

# Rocks

A rock is made of two or more minerals. Rocks are 11  
named by how they are formed. There are three types of 21  
rocks. Igneous rocks are formed when volcanoes erupt 28  
and magma flows to the earth's surface. New rocks can 38  
also be made from weathering and erosion. Rain, wind, and 48  
running water cause rocks to break down a little bit at a 58  
time. These rock pieces fall to the bottom of the lake or 69  
oceans they run into. Over time the layers of sand and mud 80  
at the bottom of lakes and oceans turn into sedimentary 93  
rocks. Metamorphic rocks are rocks that have changed 105  
because of heat and pressure. 110

Rocks are constantly changing, because after they 117  
form, they wear down and then form again. This process is 128  
called the rock cycle. Rocks can be weathered by wind, 138  
water, and ice. 141

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# Minerals

Minerals are very interesting and are lots of fun to learn	11
about. They are solids and have never been alive. Minerals	22
are formed in nature, which means they cannot be made by	33
people. We identify or name minerals by their properties.	44
One property that we look at is how hard a mineral is. When	54
we test or measure a mineral's hardness that is called a	65
scratch test. The hardest mineral is a diamond, and the	76
softest mineral is talc. We also use a streak test to help	88
identify minerals. In a streak test, we rub a mineral on an	99
unglazed, white tile and see what color streak it leaves	110
behind. Another property of minerals is luster, which is the	120
reflection of light from a mineral. Minerals with a lot of luster	131
look shiny. Sometimes minerals are the same color, which is	136
why we often cannot use color to identify minerals. For	146
example, quartz can be pink, purple, green, blue, gold, and	156
many other colors.	159

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# Soil

Soil is the upper layer of earth where plants grow. It consists of a mixture of weathered rock, minerals, and a variety of living and dead life forms. Soil has developed over hundreds of millions of years, as the forces of weather have ground the top rocky layer of the Earth into smaller and finer particles.

There are three main types of soil. One type of soil is clay. It often has a reddish color and absorbs a lot of water. Its particles are very small. When it's dry it feels smooth, and when it's wet it feels sticky. Another type of soil is sand. It is often a light color, almost white. Water passes through sand quickly. It is made of large particles. Sandy soil feels rough when you rub it between your fingers. The third soil type is loam. It is often dark brown or black. Loam is a combination of sandy soil and clay. Loam stays moist while allowing drainage and air circulation. It has medium size particles. Loam is the best soil for growing plants.

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# Erosion and Weathering

Weathering and erosion are constantly changing the earth's surface. Weathering is the process of breaking rocks apart into smaller and smaller pieces. Plants, ice, and wind can cause weathering. Some weathering happens when plants break up rocks with their growing roots. Ice causes weathering when water gets into cracks inside rocks and freezes. The ice expands and the cracks are opened wider until the rocks break into smaller rocks. Wind can cause weathering when pieces of sand rub against rocks. This can smooth rocks and even form arches. Rivers are responsible for carving canyons through mountains. Weathering is usually a slow process that takes thousands of years.

Erosion is the movement of weathered rocks and soil. Erosion happens when small rocks and gravel are picked up and moved to another place by ice, water, or wind. Sometimes erosion happens very fast because of storms, but in most situations, erosion happens very slowly.

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# Fossils

Fossils are the remains of plants and animals. All fossils 10  
were formed at least 10,000 years ago. They can tell us 21  
many things about plants and animals from long ago. 30

Body fossils are the remains of a plant or animal's body. 41  
For an animal to become a fossil, it would have been quickly 53  
buried after its death. Sediments would cover the remains. 62  
The parts of the animals that didn't decay would be buried. 73  
After a long time, the minerals would replace the bone. 82  
Other small body fossils are found in amber, a hardened form 93  
of tree sap. Trace fossils are the remains of an animal, such 104  
as footprints and nests. An imprint is a mold of a leaf or 116  
other thin object. 119

A paleontologist is a scientist who studies fossils. They 128  
can use fossils to find how an animal looked and lived. They 140  
can build the skeletons of dinosaurs to show how large the 151  
animal was and how it moved. The skeletons can also 161  
tell us the types of food the animals ate. 170

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# Heat

We can see and feel examples of heat all around us. We  
can feel heat when we go outside in the sunshine. The Sun is  
the most important source of heat on earth, and nearly all-  
living things rely on the Sun in order to survive. Heat energy  
from the sun is called solar energy.

