

Second Grade

Seat work Packet
(week of Mar. 24-27)

I hope the first week went well for everyone! We totally miss you and pray for your health and wellbeing! I'm proud of your hard work! Keep up the great work you've been doing!

>Tuesday, Mar. 24, 2020

Bible: Lesson 116

Math: Lesson 116, pg. 231,232

Language: Lesson 116, Pg. 231,232

Cursive: Pg. 87

Spelling: Spelling list 23, copy one time

Reading: My New Name, Chapter 1 (pg. 1-8)

Write a chapter summary.

All Kinds of Animals, pg. 160-163

History: History packet, read pg. 45-50

Health & Safety: H & S packet, pg. 2-5

>Wednesday, Mar. 25, 2020

Bible: Lesson 117

Math: Lesson 117, pg. 233,234

Language: Lesson 117, Pg. 233,234

Cursive: Pg. 88

Spelling: Spelling list 23, copy one time (in rainbow colors)

Reading: My New Name, Chapter 2 (pg. 9-14)

Write a chapter summary.

All Kinds of Animals, pg. 164-169

History: History packet, read pg. 51-55

Health & Safety: H & S packet, pg. 6-9

>Thursday, Mar. 26, 2020

Bible: Lesson 118

Math: Lesson 118, pg. 235,236

Language: Lesson 118, Pg. 235,236

Cursive: Pg. 89

Spelling: Alphabetize Spelling List 23

Reading: My New Name, Chapter 3 (pg. 15-22)

Write a chapter summary.

All Kinds of Animals, pg. 170-173

History: History packet, read pg. 56-58

Health & Safety: H & S packet, pg. 10-13

>Friday, Mar. 27, 2020

Bible: Lesson 119

Math: Lesson 119, pg. 237,238

Language: Lesson 119, Pg. 237,238

Cursive: Pg. 90

Spelling: Complete the word challenge in your Spelling Book, pg. 46,47

Reading: My New Name, Chapter 4 (pg. 23-31)

Write a chapter summary.

Poetry, pg. 76

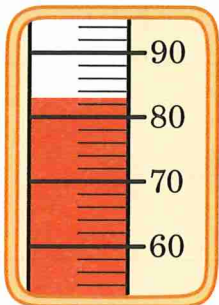
History: History packet, read pg. 59-61

Health & Safety: H & S packet, pg. 14-15

Name _____

Date ____ / ____ / ____

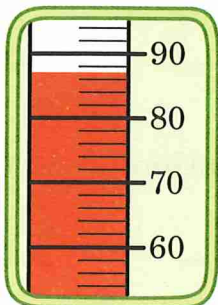
1. The temperature in Belize doesn't change much during the year. Write the number of the month and the high temperature for that month.



_____ °F

March

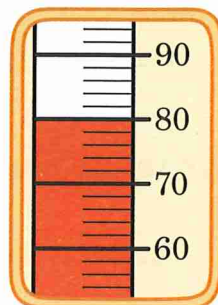
____rd month



_____ °F

July

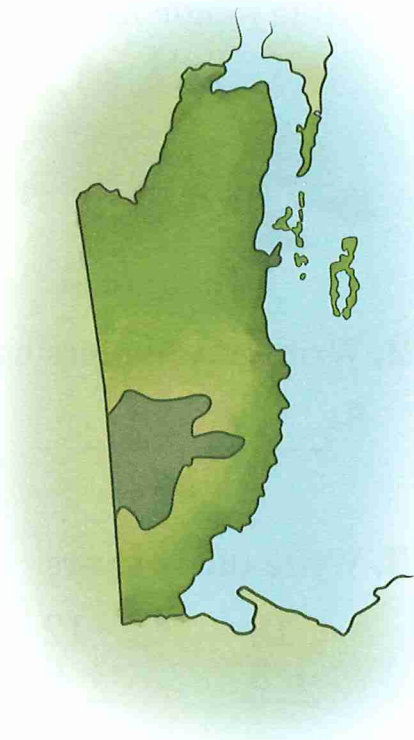
____th month



_____ °F

November

____th month



2. Write the number.

M _____

X _____

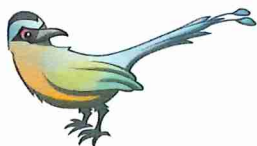
C _____

L _____

V _____

I _____

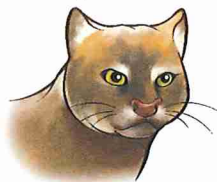
3. Circle the best weight for each object.



blue-crowned motmot

5 oz.

5 lb.



jaguarundi

15 oz.

15 lb.



black howler monkey

15 oz.

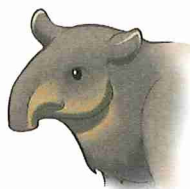
15 lb.



cane toad

2 g

2 kg



tapir

15 g

150 kg



greater bulldog bat

50 g

50 kg

4. Write the answers.

$90 \div 10 = \underline{\quad}$

$100 \div 10 = \underline{\quad}$

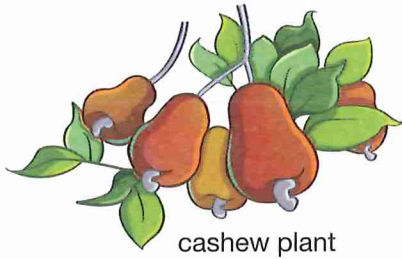
$30 \div 10 = \underline{\quad}$

$10 \div 10 = \underline{\quad}$

$110 \div 10 = \underline{\quad}$

$70 \div 10 = \underline{\quad}$

1. Write the number your teacher says in the place-value jungle huts.



ten thousands	thousands	hundreds	tens	ones
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

2. Write the answers both ways to the combinations your teacher says.

A. _____

B. _____

C. _____

3. Write the answers.

$$\begin{array}{r} 13 \\ + 3 \\ \hline \end{array}$$

$$\begin{array}{r} 12 \\ + 6 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ + 9 \\ \hline \end{array}$$

$$\begin{array}{r} 18 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 16 \\ - 9 \\ \hline \end{array}$$

$$\begin{array}{r} 18 \\ - 5 \\ \hline \end{array}$$

$40 \div 10 = \underline{\quad}$

$110 \div 10 = \underline{\quad}$

$7 \times 1 = \underline{\quad}$

$90 \div 10 = \underline{\quad}$

$120 \div 10 = \underline{\quad}$

$0 \times 1 = \underline{\quad}$

$0 \div 10 = \underline{\quad}$

$20 \div 10 = \underline{\quad}$

$8 \times 1 = \underline{\quad}$

4. Draw lines to match the numbers to the Roman numerals.

- | | |
|-----|-------|
| L | 400 |
| XXI | 2,000 |
| CC | 500 |
| LX | 21 |
| MM | 50 |
| D | 200 |
| CD | 60 |



5. Write the differences.

$$\begin{array}{r} \square \square \\ 5,438 \\ - 2,526 \\ \hline \end{array}$$

$$\begin{array}{r} \square \square \\ 8,205 \\ - 1,403 \\ \hline \end{array}$$

Name _____

Date ____ / ____ / ____

1. Write the products.

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

$$\begin{array}{r} 10 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 11 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \\ \times 1 \\ \hline \end{array}$$

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

$$\begin{array}{r} 0 \\ \times 1 \\ \hline \end{array}$$

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

$$\begin{array}{r} 1 \\ \times 10 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ \times 10 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ \times 0 \\ \hline \end{array}$$

2. Write the quotients.

$70 \div 10 = \underline{\quad}$

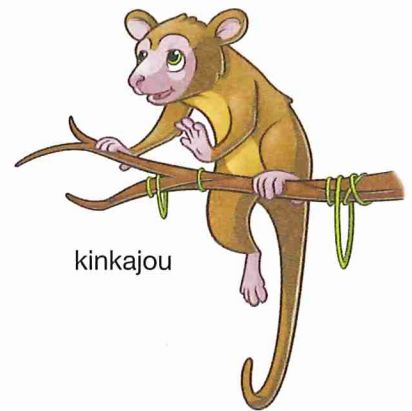
$0 \div 10 = \underline{\quad}$

$120 \div 10 = \underline{\quad}$

$80 \div 10 = \underline{\quad}$

$20 \div 10 = \underline{\quad}$

$90 \div 10 = \underline{\quad}$



kinkajou

3. Use your ruler to draw lines.

7 cm |

$4\frac{1}{2}$ inches |

4. Write > or <.

1 qt. 2 c.

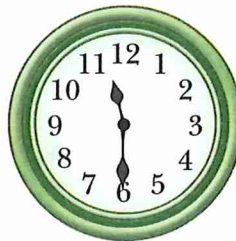
1 c. 1 pt.

1 gal. 1 qt.

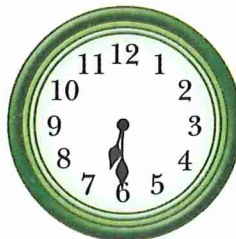
1 c. 1 qt.

1 c. 1 gal.

5. Draw lines to match.



11:30



6:30

12:30

7:30

When one factor is zero, the product is always zero.

1 group of 0 bananas = 0 bananas

$$1 \times 0 = 0$$



1. Write the products.

$$\begin{array}{r} 5 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 0 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 12 \\ \times 0 \\ \hline \end{array}$$

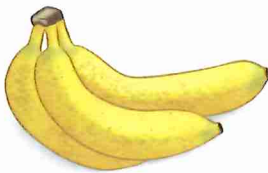
$$\begin{array}{r} 4 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 11 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ \times 0 \\ \hline \end{array}$$

2. Mark beside the best weight.

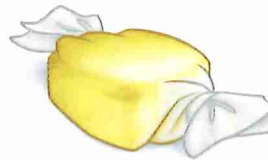
a.



1 ounce

1 pound

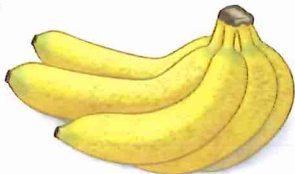
b.



1 ounce

1 pound

c.



1 gram

1 kilogram

d.



6 grams

6 kilograms

3. Fill in the blank.

$$\frac{1}{2} \text{ of } 20 = \underline{\hspace{2cm}}$$

$$\frac{1}{2} \text{ of } 42 = \underline{\hspace{2cm}}$$

$$\frac{1}{2} \text{ of } 800 = \underline{\hspace{2cm}}$$

$$\frac{1}{2} \text{ of } 68 = \underline{\hspace{2cm}}$$

4. Write the answers.

$$10 + 4 + 3 - 2 = \underline{\hspace{2cm}}$$

$$15 - 4 + 5 + 1 = \underline{\hspace{2cm}}$$

$$9 + 5 - 6 + 8 = \underline{\hspace{2cm}}$$

Name _____ Date ____ / ____ / ____

1. Finish the pattern.



2. Write the numbers from least to greatest.

28,605

19,984

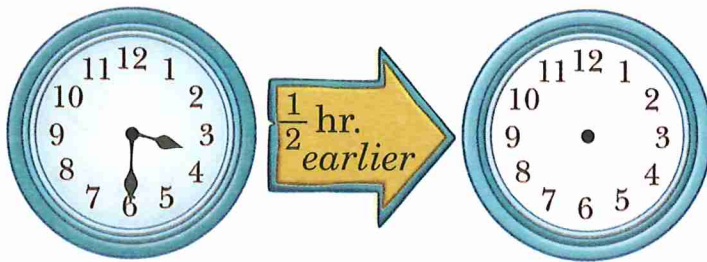
38,000

8,289

_____ least

_____ greatest

3. Write the times and set the clock.



5. Write the sums.

$$\begin{array}{r} 424 \\ 232 \\ + 507 \\ \hline \end{array}$$

$$\begin{array}{r} 120 \\ 263 \\ + 546 \\ \hline \end{array}$$

4. Fill in the blanks.

158 has _____ tens.

752 has _____ hundreds.

2,906 has _____ tens.

8,013 has _____ ones.

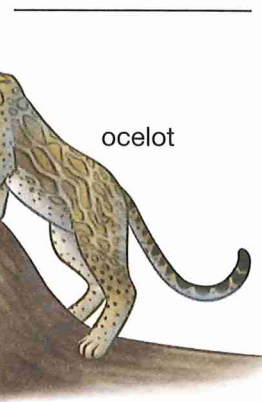
32,653 has _____ ten thousands.

