



Spring Hill
Elementary School



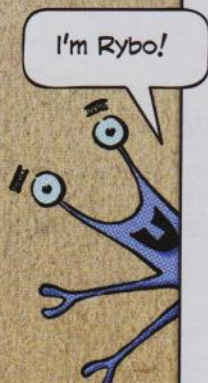
 **PREMIER**[™]
School Specialty

THE 7 HABITS®



TABLE OF CONTENTS

onTRAC® Family Guide	2
onTRAC® Planning	4
Learning at Home... The 7 Habits®	6
August..... Paradigms & Principles	10
September..... Private Victory®	20
October..... Be Proactive®	30
November..... Begin with the End in Mind®	42
December..... Goals	52
January..... Put First Things First®	62
February..... Public Victory®	74
March..... Think Win-Win®	84
April..... Seek First to Understand, Then to Be Understood®	94
May..... Synergize®	106
June..... Sharpen the Saw®	116
The 7 Habits® Reflection	128
Resources	R-1



onTRAC[®] FAMILY GUIDE

FAMILIES:

Help your child be successful by **GETTING INVOLVED** in his or her learning.

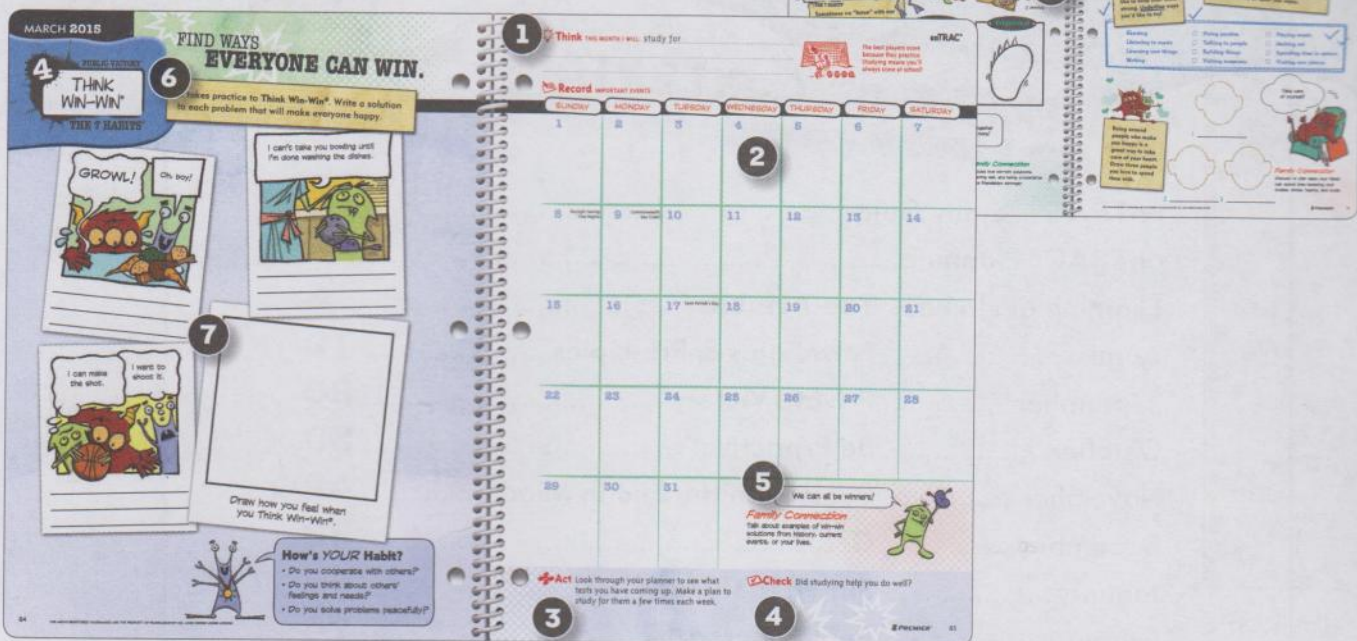
This planner helps your child:

- Keep track of his or her schoolwork and activities
- Effectively manage his or her time
- Set goals and work toward them
- Develop strong character traits and academic skills (the content is based on FranklinCovey's *The 7 Habits of Highly Effective Teens[®]*)

This planner helps you:

- Support and share your child's success at school
- Stay informed about your child's learning
- Communicate with your child's teacher(s)
- Put into practice life and learning skills with your child

Here's a tour of the planner's unique features: MONTHLY CALENDAR PAGES



1 Think

An area for your child to write goals or other important information he or she wants to remember. A short goal prompt related to the onTRAC[®] planning system is also included.

2 Record

Space for your child to record important dates or begin long-term planning.

3 Act

A suggestion that helps your child improve his or her planning skills.

4 Check

A self-evaluation prompt that helps your child reflect on his or her planning skills.

5 FAMILY CONNECTION

A suggestion on how to connect the monthly 7 Habits[®] theme to family life.

6 MONTHLY THEME

A short introduction to the monthly 7 Habits[®] theme and definition.

7 IN FOCUS PAGE

A fun activity page that aims to help your child gain a deeper understanding of the 7 Habits[®] concepts discussed in Sean Covey's book *The 7 Habits of Highly Effective Teens[®]*.

8 LEARNING AT HOME PAGES

An engaging, kid-friendly section of activity pages designed to help you and your child learn more about the 7 Habits[®].

Feb. 18: First day for Maria!
Welcome to Spring Hill!



Our WORDS can make friendships stronger. Write kind words to cheer up Meep.

19 THURSDAY

20 FRIDAY

21 SATURDAY

Record WHAT'S IMPORTANT TODAY?

Chinese New Year

22 SUNDAY

LANGUAGE ARTS/READING/SPELLING

SCHOOLWORK
Read the Witch Goes to School. Write story about.

MATH

SOCIAL STUDIES/SCIENCE

WORDS OF THE WEEK

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Act AFTER SCHOOL



FAMILY/TEACHER COMMENTS



INITIALS

INITIALS

Check REVIEW & REFLECT

Respecting friends:

Respecting teachers:

Being on time:

Being organized:

Studying:

Doing my homework:

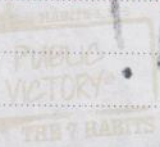
Paying attention in class:

Working in class:

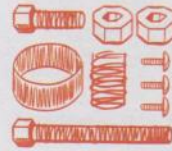
Family Connection

Talk about how your child's words can help or hurt his or her relationships.

Think THIS WEEK I WILL SET A GOAL TO: show loyalty by



18: First part for success
Welcome to Friday!!!
Will print it out



A big project is worth a big grade, so it's important to make sure all the parts are in place!

23

MONDAY

24

TUESDAY

25

WEDNESDAY

Record WHAT'S IMPORTANT TODAY?

SCHOOLWORK

LANGUAGE ARTS/READING/SPELLING

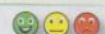
MATH

SOCIAL STUDIES/SCIENCE

Act AFTER SCHOOL



FAMILY/TEACHER COMMENTS



INITIALS

INITIALS

INITIALS

BEST BOOK
82

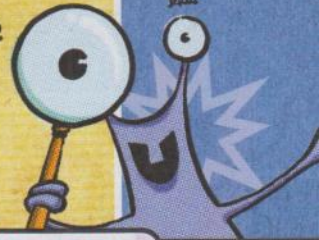
TITLE/
AUTHOR

7 HABITS® BOOK OF THE WEEK *Old Yeller*
by Fred Gipson

Are you a **LOYAL** friend?
Take the quiz.

I'm caring and thoughtful.
I never gossip.
I stick up for my friends.

True False



onTRAC[®]
year

26

THURSDAY

DAY

27

FRIDAY

DAY

28

SATURDAY

Record WHAT'S IMPORTANT TODAY?

