Monday · 16 Nov

Time allowed: 20 minutes
Time taken: _____

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

Write the missing numbers in the dotted boxes.

41	42		44	45		47	48	49		51	52	53		55	56		58	59	

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

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

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

Sounds: oa and ow page 1 of 2

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

1. **Listen.** Say boat. Say snow. Both words have the same sound. It is the letter O saying its name: oh.
2. **Look.** The sound oh can be spelled two ways. It is spelled oa in boat. It is spelled ow in snow. The oa is usually in the middle of a word. The ow is usually at the end.
3. **Count the sounds.** Say boat slowly, one sound at a time: b, oa, t. Hold up one finger for each sound. That is three fingers, because oa is just one sound.

b · oa · t

oa and ow are letter partners. Two letters, one sound.

WARM **1.** Ask your grown-up to say two words. If both words have the oh 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: boat and coat; snow and show; road and red; goat and toad; coat and cat; soap and seed

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

boat	leaf	snow	goat	crab	grow	bike	tree

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

boat	coat	goat	toad	road	load
soap	toast	snow	grow	show	slow

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

Like this: **boat** b | oa | t

a) ☐ ☐ ☐ b) ☐ ☐ ☐

c) ☐ ☐ ☐ ☐ d) ☐ ☐ ☐

Grown-up only, upside down on purpose. Say one word at a time: goat, snow, toast, slow

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Monday · 16 Nov · continued

Sounds: oa and ow 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: boat, coat, goat, road, soap, snow, grow, slow

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

coat · boat · soap · road · snow · goat

a) You wear it to stay warm. _____ b) It floats on the water. _____

c) White flakes that fall in winter. _____ d) You wash your hands with it. _____

e) A farm animal that can climb. _____ f) Cars drive along it. _____

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

coat · show · grow · slow · toast · snow

a) Noor lent Mateo her _____ in the cold.

b) I can _____ you how to play.

c) Be kind to a plant and it will _____.

d) Go _____ so the little ones can keep up.

e) We ate _____ for breakfast.

f) The _____ fell all night.

BONUS **8.** Surprise! Sometimes ow says a different sound, like in cow and town. Read each word out loud.

cow	**town**	**down**	**brown**	**owl**	**crowd**

BONUS **9.** Read this sentence out loud: The goat ate toast on the road. Write the three words that have oa on the line.

_____

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

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Tuesday · 17 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	72		74	75		77	78	79		81	82	83		85	86		88	89	

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

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

7+9 =	16−7 =	8+5 =	13−9 =	6+6 =	15−8 =

Numbers: counting by 2s, 5s and 10s page 1 of 2

LIKE THIS

4 pairs of mittens



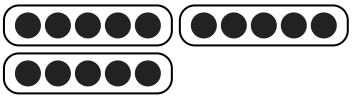
1. Count the boxes. **Groups: 4.**
2. Count by 2s, one box at a time. **2, 4, 6, 8.**
3. The last number is how many in all. **In all: 8.**

Counting by 2s is faster than counting one at a time. A pair is a group of 2.

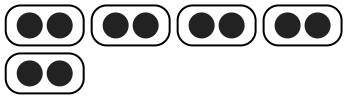
WARM **1.** Some numbers are missing. Write each missing number in a dotted box.

61	62		64	65	66		68	69	
71	72	73		75	76	77		79	

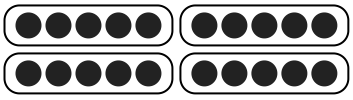
WORK **2.** Look at each picture. Fill in the three lines, the same way as the Like This box.



Groups: _____
I count by 5s and say:
_____
In all: _____



Groups: _____
I count by 2s and say:
_____
In all: _____



Groups: _____
I count by 5s and say:
_____
In all: _____

WORK **3.** Count by 2s: 2, 4, 6. Write the missing numbers in the dotted boxes.

2	4		8	
10		14		18

WORK **4.** Count by 10s: 10, 20, 30. Write the missing numbers in the dotted boxes.

10	20		40	
50		70		90

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Tuesday · 17 Nov · continued

Numbers: counting by 2s, 5s and 10s page 2 of 2

APPLY **5.** Read each sentence. Is it true or false? Circle your answer.

Counting by 2s, the number after 6 is 8.	true	false
Counting by 5s: 5, 10, 15, 25.	true	false
Counting by 10s: 10, 20, 30, 50.	true	false
4 pairs of mittens is 8 mittens.	true	false

APPLY **6.** The class gathers 5 pairs of mittens for the coat drive. A pair is 2 mittens. How many mittens is that? Write the number.

APPLY **7.** Jasper counts by 5s and says 5, 10, 15, 18, 25. Circle the right answer. Then tell your grown-up where Jasper went wrong.

