Monday · 9 Nov

Time allowed: 20 minutes
Time taken: _____

3-MINUTE WARM-UP Do this first, every day.

Write the missing numbers in the dotted boxes.

81	82		84	85		87	88	89		91	92	93		95	96		98	99	

Your grown-up says six numbers. Write each one in a box.

Add or take away. Write each answer. Go fast!

9+9 =	14−6 =	8+6 =	12−5 =	7+8 =	13−4 =

Sounds: ai and ay page 1 of 2

LEARN IT FIRST · Grown-up, read this part out loud

1. **Listen.** Say rain. Say day. Both words have the same sound. It is the letter A saying its name: ay.
2. **Look.** The sound ay can be spelled two ways. It is spelled ai in rain. It is spelled ay in day. Use ai in the middle of a word and ay at the end.
3. **Count the sounds.** Say train slowly, one sound at a time: t, r, ai, n. Hold up one finger for each sound. That is four fingers, because ai is just one sound.

t · r · ai · n

ai and ay are letter partners. Two letters, one sound.

WARM **1.** Ask your grown-up to say two words. If both words have the ay sound, circle same. If not, circle different.

a) same different b) same different c) same different

d) same different e) same different f) same different

Grown-up only, upside down on purpose. Say each pair: rain and train; rain and green; day and play; snail and tray; clay and clock; mail and meal

WORK **2.** Read each word out loud. Circle the words that have ai or ay. Leave the other words alone.

rain	drip	tray	play	leaf	crab	snail	green

WORK **3.** Read each word out loud. Take your time. Each word is a little different from the one before.

day	play	pray	tray	train	brain
rain	mail	nail	snail	sail	tail

WORK **4.** Your grown-up says a word. Say it slowly. Write the letters for each sound in its own box.

Like this: **train** t r ai n

a) ☐ ☐ ☐ ☐ b) ☐ ☐ ☐

c) ☐ ☐ ☐ ☐ d) ☐ ☐ ☐

Grown-up only, upside down on purpose. Say one word at a time: snail, play, paint, tray

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Monday · 9 Nov · continued

Sounds: ai and ay page 2 of 2

WORK **5.** Spelling test. Your grown-up reads one word at a time. Write each word in a box.

Grown-up only, upside down on purpose. Read one at a time: rain, train, snail, paint, play, day, tray, stay

WORK **6.** Read the clue. Pick the word from the box that fits. Write it on the line.

rain · tray · snail · paint · train · play

a) It falls from the clouds. _____

b) You can carry a snack on it. _____

c) A slow animal with a shell. _____

d) You use a brush and this. _____

e) It rolls along on tracks. _____

f) What children do at recess. _____

APPLY **7.** Read each sentence. One word is missing. Pick it from the box and write it on the line.

day · rain · paint · stay · train · snail

a) We took the _____ to the city.

b) Take an umbrella if it will _____.

c) Lena used red _____ for her picture.

d) Please _____ with me until I am done.

e) A _____ slid along the leaf.

f) Today is a good _____ for a picnic.

BONUS **8.** Surprise! Sometimes the ay sound is spelled in other ways, like in they and eight. Read each word out loud.

they	**eight**	**weigh**	**grey**	**obey**	**vein**

BONUS **9.** Read this sentence out loud: The snail left a trail in the rain. Write the three words that have ai on the line.

_____

Finished? Your grown-up marks your page. Fix any mistakes. Then punch your card. Punches today ☐☐

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Tuesday · 10 Nov

Time allowed: 20 minutes
Time taken: _____

3-MINUTE WARM-UP Do this first, every day.

Write the missing numbers in the dotted boxes.

61	62		64	65		67	68	69		71	72	73		75	76		78	79	

Your grown-up says six numbers. Write each one in a box.

Add or take away. Write each answer. Go fast!