LANGUAGE ARTS/READING/SPELLING

SCHOOLWORK

MATH

SOCIAL STUDIES/SCIENCE

1
MAR.

SUNDAY

WORDS OF THE WEEK

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Act AFTER SCHOOL



FAMILY/TEACHER COMMENTS



INITIALS

INITIALS

Check REVIEW & REFLECT

Respecting friends:
Respecting teachers:
Being on time:

Being organized:
Studying:
Doing my homework:

Paying attention in class:
Working in class:

PREMIER

FIND WAYS EVERYONE CAN WIN.

4

PUBLIC VICTORY

THINK WIN-WIN®

THE 7 HABITS®

It takes practice to Think Win-Win®. Write a solution to each problem that will make everyone happy.

GROWL!

Oh, boy!

I can't take you bowling until I'm done washing the dishes.

I can make the shot.

I want to shoot it.

Draw how you feel when you Think Win-Win®.



How's YOUR Habit?

- Do you cooperate with others?
- Do you think about others' feelings and needs?
- Do you solve problems peacefully?

 **Think** THIS MONTH I WILL: study for


onTRAC®




The best players score because they practice. Studying means you'll always score at school!

 **Record** IMPORTANT DATES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 Daylight Saving Time Begins	9 Commonwealth Day (CAN)	10	11	12	13	14
15	16	17 Saint Patrick's Day	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p>We can all be winners!</p> <p>Family Connection Talk about examples of win-win solutions from history, current events, or your lives.</p> 			

 **Act** Look through your planner to see what tests you have coming up. Make a plan to study for them a few times each week.

 **Check** Did studying help you do well?

The 7 Habits® can help you become the person you want to be! Do The 7 Habits® Reflection to see which of your habits are strong and which ones need improving.

Complete The 7 Habits® Reflection at the beginning and the end of the year to see how your habits have grown and changed.
 Beginning of the year = Check (✓) the red boxes .
 End of the year = Check (✓) the blue circles .



HABITS 1, 2, 3
PRIVATE VICTORY®
 THE 7 HABITS®

- Do you believe in yourself?
- Do you make wise choices?
- Do you take responsibility for your actions?
- Do you think before you act?
- Do you plan ahead?
- Do you set goals and work toward them?
- Do you take care of important things first?
- Do you use your time wisely?

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What are you doing well?

What could you improve on?

HABITS 4, 5, 6
PUBLIC VICTORY®
 THE 7 HABITS®

- Do you work well with others?
- Do you think about others' feelings and needs?
- Do you solve problems peacefully?
- Do you listen with your eyes, ears, and heart?
- Do you watch body language?
- Do you cooperate with others?
- Do you share your ideas, talents, and skills?
- Do you value others' differences?



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What are you doing well?

What could you improve on?

HABIT 7
RENEWAL
 THE 7 HABITS®

- Do you take care of your body?
- Do you learn new things and have hobbies?
- Do you spend time with people you love?



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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What are you doing well?

What could you improve on?

Make the Most of Your Time

MAKE A PLAN SO:

1. you do everything you need to do;
2. you finish things on time; and
3. you do your best.

WHY?

Because time flies. If you don't plan it, it slips through your fingers. We often have a lot to do and little time to do it. To get a handle on the things we want and need to do, we have to plan. That's where your planner comes in handy.

HOW?

Use this planner. Plan what work you will do each day. Write down the items you'll need to take with you. Schedule your schoolwork, sports activities, and time with friends and family. You can also write down other activities in your planner, such as doctor appointments or visits to your local museum.

Studying

- Before you leave school each day, check your planner and be sure you have all the books and materials you will need for that day's homework.
- Try to study at the same time and in the same place every day.
- If you're going to study for a long time, take regular breaks (stand up, stretch, get a drink of water, etc.). Don't make them longer than five or ten minutes each.
- If you have a big test or project coming up, don't put off all the work until the night before. It's better to work at it regularly for several days.
- Break down big projects into smaller pieces. List the pieces in order, and work on them one at a time. Cross off each piece when you finish it, then move on to the next one.

Planner Tips

- Record homework on the date it is assigned.
- Record tests and projects on the dates they are assigned and the dates they are due.
- Write a reminder about upcoming events (sports events or parties, for example). Put the reminder on the date when the event will occur.
- Complete work that's most important first.

Tests

- Get plenty of sleep and eat a good breakfast before the test. Show up on time and bring everything you need to get started.
- Before you do anything else, put your name on the test and read ALL directions. If you don't understand something, ASK.
- Keep track of your time. Don't spend too much time on any one question or section.
- Read all questions carefully, and don't change your answers unless you have a very good reason to do so. Your first guess is usually right.
- Answer the easiest questions first.
- Look for answers or reminders in other test questions.
- Try to think of the answer before looking at the choices given. Read all choices before answering.
- Even if you don't know the answer, write what you do know, and always show your work. That way, you might get at least some points.
- Spelling and neatness almost always count.
- If you have time, double-check your answers before you turn in the test. Make sure all answers are neat and complete.
- When you get the test back, find out the right answers to any questions you missed. Make sure you understand why your answers were wrong.

STUDY DO'S

- fresh air
- plenty of light
- quiet
- all materials/supplies in one place

STUDY DON'Ts

- radio
- noise and distractions
- overly comfortable chair, bed
- hunger
- sleepiness



Long-term Projects and Assignments

Your teacher has just given you a project. The topic is insects.

WHAT SHOULD YOU DO?

- a) Pretend you didn't hear anything.
- b) Run around in circles, screaming.
- c) Put your head on your desk and sob.
- d) Get organized!

The correct answer is:

- d) Get organized!

HOW?

Divide the work into these six steps. Plan when you'll do each step, and write down each one in your planner!

1) Narrow the topic

EXAMPLE:

- Insects → Nah, too broad.
- Bees → Still so many.
- Honeybees → That's it!

2) Find the information you'll need

Check encyclopedias, books, magazines, and the Internet. As you read, jot down information you might use. Summarize it. Use your own words, and put the information in point form.

3) Make an outline

Ask yourself:

- What does my topic include?
- What do I want to talk about?
- What order makes sense?

EXAMPLE:

Honeybees

- Introduction: Life in the Hive
- Types of Bees: Queens, Workers, and Drones
- Bee Heard: Communication
- Bee Plus: Pollination
- Sweet Conclusion

4) Write your first draft

Follow the order of your outline. Use the notes you made during your research.

5) Edit your first draft

Don't look at your first draft for a day or two. This will help you see what needs to be changed when you go back to it.

When you reread it:

- check for spelling mistakes;
- make sure every paragraph is connected to the ones before and after it; and
- read it out loud, and change any awkward-sounding words.

6) Produce your final draft

Make sure your good copy is neat and error free.



Protect Yourself Online

COMPUTER VIRUSES

Computer viruses are programs that can hurt your computer or erase your files. Viruses can hide in pictures, e-cards, e-mail attachments, pop-up ads, or games and videos you download.

Protect yourself by clicking with care.

- Only visit websites you trust or know are safe. Some websites, downloads, and pop-up ads might have viruses.
- Delete e-mail messages from people you don't know. The message attachments might have viruses.

STRANGER DANGER

Some grown-ups use chat rooms or social-networking sites to hurt or trick kids. They may lie to become your friend.

Protect yourself by being safe.

- Never share private information online, such as your name, age, address, or school name.
- Never agree to meet in real life people you've met online.
- Tell an adult right away if someone says something that scares you or makes you feel uncomfortable.

Cyberbullying

Cyberbullying is a form of bullying that uses technology to hurt others. It is a popular form of bullying because it's quick, can be done at any time, and can make it hard to identify who's doing the bullying.