There are many different ways heat is produced. One  
way to produce heat is through a chemical reaction, such as  
burning. A fuel is something that can be burned for heat and  
energy. Wood, coal, oil, and gas are all examples of fuels. Our  
bodies produce heat through a chemical reaction in the  
digestive system. Friction is another source of heat. When  
two things rub together, they create friction. You can feel  
this type of heat when you rub your hands together or rub  
a piece of sandpaper on wood. The inside of the earth also  
produces heat, which results in volcanoes and geysers. Heat  
is frequently produced through electricity.

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# Insulators and Conductors

Heat moves differently through different surfaces, and 8  
it always moves from hot to cold. On a hot day, you shut 20  
your doors to keep the heat outside from moving inside. On a 32  
cold day, you shut your doors to keep the heat inside from 44  
moving outside. 46

A conductor helps heat to move quickly through an 55  
object. Metals are usually great conductors. Conductors 62  
are useful for cooking or whenever you want something to 72  
heat up quickly. That is why pots and pans are made of 83  
metal. 84

An insulator slows heat down, so heat cannot move 93  
quickly through the material. We use insulators to help keep 102  
us warm or to keep us cool. We wear insulators as sweaters 114  
and jackets in the wintertime. We use them as potholders 124  
when we cook to keep our hands from burning. Many people 135  
use insulators in lunchboxes to keep their food either hot or 146  
cold. Wool and foam are often used as insulators. 154

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# Magnets

A magnet is a material that produces a magnetic field.	11
A magnetic field is invisible to the human eye but can be seen	23
with iron filings. They are attracted to things made of iron	34
and steel. Materials like glass, plastic, and wood are not	44
attracted to magnets. Each magnet has a north and south	54
pole, and magnets are typically strongest at their poles.	63
Opposite poles attract, and like poles repel. Magnets are	72
very useful. We know they can be used to attract metal	83
objects, but there are many other uses of magnets. They	93
can be used to make electric motors and generators.	101
Telephones, doorbells, and computers all use electromagnets.	110
Magnets are also used in compasses. Some people are	121
surprised to find that magnets are used for the black strip	126
on top of credit cards.	131

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# Environment

The environment is everything around you including the air, 9  
water, land, and plants. There are three great ways to help 20  
protect our environment. Those three things are to reduce, 29  
reuse, and recycle. We can reduce the amount of trash we 40  
throw away by limiting our use of things that will soon be 52  
thrown away. Try not to buy single serving items such as 63  
juice boxes. We can also reduce the amount of paper we 74  
use by writing on both sides of our paper. We can reuse 86  
objects like water bottles and lunch bags rather than 95  
throwing them away. Instead, we can reuse those items for 105  
other purposes. It's also important to recycle goods made 114  
from paper, plastic, and glass. Making new items from 123  
recycled ones takes less energy than making a new material. 133  
It also uses fewer resources than making products from 141  
brand new materials. Working together, we can have less 150  
garbage polluting the earth. 154

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# Pollution

Pollution means any dirtying of air, soil, or water. There are 11  
four different types of pollution. Air pollution is caused when 21  
harmful gases go into the air. The smoke released from 31  
burning fuel, factories, and cars are major sources of air 41  
pollution. Air pollution is one of the major causes of coughs, 52  
asthma, and burning eyes. Water pollution is caused when 61  
dirty water drains through the pipes into rivers and oceans 71  
dirtying the water. Chemicals from factories sometimes drain 79  
into rivers. There are many diseases you can get from 89  
drinking polluted water. Land pollution is caused when 97  
garbage is thrown on the ground. This can also cause 107  
diseases. The fourth type of pollution is noise pollution. That 118  
is when music or other noise is too loud. 126

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# Habitats

A habitat is a place where an animal lives. It provides the animal with food, water, and shelter. There are many different sorts of habitats around the world. There are forests, grasslands, mountains, and deserts. There can be many different types of habitats in just one state. Different habitats are home to different animals. They live well together because they all do things to help keep the whole habitat healthy. Animals need each other to keep the habitat balanced. Sadly people are causing many habitats around the world to disappear. Forests are being cut down. There are lakes and rivers being polluted and the polar ice caps are melting. Without our help, these habitats and the animals that live in them could become extinct.

