

Online Resources:

Math

Reflex Math -

<https://www.reflexmath.com/>

IXL-

[Ixl.com](https://www.ixl.com)

Math Snacks

<https://mathsnacks.com/>

Math Games

<https://www.mathgames.com/>

Math Play

<https://www.math-play.com/>

Prodigy

<https://sso.prodigygame.com/signup>

ELA

IXL-

[ixl.com](https://www.ixl.com)

Vocabulary.com

<https://www.vocabulary.com/>

Khan Academy

<https://www.khanacademy.org/ela>

Read Theory

<https://readtheory.org/>

EPIC!

<https://www.getepic.com/>

Education.com

<https://www.education.com/games/ela/>

Notes:

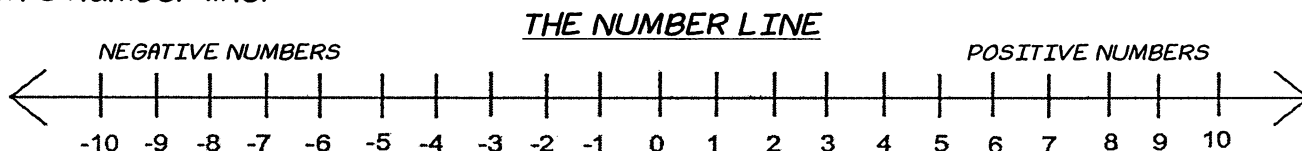
- We recommend students spend 2-3 hours per day engaged in instructional activities to include the materials enclosed in this packet as well as reading and utilizing online resources.
- Many teachers have Google classrooms with links to resources. Please encourage your student to check these often.
- If your child is unsure of his or her password or username for IXL, Reflex math, or Brain Pop, please have him or her email the teacher.
- 6th grade students are encouraged to practice on Reflex.com for 20 - 30 minutes at least 3 days a week to foster factor fluency.
- If you do not have a paper copy of assignments, please feel free to record answers on notebook paper.
- Each student is encouraged to READ and record their progress on the reading log enclosed in this packet.
- PLEASE RETURN YOUR COMPLETED PACKET TO YOUR HOMEROOM TEACHER WHEN WE RETURN TO SCHOOL.

READING LOG

[illegible]

INTEGER CHEAT SHEET

Integers- A set of positive and negative whole numbers. They can be represented on a number line.



Absolute Value- The distance a number is from zero on the number line. An absolute value is never negative. Examples: $|-5| = 5$ and $|5| = 5$

ADDING INTEGERS

SAME SIGN- Add and Keep the Sign!

Add the absolute value of the numbers and keep the same sign.

(positive) + (positive) = Positive

$$(+4) + (+5) = +9$$

(negative) + (negative) = Negative

$$(-4) + (-5) = -9$$

DIFFERENT SIGNS- Subtract and Keep the Sign of the Bigger Number!

Subtract the absolute value of the numbers and keep the sign of the bigger number.

$$(-4) + (+5) = +1$$

$$(+4) + (-5) = -1$$

SUBTRACTING INTEGERS

Do not subtract integers. You must change the signs:

"Add the Opposite"

KEEP- Keep the sign of the first number

CHANGE- Change the subtraction sign to addition

CHANGE- Change the sign of the second number to the opposite sign. If it is positive- change to negative. If it is negative- change to positive.

$$(+4) - (-4)$$

Keep change change
 $(+4) \quad + \quad (+4)$

NOW USE THE RULES FOR ADDING:

SAME SIGN- Add absolute values and keep sign:

$$(+4) + (+4) = 8$$

MULTPLYING INTEGERS

SAME SIGNS- POSITIVE

Multiply the numbers. Answer will be positive.

$$(-5) \times (-5) = +25$$

DIFFERENT SIGNS- NEGATIVE

Multiply the numbers. Answer will be negative

$$(+5) \times (-5) = -25$$

DIVIDING INTEGERS

SAME SIGNS- POSITIVE

Divide the numbers. Answer will be positive.

$$(-5) \div (-5) = +1$$

DIFFERENT SIGNS- NEGATIVE

Divide the numbers. Answer will be negative

$$(+5) \div (-5) = -1$$

Integers Practice Worksheet

Name: _____ Class: _____ Date: _____

1) $-2 + (-8) =$ _____

25) $7 \times 8 =$ _____

2) $8 + (-4) =$ _____

26) $-5 \times 7 =$ _____

3) $-6 + 3 =$ _____

27) $4 \times (-8) =$ _____

4) $6 + (-4) =$ _____

28) $-8 \times (-2) =$ _____

5) $-1 + 7 =$ _____

29) $11 \times (-2) =$ _____

6) $-8 + 3 =$ _____

30) $-7 \times 6 =$ _____

7) $-2 + (-6) =$ _____

31) $-8 \times (-8) =$ _____

8) $6 + (-9) =$ _____

32) $10 \times 4 =$ _____

9) $-5 + (-7) =$ _____

33) $21 \times 13 =$ _____

10) $-4 + (-7) =$ _____

34) $-15 \times 12 =$ _____

11) $4 + (-7) =$ _____

35) $-25 \times (-14) =$ _____

12) $-4 + 7 =$ _____

36) $10 \times (-25) =$ _____

13) $2 - 5 =$ _____

37) $14 \div 7 =$ _____

14) $-5 - 2 =$ _____

38) $21 \div (-3) =$ _____

15) $-6 - 3 =$ _____

39) $-15 \div 5 =$ _____

16) $10 - (-3) =$ _____

40) $-27 \div (-9) =$ _____

17) $-9 - (-2) =$ _____

41) $45 \div (-9) =$ _____

18) $0 - (-5) =$ _____

42) $-42 \div 6 =$ _____

19) $-12 - (-3) =$ _____

43) $-105 \div (-15) =$ _____

20) $8 - 13 =$ _____

44) $63 \div (-9) =$ _____

21) $11 - (-6) =$ _____

45) $108 \div 6 =$ _____

22) $5 - (-12) =$ _____

46) $-204 \div 17 =$ _____

23) $12 - (-12) =$ _____

47) $240 \div (-15) =$ _____

24) $-12 - (12) =$ _____

48) $-252 \div (-12) =$ _____

Name : _____

Constant of Proportionality - Table

L1S1

Determine the constant of proportionality(k) for each table and write the proportional relationship between x and y .