COMMON FORMS OF CYBERBULLYING:

- Writing mean things about someone and posting them on the Internet
- Sharing someone's secrets online
- Posting or passing along rumors or gossip
- Pretending to be someone else online
- Fighting with someone online by using hurtful words or bad language

MANY TYPES OF TECHNOLOGY ARE USED TO CYBERBULLY

- E-mail, text, and instant messages
- Phone calls
- Chat room messages
- Messages on video game sites

PROTECT YOURSELF AND HELP BREAK THE CYCLE OF CYBERBULLYING!

- Treat others online the way you would like to be treated.
- Use netiquette: be polite, kind, and respectful when communicating online.
- Tell an adult you trust if someone is bullying you online.
- Never pass mean pictures or e-mail on to other people.
- Say no to bullying others online!



The Eight Parts of Speech

1) Noun

Common nouns refer to any person, place, thing, or idea.

EXAMPLE: gate idea tulip time spider shock

Proper nouns are capitalized and refer to specific persons, places, objects, or ideas.

EXAMPLE:

Carlos London Friday Supreme Court

2) Pronoun

A pronoun can take the place of a noun.

EXAMPLE: My friend decided **he** would do something nice for **me**.

There are three kinds of personal pronouns.

EXAMPLE: **He** gave **me** some of **his** cows.
subjective objective possessive

3) Verb

A verb shows action or state of being and indicates the time of that action or state.

EXAMPLE: I **thought** I **locked** the gate. (past)

Now I **see** my cows **are grazing** in the tulip field. (present)

I **will lock** the gate more carefully tomorrow. (future)

4) Adjective

Adjectives are words that describe nouns and specify size, appearance, number, and so on. This is called modifying; adjectives are modifiers.

EXAMPLE: The **four** cows looked smug as they chewed on **bright red** and **yellow** tulips.

5) Adverb

Adverbs are words that describe verbs, adjectives, or other adverbs. They specify in what manner, when, where, and how much.

EXAMPLE: They ambled **slowly** back through the gate as I shouted **impatiently**.

6) Preposition

Prepositions show how a noun or a pronoun is related to another word in a sentence.

EXAMPLE: Finally, they went back **into** the barnyard. I didn't know the gate **behind** the barn was broken, too.

7) Conjunction

Conjunctions join words, phrases, or clauses.

EXAMPLE: I thought everything was fine, **but** then I glanced out the window again. Maybe I should just become a poet **or** an accountant.

8) Interjection

Interjections are also known as exclamations and are indicated by the use of the exclamation mark (!).

EXAMPLE: **Wow!** I didn't know cows could run like that.

Punctuation



Place a **period** at the end of a statement.

EXAMPLE: We went to the Tulip Festival.

Also use a **period** at the end of an imperative sentence that does not express strong emotion.

EXAMPLE: Please hush.



Use a **question mark** after all interrogative sentences.

EXAMPLE: Where will we go for our field trip?



Use an **exclamation mark** after sentences that express surprise or deep feeling.

EXAMPLE: Rodney looks just great!



Use a **comma** to separate words and phrases in a series.

EXAMPLE: Al Smith has goats, some cows, and a pair of llamas.



Use a **semicolon** when a conjunction is omitted. It indicates a greater degree of separation than a comma would.

EXAMPLE: The trail was steep and rocky; the wind was savage.



Use **em dashes** to set off intensifying or explanatory parts of a sentence.

EXAMPLE: My cats—Leo, Theo, and Marv—like to sleep on my bed.



Double **quotation marks** are used around a direct quotation.

EXAMPLE: "I was born in Lethbridge," said Mr. Duncan. "Where are you from?"



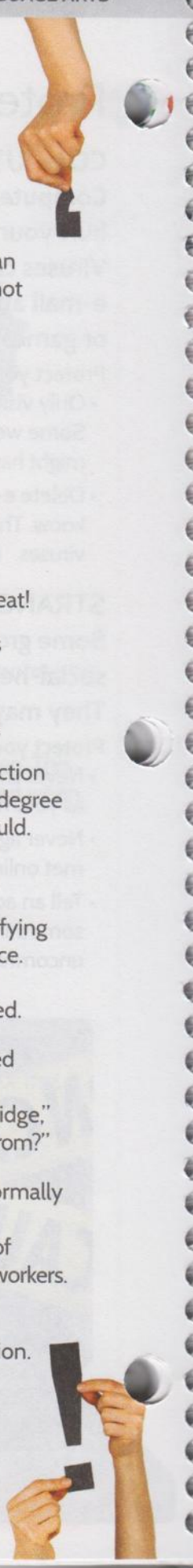
Use a **colon** to start a list or to formally introduce a statement.

EXAMPLE: There are three kinds of honeybees: queens, drones, and workers.



Use an **apostrophe** to form contractions or to show possession.

EXAMPLE: It's too late for Dirk's dog to have a bath.



Spelling Rules



- I before E except after C, or when sounded as A, as in neighing and weigh.
- Final consonants are not doubled when the word ends in more than one consonant.

EXAMPLE: frown frowned frowning
 help helped helping

- When words end in soft ce or ge, keep the e before able and ous.

EXAMPLE: peace peaceable courage courageous

- When verbs end in ie, change the ending to y before adding ing.

EXAMPLE: tie tied tying

TIPS

1. LOOK at the new word.
2. SAY the word.
3. SPELL the word ALOUD.
4. WRITE the word.
5. PICTURE the word in your mind.
6. COVER the word and write it.
7. CHECK for mistakes. If you have made a mistake, go back to step 1.

200+ TROUBLE WORDS

about	bye	everyday	hospital	once	second	they're
accident	came	everything	house	one	shoot	things
actually	can't	exciting	I'm	opportunity	shot	thought
afraid	catch	family	independent	others	situation	threw
again	caught	fell	into	our	slept	throw
all right	certainly	few	its	out	so	to
almost	chases	field	it's	outside	society	too
always	children	finally	just	parallel	some	tried
and	climbed	finished	knew	parents	something	turned
animals	come	fired	know	people	sometimes	two
another	coming	first	let's	picked	spotted	until
are	could	flowers	like	pictures	started	upon
around	couldn't	for	lived	piece	stepped	very
away	cousins	found	looked	place	stopped	wanted
awhile	decided	friend	met	pollution	strange	wasn't
back	didn't	funny	middle	possess	summer	went
beautiful	different	girls	might	pretty	surely	were
because	doctor	going	minute	probably	surprise	we're
been	does	government	months	quiet	swimming	weren't
before	doesn't	happened	mountains	quite	take	what's
began	dollars	happily	myself	really	than	when
behind	don't	having	names	receive	that's	where
believe	either	heard	necessary	responsible	the	without
better	engine	here	next	right	their	wouldn't
bird	equipment	him	no	said	them	writing
birthday	especially	his	nothing	saw	then	yield
brought	ever	hole	now	scared	there	yolk
built	every	home	o'clock	school	there's	your
buys	everybody	horse	off	screamed	they	you're

MY TROUBLE WORDS

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

PLACE VALUE

172,823,504.269

MILLIONS THOUSANDS HUNDREDS TENS ONES TENTHS HUNDREDTHS THOUSANDTHS

One hundred seventy two million, eight hundred twenty three thousand, five hundred four and two hundred sixty nine thousandths.

