

Good morning 5th Graders,
I hope you are all well and staying safe. I miss each and every one of you and look forward to when we can see each other in person. In the meantime, remember if you do not have a printer, just copy down the questions and your response as best as you can on a piece of paper. Be sure to include your name and date on every paper. If you have any questions or want clarification on anything be sure to email me at phelgerson@childrenofpeaceschool.org. Have fun learning Religion, Social Studies and Science! Here are your lessons for the week.
Love,
Mrs. Helgerson

Directions for activity to be done each day this week and the weeks that we have no school: Create a journal of each day we are off school due to the Corona 19 virus. See the directions in the link below. Each day add an entry. Be sure to date each entry. There is also an assignment to do daily on the 13 colonies listed below. Continue to keep your weather chart for science too. At the end of the social studies lessons, I have put the links from last week for your weather journal. I am also adding a power point slide show to watch and reply to at the end of the weekly social studies lessons. Find the link that looks like this on the side column:



[Template] (Primary Source) Living Throu

Monday March 23, 2020 Social Studies Grade 5 Objective: Make a chart of the Middle Colonies, founders, and reasons found. (-Also be sure to do your journal activity (above) and your science activity which is listed after your social studies activities. Be sure to date everything and add your name.)

Today you will watch a video on the Middle Colonies 1. but before you do prepare a paper with your name, date and the following: Label your paper the Middle Colonies

2. Make a chart on paper as shown at the start of the video showing Colony/ founder/ reason found

Record your answers on the chart as you watch this video. 3. Also pause it and write out the questions he asks along with your answers as you watch the video.

https://www.youtube.com/watch?v=Yw9pw8rIDIU&list=PL9bDHRx3YbkV_rZLEF-eg8l6v080oCnS4&index=2

4. At the end of the video write down facts you learned that you feel are important about the Middle Colonies.

5. If you were to live in one of the Colonies you learned about today, which one would it be and why? Back up your reason with facts you learned about the colony.

Tuesday March 24, 2020 Social Studies Grade 5 Objective: Make a chart of Southern Colonies, founders, and reasons found. (-Also be sure to do your journal activity (above) and your science activity which is listed after your social studies activities. Be sure to date everything and add your name.)

Today you will watch a video on the Southern Colonies, 1. but before you do prepare a paper with your name, date and the following: Label your paper the Southern Colonies

2. Make a chart on paper as shown at the start of the video showing Colony/ founder/ reason found

Record your answers on the chart as you watch this video. 3. Also pause it and write out the questions he asks along with your answers as you watch the video.

4. https://www.youtube.com/watch?v=j3KAOWye1AM&list=PL9bDHRx3YbkV_rZLEF-eg8l6v080oCnS4&index=3
5. At the end of the video write down facts you learned that you feel are important about the Southern Colonies.
6. If you were to live in one of the Colonies you learned about today, which one would it be and why? Back up your reason with facts you learned about the colony.

Wednesday March 25, 2020 Social Studies Grade 5 Objective: Review important facts about the original 13 colonies, what and where they were, who found them, reasons they were found, important resources of each and colony. (-Also be sure to do your journal activity (above) and your science activity which is listed after your social studies activities. Be sure to date everything and add your name.)

1. Watch <https://www.youtube.com/watch?v=vd0fMpAls1s> Answer the following questions about this video:
 - A. Name the original 13 colonies.
 - B. What were the 3 regions that the original 13 colonies were divided into?
 - C. When were the colonies founded?
 - D. Name the ways of life of each region.
 - E. Watch the following video: <https://www.youtube.com/watch?v=109tKKANMEA> and write down the main ideas that you think were important about this video on the same paper you did your other work on today.
2. Print out and complete the following map of the 13 colonies and label the mountain range that is to the south of the 13 colonies with its correct name. (Write the name of the mountain range on the map.) Be sure to color in your key with the colors you used for each region). Remember to always write the date on your paper : . **Find the link that looks like this on the side column:**



March 25 grades 4
& 5 13 Colonies Ma

Thursday March 26, 2020 Social Studies Grade 5 Objective: Know the locations and names of each of the original 13 colonies. Review important facts about the original 13 colonies, what and where they were, who found them, reasons they were found, important resources of each and colony. (-Also be

sure to do your journal activity (above) and your science activity which is listed after your social studies activities. Be sure to date everything and add your name.) **Find the link that looks like this on the side column:**



March 26
13Colonies MapWoi

Study the map and learn where the 13 colonies are for future test. Also study your notes and charts you made on each region.

