

www.uisupply.com

SURVIVAL KIT

- * Activities
 - * Projects
 - * Puzzles
 - * Coupons
- And more...**
-

Sponsored by

UTAH IDAHO SUPPLY
MAP WORLD



Treated by parents across the state of Utah

Experts in Education - Math

ACTIVITY 1

Play fun games with numbers while you are driving in the car, waiting to pick up someone at soccer practice or lying on the grass in the backyard. Each takes only a few minutes to play, but helps your child feel comfortable with numbers and math. Here are a few simple examples:

Guess My Number

Let your child think of a number between two other numbers. You try to guess the number by asking questions. For example, have your child think of a number between 1 and 100. Then you could ask the following kinds of questions:

- Is it more than 50?
- Is it an even number?
- Is it more than 20 but less than 40?
- Can you reach it by starting at zero and counting by 3's?

What Are the Coins?

With your spare change, choose a few coins and put them in your pocket. Then tell your child how much they are worth. Have your child guess the types of coins you have. Give them a turn when they guess it right. Here are some examples:

- I have three coins in my pocket. They are worth seven cents. What coins do I have?
Answer: a nickel and 2 pennies
- I have three coins in my pocket. They are worth sixteen cents. What coins do I have?
Answer: a dime, a nickel, a penny
- I have six coins in my pocket. They are worth thirty cents. What coins could I have?
Answer: 1 quarter and 5 pennies or 6 nickels

ACTIVITY 2

Put together a store with your child. Your child can gather things from the kitchen or other parts of the house and choose prices for each item. Using cash register and play money, be the customer while your child is the cashier. Your child can add up the total first in their head and then check their total with the cash register. Have your child write the total on a piece of paper, which will be your receipt.

- While you and your child play store, ask questions like, "How much would it cost to buy three cartons of eggs? How much does one box of soap cost, if they are 2 for \$5.00? How much do I owe, if I don't buy the cereal?"

ACTIVITY 3

Make practicing math facts a game rather than a chore. Many children find drilling math facts boring. A simple game can make it much more enjoyable for children and parents. Using a deck of cards (you may want to remove some of the face cards or use a deck with just numbers), place all of the cards face down. To begin, each child turns two cards over as you would when playing concentration. Instead of looking for a match with the cards, the child should call out the sum, product or difference (decided before the game begins). If you get the answer correct, then the player gets to keep the set of cards. Whoever has the most cards at the end of the game wins.

ACTIVITY 4

Another Math Review Game. On a piece of white paper, create a grid numbered across one to nine and down one to nine. The grid's squares should be large enough for students to write a readable number in. Decide whether you want your children to practice addition, subtraction, or multiplication facts in this game of speed. After the chart is ready, say "Go!" Each child takes a turn filling in any square on the grid. For example, if you are reinforcing addition facts, the student writes the number six in the square at which the four column and the two row meet ($4 + 2 = 6$). Time how quickly you can fill in the grid. Compare your time to a previous time and see if you can beat it!

ACTIVITY 5

Games make math fun too. Here is a list of some of our favorite games.

- Math Noodlers [*2-3 EPLRN2350 or 4-5 EPLRN2351*]
- Krypto
- Head Full of Numbers - [*LER8898*]
- Farkle
- Rolling in the Money [*LER8897*]

ACTIVITY 6

Get your child not only thinking about math, but thinking about money and how you use it. Give your child a bank that has 3 sections. Use the three sections to teach your child about saving, spending and sharing. The parent may decide how much the child contributes to each category or the parent and child may decide together how much to save, spend or share. It is a great way to teach children to prepare for the future but also budget for the things they want. It is also good to teach children to give to others; whether it is a donation to an individual in need, a donation to a charity or religious contribution. These are the types of actions that can start the conversations that will help children learn about the true value of money.

ACTIVITY 7

Some children will find math more interesting if you combine it with other activities such as art or reading. A perfect way to do this is to try a fun product called "Complete the Picture Math" by Critical Thinking Co. Using math, reading, visual, and spatial reasoning skills, children solve an engaging word problem in order to complete and color an animal picture. This is a quick boredom buster that can be used after school, at home, and on trips to stimulate developing minds.

ACTIVITY 8

At the grocery store, play math games with your child as you walk the aisles. Ask questions that get them using math as you shop. How much lower is the sale price of this item than the regular price? How much would these two items cost? Can you estimate the cost of the items we have in our cart so far? How much is this chicken per pound? How much would three pounds cost? There are endless possibilities.

