

Brooke Intermediate North

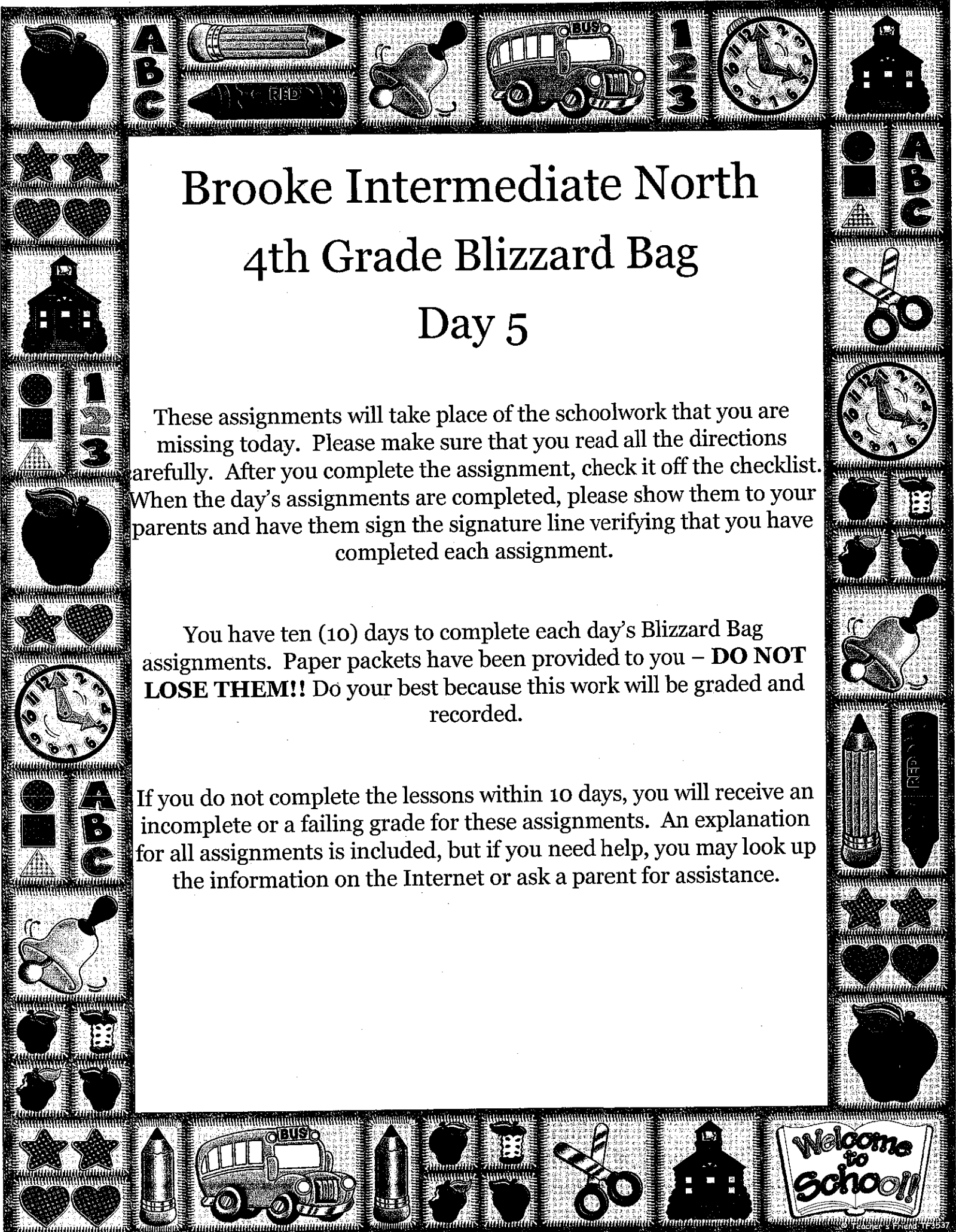
4th Grade Blizzard Bag

Day 5

These assignments will take place of the schoolwork that you are missing today. Please make sure that you read all the directions carefully. After you complete the assignment, check it off the checklist. When the day's assignments are completed, please show them to your parents and have them sign the signature line verifying that you have completed each assignment.