6. Write the sum.

5 nickels = \$ _____

4 dimes = _____

2 quarters = + _____



ocelot

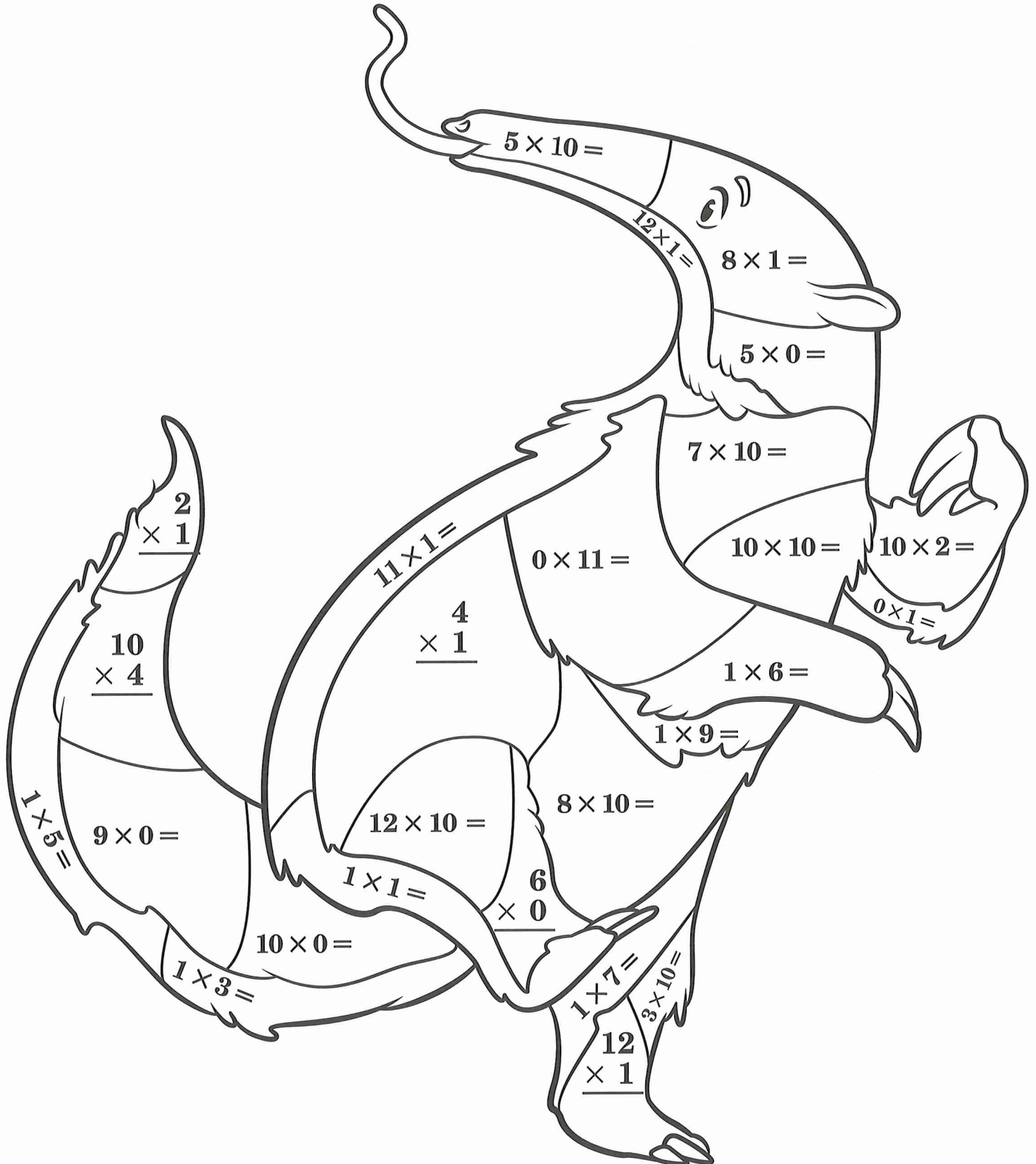
7. Fill in the missing Roman numerals.

XX _____ XXIII _____ XXV

_____ XXVIII _____

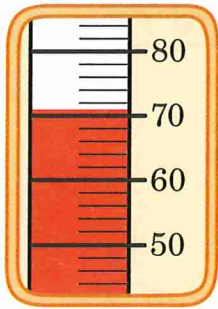
Write the products on the anteater.

Color the odd products brown . Color the even products gray .

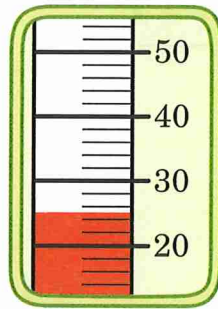


Name _____ Date ____ / ____ / ____

1. Write the temperature.

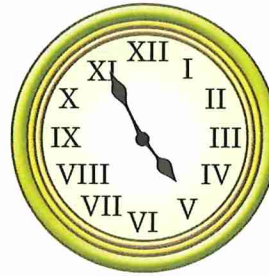


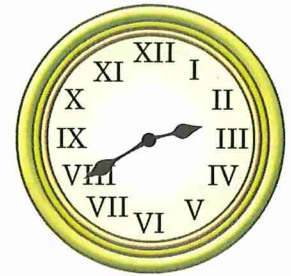
_____ °F



_____ °F

2. Write the time.





3. Mother bought one quart of pineapple juice for breakfast. How many cups of juice did she buy? _____ cups

4. Circle the correct temperature.

Boiling point of water

212°F



100°F

201°F

Freezing point of water

23°F



32°F

36°F

Normal body temperature

100.1°F



98.6°F

96.0°F

5. The milkman delivers milk to school each day. Today, he had 324 cartons of milk in his truck. He left 135 cartons at school. How many are left in his truck?

_____ cartons

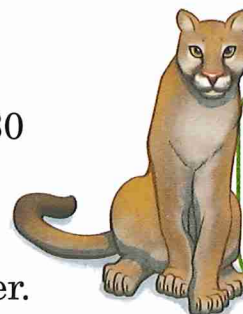


Workspace

$$\begin{array}{r} \square \square \square \\ 324 \\ - 135 \\ \hline \end{array}$$

6. The puma in Belize can run up to 45 miles per hour. A house cat can run 30 miles per hour. How much faster is a puma than a house cat?

_____ miles per hour faster.



puma

Workspace

$$\begin{array}{r} 45 \\ - 30 \\ \hline \end{array}$$



1. Write the differences.

$$\begin{array}{r} \square \square \\ 640 \\ - 135 \\ \hline \end{array}$$

$$\begin{array}{r} \square \square \\ 880 \\ - 243 \\ \hline \end{array}$$

$$\begin{array}{r} \square \square \\ 760 \\ - 144 \\ \hline \end{array}$$

$$\begin{array}{r} \square \square \\ 490 \\ - 372 \\ \hline \end{array}$$

2. Write the products.

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

$$\begin{array}{r} 2 \\ \times 10 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ \times 0 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ \times 10 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ \times 1 \\ \hline \end{array}$$

3. Five beautiful macaws sat on the branch of a tree. Six macaws sat on another branch. Two macaws flew away. How many macaws were left?

_____ macaws



4. Count the money. Then, read the clues and write how much money each person has.



\$ _____



\$ _____



\$ _____



\$ _____

a. Grandpa has the most money.

b. Mother has the least money.

c. Sarah has 25¢ more than Mother.

d. How much money does Carson have?



When the prefix **un-** comes before a root word, it means *not*.
 When the prefix **re-** comes before a root word, it means *again or back*.

1. Underline the root word. Write the meaning.

return = _____ again rewrite = _____ again
 rebuild = _____ again rewarm = _____ again
 unkind = not _____ unripe = not _____
 unchained = not _____ unsafe = not _____

2. Read the words. Circle only the special sounds that make the ē sound.

field honesty she volleyball
 cookie teapot dream greasy



3. Circle the correct words in each sentence.

Throw (your, you're) banana peel away when (your, you're) finished eating.
 My friends said (their, they're) going camping this weekend with
 (their, they're) dad.
 (Its, It's) too early to feed the dog (its, it's) dinner.



Dictation

1. Mark the sentences. Diagram the sentences.

The large lion roared in the jungle.

Two cubs followed the lioness.

The tall grass hid them from us.

We watched them from the safari truck.



2. Finish the abbreviation chart. *Remember, some months do not have abbreviations.*

January _____

July _____

Sunday _____

February _____

August _____

Monday _____

March _____

September _____

Tuesday _____

April _____

October _____

Wednesday _____

May _____

November _____

Thursday _____

June _____

December _____

Friday _____

Saturday _____



The prefix **un-** means *not*.
 The prefix **re-** means *again or back*.

1. Add **un-** or **re-** to the root words to finish the story.

When Tyler _____ turned from visiting Grandma, he took his suitcase to his room. He wanted to _____ pack it. He tried to _____ zip the suitcase, but it wouldn't open. He tried and tried, but the zipper wouldn't move. He told Dad that he was _____ able to open his suitcase. When Dad looked at the zipper, he saw the problem. The two sides were _____ even so the zipper was stuck. This was an _____ expected problem. Thankfully, Tyler watched Dad _____ adjust the sides until the zipper was free. Tyler was not _____ grateful and thanked his dad.

2. Write the correct **un-** or **re-** word.

to cycle again = _____	recycle _____	not known = _____
not buttoned = _____		heat again = _____
to read again = _____		check again = _____
not plugged = _____		not finished = _____



Dictation

1. Read the sentences. Add capital letters, commas, and end punctuation.

belize is a country in Central America.

do you know that there is a jungle in Belize

belize is home to wild cats like the jaguar ocelot and puma

toucans macaws and eagles also live in Belize

the jabiru stork is a huge bird whose wings can be eight feet across

2. Write the correct word to complete each sentence.

🌿 (Lie, Lay) _____ your jacket on that chair.

🌿 My Mom (taught, learned) _____ me that the howler monkey is so loud that it can be heard from a couple of miles away!

🌿 My friend, Erika, has a pet monkey that (sits, sets) _____ on her shoulder.

🌿 Ben's rubber duck floated and did not _____ (sink, sank, sunk) _____.



3. Match the nouns to make compound nouns.

back

cow

dragon

eye

gum

jelly

fly

ball

bean

boy

pack

lash



1. Write the contraction for each set of words.

cannot = _____	has not = _____
was not = _____	will not = _____
they are = _____	do not = _____
you are = _____	it is = _____

2. Write the correct words to complete each sentence using each word in the box one time.

their they're your you're its it's

The king vulture lives in Belize. _____ feathers are brightly colored.
_____ known for their strong bills and sharp claws. _____ not
unusual for these birds to fly and fly looking for their next meal. What do
they eat? _____ not going to like the vulture's food. These birds eat
dead animals for their meals. King vultures use _____ senses of sight
and smell to find food. Aren't you glad _____ next meal isn't with the
king vulture?



Dictation

1. Add the special sound to make the word.
Find the words in the word search.

y in baby

e in me

ey in key

ie in brownie

ea in leaf

-y in rainy

fuzz_____

mayb_____

dadd_____

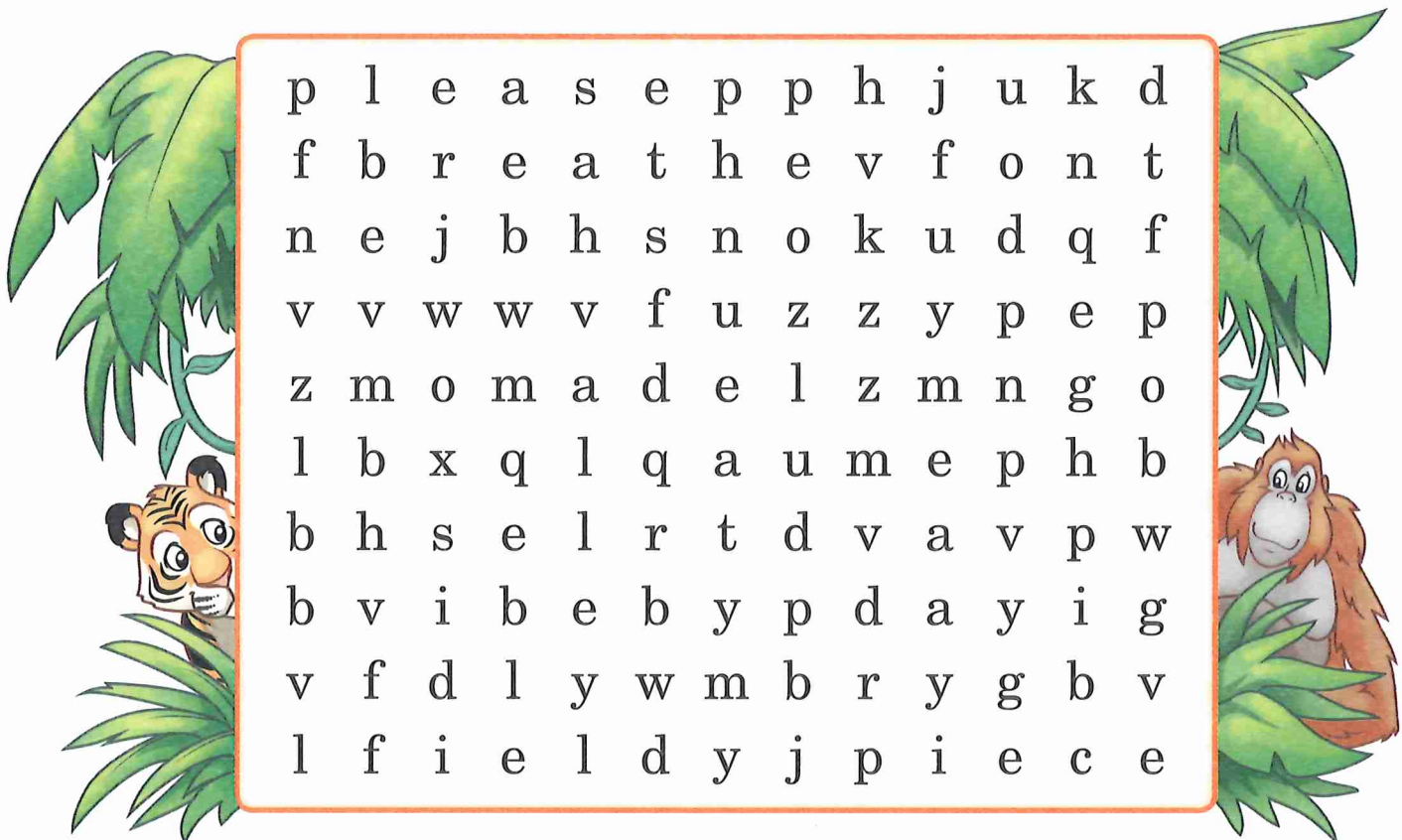
p_____ce

vall_____

f_____ld

br_____the

pl_____se



2. Circle the best word to complete each sentence.

(Your, You're) brother is a good baseball pitcher.