8+9 =	15−7 =	7+6 =	11−4 =	9+5 =	16−8 =

Numbers: measuring with cups and scoops page 1 of 2

LIKE THIS

Jug: 6 cups to fill · Pot: 4 cups to fill · 6 is more than 4

Fill each one with the same small cup and count the cups. The bigger number holds more.

WARM **1.** Some numbers are missing. Write each missing number in a dotted box.

81	82		84	85	86		88	89	
91	92	93		95	96	97		99	

WORK **2.** Look at the words in the box. Write each word in the column where it belongs.

pail · spoon · bathtub · teaspoon · bucket · egg cup

Holds more than a cup	Holds less than a cup

WORK **3.** Read each sentence. Is it true or false? Circle your answer.

A jug that takes 7 cups holds more than one that takes 5. **true** **false**

A spoon holds more than a cup. **true** **false**

A bag of flour is heavier than a spoon of flour. **true** **false**

A pencil 6 blocks long is shorter than one 9 blocks long. **true** **false**

WORK **4.** Pick a spoon and a pencil. Guess how many paper clips long each one is. Measure it and write the count. Tick if you were close.

Guess: _____ Count: _____ Close? ☐

Guess: _____ Count: _____ Close? ☐

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Tuesday · 10 Nov · continued

Numbers: measuring with cups and scoops page 2 of 2

APPLY **5.** These are the scoops it took to fill four jars. Write the numbers in order. Write the fewest scoops first.

9 · 4 · 12 · 6

APPLY **6.** A bowl takes 9 scoops to fill. A cup takes 4 scoops to fill. How many more scoops does the bowl take? Write the number.

APPLY **7.** Theo says a tall glass always holds more than a short cup. Circle one. Then tell your grown-up how you could check.

Theo is always right **Theo is not always right**

BONUS **8.** A cup takes 4 scoops to fill. How many scoops fill 3 cups? Write the number. Show your grown-up how you counted.

THINK BACK **9.** Last week's sound was ee and ea, like tree and leaf. Read these four words out loud. Ask your grown-up to say one more word. Write it in the box.

green **street** **treat** **clean**

WRITE IT HERE

Say for the box: feet. **Grown-up only, upside down on purpose.**

Finished? Your grown-up marks your page. Fix any mistakes. Then punch your card. Punches today ☐☐

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Wednesday · 11 Nov

Time allowed: 20 minutes
Time taken: _____

3-MINUTE WARM-UP Do this first, every day.

Write the missing numbers in the dotted boxes.

71		73	74		76	77	78		80	81	82		84	85		87	88	89	

Your grown-up says six numbers. Write each one in a box.

Add or take away. Write each answer. Go fast!

6+7 =	12−8 =	9+4 =	14−9 =	8+8 =	13−6 =

Reading: Remembrance Day page 1 of 2

WORK **1.** Read this page with your grown-up. Then read it again by yourself.

DAYS WE SHARE · NUMBER 1

Remembrance Day

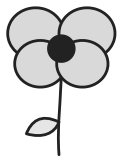
Remembrance Day is a quiet day in Canada. It is on November 11 every year. This year, it is on Wednesday. On this day, we remember people who served Canada. We also think about peace, which means people living together without fighting.

Why November 11?

A long time ago, a big war ended. It ended at 11 o'clock in the morning. That was on the 11th day of the 11th month, in 1918. People wanted to remember everyone who helped, and those who did not come home.

The Poppy

A poppy is a small red flower. Many people wear a red poppy pin before November 11. A Canadian doctor named John McCrae wrote a poem about red poppies. That is why the poppy is a sign of remembering. The money people give for a poppy helps veterans and their families.



A poppy

How Do People Remember?

There are many quiet ways to remember:

- Wearing a red poppy on a coat or a backpack.
- Standing quietly, with no talking, at 11 o'clock for two minutes.
- Going to a ceremony at a school or a war memorial. A memorial is a statue or wall for remembering.
- Saying thank you to a veteran.

Who Is a Veteran?