**COUPON ON
BACK COVER**

SUMMER FIT SAMPLE PAGES



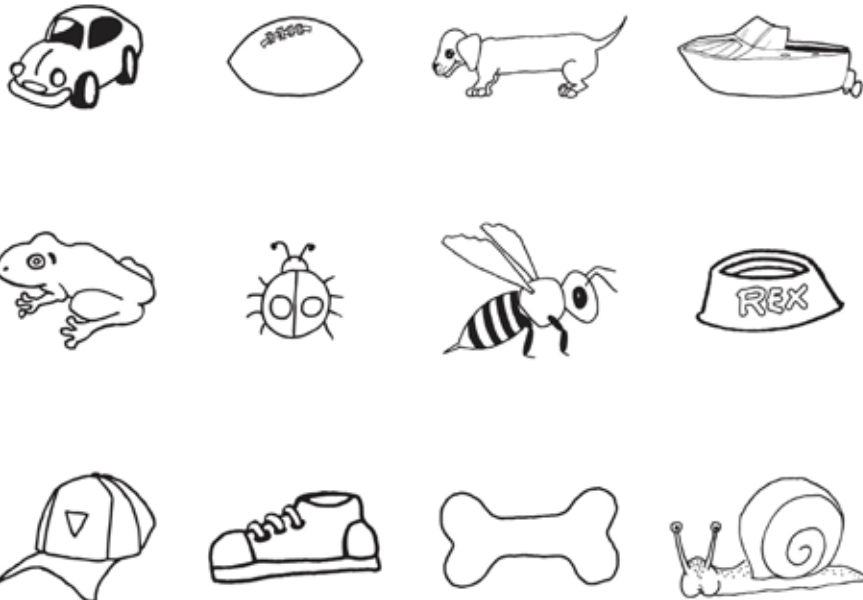
K-1 SAMPLE BOOK

Day
2

Ball begins with the letter Bb. Trace and write the letter Bb.

Tracing lines for uppercase B and lowercase b. The uppercase B has three numbered arrows showing stroke order: 1 (down), 2 (top curve), 3 (bottom curve). The lowercase b has two numbered arrows: 1 (down), 2 (circle).

Color each picture whose name begins with Bb.



Day
1

1-2 SAMPLE BOOK



GET FIT TIME – HOW LONG CAN YOU LAST?

AEROBIC

Choose Your Exercise and Level
Watch exercise videos at www.summerfitlearning.com.

| | | |
|--|---|---|
| Egg Race | Ball or Frisbee Toss and Run | Run or Jog |
| 10-30 Seconds ■ | 31-60 Seconds ■ | 61-90 Seconds ■ |

Finish the fact family.



$5 + 4 = 9$

___ + ___ = ___

$4 + 5 = 9$

___ + ___ = ___

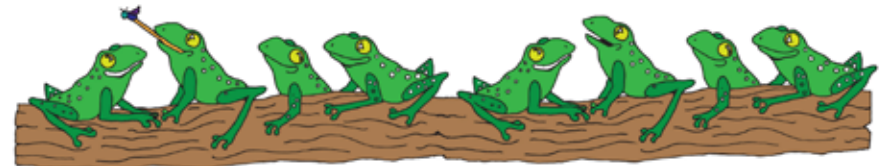
___ - ___ = ___

___ - ___ = ___

___ - ___ = ___

___ - ___ = ___

There were 8 frogs sitting on a log. 3 frogs jumped into the pond. How many frogs are left on the log? Why?



___ frogs are left because ___ - ___ = ___

Week 1

Go to www.SummerFitLearning.com for Additional Games, Trivia and Activities!

5

76

Go to www.SummerFitLearning.com for Additional Games, Trivia and Activities!





Sample Grades 3-4

Week 1 • Day 1
Addition/Subtraction

Great States

Add or subtract. Connect the matching answers to find each state's shape.

| | |
|----------------|------------|
| Delaware | $16 - 9 =$ |
| Massachusetts | $7 + 7 =$ |
| New Hampshire | $15 - 6 =$ |
| New York | $17 + 1 =$ |
| South Carolina | $14 - 3 =$ |
| Maryland | $15 - 2 =$ |
| Pennsylvania | $14 - 9 =$ |
| Connecticut | $12 + 5 =$ |
| Rhode Island | $7 + 3 =$ |
| North Carolina | $13 - 7 =$ |
| Georgia | $7 + 5 =$ |
| New Jersey | $14 - 6 =$ |
| Virginia | $7 + 8 =$ |

$4 + 3 =$
 $9 + 9 =$
 $13 - 8 =$
 $7 + 2 =$
 $6 + 5 =$
 $8 + 5 =$
 $6 + 8 =$
 $18 - 6 =$
 $17 - 7 =$
 $18 - 1 =$
 $12 - 4 =$
 $9 + 6 =$
 $15 - 9 =$



Sample Grades PK-K

Week 1 • Day 2
Identifying 1

One Old Octopus

Trace and write.