Our big brothers are going to ride (their, they're) bicycles to baseball practice.

Kyle can't ride his bicycle because (its, it's) tire is flat.

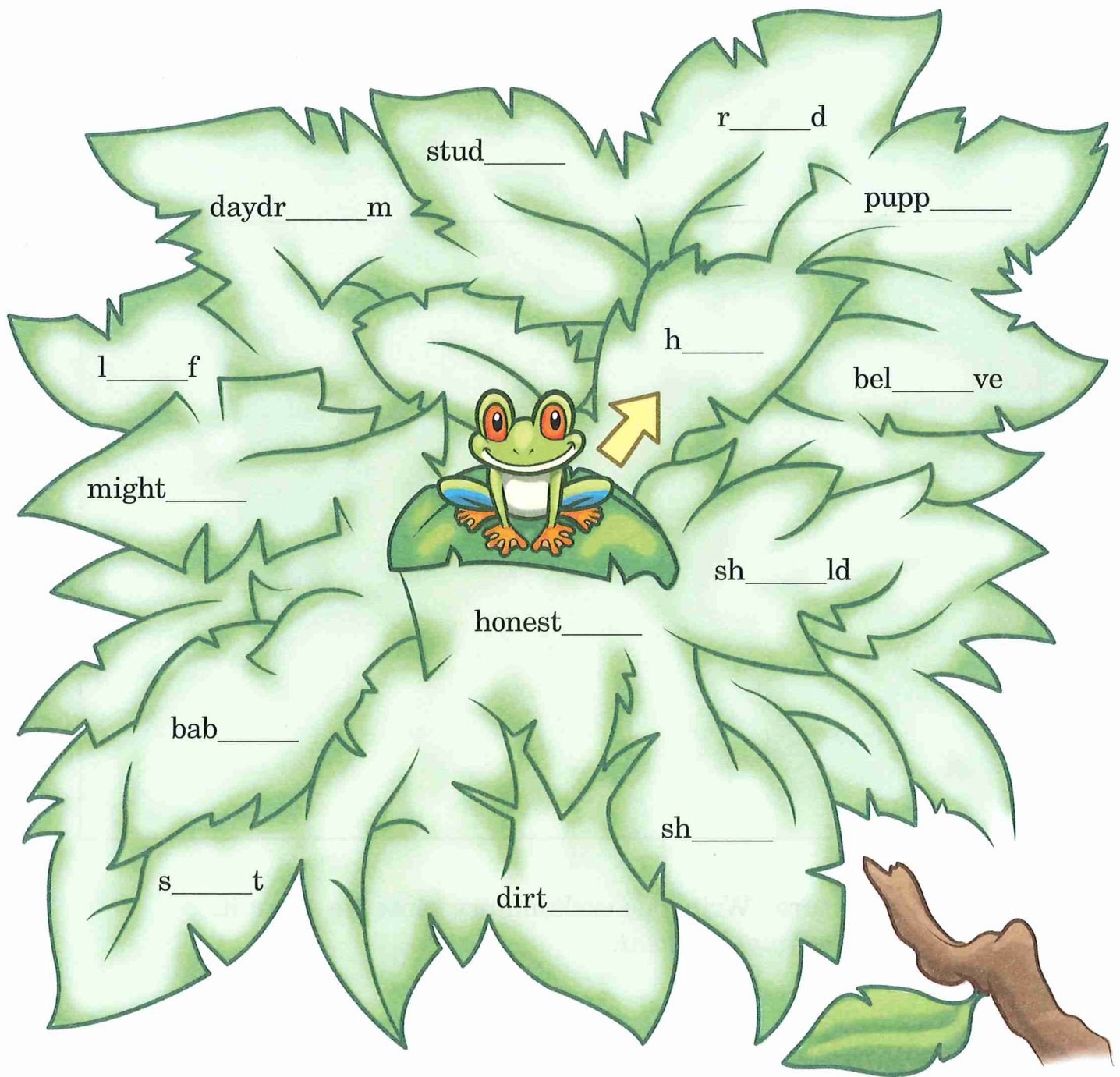
(Their, They're) going to be playing a game on Saturday.

I wonder if (its, it's) going to rain Saturday.

(Your, You're) invited to go with my family to the game.

Write a special sound that makes an ē sound to make a word.
Draw a line to help the tree frog get back home.

- y in baby
- e in me
- ey in key
- ie in brownie
- ea in leaf
- y in rainy

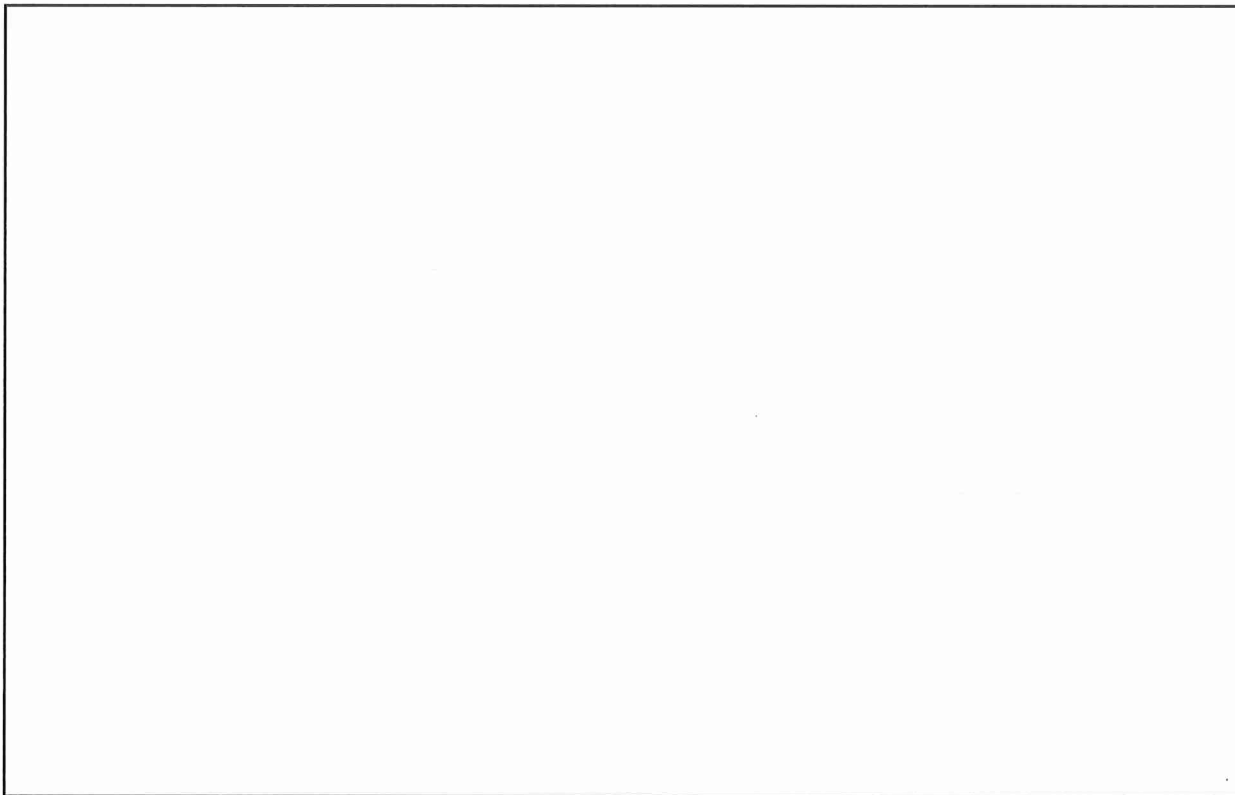




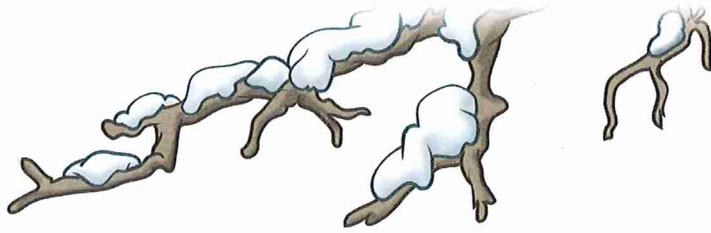
A **noun** is a word that names a person, place, or thing.
 A **verb** is a word that shows action.

1. Pretend you are a jungle explorer. Write five nouns and five verbs that you would see in the jungle. Draw a picture of your jungle adventure.

nouns	verbs
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>



2. Look at your picture. Write one exclamatory sentence about it.
Remember the exclamation point.



Copy the poem.

Important Rules

Whoever you are, be noble;

Whatever you do, do well.

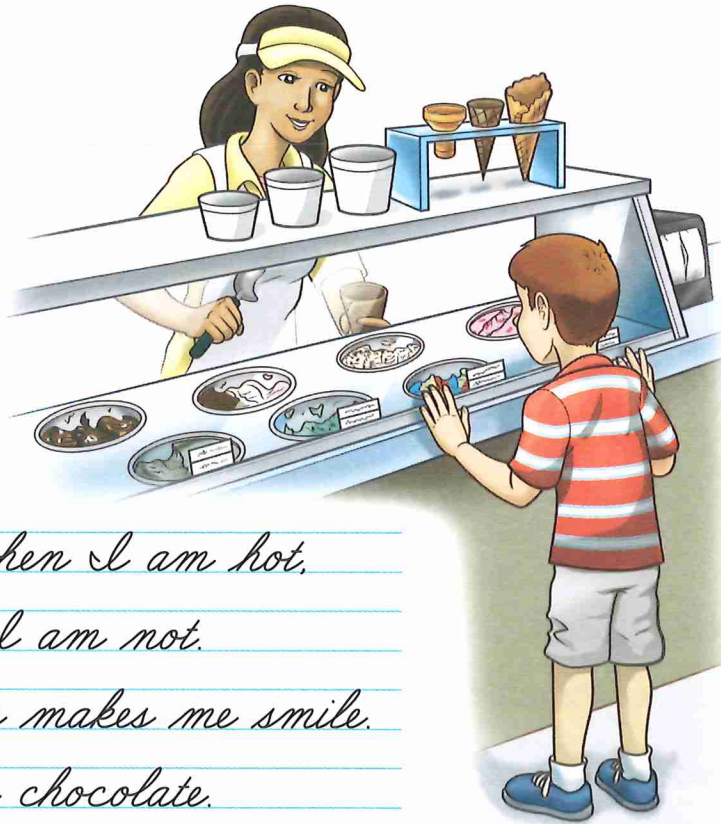
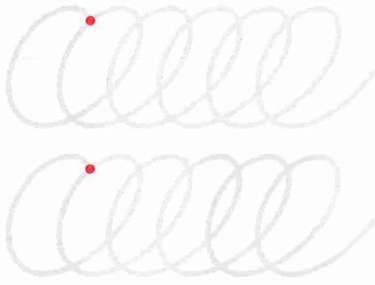
Whatever you speak, speak kindly;

Give joy wherever you dwell.

—Ruskin

Additional Practice

1. Warm up.



2. Copy the riddle.

*I love to go there when I am hot,
and sometimes when I am not.*

The cool, creamy taste makes me smile.

My favorite flavor is chocolate.

Where am I going?

3. Answer the riddle in a complete sentence.

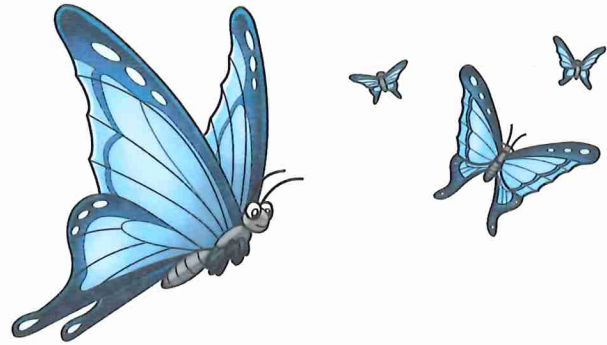
Additional Practice

**Number the sentences.
Copy them in the correct
order to tell how to build
a banana split.**



- Top it off with whipped cream
and a cherry.*
- Peel the banana and cut it
in half.*
- Put three scoops of ice cream on
the banana.*
- Pour topping on the ice cream.*
- Lay the banana in the dish.*

1. Warm up.



2. Copy the paragraph.

*God gave the beautiful
jungle animals ways to keep
safe. Some butterflies have
clear wings that are hard to
see. The hummingbird's green
feathers match the leaves.*



Additional Practice

Practice Pages

.....
Name: _____

Date: _____

.....
>Copy the Spelling List ____.

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

Vocabulary words:

18. _____

9. _____

19. _____

10. _____

20. _____

Thought for the week:

Practice Pages

.....
Name: _____

Date: _____

.....
>Copy the Spelling List _____.

