

Kindergarten

Mrs. Atha

Blizzard Bag

Day #1

Blizzard Bag Day 1: Skills Review

Name: _____

1. Have your child name the following upper case letters quickly. Circle any letters they missed and go back and review.

T	I	L	F	C	H
E	M	O	P	A	D
S	R	G	V	N	U
Z	B	K	X	J	W
Y	Q				

2. Have your child name the following lower case letters quickly. Circle any letters they missed and go back and review.

t	i	l	f	c	h
e	m	o	p	a	d
s	r	g	v	n	u
z	b	k	x	j	w
y	q				

3. Have your child read the sight words below. Circle any words they missed and go back and review them.

red	one	I	yellow	two	like
blue	three	the	green	four	and
purple	four	and	purple	five	can

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orang e	zero	see	black	six	we
brown	seven	my	pink	eight	to
white	nine	come	ten	yes	no
a	me	are	is	up	look
jump	you	go	what	now	little
that	how	find	this	with	will
be	so	for	make	play	said
here	she	all	he		

4. Have your child name the numbers below quickly. Circle any they missed and go back and review.

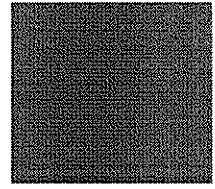
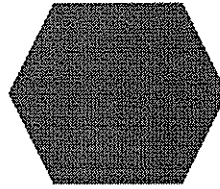
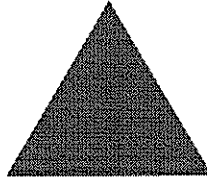
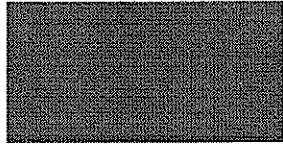
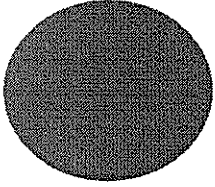
10	14	2	5	9	12
1	0	8	6	13	11
3	7	4			

5. Have your child sound out the following CVC words below.

mat	tot	lip	rug	get
run	hut	tap	vet	hit

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6. Have your child name the following shapes below

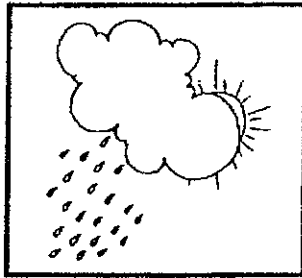


Parent Signature _____ Date: _____

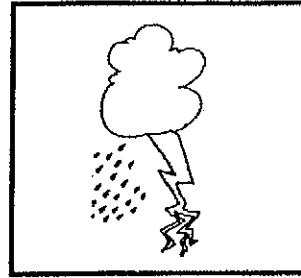


If this Calamity Day is your music day please complete the following assignment and turn in to your music teacher by the next music class.

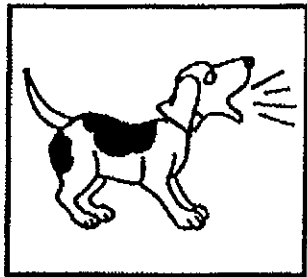
Draw a circle around the correct word.



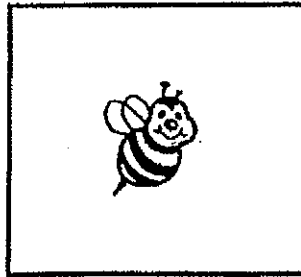
Loud Soft



Loud Soft



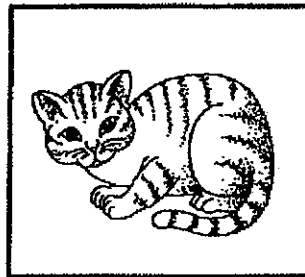
Loud Soft



Loud Soft



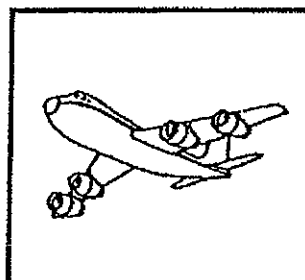
Loud Soft



Loud Soft



Loud Soft



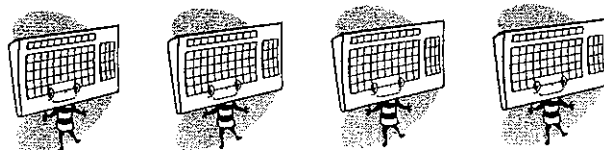
Loud Soft

Computers Rock!!

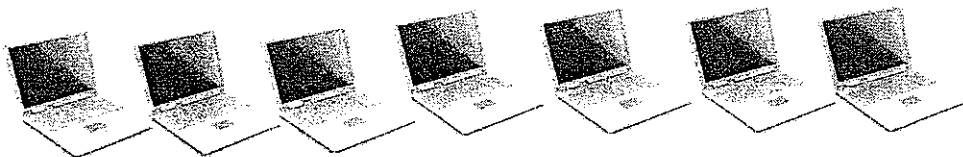
count how many...

Name: _____

_____ keyboards



_____ laptops



_____ mouse



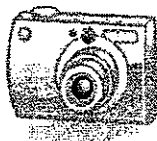
_____ monitors



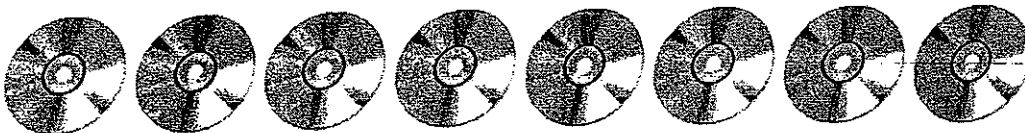
_____ speakers



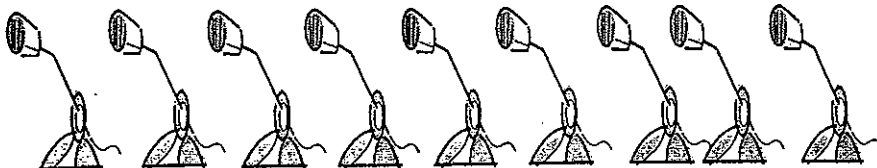
_____ digital camera



_____ CD's



_____ microphones



Blizzard Bag #1 Physical Education Grades K-2 Name: _____

**** Put on some of your favorite music to pump you up!!!

Warm-up: Jog in place for 30 seconds, then rest for 30 seconds. Repeat this 4 times.
(work on lifting knees and maintaining good tall posture)
Do 5 push-ups then roll over and do 5 sit-ups immediately, then stand up
And do 10 jumping jacks. Rest briefly, then repeat 2 more times.

Form Run Workout: Pick a hallway or open space. 10 yards long or so.
Do these activities: 1) Jog 2) Gallop 3) Skip 4) Frog Jumps 5) Side Shuffle or
Defensive Slides 6) Carioca 7) Backward Run

Wall Sit: Pick a wall and try to form a human chair with a flat back and square angle leg position. Put a book on your lap and try to keep it flat for as long as you can hold it up. Watch the clock to see how long you can hold it!

Pulse Checks

Put your first two fingers together at the spot on your neck directly below your jaw to get the feel of your pulse. Have someone time 6 seconds as you count the number of beats you feel. Multiply by 10 to check your heart rate. This will tell you how many times your heart beats in a minute.

Try to do something active inside or out to make good use of your day off.

Parent Signature needed for credit!

Signature _____

Date _____