Color each shape with 1 fish.

An octopus is shown holding several shapes: a square, a circle, a triangle, a heart, and another square. Each shape contains one or more yellow fish. The octopus is also holding a large circle containing two fish. The background shows water, seaweed, and bubbles.

Experts in Education - Writing

Developing Fluent Writers

What makes a child someone who loves to write? What makes them comfortable with words, instead of reluctant to put pen to paper? Well, it's practice of course. These writing ideas will get your child writing in a way that is fun and exciting for them and for you. Don't be surprised if they start writing on their own after a few of these activities.

ACTIVITY 1

Make a wonderful word jar. Whenever you read or hear a wonderful word (one that is very descriptive, new or wonderful in some way), write it on a slip of paper and drop it in the jar. When you have filled half of the jar, have your child pick three to five words from the jar and make up a story using them.

ACTIVITY 2

Make and write thank-you notes. They can be simple notes made with colored paper, stickers and markers or you can create more elaborate cards by taking them to a craft store and letting them choose paper, sparkles, jewels, etc. A great time to do this writing project is during the summer or Thanksgiving. Have your children pick three people they would like to thank (teacher, grandparent, neighbor) and have them write a note of appreciation to them.

ACTIVITY 3

Hire your child as a movie critic. Show your child some movie reviews online or in the newspaper. Tell them that they have been hired by you to be a new movie critic and you would like them to review a movie. Take them to see a movie or watch one at home. When they are finished, ask them to write their review based on what they liked/disliked about the movie.

ACTIVITY 4

Write letters to family members who live out of town. Children love to tell cousins, aunts and uncles what they are up to. They can even illustrate their letter. An added bonus is that the child usually receives a letter in return!

ACTIVITY 5

Go on a writing scavenger hunt. Put together a list of items you might find either on a nature walk or around the house. You can put together a specific list or set a theme such as ten blue items or items that weigh less than a certain amount. Gather the items together and ask your child to write a story using all of the items in the bag.

ACTIVITY 6

When you travel encourage children to send postcards to their friends and family. They can even send postcards to themselves. That way, when they get home they will have a travel log of their trip!

ACTIVITY 7

Give your child stationery and pens as a gift. Choose paper and pens that match their interests and personality. Who could resist writing with an old-fashioned quill pen or a bright green feather pen?

ACTIVITY 8

Play word games. Games like Boggle, Upwords, Balderdash, and Word on the Street provide your child an interesting and fun way to play with language. Seeing how others play with language broadens a child's view of how language can be used.

Some games we recommend:

- Bananagrams
- You've Been Sentenced [MND10010]
- See Spot Spell [LER5042]

ACTIVITY 9

Use magazine pictures as a story starter. Have your child cut out photographs of people from magazines. When they have finished, have them pick two or three of them. Write about who the people are, what their lives are like, and how they might know each other. It would also be fun to place the pictures of people in a geographic location and ask the children to write about what they are doing there.

ACTIVITY 10

Have your child read lots of comics as research. Then ask them to write and illustrate their own comic. There are several online programs for making comic books if you need some help.

ACTIVITY 11

Use your newspaper. Cut out some headlines and stick them at the top of a sheet of paper. Keep an eye out for really funny headlines that you think the kids will like. If your newspaper headlines are boring, mix words from several headlines until you get something unusual. For older children you could choose political or current affairs headlines. Ask your child to write a story to go with the headline. And don't forget that all good newspapers need pictures too!

Additional Ideas:

Write a script. Write and perform a puppet show, play or animation.

Go to a park or cafe and do some people watching. Choose some people and make quick notes about them – how did they look, what were they wearing. Write a story about them when you get home.

Design and write an online blog. It seems to motivate children if their musings are to be read by lots of people.

Experts in Education - Science

Science is all around you. Your backyard, your kitchen and other areas around your home provide natural “laboratories” for children. Children are curious; exploring with science can be lots of fun while also teaching them a great deal about themselves and their world. Here are a few ideas put to get your budding scientist excited.