You have ten (10) days to complete each day's Blizzard Bag assignments. Paper packets have been provided to you – **DO NOT LOSE THEM!!** Do your best because this work will be graded and recorded.

If you do not complete the lessons within 10 days, you will receive an incomplete or a failing grade for these assignments. An explanation for all assignments is included, but if you need help, you may look up the information on the Internet or ask a parent for assistance.



BIN ~ 4th Grade Blizzard Bag Day 5 Checklist

Date: _____ Due in 10 Days

Please check off as you complete each assignment

Math: **Addition & Subtraction Review; Multiplication**

Reading/Language Arts: **Beating the Winter Blues; Voc/Antonyms**

Science: **Planets & Sun**

Social Studies: **Great Seal of the US**

Physical Education: **Physical Education Activities Grades K-4**

Art: **The Color Wheel**

_____ I have completed all assignments in the Blizzard Bag Day 5 Packet.

My child has completed the assignments in the Blizzard Bag Day 5 Packet and I have checked over his/her work.

Child's Name: _____

Parent Signature: _____

Date: _____

Beating the Winter Blues

Does your mood change with the seasons?

Some people find that when the temperature goes down, so do their spirits. Those people sometimes feel sad for no reason. They eat more and gain weight. They have trouble sleeping. They can't think clearly.

Here are some ways you can beat the winter blues:

- Get out in the sun. Some experts say that winter blues happen because we get less sunlight in the winter than we do in other seasons. Some say that the decrease in sunlight can make us feel sad. Getting extra sunlight each day can help brighten your mood.
- Get some exercise. A brisk walk or other exercise will make chemicals called endorphins flow through your body. Endorphins are natural "feel good" chemicals.
- Eat more healthful foods. Avoid having too much sugar. If you crave sugary foods (like cookies or candy), it may be a sign that you need more protein (like meat, chicken, or fish).
- Avoid holiday stress. Cut back if you have too many things to do. Make sure you have some quiet time to yourself. Get some rest. Don't be so busy that you get run-down. Studies show that most teens need about nine hours of sleep each night. The average teen, though, gets only about six or seven hours of sleep per night.
- Get help. If you feel sad all the time and the feeling won't go away, you may have a bigger problem than the winter blues. Talk to an adult you trust. Get help from a doctor.

Name: _____ Date: _____

1. How many hours of sleep each night does the average teen need?

- A 6
- B 7
- C 9
- D 12

2. According to some experts, why do the winter blues happen?

- A because we have too much time to exercise
- B because we get to rest during the holidays
- C because we eat too much protein and not enough sugar
- D because we get less sunlight in the winter

3. How do people with winter blues feel in the spring compared to the winter?

- A happier
- B about the same
- C sadder
- D more stressed

4. "Some people find that when the temperature goes down, so do their spirits, and they feel sad for no reason."

In the sentence, the word **spirits** most nearly means

- A emotional happiness
- B wind speed outdoors
- C body temperatures
- D faith in their religion

5. The passage "Beating the Winter Blues" is mostly about

- A blues musicians, and how some of their music is inspired by the seasons
- B how each season has a mood depending on where the earth is in space
- C how some people feel sad in the winter, and what to do about it
- D sunlight and what research shows are its effects on human happiness

6. If you crave sugary foods, what might that mean?

7. Will exercise make you feel better even when it's not winter?

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Winter can make some people sad, _____ there are ways of dealing with the sadness.

- A because
- B since
- C so
- D but

9. Answer the following questions based on the sentence below.

You can fight the winter blues by getting out in the sun and exercising.