1)

x	10	20	35	45
y	4	8	14	18

2)

x	9	4	2	11
y	63	28	14	77

3)

x	2	3	8	10
y	8	12	32	40

4)

x	14	21	28	35
y	12	18	24	30

5)

x	72	45	36	18
y	32	20	16	8

6)

x	5	7	9	12
y	40	56	72	96

7)

x	4	7	9	14
y	12	21	27	42

8)

x	24	28	12	16
y	6	7	3	4

7RP	On Wednesday, 30 students went to after-school tutoring. On Thursday, 6 students went. What is the percent decrease in the numbers of students who went to tutoring?
7NS	Which situation can be represented by the equation $-4(5) = -20$? a) Jasmine exercised for 4 hours after school each day last week. b) The cost of a summer pool pass increased \$4 each of the last 5 years. c) Jasmine earned \$4 for each of 5 classes in which she received an A. d) The temperature dropped 4 degrees each hour for 5 consecutive days.
7EE	Brenda and Michael simplify the expression, as shown below. $\text{Brenda: } -5x + (2 + x) = -5 + x + 2 = -4x + 2$ $\text{Michael: } -5x + (2 + x) = (-5x + 2) + x = -3 + x$ Who simplified the expression correctly?
7G	A fast-food restaurant offers delivery service anywhere within a 6-mile radius. What area does the restaurant delivery service cover? Round your answer to the nearest square mile.
7SP	A factory worker conducted test on a random sample of 150 products. Of the products tested, 2 were found to have defects. Based on this information, how many products in a batch of 3,000 are likely to be defective?

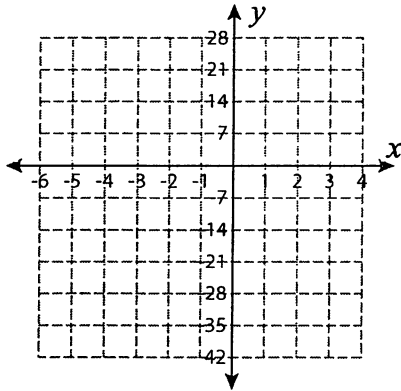
7RP	Megan uses $\frac{2}{3}$ cup of almonds to make 4 cups of trail mix. Using this same proportion, how many cups of almonds would Megan need to make 9 cups of trail mix?												
7NS	Divide. $-1\frac{1}{5} \div -1\frac{5}{6}$												
7EE	Keith paid a total of \$48 for 4 movie tickets. He used a coupon for \$4 off the entire order. The equation below can be used to determine the regular price of 1 movie ticket, t . $4t - 4 = 48$ What is the regular price of 1 movie ticket?												
7G	The circumference of the circular table on Beverly's porch is 72π inches. What is the radius of the table?												
7SP	Ronda recorded the colors of the last 250 cars driving by her house in the table below. Using the data, what is the probability that the next car to drive by will be red or blue? <table border="1" data-bbox="933 1654 1263 1873"> <thead> <tr> <th>Color</th><th>Number of Cars</th></tr> </thead> <tbody> <tr> <td>blue</td><td>70</td></tr> <tr> <td>green</td><td>30</td></tr> <tr> <td>red</td><td>50</td></tr> <tr> <td>white</td><td>80</td></tr> <tr> <td>yellow</td><td>20</td></tr> </tbody> </table>	Color	Number of Cars	blue	70	green	30	red	50	white	80	yellow	20
Color	Number of Cars												
blue	70												
green	30												
red	50												
white	80												
yellow	20												

Proportional Relationship

Use the graph to tell whether x and y are in proportional relationship.

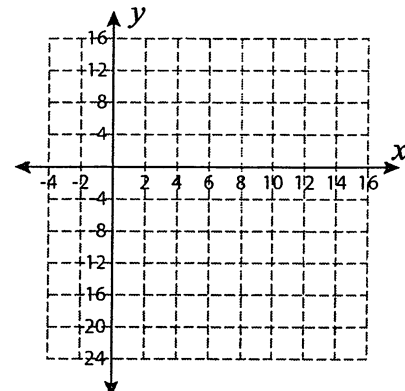
1)

x	-5	-4	-2	2	3
y	-35	-28	-14	14	21



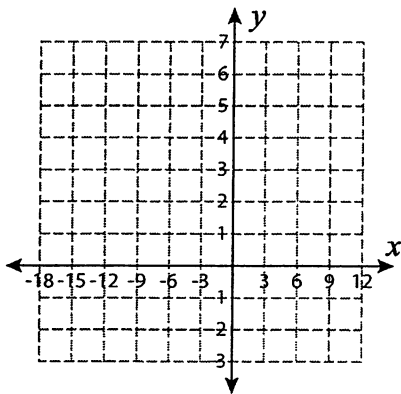
2)

x	4	0	-2	2	6
y	12	4	0	-8	-16



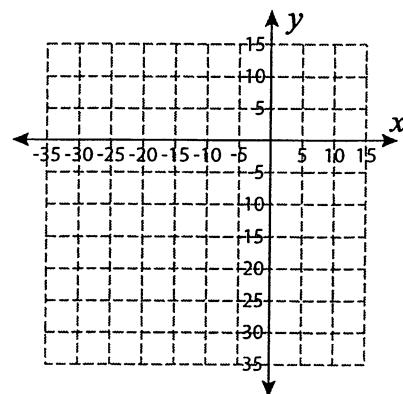
3)

x	3	3	3	3	3
y	-3	0	2	4	6



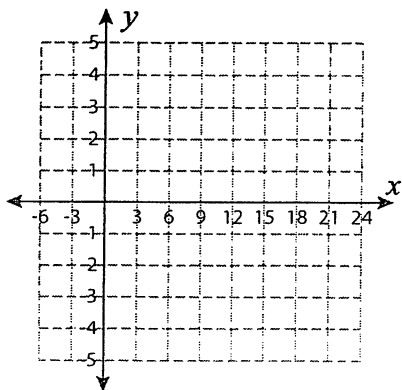
4)

x	-15	-5	5	10	15
y	15	5	-5	-10	-15



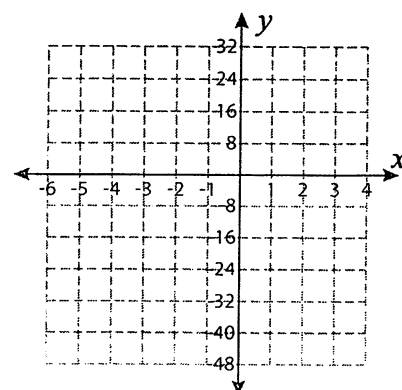
5)

x	-6	6	12	18	24
y	1	-1	-2	-3	-4



6)

x	-4	-2	-1	2	3
y	-40	-24	-16	8	16



Division (A)

Find each quotient.