A veteran is a person who has served in Canada's army, navy or air force. Some were peacekeepers, who help people stay safe. People from many families and cultures have served. First Nations, Inuit and Métis people have served for many years. National Indigenous Veterans Day was Sunday, November 8.

Remembering in Your Own Way

Families remember in different ways. Some families have a person who served. Some families do not. We can all remember by being quiet, kind and thankful. Helping others is a way of serving, and kindness helps make peace.

Facts checked against Veterans Affairs Canada and Royal Canadian Legion information, 2026.

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Wednesday · 11 Nov · continued

Reading: questions about Remembrance Day page 2 of 2

APPLY **2.** Look back at the Remembrance Day page. Read each question. Then answer it.

a) On what date is Remembrance Day? **November 11** **June 1** **March 3**

b) How long is the quiet time at 11 o'clock? **two minutes** **ten minutes** **one hour**

c) True or false? Every family has a person who served. **true** **false**

d) What is a veteran?

e) Why do people wear a red poppy?

f) Which part of the page tells you about the poppy? **The Poppy** **Who Has Served Canada?**

g) Tell your grown-up one way your family says thank you or remembers someone.

WORK **3.** Spelling check. Your grown-up reads Monday's words. Write each word in a box.

Grown-up only, upside down on purpose. Read in this order: play, stay, rain, tray, snail, day, train, paint

BONUS **4.** Write one way you can help someone every day. Write it on the lines.

THINK BACK **5.** Write one word that has ai in it. Then write one word that has ay in it.

A word with ai: _____ A word with ay: _____

Finished? Your grown-up marks your page. Fix any mistakes. Then punch your card. Punches today ☐☐

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Thursday · 12 Nov

Time allowed: 20 minutes
Time taken: _____

3-MINUTE WARM-UP Do this first, every day.

Write the missing numbers in the dotted boxes.

76	77		79	80		82	83	84		86	87		89	90	91		93	94	

Your grown-up says six numbers. Write each one in a box.

Add or take away. Write each answer. Go fast!

5+8 =	15−6 =	9+7 =	12−3 =	6+8 =	18−9 =

Numbers: tens and ones page 1 of 2

LIKE THIS

34 = ?



1. A stick is a ten. Count the sticks. **Sticks (tens): 3.**
2. A dot is a one. Count the dots. **Dots (ones): 4.**
3. 3 tens is 30. Add the 4 ones. **30 + 4 = 34.**

Every number is made of tens and ones. The tens digit is on the left.

WARM **1.** Add or take away. You did these on Tuesday. Write each answer. Go fast!

8+9 = ___	15−7 = ___	7+6 = ___	11−4 = ___	9+5 = ___	16−8 = ___

WORK **2.** Look at each picture. Fill in the three lines, the same way as the Like This box.



Sticks (tens): _____
Dots (ones): _____
The number: _____



Sticks (tens): _____
Dots (ones): _____
The number: _____



Sticks (tens): _____
Dots (ones): _____
The number: _____

WORK **3.** Now do these without a picture. Write how many tens and how many ones.

27 = ___ tens ___ ones	50 = ___ tens ___ ones	38 = ___ tens ___ ones	45 = ___ tens ___ ones

WORK **4.** Add the tens and the ones. Write the answer on the line.

a) 30 + 4 =

_____

b) 20 + 7 =

_____

c) 40 + 5 =

_____

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Thursday · 12 Nov · continued

Numbers: tens and ones page 2 of 2

APPLY **5.** Lena has 3 bags of 10 apples and 6 loose apples. How many apples is that? Write the number.

APPLY **6.** Read each sentence. Is it true or false? Circle your answer.

50 is 5 tens and 0 ones.	true	false
47 is 4 tens and 7 ones.	true	false
29 is 9 tens and 2 ones.	true	false
12 is 2 tens and 1 one.	true	false

APPLY **7.** Ravi says 26 is 6 tens and 2 ones. Circle the right answer. Then tell your grown-up what Ravi mixed up.