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# Animal Adaptations

An animal adaptation is something special about an animal	9
that helps the animal to survive. It helps the animal do	20
everything it needs to do. Animal adaptations can be physical,	32
which describes the animal's body. The adaptations can also	41
be behavioral, which is how an animal does things in its daily	53
life. Camouflage is one type of adaptation. It helps an animal	64
blend in to its environment. Snowy Owls use this type of	75
adaptation to blend into the snow around them. Another	84
adaptation is hibernation. That is when an animal sleeps or	94
rests through most of the winter months. Some bats	104
hibernate through the winter. Migration is another type of	111
adaptation. When animals migrate, they move from one place	120
to another in order to survive. The Monarch butterfly	128
migrates to Mexico each year.	133

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# Plant Adaptations

Plants need sunlight, water, air, and nutrients to survive. They 10  
live in a large range of habitats. Plants have different ways 21  
to meet these needs in their environments. There are several 31  
ways plants adapt to thrive in the habitats where they live. 42  
Each fall some leaves change colors and then fall from the 53  
trees. This is an adaptation that allows trees to survive the 64  
winter months. Some trees remain green all year. Another 73  
example of a plant adaptation is carnivorous plants. These 82  
plants eat bugs, because the soils in the swamps where they 93  
live have few nutrients for the plants. Some trees produce 103  
nuts that help create new trees. Other plants have brightly 113  
colored flowers to attract bees, birds, and butterflies to 122  
allow them to fertilize the plants. As you can tell, there are 134  
several different types of plant adaptations. 140

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# Weather and Climate

The weather is the state of the atmosphere at any time. 11  
This includes temperature, rain, snow, and clouds. Changes in 20  
the weather are because of winds and storms. The Earth is 31  
round, and the sun's rays don't fall evenly on the land and 43  
oceans. The sun shines directly near the equator. This brings 53  
those areas more warmth. The Polar Regions get little or no 64  
sunlight during the winter. This causes them to have colder 74  
temperatures. Mountains also affect weather. As a cloud 82  
goes up the mountain, it keeps raining until there is no more 94  
water in the cloud. As the cloud starts to go down the 106  
other side of the mountain, there is no more rain. This means 118  
one side of the mountain doesn't get any rain. The flat ground 130  
on this side of the mountain is dry and arid. Climate is the 143  
weather conditions present in an area over a long period. It 153  
is the average weather, usually taken over a 30-year time 163  
period for a particular area. 168

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# Seasons

Seasons are created by two very important events. One is 10  
the rotation of the earth that gives us day and night. The 22  
other is rotation of the earth around the sun that gives us 34  
our year. The sun never changes. It is the movement of the 46  
earth that creates changes in temperature. As the earth 55  
moves in its path around the sun, there are times a certain 67  
part of the planet is closer to the sun. That area will have 80  
summer. The area pointed away from the sun, will have 90  
winter. Because of this, the Northern Hemisphere of the 99  
planet has summer while the Southern Hemisphere 106  
experiences winter. Some regions do not experience seasons 114  
the same way as others, but all parts of the earth have 126  
seasonal changes. The four seasons are winter, spring, 134  
summer, and fall. 137

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# Water Cycle

Earth has a limited amount of water. That water keeps	10
going around and around. We call it the water cycle. The	21
water cycle begins with evaporation. Evaporation is when	29
the sun heats up water in rivers, lakes or the ocean. Then	41
turns it into water vapor or steam. The water vapor or	52
steam leaves the body of water and goes into the air.	63
Condensation is when water vapor in the air gets cold and	74
changes back into water to form clouds. Precipitation	82
occurs when so much water has condensed that the air	92
can't hold it anymore. This is how we get rain or snow.	104
Collection happens when the precipitation falls and is	112
collected back in the oceans, lakes, and rivers. When it falls	123
to the ground, it will soak into the earth and become ground	135
water. This is the water cycle and it just keeps repeating.	146

