	10	15	20	25	30	35	40	45	50
6	6	12	18	24	30	36	42	48	54	60
7	7	14	21	28	35	42	49	56	63	70
8	8	16	24	32	40	48	56	64	72	80
9	9	18	27	36	45	54	63	72	81	90
10	10	20	30	40	50	60	70	80	90	100

#7 Problemas de Razonamiento Organizador Gráfico



Reading Tips for Parents

3rd-5th Grade



Directions: Use this checklist to create visual images while reading. You can use a book, article, recipe, etc.

Steps	Steps to Developing Visual Images
Step 1	Begin reading aloud with your child. Pause after each paragraph.
Step 2	After reading each paragraph, have your child close their eyes and share the image they have created in their mind. Discuss which words from the text helped them create the picture. Their picture may be related to the setting, characters, or actions.
Step 3	Talk with your child about how pictures help them understand what is happening in the story.
Step 4	Continue reading with your child. Pause again, and have your child share the new image they created. Ask your child what she/he sees, hears, tastes, smells, and feels about the image.
Step 5	Are your images identical? Talk with your child about why the images may be different.
Step 6	Read a longer portion of the text and continue the sharing process.
Step 7	Once this is a familiar skill, encourage your child to use visual imagery when she/he is reading by themselves.

Using Titles and Pictures to Understand Print Material

Directions: Use this reading checklist with any print material.

Steps	Questions to ask your child while reading.
Step 1	Is there a title? If so, can you predict what the text may be about?
Step 2	Can you find a word or pictures that helps you understand the text?
Step 3	Make up a question about the text.
Step 4	Write a sentence or draw a picture describing the text.

Vocabulary Support

Directions: Choose a word and ask your child, what do you think the word smells, looks, sounds, feels and tastes like? There is no right or wrong answer. See the example below.

United States Constitution				
smells like…	looks like…	sounds like…	feels like…	tastes like…
mildew	paper	loud	rough	bitter

Adapted from Reading Rockets, 2020

Don't have a computer? Here is a list of tools and learning opportunities from any device!	
If you have a cell phone or a tablet *without* internet access…	**…then you can use free default apps such as:** • Pages (iPhone)/Google Docs (Android) • Voice memos • FaceTime (iPhone) • Numbers (iPhone) • iMovie • Camera • Video • Calculator

If you have a cell phone or a tablet *with* internet access…	**…then you can use free apps/websites such as:**
	• Cobb County Schools at cobbk12.org
	  ○ Click Parents, then Digital Textbooks
	  ○ Access Office 365 tools online*
	  ○ Teacher blogs/communication tools
	• Office 365 App (Word, PowerPoint, Teams, Stream, etc.)*
	• Sora, by OverDrive App or soraapp.com (eBooks and eAudiobooks)*
	• PBS Kids Video App or pbskids.org
	• Cobb County Public Library App or cobbcat.org**
	• Clever App or clever.com/in/cobb for access to a variety of resources available through CCSD*

If you have a TV with a cable provider (Xfinity, Direct TV, Dish Flex) …	**…then you can watch educational channels such as:** • PBS/PBS Kids • History Channel • National Geographic • Nickelodeon, Discovery, Animal Planet (Xfinity and Direct TV only)
If you have a streaming service (Hulu, Netflix, etc.) …	**…then you can access educational programming:** • See "Educational Streaming Suggestions" for full details.

If you have a gaming system with internet access (Xbox One, PlayStation 3 or 4, etc.) …	**…then you can consider educational games and websites such as:**
	• See attached list for potential games.
	• Cobb County Schools at cobbk12.org
	  ○ Click Parents, then Digital Textbooks
	  ○ Access Office 365 tools online*
	  ○ Teacher blogs/communication tools
	• Access to free eBooks and eAudiobooks at Soraapp.com*
	• PBS programming at pbskids.org
	• Access a variety of resources available through CCSD at clever.com/in/cobb*
	• Cobb County Public Library at cobbcat.org**

*Login for Office 365, Clever, and Sora: studentfirstname.lastname and password is same as the one used at school

**Login to Cobb County Public Library: Student number and 4-digit birthday (2-digit month and 2-digit day)

*If your child does not have an Office 365 login, which is needed for Office 365, Clever, and Sora, then please contact your child's school for assistance.