2 tens and 6 ones **6 tens and 2 ones**

BONUS **8.** 52 is 5 tens and 2 ones. It is also 4 tens and some ones. How many ones? Write the number. Show your grown-up how you worked it out.

THINK BACK **9.** Read these four words out loud. They all have the ay sound, like rain and day. Ask your grown-up to say one more word. Write it in the box.

rain **train** **play** **day**

WRITE IT HERE

Say for the box: tray. **Grown-up only, upside down on purpose.**

Finished? Your grown-up marks your page. Fix any mistakes. Then punch your card. Punches today ☐☐

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Friday · 13 Nov

Time allowed: 20 minutes
Time taken: _____

3-MINUTE WARM-UP Do this first, every day.

Write the missing numbers in the dotted boxes.

81		83	84		86	87	88		90	91	92		94	95		97	98		100

Your grown-up says six numbers. Write each one in a box.

Add or take away. Write each answer. Go fast!

4+9 =	17−8 =	6+9 =	11−6 =	5+7 =	14−7 =

Writing: a thank-you note page 1 of 2

LIKE THIS

Dear Mr. Ahmed,
Thank you for helping me cross the street. You keep us safe.
From Ravi

A thank-you note starts with Dear and a name. It says thank you and why. It ends with From and your name.

WARM **1.** Both sentences are missing a capital letter and an end mark. Write the capital in the dotted box. Write the end mark at the end.

☐ **the crossing guard waved to us**

_____

☐ **did lena say thank you**

_____

WORK **2.** Last spelling test. Your grown-up reads Monday's words in a new order, one at a time. Write each word in a box.

Grown-up only, upside down on purpose. Read in this order: tray, paint, day, snail, rain, stay, train, play

WORK **3.** Write a thank-you note to someone who helps you. Finish each line, the same way as the Like This box.

Dear _____

Thank you for _____

It helps me because _____

From _____

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Friday · 13 Nov · continued

Reading: people who help us page 2 of 2

APPLY **4.** This is not a story. It is true facts. Read it out loud. Then answer the questions below.

TRUE FACTS

Who Helps Keep Us Safe?

People who help

Every day, people work to keep us safe and well. Crossing guards, firefighters, nurses and doctors are all helpers. Many wear a uniform so that we can find them.

Crossing guards

A crossing guard stands at the corner near a school. They hold up a stop sign and wait for children to cross. They watch for cars so everyone stays safe.

Firefighters

Firefighters put out fires and help people who are in danger. They wear heavy coats, boots and helmets. This gear protects them from the heat.

When to call 9-1-1

In Canada, the number to call in an emergency is 9-1-1. An emergency is when someone is in danger or badly hurt. Never call 9-1-1 for fun. A grown-up can show you how.

Say thank you

A thank-you note only takes a few minutes. It tells a helper that their work matters. That is a kind thing to do.

APPLY **5.** Answer each question.

a) Who helps children cross the street? **a crossing guard** **a firefighter**

b) True or false? You should call 9-1-1 to ask a small question. **true** **false**

c) Why do firefighters wear heavy coats and boots?

_____

_____

d) Tell your grown-up about one person who helps you. Say what they do.

BONUS **6.** Write one question you have about a helper. Start with Why or How. End with a question mark.

_____

THINK BACK **7.** Answer each question. Write it on the line.

9 + 8 = _____ 5 tens and 3 ones is _____

A word that has ay in it: _____ The month after November is _____

Finished? Your grown-up marks your page. Fix any mistakes. Then punch your card. Punches today ☐☐

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Weekend · 14 Nov and 15 Nov

Science A1.4, Math E2.1, E2.2: safe steps, measuring

Bake something, measure everything This weekend, about an hour and a half with baking and cooling

WHAT THIS IS

Today you will bake banana chocolate chip muffins. Bakers measure everything. You will measure with cups and spoons.