ACTIVITY 1

Bring science into your kitchen. Kids enjoy cooking so let them explore science while they are doing it. Encourage your child to see how everyday ingredients react when mixed and manipulated. For example, on a weekend morning, make pancakes. Cook it once with baking powder. The second time, leave out the baking powder and observe the differences. Here are some questions you might ask:

When you leave out the baking powder:

- Does the batter look different?
- Do the pancakes look different while they are cooking?
- Do the pancakes smell different?
- Do the pancakes feel different?
- Do the pancakes taste different?

ACTIVITY 2

Make or purchase a star wheel and stay up late looking up at the stars and identifying the constellations with your child. When you have finished, visit the Clark Planetarium and their website to learn more about astronomy and space science. Online you can take quizzes, print out scavenger hunts to bring with you on your visit or connect with other sites that will help you learn even more about space and stars. You can top off your visit with a star show or show about black holes in the Hansen Dome. If you want more, attend one of the free star parties hosted by the Salt Lake Astronomical Society during the summer.

Website: <http://www.clarkplanetarium.org/guides-and-handouts.html>

ACTIVITY 3

Help your child find out how things work. Whether they want to be engineers or not, most kids are fascinated by how things work. To discover the scientific principles behind everyday technology, learn about famous inventors such as Thomas Edison and then do projects that show how their inventions work. If you need help, you can use the book *Scientists Through the Ages* by Janice VanCleave to learn about these famous scientists and then do hands-on projects that demonstrate the science behind their discoveries. ***This book may be purchased on Amazon.com***

ACTIVITY 4

Make a connection with the creatures that live around you. Every child loves to collect bugs from their backyard, put them in jars and bring them inside to watch them. A butterfly garden can give your child the opportunity to watch the entire process of insect metamorphosis up close. In just three weeks, your child will watch caterpillars mature and change into chrysalises and then emerge as butterflies. When they are fully grown, you can release the butterflies into your backyard. A bug viewer would also allow a child to observe a variety of bugs. Nothing is worse than losing your bug, keep your bug safe in a bug viewer.

ACTIVITY 5

Use a microscope to examine things around you. Collect samples from places like your backyard (such as dirt, leaves or grass), your body (skin, hair, nails) and your kitchen (spices, produce, milk) to see everyday things in a new light. What surprises you? How different does it look up close?

ACTIVITY 6

Explore electricity and build something that really works. Snap Circuits is a wonderful electronics kit that is so engaging for kids that it's hard to put down. With easy snap together pieces, your child can build 100 different things, including a working doorbell, an AM radio and a sound controlled switch. Once your child gets the hang of it, she can create original projects and see where electricity and creativity takes her.

ACTIVITY 7

Get a science activity or kit. There are a variety of science kits available.

- Thames & Kosmos [various kits available]
- Eino Science [various kits available]
- Tornado Tube [TTB200]
- Education Insights [On-the-Go Science EI7254]

ACTIVITY 8

Subscribe to a science magazine. Mad Science puts out YES magazine for children ages 10-15 and KNOW magazine for children ages 6-9. Other choices include KIDS DISCOVER, Odyssey Magazine, and ASK magazine.