Who? you

(can do) What? _____

How? _____

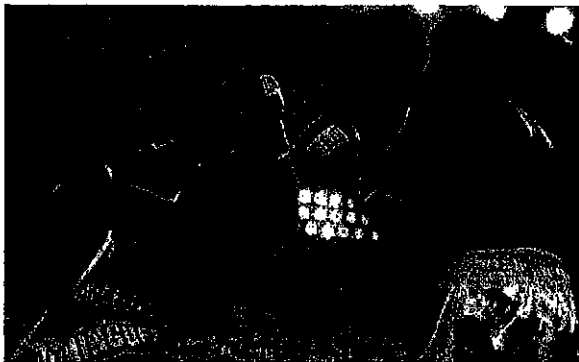
Directions: Read the vocabulary word and definition below to complete questions 10a, 10b, and 11.

Vocabulary Word: **brisk** (brisk): something done in a quick and energetic way.

10a. Read the sentences below and underline all forms of the word **brisk**.

1. The man walked briskly to his car because it was so cold outside.
2. I wanted to go out for a brisk walk after studying for a long time.
3. Because Linda was so tired, it was hard for her to walk briskly and keep up with her friends.
4. The trainer always walked briskly around the track before running as a way to warm up.
5. She always completed her chores briskly in the morning so that she would catch the bus on time.

10b. Which image best demonstrates a brisk action?



11. If you are taking a slow stroll in a park, are you moving in a brisk way? Explain your answer.

Name _____

Addition and Subtraction

33



You may have to regroup more than once.

$$\begin{array}{r} 37,324 \\ + 13,935 \\ \hline 51,259 \end{array}$$

You may need to borrow more than once.

$$\begin{array}{r} 6,110 \\ - 7,235 \\ \hline 2,394 \\ - 4,841 \end{array}$$

Solve. Regroup or borrow when needed.

1

$$\begin{array}{r} 472 \\ + 298 \\ \hline \end{array}$$

$$\begin{array}{r} 270 \\ + 357 \\ \hline \end{array}$$

$$\begin{array}{r} 623 \\ + 175 \\ \hline \end{array}$$

$$\begin{array}{r} 823 \\ + 59 \\ \hline \end{array}$$

$$\begin{array}{r} 734 \\ + 293 \\ \hline \end{array}$$

$$\begin{array}{r} 387 \\ + 309 \\ \hline \end{array}$$

2

$$\begin{array}{r} 582 \\ - 328 \\ \hline \end{array}$$

$$\begin{array}{r} 492 \\ - 387 \\ \hline \end{array}$$

$$\begin{array}{r} 808 \\ - 236 \\ \hline \end{array}$$

$$\begin{array}{r} 573 \\ - 206 \\ \hline \end{array}$$

$$\begin{array}{r} 734 \\ - 563 \\ \hline \end{array}$$

$$\begin{array}{r} 290 \\ - 185 \\ \hline \end{array}$$

3

$$\begin{array}{r} 3,476 \\ + 2,394 \\ \hline \end{array}$$

$$\begin{array}{r} 5,093 \\ + 4,423 \\ \hline \end{array}$$

$$\begin{array}{r} 19,872 \\ + 2,146 \\ \hline \end{array}$$

$$\begin{array}{r} 27,439 \\ + 31,726 \\ \hline \end{array}$$

$$\begin{array}{r} 52,745 \\ + 34,657 \\ \hline \end{array}$$

$$\begin{array}{r} 7,483 \\ + 63,034 \\ \hline \end{array}$$

4

$$\begin{array}{r} 7,862 \\ - 990 \\ \hline \end{array}$$

$$\begin{array}{r} 8,538 \\ - 5,439 \\ \hline \end{array}$$

$$\begin{array}{r} 46,032 \\ - 5,822 \\ \hline \end{array}$$

$$\begin{array}{r} 47,375 \\ - 32,194 \\ \hline \end{array}$$

$$\begin{array}{r} 84,057 \\ - 26,155 \\ \hline \end{array}$$

$$\begin{array}{r} 62,784 \\ - 32,893 \\ \hline \end{array}$$

5

At the first Open House, 349 parents attended. At the second Open House, 418 parents attended. How many more parents came to the second Open House? _____

6

The fourth graders performed for 367 students. Then they performed for 95 parents. How many people saw them perform? _____



Space Math

Complete this mission.