YOU NEED

1⅔ cups all-purpose flour, spooned into the measuring cup and leveled off; 1 teaspoon baking powder; 1 teaspoon baking soda; ½ teaspoon salt; ½ cup (1 stick) unsalted butter, at room temperature; ¾ cup plus 2 tablespoons sugar; 2 large eggs; 1 cup mashed bananas, from 2 to 3 overripe bananas; 1 teaspoon vanilla extract; ⅓ cup sour cream or plain Greek yogurt (low-fat is fine); Heaping ¾ cup semi-sweet chocolate chips; a medium bowl, a whisk, a rubber spatula, a fork and a spoon; an electric mixer with its bowl; measuring cups and spoons, and a butter knife; a 12-cup muffin tin with paper liners, and a cooling rack.

DO IT TOGETHER

1. Wash your hands. A grown-up turns the oven on to 350°F (175°C). Put a rack in the middle and paper liners in the muffin tin.
2. Peel the bananas and mash them with a fork. Measure 1 cup.
3. Spoon the flour into the measuring cup. Slide a knife across the top to level it off. Do this for 1 cup of flour and then for two ⅓ cups. Put it all in the medium bowl.
4. Add the baking powder, the baking soda and the salt. Whisk it well. Set the bowl aside.
5. A grown-up beats the butter and sugar until fluffy. Use medium-high speed for about 2 minutes. Scrape down the sides.
6. A grown-up turns the mixer to medium and adds the eggs one at a time. Beat after each one. Then add the bananas, the vanilla and the sour cream or yogurt. Beat until blended. It may look curdled. That is okay.
7. A grown-up adds the flour mixture on low speed. Set aside 3 tablespoons of chocolate chips. Mix in the rest.
8. Spoon the batter into the liners. The cups will be very full. Sprinkle the saved chips on top.
9. A grown-up puts the tin in the oven. Bake for 23 to 25 minutes, until the tops are golden and domed.
10. Let the muffins cool in the pan for 10 minutes. A grown-up turns them onto a rack. Cool 10 more minutes, then share them.

TALK ABOUT IT. ASK, THEN LISTEN.

- Fill the 1 cup with scoops from the ⅓ cup. How many scoops does it take?
- We made 12 muffins and ate 2. How many are left?
- Why did we level the flour with a knife?

SAFETY

A grown-up handles the mixer, the oven and the hot tin, with oven mitts. Keep children back when the oven door opens. Do not eat the raw batter. The recipe has eggs, milk products and wheat, and chocolate chips can contain nuts, so check allergies and labels. Leftovers keep 4 days in a sealed container, in one layer, with paper towels top and bottom.

WHY MUFFINS RISE, SO YOU CAN EXPLAIN IT

Say it like this: Baking powder and baking soda make tiny bubbles of gas when they get wet and hot. The heat sets the batter around the bubbles, so the muffins puff up and stay soft.

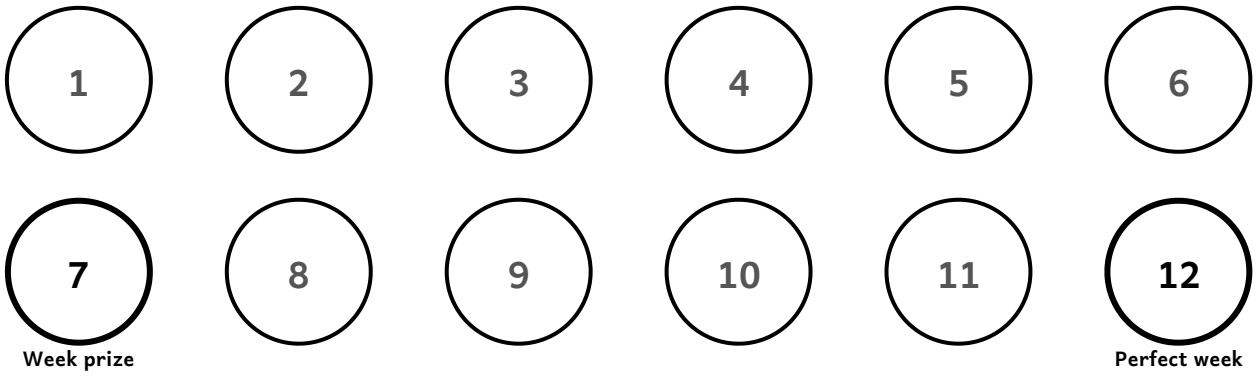
- Measuring means comparing. Filling a cup with scoops of a smaller cup measures capacity, which is how much something holds.
- Two ⅓ cups and one cup make 1⅔ cups of flour. A teaspoon is 5 mL and a tablespoon is 15 mL. A cup is about 250 mL.