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

Vocabulary words:

18. _____

9. _____

19. _____

10. _____

20. _____

Thought for the week:

Practice Page

.....

Name: _____

Date: _____

.....

Spelling List _____ (in alphabetical order)

1. _____

13. _____

2. _____

14. _____

3. _____

15. _____

4. _____

16. _____

5. _____

17. _____

6. _____

18. _____

7. _____

19. _____

8. _____

20. _____

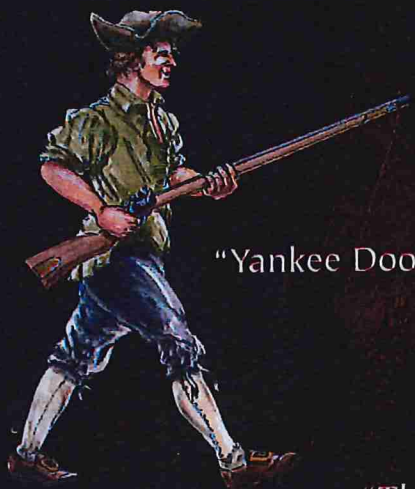
9. _____

10. _____

11. _____

12. _____

America's Songs



"Yankee Doodle"

"The Star-Spangled Banner"



"My Country,
'Tis of Thee"

"America the Beautiful"



Many great songs have been written about America. You probably already know the tunes and words of many of them. But do you know the stories behind these great songs?

“Yankee Doodle”

Did you know that America’s first patriotic song wasn’t even written by an American? It was written by an English army doctor in 1755, before we even fought England for our independence.

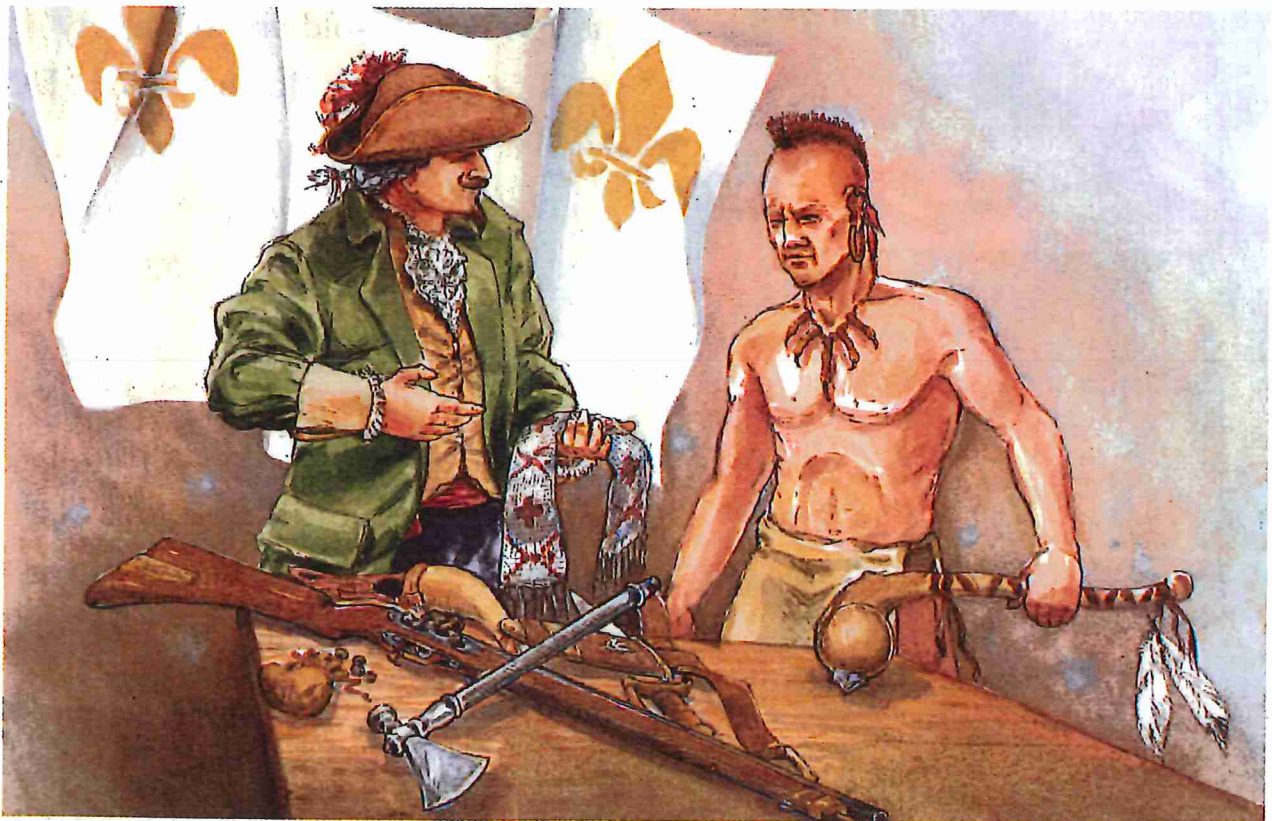
In 1755, the American colonies were having trouble with the French and the Indians. The French wanted to rule America. To help them win, the French talked some Indians into helping them.

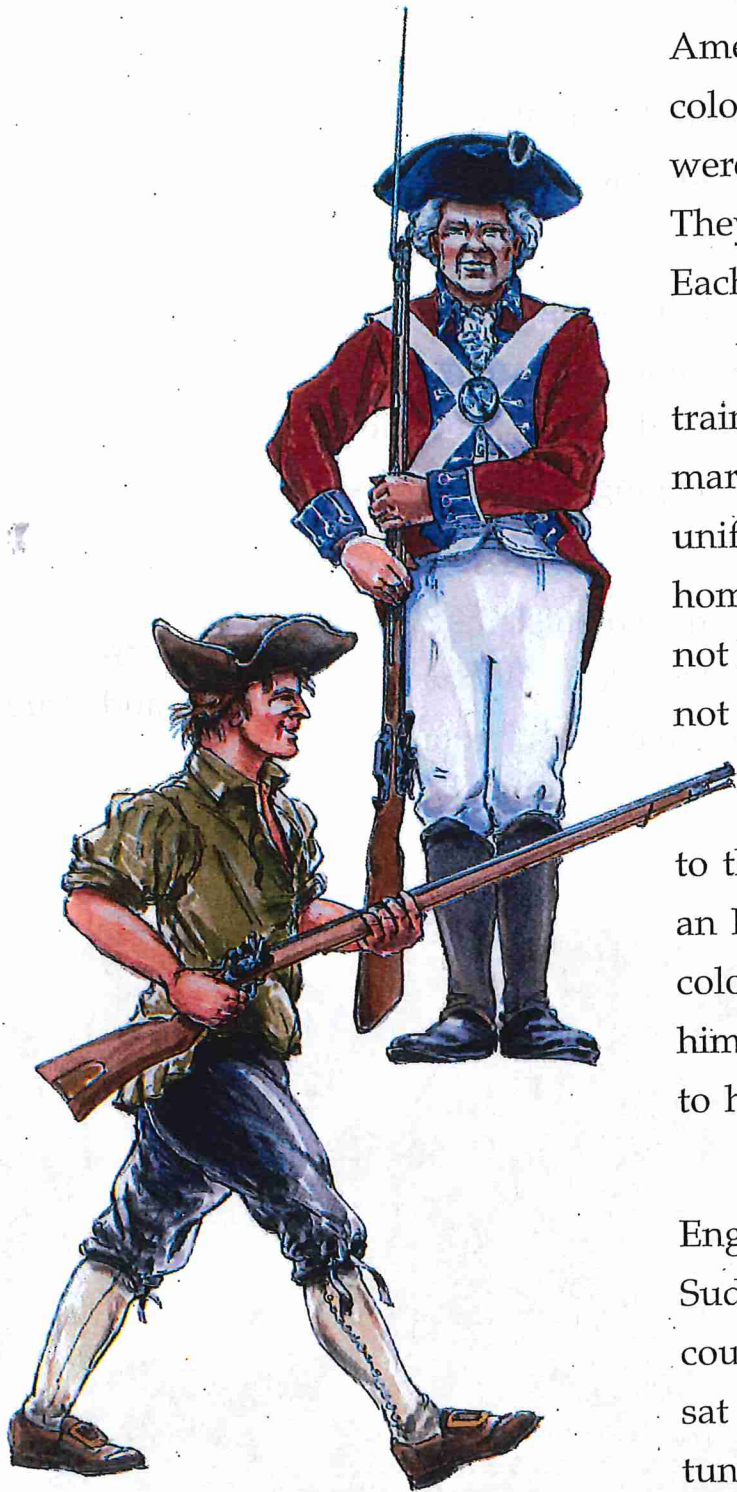
Vocabulary:

doodle

English

French





English soldiers sailed to America to help the American colonists. The English soldiers were trained to fight and march. They all had handsome uniforms. Each had a fine gun.

But the Americans were not trained to fight. They could not march together. Instead of fine uniforms, they had buckskin or homespun clothes. Some did not have shoes, and others did not have a gun.

What a funny sight they were to the British soldiers! One day an English army doctor watched the colonists try to march. Laughing to himself, Dr. Shuckburgh went back to his tent.

It was then that an old English tune came to his mind. Suddenly he thought of a trick he could play on the Americans. He sat down and wrote words to the tune of "Yankee Doodle."

Vocabulary:

colonists

uniforms

buckskin

homespun

Dr. Shuckburgh

"Yankee Doodle went to town,
Riding on a pony. . . ."

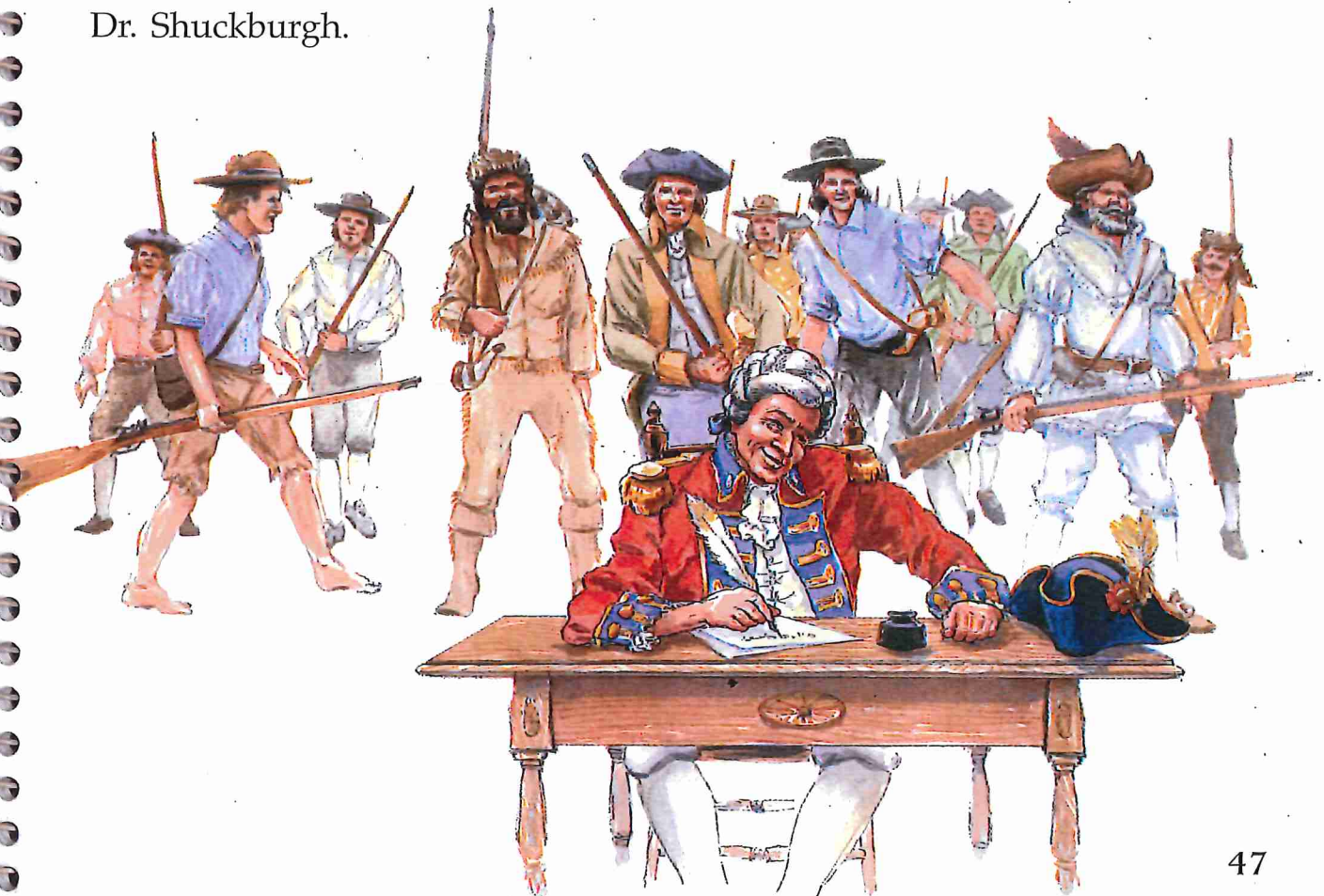
The American soldiers were the Yankee Doodles in his song. (A **doodle** means something that is foolish.)