$$2 \overline{)1054}$$

$$5 \overline{)4535}$$

$$7 \overline{)4725}$$

$$5 \overline{)2050}$$

$$5 \overline{)2430}$$

$$9 \overline{)3375}$$

$$2 \overline{)1852}$$

$$3 \overline{)2622}$$

$$4 \overline{)1416}$$

$$9 \overline{)7092}$$

$$7 \overline{)5208}$$

$$4 \overline{)1872}$$

$$9 \overline{)2853}$$

$$7 \overline{)6300}$$

$$2 \overline{)1288}$$

Converting Fractions to Decimals (A)

Name: _____

Date: _____

Convert each fraction to a decimal.

$$\frac{4}{6} =$$

$$\frac{1}{8} =$$

$$\frac{11}{12} =$$

$$\frac{14}{20} =$$

$$\frac{1}{3} =$$

$$\frac{2}{3} =$$

$$\frac{2}{5} =$$

$$\frac{4}{5} =$$

$$\frac{8}{11} =$$

$$\frac{1}{4} =$$

$$\frac{5}{12} =$$

$$\frac{7}{9} =$$

$$\frac{5}{7} =$$

$$\frac{8}{10} =$$

$$\frac{6}{10} =$$

$$\frac{3}{5} =$$

$$\frac{16}{20} =$$

$$\frac{2}{7} =$$

$$\frac{9}{10} =$$

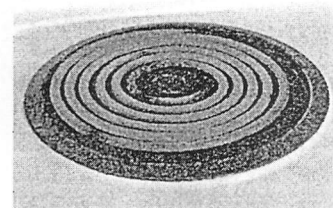
$$\frac{3}{20} =$$

STEMscopedia: INTERACTIONS OF BODY SYSTEMS

7L2C

Reflect

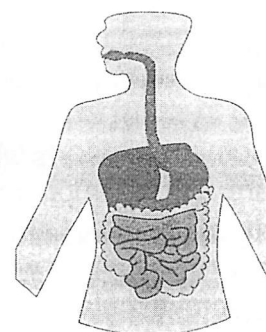
Imagine your parent just took a dish out of a hot oven without you knowing, and you touched it. What happens next? Your hand jerked away before you were even fully aware of how hot the dish was. Our body systems can and must work together in amazing ways for optimal function and to keep us safe!



What is a body system?

A body system is a group of tissues, glands, or organs that work together to perform functions that keep an organism alive. All the body systems serve different functions. From moving blood around the body to deliver nutrients and remove wastes to providing support, protection, and movement, the systems of the body keep us alive. That's why it's important to keep the body systems healthy and strong.

This is the human digestive system. All of the organs shown, including the stomach and intestines, work together to digest food to break it down to the molecules your body needs to get energy.

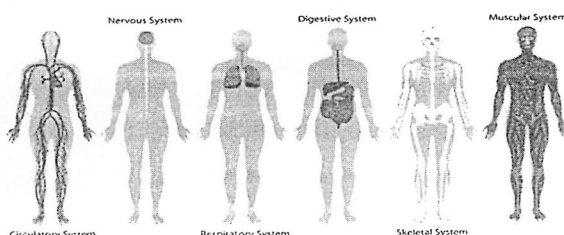


Application

Match the following body system with its basic function to review before moving on.

cardiovascular	removing toxins from blood
excretory	structural support
digestive	moving blood, nutrients, and waste around the body
respiratory	processing and responding to the environment
muscular	breaking down food and removing waste
nervous	gas exchange
immune	movement
skeletal	protecting the body from foreign invaders

Human Body Systems



STEMscopedia:

Interaction Among Body Systems

All of the human body systems work together daily to keep you alive and functioning properly. The body is similar to a complex machine in that if one part does not work properly, some or all of the parts will also be affected.

Look Out

Sometimes it is easy to think about the body systems as being separate from one another, but, in truth, none can function without all the rest.

No system stands alone.

Some might try to argue that certain systems are more important than others, but in actuality, all are equally important in helping the others function. Some might say the nervous system is the most important since it sends and receives the signals necessary to carry out life functions, but the nervous system will not work without oxygen taken in by the respiratory system and delivered by the cardiovascular system. So while the nervous system is in charge of operations, it requires supplies from other systems.

Muscular and Skeletal Systems

These two systems work closely together to provide the other body systems with support, protection, and functionality. The skeletal system is not just a means of movement and structural support; it is also the source of blood cells for the circulatory and immune systems. The bones would not be able to stand upright or move without the muscular system. The digestive organs, blood vessels, and heart are also made up of muscles.

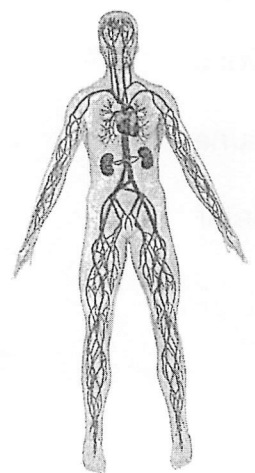
Cardiovascular, Respiratory, and Digestive Systems

The respiratory and digestive systems interact with the cardiovascular system to get the necessary oxygen and nutrients delivered to every cell in the body. The blood cells drop off oxygen, and nutrients are absorbed from the bloodstream, which in turn picks up waste from the cells and delivers it to the lungs and kidneys.

Cardiovascular, Excretory, and Immune Systems

The circulatory system is important for taking waste from the cells and the kidneys of the excretory system, then filtering these wastes out of the blood and removing it from the body. The circulatory system also works with the immune system to deliver white blood cells to wherever they are needed to fight foreign invaders.

The circulatory and excretory systems.



STEMscopedia: INTERACTIONS OF BODY SYSTEMS

What Do You Think?

All systems have importance, but some malfunction occasionally. Think about the different body systems and decide which ones you might be able to live without or with limited functionality. Discuss how it might be possible.

Reflexes and Other Involuntary Responses

Reflexes are an excellent example of body systems interacting with each other. A reflex is when your body reacts to something, sometimes without you being conscious of the reaction. A reflex you might be glad to have is the amazing connection between your nervous system and your muscles. Because of this lightning fast interaction, we can protect our faces from objects that might hurt us or jump out of the way of danger before we are conscious of it.

Another example of an involuntary response most people have experienced is the fight or flight response. If something threatens or scares you, multiple body systems will act together to prepare you for action. Your nervous system will perceive the trigger. Say you hear a loud crash. This will signal your endocrine system to release adrenaline, a potent hormone, into your circulatory system. Your bloodstream will deliver this hormone to all your muscles, allowing them to be ready to fight off a possible threat or run away.

Connecting With Your Child

Body systems interacting with each other to perform everyday tasks may be something most people never notice or take for granted. Together, you and your child can participate in the following activities and brainstorm what systems are working.

Procedure:

Have your child perform the following activities. After each activity, ask your child which body systems were involved in carrying out the task.

