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Be sure to keep readings in your file folder: You'll want to look back at them to see how much you're improving over time. Download the Now/step-element number. image_url The name of the Food Diary - Print this form several times or duplicate columns in a notebook. For one week, write down everything you eat or drink, making a note of the time, portion size, and any relevant notes such as circumstances or what you felt at the time. Use nutrition labels to calculate the calories of packaged foods. Download Now/step-item (Step-list-wrapping) This art sheet is a template for creating your own Mondrian-style painting. Image © 2004 by Marion Boddy-Evans. License to About.com, Inc. Color exists only through a different color, the measurement is determined by another dimension, no position other than in opposition to another position. -- Mondrian Create your own version of Mondrian's geometric painting using this measured diagram as a template. Think Of Piet Mondrian, and you think of large paintings with asymmetrical rectangles of basic colors on a grid of strong black lines. It is hard to imagine that he started out as a landscape painter and was influenced by Fauvism, Symbolism and Cubism on the way to his characteristic abstractions. To survive, Mondrian was a porcelain painter for most of his life. Perhaps that explains his hatred of nature. ... (Mondrian) suppressed the curves and all the greens because they him about the trees he hated. ... In 1924, the artist broke away from Theo van Dosburg, who ... argued that the sloping line on the 45-degree slope better corresponds to the match Modern man. (Art of Our Century, ed Jean-Louis Ferrier, page 429.) You'll need: Print the template. You may find it easier to use large and small brushes for large/small areas labeled from 1 to 3. Or a separate brush for flowers from 1 to 3. What you're going to do: Print the template and paint it directly, or use it as a guide to mark the lines on a large sheet of paper or canvas. The black color should be reserved for areas marked 4. Paint in each area in a designated color, taking for care to make sure that your lines are straight and that the colors are not put in the wrong area. Tips: To get perfectly straight lines, use camouflage tape to make sure the paint doesn't drift where it's not needed. Don't forget to buy it in the right width, as it is difficult to cut the length of the tape in half evenly. 2 Times Table Leaf 1 out of 5. D. Russell prints the twice-table fact-trust sheet in PDF Target sheets made to look like darts. The target number is two, and it is in the middle of each of the target sheets. The next ring shows that multiplying the target number, two on and the outer target ring is empty, and this is where the answer (product) needs to be recorded in. These target sheets change it a bit to provide a different experience from traditional horizontal or vertical sheets. In order for children today to learn the facts of multiplication and devote to their memory, it takes 10-15 minutes of practice three or four days a week, usually during the school year and sometimes longer. Sheets like this should be re-visited frequently throughout the year (s). Use an egg timer or stop clock and record how long it takes the child to complete the sheet to make the goi progress. Playing beat the clock often stimulates some extra fun. 2 Times Table Leaf 2 out of 5. D. Russell Twice tables are usually the fastest to learn quickly and commit to memory. In fact, random facts should be made only after the child has learned two, five, ten and squares (2 x 2, 3 x 3, 4 x 4, ...) times-wobles. The sequence must follow when getting children to commit facts to memory. For two time tables, lots of oral counting of passes help to learn facts. The pass count refers to 2, 4, 6, 8, 10, 12, etc. However, when you miss the tally, don't always start at 2, use different entry points to skip the count. Take turns speaking them verbally. start with different numbers. For example, I'll say 4 and the child will say 8, I'll tell 2 and the child the way to say 4, for number 1 say the child should provide the product by multiplying my number by two. You can also find a chart of 100 useful for displaying counting patterns by two. When using hundreds of charts, have baby shadows in multiples (2,4,6,8, 10.....) of 2. 2 Times Table Leaf 4 out of 5. D. Russell 2 Times Table Leaf 5 out of 5. D. Russell's following sheets are multiplying fact tests. Students should fill in as many problems on each sheet as they can. While students can quickly access calculators using their smartphones, memorizing multiplication facts is still a vital skill. It is just as important to know the facts of multiplication to 10, as well as to count. The PDF student sheet in each section is followed by a duplicate print containing answers to problems, making it much easier to evaluate documents. D. Russell Print pdf: One-minute table test No. 1 This one-minute exercise can be a good pretest. Use this table first time to print to see what students know. Tell students that they will have one minute to figure out the problems in their heads and then list the correct answers next to each problem (after the sign). If they don't know the answer, tell the students to just skip the problem and move on. Tell them what you will call the time when the minute and that they should immediately put their pencils down. Have students change their paperwork so that each student can test their neighbor's class as you read the answers. This will save you a lot of time to sort. Do students have a sign that answers are incorrect and then their total number is at the top. It also gives students more practice in vote counting. D. Russell Print PDF: One minute time table test No. 3 Don't be surprised if you find, after reviewing the results of the second time of the table test, that students are still struggling. Learning multiplication can be difficult for young students, and endless repetition is the key to helping them. Students will then complete the time table test that you can access by clicking on the link on this slide. D. Russell Print the PDF: a one-minute test of table number 4 Ideally, you should have students fill out a one-minute time test table each day. Many teachers even assign these print editions as quick and simple homework that students can do at home as their parents follow their efforts. It also allows parents to show parents some work students don in class and it only takes a minute, literally. D. Russell Print the PDF: a one-minute test of the No. 5 table before finishing a week of desktop test time, do a quick review with students of some of the challenges they may face. explain to them that any number of times in itself is a number, for example, 6 X 1 and 6, and 5 X 1 and 5, 5, they should be light. But to determine what, say, 9 x 5 equals, students will need to know their time tables. Then give them one minute of dough from this slide and see if they have progressed during the week. Healthy Eating Plan: One week of eating needs some guidance in the food department? Our non-head information 1500-calorie meal plans you've covered

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