SCIENCE PROJECT - GROW A SUGAR CRYSTAL

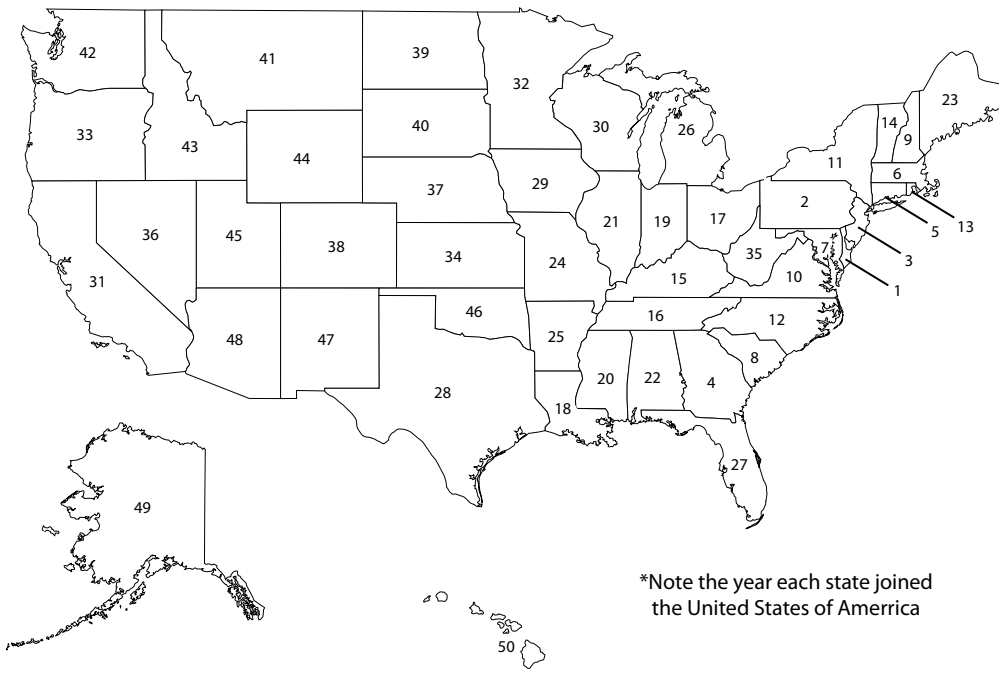
1. Bring one cup of water to a boil while stirring in 3 cups of sugar. Make sure you keep stirring until as much sugar has dissolved as possible. TIP: Add some food coloring to the solution to give your crystals a color.
2. Allow the water to cool then pour your boiling sugar water into a **clean** glass jar or container. This is where you will grow your crystals. Make sure you don't transfer any undissolved sugar in the jar or container. Otherwise your crystals may grow on the sugar on the bottom of your jar or container.
3. Suspend a wooden stick or heavy textured string into the solution.
4. Allow the solution to sit without disturbing the experiment. (you will see crystals within 24 hours, longer for larger crystals)
5. To keep it clean, cover it with a paper towel.

WARNING: *Make sure you have adult supervision. Boiling water can be very dangerous and cause serious injury if not handled carefully.*