FRACTIONS

$\frac{3}{5}$ numerator denominator

To add or subtract different fractions, first obtain a common denominator:

$$\frac{1}{3} + \frac{2}{5} = \frac{5}{15} + \frac{6}{15} = \frac{11}{15}$$

To multiply:

$$\frac{1}{3} \times \frac{2}{5} = \frac{1 \times 2}{3 \times 5} = \frac{2}{15}$$

To divide, multiply the first fraction with the reciprocal of the second fraction.

$$\frac{2}{3} \div \frac{1}{6} = \frac{2}{3} \times \frac{6}{1} = \frac{12}{3} = 4$$

MULTIPLICATION CHART

x	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144
13	13	26	39	52	65	78	91	104	117	130	143	156
14	14	28	42	56	70	84	98	112	126	140	154	168
15	15	30	45	60	75	90	105	120	135	150	165	180

MONEY



Penny
= 1 cent
= 1¢
= \$0.01



Nickel
= 5 cents
= 5¢
= \$0.05



Dime
= 10 cents
= 2 nickels
= 10¢
= \$0.10



Quarter
= 25 cents
= 5 nickels
= 25¢
= \$0.25



Dollar = 100 cents
= 20 nickels
= 10 dimes
= 4 quarters
= 100¢
= \$1.00

DECIMALS & PERCENTAGES

1	=	1.0	=	100%
$\frac{3}{4}$	=	0.75	=	75%
$\frac{2}{3}$	=	$0.\overline{6}$	=	$66.\overline{6}\%$
$\frac{1}{2}$	=	0.5	=	50%
$\frac{1}{3}$	=	$0.\overline{3}$	=	$33.\overline{3}\%$
$\frac{1}{4}$	=	0.25	=	25%
$\frac{1}{5}$	=	0.2	=	20%
$\frac{1}{6}$	=	$0.1\overline{6}$	=	$16.\overline{6}\%$
$\frac{1}{8}$	=	0.125	=	12.5%
$\frac{1}{9}$	=	$0.\overline{1}$	=	$11.\overline{1}\%$
$\frac{1}{10}$	=	0.1	=	10%
$\frac{1}{12}$	=	$0.08\overline{3}$	=	$8.\overline{3}\%$

ORDER OF OPERATIONS

- P** Do operations within Parentheses () and other grouping symbols, absolute value
- E** Do Exponents ² and roots $\sqrt{\quad}$ in order from left to right
- MD** Do Multiplication x and Division \div in order from left to right
- AS** Do Addition + and Subtraction - in order from left to right

$$5 + 3 \times 6 = ?$$

$$5 + 3 \times 6 = 23$$

BUT: $(5 + 3) \times 6 = 48$

SYMBOLS

- < Is less than
- > Is greater than
- = Is equal to
- ≈ Is approximate to
- ≤ Is less than or equal to
- ≥ Is greater than or equal to

A PRIME NUMBER

is a whole number that has only two factors, itself and 1.

7 | 13 | 41

Greatest Common Factor

The greatest number that is a factor of two or more numbers.

16 and 24, GCF is 8

Least Common Multiple

The smallest number that is a multiple of two or more numbers.

LCM of 3, 6, and 10 is 30

Take Care of YOU

You need to feel your best to do your best. How can you feel your best every day? By taking care of your entire self!

NUTRITION

Eat the right kinds of foods to make sure your body has the nutrition it needs to grow and stay healthy.

- Food gives you energy. You need energy to think, move, and grow.
- When you pick what to eat, choose mostly fruits, vegetables, whole grains, and low-fat dairy. Look at the chart on page R-9.
- Eat small meals all day instead of one or two large meals.
- Eat slowly and enjoy your food. Stop eating when you feel full.

PHYSICAL ACTIVITY

Being physically active keeps your body and heart healthy. The best activity is the one that you enjoy and gets your heart beating faster!

- Exercise helps you feel good, sleep better at night, and build healthy bones, muscles, and joints.
- There are many ways to be physically active. Swim, walk the dog, skip, jog, play basketball, hula-hoop, or play tag with your little brother or sister. Keep your body in motion during physical activity.
- Check with your family and doctor about how much exercise is the right amount for your body each day. The important thing is to make physical activity a regular part of your day.

*** To stay physically active you need enough sleep! Kids your age need the most because they are still growing. You should sleep 10 to 11 hours each night.**



R-8

TIP

Keeping yourself strong, both inside and out, is the best way to live a healthy, balanced life!



SOCIAL AND EMOTIONAL HEALTH

Your social (having healthy relationships) and emotional health (having a healthy mind) are just as important as your physical health. A healthy mind = a healthy body. When you are socially and emotionally healthy, you are better able to tackle life's problems when they come your way.

- Having a positive point of view contributes to your good health. Don't be negative or always have a negative outlook. Remember to always see the good in things.
- Have positive thoughts and feelings about yourself. Expressing yourself in a healthy and creative way can help you understand and deal with your feelings and explore who you are. How you feel about yourself matters. Appreciate all the good things about YOU.
- It is good to know how to deal with stress! Take a break when you are feeling stressed. Listen to music, exercise, take deep breaths and count to ten. These are all great ways to relax.
- Develop healthy relationships (both with friends and family members) that are based on trust and respect. Life is better when you have people you can count on to support you. Always play fair, be friendly, and be kind. Remember to always talk to a trusted adult if you need some help working things out.

Nutrition

What should you eat?

Fruits and Vegetables:

Half of every meal should be fruits and vegetables. Eat at least one orange vegetable and one dark green vegetable every day.

Whole Grains:

At least half of your grains should be whole grains.

Protein:

When choosing foods from the protein group, choose lean or low-fat meats or soy products and unsalted nuts.

Dairy:

It's important to eat dairy or dairy alternative products each day! Choose low-fat dairy when possible. Remember to drink water or 1% or skim milk instead of sugary sodas or sports drinks.

TIP

There are many more fruits and vegetables and sources of whole grains, protein, and dairy. Look for and try new foods whenever you can!

Dairy:
Cheese | Milk
Lactose-free Milks
Yogurt



Fruits:
Apples | Bananas | Blueberries
Cherries | Grapes | Oranges
Peaches | Plums | Raisins
Strawberries | Watermelons



Whole Grains:
Brown rice | Quinoa
Oatmeal | Popcorn | Rye bread
Whole-wheat cereals | Whole-wheat breads
Whole-wheat crackers | Whole-wheat pastas

Orange Vegetables:
Carrots | Peppers | Pumpkins
Squash | Sweet potatoes

Dark Green Vegetables:
Bok choy | Broccoli | Kale
Romaine lettuce | Spinach



Protein:
Beans | Beef
Chicken | Eggs
Fish | Nuts | Pork | Tofu



Adapted from the USDA Center for Nutrition Policy and Promotion's ChooseMyPlate.gov website.

The Human Skeletal System

Why do I have bones?

- Bones support your body and allow you to move.
- They protect your inside organs such as your heart and lungs.
- They produce red blood cells.

How many bones do I have?