Jasper is right **Jasper made a mistake**

BONUS **8.** Start at 20. Count by 10s three times. Write the number you get. Show your grown-up how you counted.

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

rain **play** **tray** **snail**

WRITE IT HERE

Say for the box: paint. **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 · 18 Nov

Time allowed: 20 minutes
Time taken: _____

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

Write the missing numbers in the dotted boxes.

51		53	54		56	57	58		60	61	62		64	65		67	68	69	

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

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

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

Reading: Kindness Week page 1 of 2

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

DAYS WE SHARE · NUMBER 2

Kindness Week

In Ontario, the third week of November is Bullying Awareness and Prevention Week. This year it is November 15 to 21. World Kindness Day was Friday, November 13.

What Is Kindness?

Kindness means doing or saying something that helps someone feel good. A kind act can be very small and cost nothing.

Kind Words and Kind Hands

There are many easy ways to be kind:

- Say please and thank you.
- Ask a child who is alone to play with you.
- Share your toys and your snacks.
- Help a friend who fell down.
- Use kind words, even when you feel upset.

When Someone Is Unkind

Everyone has a bad day, and sometimes people say mean things. Bullying is different. Bullying is when someone is mean on purpose, again and again. The other child finds it hard to make it stop. Bullying is never okay, and it is never your fault.

What Can You Do?

You are not alone. There are things you can do:

- Say stop in a strong, calm voice.
- Walk away to a safe place.
- Tell a grown-up you trust.
- Keep telling until someone helps.

Everyone Can Help

You can help too. Ask a lonely child to join you. Tell a grown-up if someone is being hurt. That takes courage, and it is brave. On Friday, November 20, Canada celebrates National Child Day. It reminds us that every child deserves to feel safe and be listened to.

Information from Ontario's Bullying Awareness and Prevention Week, PREVNet and the Government of Canada, 2026.

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Wednesday · 18 Nov · continued

Reading: questions about Kindness Week page 2 of 2

APPLY **2.** Look back at the Kindness Week page. Read each question. Then answer it.

a) What was the date of World Kindness Day this year? **June 1** **November 13** **March 3**

b) What can you do if someone is unkind to you? **Keep it a secret** **Be mean back** **Tell a grown-up you trust**

c) True or false? Bullying is never your fault. **true** **false**

d) The page says it takes courage to tell a grown-up. What does courage mean? **Being very tired** **Doing something hard even when you are scared** **Being very loud**

e) Why should you keep telling until someone helps?

_____

_____

f) Which part of the page tells you what to do if someone is unkind? **What Is Kindness?** **What Can You Do?**

g) Tell your grown-up about one kind thing someone did for you.

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: snow, slow, boat, road, grow, coat, soap, goat

BONUS **4.** Write one kind thing you can say to a friend. Write it on the lines.

_____

_____

THINK BACK **5.** Write one word that has oa in it. Then write one word that has ow in it.

A word with oa: _____ A word with ow: _____

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

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Thursday · 19 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!

6+9 =	14−7 =	5+8 =	11−3 =	9+9 =	16−9 =

Numbers: doubles and near doubles page 1 of 2

LIKE THIS

7 + 8 = ?



1. Find the double in the two rows. **The double: 7 + 7 = 14.**
2. The outlined dot is one more. **One more: 14 + 1 = 15.**
3. Put it together. **So 7 + 8 = 15.**

A double has the same number twice, like 7 + 7. A near double is a double with one extra dot.

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

7+9 = ___	16−7 = ___	8+5 = ___	13−9 = ___	6+6 = ___	15−8 = ___

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

6 + 7



The double: 6 + 6 = _____

One more: _____ + 1 = _____

So 6 + 7 = _____

8 + 9



The double: 8 + 8 = _____

One more: _____ + 1 = _____

So 8 + 9 = _____

5 + 6



The double: 5 + 5 = _____

One more: _____ + 1 = _____

So 5 + 6 = _____

WORK **3.** Now do these without a picture. Use a double to help you. Write each answer on the line.

a) 4 + 5 =

_____

b) 8 + 9 =

_____

c) 10 + 11 =

_____

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Thursday · 19 Nov · continued

Numbers: doubles and near doubles page 2 of 2

APPLY **4.** Noor makes 8 kind cards. Mateo makes 8 kind cards. How many cards is that in all? Write the number.

APPLY **5.** Read each sentence. Is it true or false? Circle your answer.

9 + 9 = 18.	true	false
7 + 8 = 14.	true	false
6 + 7 = 12.	true	false
4 + 5 is one more than 4 + 4.	true	false

APPLY **6.** Jasper says 6 + 7 is 14. Circle the right answer. Then tell your grown-up how the double 6 + 6 can help.

