

Name: _____

Alternative Learning Days

Alternative learning days are being piloted by District 87 for days when school is closed due to inclement weather or other unplanned events. On alternative learning days, students will be provided assignments to complete.

Parents, please communicate with your child's teacher via email or text to verify their learning for the day. You may also sign below and return the form to your child's teacher.

Alternative Learning Activities for Mrs. Mizell Day 1

Reading/Language Arts:

- Read 20 minutes
- Read "Famous African Americans-Harriet Tubman and the Underground Railroad" and answer the questions

Mathematics:

- Complete the 2 digit by 2 digit multiplication practice sheet

PE:

- Complete workout activities on PE sheet

Music:

- Please go to the following link or search "tubby the tuba" book in youtube. Please have your child listen to the book as it is read to them and answer the following questions.
 - o Tubby the Tuba was a member of which family of the orchestra?
 - o Does a Tuba play high or low pitches? How do you know?
 - o What kind of voice does the frog sing in?
 - o Does a piccolo play high pitches or low pitches? What instrument is the piccolo similar to?
 - o What types of techniques did the composer use to make the music sound sad?

- <https://www.youtube.com/watch?v=MTyNgHTFDfM>

Parent signature: _____ Date: _____

Comments: _____

*****Email mizellm@district87.org to be marked present for the day!*****

Social/Emotional Activities to do with your child at home

Turtle Time

The goal: To help kids practice observing what's going on around them. Picking up on social cues helps kids get their needs met and understand the perspective of others.

How to play: When you and your child get to the playground and other places, look around like a turtle in a slow, exaggerated fashion. Take turns sharing details about what you see: "All the swings are taken!" "There's a short line for the slide!"

Help your child connect these observations with choosing how to behave. For example, when the swings are crowded, your child may decide to go on the slide first.

Keep in mind: You don't have to pretend to be turtles. You could pull out your pretend binoculars or a special pair of glasses to help you see better. You could also play "I spy with my little eye." In this game you and your child can take turns spotting a social interaction and describing it until the other player finds what you're looking at.

Play games

Card and board games and outdoor games such as tag or hop-scotch offer built-in opportunities for helping children learn to take turns, cooperate, handle frustration, and more. While playing games together, focus on fun instead of winning or losing.

Do a Job Together

Instead of asking your child to do a chore alone, do it with them. The two of you might fold laundry, set the table, rake leaves, or paint a wall. Help your child join in by shortening the handle of a broom to make it child-size.

Read stories

There is something magical about this that makes it the ideal time for talking about feelings. Discuss the characters and events in the story. Invite your child to share her thoughts and feelings by asking questions: "What do you think he should do? How do you think she feels? What would you do if you were this character?"

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Multiplication Table



	0	1	2	3	4	5	6	7	8	9
0	0	0	0	0	0	0	0	0	0	0
1	0	1	2	3	4	5	6	7	8	9
2	0	2	4	6	8	10	12	14	16	18
3	0	3	6	9	12	15	18	21	24	27
4	0	4	8	12	16	20	24	28	32	36
5	0	5	10	15	20	25	30	35	40	45
6	0	6	12	18	24	30	36	42	48	54
7	0	7	14	21	28	35	42	49	56	63
8	0	8	16	24	32	40	48	56	64	72
9	0	9	18	27	36	45	54	63	72	81

Name: _____

Multiplication

$$\begin{array}{r} 78 \\ \times 80 \\ \hline \end{array}$$

$$\begin{array}{r} 87 \\ \times 21 \\ \hline \end{array}$$

$$\begin{array}{r} 82 \\ \times 96 \\ \hline \end{array}$$

$$\begin{array}{r} 85 \\ \times 47 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ \times 43 \\ \hline \end{array}$$