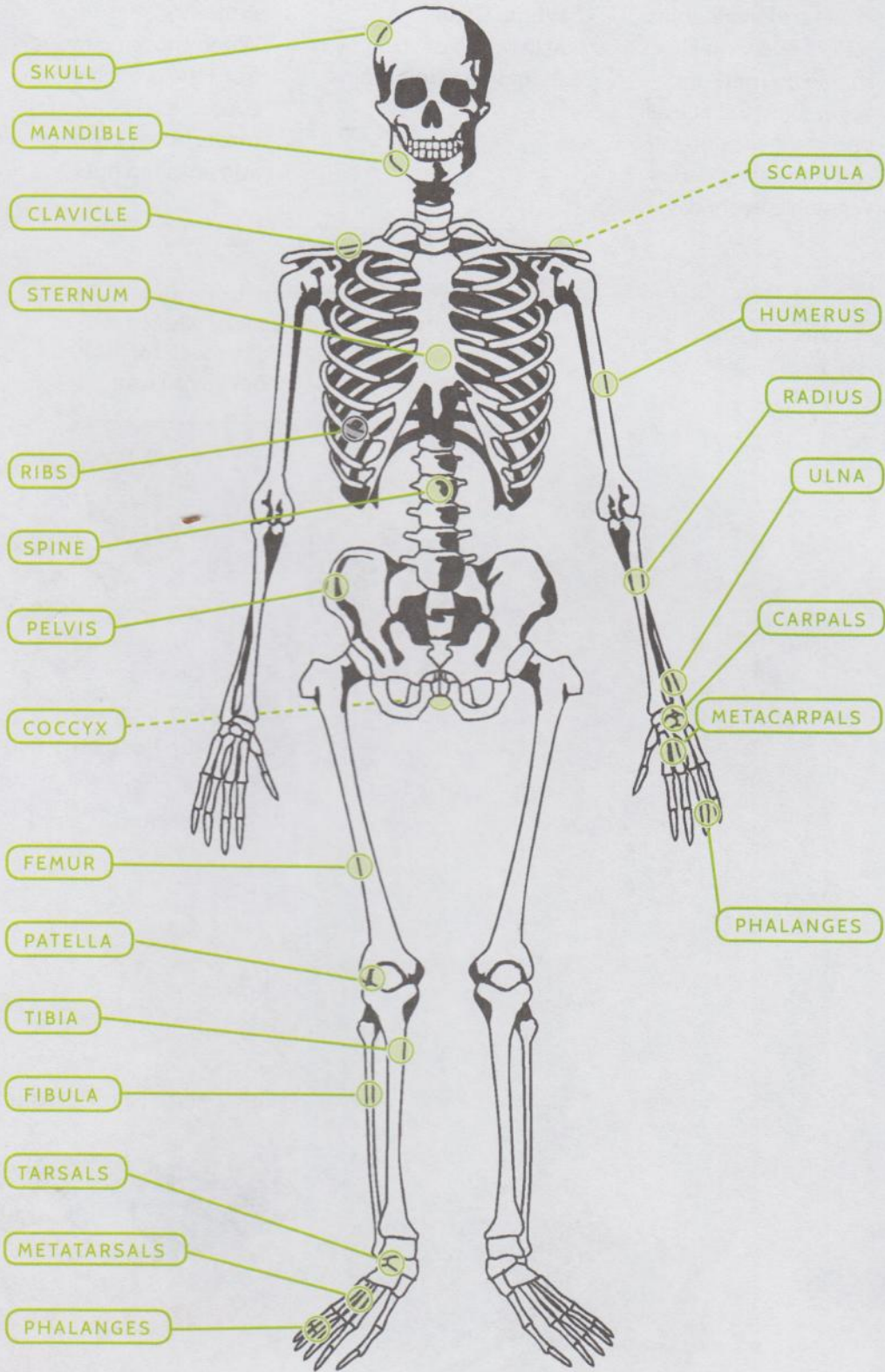
- You were born with around 300 bones.
- By the time you are an adult, you will have 206 bones.
- Some of your bones will join together as you grow.

How can you keep your bones strong?

- Eat calcium-rich foods such as cheese and yogurt.
- Eat vitamin D-rich foods such as cereal and fish.
- Exercise! Carrying your weight in exercises such as running, jumping, and dancing helps build your bones.

Did you know?

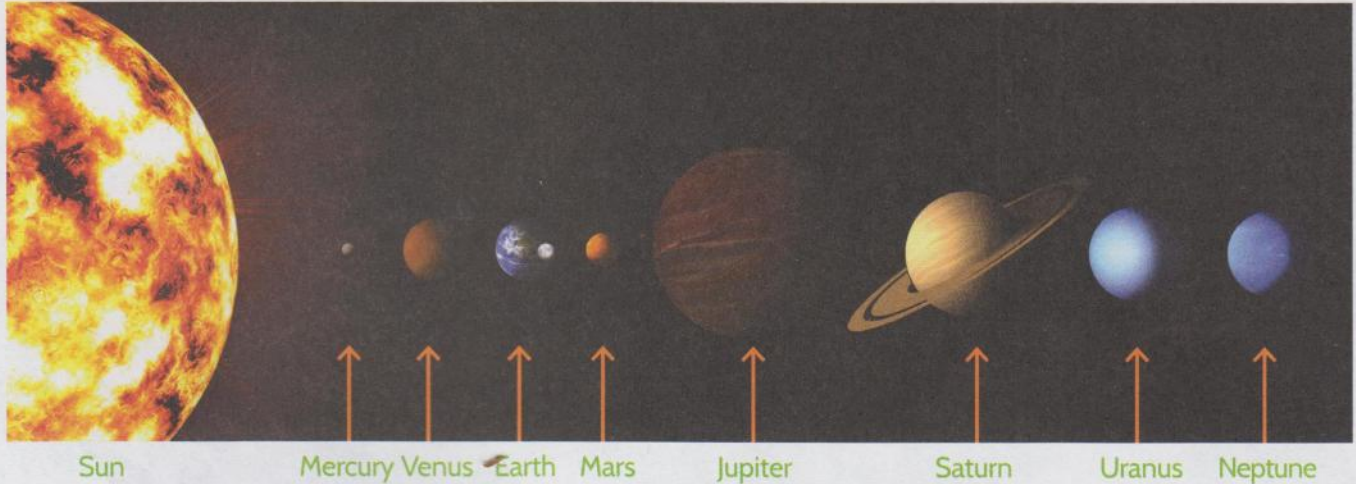
- Humans and giraffes both have seven bones in their necks!
- You have 26 bones in each foot.
- Your smallest bone, the stapes bone, is the same size as a grain of rice.



Our Solar System

Our solar system orbits (circles around) the Sun. It has eight planets (including Earth) along with dwarf planets, comets, asteroids, dust, gases, more than 170 moons, and a lot of empty space.

What does our solar system look like?



How long does it take Earth to orbit the Sun?

It takes each planet a different length of time to orbit the Sun. Earth takes about 365 days. That's why one year is 365 days long. Earth is rotating or spinning in a slow circle as it travels around the Sun. It takes Earth 24 hours to rotate one time. That's why one day is 24 hours long.

What about our moon?

While Earth is orbiting the Sun, our moon is orbiting Earth. It takes the moon about 27 days to circle around Earth. This is why the moon looks different to us at different times of a month.

What else is in our solar system?

PHASES OF THE MOON



Comets

Comets are made up of gas, ice, and dust left over from when our solar system first formed. Comets move around the Sun in oval-shaped paths. When a comet gets close to the Sun, it heats up and dust and gases light up as they come off of it, making a giant glowing tail!



Dwarf Planets

A **dwarf planet** is a small planet that orbits the Sun. It is a **dwarf planet** because it has enough mass and gravity to be almost round, it cannot clear the trash in its orbit, and it is not a moon. There are five known dwarf planets in our solar system.



Asteroids

Asteroids are made up of small, rocky pieces of very old space rubble. Most asteroids are found in the main asteroid belt between the orbits of Mars and Jupiter. New asteroids are discovered almost every day!



Meteors

Meteors occur when comet dust burns up when it hits Earth's atmosphere. As the dust hits the atmosphere it burns up, causing a streak of light across the sky. When a meteor hits the ground, it is called a meteorite. We also call a meteor a shooting star.

Take Care of Our World

You can help take care of our world by following the 3 Rs: Reduce, Reuse, and Recycle. If you follow the 3 Rs you throw fewer things away. This saves energy, natural resources, and money.

REDUCE!

If you buy less, you will have less to throw away. Before you buy (or ask your family to buy) anything, ask:

- Do I need this or want this?
- What will I do with it?
- How long will it last?

REUSE!

A few simple changes can add up!

- Use a steel water bottle instead of plastic bottles.
- Use a lunchbox or cloth bag instead of paper bags.

RECYCLE!

Recycling means using the materials in an item to make something new.



This is the recycling symbol. Look for it on bins and cans around your school and community.

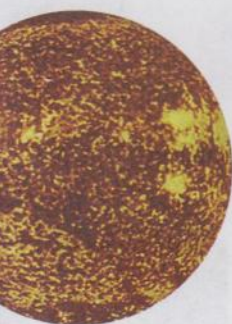
What can be recycled?