$$\begin{array}{r} 406 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 281 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 326 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 923 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 817 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 204 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 231 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 262 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 214 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 218 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 126 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 306 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 241 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 329 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 310 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 421 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 431 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 814 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 231 \\ \times 4 \\ \hline \end{array}$$

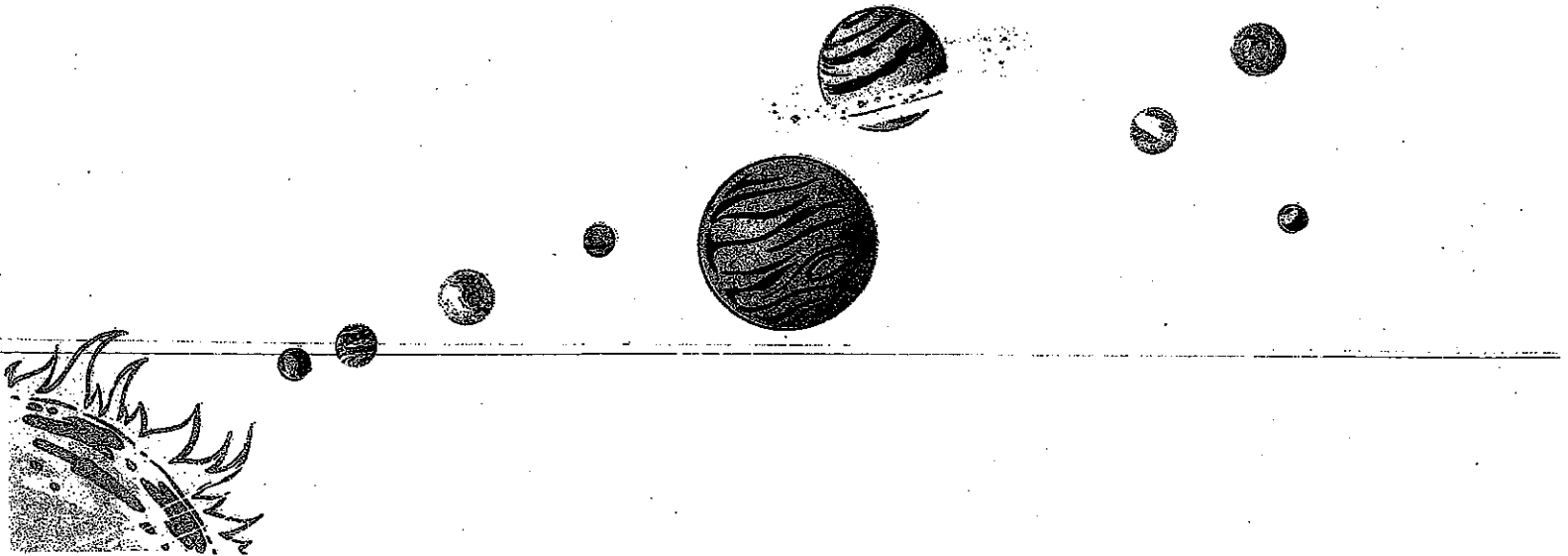
$$\begin{array}{r} 624 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 896 \\ \times 1 \\ \hline \end{array}$$

$$\begin{array}{r} 742 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 525 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 606 \\ \times 7 \\ \hline \end{array}$$



Name

Just the Opposite

Look at the pair of opposites in each box below. Choose the correct word to complete each sentence.



giggle whimper
1. A lonely puppy would _____.
2. A silly sound could make you _____.
selfish generous
3. To share your favorite cookies would be _____.
4. To take more than your share would be _____.
smooth coarse
5. The sandpaper felt _____.
6. The cat had a shiny, _____ coat.
frighten soothe
7. A loud noise could _____ an animal.
8. Cool water can _____ a burn.

Write your own sentences.