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# Forces and Motion

A position is the location of an object. You use words such 12  
as right, left, above, or below, to describe positions. Motion is 23  
a change of position. When a person throws a ball, he or she 36  
puts it in motion and the position of the ball changes. A top 49  
spins around and around and a swing moves back and forth. 60  
When you jump, you move up and down. A force is a push or 74  
pull that can change an object's position, and put it in motion. 86  
You might push a door to open it, or pull a door to close it. 101  
You could push a shopping cart, pull a wagon, push someone 112  
on the swings, or pull weeds from your yard. Speed describes 123  
how fast something moves. Fast-moving objects go farther 132  
distances in a small amount of time. Slow-moving objects take 143  
much longer to go the same distance. 150

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# Plant Life Cycles

A life cycle shows how a living thing grows and reproduces 11  
itself. A plant's life begins with the seed or bulb. Some seeds 23  
have an outer layer called a seed coat or hull. This provides 35  
protection and nourishment for the seed. When a seed 44  
germinates, a small root begins to grow down and a shoot 55  
grows up. When the shoot breaks the surface, the plant is 66  
called a sprout. The sprout uses water and nutrients from 76  
the soil along with sunlight and air to grow and change into a 88  
seedling. A seedling is a small plant with few leaves. The 99  
seedling grows into a young adult plant. The plant is bigger 110  
and may have more leaves. The young adult plant will grow 121  
into an adult plant, which has the ability to reproduce 131  
through spores or flowers. After flowers are pollinated, 139  
they turn into fruit with seeds inside. The fruit decays, and 149  
the seeds can start the life cycle again. 157

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# Butterfly Life Cycle

Butterflies have a complete life cycle. This means that 9  
there are four separate stages. Each stage of their life 19  
looks completely different and serves a different purpose. 27  
The egg is a tiny, round object. The female attaches the 38  
egg to leaves, stems, or other objects, usually near 47  
caterpillar food. The caterpillar is the long, worm-like stage 57  
of the butterfly. It often has an interesting pattern of 67  
stripes or patches. It sometimes looks hairy. This is the 78  
feeding and growing stage. As it grows, it sheds its skin four 91  
or more times. The chrysalis is the transformation stage. The 99  
chrysalis of most species is brown or green and blends into 110  
the background. The adult is a colorful butterfly. The 119  
adults lay new eggs and the cycle begins again. 128

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# Variation of Traits

Plants, animals, and people are all different. They all have life cycles that include being born, growing into adults, reproducing, and dying. These plants, animals, and people all inherit features from their parents. These features include how they look and how they act. Children's traits come from both of their parents. They inherit their hair color, eye color, and facial features from their parents. This is why some people can roll their tongue and other people cannot roll their tongue. This is why everyone looks and acts different. No two people are exactly alike. The environment also affects animals and people. This may impact their diet or how they learn. The environment also affects the health and quality of life of both animals and people.

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# States of Matter

Matter is all around us. Matter is grouped into solids, liquids, and gases. A solid is a kind of matter that has its own shape. Solids include tables, shirts, glass cups, and clay. A liquid is a kind of matter that does not have its own shape and flows freely. Liquids take the shape of their containers. The molecules that make up a liquid are farther apart than solids and are able to vibrate and move more freely. Liquids include water, milk, and juice. A gas flows and does not have its own shape. Gases can take the shape of their containers. The molecules that make up a gas are much farther apart than solids and liquids, and can move independently. Without a container, gases can spread freely. Though you cannot always see gases, they surround us. Air is a mixture of different gases.

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# Solar System

Our Solar System is a group of planets and moons that orbit 12  
around the Sun. The Sun is the star at the center of our 25  
Solar System. A star is a body of hot gases that makes its 38  
own light and heat. There are many stars that are much 49  
larger than the sun, but it is the closest star to our planet. 62  
The Sun provides heat and light and allows living things to 73  
survive. The Solar System is divided into two main sections. 83  
The inner Solar System contains four planets, Mercury, Venus, 92  
Earth, and Mars. Mercury is the planet closest to the Sun. 103  
Venus is the second planet from the Sun. Its size is similar to 116  
Earth. Mars is known as the “red planet” due to the reddish 128  
color of its rocks. The outer Solar System contains the gas 138  
giants. Jupiter, Saturn, Uranus, and Neptune are the gas 147  
giants. Jupiter is the largest of all the planets. Saturn is the 159  
second largest planet and has rings made of ice, rocks, and 170  
dust. Uranus and Neptune are sometimes considered “ice 178  
giants”. Uranus is the coldest planet in our Solar System. 188  
Neptune is the farthest planet from the Sun. 196

