

Kids Learn!

Lessons and Activities

10th Grade

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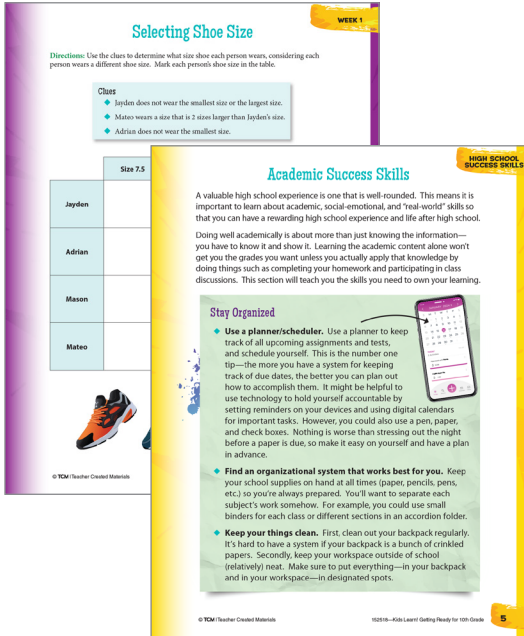
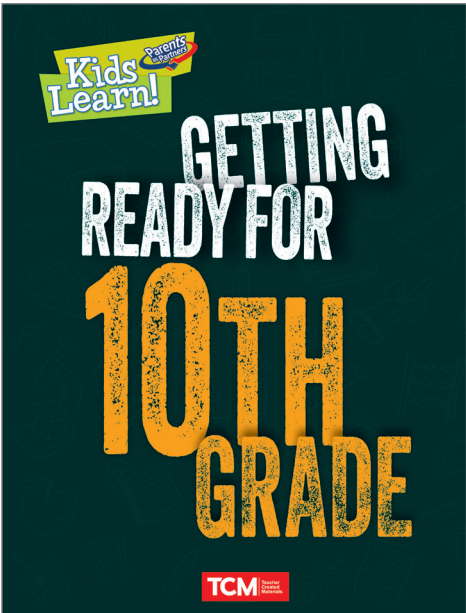
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GETTING
READY FOR

10TH
GRADE

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Welcome Letter

Dear Student,

Tenth grade is an exciting time, filled with many learning opportunities—both within the classroom and yourself. Obviously, you'll have a chance to build on your academic knowledge in core subjects, such as math and English; however, you'll also be getting a chance to learn a language, explore electives (such as art, journalism, or computer programming), play sports, and join clubs. More than ever before, you can really take ownership over your education by becoming more independent and self-motivated.

This book will help you sharpen your skills academically and beyond. You'll be reviewing math and language concepts that you have previously learned while also picking up some helpful life skills to support you throughout the next three years. Here are some tips for completing this book:

- ◆ Dedicate a specific time to work on the activities **every day**. Completing this book will be super easy if you make it part of your daily routine.
- ◆ Complete activity pages **every day**. (See the pattern here?) This book is designed to teach you concepts over a longer period of time, and it will not be as effective if you procrastinate. Avoiding procrastination will also help you succeed in 10th grade, so think of this as practice.
- ◆ Share your thoughts and feelings on the My Journal pages. These pages are meant to be a little more creative and flexible, so feel free to put down whatever comes to mind.

Change can make people feel anxious, but this book will be your guide to a smooth transition into 10th grade. Learn even a few of these concepts well, and you will have a successful year!

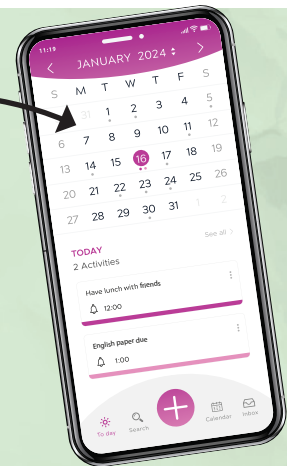
Academic Success Skills

A valuable high school experience is one that is well-rounded. This means it is important to learn about academic, social-emotional, and “real-world” skills so that you can have a rewarding high school experience and life after high school.

Doing well academically is about more than just knowing the information—you have to know it and show it. Learning the academic content alone won’t get you the grades you want unless you actually apply that knowledge by doing things such as completing your homework and participating in class discussions. This section will teach you the skills you need to own your learning.

