

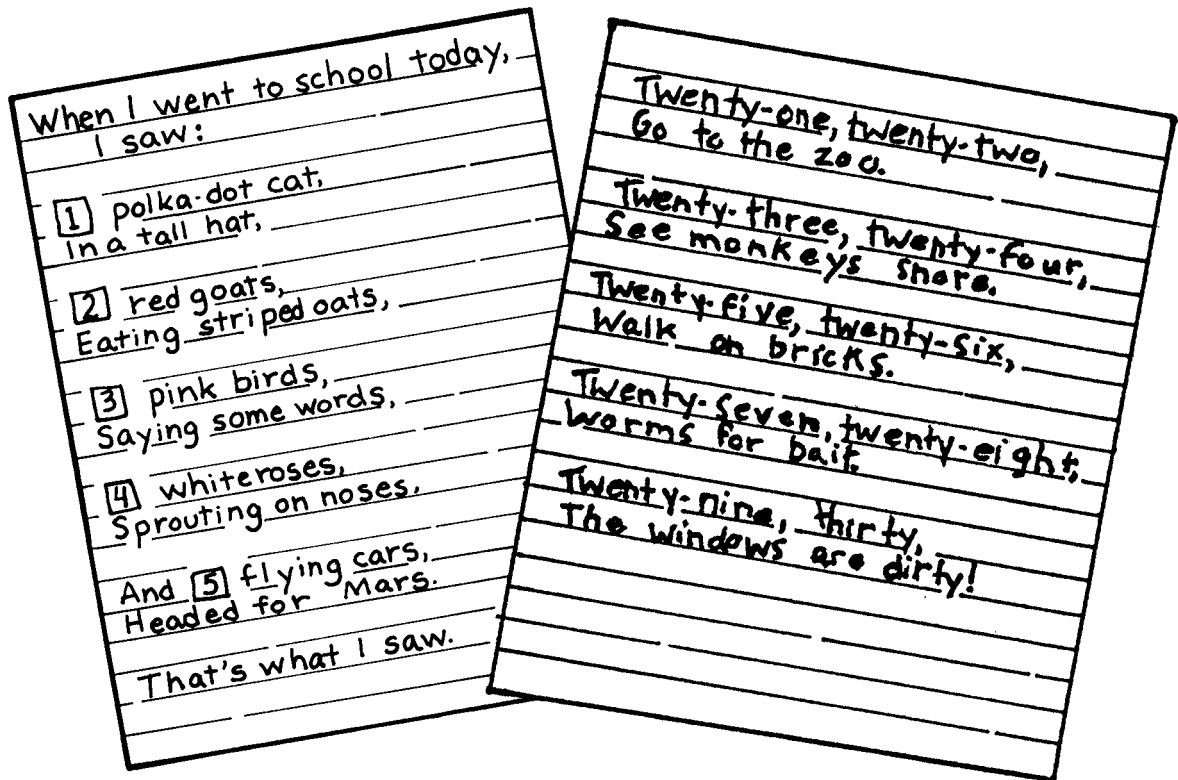
Number Machine



Nonsense Poetry

Language Arts

Compose a class number poem using fantastic, outlandish words or situations, or rewrite familiar rhymes in creative ways. Examples are shown below:



Count on Action

Physical Education

Have the class count aloud to 30 as each student repeats an action such as jumping jacks, toe touching, hand clapping, or jumping. On the playground, in the classroom, or in the gymnasium, let pairs of students take turns counting actions for each other.

Door Decor

Science

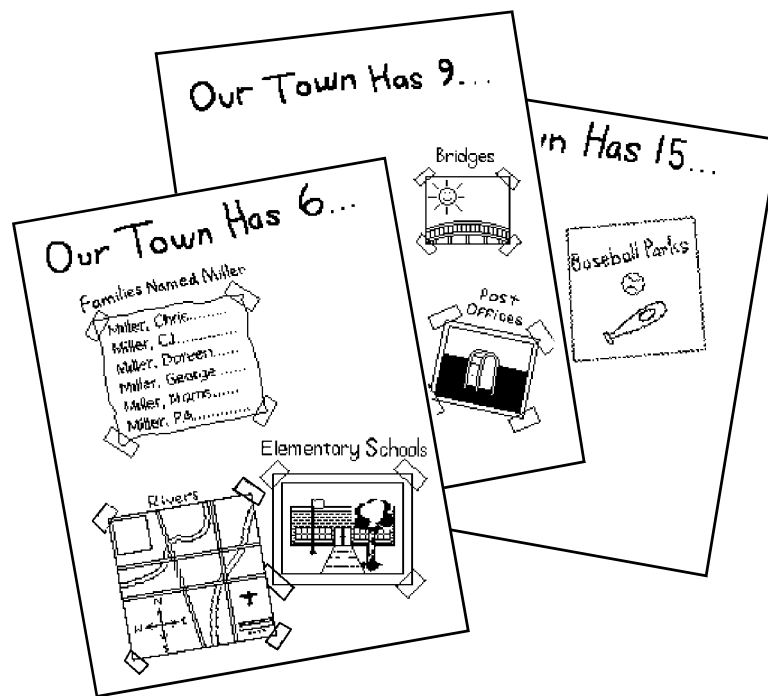
Cover both sides of a classroom door with a large sheet of paper. Give each student a number from 1 to 30. Print a topic that your class is currently studying at the top of the paper. Throughout the day, have students take turns (starting with number 1) "drawing on the door" that number of things related to the topic. For example, if the topic is "The Ocean," students could draw one octopus, two whales, three pieces of seaweed, etc. This activity can also be done on a section of the chalkboard using colored chalk or on a whiteboard using colored, erasable markers.