9. When might you **giggle**? _____
10. Describe a **generous** thing to do. _____

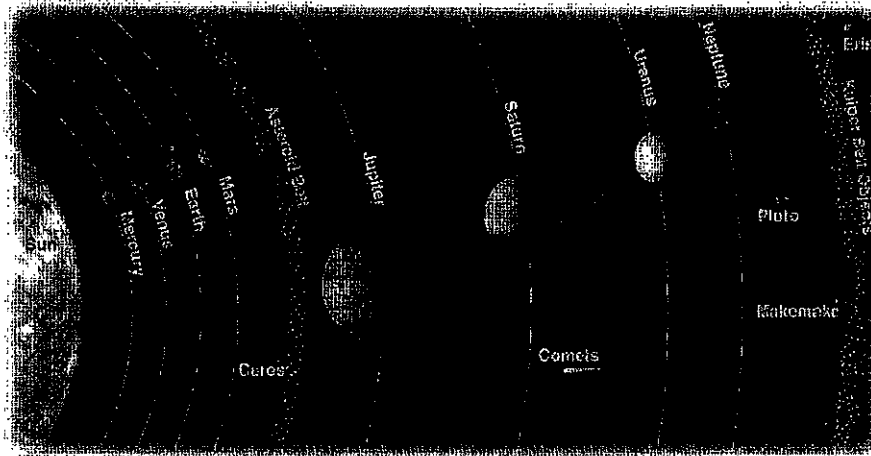
11. What might **soothe** your knee if you scrape it? _____

12. Describe something **coarse**. _____

Try This! Which of the boldfaced words might give you a pleasant feeling?
Which might give you an unpleasant feeling?

Name _____ Inner and Outer Planets

In our Solar System, astronomers often divide the planets into two groups — the **Inner Planets** and the **Outer Planets**. The inner planets are closer to the Sun and are smaller and rockier. The outer planets are further away, larger and made up mostly of gas. They are separated by the Asteroid Belt.



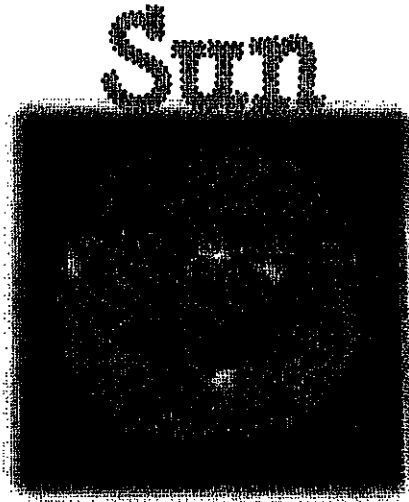
Cut out the names of the planets below and glue them under the correct heading.

Inner Planets

Outer Planets

Pluto	Jupiter	Saturn
Mercury	Neptune	Venus
Uranus	Earth	Mars

Name _____



The **Sun** is a *star* that is in the center of the Solar System. It has the largest mass in our Solar System. This is why all of the planets orbit around the sun! It is 93 million miles away from Earth. *Solar flares* from the Sun are sudden bursts of brightness that happen in places near the sunspots. *Sunspots* appear on the surface of the Sun and look dark because of lower temperatures near it. The inner core is the hottest part of the Sun and can reach the temperature of 27 billion degrees F°. Most ancient civilizations have based their culture on the presence of the Sun. These civilizations include the *Egyptians, Aztecs, Greek, and the Inca.*

1. The Sun is a _____ in the center of our Solar System.
2. How many miles is the sun from Earth? _____
3. What are sudden bursts of brightness on the Sun?

4. What is the hottest part of the Sun? _____
5. Name 3 civilizations that based their culture on the presence of the Sun. _____

Name: _____

Great Seal of the United States

Color and write a complete paragraph of what you think the symbol means.

The picture below shows the Great Seal of the United States of America.

It pictures a bald eagle with an olive branch in its right talon and arrows in its left talon. The olive branch is a symbol of peace. It shows that our country always wants to be peaceful. The arrows are a symbol of war. They show that our country is willing to fight to protect our freedom if we need to.

There are 13 leaves on the olive branch and 13 arrows. There are also 13 stars above the eagle and 13 stripes on the crest. The number 13 represents the number of states our country had when it began.

"E pluribus unum" is a Latin phrase. It means "Out of many, one." This phrase shows that many states work together to form one strong country.



Physical Education Activities grades K-4.