Friday March 27, 2020 Social Studies Grade 5 Objective: Memorize locations of the 13 colonies and facts about them. Create an illustration for a mnemonic on the 13 colonies. (-Also be sure to do your journal activity (above) and your science activity which is listed after your social studies activities. Be sure to date everything and add your name.) **Find the link that looks like this on the side column and complete the activities in the handout below**

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March 27
13coloniesmapactivi

Study the map and learn where the 13 colonies are for future test. Also study your notes and charts you made on each region.



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TINGFREEINFORMA

SCIENCE MARCH 23-27 Ffind the links that look like these:

View the power point on Weather forecasting free information and write out answers for any questions asked. Continue with your weather graph and forecasts that you began last week. The links will look like this:



March 20-27
Science Work grade



March 20-27
science grade 3. 4. 5

Religion March 23, 2020 Grade 5

Devotion: He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

1. Read in your Bible Psalm 91:1

Worrying doesn't change anything. It distracts us and keeps us awake at night. It can even cause physical illness. Worrying serves no positive purpose, so why do we worry? We worry because we do not fully recognize who God is and that He loves us. We worry because we want to have control of our lives but know that we don't. When we fully believe that God will take care of us, then worry flees. Rest this week in the shadow of the Almighty.

When you feel worry creeping in, read the following true statements out loud and ask God to help you believe each one:

- a. God is good.
- b. God is in control.
- c. God is trustworthy.
- d. God is faithful.
- e. God loves me.
- f. God cares for me.

1. On a piece of paper write your name and list some examples that show you that

-God is good.

-God is in control.

-God is trustworthy.

-God is faithful.

-God loves you and cares for you..

2. Draw a picture that illustrates the examples you gave.

Today we are going to learn about how God cares about our worries.

- First let me ask you: Have you have heard about the coronavirus?
- Have you felt worried about it?

Read this story about a girl who was weighed down by worries. Her name is Maria. Let's see if she manages to get all those worries off her back. When Maria worries, she gets a stomachache and bites her nails and has trouble sleeping. She has heard that people in large groups might get sick with the coronavirus. Her father works really long hours at a crowded building with hundreds of workers. Maria is worried that her father might get sick. Maria is also worried because she knows that some schools have closed for a while because of the coronavirus. She loves school and doesn't want to have to stay home all the time. Here are some other ideas Maria heard from other kids about the virus that make her very worried: • You have to eat lots of garlic to get rid of the virus. • You can catch the virus from playing on a playground. • You have to wear a mask and gloves all the time. Well, Maria heard some true news and some false news about the virus. And all that she heard had caused her lots of worry which was weighing her down. Let's talk about how Maria can get rid of all the worry weighing her down. First, Maria told her mom that she was worried. Her mom gave her a big hug. Maria told her mom she was scared that her dad would get sick because he worked with a lot of other people. Her mom told her

about all the things that the workplace was doing to help their employees stay healthy. When Maria's mom told her that she didn't have to always stay inside, or always wear a mask and gloves, or that playing on the playground didn't mean she would definitely get sick, Maria felt better. Finally, Maria's mom prayed with her and asked God to help Maria face her worries. Maria rose above her worries. Now things are looking much brighter, and Maria is smiling.

- Do you really think we can overcome our worries, no matter how hard they are? I think so. I have had many worries that looked like they would not go away. Not all of our problems go away, but God will help us in the middle of them, just like He helped Maria.
- Do you have a worry that you are facing right now? To worry about something means to keep thinking negative thoughts and to be anxious or overly concerned about something. All of us worry sometimes.

Today we will learn that God wants to help us when we worry.

Read Matthew 6:25–27, 34 and Philippians 4:6–7 from the Bible to hear what Jesus said about worry. They are also printed here: We will learn that God wants to help us when we worry.

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? Matthew 6:25–27, 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:25–27, 34 God cares about even the smallest parts of His creation, such as the birds. He cares even more about you! You don't need to worry because God is good, and you can trust Him with your problems. When you worry, there are 4 steps you can take.