Our Town Countdown

Social Studies

Create a town scrapbook. Start by using heavy paper (8-1/2 by 11 inches) to prepare the thirty pages. At the top of each page, print the title, "Our Town Has," followed by a number from 1 to 30 and an ellipsis (...). For example, the first page will read, "Our Town has 1...", the second page will read, "Our Town has 2...", etc. Shuffle the pages and pass them out to either individual students or small student groups.

Offering resources such as local visitors' guides, phone book yellow pages, newspapers, and city maps, ask students to fill each page with appropriate pictures or facts. Encourage a mixture of community information (professions, landmarks, names, etc.).



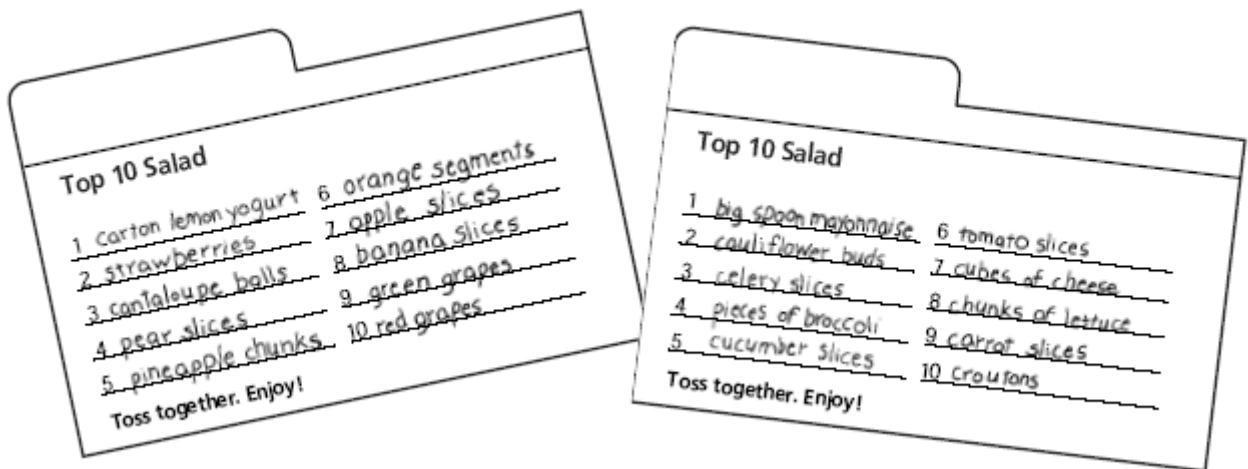
Three-hole punch the completed pages. To conclude the activity, ask the students or student groups to insert their pages in a three-ring binder in the correct order.

Nutrition Numbers

Science

As a culminating activity for the study of nutrition, let students work in groups to make healthy salads. Divide the class into groups of six to eight students. Give each group a copy of page 85. Work with the groups, deciding and writing down what will go into their salads. Ingredients can include fresh, frozen, dried, or canned foods such as raisins, nuts, nectarines, kiwi, peaches, watermelon, sunflower seeds, onions, green beans, or shoestring potatoes. (Other ingredients are included in the sample recipes shown below.) Each salad will have ten ingredients—one unit of the first ingredient, two units of the second ingredient, etc. Some groups might choose vegetable salads and others fruit salads.

Provide each group with the ingredients (or have them donated from home), a large bowl, a large spoon, a table knife, and a cutting board for slicing ingredients. (You may want to pre-cut ingredients.) Each group will also need a small cup and spoon for each student. After students have washed their hands, each student in the group prepares one ingredient and adds it to the bowl while the other students in the group count aloud. For example, a student adds raisins and counts, "One, two, . . . ten raisins." Students may need help cutting bananas, carrots, etc., but let them add the pieces to the bowl. When all the ingredients are in the bowl, a student can stir the salad and divide it equally into the cups. Then everyone can enjoy a healthy salad.



If food allergies, school policy, etc. prevent you from doing this activity with real ingredients, groups can make salad collages with pictures they draw themselves or cut from magazines. They can start with a large piece of green paper cut into a giant lettuce leaf and glue on the ingredients as the rest of the students in the group count aloud.

Top 10 Salad

Put in bowl:

1

6

2

7

3

8

4

9

5

10

Toss together. Enjoy!

Use with "Nutrition Numbers" (page 84).