Activities:

1. Jumping jacks
2. Smelling a candle
3. Eating a snack
4. Tying a shoe

Possible Answers:

1. Muscular, skeletal, respiratory, and cardiovascular
2. Nervous and respiratory
3. Digestive and muscular
4. Nervous and muscular





Reading Science

Name: _____

Date: _____

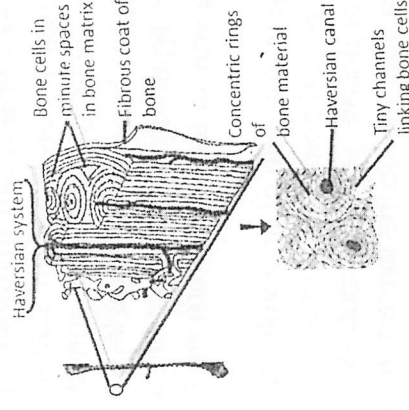
Group: _____

The Skeletal System

1 Did you know that babies are born with a total of 350 bones, compared to an adult with about 206 of them? The infant bones fuse as the body ages, showing that bones are made of living tissue. The skeletal system is made of all the bones in the human body. A skeleton's rock-like bones are no longer alive in contrast to the bones in your body. In fact, each bone is a living organ, made of several different tissues. The cells in bones behave the same as other cells within the body. They absorb nutrients and expend energy. Healthy bones are dense and strong.

2 The skeletal system has five major functions. First, like the internal wooden structure supporting a house, bones are the framework that gives shape and support to your body. Second, bones protect your delicate internal organs. For example, ribs surround the heart and lungs and a skull protects the brain. Third, major muscles attach to the bone and make them move. Fourth, critical to life, blood cells are actually formed in the red marrow of some bones. Marrow is the soft tissue in the center of many bones. Both red and white cells are made in the center of many bones. Red blood cells distribute oxygen to all parts of the body, and white blood cells fight off germs and diseases. Fifth, calcium and phosphorus make bone hard. The skeleton is the place within the body where large amounts of calcium and phosphorus compounds are stored for later use.

3 Bone is made of living tissue, which explains why a broken bone actually heals. To remain alive, the bone cells depend upon blood. The bone is fed by the blood, which also removes its waste. Deep within a compact bone are the **Haversian systems**, also known as circular structures. Did you know that upon slicing a bone, you can actually see these systems? They look like the rings of a tree trunk when cut at the tree's base. Additionally, bones are not smooth, as you might expect. Instead, they are full of pits, round ends, rough spots, bumps, and edges. Without these differences, muscles and ligaments would not be able to attach to the bone. Furthermore, the holes provide gateways for blood vessels and nerve endings to exit the bone.





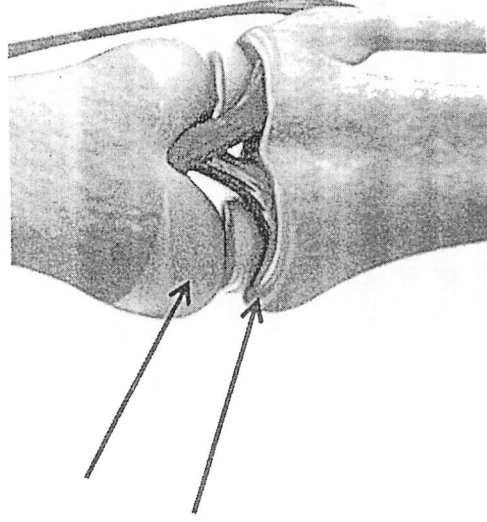
Reading Science

Continued

- 4 The shape of a bone generally indicates the function it performs in the body. Can you guess what the longest bone is in your body? It is the femur—the thigh bone. It is actually one-quarter of your height! Deep within the ear, you will find the smallest bone: the stirrup bone. It is usually about one-tenth of an inch long. Another interesting fact is that bone shapes are genetically controlled and will be modified depending upon the work performed by the muscle. Bones adapt to the functions they perform.
- 5 There are over 230 moveable and semimoveable joints in the body. A semimoveable joint allows little or no movement, as is seen with bones of the skull. A moveable joint provides for a flexible connection between bones. The body needs joints that provide flexibility with the bones, allowing the body to move back and forth. This is easily seen with the knee. The knee joints work like a door hinge allowing you to move your leg back and forth. Still other bones and joints allow for pivoting, such as the ones in the neck that enable you to turn your head. Additionally, you have shoulder joints that allow the arm bone to move nearly 360 degrees.
- 6 Cartilage is a thick smooth layer of cushiony tissue that usually is found at the ends of the bones. It does not contain blood vessels or minerals. As we age, cartilage sometimes wears out, resulting in a common painful condition in older people known as arthritis. Each time they move, they feel intense pain.
- 7 Without the skeletal system, we would be like a human beanbag flopping around as one big puddle of skin and organs. Our flexible skeletal system allows us to stand and walk, bend and rotate, and work against the forces of gravity.



Reading Science



1. What is the coating, marked by arrows in the diagram shown, at the ends of the leg bones?

- A White blood cells
- B Rock
- C Marrow
- D Cartilage

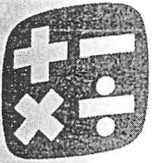
2. What kind of joint is pictured in the diagram shown?

- A A semimoveable joint, allowing back and forth movement
- B A moveable joint, allowing back and forth movement
- C A semimoveable joint, allowing twisting
- D A moveable joint, allowing twisting



Reading Science

3. What is the main point of paragraph 3?
- A Red blood cells
 - B The skeletal system
 - C The structure of a bone
 - D D Bones, cartilage, and blood vessels
4. In paragraph 3, which word or words best describes **Haversian systems**?
- A Ligament
 - B Bone marrow
 - C Circular structures
 - D Cartilage
5. Which sentence would the author disagree with?
- A Bones adapt to the functions they perform.
 - B A flexible skeletal system allows mobility for the body.
 - C Bone shapes are genetically controlled and routinely modified depending upon the work performed by the muscle.
 - D Each bone is a nonliving organ comprised of several different tissues.
6. The skeletal system has many functions. Which of the following body functions does the skeletal system **not** do?
- A Remove germs from the blood
 - B Protect the internal organs
 - C Give shape and support to the body
 - D Produce red and white blood cells



Math Connections

Name: _____ Date: _____ Group: _____

The circulatory system, which comprises the heart, blood, and blood vessels, primarily transports needed substances, such as oxygen, to cells and tissues and carries waste products away from cells and tissues. The healthier our heart is, the better it pumps blood. The more blood-pumping that occurs in our bodies, the more often our cells are able to get what they need to function better and to clear away the waste they do not need.