Educational Streaming Options – Elementary School

NETFLIX	amazon prime video	Roku	YouTube	hulu	EDUCATIONAL VIDEO GAMES
Ask the Storybots	***Animal Encyclopedia***	***Sing and Spell***	***Kids Learning Tube***	***The Emperor's Newest Clothes***	***Sesame Street: Once Upon A Monster***
Ages 4+ General	Ages 7+ Science	Roku Channel	Ages 7+ Educational videos	Ages 6+ Music	Xbox 360 $21.55
Brainchild	***Art Classic Stories Series***	***PBS and PBS Kids***	***Free School***	***Crafty Rafty***	***Reader Rabbit 2nd Grade***
Ages 7+ Science	Art and Fairy Tales	Roku Channel	Science and Geography Videos	Art	Wii $49.49
Beat Bugs	***Bookaboo***	***National Geographic Kids***	***Smithsonian Channel***	***Earth Day***	***Escape Adventure Island***
Ages 4+ Music	Ages 3+ Reading	Roku Channel	History	Animals	Wii $39.99
Disney Oceans	***Children of the World Series***	***Sesame Go***	***Houston Zoo***	***Go Eco***	***Storybook Workshop***
Elementary Science	Geography	Education Muppets	Animals	Animals	Wii $6.20
Dream Big	***Draw Me a Story Series***	***BatteryPop***	***Amy Poehler's Smart Girls***	***How It's Made***	***Little Big Planet***
Ages 8+ Science	Fine Arts approach to reading and lit	Ages 6+ Math, Science and Health	Science	Science and Technology	PlayStation
Growing Up Wild	***Dino Dan***	***Kids Learning Videos***	***TED-Ed***	***Jane: Documentary***	***Big Brain Academy***
Ages 7+ Science	Ages 5+ Science	Fun and Educational	General	A Portrait of Jane Goodall	Nintendo DS $17.75
If I Were an Animal	***Dino Dana***	***Story Time for Kids***	***Flocabulary***	***Lego Masters***	***Magic School Bus Oceans***
Elementary Science	Ages 4+ Science	Movies, Nursery Rhymes & Short Stories	Basic Concepts Science, Math, Social Studies	Ages 9+ Engineering	Nintendo DS $39.99
The Magic School Bus	***If You Give a Mouse A Cookie***	***Elementary School Kids***	***Math and Learning Videos 4 Kids***	***Dot.***	***Brain Quest***
Ages 5+ Science	Story Telling	Fun Learning Videos	Ages PreK-2nd Math	Ages 5+ Science	Nintendo DS $54.99
Octonauts	***Tumble Leaf***	***STEM***	***Math Antics***	***March of the Penguins 2: The Next Step***	***Spelling Challenges***
Ages 4+ Science	Ages 4+ World Exploration	Science, Tech., Engineering, Math	Math	Science	Nintendo DS $19.99
White Fang	***Wild Kratts***	***Kidoodle.TV***	***What Do We Do All Day?***	***Mr. Snail***	***Lego Creator Island***
Ages 10+ Language Arts	Ages 6+ Wildlife	Ages 4+ Movies and Educational	STEM	Animals	Google, iTunes
The Who Was? Show	***WordGirl***	***Mother Goose Club***	***Mike Likes Science***	***I Spy***	***Pet Bingo***
Ages 8+ History	Ages 6+ Vocabulary	Reimagined Traditional Stories	Science	Kindergarten	K-4 Math Google, iTunes, Amazon
The Cat in the Hat Knows a Lot About That!	***Reading Rainbow***	***Phonics for Kids***	***Blippi***	***Charlie and the Numbers***	***Solar System Astro Cat***
Ages 5+ Science	Story Telling	Early Reading	Story Time	Kindergarten	Google, iTunes, Amazon
***30 Day Trial Free w/ Internet (Fire, Apple, Android, PC, PlayStation, Xbox, Xbox360, PlayStation, Nintendo Switch, Roku, Cable)*	*$99.00 per year for Prime/$29 Firestick (Fire, Apple, Android, PC, PlayStation, Xbox, Xbox360, PlayStation, Nintendo Switch, Roku, Cable)*	*$24.99-39.99 Roku streaming player*	*Available on all platforms with most content FREE (Fire, Apple, Android, PC, PlayStation, Xbox, Xbox360, PlayStation, Nintendo Switch, Roku, Cable)*	***30 Day Trial Free w/ Internet (Fire, Apple, Android, PC, PlayStation, Xbox, Xbox360, PlayStation, Nintendo Switch, Roku, Cable)*	*Cost varies. Check with your gaming system. Free games are available in all categories.*

newsela

Name: _____
Class: _____ Date: _____

Emotion Tracker

Part 1: Before the Lesson

1. Circle the emoji that best represents how you're feeling right now.

2. Explain why you circled the emoji above.

_____

_____

Part 2: After the Lesson

1. Circle the emoji that best represents how you're feeling right now.

2. Explain why you circled the emoji above.

_____

_____

Reflection: What do you notice about your feelings before and after the lesson? Did your feelings change? Why or why not?