When he finished, he took his song to the Americans. "Learn this song, and the tune will help you keep in step," he told them. But he did not tell them they would be singing foolish things about themselves!

With their fife and drum the colonists began marching in step to "Yankee Doodle." "What a great joke I've played on the Americans!" thought Dr. Shuckburgh.

Vocabulary:

fife and drum



Then the French and Indian War was over. The English had won. But soon the English were at war again—this time with the Americans themselves. The Americans wanted to be free from the English. This war was called the American Revolution.

To poke fun at the Americans, English soldiers sang “Yankee Doodle” as they marched to war. Then to the surprise of the English soldiers, the American soldiers sang “Yankee Doodle” in their battles against the English.

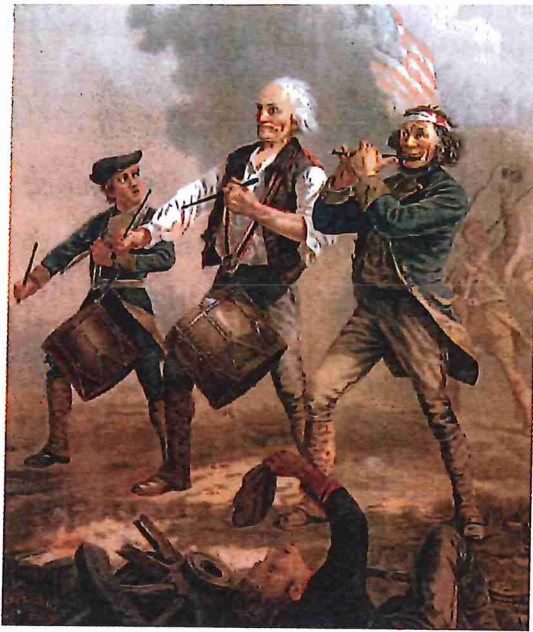
Vocabulary:

American

Revolution

The Americans won.





“Yankee Doodle” was meant to be a joke about Americans. But the Americans soon turned the joke around on the English.

Dr. Shuckburgh wrote many verses to “Yankee Doodle.” Here are three of them.

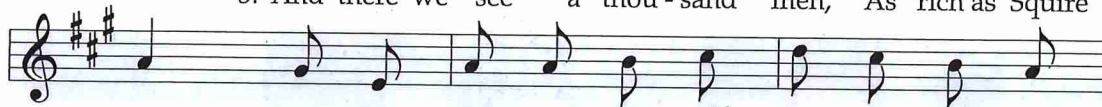
Yankee Doodle

Dr. Shuckburgh

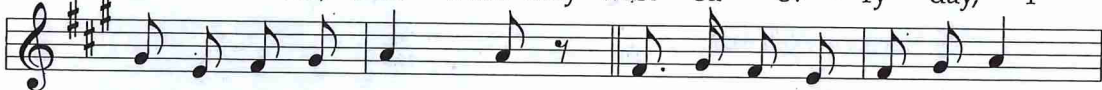
Unknown



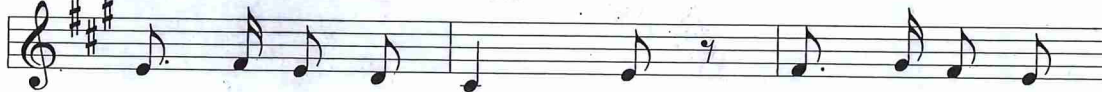
1. Yan-kee Doo-dle went to town, A - rid - ing on a
2. Fath'r and I went down to camp, A - long with Cap-tain
3. And there we see a thou - sand men, As rich as Squire



po - ny; He stuck a feath - er in his cap, And
 Good' - in, And there we saw the men and boys As
 Da - vid; And what they wast - ed ev' - ry day, I



called it Mac - a - ro - ni.
 thick as has - ty pud - din'. Yan - kee Doo - dle keep it up,
 wish it could be sav - ed.



Yan - kee Doo - dle dan - dy, Mind the mu - sic



and the step, And with the girls be han - dy.

Do You Know?

1. What was America's first patriotic song?

2. Who wrote "Yankee Doodle"?

3. What is a doodle?

4. When "Yankee Doodle" was written, was it meant to be a compliment to the American soldiers?

Something Fun to Do

Dr. Shuckburgh wrote many verses for "Yankee Doodle." See if you can write one or two verses of your own. Find some friends to sing the new verses of the song with you.



“The Star-Spangled Banner”

The year was 1814. Our country was at war with England. In August, the English soldiers had captured and burned Washington, D.C. Now they were planning to capture Baltimore, Maryland.

To capture Baltimore, the English would have to destroy the fort that protected the city—Fort McHenry.

Before the battle an American doctor, Dr. William Beanes, had tried to arrest some English soldiers. The angry English took the doctor prisoner aboard one of the English warships.

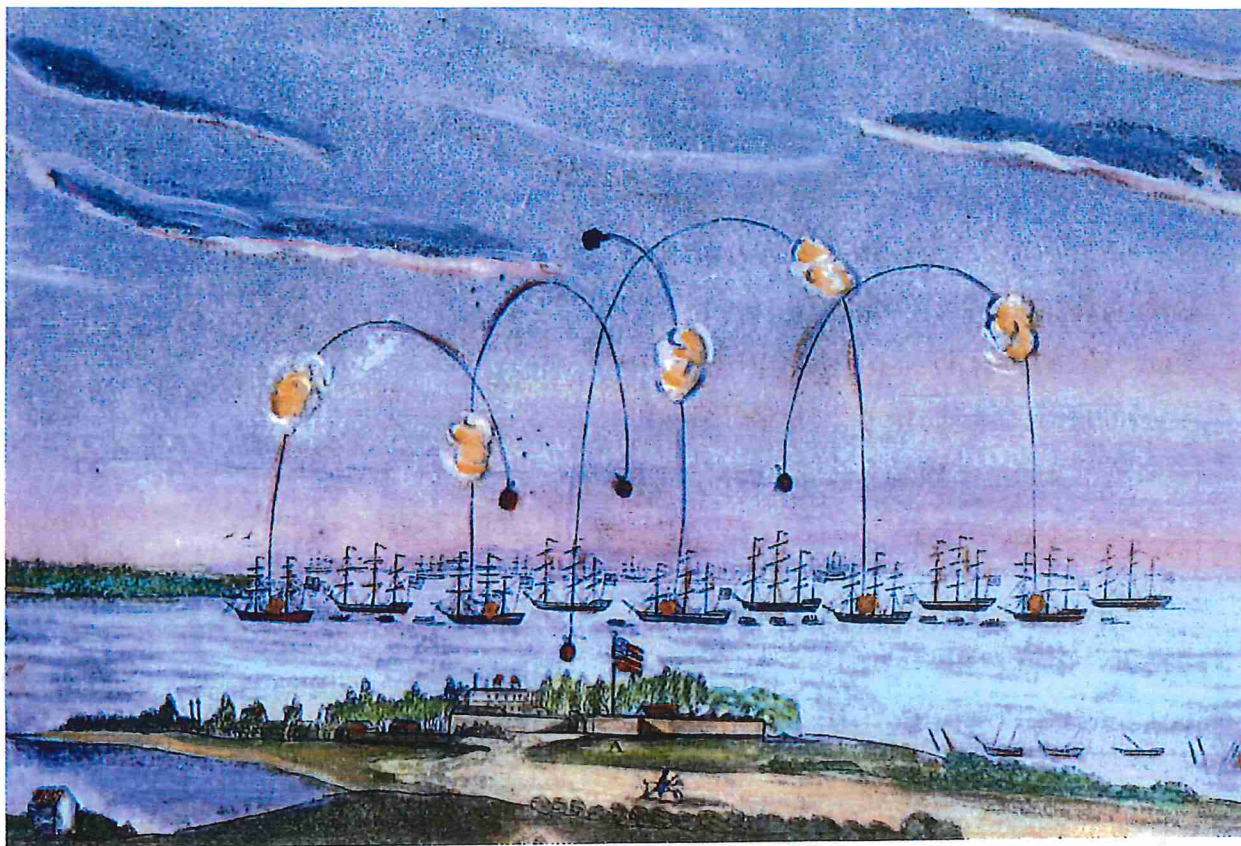
Dr. Beanes’s friends were worried about him. In a small boat they sent Francis Scott Key to talk to the admiral of the English warship.

Vocabulary:

Baltimore, Maryland

Fort McHenry





The admiral said he would let Dr. Beanes go, but that the Americans could not return to land for a few hours. The English were ready to attack Fort McHenry. They did not want Mr. Key to go back and warn Fort McHenry of the attack.

So Mr. Key watched as the English shot bombs and rockets at Fort McHenry. He kept his eyes on the large United States flag flying over Fort McHenry. As long as our flag was still flying, he knew the English had not won.

Night came. But in the light of the rockets' red glare and the bombs bursting in air, he could still see our flag. It had many holes in it from the rockets and bombs, but it was still proudly flying!

Then he did not see our flag for a long time. Was it still there? Dawn came and soon Mr. Key saw the flag again!

Vocabulary:

- Dr. William Beanes
- prisoner
- admiral

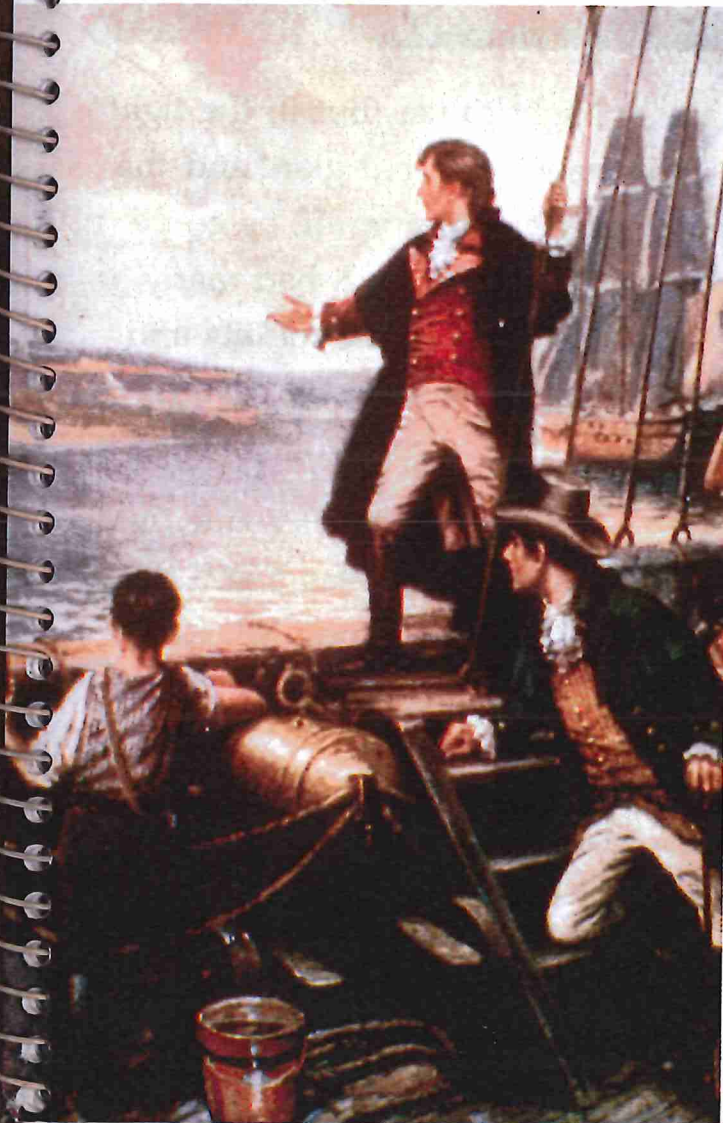
Still on board the ship, Francis Scott Key began writing a poem. He called it "The Star-Spangled Banner." Later, when he was back on land, he showed the poem to his brother-in-law. His brother-in-law liked it so well that he had it printed.

The people liked it. Someone noticed that the words seemed to fit an old English tune. Soon

"The Star-Spangled Banner" was sung everywhere.

Francis Scott Key wrote four verses to "The Star-Spangled Banner." The first verse is the one you sing at school and hear most often.

As you read it, pretend you are a prisoner on the ship with Mr. Key. Think what it must have felt like to wonder if your country's flag was still flying or if it had been captured by the enemy. Then think how thrilling it was to see your flag, though tattered and torn, still flying!



At last dawn came.
Through the morning mist
Mr. Key saw our flag!
What a beautiful sight!



The Star-Spangled Banner

Francis Scott Key

John Stafford Smith



O — say, can you see by the dawn's ear - ly



light, what so proud-ly we hailed at the twi- light's last gleam- ing?



Whose broad stripes and bright stars Thru the per- il-ous fight, O'er the



ram- parts we watched, were so gal- lant-ly stream- ing? And the



rock- ets' red glare, the bombs burst- ing in air, Gave



proof thru the night that our flag was still there, O



say, does that — star- span- gled ban- ner — yet — wave, — O'er the



land — of the free and the home of the brave?

Vocabulary:

perilous
ramparts
gallantly

Something You Can See

If you visit the Smithsonian Institute in Washington, D.C., you can see the huge flag that flew over Fort McHenry. It is over 32 feet long and 27 feet tall. The British could not help but see our proud flag! It has 15 stars and 15 stripes. You will see eleven holes in the flag made by rocket guns on the English ship.