1. Recognize that you are worried. Recognize that you are feeling anxious about something. Worry and anxiety are sensations you can feel in your body as well as your mind. When you worry, you might feel lightheaded, have headaches, have stomachaches, or feel a fluttering sensation in your stomach. When you feel this way, it may be because you are worried about something.
 - Have you ever experienced any of these?
2. Name what it is that is worrying you. Try to identify the specific problem or situation that is bothering you. If possible, tell a trusted friend, family member, or teacher about it. If that is not possible, say it to yourself.
3. Think positive thoughts. Worry usually happens when we are thinking negative thoughts. For example, you might worry about if someone you know might get sick with the virus. You may think negative thoughts about "what ifs." "What if" thinking usually feeds our fears and worries instead of helping us feel better. Instead of thinking those negative thoughts, think positive thoughts.
4. Give your worry to God. Pray and ask God to take your worry. When we give our worries to God in prayer, He fills us with peace.

Listen to this promise: Read Philippians 4:6–7 aloud: Don't worry about anything. Instead, tell God about everything. Ask and pray. Give thanks to him. Then God's peace will watch over your

hearts and your minds because you belong to Christ Jesus. God's peace can never be completely understood.

Philippians 4:6–7, Often, we worry because we don't remember that God is in control and that He loves us. We don't remember that we can trust Him with our problems. The more we entrust every part of our lives to God, the less we worry.

We will practice giving our worries to God in a few minutes.

- Next time you are worried about something, remember about the 4 steps:

1. Recognize that you are worried.
2. Name the thing that is worrying you.
3. Think positive thoughts.
4. Give your worry to God.

Remember Maria was worried about the coronavirus. Some of what she had heard about it wasn't true. Let's learn the real facts about the virus.

- This virus has many of the same symptoms as the flu such as a fever and cough.
- This virus can spread when someone coughs or sneezes close to another person.
- If someone is going to get sick, he usually gets sick within 14 days after getting exposed to the virus.

Here are the best ways to protect yourself and others from the virus:

- Wash your hands with soap and water for at least 20 seconds. You can sing "Jesus Loves Me" to time yourself.
 - When you cough or sneeze, try to use a tissue and throw it away immediately. If you can't use a tissue, cough into your elbow.
 - Try not to touch your face in the "T" zone. Your eyes are the top of the T and the downward leg is your nose and mouth.
 - Don't get close to anyone who is sick.
 - If you are sick, tell your parents or another adult and stay home and rest.

So, you can see from our earlier story that some of Maria's worries weren't even real! That's how crazy our worries can get!

Responding: Act out releasing worries (1 Peter 5:7). Every human being has problems and worries sometimes. Now we will release our worries to God.

1. Think about a difficult problem you have—something you really worry about. You do not have to share what it is.
2. Now we will follow the advice in 1 Peter 5:7. Cast all your anxiety on [God] because he cares for you. 1 Peter 5:7 Do this by praying. " Lord Jesus, You know my problems and every worry in my heart. There are some things that I worry But You love me and can help me. I place my problems into Your hands and ask You to help me. Thank You for giving me the joy of knowing that You care for me. I love You. In Jesus' name, amen."

3. Remember the 4 steps we learned about releasing worry: 1. Recognize that you are worried. 2. Name what is worrying you. 3. Think positive thoughts. 4. Give your worry to God.
4. Now let's act out casting our worries and problems on God. Stand up and act out these things: Your problem or worry is heavy. Pretend that you are carrying a worry that is very heavy. How would you walk? How would you look? Act out how you would feel.
5. Now throw these worries onto God. Act out throwing that worry away from you. Lift that heavy worry and throw it far from you. Then walk around showing how you feel now that you are not carrying that heavy weight. What would you feel? How would you look now?
6. Now say out loud, "God wants to help me with my worries. He cares for me"
7. Proverbs 3:5: Blessing: Trust in the Lord with all your heart. Do not lean on what you can see and understand. Give Him all your problems and worries. May He fill you with His peace!



grade 5 religion
March 23 God Takes

Look at the link on the side that looks like this to go with today's lesson. I will post the rest of your religion lessons for the week tomorrow below this post. God bless you and your families. 😊