



El “Cuadernillo de Actividades de Sexto Grado de Educación Primaria”, fue elaborado por personal académico del PRONI en Tamaulipas.

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# Activity 1

## Problems at School Pt. 1

Look at the pictures and match them to adjectives by writing the letter that corresponds to each of them.

a) Scared    b) Bored    c) Happy    d) Sleepy  
e) Angry    f) Nervous    g) Sad



Answer the questions.

1. What makes you happy? \_\_\_\_\_
2. What makes you sad? \_\_\_\_\_
3. What makes you nervous? \_\_\_\_\_
4. Have you ever had a problem at school? \_\_\_\_\_

## Activity 2

### Problems at School Pt. 2

Look at the pictures and circle the situations that are problems you can have at school.



Toilets are not clean



Bad sleeping



Lots of homework



Bullying



Low grades



There are just a few dustbins



Physical activities



Make friends



I have no friends



Be friendly

Answer the question.

What is the most common problem at your school? \_\_\_\_\_

# Activity 3

## Homework Stress Pt. 1

Read the text and choose if the statement is True or False.

The age in which homework starts to stress children out is becoming lower; some children even report concerning levels of stress due to homework in early elementary school!

According to different research, excessive homework is definitely associated with increase in stress levels.

### Excessive homework can cause:

- Lower grades
- Health problems like headaches, weight loss, sleep loss.
- Frustration with school and an unwillingness to complete activities
- Low physical activity



### How to Reduce Homework Stress:

- Set an afterschool routine
- Brain breaks after school
- Sleep well
- Self-care
- Healthy snacks
- Time management
- Comfy homework space
- Relax and have fun
- Positive attitude



1. Children start reporting levels of stress due to homework in high school.
2. Excessive homework is associated with stress levels.
3. Excessive homework can cause frustration.
4. Health problems reduce homework stress.
5. Sleeping well and having a positive attitude help to reduce homework stress.



True



False

True False

True False

True False

True False

# Activity 4

## Homework Stress Pt. 2

Look at the pictures and write the correct description.

Sleep well    Headache    Relaxation    Sleep loss    Frustration    Low grades  
 Low physical activity    Healthy snacks    Positive attitude    Time management



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

## Activity 5

# Consequence or Suggestion?

Look at the situations and write if it's a consequence from homework stress or suggestion to reduce homework stress.



1. Sleep well

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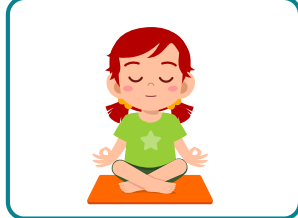
2. Frustration

---



3. Positive attitude

---



4. Relaxation

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5. Headache

---



6. Healthy snacks

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# Activity 6

## How To Solve a Situation?

Look at the following steps to solve any situation and place them in order in the following example.

**Stage 1:** Clarifying the situation

**Stage 2:** Defining the problems

**Stage 3:** Generating solutions

**Stage 4:** Evaluating the solutions

**Stage 5:** Choosing your preferred solution

**Stage 6:** Developing a plan of action

**Stage 7:** Implement the solution

**Stage 8:** Review



Spend some time noticing any symptoms of stress, anxiety or depression you may be experiencing.

**STAGE** \_\_\_\_

In this stage you are trying to work out what the advantages and disadvantages of each of your solutions are.

**STAGE** \_\_\_\_

Breaking down large problems into smaller, more manageable parts. Go through one problem at a time.

**STAGE** \_\_\_\_

Check if the plan needs any changes.

**STAGE** \_\_\_\_

Brainstorm a variety of solutions. List any ideas that come to mind, think of as many possible options as you can.

**STAGE** \_\_\_\_

What is the best possible outcome if I implement this solution?

**STAGE** \_\_\_\_

Here we plan out what implementing the solution will look like.

**STAGE** \_\_\_\_

In this stage you go on! There is no time like right now.

**STAGE** \_\_\_\_

# Activity 7

## Solving Problems



Think of a time when you had a problem and how you solved it. Then, answer the questions.

1. What was the problem?

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2. Which were the options you had to solve it?

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3. Which solution did you choose?

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4. What happened afterwards?

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5. How did you feel afterward?