Stay Organized

- ◆ **Use a planner/scheduler.** Use a planner to keep track of all upcoming assignments and tests, and schedule yourself. This is the number one tip—the more you have a system for keeping track of due dates, the better you can plan out how to accomplish them. It might be helpful to use technology to hold yourself accountable by setting reminders on your devices and using digital calendars for important tasks. However, you could also use a pen, paper, and check boxes. Nothing is worse than stressing out the night before a paper is due, so make it easy on yourself and have a plan in advance.
- ◆ **Find an organizational system that works best for you.** Keep your school supplies on hand at all times (paper, pencils, pens, etc.) so you’re always prepared. You’ll want to separate each subject’s work somehow. For example, you could use small binders for each class or different sections in an accordion folder.
- ◆ **Keep your things clean.** First, clean out your backpack regularly. It’s hard to have a system if your backpack is a bunch of crinkled papers. Secondly, keep your workspace outside of school (relatively) neat. Make sure to put everything—in your backpack and in your workspace—in designated spots.



Social-Emotional Success Skills

While your job is to be a student, you can't learn effectively if you're not taking care of your social-emotional well-being. This includes forming positive relationships and learning to manage your emotions effectively. This section covers strategies for cultivating a healthy mindset so that you're able to be fully present in your classes and do your best work at your "job."

Take Care of Your Body*

- ◆ **Staying Active**—A major way of keeping a healthy mindset is by maintaining a healthy lifestyle. Not only does regular exercise (roughly an hour a day) benefit your physical health, but it is also linked to greater levels of happiness and overall stress reduction.
- ◆ **Diet**—Maintaining a balanced diet plays an important role in how you feel. Spicy chips and soft drinks might be tasty and okay to have at times, but it is important to be mindful of how the foods you eat affect your mood and focus. Some students find it helpful to prepare healthy snacks and meals in advance so that it's not tempting to reach for unhealthy food when you're in a rush.
- ◆ **Water**—According to recent studies, around 75 percent of Americans are dehydrated at some level. Dehydration affects your thinking, sleep quality, and has a huge effect on energy levels and overall mood. On average, drinking about eight cups of water—and this means just straight water (not soda or energy drinks!)—a day is a good amount to stay hydrated.
- ◆ **Sleep**—Make time for rest and recovery by allowing yourself to get at least 8–10 hours of sleep each night. If you're having a hard time falling and staying asleep, try limiting your screen time before bed to give your brain time to wind down and relax.

**These are general guidelines for teen health, but make sure to consult with your parent/guardian and physician for more individualized advice.*



College & Career Success Skills

Some of you may be thinking, “It’s way too early to think about my college or career goals.” Others might have been planning their futures for years. Whether you’ve considered it before or not, the present is a great time to think about how your decisions now can affect your life in the long run.

It’s a good idea to think about your goals for the future while also allowing for flexibility in that plan. Think back to five years ago. Do you feel like you’ve changed since then? Would you be confident in asking your elementary self to make decisions about your sophomore year in high school? More than likely, the answer is a big “no.” In a similar way, you don’t want to limit your options after high school. That’s why you want to do your best in school to set yourself up to have the widest range of options once you graduate. This section covers the skills you should work on in high school to best prepare you for college and career success.

Identify Your Strengths

- ◆ Reflect on what your strengths are. This can include your interests, passions, talents, and any other positive qualities that make you, you.
- ◆ Consider how your strengths might translate to your future college and/or career experiences. For example, if you enjoy helping and working with children, you might consider a future as a teacher. You can also take different career quizzes to help guide you in this process.



Summarizing

Directions: To summarize a text, readers retell the main ideas while focusing on the most important facts and details. After reading the article about Greek mythology, think about how you would summarize it in two or three sentences.

Ancient Inspiration

Quick! Think of a sneaker brand. Chances are the first company that comes to mind is Nike®. It has been one of the most popular and successful sneaker companies for years. Interestingly enough, its name is rooted in Greek mythology.

Founded by Phil Knight and Bill Bowerman in 1964, Nike was first called Blue Ribbon Sports. However, by 1971 when they were ready to market their shoes, they wanted to find a better name. Just five hours before their deadline, an employee came up with the name Nike. Nike is the Greek goddess of victory, and according to myth, ancient athletes used to pray to her before they competed. Nike is sometimes shown with wings on her back, which look quite like the Nike logo.

The earliest Greek myths go back more than 2,700 years, but ideas found in Greek mythology continue to influence our culture today. Rick Riordan's best-selling Percy Jackson books feature Greek gods, demi-gods, and more. Several movies have been made about Greek mythology, including *Hercules*. They introduced a generation of children to kid-friendly versions of Hercules, Perseus, Achilles, centaurs, and nymphs.