The respiratory system primarily supplies and delivers blood with oxygen to all parts of the body. Through breathing, the body inhales oxygen and exhales carbon dioxide. When you exercise, your heart and lungs work together, helping to pump oxygen and blood faster so you can build stronger muscles. Your target heart rate (THR) is the rate you should strive to achieve when exercising so you don't overwork or underwork your body.

1. Take your resting heart rate as soon as you wake up in the morning. Count your pulse for one minute. Do this for three days in a row, and record it in the chart below. Calculate your average resting heart rate for the three days.

	Day 1	Day 2	Day 3
Beats per Minute			

Average resting heart rate: _____

2. Calculate your maximum heart rate by subtracting your age from 220. Calculate your heart rate max reserve by subtracting your resting heart rate from your maximum heart rate.

Maximum heart rate:

Heart rate max reserve:

3. Calculate the lower limit of your target heart rate. Your lower limit is 60% of your heart rate max reserve.

Lower limit of THR:

4. Calculate the upper limit of your target heart rate. Your upper limit is 80% of your heart rate max reserve.

Upper limit of THR:

5. Calculate your target heart rate by taking the average of the lower and upper limits.

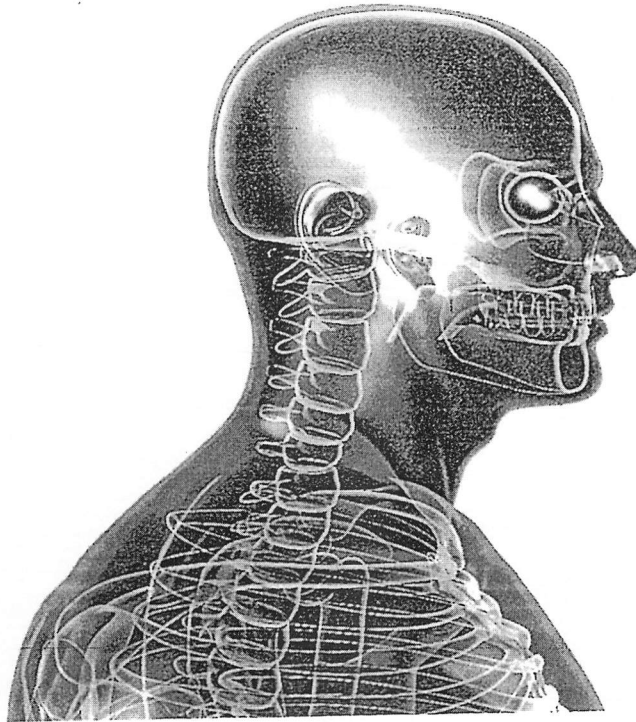
Target heart rate:



WRITING SCIENCE

Name: _____ Date: _____ Group: _____

LOOK



THINK

Think about the different systems of the human organism.

WRITE

Explain the main functions of the systems of the human body.

Be sure to

- clearly state your central idea;
- organize your thoughts;
- develop your essay in detail;
- choose your words carefully;
- use correct spelling, capitalization, punctuation, and grammar.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or printed text on the paper.

SE Asia's Geography

CLOZE Notes I

Geography

- Asia is the _____ with a total land area of more than 17 million square miles.
- More than _____ live in Southern and Eastern Asia, with over half of that number living in China and India alone.
- The continent has a _____ of physical features, including deserts, peninsulas, and the world's highest mountains.

Ganges River

- The Ganges River starts _____ and flows southeast through India and Bangladesh for more than 1,500 miles to the Indian Ocean.
- The name comes from a Hindu goddess and the river is considered _____ religion.
- It is the most important river to the _____.
- The river runs through India's most _____ and densely populated areas.
- Because so many people live and work along the Ganges, the water in the river is _____.

Huang He (Yellow River)

- The Huang He, or Yellow River, begins in the _____ of Tibet and flows east to the Yellow Sea.
- This is China's _____ river.
- Chinese _____ in the central area of this river basin.
- The river is named for the _____ that it carries along its path to the Yellow Sea.
- The silt creates rich topsoil for farmers; however, _____ make the river's path dangerous.
- It's nickname is "China's Sorrow" because of the _____.

Chang Jiang (Yangtze) River

- The Chang Jiang (Yangtze) River begins in the Tibetan Plateau and _____ until it reaches the East China Sea.
- It's the _____ river in China (over 3,400 miles) and the third-longest in the world.
- The Chang Jiang empties into the _____.
- The Chang Jiang is extremely important for China because it provides _____, water for irrigation, and transportation for cargo ships.
- The Chang Jiang and Huang He Rivers are connected by one of the world's _____ systems, the Grand Canal.
- Some parts were built over _____ ago.

SE Asia's Geography

CLOZE Notes I

Geography

- Asia is the world's largest continent with a total land area of more than 17 million square miles.
- More than 4 billion people live in Southern and Eastern Asia, with over half of that number living in China and India alone.
- The continent has a wide variety of physical features, including deserts, peninsulas, and the world's highest mountains.

Ganges River

- The Ganges River starts in the Himalayas and flows southeast through India and Bangladesh for more than 1,500 miles to the Indian Ocean.
- The name comes from a Hindu goddess and the river is considered sacred to the Hindu religion.
- It is the most important river to the Indian subcontinent.
- The river runs through India's most fertile farmland and densely populated areas.
- Because so many people live and work along the Ganges, the water in the river is heavily polluted.

Huang He (Yellow River)

- The Huang He, or Yellow River, begins in the mountainous plateau of Tibet and flows east to the Yellow Sea.
- This is China's second-longest river.
- Chinese civilization began in the central area of this river basin.
- The river is named for the muddy yellow silt that it carries along its path to the Yellow Sea.
- The silt creates rich topsoil for farmers; however, annual floods make the river's path dangerous.
- It's nickname is "China's Sorrow" because of the frequent flooding.

Chang Jiang (Yangtze) River

- The Chang Jiang (Yangtze) River begins in the Tibetan Plateau and travels east until it reaches the East China Sea.
- It's the largest and longest river in China (over 3,400 miles) and the third-longest in the world.
- The Chang Jiang empties into the Pacific Ocean.
- The Chang Jiang is extremely important for China because it provides hydroelectric power, water for irrigation, and transportation for cargo ships.
- The Chang Jiang and Huang He Rivers are connected by one of the world's oldest canal systems, the Grand Canal.
- Some parts were built over 2,000 years ago.

SE Asia's Geography

CLOZE Notes 2

Bay of Bengal

- The Bay of Bengal is an extension of the _____.
- The Bay of Bengal _____ on its west and Myanmar on its east.
- _____ and many other large rivers flow into this bay.

Indian Ocean

- The Indian Ocean is the _____ of Earth's five oceans.
- It is located between Africa to the west, _____, and Australia to the east.