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My punchcard

9 Nov to 15 Nov

Name: _____



7 punches wins your prize. 12 is a perfect week!

How to earn a punch

Up to two a day, once your grown-up has marked your page. On the weekend, doing the activity earns a punch. Telling your grown-up about it earns one more.

- ◯ I finished my page.
- ◯ All right, and inside 20 minutes.

My prizes

Circle one in each column with your grown-up before you start. Finishing every page and the weekend job gets you to 7 on its own.

Week prize · 7 punches

- ◯ Choose the family game after dinner
- ◯ Pick the music for the ride to school
- ◯ Help cook and pick the side dish
- ◯ Something else: _____

Perfect week · 12 punches

- ◯ Pancakes for breakfast, your way
- ◯ A picnic on the living room floor
- ◯ Stay up thirty minutes late one weekend night
- ◯ Something else: _____

For the grown-up. 7 punches earns the week's prize. Finishing every page and the weekend job gets a child to 7 without a single perfect page, so showing up always pays. 12 is a perfect week and earns a small bonus on top. Circle the week's prize together on Monday. Punch or colour one hole per punch earned. Never take a punch away. A fresh card comes with every pack. Weekend: one punch for doing the activity, one for talking about it afterwards.

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Parents' Handbook

Two minutes to read. No need to print this page.

THIS WEEK

- New to ai and ay? Do Monday's Learn It First box slowly and let them say each word back. Using all twenty minutes on it is fine. Monday's words return Wednesday and Friday.
- Numbers: measuring with cups and scoops Tuesday, tens and ones Thursday. Tuesday's sums come back Thursday.
- Reading: Wednesday is a page about Remembrance Day. Friday is a thank-you note, then facts about helpers. The weekend is baking muffins.

EVERY DAY

1. Print tonight, two pages for tomorrow.
2. Warm-up first. Three minutes, same shape every day.
3. Sit beside them. Help when they're stuck, let them do the work. Stop at twenty.
4. Mark it together with the answers below. They fix the misses. Then they punch the card.

Punches: up to 2 a day. 7 wins the week's prize, 12 is a perfect week.
1 punch Finished the page, Bonus or not.
1 punch Every answer right after marking, and done inside twenty minutes. Use the time taken line at the top.
Weekend: one punch for doing the activity, one for talking about it afterwards. Never take a punch away.