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# Activity 8

## Problem Solving Strategies



**A. Underline the strategies that you have used before.**

Move your things to another place.	Try a different way.	Wait or take a break.
Take turns.	Make sure you are calm.	Don't react, ignore it.
Ask the other person to stop.	Ask an adult to help you.	Apologize for anything you did that was wrong.

**B. Answer the questions with your own information.**

Which strategy do you think will work the best for you?

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Write another two problem solving strategies that you can think of:

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# Activity 9

## Solve the Problem

Read the scenarios below and answer the questions.

**Scenario 1:** You have an argument with your best friend. You want to make up but aren't sure what to say.

What's the problem?

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Write two strategies you could do to solve this problem:

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**Scenario 2:** You want to use the living room TV, but your brother is watching TV now.

What's the problem?

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Write two strategies you could do to solve this problem:

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# Activity 10

## Beat the Bully

Read and think about these situations, and decide what you should do.

**1. There is a new girl at your school. Some kids won't let her join in their ball game.**

- a. Ignore them.
- b. Steal the ball.
- c. Invite the girl to join your game.



**2. Some students are calling another student names to mock him.**

- a. Ignore it.
- b. Laugh.
- c. Support the student.



**3. A kid pushed a student to frighten him.**

- a. Laugh.
- b. Speak up.
- c. Walk away.



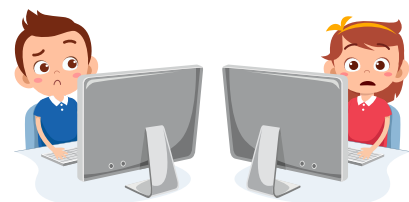
**4. In a party, a group of friends tell you not to talk to your friend: “If you talk to her, we're not talking to you either”, they say.**

- a. Defend your friend.
- b. Go along with the group.
- c. Leave the party.



**5. You receive an inappropriate picture by message, denigrating a classmate in social media.**

- a. Share the picture with my friends.
- b. Report the picture and the person who uploaded it.
- c. Ignore it.



## Activity 11

# Bullying – What To Do and What Not To Do.

Read the report and answer the questions.

Bullying is a big problem in many schools. Almost one in four school kids are bullied. Bullying is a repeated and aggressive activity.

There are many types of bullying. It can mean laughing at or picking on someone. Some bullies use physical violence, and cyber bullies use the internet to make fun of people anonymously.

People bully for a number of reasons. They may want to feel powerful, or they think they are being funny. Others have low confidence and self-esteem.

Bullying causes anxiety. Students are nervous that it will happen to them. They cannot concentrate, and it makes them feel lonely.

First, you should tell the bully to stop. If this doesn't work, you can try ignoring him or her. If the bullying continues, tell an adult.

Do not fight back physically. Do not keep quiet, and do not stop going to school. Most importantly, remember the bullying is not your fault.

If you are a victim of bullying, tell someone. Remember there are many other people in your situation. If you see someone being bullied, report it. Finally, if you are a bully, think about how you would feel.



1. What is bullying?

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2. What types of bullying are there?

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3. Why do people bully?

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4. How can you stop bullying?

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5. What shouldn't you do?

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# Activity 12

## Bullying Solutions

A. Read the tips and label the pictures.

Don't get angry    Try to be always with a friend    Talk to an adult you trust



B. Complete the text with the words from the box.

think    accept    talk    help    stop    say    show

Most people ignore bullying because they \_\_\_\_\_ that it happens to all of us, but we don't have to \_\_\_\_\_ it, as we have the right to live a carefree and a peaceful life.

In order to \_\_\_\_\_ bullying, we can do the following:

- ❖ Tell an adult: Don't be afraid, \_\_\_\_\_ to your parents and teachers about the problem, they will surely find a solution.
- ❖ Be calm: Be sure that nothing is wrong, let your parents or teachers \_\_\_\_\_ you, remember that you are not alone.
- ❖ Be confident: Bullies like bothering insecure students. \_\_\_\_\_ confidence, a confident student never gets bullied.
- ❖ Remember that communication is really important. Always \_\_\_\_\_ how you feel and don't let anybody intimidate you.