Sea of Japan

- The Sea of Japan is a small sea that is bound by Russia to the north, the Korean Peninsula to the west, and _____.
- It is an arm of the Pacific Ocean that lies between the _____ and Japan.
- The sea has large deposits of mineral resources and abundant fish, both of which are important to _____.

South China Sea

- The South China sea is located _____ and the Philippines.
- The South China Sea connects the _____ oceans, so many of the world's international shipping channels run through it.
- There are often _____ and typhoons in this region.

Yellow Sea

- The Yellow Sea is an extension of the Pacific Ocean that lies _____ and the Korean Peninsula.
- The Huang He (Yellow River) empties into the _____.
- It becomes the East China Sea south of the _____.
- The Yellow Sea is well-known for its _____.
- Unfortunately, in recent years, many species of _____ in the Yellow Sea due to overfishing by some countries.

SE Asia's Geography

CLOZE Notes 2

Bay of Bengal

- The Bay of Bengal is an extension of the Indian Ocean.
- The Bay of Bengal touches India on its west and Myanmar on its east.
- The Ganges and many other large rivers flow into this bay.

Indian Ocean

- The Indian Ocean is the third largest of Earth's five oceans.
- It is located between Africa to the west, Asia to the north, and Australia to the east.

Sea of Japan

- The Sea of Japan is a small sea that is bound by Russia to the north, the Korean Peninsula to the west, and Japan to the east.
- It is an arm of the Pacific Ocean that lies between the Asian continent and Japan.
- The sea has large deposits of mineral resources and abundant fish, both of which are important to Japan's economy.

South China Sea

- The South China sea is located between Vietnam and the Philippines.
- The South China Sea connects the Pacific and Indian oceans, so many of the world's international shipping channels run through it.
- There are often violent monsoons and typhoons in this region.

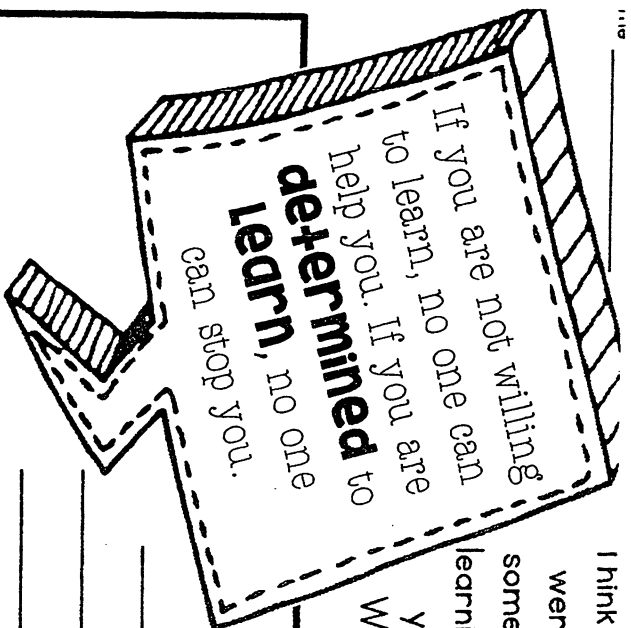
Yellow Sea

- The Yellow Sea is an extension of the Pacific Ocean that lies between China and the Korean Peninsula.
- The Huang He (Yellow River) empties into the Yellow Sea.
- It becomes the East China Sea south of the Korean Peninsula.
- The Yellow Sea is well-known for its fishing industry.
- Unfortunately, in recent years, many species of fish have declined in the Yellow Sea due to overfishing by some countries.

Write about a challenge that you have faced in your life. How did you overcome the challenge? In what ways did it change you?



Handwriting practice lines for the first section.



I think about a time when you were determined to learn something. What were you learning? How did you show your determination? What was the result?

Handwriting practice lines for the second section.

Name

All things are
difficult
before they
are **easy**.

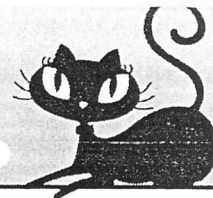
- Thomas Fuller

write about something that
you once considered
difficult, but now find easy.
Why was it difficult?
Why is it easy now?
How did it become
easy?

Name

MISTAKES
are proof that
you are
TRYING.

you were attempting to do something new. What were you learning? What mistakes did you make along the way? What did the mistakes teach you?



Coordinate Graphing Mystery Picture Worksheet

Practice plotting ordered pairs with this fun Back to School Owl coordinate graphing mystery picture! This activity is easy to differentiate by choosing either the first quadrant (positive whole numbers) or the four quadrant (positive and negative whole numbers) worksheet. All points are represented by whole numbers, there are no fractions or decimals. This activity is perfect for math centers, early finishers or homework. For a fun bulletin board display, instruct students to be creative and color the picture however they like and then hang the completed pictures on your board or wall.

Graphing paper, coordinates worksheets and answer keys are included.

Instructions:

Students plot the ordered pairs and draw connecting straight lines as they plot. When the word "STOP" is reached, the student should NOT connect the last point with the first in the group.

Table of Contents

First Quadrant Pages

Page 2: First Quadrant Graph paper with a grey grid (best choice so students can easily see their work)

Page 3: First Quadrant Mystery Picture Coordinates List

Page 4: First Quadrant Mystery Picture Answer Key in Color

Page 5: First Quadrant Mystery Picture Answer Key with lines only

Page 6: First Quadrant Graph paper with a black grid (use if the grey grid on page 2 does not copy well with your copier)

Four Quadrant Pages

Page 7: Four Quadrants Graph paper with a grey grid (best choice so students can easily see their work)

Page 8: Four Quadrants Mystery Picture Coordinates List

Page 9: Four Quadrants Mystery Picture Answer Key in Color

Page 10: Four Quadrants Mystery Picture Answer Key with lines only

Page 11: Four Quadrants Graph paper with a black grid (use if the grey grid on page 7 does not copy well with your copier)

