## Back to Learning!

**Literacy Activities**

**Ages 7 - 9**

Academic Vocabulary, Cause & Effect, Problem/Solution

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The heart is a very important organ. It pumps blood all through the body. Just like you can flex your arm muscles, the heart can flex, too. When the heart flexes, it pumps blood all through the body. First, half of the heart expands and fills with blood. Then, the other half of the heart contracts and gets smaller. This pushes the blood out of the heart.

Your heart rate is how fast your heart is beating. You can find your own heart rate. First, you need to find your pulse. Lightly pressing on the wrist is a good way to do this. If you find the right spot, you will feel a flutter, like the beat of a tiny drum. Count the beats for 1 minute to find your heart rate.

The heart is a muscle. Just like your other muscles, it can get stronger. Exercises such as skipping and running make the heart beat faster and harder. A strong heart will stay healthy for life.

1. Organ: _____________________________________________________________________
2. Expands: ____________________________________________________________________
3. Contracts: ___________________________________________________________________
4. Heart rate: ___________________________________________________________________
5. Pulse: _______________________________________________________________________
6. Muscle: ______________________________________________________________________
Machines are tools that make work easier. A lever is a simple machine. It helps to lift or move a heavy thing. People, and even some animals, use levers all the time. A lever can be made by resting a stick on a rock. It is a lot easier to push down than to lift up. A lever lets us lift something UP by pushing DOWN. Take a look at this diagram:

The load will move in this direction.
You push or apply force here to move the lever down.

The load is the thing you want to move.

The point where the lever sits is called the fulcrum.
The lever pivots, or turns, around the fulcrum.

You may have seen a lever at the playground. Seesaws work best when the load is about even on both sides. What happens if one person hops off while their side is down? How could kids lift an adult? Try experimenting with this lever the next time you go to the park!
Day 1 (continued)

1. The diagram shows how a _________________________ works.

2. The _________________________ is the thing you want to move.

3. Even some _________________________ have learned to use levers.

4. A _________________________ is a lever you might see on a playground.

5. A lever lets us lift something up by pushing _________________________.

6. A lever is a type of _________________________.

7. In this diagram, a person _________________________ down to work the lever.

8. You can make a lever using a stick and a _________________________ as the fulcrum.

9. When you push down on a lever, you apply _________________________.

10. The lever turns around a point called the _________________________.

11. In this diagram, the load will _________________________.

12. Seesaws work best when the load on each side is _________________________.

<table>
<thead>
<tr>
<th>Answer Key</th>
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<tbody>
<tr>
<td>animals</td>
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<td>down</td>
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</table>
Day 2

Choose the word in the Answer Key that best completes each sentence.

1. People use _________________________ to find their place on the planet.

2. An _________________________ is a piece of land that is surrounded by water.

3. _________________________ are made to keep people safe and happy.

4. A _________________________ is land that rises sharply from the land around it.

5. The continents are surrounded by bodies of salty water called _________________________.

6. In the United Kingdom everyone has the _________________________ to freedom of speech.

7. _________________________ are made up of neighbourhoods and have their own councils.

8. _________________________ have their own governments and contain many cities and towns.

9. _________________________ are things that can be bought and sold.

10. _________________________ are bodies of fresh water surrounded by land.

11. A _________________________ is a form of transportation.

12. In Britain, you must be 18 years old to _________________________.

<table>
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<tr>
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<tbody>
<tr>
<td>vote</td>
</tr>
<tr>
<td>Countries</td>
</tr>
<tr>
<td>oceans</td>
</tr>
<tr>
<td>train</td>
</tr>
<tr>
<td>Cities</td>
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<tr>
<td>Lakes</td>
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<td>right</td>
</tr>
<tr>
<td>island</td>
</tr>
<tr>
<td>Laws</td>
</tr>
<tr>
<td>Goods</td>
</tr>
<tr>
<td>mountain</td>
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Day 2 (continued)

Read the definitions in the Glossary. Then, use the Answer Key to complete the sentences and match each word to its definition.