United States of America

Name the State Activity

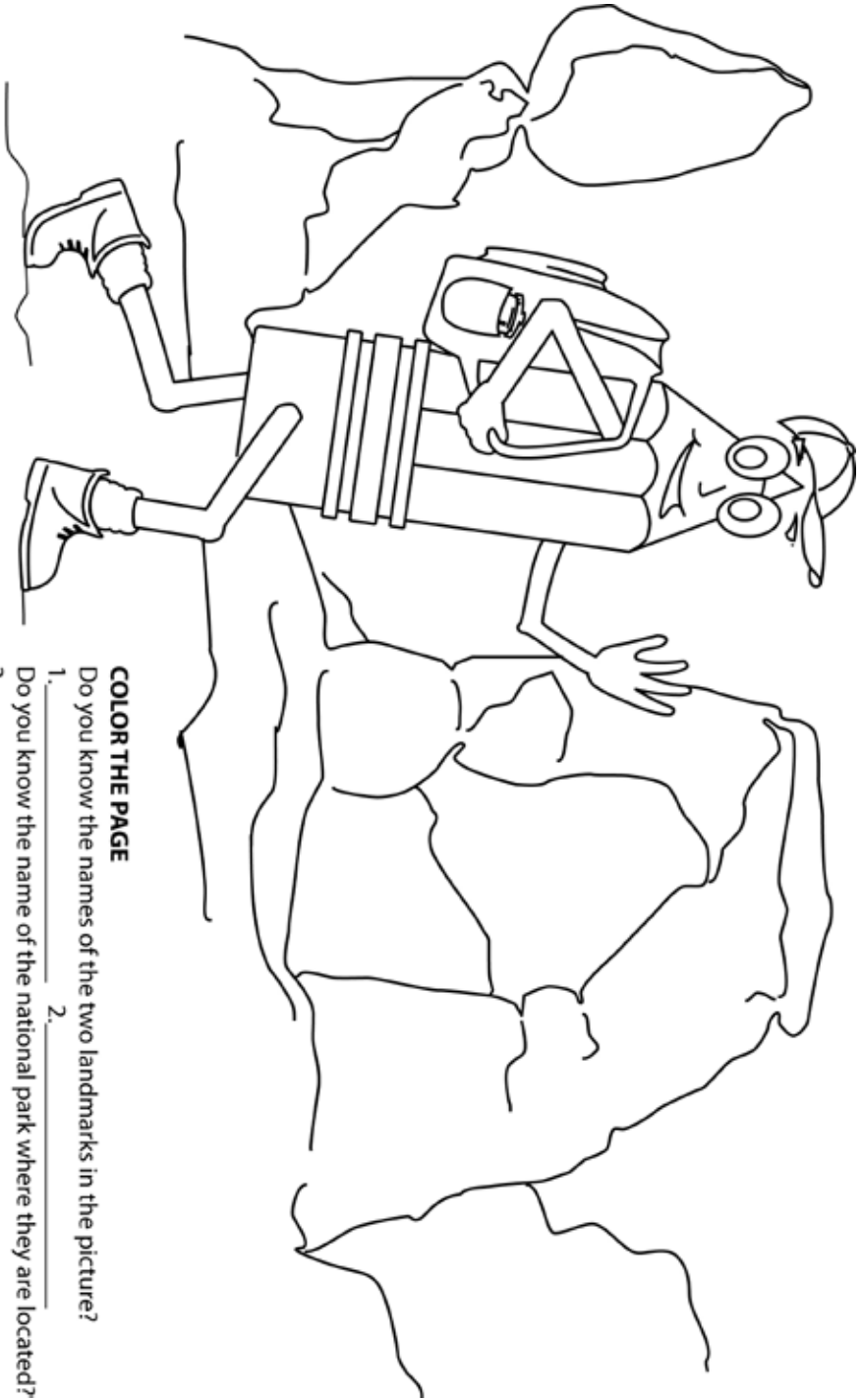


*Note the year each state joined the United States of America

- | | | |
|-----------------|-----------------|-----------------|
| 1 (1787) _____ | 2 (1787) _____ | 3 (1787) _____ |
| 4 (1788) _____ | 5 (1788) _____ | 6 (1788) _____ |
| 7 (1788) _____ | 8 (1788) _____ | 9 (1788) _____ |
| 10 (1788) _____ | 11 (1788) _____ | 12 (1789) _____ |
| 13 (1790) _____ | 14 (1791) _____ | 15 (1792) _____ |
| 16 (1796) _____ | 17 (1803) _____ | 18 (1812) _____ |
| 19 (1816) _____ | 20 (1817) _____ | 21 (1818) _____ |
| 22 (1819) _____ | 23 (1820) _____ | 24 (1821) _____ |
| 25 (1836) _____ | 26 (1837) _____ | 27 (1845) _____ |
| 28 (1845) _____ | 29 (1846) _____ | 30 (1848) _____ |
| 31 (1850) _____ | 32 (1858) _____ | 33 (1859) _____ |
| 34 (1861) _____ | 35 (1863) _____ | 36 (1864) _____ |
| 37 (1867) _____ | 38 (1876) _____ | 39 (1889) _____ |
| 40 (1889) _____ | 41 (1889) _____ | 42 (1889) _____ |
| 43 (1890) _____ | 44 (1890) _____ | 45 (1896) _____ |
| 46 (1907) _____ | 47 (1912) _____ | 48 (1912) _____ |
| 49 (1959) _____ | 50 (1959) _____ | |

1. Delaware 2. Pennsylvania 3. New Jersey 4. Georgia 5. Connecticut 6. Massachusetts 7. Maryland 8. South Carolina 9. New Hampshire 10. Virginia 11. New York 12. North Carolina 13. Rhode Island 14. Vermont 15. Kentucky 16. Tennessee 17. Ohio 18. Louisiana 19. Indiana 20. Mississippi 21. Illinois 22. Alabama 23. Maine 24. Missouri 25. Arkansas 26. Michigan 27. Florida 28. Texas 29. Iowa 30. Wisconsin 31. California 32. Minnesota 33. Oregon 34. Kansas 35. West Virginia 36. Nevada 37. Nebraska 38. Colorado 39. North Dakota 40. South Dakota 41. Montana 42. Washington 43. Idaho 44. Wyoming 45. Utah 46. Oklahoma 47. New Mexico 48. Arizona 49. Alaska 50. Hawaii

1. Balding Peak 2. Delicate Arch 3. Arches National Park



COLOR THE PAGE
 Do you know the names of the two landmarks in the picture?
 1. _____
 2. _____
 3. _____

CREATIVE TEACHING PRESS - COOTIE CATCHERS

Name _____ Date _____ 5

Put the Words in ABC Order

Before you FLIP

Hint: Remember, if the first letter of each word is the same, look at the second letter in each of the words. **Best** comes before **boat** because **e** comes before **o** in the alphabet.

After you FLIP

On the back of this paper, write four of your classmates' names in ABC order.

MAKE YOUR OWN!

How to Make

1. Carefully cut along the outline of the square. Fold and unfold the square in half diagonally in both directions to make two creases that form an X.