Like the Nike sneaker brand, companies, governments, and many other people take inspiration for names from characters in Greek myths. Pandora is one example of this. In Greek mythology, she was the first woman ever created. She was given a box that contained all the world's misery and evil. Pandora was told not to open it, but she was curious, of course. It gnawed away at her for years. Eventually, she opened the box, and all the bad stuff came out. Pandora's name represents someone who was free-spirited and did as she pleased. A jewelry company and an online radio company took inspiration from her name.

Another example is Aphrodite, the goddess of beauty, whose symbol is a dove. A beauty care brand's name takes inspiration from her symbol. Ceres is the god of grain, which is where the word *cereal* comes from. Finally, Apollo is a god of many things, including music, art, and archery. When the U.S. space program was looking for a name for their moon project, they chose Apollo. They chose this name because as an archer, Apollo never missed his target. Such stories and legends are ancient, but they still inspire us today.

Summarizing (cont.)

Directions: Answer the questions about the article “Ancient Inspiration.”

- Which sentence best summarizes this text?
 - Phil Knight and Bill Bowerman founded Nike® in 1964.
 - Pandora gave in to curiosity and opened the box.
 - The Percy Jackson series features Greek gods.
 - Greek mythology still influences our culture.

- Which new paragraph topic would be the best addition to this article?
 - why some computer companies use the name of Cerberus, a mythological guard dog
 - information about how the founders of Nike met at the University of Oregon
 - details about which beauty products the Dove® brand produces
 - descriptions of Perseus, Achilles, centaurs, and nymphs

- Why did the sneaker company’s founders choose to name their company after the goddess Nike?
 - They could not think of any other names.
 - They wanted people to worship their shoes.
 - They wanted to associate their brand with victory.
 - They needed a common name that is easy to remember.

- Why have two different companies named themselves after Pandora?
 - Pandora had a box that contained misery and evil.
 - Pandora was free-spirited and did as she pleased.
 - Pandora had patience and was obedient for many years.
 - Pandora was curious and eventually gave in to temptation.



- Write a two- to three-sentence summary of “Ancient Inspiration” in your own words.

Parts of Expressions

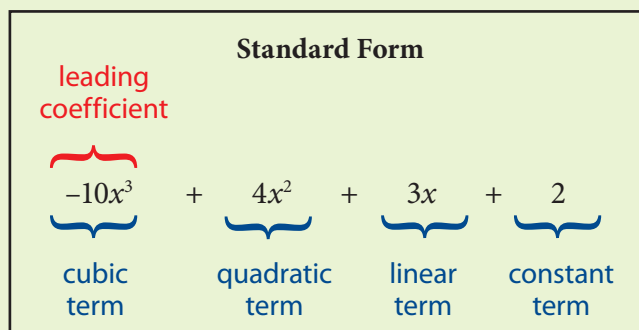
Directions: Answer each question about the parts of an expression.

Terms are the different pieces in a math expression that are added or subtracted.

The **standard form** of an expression is the expression listed from greatest exponential value to the least exponential value.

Coefficients are the numbers you multiply with the letters (or variables) in a term. If there's no number written, the coefficient is "1."

The **leading coefficient** is the coefficient of the first term in an expression written in standard form.



1. What is the constant term in the expression $5x^2 - 12x + 4$? _____
2. What is the linear term in the expression $-a^3 + 7a - 15$? _____
3. Write the expression $-2z - 3 + 6z^2$ in standard form. _____
4. Write the expression $9x - 4 + 3x^3 - 5x^2$ in standard form. _____
5. What is the leading coefficient of $-3x^2 - 9x + 4 - 2x^3$? _____
6. What is the leading coefficient of $4n^2 + 7n^4 - 3n - 6$? _____
7. How many terms are in the expression $5w^3 - 7w + 13$? _____
8. How many terms are in the expression $-4h + 9h^2 - h^3 + 12$? _____
9. What is the degree measure of the expression $9c^4 - 3c + 5c^2$? _____
10. What is the degree measure of the expression $-2v + 12v^2 - v^3 + 6$? _____

Selecting Shoe Size

Directions: Use the clues to determine what size shoe each person wears, considering each person wears a different shoe size. Mark each person's shoe size in the table.

Clues

- ◆ Jayden does not wear the smallest size or the largest size.
- ◆ Mateo wears a size that is 2 sizes larger than Jayden's size.
- ◆ Adrian does not wear the smallest size.

	Size 7.5	Size 9	Size 10.5	Size 11
Jayden				
Adrian				
Mason				
Mateo				

