DAILY Warm-Up 5

Name _____ Date _____

TOO MUCH TV!

How many hours a day do you watch television? How many hours a week? Most children watch way too much television. If children are watching too much television, it means that they are not reading enough books. They are probably not getting enough exercise either. Watching television doesn't challenge our bodies mentally or physically. It is a "brain dead" activity.

Television is also not good for children because many shows are too violent. There aren't very many shows at night that could be considered children's shows. Many shows that are made for adults are shown during the time when children are watching television. It is not good for children to see so much violence. Some researchers say that watching this kind of program on television leads some children to do violent things in real life.

Many children say that there is nothing to do but watch television. This just isn't true. Children can go on walks, take a bike ride, or learn how to cook. They can play a game, do their homework, play jump rope, and do jumping jacks. They can also play soccer, basketball, football, or dance. There are so many things to do and so little time. Children should turn off the television because they are missing out on too much fun!

STORY QUESTIONS

1. What is the main idea of the reading passage?
   a. Children enjoy free time outside.
   b. Children watch too much television.
   c. Television programs are too violent.
   d. There should be a way to block violent television shows.

2. What is meant by the term "brain dead" in this passage?
   a. They are condemned.
   b. They are unsafe.
   c. They are not using their brains.
   d. They are torn down.

3. According to the passage, why do children watch too much television?
   a. It is a requirement for families with small children.
   b. They are enticed to watch with the commercials.
   c. It is easier than reading or playing games.
   d. Television is a profitable industry.

4. Which of the following statements is <u>not</u> a result of watching violent television?
   a. Children model what they see on television.
   b. Children are exposed to violence on a daily basis.
   c. Children are too young to watch some programs.
   d. Children learn from their parents how to treat others.

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LIVEWORKSHEETS

DAILY Warm-Up 6

Name _____ Date _____

SCHOOL UNIFORMS

Do you like to go school shopping each year? For many students, school shopping just isn't necessary. These students go to school where school uniforms are required. School uniforms are typically a white shirt with dark pants or a skirt. There is no need to check out the local ads for the new styles or trends—these children already know what they will wear on the first day of school long before it arrives.

Some people feel that uniforms are not a good idea. They think that children should be able to have a choice in what they wear. Wearing uniforms seems too strict. Bad behavior doesn't happen because of the clothes they are wearing. Uniforms can be a hassle. Some people feel that they are uncomfortable. It can be boring to wear the same thing every day.

On the other hand, many people agree with student uniforms. These people feel that uniforms make all students feel safe and comfortable. You don't have to worry about gangs when everyone is wearing the same uniform. Behavior improves when students wear a uniform and dress nicely. Uniforms can also be much cheaper than the latest fads. Some say that uniforms are easy to wear, and they are comfortable, too.

So what is your opinion?

STORY QUESTIONS

1. What is the main idea of the third paragraph about school uniforms?
   a. School uniforms may be a good idea.
   b. School uniforms show school spirit.
   c. School uniforms can be expensive.
   d. School uniforms are uncomfortable, but they keep the students in line.
2. What is one of the reasons presented in the passage that supports the idea that student uniforms improve student behavior?
   a. Students are more comfortable in school uniforms.
   b. There are winter and summer uniforms available.
   c. Students can't wear gang-related clothing if school uniforms are the rule.
   d. Students feel safe at school because the uniforms are protective gear.
3. Which statement shows that the author is trying to appeal to the parents in the audience?
   a. Wearing uniforms seems too strict.
   b. Uniforms can be much cheaper than the latest fads.
   c. Uniforms are easy to wear and comfortable.
   d. Uniforms can be a hassle.

LIVEWORKSHEETS

DAILY Warm-Up 7

Name _____ Date _____

ENOUGH SLEEP

Yawn! Are you getting enough sleep? There are experts who don't think you are. The average bedtime for most children today is much later than it used to be. Years ago, children used to go to bed by 7:30 P.M. Today, children are lucky to get in bed by 9:00 P.M. There are many reasons why experts believe this is the case.

One of the reasons is because children are involved in too many activities. Children have the opportunity to be involved in soccer, ballet, basketball, ceramics, Girl Scouts, football, piano, and more. There is no end to the number of activities in which children can become involved. This means that as soon as school is out, many children are expected to attend practices. By the time children get home, they get a quick bite of dinner to eat. After dinner, there needs to be time set aside to complete homework. Most children want to watch some television before they take a bath or shower and get to bed.