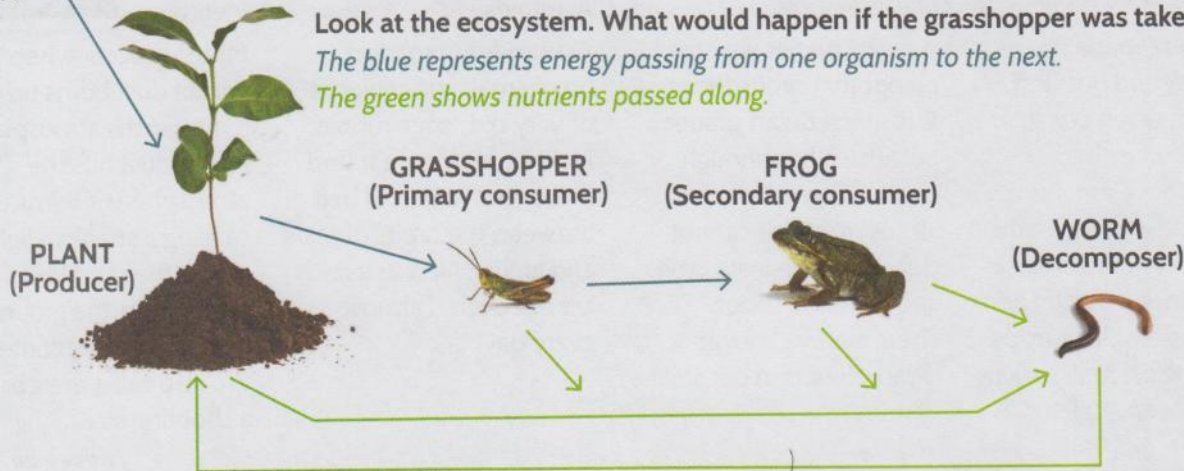
WHAT IS AN ECOSYSTEM?

An ecosystem is a community of both living and nonliving things. All parts of the ecosystem work together and interact with their environment.

The Sun delivers energy into the ecosystem and helps plants (producers) grow, providing food and shelter for animals (consumers). Animals get energy from eating plants (primary consumers) or other animals (secondary consumers) and leave behind nutrients for the smallest organisms (decomposers), such as worms and bacteria. Decomposers help make the dirt healthy for plants to continue growing in. If one part of the ecosystem goes away, all the other parts are affected.



SUN



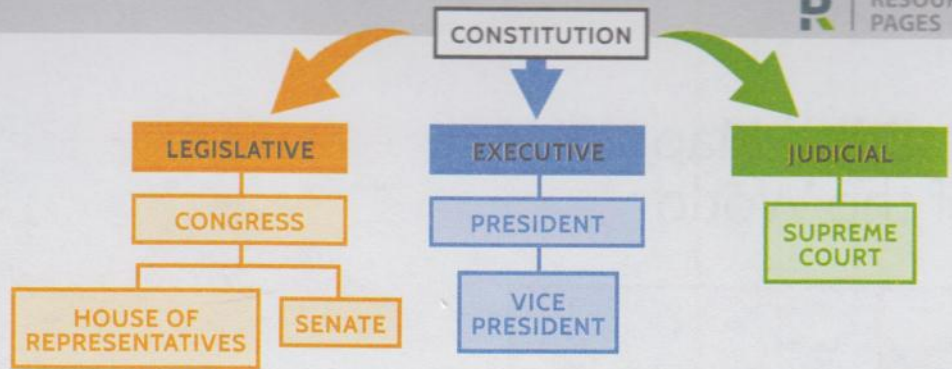
Look at the ecosystem. What would happen if the grasshopper was taken away?

The blue represents energy passing from one organism to the next.

The green shows nutrients passed along.

Government

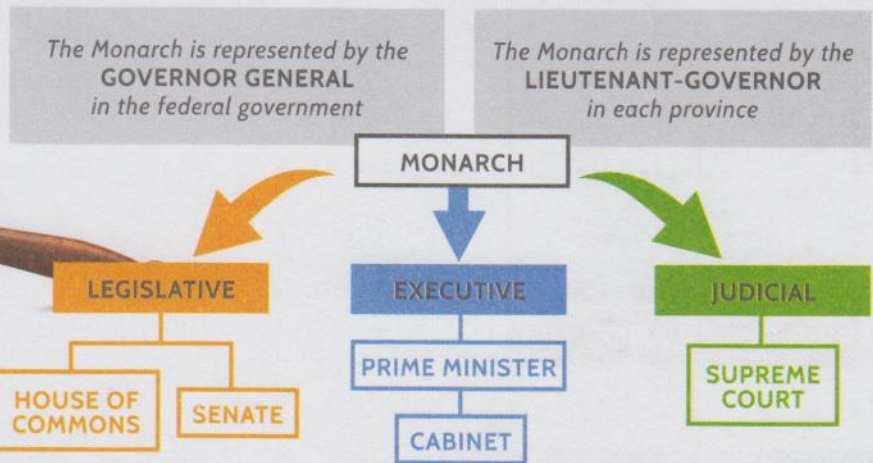
THE GOVERNMENT OF THE UNITED STATES OF AMERICA



U.S. PRESIDENTS

- | | | |
|--------------------------------------|--------------------------------------|--|
| 1. George Washington..... 1789-1797 | 16. Abraham Lincoln..... 1861-1865 | 31. Herbert C. Hoover 1929-1933 |
| 2. John Adams..... 1797-1801 | 17. Andrew Johnson 1865-1869 | 32. Franklin D. Roosevelt... 1933-1945 |
| 3. Thomas Jefferson 1801-1809 | 18. Ulysses S. Grant..... 1869-1877 | 33. Harry S. Truman 1945-1953 |
| 4. James Madison..... 1809-1817 | 19. Rutherford B. Hayes... 1877-1881 | 34. Dwight D. Eisenhower.. 1953-1961 |
| 5. James Monroe 1817-1825 | 20. James A. Garfield..... 1881 | 35. John F. Kennedy 1961-1963 |
| 6. John Quincy Adams.... 1825-1829 | 21. Chester A. Arthur..... 1881-1885 | 36. Lyndon B. Johnson..... 1963-1969 |
| 7. Andrew Jackson..... 1829-1837 | 22. Grover Cleveland 1885-1889 | 37. Richard M. Nixon..... 1969-1974 |
| 8. Martin Van Buren 1837-1841 | 23. Benjamin Harrison 1889-1893 | 38. Gerald R. Ford..... 1974-1977 |
| 9. William H. Harrison 1841 | 24. Grover Cleveland 1893-1897 | 39. Jimmy E. Carter 1977-1981 |
| 10. John Tyler..... 1841-1845 | 25. William McKinley 1897-1901 | 40. Ronald W. Reagan 1981-1989 |
| 11. James Knox Polk 1845-1849 | 26. Theodore Roosevelt ... 1901-1909 | 41. George H. W. Bush.... 1989-1993 |
| 12. Zachary Taylor 1849-1850 | 27. William H. Taft..... 1909-1913 | 42. William J. Clinton..... 1993-2001 |
| 13. Millard Fillmore 1850-1853 | 28. Woodrow Wilson 1913-1921 | 43. George W. Bush..... 2001-2009 |
| 14. Franklin Pierce 1853-1857 | 29. Warren G. Harding..... 1921-1923 | 44. Barack Obama..... 2009- |
| 15. James Buchanan 1857-1861 | 30. Calvin Coolidge 1923-1929 | |