4. Fold the square in half, making a rectangle. Unfold and fold in half in the opposite direction, making a rectangle.



2. Place the paper facedown, and then fold each of the four corners in so that their points touch the center.



5. Slide both index fingers and thumbs under the four flaps.



3. Turn the paper over so the flaps are facedown. Again, fold each of the four corners in so their points touch the center.



6. Use your thumbs and index fingers to pinch the top corners together and form a point. You are ready to play.



Top-Left Quadrant: cat, crate, coat

Top-Right Quadrant: sun, saw, sit

Bottom-Left Quadrant: farm, fat, fan

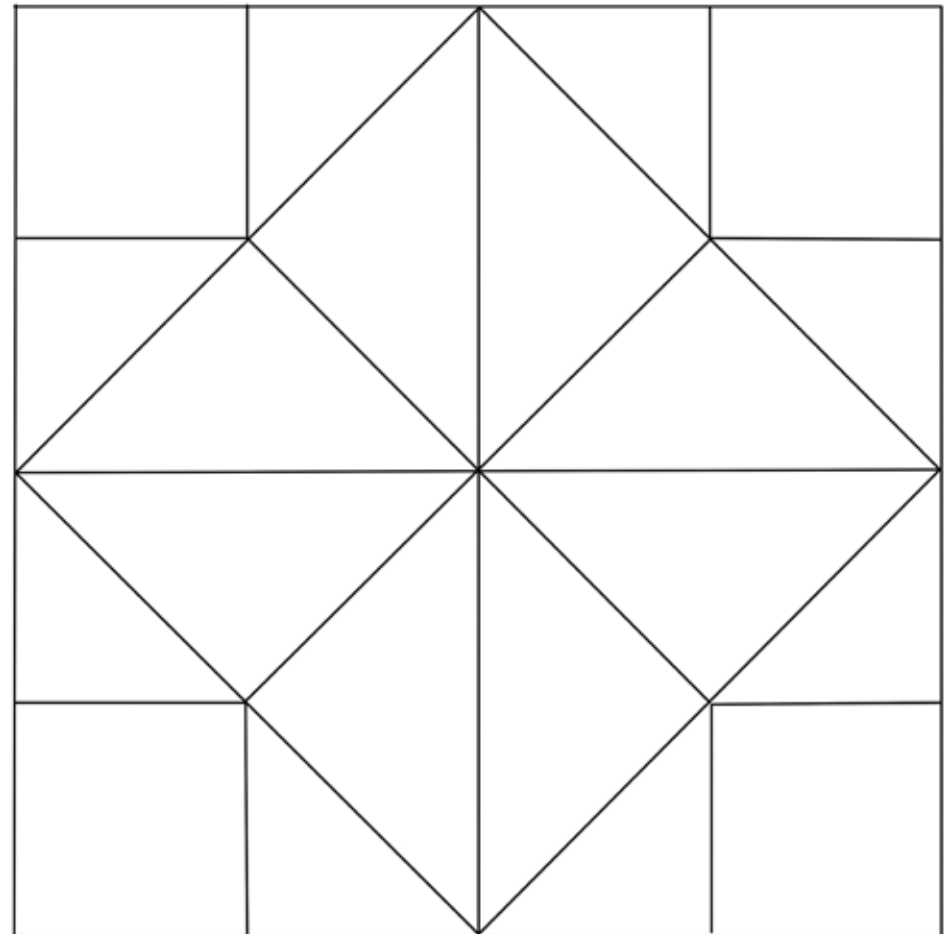
Bottom-Right Quadrant: fish, bowl, water

Center (Sun): fan, farm, fat; pick, sick, stick; run, sit, walk

Left Side (Vertical): cat, coat, crate; grapes, grew, grin

Right Side (Vertical): saw, sit, sun; bowl, fish, water

Bottom (Horizontal): run, sit, walk; blue, green, red



Make a Shoebox Diorama!

Shoebox Diorama

A diorama is a small model of a real-life scene that has lifelike details and a realistic background. It can be anything you want it to be so get out the scissors, pencils, and pipe cleaners! Pick your habitat and let's get started!

Here is how you can create a shoebox diorama in 6 easy steps:

Step 1

Choose a habitat to recreate. Make sketches of how you want your diorama to look, practically plan the front, back, sides, and top. Make the inside of the diorama look as deep and 3 dimensional as you can. Make a list of the things you will need to make your diorama. Use a variety of materials. Try going to a recycled craft store for some materials.

Step 2

Make a base for the model out of a shoe box or other box about the size of a shoebox. Make sure your box is sturdy. If it is not the top will collapse and ruin your hard work!

