

Name: _____

Bear and Hare Warm Up

by Neal Levin

One cold frosty morning, Bear woke up from the middle of his long winter sleep. He wandered outside his den and noticed that the lake had frozen over.

"Good thing I'm not made of water," he said, "or I'd turn to ice."

"But you are made of water," said Hare, who was tumbling around in a snow bank beside him. "Over half your body is water."

"You must be fooling," said Bear. He looked at his body. His arms didn't look like water. His legs didn't look like water. His paws didn't look like water.

"Think of all your blood," said Hare. "Your blood's made of water. In fact, all your parts are made of cells, and cells are made of water."

Bear rubbed his paws together and blew on them to keep them warm. "I don't want to freeze like the lake," he said.

"Don't worry," Hare giggled. "We're warm-blooded animals. That means our body temperature stays the same, even when it's cold outside. Besides, our body water isn't pure water. It contains organic molecules like sodium and potassium that make its freezing point lower than regular water. We can only freeze in very extreme conditions."

"Brrrrr." Bear shivered.

"See, when you shake like that, your body's using energy to make more heat and warm you up."

"I know a better way to warm up," said Bear. "Let's go inside."

They stomped into Hare's house. Bear relaxed by the fireplace. A few minutes later, the snow on his fur melted and dripped into puddles on the floor.

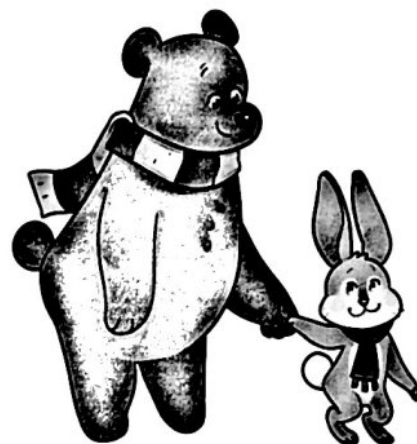
A teapot whistled on the stove. Bear looked at the teapot and saw a thick stream of steam shooting into the air.

"How are you feeling now?" Hare asked as he brought Bear a cup of chamomile tea.

"I'm still afraid," Bear said as he cuddled the steaming teacup in his paws.

"Don't be silly," Hare told him. "Even though you're made of water, you know you aren't going to turn to ice."

"I know," Bear said. "But now I'm afraid I'll evaporate."



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1. In the story, "Bear and Hare Warm Up," why does Bear have a hard time believing his body is made up of mostly water?
 - a. Bear doesn't hear any water sloshing around inside of him.
 - b. Bear looks at himself and doesn't see any water.
 - c. Bear hasn't had any water to drink recently.
 - d. Bear hasn't gone swimming in the lake since the beginning of winter.

2. According to Bear and Hare's conversation in the story, how is the water in the animals' blood different from the frozen water of the lake?
 - a. The water in their blood is thinner than the water in the lake.
 - b. The water in their blood is less salty than the water in the lake.
 - c. The water in their blood has organic molecules in it that make it more difficult to freeze.
 - d. The water in their blood is pure water, whereas the water in the lake is not.

3. Even though Hare explains to Bear why he won't freeze over like the lake, why is Bear still afraid at the end of the story? What did Bear see that may have given him this thought?

4. Hare points out one way Bear's body helps him stay warm automatically. What is it?
 - a. Bear sneezes.
 - b. Bear coughs.
 - c. Bear shivers.
 - d. Bear tumbles through the snow.

5. Which word best describes Bear's personality, based on what you read in the story?
 - a. fretful
 - b. easy-going
 - c. grumpy
 - d. whimsical

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In the story, "Bear and Hare Warm Up," Bear is afraid of freezing because he doesn't understand how an animal's body is different from a body of water. Once Hare explains to him that an animal's body creates heat to warm up, Bear is no longer afraid of freezing.

Think of something in your life that you used to be afraid of but aren't anymore. Describe it on the lines below. What helped you overcome your fear of that thing? Did learning more information about it help? Explain in detail.

Name: _____

RUNNING: SPORT OR WAY OF LIFE?

by Kelly Hashway

You flip through the channels for the fourth time and realize that once again there's nothing on television that grabs you. Not a problem! Throw on some running shoes and comfortable clothes and go for a run.