# Activity 13

## Your Opinion Is Important

A. Read the conversation and answer the question.

- Father:** Edgar it's time to go to baseball.  
**Edgar:** No, Dad. I don't want to go to the baseball practice.  
**Father:** What's the matter, Edgar? Is anything wrong?  
**Edgar:** No, Dad.  
**Father:** Edgar, please tell me what is wrong!  
**Edgar:** I hate baseball.  
**Father:** Why?  
**Edgar:** Nobody wants to play with me, and when I play, they laugh at me and call me names.  
**Father:** You shouldn't pay attention to them. You are an excellent baseball player and I'm very proud of you. But don't worry. I'm going to speak with your coach about the problem.



What should Edgar's parents do to stop bullying?

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B. Write one example of each type of bullying.

Physical: \_\_\_\_\_

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Verbal: \_\_\_\_\_

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Cyber: \_\_\_\_\_

---

Psychological: \_\_\_\_\_

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# Activity 14

## Reduce Waste and Recycle

Read the text and answer the questions.

Read these easy ways you can start reducing waste in your everyday life.

1. Stop using plastic straws, even in restaurants. If you must use a straw, purchase a reusable stainless steel or buy a glass straw.
2. Use a reusable shopping bag. A single plastic bag can take 1000 years to break down.
3. Give up chewing gum. Chewing gum is made of a synthetic rubber, similar to plastic.
4. Buy boxes instead of bottles. Often, products like laundry detergent come in cardboard, which is more easily recycled than plastic.
5. Reuse containers for storing leftovers.
6. Use a reusable bottle or mug for your beverages, even when ordering from a coffee shop.
7. Avoid buying frozen foods because their packaging is mostly plastic. Even those that appear to be cardboard are coated in a thin layer of plastic. You'll also be eating fewer processed foods.
8. Make fresh squeezed juice or eat fruit instead of buying juice in plastic bottles. It's healthier and better for the environment.
9. Make your own cleaning products. This will reduce the need for plastic bottles. White vinegar is a good cleaning product.



1. What can take 1000 years to break down?

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2. Where can you store leftovers?

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3. What is made from synthetic rubber?

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4. How can you reduce waste and save money?

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5. Which types of straws are better for the environment?

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6. What is a good cleaning product?

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## Activity 15

### Reduce, Reuse and Recycle Pt. 1.



Read the definitions, and then classify the items.

**REDUCE:** Produce less trash.

**REUSE:** Use an item more than once.

**RECYCLE:** Turn an item into another useful item.



paper

soda can

rubber tire

cereal box

plastic bags

water

glass jar

popsicle sticks

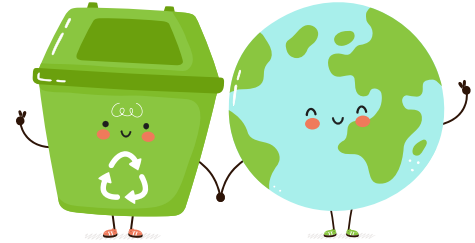
milk carton

RECYCLE	REUSE	REDUCE

## Activity 16

### Reduce, Reuse and Recycle Pt. 2.

Answer the questions.



1. List two ways to reduce waste:

1. \_\_\_\_\_
2. \_\_\_\_\_

2. List three things in your home that you can reuse:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3. Name a way that you can help to make our community a better place. What can you recycle? How would that help our community?

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# Activity 17

## Word search.

Find the words.