Day	Say aloud, and answers
Warm-up	*Say any six numbers up to 100, they write them (suggestions below). Then they race the six add and take away questions.* **Mon** 58, 73, 86, 42, 95, 67 · answers 18, 8, 14, 7, 15, 9 **Tue** 88, 51, 72, 96, 34, 69 · answers 17, 8, 13, 7, 14, 8 **Wed** 47, 91, 63, 80, 99, 56 · answers 13, 4, 13, 5, 16, 7 **Thu** 93, 61, 84, 49, 70, 100 · answers 13, 9, 16, 9, 14, 9 **Fri** 75, 98, 53, 87, 66, 90 · answers 13, 9, 15, 5, 12, 7
Mon	*New sound? Do the Learn It First box slowly. Say each word and let them say it back. Task 1 is listening only, nothing to read. In Task 4, say the word slowly and let them hold up a finger for each sound. Task 5 is the spelling test.* **1** rain/train: same; rain/green: different; day/play: same; snail/tray: same; clay/clock: different; mail/meal: different · **2** Circle: rain, play, snail, tray · **4** snail = s n ai l; play = p l ay; paint = p ai n t; tray = t r ay · **5** Read one at a time: rain, train, snail, paint, play, day, tray, stay · **6** a) rain, b) tray, c) snail, d) paint, e) train, f) play · **7** a) train, b) rain, c) paint, d) stay, e) snail, f) day · **9** snail, trail, rain.
Tue	*Read the Like This box out loud. Task 4 is hands-on: a spoon and a pencil measured in paper clips or blocks, and any honest count is right. In Task 7, pouring water from one glass into another is the best check.* **1** 83, 87, 90, 94, 98, 100 · **2 Holds more than a cup:** pail, bathtub, bucket **Holds less than a cup:** spoon, teaspoon, egg cup · **3** T, F, T, T · **4** Any honest count. A spoon is about 5 paper clips long and a pencil about 6. Close means within 2. · **5** 4, 6, 9, 12 · **6** 5 (the bowl takes 5 more scoops than the cup) · **7** Not always right. Pour water from one into the other to check. · **8** 12 (4 and 4 and 4 is 12) · **9** Say for the box: feet
Wed	*Read the page together: you read one part, they read the next. Then they read it again alone. Task 3 is the spelling check. Some families have no one who served, so let their answers lead. Sources: Veterans Affairs Canada, Royal Canadian Legion.* **2** a) November 11 b) two minutes c) false d) A person who has served in Canada's army, navy or air force. e) To remember people who served, and to help veterans. f) The Poppy g) Any honest answer. Some families have no one who served, and that is fine. · **3** Read in this order: play, stay, rain, tray, snail, day, train, paint · **4** Any kind act: share, help, say thank you, tidy up. A capital letter and an end mark. · **5** rain, train, snail, paint, day, play, tray, stay
Thu	*A number like 34 is made of tens and ones. Read the Like This box out loud and point at each stick and dot. In Task 5, any 36 small things work: 3 bundles of 10 and 6 loose.* **1** 17, 8, 13, 7, 14, 8 · **2** 2 tens, 3 ones, 23 · 4 tens, 1 ones, 41 · 3 tens, 6 ones, 36 · **3** 27 = 2 tens 7 ones · 50 = 5 tens 0 ones · 38 = 3 tens 8 ones · 45 = 4 tens 5 ones · **4** a) 34 · b) 27 · c) 45 · **5** 36 (3 tens is 30, and 6 ones more is 36) · **6** T, T, F, F · **7** 2 tens and 6 ones. Ravi swapped them. The tens digit is on the left. · **8** 12 (4 tens is 40, and 52 take away 40 leaves 12 ones) · **9** Say for the box: tray
Fri	*Show the Like This box, then let them fix the sentences alone. For Task 3, talk about who helps them first, then let them finish each line.* **1** The crossing guard waved to us. / Did Lena say thank you? · **2** Read in this order: tray, paint, day, snail, rain, stay, train, play · **3** Any honest note: a name, what they do, why it helps, and the child's name. Capitals and end marks. · **5** a) a crossing guard b) false c) To protect them from the heat. d) Any honest answer: a teacher, a bus driver, a nurse, a neighbour. · **6** Any Why or How question ending in ? · **7** 17, 53, day, play, tray or stay, December
Wknd	*You run the oven, they do the measuring. One punch for doing it, one for the talk. Ask the talk questions while the muffins bake.* Talk: Three scoops. · 10. · So every cup holds the same amount.

Repeat the week if they're guessing words from the first letter, or Friday's spelling is under 5 of 8. Repeating a week is the method working, not failing.

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