Before engaging in fitness fun activities always do our warm-up activities: 20 jumping jacks; Arm circles forward/reverse (10 each); Neck Rolls forward/reverse (10 each); Jog in place/high knees (30 seconds each); Frog Hops (10)

1. Move to Your Imagination

Offer up a few ideas for creative ways to move and then let your kids' imaginations run free. Encourage kids to bend all around like a tree swaying in the wind. Have kids use their arms to spin like a helicopter or zoom like a fire truck through the streets. Show kids how to use arms and legs to cut like scissors. Help kids twist into shapes of letters in the alphabet.

2. Do-It-Yourself Indoor Olympics

Compete in family indoor Olympic events with items around your house (clear away the breakables first!):

Bowling: Set up empty water bottles and knock 'em down with a ball.

Hockey: Grab a squishy ball for a puck and brooms for sticks.

Volleyball: Stretch a piece of string or yarn between two chairs. Hit a balloon back and forth over the net while sitting. Mix it up by playing on your knees, or hitting the balloon with your feet.

3. Gather a Hula-Hoop Group

Head to the garage -- or clear some space -- for some hula-hoop fun. Kids can exercise different parts of the body by hooping around their waists, arms, or legs. Lay hoops on the floor in patterns so kids can jump from one to another. You can also toss hoops trying to loop them over stationary items. Or see who can roll their hoop the farthest.

4. Follow the Bouncing Ball

How many ways can your kids bounce a ball? Find out in a room with space to move, a good bouncing floor, and not a lot of breakable stuff. Let kids try dribbling close to themselves and far away. Dribble fast and slow. Gather a group and try to bounce balls in sync

5. Get Up and Dance

When it's nasty or dark outside, you can dance up a storm inside. Take turns having family members make up their own dances. Teach kids a line dance. Put on music and play "statues" where all the dancers must freeze like a statue whenever the music stops. Or just have an impromptu dance party with family or friends.

6. Make a Circus

Turn your family room into the big top. Do balancing stunts, juggle, create tumbling routines, and even get the family pet in the act. If you're feeling especially ambitious, make it a week-long physical activity. Family members can practice each day to polish their acts. Then create costumes, invite neighbors, and put on a show.

7. Get Your Exergame On

Any gaming system can become more active when you encourage kids to stand and move while playing. Or chose an "exergame" that requires movement such as Dance Dance Revolution, a high-intensity dance game used by some school PE classes. Kids dance on colored arrows on a step pad, following visual and musical cues. Other gaming systems let you play various sports, including snowboarding and boxing.

8. Let Your Kids Go Wild

You say your house is a zoo? Then get your kids moving by pretending they're different animals. They can inch along the floor like worms, jump like kangaroos, kick and buck like wild horses, or creep like crocodiles, dragging their legs behind them. Have them slither or hop under, on, and around furniture as if your house were home to a moving menagerie.

9. A Day at the Races

These fun races can help build strength and balance:

Wheelbarrow race: Walk on your hands while your partner "steers" by holding your legs.

Beanbag race: Walk-race with a beanbag on your head or clutched between your legs.

Crab race: Sit on the floor so your feet are flat, put your hands on the floor a little behind you, and push your bottom up off the floor. On your hands and feet, scuttle backward or forward to the finish line.

10. Get Bendy With Yoga

Help kids get a good stretch by striking some yoga poses. It promotes body awareness, balance, posture, and concentration.

Try the modified lotus pose shown here. Sit in a cross-legged position: Put one foot on top of the opposite thigh. Do the same with the other foot.

Or place feet in a way that is comfortable (like the photo) to keep knees touching the ground.

