

Dear Families,

District 87 has a unique opportunity to continue learning during emergency days. The second grade teachers have provided the following learning activities in the event that an Alternative Learning Day is called for the 2019-2020 school year.

All students are expected to complete the assignments to the best of their ability. Students that are not able to complete the learning activities by the following day will be marked absent.

Parents must email your classroom teacher that your child is working at home. This must be completed by 12 pm for attendance.

You may also send a note with your student upon returning to school that your student worked at home on the assigned work. (The work must be completed) Attendance will then be adjusted. Feel free to email your child's teacher with any questions you may have.

Second Grade Teachers.

Mrs. Rowsey
rowseyc@district87.org

Miss Sands
sandsj@district87.org
(You may also contact via Remind)

Mrs. Wilson
wilsonp@district87.org

Second Grade Assignments for Alternative Learning Day

Reading:

Read silently for 30 minutes.

Writing:

How to Writing: Use the paper provided to choose your topic, and write step-by-step directions on how to do something. Use your neatest handwriting and best spelling effort.

Math:

Addition & Subtraction Fact Pages
3D Shape Hunt Page

Social Emotional Learning:

Practice Mindful Breathing

PE:

Choose 3 (or more) Inside Exercises 😊

Art:

Beautiful Oops Art Page

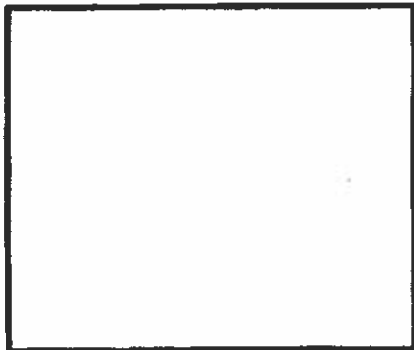
Music:

Ask Me What I Know—Activity Page

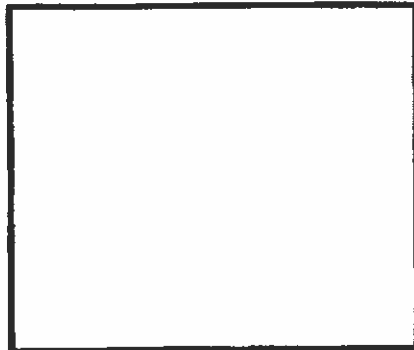
Name _____

How to _____

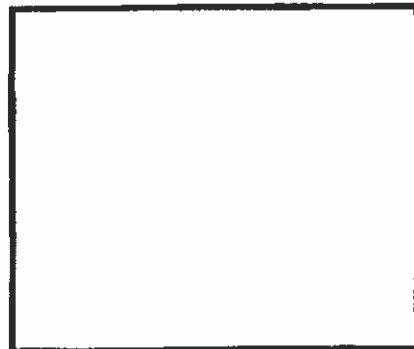
Directions: Write step by step directions on how to do something.
Draw pictures to match each step.



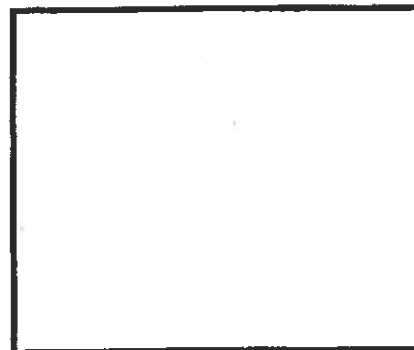
First,



Next,



Then,



Finally,

Name _____

Just the Facts

Solve each equation.

$$\begin{array}{r} 9 \\ +1 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ +4 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ +7 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \\ +3 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ +2 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ +9 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ +1 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ +7 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ +5 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ +9 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \\ +5 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ +6 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ +3 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ +7 \\ \hline \end{array}$$

$$\begin{array}{r} 4 \\ +9 \\ \hline \end{array}$$

$$\begin{array}{r} 4 \\ +4 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ +5 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ +5 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \\ +8 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ +6 \\ \hline \end{array}$$

