

# Week 3: Heroes











July 8-14

Celebrate our nation's birthday and the people we call heroes, whether they are veterans, everyday helpers, or the kind who wear capes.

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO!

Scan the QR code or visit [www.michiganlearning.org/heroes](http://www.michiganlearning.org/heroes) to see the playlist of videos for this week.



Pretend to be a superhero	 Do 60 mins. of activity	 Read for 20 minutes	Try yoga poses	Watch Read, Write, ROAR!
 Read 20 minutes	 Watch Math Might's	Watch Wimee's Words	Spot a mail truck outside	 Do 60 mins. of activity
 Do 60 mins. of activity	Watch Meet the Helpers	 HAVE FUN! (Free Space)	 Do a good deed	 Read for 20 minutes
Watch Read, Write, ROAR!	Spot a fire truck outside	 Watch Math Might's	Watch InPACT at Home	Watch Wimee's Words
Watch InPACT at Home	 Read for 20 minutes	 Do a good deed	 Do 60 mins. of activity	Try a new food



# Hero for a Day

Name \_\_\_\_\_



**If I were a hero for a day, I would be...**

\_\_\_\_\_

**I would spend the day...**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Find more games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)**

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# Award-Winning Spelling Skills

Name \_\_\_\_\_

## WORDGIRL



Show your spelling skills! Look at the pictures and say what each is out loud.

Circle the letter that represents the sound that each picture starts with.

Practice your spelling skills and write the name of the object in each box.



R P T



B Y D



J H K



P L T



P K G



S C T



M L B



S D E



C F D

Key:  
Top Row: Table, Book, House  
Middle Row: Pencil, Key, Sandwich  
Bottom Row: Bus, Suitcase, Dog



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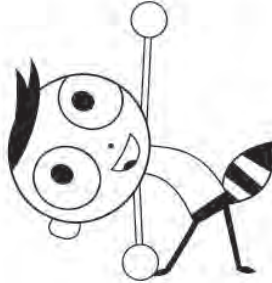


# Yoga Poses

Practice these kid-friendly yoga poses.



**belly breathing**



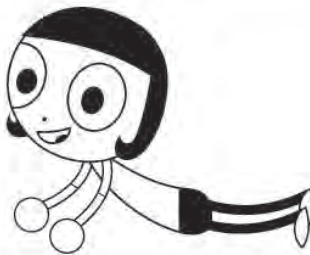
**triangle pose**



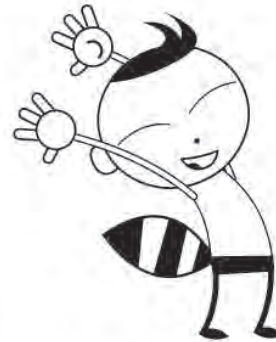
**boat pose**



**tree pose**



**cobra pose**



**waterfall pose**



**crab pose**



**frog pose**



**zero pose**

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Scan below to  
watch lesson



# ACTIVITY GUIDE

Episode 203: Who Works at the Library?



## Let's Write

Pick a book that your child has read either with you or on their own.

Have your child circle the thumbs up if they like the book or a thumbs down if they do not like it. Then , in the Let's Draw Section, have your child draw a picture to show why their either like it or do not like it.



## Let's Draw



# ACTIVITY GUIDE

**Episode 206:** Storms and the Letter S

**Book:** *Thunder and Lightning* by Wendy Pfeffer

Scan below to watch lesson



## Draw It

Draw a picture of what you may see during a thunderstorm.



Ask an adult to help you create a list of clothing you can wear in the rain..

## Letter Heroes

The word **storm** begins with the letter **s**.

# Ss

Highlight or lightly color over the uppercase letter **S's** and lowercase letter **s's** in the sentence below.

**When I stepped outside, it started to storm.**

## Write It

Have an adult help you read the following words out loud. Unscramble the words to make a sentence. Write the words on the lines below.

when

can

storms.

it

stay

safe

I

inside

\_\_\_\_\_

\_\_\_\_\_

# Superhero Cape and Mask

This activity explores



**Shapes**

## Learning Goal

Explore and compare different kinds of shapes.



## What You'll Need

- Adult T-shirt
- Scissors
- Construction paper
- Glue
- Markers

## Steps

- 1. Make a cape!** Cut off the T-shirt's sleeves. Cut down both sides of the T-shirt, from the armpits to the hem, leaving the collar intact. Open the T-shirt so it looks like a long rectangle with a circle in the middle. Cut off one side, around the collar. Make your superhero emblem with construction paper and glue it on.
- 2. Make a mask!** Trim a leftover sleeve to fit over your face, and cut out 2 small circles for eye holes and 2 small diagonal slits for the nostrils.
- 3. Be a superhero!** Find, "rescue" and collect at least four different shapes – for example, a napkin that's a square or a ball that's a sphere. Practice identifying the names of the shapes and describing their characteristics.

## Watch Video



## Talk Together

- How are the shapes alike and different?
- What shapes have straight or curved lines?

## Book Suggestion

*Bear in a Square/Oso en un cuadrado,*  
written by Stella Blackstone and illustrated by Debbie Harter

## Online Game

**Peg + Cat: Paint-a-Long**  
[pbskids.org/peg/games/paint-a-long/](https://pbskids.org/peg/games/paint-a-long/)

Find more fun activities at [pbsocal.org/familymath](https://pbsocal.org/familymath)

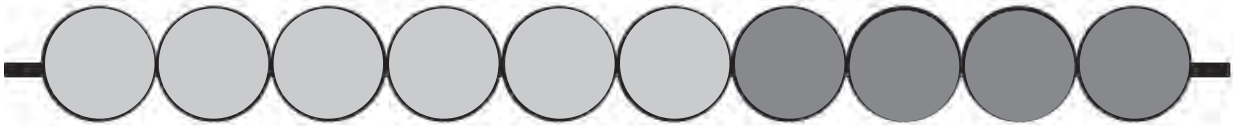


## Represent the Equation

**Directions:** Using two different colors fill in the Counting Buddy Senior to represent the equation.



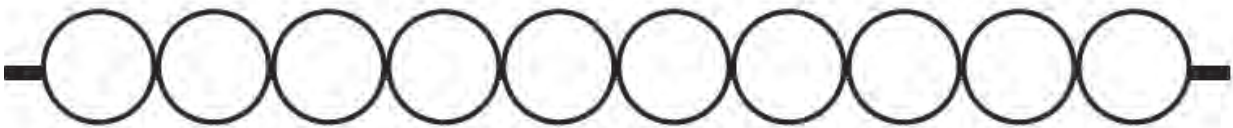
Example:  $10 = 6 + 4$



$10 = 5 + 5$



$10 = 7 + 3$



$10 = 1 + 9$