The huge flag flying over Fort McHenry inspired Francis Scott Key to write our national anthem.

Do You Remember?

1. Who wrote "The Star-Spangled Banner"?
2. Which American fort was being attacked by the British?
3. What city was this American fort built to defend?

Vocabulary:

Smithsonian Institute inspired

“My Country, 'Tis of Thee”

In 1831, Mr. Lowell Mason wanted a new song to teach the children at his church. He had found many German songbooks that were full of good songs. One thing was wrong—Lowell could not read German! But he knew someone who could—his good friend Samuel Francis Smith.

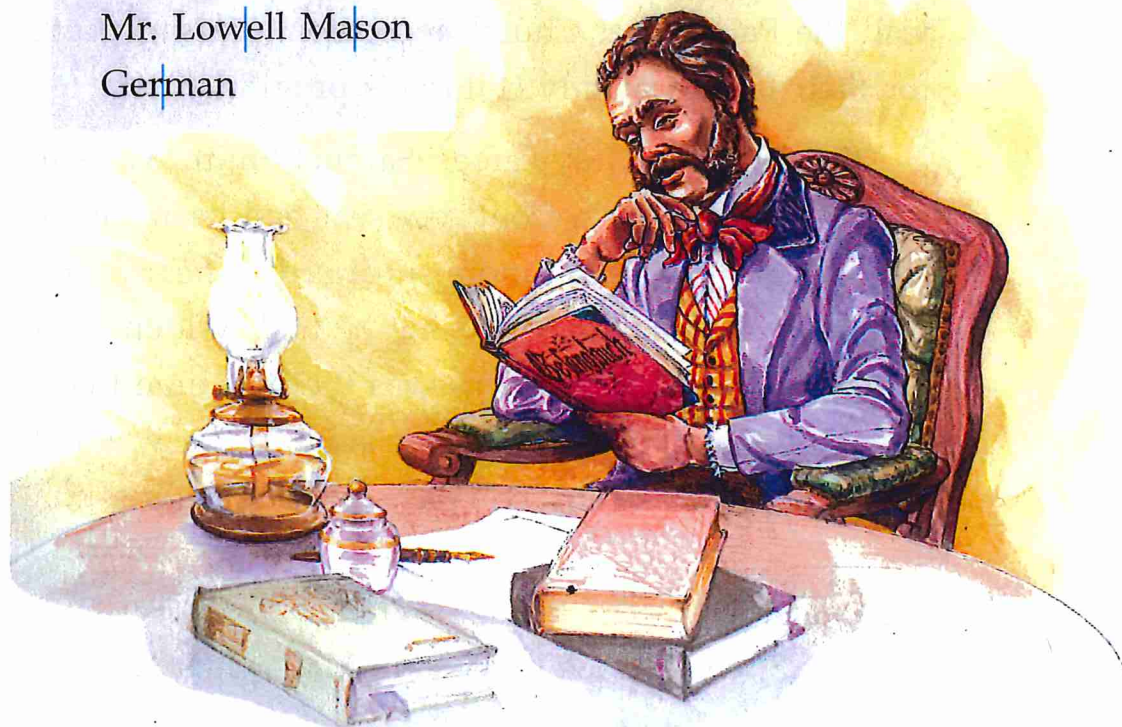
Lowell asked Samuel, “Please look through these German songbooks for me. If you find a good song that children can sing, write it in English.”

Lowell Mason left, and Samuel began looking through the songbooks. The music to one hymn was beautiful. He stopped to hum the tune. Then he began to think of his own words for the tune.

Vocabulary:

Mr. Lowell Mason

German





Finding a scrap of paper, he began writing the words to "My Country, 'Tis of Thee." In a very short time he was finished.

Finally, Samuel took his song to his friend. Later Lowell sent Samuel a note asking him to come and visit the Park Street Church in Boston, Massachusetts, for their Fourth of July children's program.

The Fourth of July came. Samuel Smith was surprised to learn that a front row seat had been saved for him. But he was even more surprised to hear a group of school children sing the song he had written—"My Country, 'Tis of Thee." This was the first time that "My Country, 'Tis of Thee" was sung, but it was not long before Americans everywhere were singing it.

Vocabulary:

Park Street Church Boston, Massachusetts

Words divided for teacher to help students who have difficulty reading them.

Here are the first and last verses of "My Country, 'Tis of Thee." Before you sing them, read them. Think of God's blessings to our country. Then sing out with a joyful heart.

My Country, 'Tis of Thee

Samuel Francis Smith

Henry Carey

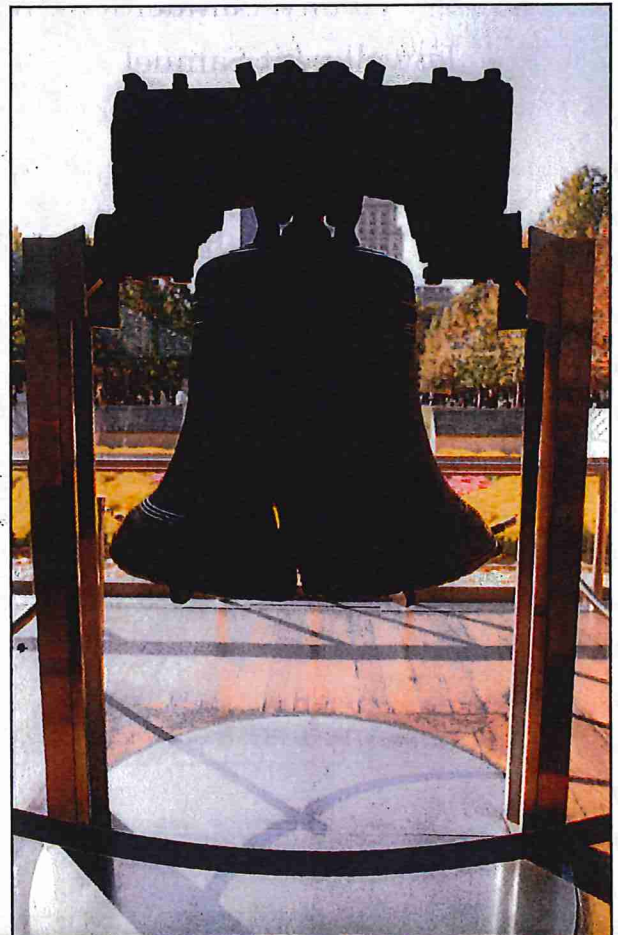


My coun - try, 'tis of thee, Sweet land of lib - er - ty,
Of thee I sing. Land where my fa - thers died! Land of the
pil - grims' pride! From ev - 'ry moun - tain side, Let free - dom ring!

Our fathers' God, to Thee,
Author of liberty,
To Thee we sing,
Long may our land be bright,
With freedom's holy light;
Protect us by Thy might,
Great God, our King!

Do You Remember?

1. On what patriotic holiday was "My Country, 'Tis of Thee" first sung?
2. Why was "My Country, 'Tis of Thee" written?



“America the Beautiful”

In the summer of 1893, Katherine Lee Bates took a trip to the top of Pike’s Peak in Colorado. She saw great mountains, rolling valleys, and a beautiful blue sky. The words to a poem began to fill her mind. She called her poem “America the Beautiful.”

Later a magazine printed the poem. The people who read the poem liked it very much. They asked if the words could be put to music. At last Miss Bates found a hymn tune that seemed to fit her poem.



Vocabulary:

Katherine Lee Bates

Pike’s Peak

Colorado

magazine

Below is the first verse of "America the Beautiful."
As you sing it, pretend you are with Miss Bates. You
are looking at the big mountains and the valley around
Pike's Peak for the very first time.

America the Beautiful

Katherine Lee Bates

Samuel A. Ward



O beau - ti - ful for spa - cious skies, For am - ber waves of grain,



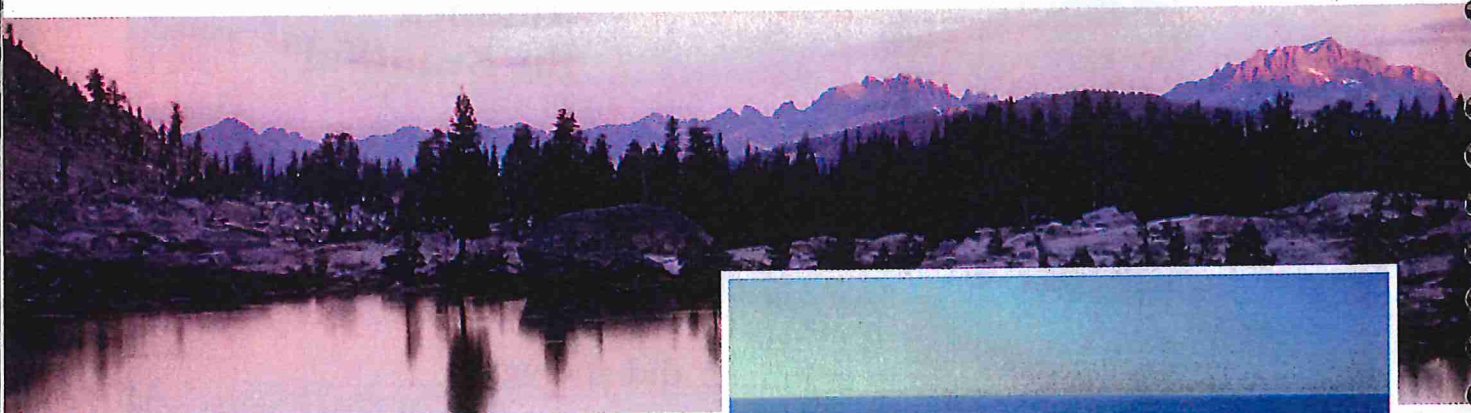
For pur - ple moun - tain maj - es - ties A - bove the fruit - ed plain.



A - mer - i - ca! A - mer - i - ca! God shed His grace on thee,



And crown thy good with broth - er - hood From sea to shin - ing sea.



Vocabulary:

spa cious	maj esties
am ber	broth er hood



Something Fun to Do

Draw lines to match each song title with the picture that tells something about the song.



“Yankee Doodle”



**“The Star-
Spangled Banner”**



**“My Country,
'Tis of Thee”**



**“America
the Beautiful”**

Do You Remember?

1. Who wrote “America the Beautiful”?
2. What famous mountain did she visit?
3. What state was she visiting when she went to the top of the mountain?



“God Bless America”

Irving Berlin was born in Russia in 1888. He and his family came to America when he was only five years old. His family was very poor but very thankful for the chance to become Americans.

Irving had a great love for music. He loved to sing, but his father was too poor to give him music lessons. Yet music seemed to come out of his heart.

Years passed. Irving Berlin grew up, but he never forgot his

thankfulness to America. How glad he was to live in a free country!

When our country fought in World War I, Irving Berlin joined the army. He wanted to write a marching song for the soldiers, so he wrote “God Bless America.” But he was disappointed in it.

“This is not a marching song,” he thought. So he put it away and forgot about it.

Vocabulary:

Irving Berlin

Russia

Kate Smith

About twenty years passed. On the night of November 11, 1938, Kate Smith, a famous singer, sang "God Bless America" for the first time on radio. The words touched the listeners' hearts.

Soon after this, America was fighting in another war—World War II. It was a very sad time for all Americans. Irving Berlin's song "God Bless America" helped cheer them.

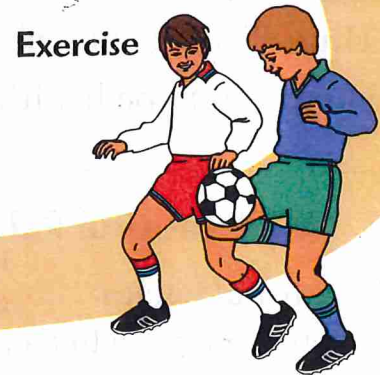
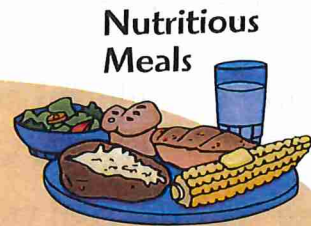


Do You Remember?

1. Who wrote "God Bless America"?
2. Where was he born?
3. How old was he when he came to America?
4. Was he able to take music lessons as a child?

Pathway to Good Health

Follow the pathway to discover some things that keep you healthy.



Fresh Air and Sunshine



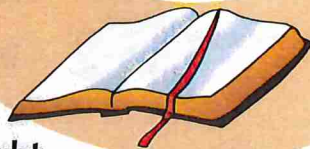
Rest and Sleep



Cleanliness



Right Thoughts



Kindness



Your Health

What a wonderful body God has given you! Your body is like a house that the real you lives in. It is a house that God made, and He expects you to take care of it for Him. Taking care of your body will help you to be healthy.

My Beautiful Palace

A beautiful palace
 My King gave to me,
 And all through my lifetime
 My home it will be.
 I call it my body,
 To use as I will,
 But this I remember,
 That God owns it still.

From things that would harm it,
 I'll keep it away,
 And carefully guard it
 By night and by day.
 Its windows and doors
 Are my lips, ears, and eyes.
 Dear King, help me use them
 In ways that are wise.