6 + 7 = 14 **6 + 7 = 13**

BONUS **7.** 9 + 8 is the same as 8 + 9. Use a double to find the answer. Write the number. Show your grown-up how you did it.

THINK BACK **8.** Read these four words out loud. They all have the oh sound, like boat and snow. Ask your grown-up to say one more word. Write it in the box.

boat **coat** **snow** **grow**

WRITE IT HERE

Say for the box: soap. **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 · 20 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		63	64		66	67	68		70	71	72		74	75		77	78	79	

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

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

7+8 =	13−7 =	4+9 =	12−9 =	8+8 =	15−9 =

Writing: kind words page 1 of 2

LIKE THIS

I can be kind at school by sharing my crayons.
I can be kind at home by helping with dinner.
Kind words make people feel happy.

Each sentence tells one thing you can do. It starts with a capital letter and ends with an end mark.

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.

noor helped mateo with his coat

did jasper say sorry

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: grow, soap, boat, slow, goat, snow, coat, road

WORK **3.** Write three sentences about being kind. Finish each line, the same way as the Like This box.

I can be kind at school by _____

I can be kind at home by _____

Kind words make people feel _____

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Friday · 20 Nov · continued

Reading: things I should know about me page 2 of 2

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

GOOD TO KNOW · NUMBER 1

Things I Should Know About Me

My Name and Birthday
Your full name has two parts. Your first name is the name your friends call you. Your last name is your family name. Your birthday is the day you were born. Know the month and the day.

Where I Live
Your address tells where your home is. It has a number, a street and a town or city. We live in Ontario, in Canada. A helper can use your address to bring you home.

A Phone Number
Know a grown-up's phone number. Say it in small groups, like a song. A grown-up can help you practise.

Grown-ups I Can Trust
Pick three grown-ups you trust, like a parent, a teacher or a grandparent. If you feel worried or unsafe, tell one of them. Keep telling until someone helps.

If I Get Lost
Stay where you are and call out loudly for your grown-up. If you still cannot find them, ask a helper. A helper can be a police officer, a store worker or a parent with children.

Safety tips from the Canadian Centre for Child Protection (missingkids.ca) and Canadian police services, 2026.

APPLY **5.** Answer each question.

a) What are the two parts of your full name? **street and town** **first name and last name**

b) What should you do first if you get lost? **Stay where you are and call out** **Run home alone** **Hide**

c) Why is it good to know your address? _____

d) Tell your grown-up the names of three grown-ups you trust.

BONUS **6.** Write one sentence with the word kind in it.

_____

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

7 + 7 = _____ Count by 2s: 2, 4, 6, _____

A word that has ow in it: _____ The first month of the year is _____

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

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Weekend · 21 Nov and 22 Nov

Language B1: speaking out loud, kindness

Tell a one-minute story, standing up — This weekend, about fifteen minutes

WHAT THIS IS

Today you will tell a one-minute story. It is about a time someone was kind. You will stand up and tell it to your family.

YOU NEED

a timer or a phone clock; a clear floor to stand on; one or two listeners, and a stuffed toy audience is fine.

DO IT TOGETHER

1. Pick the story. It can be a time someone was kind to you. Or it can be a time you were kind.
2. Plan three parts on three fingers. First, who and where. Next, what happened. Last, how it felt.
3. Practise once to a toy or to the mirror.
4. Stand up straight with your feet still. Look at your listeners. A grown-up starts the one-minute timer.
5. Tell the story. Speak loudly enough for the back of the room. It is okay to stop and think.
6. When the minute is up, everyone claps. Each listener says one thing they liked.

TALK ABOUT IT. ASK, THEN LISTEN.

- What happened at the beginning, in the middle and at the end?
- How did the kind act make the person feel?
- What is one kind thing you could do this week, and who for?

SAFETY

Nothing here is risky. Stand on a clear floor. Listeners do not laugh at the speaker and do not interrupt. If your child tells a story about being treated unkindly, listen, thank them for telling you, and speak to their teacher.

WHY TELLING STORIES HELPS, SO YOU CAN EXPLAIN IT

Say it like this: A story has a beginning, a middle and an end. Telling it out loud helps children find the right words, speak clearly and feel brave. Kind stories help children notice kindness.

- A minute is 60 seconds. A one-minute story is about ten short sentences.
- A shy child can whisper the story to a toy first, or tell it sitting down. Praise the effort and the kindness, not the loudness.