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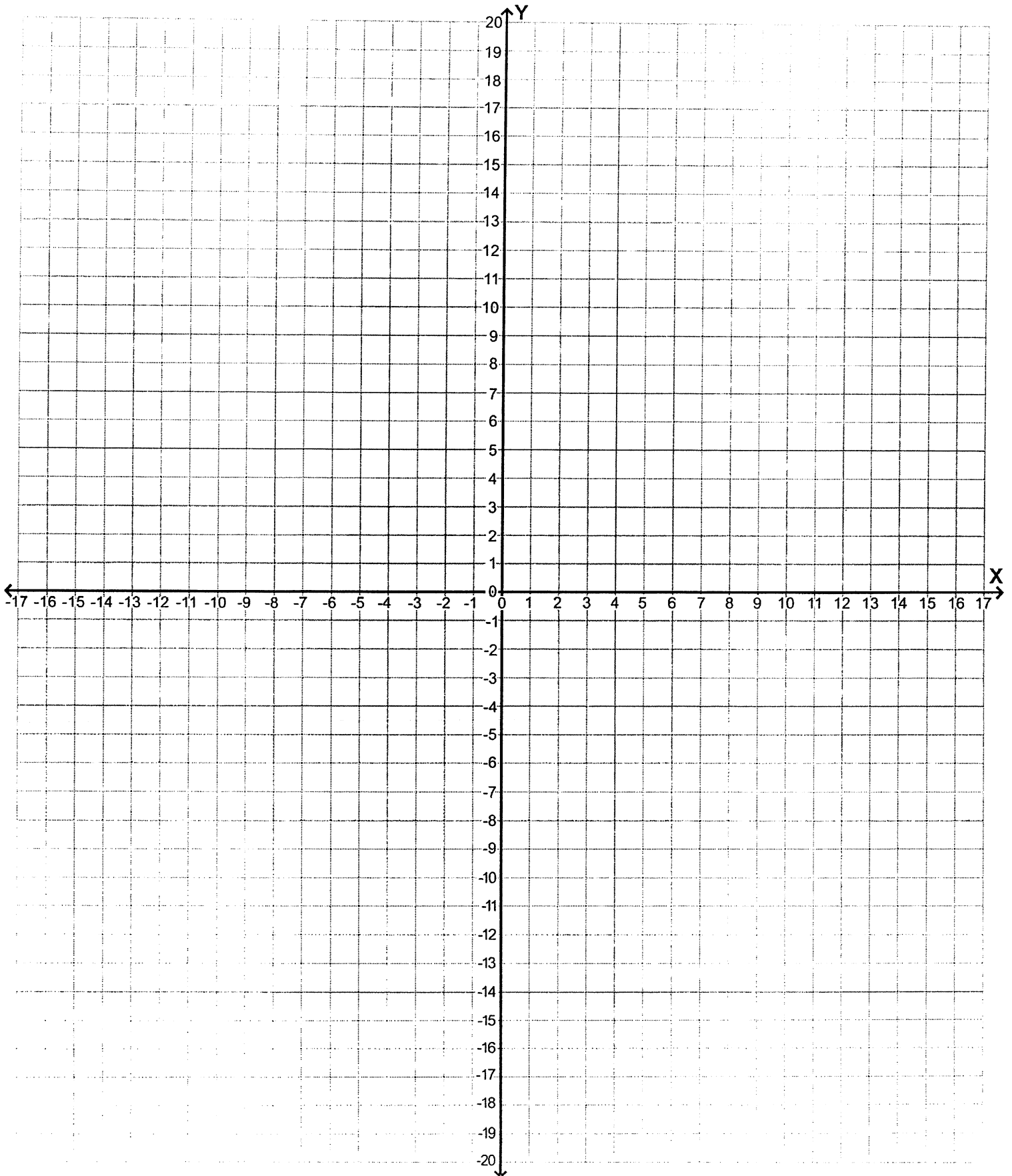
Coordinate Graphing Mystery Picture - Four Quadrants

Plot the ordered pairs and connect them with a straight line as you plot.

START	START	(13,-4)	STOP
(13,5)	(0,4)	(12,-4)	
(15,6)	(2,2)	(10,-2)	START
(13,10)	(7,2)	STOP	(11,-7)
(11,6)	(9,4)		(11,-3)
(13,5)	(9,9)	START	STOP
STOP	(7,11)	(0,9)	
	(2,11)	(-2,11)	START
START	(0,9)	(-7,11)	(2,7)
(-4,3)	(0,4)	(-9,9)	(4,7)
(-2,3)	STOP	(-9,4)	(5,6)
(-1,4)		(-7,2)	(5,4)
(-1,6)	START	(-2,2)	(4,3)
(-2,7)	(11,-7)	(0,4)	(2,3)
(-4,7)	(11,-9)	STOP	(1,4)
(-5,6)	(12,-10)		(1,6)
(-5,4)	(14,-10)	START	(2,7)
(-4,3)	(15,-9)	(11,6)	STOP
STOP	(15,-7)	(11,0)	
	(11,-7)	STOP	START
START	STOP		(11,-5)
(-8,-11)		START	(15,-5)
(-8,-5)	START	(2,2)	STOP
(-6,-3)	(-6,-11)	(0,-2)	
(6,-3)	(-6,-13)	(-2,2)	START
(8,-5)	(-8,-14)	STOP	(12,8)
(8,-11)	(-8,-15)		(14,8)
STOP	(-6,-14)	START	STOP
	(-6,-16)	(15,-7)	
START	(-5,-16)	(15,-4)	START
(-12,2)	(-5,-14)	STOP	(12,-10)
(-13,3)	(-3,-15)		(12,-11)
(-14,3)	(-3,-14)	START	(-12,-11)
(-16,1)	(-5,-13)	(5,-11)	(-12,16)
(-16,0)	(-5,-11)	(5,-13)	(-8,13)
(-15,-1)	STOP	(3,-14)	(8,13)
(-16,-2)		(3,-15)	(12,16)
(-16,-4)	START	(5,-14)	(12,8)
(-14,-5)	(10,-2)	(5,-16)	STOP
(-13,-5)	(11,0)	(6,-16)	
(-12,-4)	(15,2)	(6,-14)	
STOP	(17,0)	(8,-15)	
	(17,-2)	(8,-14)	
	(15,-4)	(6,-13)	
	(14,-3)	(6,-11)	

Coordinate Graphing Mystery Picture - Four Quadrants

Name: _____



Activity 2- Art Bingo

Select an activity from each column. Have fun, and don't be afraid to try something new!!

Creativity

B I N G O

Make a drawing of someone you love.	Paint on something that isn't paper.	Create a piece of art in less than 5 minutes.	Finger paint.	Take yourself on a date to a local art store.
Draw with two markers at once.	Spend 15 minutes researching art classes in your local community.	Draw or paint something. Then, cut it apart and make a collage out of it.	Use a new medium you've always wanted to try.	Draw the same object 10 times on the same piece of paper.
Use your camera or Smartphone to capture different viewpoints of the same subject.	Make art outside.	Devote 15 minutes to reading your favorite art ed blog, website, or book.	Make art with someone else.	Make a sculpture out of aluminum foil.
Create something with your eyes closed.	Create art for 15 minutes. Switch to a new medium every 5 minutes.	Make a piece of art and leave it somewhere out in your community.	Create something without using your hands.	Watch a documentary about an artist or art form.
Open a favorite book to a random page and illustrate the text.	Create art somewhere you've never created before.	Create a piece of art with your non-dominant hand.	Make your own paint from something in nature and try it out.	Mix as many colors as you can in fifteen minutes.