CONTAINER  
PLASTIC  
CAN  
BIN  
BOTTLE  
RECYCLE

BATTERY  
PAPER  
GLASS  
ENERGY  
REDUCE

NEWSPAPER  
COMPOST  
ALUMINUM  
VOLUNTEER  
FUEL  
REUSE

G	Y	D	Y	I	O	I	G	G	Z	C	Y	W	S	J	A	K	D	Z	I	U	C	O	C	R
P	O	I	V	K	W	T	Z	A	Z	S	M	N	C	A	F	X	J	Z	F	U	H	Y	W	E
T	S	X	E	G	R	Y	P	K	H	L	H	K	G	A	V	M	K	X	Z	Z	H	P	O	D
F	K	L	I	N	G	E	J	Q	Q	S	I	P	F	M	O	E	B	L	F	R	E	L	O	U
P	T	O	G	C	K	S	E	N	S	S	Y	I	P	C	A	H	H	T	L	X	B	L	A	D
F	U	E	L	O	E	E	B	S	S	C	W	X	P	N	A	O	E	V	A	T	R	S	T	E
N	L	J	W	N	B	T	N	M	W	Z	O	I	K	G	X	A	L	T	M	O	V	T	X	I
F	L	O	L	T	U	P	V	O	L	U	N	T	E	E	R	W	K	A	V	T	M	I	V	C
L	O	K	O	A	Z	B	E	N	E	W	S	P	A	P	E	R	V	G	U	B	N	C	X	Y
A	R	Q	C	I	P	F	A	L	I	I	E	P	P	A	U	R	U	T	Y	A	U	W	O	Z
R	S	B	A	N	D	I	R	L	U	Y	K	E	E	J	N	N	U	U	C	T	O	J	A	P
E	L	K	S	E	G	S	T	W	R	L	Y	P	P	S	W	D	A	D	A	T	G	Z	G	T
Z	N	I	F	R	E	J	H	J	E	G	X	R	O	K	O	P	Z	K	T	E	D	N	Y	D
G	N	C	B	J	F	N	R	E	C	Z	N	P	C	O	M	P	O	S	T	R	B	U	R	N
L	A	S	O	T	K	C	A	L	U	M	I	N	U	M	I	E	X	X	Q	Y	C	A	W	R
A	R	I	L	S	K	O	W	U	B	T	K	Z	Y	B	S	T	T	E	W	Y	H	L	M	W
S	E	Z	V	V	I	P	U	M	T	A	M	F	E	M	C	H	D	A	T	M	Y	E	E	T
S	C	I	K	F	D	Y	M	P	L	Q	B	W	Q	Y	N	J	L	B	L	H	F	H	U	Z
V	Y	U	Y	T	H	Y	L	W	J	R	C	S	A	I	J	W	A	D	N	C	F	X	E	L
P	C	O	O	Y	C	Q	O	H	F	Y	O	T	U	V	S	W	Y	C	A	X	K	C	R	R
C	L	D	W	P	W	O	T	X	P	Y	G	J	H	U	M	F	P	A	O	W	E	H	B	J
C	E	Z	I	Y	Q	R	E	G	P	Q	G	Q	Z	G	Z	M	D	A	I	O	A	C	I	N
P	A	P	E	R	G	Z	R	E	U	S	E	C	A	N	Q	K	W	L	V	V	E	W	N	O
D	P	G	X	H	B	Q	K	Y	N	I	B	I	S	H	F	C	E	A	D	H	E	N	Y	R
A	A	Y	N	E	J	O	V	W	R	E	Z	X	S	I	B	W	O	T	K	X	X	R	M	S
I	U	Q	X	D	W	R	T	V	U	Y	R	F	G	T	O	P	H	T	Y	O	F	X	A	B
K	Z	C	S	S	C	U	R	T	Y	V	Q	G	K	P	W	J	A	M	M	X	W	L	R	T
W	J	D	Z	S	C	S	Z	U	L	U	M	R	Y	P	R	H	X	E	K	Z	H	Y	I	X
U	T	X	T	M	X	E	Y	M	A	E	T	G	S	L	F	Z	W	N	W	V	E	Y	A	Z

# Activity 18

## Global Warming

Read and answer the questions about global warming.



### What is global warming?

The Earth is always changing. The weather changes, the season changes, almost everything changes. But one thing that has been changing constantly for the past few decades is the global temperature.

Humans and the people on Earth consume all types of products that produce gases that are released into the atmosphere. These heat trapping gases are mainly caused by fossil fuels. Fossil fuels are used in industrial plants, operating vehicles, and in the making of just about everything.

The gases are called greenhouse gases. The greenhouse gases that become trapped in the atmosphere cause the temperature of the Earth to increase.

These warmer temperatures are causing alarming changes all over the world, including; the melting of glaciers and stronger storms.

Modern society is having an increasing effect on the global climate, and in turn causing the environment to deteriorate.

1. Who is responsible for the increase in temperature on Earth?

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2. What causes the heat trapping gases?

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3. What are the heat trapping gases called?

---

4. What are some of the changes that global warming has caused around the world?

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5. Do you think that the Earth is in danger?

---

6. What should we do to reduce global warming?

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