

Resource Packet for 6-8 Grades Students Organized by Teach Plus Teachers



As students and families work in partnership with teachers to navigate an environment of distance and hybrid learning, Teach Plus teachers worked together to organize a printable packet to support students. This document is intended to serve as a quick resource of basic information that supports larger learning goals. The information in this packet is ideal for students in 6th, 7th, and 8th grade. This packet should not replace any guide/resource/tool given by your child's teacher/school, but is an additional resource organized into the following parts:

Part 1: Digital Citizen Skills

This section will share tips to support safety and quality use of online resources to support student learning and interactions.

Part 2: Language Arts/Reading Resources

This section includes language arts/reading academic vocabulary words that your child's teacher may use during instruction, activities, and assessment, as well as books to read and critical thinking questions.

Part 3: Math Resources

This section includes math academic vocabulary words that your child's teacher may use during instruction, activities, and assessments, as well as math conversions and formulas.

Part 4: Social Emotional Resources

This section includes strategies and ideas to support the social and emotional well-being of students and information for additional resources.

Part 5: Additional Resources:

This section will provide contact information and links for COVID-19, mental health support, free educational resources, and more.





“Digital citizenship is the continuously developing norms of appropriate, responsible, and empowered technology use.”

-Cited from [Digital Citizenship](#)



Things to consider:

- + Online safety: It includes keeping personal information safe.
- + Copyright and fair use: It includes knowing which digital resources are open-sourced.
- + Academic integrity: It includes ensuring student work is free of plagiarism.
- + Anti-bullying: It includes what it means to be an upstander, someone who stands up for those who are cyberbullied.

General Websites to Support Digital Learning

1. <https://www.common sense media.org/>
2. <https://digcitcommit.org/>
3. <https://www.cyberwise.org/digital-citizenship-resources>

Fact Checking Websites

4. <https://www.factcheck.org/>
5. <https://www.snopes.com/>
6. <https://www.politifact.com/>

Student Digital Citizens Will:

- + Protect private information
- + Stay safe online
- + Respect themselves and others
- + Stand up to cyberbullying
- + Balance online time



Part 2: Language Arts and Reading Resources

Academic Vocabulary (Word lists from: <https://www.greatschools.org/>)

6th Grade:

- + **Analyze:** to examine critically
- + **Consequence:** effect, outcome or result of something occurring
- + **Chronological:** arranged in the order of time
- + **Elaborate:** to add details or expand
- + **Thesis:** an idea put forward for consideration

7th Grade:

- + **Acknowledge:** to admit to be real or true
- + **Characterize:** to describe the individual quality
- + **Viewpoint:** an attitude of mind
- + **Persuasive:** intended to convince
- + **Antagonize:** to make hostile or unfriendly
- + **Irrelevant:** having no value

8th Grade:

- + **Ambiguous:** open to having several meanings
- + **Evoke:** to call up or cause to appear
- + **Imperative:** absolutely necessary
- + **Significant:** deserving of attention
- + **Assumption:** something taken for granted



New Mexico Battle of the Books 2020-2021:

- + *Path to the Stars: My Journey from Girl Scout to Rocket Scientist* by Sylvia Acevedo
- + *Small Spaces* by Katherine Arden
- + *Count Me In* by Varsha Bajaj
- + *They Call Me Guero: a Border Kid's Poems* by David Bowles
- + *Insignificant Events in the Life of a Cactus* by Dusti Bowling
- + *Two Roads* by Joseph Bruchac
- + *Storm Runner* by J. C. (Jennifer) Cervantes
- + *Ruby in the Sky* by Jeanne Zulick Ferruolo
- + *Baseball Genius* by Tim Green Pennyroyal
- + *Academy* by M.A. Larson
- + *Greenglass House* by Kate Milford
- + *Nyxia* by Scott Reintgen
- + *Pay Attention, Carter Jones* by Gary Schmidt
- + *Four Dead Queens* by Astrid Scholte Adison
- + *Cooke and the Treasure of the Incas* by Jonathan Stokes
- + *The Secret of Nightingale Wood* by Lucy Strange
- + <https://nmlibraries.org/battleofthe-books/2021-battle-of-the-books-ms/>

Critical Thinking Questions for Texts

1. Why is this a problem?
2. Why did the character say ... ?
3. Why did the author decide to ... ?
4. Why did that happen?
5. Why is this important?
6. Why do you think (I, he, she, they) asked that question?
7. How would you solve ... ?
8. How is this different from other situations?
9. How is this similar to ... ?
10. How would you use ... ?
11. How could the story have ended differently?
12. Can you give me an example?
13. Do you agree with ... ?
14. Can you compare this with ... ?
15. Can you defend the actions of ... ?
16. Could this be interpreted differently?