Another reason children aren't sleeping as much is because more and more families have both parents working. By the time parents get home, they have a lot of work to do. They need to get dinner going. They need to run children here and there. And they need to help children with homework.

Families need to cut back. Children need to be involved in fewer activities. Parents need to come up with a better schedule for the family. Children need more sleep!

STORY QUESTIONS

1. What is meant by the phrase *cut back* in the passage?
   a. budgets are being reduced
   b. pulling away
   c. reduce and simplify
   d. eliminate activities

2. Which of the following statements is <u>not</u> one of the reasons kids don't get enough sleep?
   a. Children are involved in too many activities.
   b. Both parents are working and there isn't enough time.
   c. Children are busy attending practices and doing homework.
   d. Children have to be at school too early in the morning.

3. Which words best describe the children mentioned in this passage?
   a. harried and worn out
   b. prepared and adjusted
   c. calm and peaceful
   d. chaotic and smooth

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DAILY Warm-Up 8

Name _____ Date _____

AMOUNT OF HOMEWORK

Did you get your homework done last night? Do you feel you have enough homework, or do you feel that you have too much? This has been an argument that has been going on for years. Teachers and parents have differing opinions on the matter. Some teachers feel that a lot of homework should go home. On the other hand, some parents feel that there is not enough or just too much homework coming home! How much is enough?

Many experts believe that some homework should go home, but they don't all agree about the amounts. Experts also say that homework should be for review only. This means that a teacher shouldn't send home anything that is new. A student should only practice and complete work that has been taught in school. It can be confusing for a student to do new material alone.

Experts also say that teachers should only send homework that students can do without any parental assistance. Too many times, teachers send homework that requires an adult to assist in completing it. This is too demanding on the families. Teachers should never send homework just for fun. Homework should always be meaningful and helpful. So, what are your thoughts? Do you agree with the experts? What type of homework do you have? Is it the right kind and right amount?

STORY QUESTIONS

1. What is the main idea of this passage?
   a. The type and amount of homework should be reasonable.
   b. There is not enough homework going home.
   c. Homework can be time-consuming for the family.
   d. Experts disagree on the amount of homework that is sent home.
2. Who is the audience for this reading passage?
   a. school experts
   b. teachers
   c. parents
   d. students
3. Which statement from the reading passage shows who is the audience for this passage?
   a. Experts say that teachers should only send home work that students can do on their own.
   b. Homework should always be meaningful activities.
   c. Did you get your homework done last night?
   d. Homework should never be something new.

LIVEWORKSHEETS

DAILY Warm-Up 9

Name _____ Date _____

HEAVY BACKPACKS

Do you carry a backpack to school each day? How heavy is the backpack? Some experts believe that the backpacks that students carry are too heavy. It isn't because books are heavier these days. Rather, experts say that students are expected to carry more and more books in their backpacks. These books are heavy and cause a strain on the students' backs.

Experts say that the backpack should not weigh more than 10–15% of a student's body weight. Anything heavier than that can lead to back problems. The problems range from muscle strain to poor back alignment. The number of people being treated for backpack strain has increased. Emergency rooms are noticing a rise in the problem.

Does carrying a backpack that is too heavy really cause a problem? Apparently it does. Some of the signs to watch for are if the student complains of back pain or if he or she walks bent over sideways to adjust for the weight. Another sign to watch for is if they complain of tingling in the arms or hands.

To accommodate for the weight, experts recommend that students bring a backpack to school that has wheels. Another recommendation is a backpack with a waist strap. The strap helps to support the waist.

STORY QUESTIONS

1. "To *accommodate* for the weight, experts recommend that students bring a backpack to school that has wheels." *Accommodate* means . . .
   a. to make room for.
   b. to show strength for.
   c. to compensate or adjust for.
   d. to rely on.
2. Why are the backpacks that students carry heavier these days?
   a. Students are more comfortable with the amount of homework assigned.
   b. Students are expected to carry more books around.
   c. Students risk muscle strain or poor back alignment.
   d. Students are assigned more homework these days.
3. The passage is mostly about . . .
   a. learning to use a backpack correctly.
   b. bringing less books in your backpack.
   c. being aware of the weight you carry around in your backpack.
   d. knowing the signs of back pain and muscle strain.

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