Name _____

Just the Facts

Solve each equation.

$$\begin{array}{r} 10 \\ - 9 \\ \hline \end{array}$$

$$\begin{array}{r} 12 \\ - 9 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 8 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 7 \\ \hline \end{array}$$

$$\begin{array}{r} 11 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 1 \\ \hline \end{array}$$

$$\begin{array}{r} 13 \\ - 9 \\ \hline \end{array}$$

$$\begin{array}{r} 11 \\ - 8 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 7 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 2 \\ \hline \end{array}$$

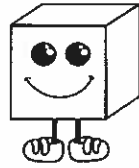
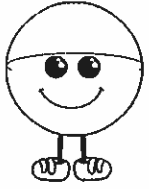
$$\begin{array}{r} 4 \\ - 1 \\ \hline \end{array}$$

$$\begin{array}{r} 11 \\ - 9 \\ \hline \end{array}$$

3D Shape Hunt

Name _____

Cut out magazine pictures or draw real-life objects to match each shape.



BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

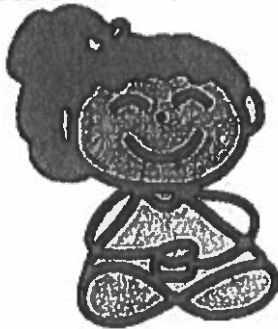


Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

BALLOON BREATH



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.



Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.



Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

Inside Exercises

If you do not have the equipment go through the movement as if you did 😊

Dribble a ball 15 times with your right hand then your left hand



Jump over a line 10 times



Hurdle stretches count to 3 each leg



Hula Hoop around your waist 20 times



Toss and catch a playground ball 10 times



Do as many pushups as you can!



Jump Rope 15 times, your choice



Do the wall sit and count to 30



Do 25 Jumping Jacks



Jog in place for 60 seconds



Repeat if you want!!!

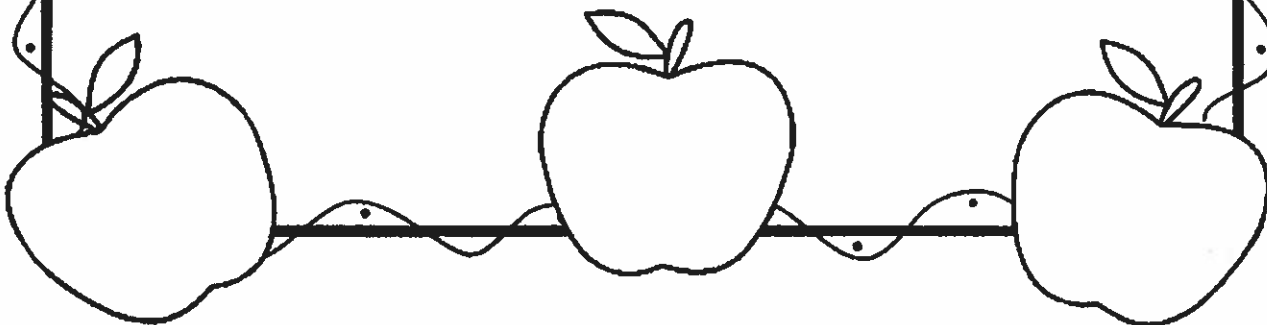
Ask Me What I Know

Complete the worksheet with a parent or family member. Then fill out the bottom and bring it back to your next music class.

- Ask me to sing the song "Apple Tree" for you.
- Ask me to show you where our new low sound, do, is while I sing the song.
- Ask me to sing another song that has a do in it.
- Ask me to teach our family the game to "Apple Tree."

_____ Performed and completed these tasks for me.

Signature: _____



When we make an ooops, it can be made into something beautiful!
Look at each of the ooops below and see what you can do with them.