THE GOVERNMENT OF CANADA



CANADIAN PRIME MINISTERS

- | | | |
|---|---------------------------------------|---|
| 1. Sir John A. Macdonald.. 1867-1873 | 10. Arthur Meighen..... 1920-1921 | 19. Pierre Elliott Trudeau... 1968-1979 |
| 2. Alexander Mackenzie .. 1873-1878 | 11. W. L. Mackenzie King... 1921-1926 | 20. Joseph Clark 1979-1980 |
| 3. Sir John A. Macdonald.. 1878-1891 | 12. Arthur Meighen 1926 | 21. Pierre Elliott Trudeau.. 1980-1984 |
| 4. Sir John J. C. Abbott 1891-1892 | 13. W. L. Mackenzie King . 1926-1930 | 22. John Turner 1984 |
| 5. Sir John S. D. Thompson . 1892-1894 | 14. Richard B. Bennett.... 1930-1935 | 23. Brian Mulroney 1984-1993 |
| 6. Sir Mackenzie Bowell . 1894-1896 | 15. W. L. Mackenzie King . 1935-1948 | 24. Kim Campbell 1993 |
| 7. Sir Charles Tupper 1896 | 16. Louis St. Laurent..... 1948-1957 | 25. Jean Chrétien 1993-2003 |
| 8. Sir Wilfrid Laurier 1896-1911 | 17. John G. Diefenbaker... 1957-1963 | 26. Paul Martin 2003-2006 |
| 9. Sir Robert L. Borden ... 1911-1920 | 18. Lester B. Pearson 1963-1968 | 27. Stephen Harper 2006- |



*Israel proclaimed Jerusalem as its capital in 1950. The U.S., like most other countries, maintains its embassy in Tel Aviv. Canada officially has no comment on the question of Jerusalem and believes the issue needs to be addressed through the peace process.

AFRICA

- Algeria • Algiers
- Angola • Luanda
- Benin • Porto-Novo
- Botswana • Gaborone
- Burkina Faso • Ouagadougou
- Burundi • Bujumbura
- Cameroon • Yaounde
- Cape Verde • Praia
- Central African Republic • Bangui
- Chad • N'Djamena
- Comoros • Moroni
- Congo • Brazzaville
- Democratic Republic of Congo • Kinshasa
- Djibouti • Djibouti
- Egypt • Cairo

Equatorial Guinea

- Malabo
- Eritrea • Asmara
- Ethiopia • Addis Ababa
- Gabon • Libreville
- Gambia • Banjul
- Ghana • Accra
- Guinea • Conakry
- Guinea-Bissau • Bissau
- Ivory Coast • Abidjan
- Kenya • Nairobi
- Lesotho • Maseru
- Liberia • Monrovia
- Libya • Tripoli
- Madagascar • Antananarivo
- Malawi • Lilongwe
- Mali • Bamako
- Mauritania • Nouakchott
- Mauritius • Port Louis
- Morocco • Rabat

Mozambique

- Maputo
- Namibia • Windhoek
- Niger • Niamey
- Nigeria • Abuja
- Rwanda • Kigali
- Sao Tome & Principe • Sao Tome
- Senegal • Dakar
- Seychelles • Victoria
- Sierra Leone • Freetown
- Somalia • Mogadishu
- South Africa • Pretoria
- South Sudan • Juba
- Sudan • Khartoum
- Swaziland • Mbabane
- Tanzania • Dodoma
- Togo • Lome
- Tunisia • Tunis
- Uganda • Kampala
- Zambia • Lusaka
- Zimbabwe • Harare

ASIA

- Afghanistan • Kabul
- Armenia • Yerevan
- Azerbaijan • Baku
- Bahrain • Manama
- Bangladesh • Dhaka
- Bhutan • Thimphu
- Brunei • Bandar Seri Begawan
- Cambodia • Phnom Penh
- China • Beijing
- Cyprus • Nicosia
- East Timor • Dili
- Georgia • Tbilisi
- India • New Delhi
- Indonesia • Jakarta
- Iran • Tehran
- Iraq • Baghdad
- Israel • Jerusalem*
- Japan • Tokyo

Jordan

- Amman
- Kazakhstan • Astana
- Korea North • Pyongyang
- Korea South • Seoul
- Kuwait • Kuwait City
- Kyrgyzstan • Bishkek
- Laos • Vientiane
- Lebanon • Beirut
- Malaysia • Kuala Lumpur
- Maldives • Male
- Mongolia • Ulaanbaatar
- Myanmar • Naypyidaw
- Nepal • Kathmandu
- Oman • Muscat
- Pakistan • Islamabad
- Philippines • Manila
- Qatar • Doha
- Russia • Moscow
- Saudi Arabia • Riyadh
- Singapore • Singapore

Sri Lanka

- Colombo
- Syria • Damascus
- Taiwan • Taipei
- Tajikistan • Dushanbe
- Thailand • Bangkok
- Turkey • Ankara
- Turkmenistan • Ashgabat
- United Arab Emirates • Abu Dhabi
- Uzbekistan • Tashkent
- Vietnam • Hanoi
- Yemen • Sanaa

ANTARCTICA

World Map
© 2013, Premier
Based on Robinson
Projection

North America

CANADA

Area:
9,971,500 km²
3,848,900 sq. mi.

Population:
35,158,304

UNITED STATES

Area:
9,160,454 km²
3,553,935 sq. mi.

Population:
316,921,286

MEXICO

Area:
1,978,800 km²
763,817 sq. mi.

Population:
116,220,947



CANADA

Capital: Ottawa

PROVINCE/TERRITORY	CAPITAL
AB Alberta	Edmonton
BC British Columbia	Victoria
MB Manitoba	Winnipeg
NB New Brunswick	Fredericton
NL Newfoundland & Labrador	St. John's
NT Northwest Territories	Yellowknife
NS Nova Scotia	Halifax
NU Nunavut	Iqaluit
ON Ontario	Toronto
PEI Prince Edward Island	Charlottetown
QC Quebec	Québec
SK Saskatchewan	Regina
YT Yukon Territory	Whitehorse

UNITED STATES

Capital: Washington, D.C.

STATE	CAPITAL
AL Alabama	Montgomery
AK Alaska	Juneau
AZ Arizona	Phoenix
AR Arkansas	Little Rock
CA California	Sacramento
CO Colorado	Denver
CT Connecticut	Hartford
DE Delaware	Dover
FL Florida	Tallahassee
GA Georgia	Atlanta
HI Hawaii	Honolulu
ID Idaho	Boise
IL Illinois	Springfield
IN Indiana	Indianapolis
IA Iowa	Des Moines
KS Kansas	Topeka
KY Kentucky	Frankfort
LA Louisiana	Baton Rouge
ME Maine	Augusta
MD Maryland	Annapolis
MA Massachusetts	Boston
MI Michigan	Lansing
MN Minnesota	St. Paul
MS Mississippi	Jackson
MO Missouri	Jefferson City
MT Montana	Helena
NE Nebraska	Lincoln
NV Nevada	Carson City
NH New Hampshire	Concord
NJ New Jersey	Trenton
NM New Mexico	Santa Fe
NY New York	Albany
NC North Carolina	Raleigh
ND North Dakota	Bismarck
OH Ohio	Columbus
OK Oklahoma	Oklahoma City
OR Oregon	Salem
PA Pennsylvania	Harrisburg
RI Rhode Island	Providence
SC South Carolina	Columbia
SD South Dakota	Pierre
TN Tennessee	Nashville
TX Texas	Austin
UT Utah	Salt Lake City
VT Vermont	Montpelier
VA Virginia	Richmond
WA Washington	Olympia
WV West Virginia	Charleston
WI Wisconsin	Madison
WY Wyoming	Cheyenne
PR Puerto Rico	San Juan
VI Virgin Islands	Charlotte Amalie
GU Guam	Hagatna
MP Northern Mariana Islands	Saipan
AS American Samoa	Pago Pago

MEXICO

Capital: México, D.F.