Part 3: Math Resources



Conversions

Length	Liquid Volume	Weight
1 in = 2.54 centimeters	1 gallon = 4 quarts, 8 pints, 16 cups, or 128 ounces	1 pound = 16 ounces or 0.454 kilograms
1 ft = 12 in	1 quart = 2 pints, 4 cups, 32 ounces, or 64 tbsp	1 kilogram = 1,000 grams or 2.2 pounds
1 yd = 36 in or 3 ft	1 pint = 2 cups, 16 ounces, 32 tbsp, or 96 tsp	1 ton = 2,000 pounds
1 m = 5,280 ft or 1,760 yd	1 cup = 8 oz or 16 tbsp	
	1 tbsp = 3 tsp	

Formulas

6th Grade	7th Grade	8th Grade
Area of a Triangle: $A = \frac{1}{2}bh$ (Area = $\frac{1}{2}$ of base x height)	Area of a Triangle $A = \frac{1}{2}bh$ (Area = $\frac{1}{2}$ base x height)	Area of a Triangle $A = \frac{1}{2}bh$ (Area = $\frac{1}{2}$ base x height)
Volume of Right Rectangle: $V = lwh$ (Volume = length x width x height)	Area of a Parallelogram $A = bh$ (Area = base x height)	Area of a Parallelogram $A = bh$ (Area = base x height)
	Area of a Circle $A = \pi r^2$ ($A = \text{Pi} \times \text{Radius Squared}$)	Area of a Circle $A = \pi r^2$ ($A = \text{Pi} \times \text{Radius Squared}$)
	Circumference of a Circle: $C = 2\pi r$	Circumference of a Circle: $C = 2\pi r$
	Circumference = $2 \times \text{Pi} \times \text{Radius}$	Circumference = $2 \times \text{Pi} \times \text{Radius}$
	Volume of General Prisms $V = Bh$ (Volume = Base x height)	Volume of General Prisms $V = Bh$ (Volume = Base x height)
		Volume of a Cylinder $V = \pi r^2 h$ (Volume = $\text{Pi} \times \text{radius squared} \times \text{heights}$)
		Volume of a Sphere $V = \frac{4}{3} \pi r^3$ (Volume = $\frac{4}{3} \times \text{pi} \times \text{radius cubed}$)
		Volume of a Cone $V = \frac{1}{3} \pi r^2 h$ (Volume = $\frac{1}{3} \times \text{pi} \times \text{radius squared}$)
		Pythagorean Theorem $a^2 + b^2 = c^2$

10 Math Terms to Know:

- Algorithm:** step-by-step procedure for solving a problem
- Order of Operations:** ALWAYS work left to right: Parentheses, Exponents, Multiplication and Division, Addition and Subtraction
- Prime number:** a number that has only two factors, 1 and itself
- Composite number:** a number that has more than two factors
- Integers:** all positive and negative whole numbers
- Absolute value:** the distance of an integer from 0
- Exponential Notation:** a number written with a base and exponent Base: the number that is multiplied by itself
- Exponent:** the number that tells you how many times to multiply the base
- Square Root:** a number that must be multiplied by itself to equal a given number
- Polygon:** a closed figure formed by 3 or more lines

Source: <http://osb.k12.ok.us/wp-content/uploads/2013-MS-Math-Terminology.pdf>



Mindfulness Activities:

You can...

- + Yawn and stretch for 10 seconds every hour.
- + Clench your fist and breathe into your fingers.
- + STOP:
 - + **S**tand up and breathe. Feel your connection to the earth.
 - + **T**une in to your body. Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath.
 - + **O**bserve. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.
 - + **P**ossibility. Ask yourself what is possible or what is new or what is a forward step.

Source: <https://psychcentral.com/blog/1-minute-mindfulness-exercises/>

Terms to Know:

Self-awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

Self-management: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

Social awareness: The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

Relationship skills: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

Responsible decision-making: The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

Source: <https://casel.org/what-is-sel/>



COVID-19 Related Contacts

1. **COVID-19 School Reentry Resources and Updates:** <https://webnew.ped.state.nm.us/reentry-district-and-school-guidance/>
2. **COVID-19 Updates and Resources from the NM Department of Health:** <https://cv.nmhealth.org/>
3. **Information for support with jobs, food, childcare and more:** <https://www.newmexico.gov/i-need-assistance/>

Mental Health Supports

1. **NM Crisis and Access line:** Call toll free anytime 24/7/365 1-855-NMCRISIS (662-7474) <https://www.nmcrisisline.com/>
2. **Frequently asked questions about mental health and list of resources:** <https://www.nmhealth.org/about/erd/ibeb/mhp/>

Social Emotional Online Resources

1. www.calm.com This is a website that has guided meditation specifically geared for middle school aged students.
2. www.padlet.com This website can serve as a way for students to write their thoughts, keep collections of videos, music, or pictures. Think of this as an online scrapbook.
3. <https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us> **KahnAcademy** offers a number of activities to help students understand the concept of growth mindset and how having a growth mindset can improve students' view of education.
4. <https://education.minecraft.net/> Minecraft for Education can best be described as a digital Lego set. Play is one of the key elements of maintaining social-emotional health.