One of the coolest things about the sport of running is that you don't need expensive equipment. All you need is a good pair of running shoes and a safe environment. But just because you don't need much equipment don't be fooled into thinking the sport of running is easy. No one wakes up and decides to run a marathon without training. Running requires discipline, perseverance, and concentration. It's a sport that's good for your body and mind.

Running strengthens your heart, lungs, and muscles. It develops coordination and makes you more aware of your body. Running also gives you energy by increasing your oxygen intake, and it improves your immune system so you don't get sick as easily. It can even help you stay more focused in school because exercise helps you to think more clearly.

How do you get involved in the sport if you don't know much about it? Most schools offer cross-country and track programs, but there are also running clubs open to all ages. A simple Internet search can help you find some in your area. The programs show you how running can offer competition or just be for fun. They also teach runners to set realistic goals and take care of their bodies.

Runners have great respect for each other because they know how difficult the sport can be. If you go to a race, you'll see people cheering for *all* the runners, from the first place finisher to the last place finisher. Running isn't always about how fast you are or how far you're going. It's about getting out there and doing it. Participation is more important than competition, and effort is recognized over talent.

If you're looking for more than just a sport, running may be the perfect choice for you.



Name: _____



RUNNING: SPORT OR WAY OF LIFE?

by Kelly Hashway

1. What is the main idea of the fourth paragraph in this article?

- a. Running is one way to keep your body healthy.
- b. You don't need expensive equipment to be a runner.
- c. Running for fun is better than running in a competition.
- d. There are many running clubs and teams you can become involved in.

2. **Benefits of Running for Your Health and Mind**
(Find Four Benefits Mentioned in the Passage)

1. _____	2. _____	3. _____	4. _____

3. What is the author's main purpose for writing this passage?

- a. to give historical information about runners
- b. to teach readers how to become great runners
- c. to persuade readers to try running
- d. to compare and contrast running and watching television

4. Tell whether each sentence is a fact or opinion.

Write the word fact or opinion on each line.

_____ Running is not an easy sport.

_____ Many schools offer cross country or track programs.

_____ Running develops coordination and makes you more aware of your body.

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RUNNING: SPORT OR WAY OF LIFE?

Vocabulary Activity

Part 1: Reread "Running: Sport or Way of Life?" by Kelly Hashway. As you read highlight the following vocabulary words in the story.

lungs	coordination	immune system	heart
concentration	marathon	realistic	

Part 2: Match each vocabulary word on the left with its definition on the right.

- | | |
|------------------------|---|
| _____ 1. lungs | a. long-distance running race |
| _____ 2. coordination | b. protects your body from bacteria and disease |
| _____ 3. immune system | c. reasonable |
| _____ 4. heart | d. body organ that puts oxygen into your blood |
| _____ 5. concentration | e. ability to think deeply |
| _____ 6. marathon | f. ability to move your body's muscles skillfully |
| _____ 7. realistic | g. muscle that pumps blood through your body |

Part 3: Use a vocabulary word from the list to complete each sentence.

8. Drinking juice with vitamin C strengthens your _____.
9. When Joey said he could run 50 miles, his friend said, "That's not _____."
10. I could barely breathe when I finished running the _____.
11. The nurse was monitoring her patient's _____ rate.
12. The writer was lost in _____ as he thought about what he will write next.

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Equal Groups

1. You have 14 cookies. You have 2 plates.
Each plate has the same number of cookies.
How many cookies are on each plate?

Draw an equal groups picture.

Division problem: _____

2. You have 24 stickers. There are 3 kids.
Each kid gets the same number of stickers.
How many stickers does each kid get?

Draw an equal groups picture.

Division problem: _____

3. You have 28 dog biscuits. You have 7 dog bowls.
Each dog bowl gets the same number of dog biscuits.
How many dog biscuits are in each bowl?

Draw an equal groups picture.

Division problem: _____

4. You have 27 cherries. You have 3 bowls.
Each bowl gets the same number of cherries.
How many cherries are in each bowl.

Draw an equal groups picture.

Division problem: _____

5. You have 21 fish. You have 3 fish tanks.
Each tank has the same number of fish.
How many fish are in each tank?

Draw an equal groups picture.

Division problem: _____

6. You see 16 birds. You see 8 bird feeders.
Each bird feeder has the same number of birds.
How many birds are at each bird feeder?