STATE	CAPITAL
1 Aguascalientes	Aguascalientes
2 Baja California Norte	Mexicali
3 Baja California Sur	La Paz
4 Campeche	Campeche
5 Chiapas	Tuxtla Gutiérrez
6 Chihuahua	Chihuahua
7 Coahuila	Saltillo
8 Colima	Colima
9 Durango	Durango
10 Guanajuato	Guanajuato
11 Guerrero	Chilpancingo
12 Hidalgo	Pachuca
13 Jalisco	Guadalajara
14 México	Toluca
15 Michoacán	Morelia
16 Morelos	Cuernavaca
17 Nayarit	Tepic
18 Nuevo León	Monterrey
19 Oaxaca	Oaxaca
20 Puebla	Puebla
21 Querétaro	Querétaro
22 Quintana Roo	Chetumal
23 San Luis Potosí	San Luis Potosí
24 Sinaloa	Culiacán
25 Sonora	Hermosillo
26 Tabasco	Villahermosa
27 Tamaulipas	Ciudad Victoria
28 Tlaxcala	Tlaxcala
29 Veracruz	Jalapa
30 Yucatán	Mérida
31 Zacatecas	Zacatecas
32 Federal District	México City

Population estimates 2013

NORTH AMERICA

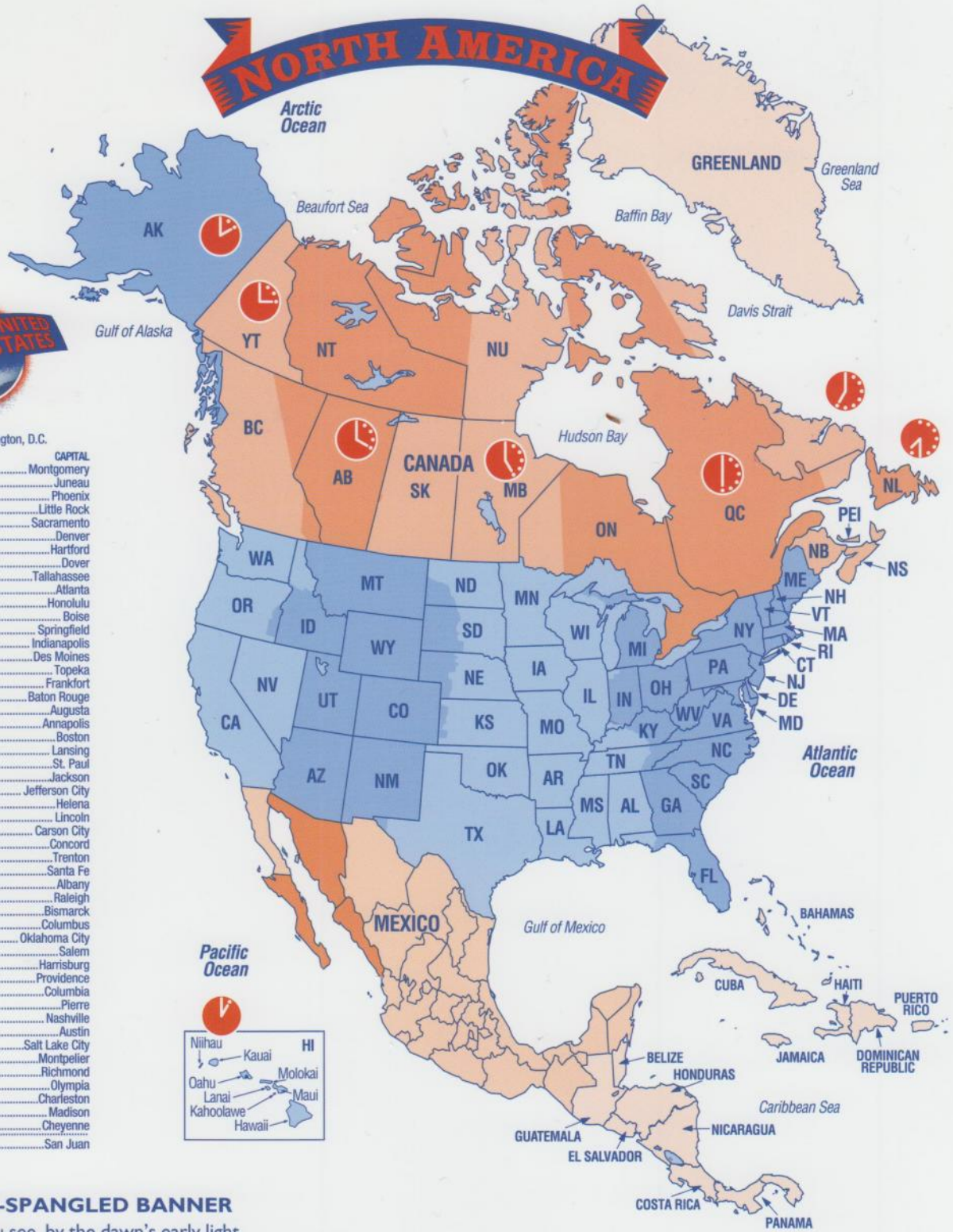


Capital: Washington, D.C.

STATE	CAPITAL
AL	Alabama.....Montgomery
AK	Alaska.....Juneau
AZ	Arizona.....Phoenix
AR	Arkansas.....Little Rock
CA	California.....Sacramento
CO	Colorado.....Denver
CT	Connecticut.....Hartford
DE	Delaware.....Dover
FL	Florida.....Tallahassee
GA	Georgia.....Atlanta
HI	Hawaii.....Honolulu
ID	Idaho.....Boise
IL	Illinois.....Springfield
IN	Indiana.....Indianapolis
IA	Iowa.....Des Moines
KS	Kansas.....Topeka
KY	Kentucky.....Frankfort
LA	Louisiana.....Baton Rouge
ME	Maine.....Augusta
MD	Maryland.....Annapolis
MA	Massachusetts.....Boston
MI	Michigan.....Lansing
MN	Minnesota.....St. Paul
MS	Mississippi.....Jackson
MO	Missouri.....Jefferson City
MT	Montana.....Helena
NE	Nebraska.....Lincoln
NV	Nevada.....Carson City
NH	New Hampshire.....Concord
NJ	New Jersey.....Trenton
NM	New Mexico.....Santa Fe
NY	New York.....Albany
NC	North Carolina.....Raleigh
ND	North Dakota.....Bismarck
OH	Ohio.....Columbus
OK	Oklahoma.....Oklahoma City
OR	Oregon.....Salem
PA	Pennsylvania.....Harrisburg
RI	Rhode Island.....Providence
SC	South Carolina.....Columbia
SD	South Dakota.....Pierre
TN	Tennessee.....Nashville
TX	Texas.....Austin
UT	Utah.....Salt Lake City
VT	Vermont.....Montpelier
VA	Virginia.....Richmond
WA	Washington.....Olympia
WV	West Virginia.....Charleston
WI	Wisconsin.....Madison
WY	Wyoming.....Cheyenne
PR	Puerto Rico.....San Juan

Pacific Ocean

Niihau Kauai HI
Oahu Lanai Maui
Kahoolawe Molokai Hawaii



THE STAR-SPANGLED BANNER

O say! can you see, by the dawn's early light,
 What so proudly we hail'd at the twilight's last gleaming?
 Whose broad stripes and bright stars, through the perilous fight,
 O'er the ramparts we watch'd, were so gallantly streaming?
 And the rockets' red glare, the bombs bursting in air,
 Gave proof through the night that our flag was still there.
 O say, does that Star-Spangled Banner yet wave
 O'er the land of the free and the home of the brave?

Written during the War of 1812 by Francis Scott Key.
 In 1931 the U.S. Congress proclaimed it as the National Anthem.



THE PLEDGE OF ALLEGIANCE.

I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all.