11. Old-Fashioned Games

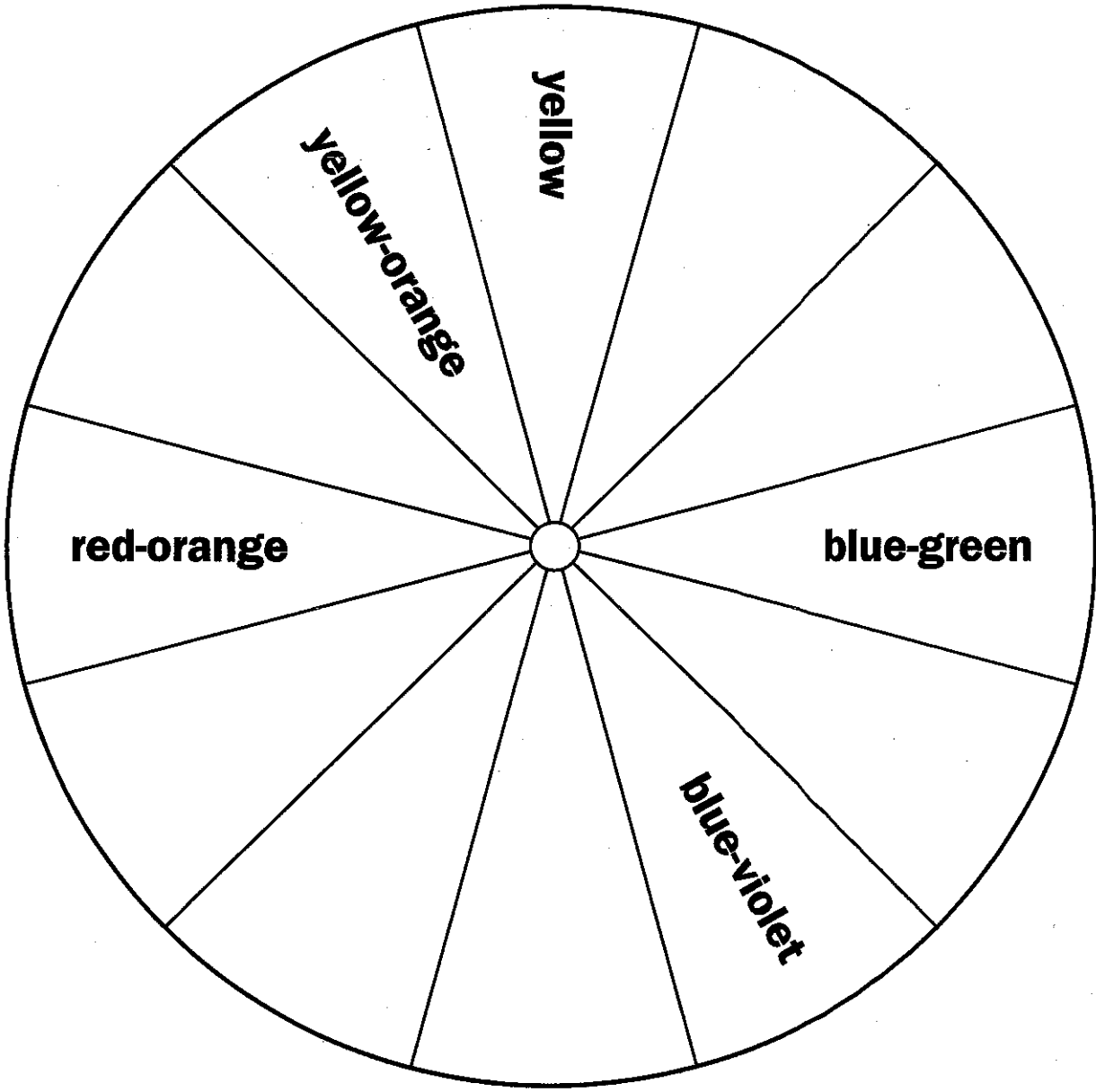
Your kids can have fun with the same games you played when you were their age. Simple activities like hide-and-seek and scavenger hunts can offer great exercise indoors. Give "Follow the Leader" a fitness makeover by focusing on aerobic activities such as jumping jacks or running up and down the stairs to improve heart and lung fitness.

12. Outside Fitness Fun Activities Build a Snowman; Go Sled Riding; Build a Snow Fort; or Make Snow Angels. (Always remember to dress warm and appropriately for the weather.)

Color Wheel

A. Coloring

Complete the diagram of the color wheel below. Write the name of the missing spectral and intermediate colors in their correct order. Use crayons or colored pencils to color each of the spaces.



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