

It's School Time Again!

You may be having a lot of different and mixed feelings about going back to school this year. You might experience feelings of excitement about the new school year, sadness about summer being over, or nervousness about new teachers, new friends and new stuff to study.

Having different feelings at the same time is normal! But it can also be tiring. So, doctors agree it is good to take care of your body, to help manage all of the feelings.

Draw the expression to show how you feel about each of these things. Share what you drew with a family member to talk about it.



FRIENDSHIPS



HOMEWORK



READING



MATH



NEW TEACHER



THE YEAR AHEAD

How many pencils can you find on this page?

10 Easy Steps to a Better School Year

1. Clean out that backpack.

Clearing the clutter out of your backpack at the end of each day not only lightens your load, it helps you stay on top of school assignments.

2. Never skip breakfast.

Breakfast helps you stay energized and focused at school. A bowl of oatmeal or a breakfast burrito keeps your brain running at full speed until lunchtime.

3. Get some sleep.

Your body needs some downtime to recharge – about 10 hours of sleep for kids ages 7 to 12 every night.

4. Do your homework first.

Do your homework first thing after school and the rest of the day is yours!

5. Be on time.

Starting your day rushing to get to class makes it hard to focus once you are there. Leave home a little bit earlier instead.

6. Share your work with your parents.

Show your schoolwork to a parent each evening so they know how you're doing in school. They'll be able to see when you need extra help, too.

Ask a parent how they go about organizing their day.

7. Ask questions.

Sometimes your teacher might be moving through a new lesson faster than you can understand it. Don't be afraid to raise your hand and ask to go through it again. (Someone else in class likely has the same question as you, but is too chicken to ask!)

8. Be ready to go.

Make each morning easier by laying out your clothes the night before.

9. Play!

Exercise keeps blood flowing to your brain. And it's fun, too!

10. Unplug!

Spend time doing non-electronic things. Read, solve puzzles, or draw. These things use parts of the brain that electronics do not.

Smiling Lifts a Bad Mood

Scientists have found that smiling on purpose can help people feel better. Just the simple act of putting a smile on your face can lead you to feel actual happiness, joy, or amusement.

When one person in a classroom smiles, everyone else feels better. Maybe **your** smile can transition a bad day into a good one!

How many differences can you find between these two pictures? Now have a friend try. Who found the most differences?

Headline Humor

Have a laugh with your new friends! Select a headline from the newspaper and rewrite it to have the opposite meaning.

Standards Link: Read from a variety of texts.

Kid Scoop Puzzler

Share a Smile

Draw lines to connect each riddle with its punch line. Then share these jokes with friends to spread some smiles!

Why do math books always look sad?

Why was the clock always in trouble at school?

What is the smartest insect?

Which vegetables do librarians like best?

Why was the broom late for school?

IT OVER-SWEPT.

THEY HAVE A LOT OF PROBLEMS.

QUIET PEAS.

FORTOCKING TOO MUCH.

SPELLING BEE.

Double Double Word Search

TRANSITION
HAPPINESS
HAPPIER
SADNESS
SUMMER
NORMAL
SCHOOL
SMILE
SLEEP
BRAIN
MOOD
LAZY
BODY
WEAR
JOY

Find the words in the puzzle. How many of them can you find on this page?

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

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

REPORTER'S CORNER

Choose an article in this newspaper.

Cut out the headline and glue it in the box below. Or write the headline in the box.

WHO gave the reporter some information? List the names of the people and organizations in the article that provided the reporter with information.

What questions did the reporter ask to get this information? Write down at least three questions you think the reporter asked to get the information in the article.

KID SCOOP'S MISSION

Children are born curious.

From their earliest days, sensory exploration brings delight and wonder. New discoveries expand their minds. When they unlock the joy of reading, their world widens further. Magic happens.

Kid Scoop opens the doors of discovery for elementary school children by providing interactive, engaging and relevant age-appropriate materials designed to awaken the magic of reading at school, at home, and throughout their lives.

For more information about our literacy non-profit, visit kidscoopnews.org

Kid Scoop

VOCABULARY BUILDERS

This week's word: **TRANSITION**

The noun **transition** means passing from one stage, place or subject to another.

The **transition** from 4th to 5th grade was easy for Hayley.

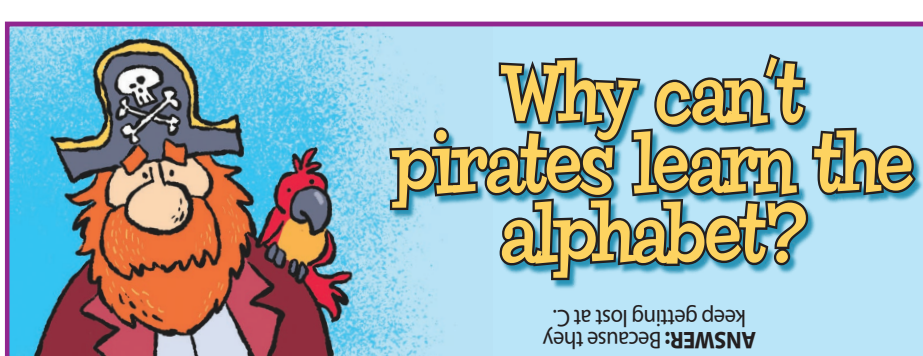
Try to use the word **transition** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Education Changes Things!

Look through the newspaper for a science related article that might have been considered science fiction 50 years ago. How has education helped these kinds of scientific advancements?

Standards Link: Language Arts: Read scientific articles.



Write On!

Found Money

What would you do if you found \$5 on the playground? What would you hope someone else would do if they found \$5 you had lost?



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