_____

_____

_____

Dealing with stress and strong emotions

By Gale, Cengage Learning, adapted by Newsela staff on 03.22.20
Word Count **413**
Level **600L**

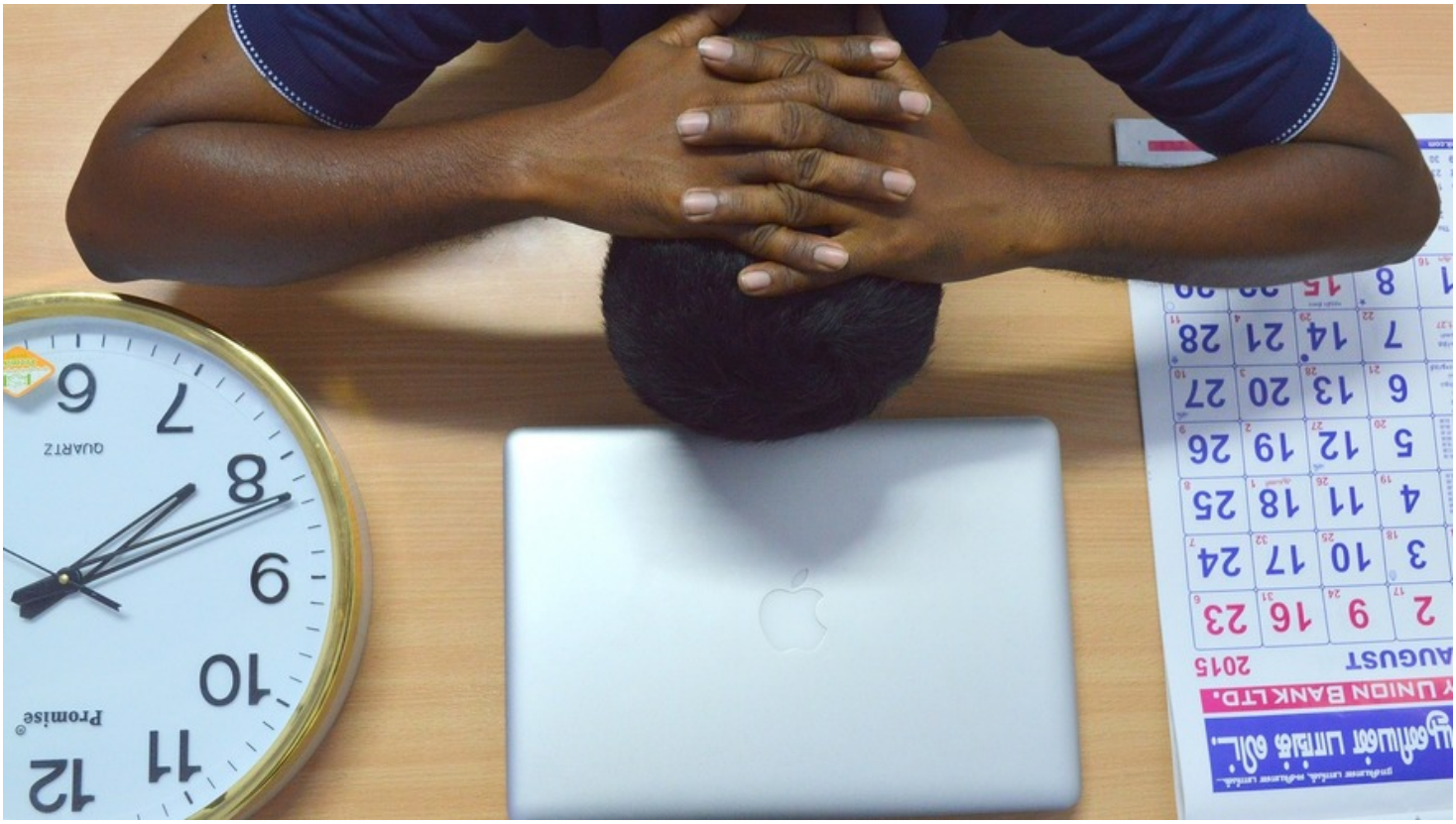


Image 1. Obstacles, conflicts or a heavy workload can often lead to stress. This is a general reaction that can take many forms. Sometimes it can be harmful. Other times, it can inspire people to get past those obstacles. Photo from Pixabay.

Stress is a response to things that frighten us.

When you are in danger, your breathing and heartbeat quicken. This response helps you face the danger.

The same thing can also happen when there is no real danger. Sometimes just thinking about something unpleasant is enough to make you feel stressed.

For example, have you ever felt nervous about going to the dentist? This kind of stress is known as psychological stress.

Major Types Of Stress

Things that cause stress are called stressors. They can be either short-term or long-term.

