

Daily *warm-ups*



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# EVERYDAY SKILLS

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The *Daily Warm-Ups series* is a wonderful way to turn extra classroom minutes into valuable learning time. The 180 quick activities—one for each day of the school year—help students practice everyday skills in vocabulary, reading, and math and problem solving. They may be used at the beginning of class to get students into thinking mode, near the end of class to make good use of transitional time, in the middle of class to help students shift gears between lessons—or whenever you have minutes that now go unused. In addition to helping students warm up and focus, they are a natural lead-in to other classroom activities involving critical thinking.

*Daily Warm-Ups* are easy to use. Simply photocopy the day's activity and distribute it. Or make a transparency of the activity and project it on the board. You may want to use the activities for extra credit points or as a check on your students' skills as they are acquired and built over time.

However you choose to use them, *Daily Warm-Ups* are a convenient and useful supplement to your regular class lessons. Make every minute of your class time count!

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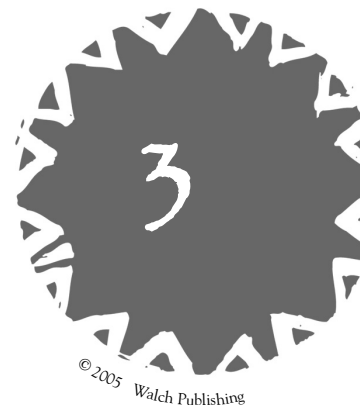
Vocabulary

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### Time for Hygiene

**Hygiene** means practicing good habits to keep you healthy. How do you do that? One of the best ways is to keep yourself clean and well groomed. Below are several things to do to practice good hygiene. Next to each item, write how often you should do each thing.

Hygiene practice	How often
brush teeth	2–3 times per day
floss teeth	
wash hands	
shower	
comb or brush hair	
put on deodorant	
put on clean clothes	



Daily Warm-Ups: Everyday Skills



Daily Warm-Ups: Everyday Skills

## Emergency and Safety

# Create an Emergency Health Information Card

In an accident or a disaster, an Emergency Health Information Card tells those helping you what you need. Below is a list of information that should go on your card. Fill in the card, and then copy it. Put it in places you use every day, such as your wallet, your backpack, your car, or your wheelchair pack.

### Emergency Health Information Card

Name: \_\_\_\_\_

Personal support contact: \_\_\_\_\_

Medications: \_\_\_\_\_ Dosage: \_\_\_\_\_

Where located: \_\_\_\_\_

Allergies: \_\_\_\_\_

Adaptive equipment needed: \_\_\_\_\_

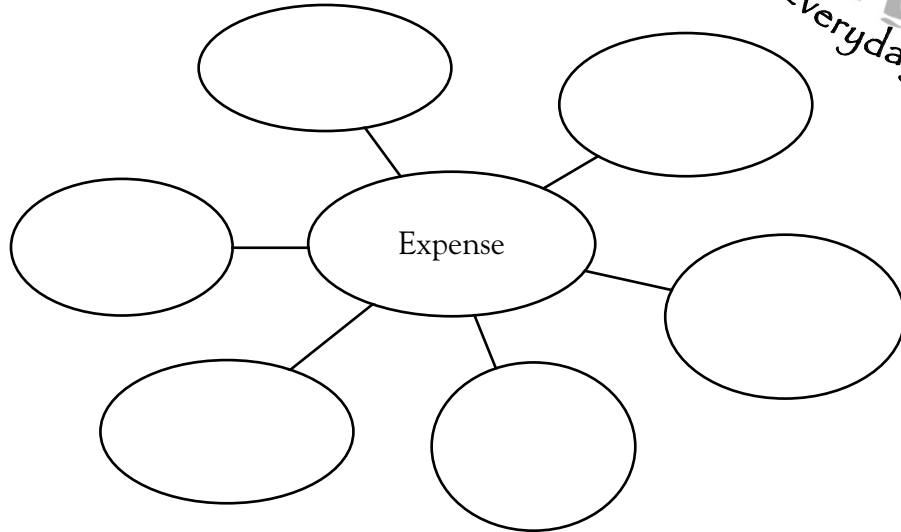
Special communication needs: \_\_\_\_\_



# Handling Money

## Expense

An **expense** is what you spend your money on. For example, every month you spend money on food. This is a food expense. Every month, you or your family pays a utility bill. That is a utility expense. In each circle around the web below, write an expense you may have each month.