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# Moon

The Moon is Earth's closest neighbor in space. The Moon 10  
orbits the Earth. The Moon's surface is rocky and dusty and 21  
full of craters, most likely made by rocks that crashed into 32  
the Moon. The surface is not flat, but has mountains and 43  
valleys. The Moon does not make its own light or heat like the 57  
Sun. We can only see the Moon because the Sun's light shines 69  
on it. The Moon goes through phases when we see different 80  
parts of the Moon. The first phase is the new Moon. We do 93  
not see the Moon in the sky at all during this phase because 106  
the Sun shines on part of the Moon that faces away from 118  
Earth. After the new Moon, it turns into a crescent Moon, 129  
then a half Moon, and then after 14 days, we see a full Moon. 143  
Then we see the Moon get smaller. It changes to a half 155  
Moon, a crescent Moon, and then it becomes a new Moon again 167  
and the cycle starts over. When we see the Moon get 178  
bigger, we say that it is waxing. When we see it get smaller, 191  
we say that it is waning. 197

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# Light

Light is a type of energy. The Sun, stars, and fire are all 13  
natural sources of light. Light is made up of tiny particles 24  
that travel in waves. Light travels until it hits an object and 36  
is either absorbed or reflected. We can see because light is 47  
reflected from an object to our eyes. Light can easily pass 58  
through some objects, such as clear plastic or glass. These 68  
objects are transparent and we can see through them. Light 78  
cannot pass through opaque objects, such as wood blocks. 87  
Objects that block light can cast shadows. Some objects 96  
block some light but also allow some light to pass through. 107  
Sunglasses and stained glass block some light. Translucent 115  
objects diffuse light in many different directions. Objects 123  
that are shiny reflect light better than dull objects. Normally, 132  
light travels in a straight path called a ray. However, when 143  
passing through transparent materials, light bends or turns. 151  
This is because different materials have different qualities. 159

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# Sound

Sound is made when something vibrates and pushes molecules 9  
in the air to create waves. The waves travel to our ears 21  
and vibrate our eardrums, which helps us hear. The speed 31  
of sound is how fast the wave or vibrations pass through 42  
the medium or matter. The type of matter has a large 53  
impact on the speed at which the sound will travel. Sound 64  
travels faster through solids than through liquids, and more 73  
slowly still through gases. Volume describes how soft or loud 83  
a sound is. The waves of loud sounds have a lot of energy 96  
and can travel far. The waves of softer sounds do not have 108  
as much energy. The more decibels, the louder the sound is. 119  
Pitch describes how low or high a sound is. Sounds can be 131  
blocked or absorbed by certain objects such as earplugs. 140  
Sound waves can bounce off things. An echo occurs when a 151  
sound bounces off something and returns to the source, or 161  
where it came from. 165

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# Food Chain

All living things rely on each other for food and energy. A 12  
food chain shows this relationship and how energy gets 21  
transferred from one living thing to the next. Food chains 31  
begin with plant-life, and end with animal-life. Some animals 42  
eat plants, some animals eat other animals. For example, a 52  
plant uses the energy from the Sun to make its own food. 64  
Insects such as caterpillars rely on the plants for food. Small 74  
birds eat caterpillars, while other animals such as predatory 85  
birds, cats, and foxes hunt smaller birds. Producers are living 95  
things that can make their own food. Most of Earth's living 105  
things are made up of producers. Consumers are living things 115  
that eat other living things. Herbivores are animals that eat 126  
only plants. Carnivores are animals that eat only other animals. 130  
Omnivores are animals that eat both plants and animals, such 140  
as bears and humans. 144

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# Clouds

There are many types of clouds, and each type has a different meaning. Cirrus clouds are white, wispy clouds that hang out high above the ground. These clouds are wispy in appearance because they have been blown into long strands by winds. These cirrus clouds usually mean good weather for the day, but can also mean that new weather is blowing in. When you look at cirrus clouds, you can easily see them move. Stratus clouds are thin clouds that often spread across the whole sky. Unlike cirrus clouds, stratus clouds can be either high in the sky or lower towards the ground. These types of clouds usually indicate that a storm is on the way. Most rain or snowstorms come 12–24 hours after stratus clouds arrive. Cumulus clouds are puffy clouds that look like floating cotton balls. When these puffy clouds look white, it usually means that the weather will be fair that day. However, when these clouds turn gray, it can mean rain or snow, depending on the season.