Step 3

Find small figures to go along with your scene or make them out of clay, printouts, pipe cleaners, plasticine or other materials. Use your imagination - it is the best art tool!

Step 4

Be creative. Anything you can find (cotton balls, leaves, twigs, etc.) will usually work. Make every detail count.

Step 5

Hang flying objects with clear string such as mono filament used for fishing line, if you have it. If you don't, ribbon in the same color as the background will work as well. Make sure you keep the lid to cover up your work. Don't want it to get ruined.

Step 6

Hooray all done!

Tips to enhance your diorama:

- 1 - Put bigger items in the back, leaving the scene easy to see.
- 2 - The most important object of your diorama should be centered or just a bit off center to draw the viewers attention to it first. Or you could just put it closer to the front so you know it should be the center of attention.
- 3 - Green and brown pipe cleaners are great for plants. You can also buy miniature plants from a Super center or a crafts store. Or, you could go to your local pet store, go to the fish department, find where they keep the tank accessories, and buy some of those miniature plants that people put in their fish tanks. Or, if you have fish at home, you could just take something right out of the tank. Just make sure the fish is cool with it. Don't use anything with castles, etc. unless that's the theme you're going for.
- 4 - You can use cotton balls for clouds or snow.
- 5 - Be sure to use color all over. You don't want a blue sky with brown (cardboard box) spots showing in it, do you?
- 6 - Don't be too big too fast. Make the bare minimum of your diorama then build up. Details, details, details!
- 7 - Use everything! Natural resources can be a big help. Try using twigs if your diorama has trees. Or go to a recycled craft store to be more green.
- 8 - Use the right tool for the job. It is not wise to color in a cardboard lid with blue- the bright colors will fade and brown will show. Ink can also cause the cardboard to sag or become flimsy.

When it comes to sky or ground, colored construction paper is the way to go!

9 - For more detail or workspace, use a box that is larger than a shoebox.

10 - Think outside of the box. You can use virtually anything for this project. tin cans, coffee cans, bottles, etc. And recycled stuff from your local recycled craft store!

11 - Recycling centers usually have a large variety of random stuff laying around, and you don't know what you might happen upon if you take a trip. Yes, it is possible to find small beads, pipe cleaners, etc. that are good diorama components. It's usually cheap too, only about 50 cents for every pound of junk you buy.

Suggested materials you could use:

- 1 - Shoe box (or cardboard box about the same size)
- 2 - Crayons, colored markers, colored pencils, acrylic or tempera paints
- 3 - Construction paper, cotton balls, pipe cleaners, toothpicks, clay
- 4 - Yarn, string, felt, foam, Popsicle sticks, tongue depressors
- 5 - Dirt, sand, leaves, twigs
- 6 - Tape, glue, scissors
- 7 - Small figures, Legos, clip art printouts found on free Internet websites
- 8 - Clay will do fine but, lay newspaper on your work space. (For kids Model Magic is awesome. Find in craft stores or in the craft section.)

Taken from WikiHow.com <http://www.wikihow.com/Make-a-Diorama>



Sample diorama from <http://www.firstpalette.com>

SUMMER FIT



Available in K-5

WHY GET SUMMER FIT?

- 1 - Summer Fit includes 10 weeks of skill-based activities in reading, writing and math.
- 2 - Summer Fit Summer Fit features a daily exercise program to help foster active lifestyles and get children and parents moving together.
- 3 - Summer Fit includes value-based activities featuring some of the world's greatest leaders and athletes including Mother Teresa, Gandhi and Harriet Tubman to teach and inspire children.
- 4 - Summer Fit includes FREE online activities and games to reinforce basic skills as part of a well-balanced, multi-platform approach to learning that includes workbooks, technology and physical activity.

Leave Summer Learning Loss Behind

Research shows*:

- Kids can lose more than two months of skills learned during the school year over the summer—that's almost a third of the school year
- Teachers typically spend between 4 to 6 weeks re-teaching material students have forgotten over the summer
- Maintaining learning during the summer prepares kids for the year ahead

Summer Express provides:

- A 10-week program of engaging and fun activities:
Weeks 1-5 kids review and practice skills learned in the previous grade
Weeks 6-10 help kids ease the transition from one grade to the next by reinforcing and building on already mastered skills
- Advice from the most trusted name in learning

Available in PK-8



SAVE 100%

OFF THE RETAIL PRICE

ON A SUMMER EXPRESS OR SUMMER FIT WORKBOOK

Limit one book per coupon. Not valid with any other discount or promotion. Limited to supply on-hand. Valid through July 31st 2011