## Travel and Transportation

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### Changing Planes, Trains, Buses

Read the following sentences. Choose the word from the list below that best completes the sentence, and write it on the line.

trip

send-off

tie

connection

shift

timetable

Not all planes, buses, or trains go directly from one place to another. Sometimes you have to change from one bus (or train or plane) to another. When you change, this is called making a

\_\_\_\_\_.



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Reading

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Daily Warm-Ups: Everyday Skills

## Reading Recipes

### Making a Smoothie

Look at the following recipe, and answer the questions that follow.

#### Banana-Yogurt Smoothie

*Serves 1; 13 g protein, 28 g carbohydrate*

Ingredients:

1/2 c yogurt

1/2 c sliced strawberries

2 Tbl peanut butter

2 crushed ice cubes

1/2 banana

Mix all ingredients in a blender. Blend until smooth and creamy.

1. How many people does this recipe serve? \_\_\_\_\_
2. What do you think “c” stands for? \_\_\_\_\_
3. What does “Tbl” stand for? \_\_\_\_\_
4. What cooking tool do you need to make this recipe? \_\_\_\_\_



## Reading Newspapers

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### Where Do I Find It?

Match the story headline in Column A with a newspaper section in Column B. Draw a line between the correct headline and section.

#### Column A

Local Boy Raises Funds to Help Homeless

Stock Market Looks Weak This Week

President Insists on Pay Raises for Teachers

New Cars Hit the Lots Tomorrow

Tennis Tourney Takes Toll on Thompson

#### Column B

Sports

Wheels

Local News

National News

Business



# Reading Schedules

## Daytime Schedule

Look at the schedule, and answer the following questions.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:40–9:25	Reading	Math	Social Studies	Language	Reading
9:30–10:15	Math	Reading	Math	Reading	Math
10:20–11:05	Social Studies	Language	Reading	Math	Language
11:10–11:55	Lunch	Lunch	Lunch	Lunch	Lunch
12:00–12:45	Language	Social Studies	Language	Social Studies	Math II



1. On which day don't you have social studies? \_\_\_\_\_
2. On which day is there a special math class added? \_\_\_\_\_
3. How much time is there in between every class? \_\_\_\_\_



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# Math and Problem Solving

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# Handling Money

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## Taxes

In the last year, you have made \$14,270. Taxes have been taken out of your pay at the rate of 8%. Circle the correct answer.

1. Assuming you've been paid every week, how much money in taxes has come out each week?
  - a. \$22.00
  - b. \$21.95
  - c. \$31.00
  - d. \$22.95

2. How much has your weekly paycheck been?
  - a. \$255.00
  - b. \$244.77
  - c. \$252.47
  - d. \$198.50



# Buying and Shopping

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## Chilly Winter

Your family has to buy oil during the winter months to stay warm. Each week the oil price changes. Some winters the oil prices go up very high. Look at the list of prices for Thomas' Oil Company from last winter. Then answer the questions that follow.

November: \$.79/gallon

December: \$.81/gallon

January: \$1.01/gallon

February: \$.98/gallon

March: \$.87/gallon

April: \$.84/gallon

1. How much did you pay if you bought 100 gallons each month? \_\_\_\_\_
2. Thomas' Oil Company offers you a seasonal rate of \$.81 a gallon for all six months if you pay before winter. How much money will you save if you do this? \_\_\_\_\_





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What If?

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## Turned Down for the Job

Let's say you applied for a job and, unfortunately, you did not get it. When the person who interviewed you calls to say you didn't get the job, what do you do? What can you say that may help you the next time you apply for a job? Write your answer on the lines below.

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