A short-term stressor is a situation that lasts for a limited time. The stress it causes disappears once the situation is over. For example, you might feel stress before an important test. Once the

test is over, that stress goes away.

A long-term stressor is something that causes stress over a long period of time. For example, being poor can cause constant stress. It makes people worry about paying their bills.

There are three common kinds of stress.

The first is survival stress. This happens when you are facing danger.

Environmental stress is the second kind. It is caused by unpleasant things you run into all the time. For example, loud noises, bright lights, crowds and automobile traffic can all cause stress. They are not dangerous, but they are stressful.

The third kind of stress is internal stress. It is not caused by something outside of you. Instead, it is caused just by thinking about certain things. For example, many people find having to give a speech to a crowd very stressful.

Problems Associated With Stress

Being stressed is a good thing when you are facing danger. Changes in your body make you stronger and faster.

These changes are hard on your body. Still, they only last a short time.

Psychological stress is much more harmful. It can cause serious problems when it is long-term. It can keep you from sleeping and make you sick.

Dealing With Psychological Stress

There are ways to reduce psychological stress.

Slow, deep breathing is one good trick. If you feel stressed, pay attention to your breathing. Try to breathe more and more slowly. Doing this will help you calm down.

Talking about your worries is another good way to reduce stress. Try talking to a friend or parent. Stress grows when you keep it to yourself.

You can also talk to a therapist or school counselor. They are trained to help you feel better.

This article is available at 5 reading levels at https://newsela.com.

Quiz

1 Read the introduction [paragraphs 1-4].

Which sentence from the introduction explains what happens when someone feels stressed?

(A) Stress is a response to things that frighten us.

(B) When you are in danger, your breathing and heartbeat quicken.

(C) The same thing can also happen when there is no real danger.

(D) For example, have you ever felt nervous about going to the dentist?

2 Read the paragraphs from the section "Dealing With Psychological Stress."

Talking about your worries is another good way to reduce stress. Try talking to a friend or parent. Stress grows when you keep it to yourself.

You can also talk to a therapist or school counselor. They are trained to help you feel better.

Which question is answered in these paragraphs?

(A) When do people tend to feel stressed?

(B) Who should people talk to when they feel stressed?

(C) What do people act like when they feel stressed?

(D) How can people prevent themselves from feeling stressed?

3 What information will the reader find in the section "Problems Associated With Stress"?

(A) different effects of stress

(B) different causes of stress

(C) different types of stress

(D) different ways to deal with stress

4 Read the paragraph from the section "Major Types Of Stress."

A long-term stressor is something that causes stress over a long period of time. For example, being poor can cause constant stress. It makes people worry about paying their bills.

Which answer choice BEST describes the structure of the paragraph?

(A) problem and solution

(B) compare and contrast

(C) cause and effect

(D) chronological order

Enlace con el Hogar

Nombre: _____

Eres un entrenador personal de emociones. ¡Ayudas a mantener las emociones de tus clientes en excelente estado! Hoy vas a ayudar a un adulto de tu familia a controlar su ansiedad.

Primero completa el formulario sobre buen estado emocional con el adulto. Luego practiquen cómo controlar la ansiedad usando alguna de las Maneras de Calmarse. ¡Tú y el adulto estarán en óptimo estado emocional en muy poco tiempo!

Formulario de buen estado de ansiedad
Situaciones en las que siento ansiedad:

Estudiante: _____

Adulto: _____

Señales físicas de la ansiedad que yo experimento (marca todas las que correspondan).

Estudiante	Adulto	Señal	Estudiante	Adulto	Señal
☐	☐	Dolor de estómago	☐	☐	Los pensamientos se atropellan
☐	☐	Dolor de cabeza	☐	☐	No es posible enfocarse
☐	☐	Se siente calor	☐	☐	Los músculos se sienten tensos
☐	☐	Se siente frío	☐	☐	Se suda
☐	☐	Se tiembla	☐	☐	Se tienen sentimientos negativos

¿Qué haces para sentirte mejor cuando estás ansioso?

Estudiante: _____

Adulto: _____

Las siguientes son Maneras de Calmarse que se usan después de haber dicho la señal para indicar basta y haber nombrado el sentimiento cuando se está ansioso. Elijan una o más para practicarlas juntos.

Respira. Practiquen la respiración profunda, como hiciste en clase.

Cuenta. Cuenta hacia atrás desde diez (o de dos en dos, de tres en tres o de otra manera que quieran).

Habla contigo mismo(a) de manera positiva. ¿Qué frase positiva puedes decirte a ti mismo cuando estás ansioso?

_____

Esta tarea fue hecha el _____ | _____
(FECHA) (FIRMA DEL ADULTO)

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