PE Assignments

Monday: 5 rounds of 10 push ups, 15 squats, 10 lunges, and jog for 10 minutes.

Tuesday: 5 rounds of shoulder taps for 30 seconds, 20 sit ups, 30 second plank, and 25 jumping jacks.

Wednesday: 5 rounds of 10 push ups, 10 jump squats, 5 burpees, and jog for 10 minutes.

Thursday: 5 rounds of 10 lunges, 30 seconds of high knees, 30 seconds of butt kickers, 30 seconds of jumping jacks, and arm and leg stretches to finish the workout.

Friday: 5 rounds of 10 push ups, 10 squats, 20 sits up, 30 second plank, and jog for 10 minutes.

Get healthy!

NAME: _____

#8



"Learning Target: "I will learn what food groups are required, and then analyze my eating for one day to see if I get the correct amounts from all the food groups."

Did you meet the Learning Target? Yes _____ No _____ Undecided _____

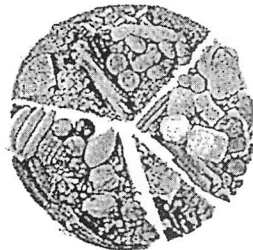
Parent/Guardian Signature: _____ Date: _____

This Week's Tasks:

1. Hopefully you want to eat balanced and healthy. Read on to see how to make sure each day you are eating the right foods for your best health!

2. There are several food guide eating to see if you are getting meals.

Look at the Mayo Clinic Food Guide. It suggests the number of servings every day.



pyramids that can help you tally your all the right food groups in a day of

Pyramid⁴ on the bottom of this task card. you should have of each food group

There is a range on some of the groups, so if you want to lose weight, choose the low end, to maintain your weight stay in the middle, and if you are doing sports or want to gain weight shoot for the top end of your range.

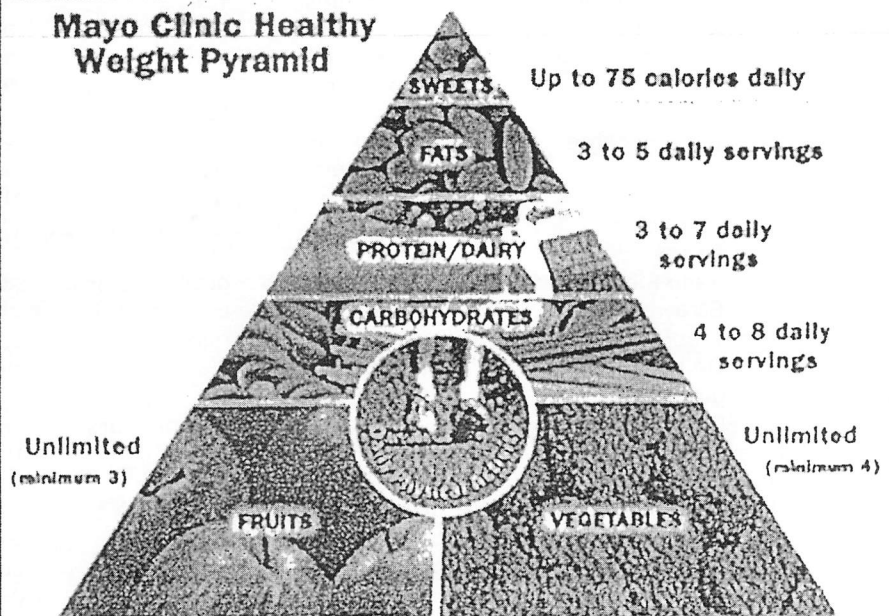
3. You can have unlimited amounts of fruits and vegetables, but be sure to get a minimum of **3 fruits** and **4 vegetable** servings per day.

4. For your task this week, you will write down everything you eat and drink (except water) for 1 day on a piece of notebook paper. (Please turn this in too!)

5. Then fill in the questions on the back of this sheet to see how well you followed the food guide pyramid for your one day.

The "Food Group List" on the bottom half of the tally page will help you know which food group to put your tally mark on.

Mayo Clinic Healthy Weight Pyramid



© Mayo Foundation for Medical Education and Research. See your doctor before you begin any healthy weight plan.

Task #8 Backside: Using your food log, and the "Food Group List" list below, put an "x" the foods from your 1 day:

	<u>Minimum:</u>	<u>Maximum:</u>
Protein / Dairy (3-7)	___ - ___	(maximum 7)
Carbohydrates (4-8)	___ - ___	(maximum 8)
Fruits (3-unlimited)	___ +++	(unlimited)
Vegetables (4-unlimited)	___ +++	(unlimited)

Did you have the minimum 3 Protein and Dairy? yes or no

Did you have the minimum 4 Carbohydrates? yes or no

Did you have the minimum 3 Fruits? yes or no

Did you have the minimum 4 Veggies? yes or no

What foods did you eat too little of?

What foods did you eat too much of?

"Food Group List"

<u>Fruits:</u>	<u>Vegetables:</u>	<u>Carbs:</u>	<u>Dairy/Protein:</u>
Avocados	Asparagus	crackers	milk
Bananas	Corn	chips	choc. milk
Apples	Carrots	tortillas	yogurt
Canned Apricots	Green Beans	bread	ice-cream
Canned Fruit	Green Peas	rolls	frozen yogurt
Grapefruit	beets	pancakes	almonds
Mandarin Oranges	Sweet Corn	waffles	cheese
Mangoes	Tomatoes	French toast	fruit smoothie
Peaches	onions	bagels	fish, sushi, shrimp
pomegranate	Mushrooms	pasta	eggs
Pears	Cucumbers	oatmeal	fish-salmon,
cherries	Olives		Halibut, cod
Pineapple	Broccoli	cream of wheat	chicken
Plums	Spinach	cereals	hamburger
Rasp+ blk. berries	Cauliflower	graham crack.	steak
Strawberries	Corn on cob	English muff	chili beans
Tropical Fruit Salad	lettuce	rice	refried beans
Dehydrated Fruits	Brussels Sprouts		peanuts
grapes	celery	pita bread	peanut butter
Dried Fruits	artichokes	granola bars	walnuts
Guavas	potatoes		turkey
Limes. Kiwi	cabbage		ham
Lemons	bean sprouts		soy
Papaya	bamboo shoots		tofu
Blueberries	peppers		sunflower seeds
Raisins	pickles		pork
Watermelon	zucchini		any beans - lima, black eyed
Honeydew			peas, hummus (chick peas)
Cantaloupe			

"EXTRA, EXTRA" Get Even Healthier:

Challenge a family member to keep a food log and then you tally it for them to see how they did!