GLOSSARY

continent  any of the world’s 5 great land masses
ocean  a large body of salt water
river  a stream of fresh water that flows to the ocean
mountain  land that is much higher than the land around it
valley  a low area of land usually between mountains
equator  an invisible line around the middle of the earth
desert  a place that is hot and dry for most of the year
North Pole  northernmost place on the globe

1. You can find fresh water in a _______________________.

2. Asia and Africa are _______________________.

3. A _______________________ usually forms between two mountains.

4. If you like hot, dry weather, go to a _______________________.

5. The _______________________ is at the top of the globe.

6. There is an invisible line around the Earth called the _______________________.

| Answer Key |
|-------------|-------------|-------------|---------------|----------------|-------------|-------------|
| valley      | river       | equator     | North Pole   | desert        | continents  |

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Facts About Water.

All living things need water. It gathers in clouds and falls as rain. It collects in puddles, lakes, and oceans.

Water is made of tiny parts called **atoms**. Atoms are the smallest parts of elements. Water has 2 hydrogen (H) atoms plus 1 oxygen (O) atom.

Water can have three forms, or **states**. It can be a **solid**, a **liquid**, or a **gas**. Solid water is called ice. Liquid water changes to ice when it gets very cold and freezes. Warming ice will cause it to melt. This means it turns back into a liquid. If liquid water gets hot enough, it will turn into water vapor, which is a gas. Water changes to vapor when it boils.
1. Liquid water becomes solid when it _________________.

2. Water turns into vapor when it _________________.

3. Water exists in three _________________, or forms.

4. Water contains two atoms of _________________.

5. Ice turns into liquid when it _________________.

6. _________________ are places where water collects.

7. Water has ________________ forms, or states.

8. Water in gas form is called _________________.

9. All _________________ things need water.

10. Water gathers in _________________ and then falls as rain.


12. _________________ is solid water.

<table>
<thead>
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<tr>
<td>water vapor</td>
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<tr>
<td>Puddles</td>
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# Day 4

Draw a line from each cause to its effect.

<table>
<thead>
<tr>
<th>Cause</th>
<th>Effect</th>
</tr>
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<tbody>
<tr>
<td>It is snowing.</td>
<td>My stomach is very full.</td>
</tr>
<tr>
<td>I ate 5 cookies after dinner.</td>
<td>The plant grows tall and strong.</td>
</tr>
<tr>
<td>I studied for my test for 10 hours.</td>
<td>I was late for the birthday party.</td>
</tr>
<tr>
<td>Sara tends to her plant every day.</td>
<td>Duke wags his tail out of happiness.</td>
</tr>
<tr>
<td>Traffic was terrible.</td>
<td>I got an A on my test.</td>
</tr>
<tr>
<td>There are a lot of people at the beach.</td>
<td>I get to the park faster than if I walked.</td>
</tr>
<tr>
<td>We bought Duke a new dog toy.</td>
<td>I am cold and shivering.</td>
</tr>
<tr>
<td>I ride my bike to the park.</td>
<td>We couldn’t find a spot to put down our towels.</td>
</tr>
</tbody>
</table>
Write a cause for each situation by completing the sentence.

1. I cried all night long because __________________________________________.
2. Brad and Will played video games for 4 hours because __________________________________________.
3. The branches fell off the tree because __________________________________________.
4. I spent all day in my room because __________________________________________.
5. Maria had a very bad sunburn because __________________________________________.

Write an effect for each situation by completing the sentence.

1. __________________________________________ because I was the first one to cross the finish line in the race.
2. __________________________________________ because I couldn’t sleep last night.
3. __________________________________________ because Sasha practiced every day.
4. __________________________________________ because the sun finally came out.
5. __________________________________________ because the cat ran across the yard.
Day 5

Write a solution that matches each problem by completing the sentence.

1. I forgot my textbook at home, so ________________________________________________________________.

2. The path to the beach was covered with a fallen branch, so ________________________________________________________________.

3. The cat was stuck in the tree, so ________________________________________________________________.

4. There was no place for Eric to sit, so ________________________________________________________________.

5. There were only 4 slices of pizza left for 8 people, so ________________________________________________________________.

Write a problem that matches each solution by completing the sentence.

1. ________________________________________________________________
   _ so we raked all of the leaves into a pile.

2. ________________________________________________________________
   _ so Max ran home to grab his sweater.

3. ________________________________________________________________
   _ so I went to the doctor to have an eye exam.

4. ________________________________________________________________
   _ so I did all of the extra homework.

5. ________________________________________________________________
   _ so I went to the store and bought a new shirt for Tony.
Day 5 (continued)

Create a short story that has a problem and a solution.
First, define the problem and the solution. Then, write your story.

Problem: __________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

Solution: __________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

Story: ____________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
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