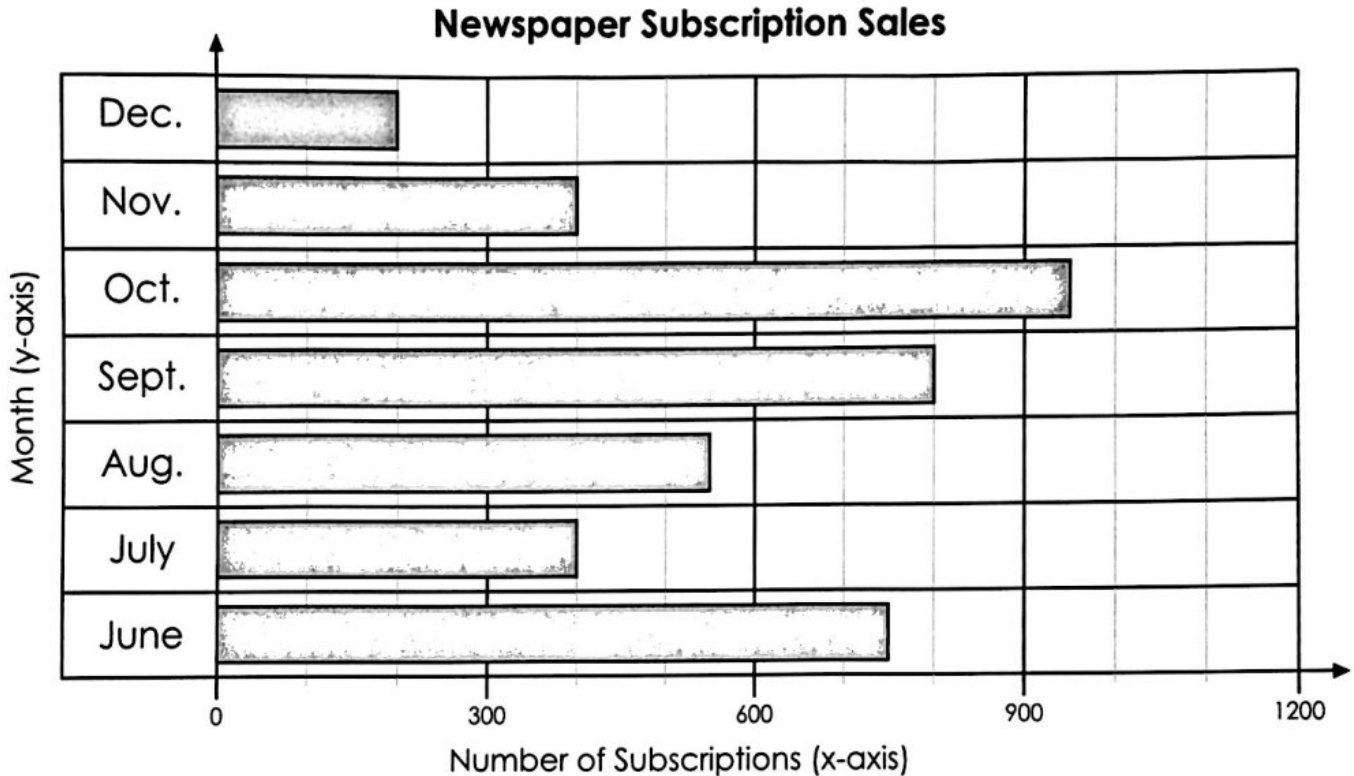
Draw an equal groups picture.

Division problem: _____

Name: _____

Newspaper Bar Graph

The local newspaper keeps track of how many subscriptions are sold each month. Use the graph below to answer the questions.



- How many newspaper subscriptions were sold in October? 1. _____
- How many more newspaper subscriptions were sold in November than December?
(Show your work in the space below.) 2. _____
- Were more newspaper subscriptions sold in October, November, and December, or in July, August, and September?
(Show your work in the space below.) 3. _____
- In April, the newspaper sold 100 fewer subscriptions than they did in June. How many subscriptions did they sell in April? 4. _____

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Tally Chart

Christina surveyed her classmates to find out their favorite subjects in school. She made a tally chart to record the results.

SUBJECT	COUNT
Math	
Reading	
Writing	
Science	
Social Studies	



1. How many of Christina's classmates chose Social Studies as their favorite subject?

2. How many more students chose Reading than Writing?

3. Did more students choose Reading or Social Studies?

4. Which subject had the most votes?

Name: _____

Bar Graph

Complete the bar graph to show the results of the "Favorite Subject" survey on the previous page. Use a different color for the bar for each subject.

Favorite Subject in School