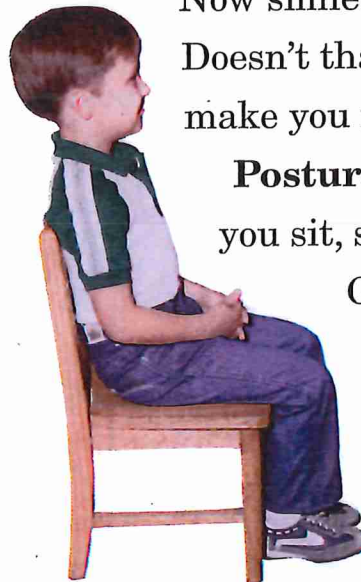
—Louise M. Oglevee

Practice Good Posture

Sit up straight and tall! Pull your stomach in and your shoulders back. Hold your head high, and let your feet touch the floor. Keep your back against the back of your chair.



Now smile!
 Doesn't that
 make you feel good?



Posture is the way
 you sit, stand, and walk.

Good posture
 will help your
 bones to grow
 straight. Good
 posture also
 makes you

look better and feel better.

Vocabulary: beautiful posture

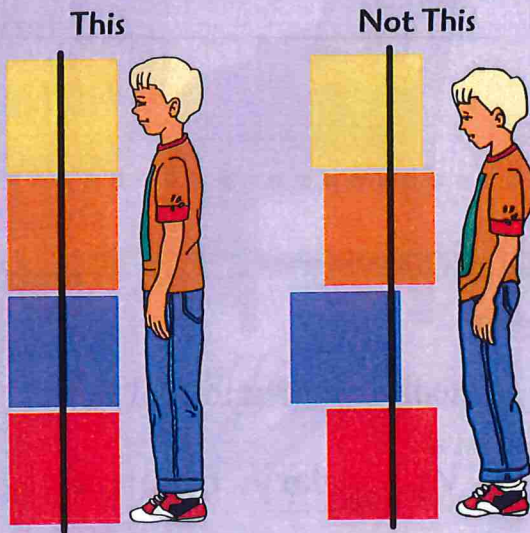
Now stand straight and tall! Point your toes forward. Keep your head up, your shoulders back, and your stomach in. Take a deep breath and relax. You should still be standing with your head up, your shoulders back, and your stomach in.

Poor posture makes your body work harder. Then you feel tired. Poor posture can be caused by shoes that do not fit properly. If your shoes are too small, the bones in your feet cannot grow straight.



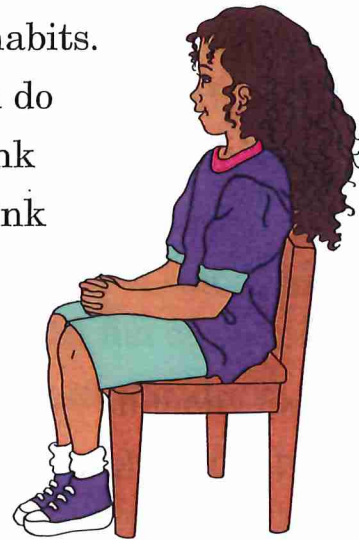
Something to Do

Can you pass this good posture test? Cut a piece of string and tie an eraser or a crayon onto one end of it. Have a friend hold the other end near your ear. The string should hang free. If your posture is good, the string will pass through the middle of your body.



Poor posture can also be caused by poor posture habits. A **habit** is something you do over and over until you do it without thinking about it. Every time you sit, think “straight and tall.” Whenever you stand or walk, think “straight and tall.” When you can sit, walk, and stand straight and tall without thinking about it, you have formed these good health habits.

Good health habits help you to take care of the body God has given you to live in. They help you to be happy and to keep your body well and strong.



Vocabulary: habit



Thinking It Through

Write a word in each blank to make a good posture rule.

_____ up _____ in
 _____ back _____ forward
 _____ straight

Reading Comprehension

Circle the correct answers.

- The way I sit, stand, and walk is called ?.
 puncture **posture**
- Poor posture makes my body work ?.
 less **harder**
- Something I do without thinking about it is a ?.
 habit **rule**



Thinking It Through

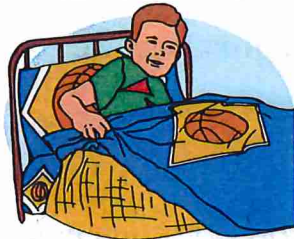
Put an X by each rule that has become a habit for you.
Put a ✓ by each one you need to work on.



Wash with soap and water



Hang up your clothes



Go to bed on time



Brush your teeth

Can you think of other good health habits? _____

Eat Nutritious Foods

Your **appetite** usually tells you *how much* food you need. But it does not tell you *what kind* of food you should eat. You need to learn to eat the right food.

It is important to eat a variety of foods every day. Your body needs different kinds of foods to

grow and to work as it should.

There are several groups of foods.

These groups contain all the **nutrients** that your body needs.

You need some foods from each group every day.

Vocabulary:

appetite variety nutrients

A Variety of Food



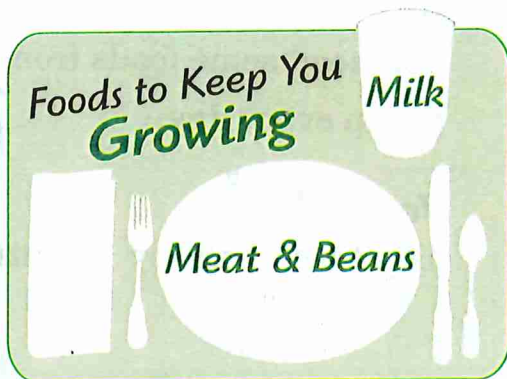
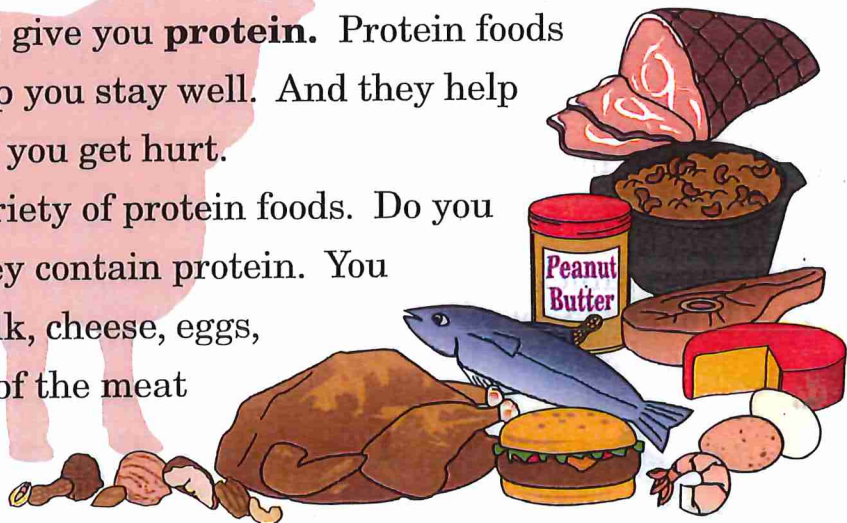
Milk helps you grow. It helps to keep your body well, and it helps to build strong bones and teeth. You need to drink two cups of milk every day.

Did you know there is milk in many foods you eat? Cheese, yogurt, ice cream, and pudding are all made with milk.

Meat & Beans

Meat and dried beans give you **protein**. Protein foods build muscles. They help you stay well. And they help your body get well when you get hurt.

Your body needs a variety of protein foods. Do you ever snack on nuts? They contain protein. You also get protein from milk, cheese, eggs, fish, and chicken. Most of the meat you eat should be lean or low-fat meat.



Vocabulary:

protein muscles



Vegetables have **vitamins** and **minerals** that your body needs in order to work properly. These nutrients help to keep your eyes and skin healthy. They help to keep your heart healthy. They also help to protect your body against infections.

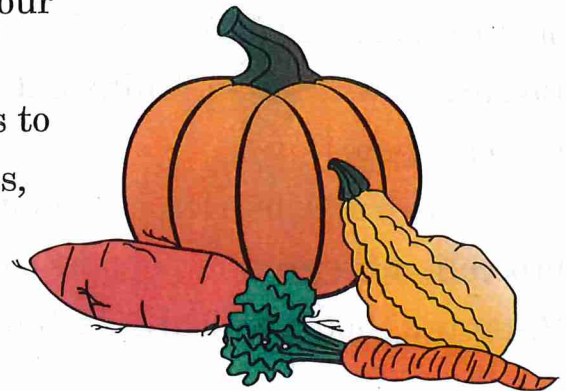
Your body needs a variety of vegetables to help keep you well—dark green vegetables, orange vegetables, starchy vegetables, and other vegetables. Dried beans and peas are also vegetables.

You need to eat two or three vegetables each day. They may be raw or cooked.

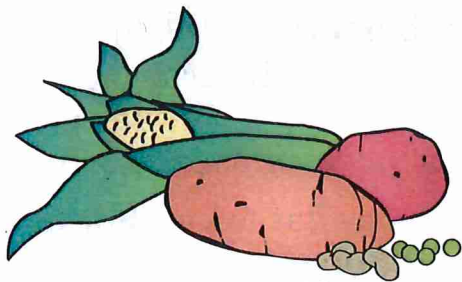
The coarse, bulky part of a food is called **fiber**. Most vegetables contain fiber. Fiber helps your body in its work of getting rid of waste materials.



Dark green vegetables



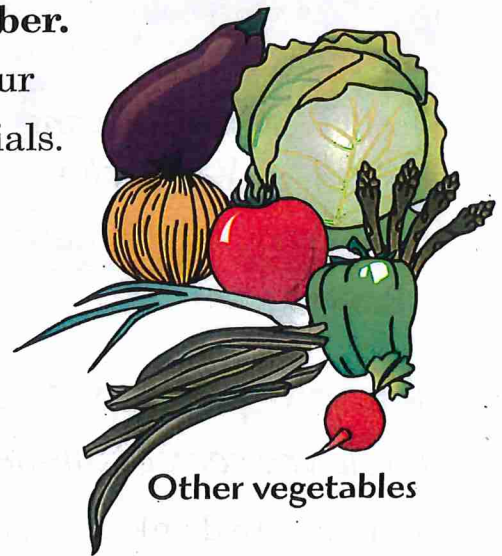
Orange vegetables



Starchy vegetables

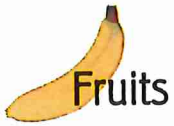


Dried beans
and peas



Other vegetables

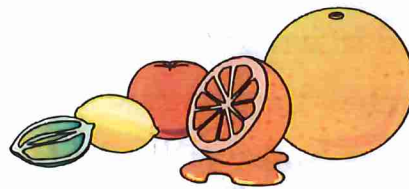
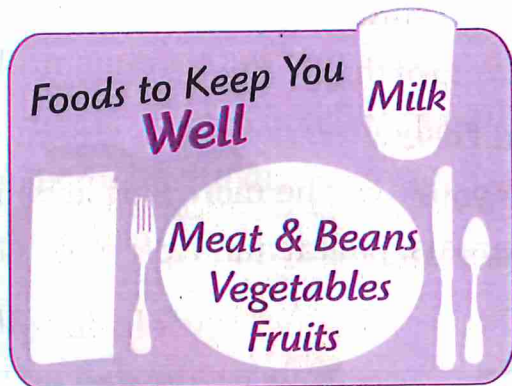
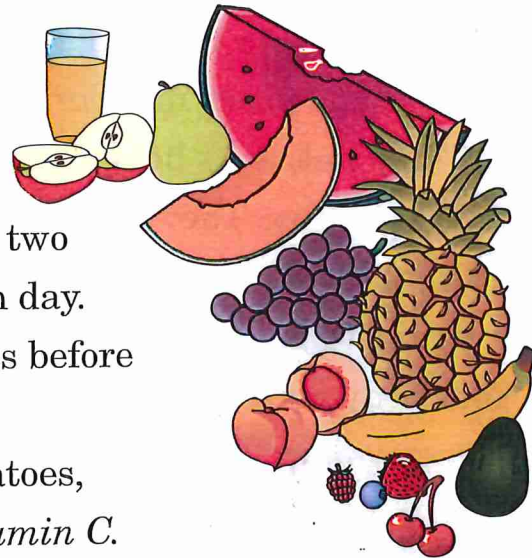
Vocabulary: vitamins minerals infections
coarse bulky fiber materials



Fruits

You also need to eat a variety of fruits in order to get all the vitamins, minerals, and fiber your body needs. You should eat two or three servings of fruit or fruit juice each day. Be sure to wash fresh fruits and vegetables before you eat them.

Citrus fruits, berries, cantaloupes, tomatoes, broccoli, cabbage, and peppers contain *vitamin C*. Vitamin C helps to heal cuts, burns, and broken bones.



Citrus fruits

Vocabulary: cantaloupes
broccoli

Reading Comprehension

Circle the correct answers.

- I need to drink ? cups of milk every day.
one **two**
- Meat and dried beans are protein foods.
yes **no**
- The coarse, bulky part of a vegetable is called ?.
fiber **protein**



Grains



Do you eat cereal for breakfast? Most cereals are made from the grains of rice, wheat, oats, and corn. Some breakfast cereals are coated with sugar. This much sugar is not good for your body. You should eat cereals that have only a little or no sugar added.