$$\begin{array}{r} 90 \\ \times 89 \\ \hline \end{array}$$

$$\begin{array}{r} 33 \\ \times 52 \\ \hline \end{array}$$

$$\begin{array}{r} 59 \\ \times 41 \\ \hline \end{array}$$

$$\begin{array}{r} 23 \\ \times 67 \\ \hline \end{array}$$

$$\begin{array}{r} 90 \\ \times 36 \\ \hline \end{array}$$

$$\begin{array}{r} 85 \\ \times 22 \\ \hline \end{array}$$

$$\begin{array}{r} 16 \\ \times 97 \\ \hline \end{array}$$

$$\begin{array}{r} 75 \\ \times 62 \\ \hline \end{array}$$

$$\begin{array}{r} 62 \\ \times 84 \\ \hline \end{array}$$

$$\begin{array}{r} 49 \\ \times 44 \\ \hline \end{array}$$

$$\begin{array}{r} 45 \\ \times 59 \\ \hline \end{array}$$

Famous African Americans - Harriet Tubman and the Underground Railroad

by ReadWorks



Harriet Tubman lived during a time when it was illegal to help slaves escape to freedom, but she helped slaves escape anyway. Because of her efforts, she came to be known as "Moses," referring to an important figure in the Bible. The Moses of the Bible led the Jews, his own ethnic group, out of slavery in Egypt. Similarly, Tubman led African Americans out of slavery in the American South. She became the most well-known leader of the Underground Railroad. The Underground Railroad was a system of secret routes that helped slaves escape to free states.

Harriet Tubman was born a slave. She escaped slavery and made a promise to help others do the same. She made a total of 19 rescue trips back down south. She never lost one of the 300 slaves she saved. She was skillful and brave. She even led her parents to freedom in 1857.

Harriet Tubman continued to help other African American people. She was a nurse and a spy during the Civil War. In her later years, Tubman established a house for elderly African Americans who needed help. She was a beacon for the African American community and the United States.

Name: _____ Date: _____

1. How was Harriet Tubman most like Moses?

- A. They are both important figures in the Bible.
- B. They both saved people from slavery.
- C. They are both famous Americans.
- D. They both lived in Egypt.

2. What does the author describe in the passage?

- A. slavery in the United States
- B. how Harriet Tubman escaped from slavery
- C. how Moses led the Jews out of Egypt
- D. the life and works of Harriet Tubman

3. Harriet Tubman helped African Americans in more ways than just her role in the Underground Railroad. What evidence from the passage supports this conclusion?

- A. She never lost one of the 300 slaves she led to freedom.
- B. She made a total of 19 rescue trips to the South.
- C. She established a house to help elderly African Americans.
- D. She became the most famous leader of the Underground Railroad.

4. Why is Tubman most likely described as brave?

- A. She promised to help free slaves.
- B. She made 19 rescue trips back down south.
- C. She established a house for elderly African Americans who needed help.
- D. She is compared to Moses, an important figure in the Bible.

5. What is this passage mostly about?

- A. how Tubman helped slaves and other African Americans
- B. why the Underground Railroad was never discovered by police
- C. how Tubman trained to be a nurse in the Civil War
- D. similarities and differences between Tubman and Moses from the Bible

6. Read the sentences: "The Moses of the Bible led the Jews, his own ethnic group, out of slavery in Egypt. **Similarly**, Tubman led African Americans out of slavery in the American South."

As used in this sentence, what does the word "**similarly**" mean?

- A. mysteriously
- B. very differently
- C. legally
- D. in about the same way

7. Choose the answer that best completes the sentence below.

Harriet Tubman wanted to continue helping African Americans, _____ she established a house for elderly African Americans who needed help.

- A. because
- B. so
- C. earlier
- D. instead

8. What was the Underground Railroad?

9. Based on the passage, why did Harriet Tubman most likely want to help other slaves escape?

10. One of the definitions of the word "beacon" is someone or something that guides or gives hope to others. The text states that Harriet Tubman was a "beacon" for the African American community and the United States. Use information from the text to support this statement.

PHYSICAL EDUCATION

Complete the daily warm-up exercises

10 Jumping Jacks

10 Squats

10 Lunges (don't let your knee touch the ground)

10 Push-ups

10 Mountain Climbers

10 Curl-ups (keep those hands flat and get your shoulders off the floor)

Additional Exercises

Jog in place for 60 seconds

Watch the following video. <https://www.youtube.com/watch?v=dZgVxmf6jKA>

After watching the video complete 10 burpies

Hockey

Imagine you are holding a hockey stick and practice the following:

- Dribble 50 times in your hockey position
- Dribble 50 times in your shooting position (also known as your forehand position)
- Do 10 circle drags to the right
- Do 10 circle drags to the left
- Move around your living room and imagine you are dribbling the puck (remember to make the letter Z on the floor in front of you)