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My punchcard

16 Nov to 22 Nov

Name: _____

1	2	3	4	5	6
7 Week prize	8	9	10	11	**12** Perfect week

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

- ◯ Pick the bedtime story, and a grown-up reads it twice
- ◯ A hot chocolate with a cookie on the side
- ◯ Choose a movie for the family
- ◯ Something else: _____

Perfect week · 12 punches

- ◯ Build a blanket fort in the living room
- ◯ Have breakfast for dinner
- ◯ Bring one toy to the dinner table
- ◯ 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 oa and ow? 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: counting by 2s, 5s and 10s Tuesday, doubles and near doubles Thursday. Tuesday's sums come back Thursday.
- Reading: Wednesday is a page about Kindness Week. Friday is three kind sentences, then Good to Know: things I should know about me. The weekend is a one-minute story.

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** 64, 29, 87, 35, 92, 58 · answers 15, 8, 15, 8, 14, 9 **Tue** 46, 83, 19, 72, 98, 55 · answers 16, 9, 13, 4, 12, 7 **Wed** 77, 38, 61, 94, 26, 80 · answers 12, 6, 17, 9, 12, 9 **Thu** 39, 68, 100, 45, 74, 91 · answers 15, 7, 13, 8, 18, 7 **Fri** 52, 89, 37, 66, 93, 78 · answers 15, 6, 13, 3, 16, 6
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** boat/coat: same; snow/show: same; road/red: different; goat/toad: same; coat/cat: different; soap/seed: different · **2** Circle: boat, snow, goat, grow · **4** goat = g oa t; snow = s n ow; toast = t oa s t; slow = s l ow · **5** Read one at a time: boat, coat, goat, road, soap, snow, grow, slow · **6** a) coat, b) boat, c) snow, d) soap, e) goat, f) road · **7** a) coat, b) show, c) grow, d) slow, e) toast, f) snow · **9** goat, toast, road.
Tue	*Read the Like This box out loud and point at each box as you count. Task 3 is counting by 2s. Task 4 is counting by 10s. In Task 6, count out real objects in groups if they are unsure.* **1** 63, 67, 70, 74, 78, 80 · **2** 3 groups, count by 5s: 5, 10, 15, in all 15 · 5 groups, count by 2s: 2, 4, 6, 8, 10, in all 10 · 4 groups, count by 5s: 5, 10, 15, 20, in all 20 · **3** 6, 10 and 12, 16 · **4** 30, 50 and 60, 80 · **5** T, F, F, T · **6** 10 (5 pairs, counting by 2s: 2, 4, 6, 8, 10) · **7** He made a mistake. After 15 comes 20, not 18. · **8** 50 (20, then 30, 40, 50) · **9** Say for the box: paint
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 children have had a hard time with others, so let their answers lead. Sources: Ontario Bullying Awareness and Prevention Week, PREVNet, National Child Day (Government of Canada).* **2** a) November 13 b) Tell a grown-up you trust c) true d) Doing something hard even when you are scared e) So the unkind thing stops and you are safe. f) What Can You Do? g) Any honest answer. A shared snack, a hug, a hand with a zipper. · **3** Read in this order: snow, slow, boat, road, grow, coat, soap, goat · **4** Any kind sentence: You are a good friend. Do you want to play? A capital letter and an end mark. · **5** boat, coat, goat, soap, snow, grow, show, slow
Thu	*A double is the same number added to itself. Read the Like This box out loud and point at each row of dots. In Task 4, any 8 cards and 8 more work: two stacks of 8 small things.* **1** 16, 9, 13, 4, 12, 7 · **2** 6+7: double 12, 12+1=13, 6+7=13 · 8+9: double 16, 16+1=17, 8+9=17 · 5+6: double 10, 10+1=11, 5+6=11 · **3** a) 9 · b) 17 · c) 21 · **4** 16 (8 and 8 is a double, so 16) · **5** T, F, F, T · **6** 6 + 7 = 13. The double 6 + 6 is 12, and one more is 13. · **7** 17 (8 + 8 is 16, and one more is 17) · **8** Say for the box: soap
Fri	*Show the Like This box, then let them fix the sentences alone. For Task 3, talk about kind things first, then let them finish each line. On page 2, read the facts together. Never ask them to write an address or phone number.* **1** Noor helped Mateo with his coat. / Did Jasper say sorry? · **2** Read in this order: grow, soap, boat, slow, goat, snow, coat, road · **3** Any honest sentences. Capital letters and end marks. · **5** a) first name and last name b) Stay where you are and call out c) So a helper can bring you home. d) Any honest answer: a parent, a teacher, a grandparent. · **6** Any sentence with kind, a capital letter and an end mark. · **7** 14, 8, snow, grow, show or slow, January
Wknd	*They tell it, you time it and listen. One punch for doing it, one for the talk. Ask the talk questions after the clapping.* Talk: Look for three parts. Any honest story. · Happy, safe or less alone. Any honest answer. · Any honest answer.

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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