Breads and pasta are also made from grains. Fruits and vegetables as well as foods made from grains help give your body the energy it needs to be active. When you eat breads, cereals, pasta, and rice, your body does not need to use the protein that you eat for energy. It can use the protein for growing.

Any energy that your body does not use is stored. This stored energy is called fat. The more active you are, the more breads, cereals, pasta, and rice your body can use.

Vocabulary: cereal pasta energy



Thinking It Through

Write the name of a cereal made from...



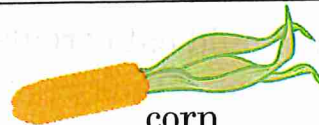
rice



oats



wheat



corn

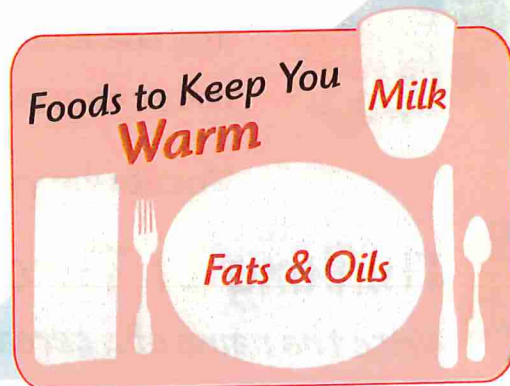
Whole-grain foods are better for you than refined foods such as white bread. Half of the grain foods you eat should be whole-grain foods.



Fats and Oils

Fats and oils keep your body warm. During warm weather you need only a little food that is rich in fats and oils. Your body uses more fats and oils during cold weather.

Remember that your body can store fat. If you eat too much fats and oils, your body has to do extra work to get rid of extra heat.



Vocabulary:

whole-grain refined

Reading Comprehension

Circle the correct answers.

- I should eat cereals that ? coated with sugar.
 are **are not**
- Half of the grain foods I eat should be whole-grain foods.
 yes **no**
- If I eat too much fats and oils, my body has to work ?.
 less **harder**

We All Like Milk

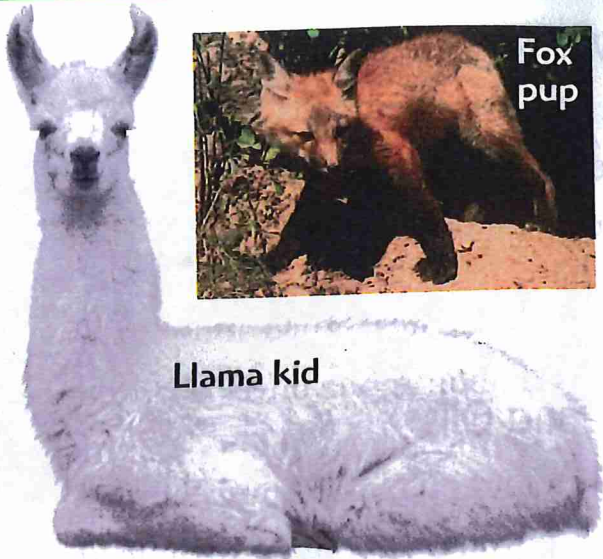
Milk is the **only** food included in all of the following groups:

Foods to Keep You **Growing**

Foods to Keep You **Well**

Foods to Keep You **Active**

Foods to Keep You **Warm**



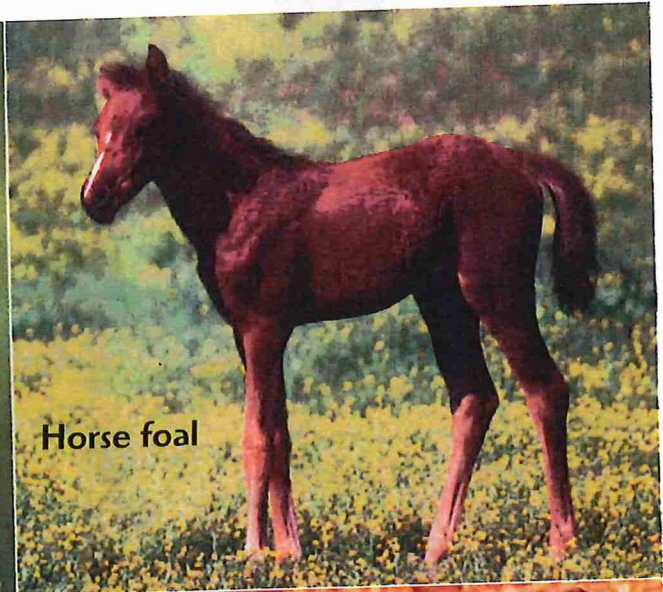
Llama kid



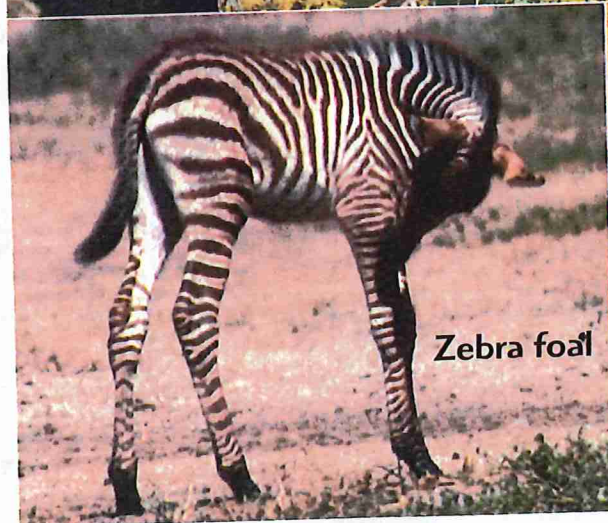
Fox pup



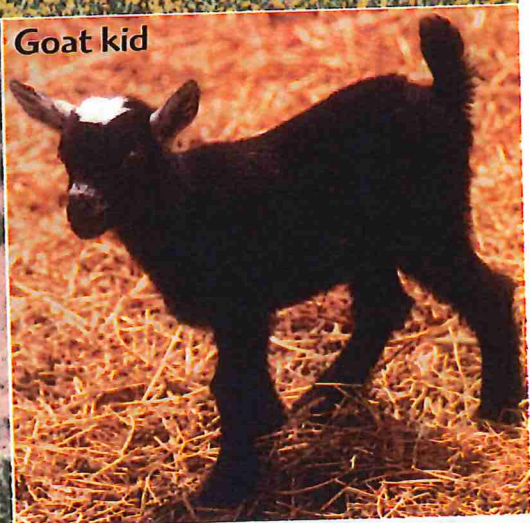
Porcupine kit



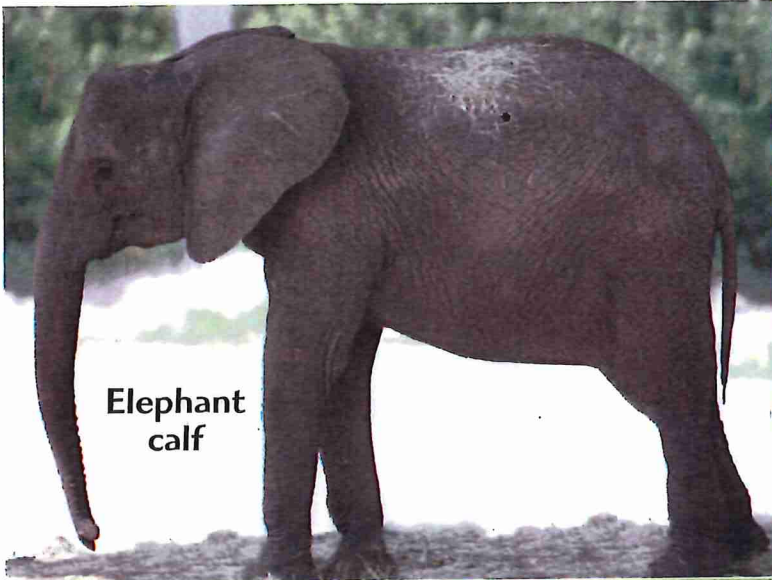
Horse foal



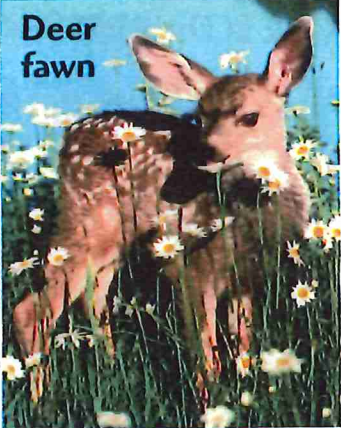
Zebra foal



Goat kid



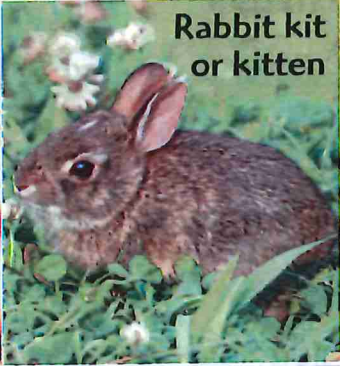
Elephant calf



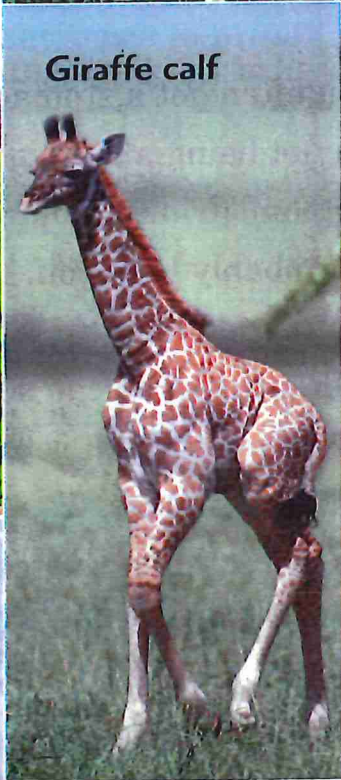
Deer fawn



Bear cub



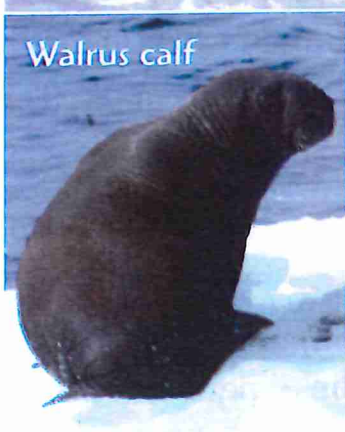
Rabbit kit or kitten



Giraffe calf



Seal pup



Walrus calf



Tiger cub



Water is not usually considered a food. But every part of your body needs water to do its work.

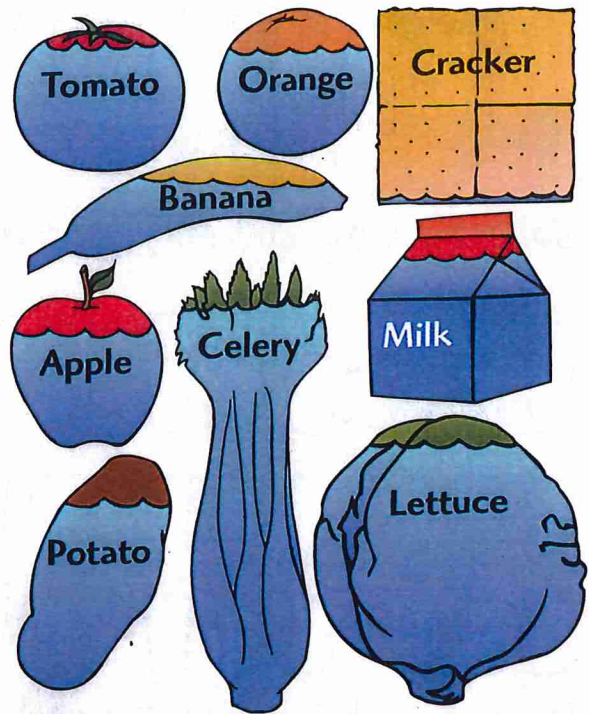
Water helps digest the food you eat. It helps control your body temperature. And it helps your body get rid of waste materials. If you often get a stomachache from not being able to go to the bathroom, drinking more water will probably help you.

Your body loses water when you breathe—you can see the drops of moisture if you breathe on a piece of glass. Your body loses water when wastes leave your body. It also loses water when you perspire.

Your body does not store water. That is why you are thirsty in hot weather when you are perspiring. Your body needs more water to replace the water that it is losing.

You get some water from the foods you eat. Soup, lettuce, tomatoes, and celery are mostly water.

Oranges, apples, potatoes, and bananas contain a lot of water. Even foods like rice, flour, and crackers contain a little water.



Your body does not get enough water from the foods you eat. You also need to drink at least six glasses of liquids each day. When you play hard, or in hot weather, you need even more water.

Vocabulary:

digest temperature
stomachache perspire liquids

The Bible Says,

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." —1 Corinthians 10:31

**Something to Do**

Color a glass each time you drink a glass of water, milk, or juice.

Monday	Tuesday	Wednesday	Thursday	Friday

Did you drink enough water each day?

Reading Comprehension

Circle the correct answers.

- Every part of my body needs water in order to do its work.
yes **no**
- My body stores water.
yes **no**
- I get some water from the foods I eat.
yes **no**
- I need to drink at least ? glasses of liquids each day.
six **three**