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# Ecosystems

An ecosystem is a community of organisms that interact with one another in a specific environment. Each of these organisms depend on the other. They are connected, and without one another, they run the risk of dying or losing their home. Producers are any kind of green plant, and the beginnings of life in an ecosystem. These living organisms convert the sun's energy to food. Examples of producers could be grass, algae, flowers, or trees. Consumers are another part of an ecosystem. Consumers cannot make their own food and need to get their food by eating something else. Examples of consumers include rabbits, whales, bears, or even humans. Finally, decomposers are a part of a healthy ecosystem. Decomposers eat decaying, or dead, things. These decomposers help eliminate dead things from the ecosystem, and convert dead things into nutrients.

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# Simple Machines

Simple machines help people make hard tasks a bit easier. 10

Most simple machines use force to move loads. These simple 20

machines can work alone or together, getting jobs done with 30

less effort. One type of simple machine is called a wedge. A 41

wedge splits something apart. An example of a wedge is an 51

axe. Another type of simple machine is an inclined plane. An 63

inclined plane makes moving a load to different surface levels 73

easier. A ramp is an example of an inclined plane, and you can 84

find these public places, usually near stairs. A pulley system is 94

another type of simple machine. A pulley uses grooved 107

wheels and a rope to raise, lower or move a load. Flags are 119

raised and lowered with a pulley. A wheel with a rod 131

through its center, called an axle, lifts or moves loads. A 143

bicycle tire is an example of a wheel and an axle. A hammer 155

can be used as a lever, which is another example of a simple 167

machine. A lever is a stiff bar that rests on a support called 179

a fulcrum which lifts or moves loads. 190

Number of Words Read	Monday	Tuesday	Wednesday	Thursday
1 <sup>st</sup> Attempt				
2 <sup>nd</sup> Attempt				
3 <sup>rd</sup> Attempt				

# Stars

Stars are burning spheres of gas. Sometimes, stars appear 9  
brighter than others when you look at them. This is because 20  
each star is different. Some stars are huge spheres while 30  
other stars are smaller. Larger spheres will give off more 40  
light, which means you will be able to see a brighter spot in 53  
the sky from your spot on your porch. A star's distance from 65  
Earth can determine if a star will be brighter than others. 76  
Stars that are closer to Earth seem brighter than those 86  
farther away. Not every twinkling light in the sky is a star. 97  
Sometimes, you catch a glimpse at a planet. Planets do not 108  
give off their own light. Instead, the planets in our solar 119  
system simply reflect the light from our central star, the sun. 130  
Next, planets move around our sun. Stars are mostly fixed in 141  
the sky. If you look at the sky night after night, you will 154  
notice that stars do not move from night to night. Planets, 165  
though, do move from night to night. 172

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1 <sup>st</sup> Attempt				
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# Weather Instruments

People who study the weather are called meteorologists.	8
They use thermometers, rain gauges, barometers, wind vanes, and anemometers to predict the weather.	15
Thermometers are common weather instruments that tell the temperature. Rain gauges are another common known tool.	22
These instruments tell how much precipitation has fallen to the ground. Barometers are weather instruments that measure air pressure. Meteorologists use barometers to keep an eye on changing air pressure, which can indicate a weather front. Wind vanes are weather instruments that measure wind speed and direction. Finally, anemometers are another type of weather instrument that measure wind speed. Meteorologists study weather patterns as a way of predicting what weather will impact their area. Knowing the speed and pressure of winds help scientists know how quickly weather systems may blow into their town or region.	30
Meteorologists use all of their gathered data to make the best possible prediction on weather near you.	38
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