



GRAMMAR FILL-IN

A note from your teacher

Dear _____, (name)
Welcome back to school! I am so excited to be back at _____ (noun-place). I hope you are as
_____ (emotion-happy, sad...) as I am about the learning adventure ahead of us. We are going to work
_____ (adverb) this year but we will have some _____ (noun-plural) too as we explore, _____ (verb) and
discover lots of new _____ (noun-plural). I am looking forward to getting to know you and _____ (verb-with -ing)
lots of fun _____ (noun) together.

Let me tell you a little about myself. I grew up in _____ (Geographical place) before _____ (verb-with -ing) here. I
am married and have _____ (number) _____ (noun-plural). My favorite food is _____ (food). When I was
_____ (number), my favorite book was _____ (name of book).

_____, I almost forgot to tell you, we are _____ (verb-with -ing) a new _____ (noun) called Commit
to be Fit. We will be _____ (verb-with -ing) all about walking and how important it is to be _____ (adjective)
and to eat good _____ (food). It will be a lot of _____ (noun)!

Let's have a great _____ (noun) together!

Miss _____ (girl's name)

Grade _____ (number)

The object of the game is to make up a funny story by using word substitutions. With a partner, have one person ask for a word below each underline. Write a word on each blank space. When you are finished, the story will be funny and crazy! Before reading the story to your partner, have your partner ask you for the same words and write them in before reading each other's stories. Have fun!

Noun: person, place, thing, idea, living creature, quality, or action. *Examples:* cowboy, theatre, box, thought, tree, kindness, arrival

Verb: a word which *describes an action* (doing something) or a state (being something). *Examples:* walk, talk, think, believe, live, like, want

Adjective: a word that *describes a noun*. It tells you something about the noun. *Examples:* big, yellow, thin, amazing, beautiful, quick, important

Adverb: a word which usually *describes a verb*. It tells you how something is done. It may also tell you when or where something happened. *Examples:* slowly, intelligently, well, yesterday, tomorrow, here, everywhere



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Getting fit and staying fit!

There's a lot of talk these days about _____ getting fit. People who care
(parents, doctors, teachers, and others) want to know how to help kids be more fit.
(noun-plural)

Being fit is a way of saying a person _____s well, gets a lot of physical activity
(_____), and has a healthy weight. If you're fit, your _____ works well,
(noun) (verb) (noun)
feels good, and can do all the things you want to do, like _____ around with
(verb) (noun-plural)

Some steps only parents can take — such as _____ healthy meals or deciding to
(verb with -ing) (verb)
take the family on a _____ hike. But kids can take charge, too, when it comes
(adjective) (noun)

Here are _____ rules to live by, if you're a kid who wants to be fit. The trick
(number) (verb)
is to follow these rules most of the time, knowing that some days (like your birth-
day) might call for _____ and ice cream.
(food)

1. Eat a variety of food, especially _____ and _____.

2. Drink lots of water and milk. When you're _____ thirsty, _____

water is the No. 1 thirst-quencher. _____

3. _____ to your body. When you're _____, notice how your body feels
(verb) (adverb) (adjective) (verb) (adjective)
and when your stomach feels _____ full. Sometimes, people _____ too

4. Limit screen time: the amount of time you spend _____ TV or DVDs, playing
(verb with -ing) (verb with -ing) (verb)

5. Be active. One job you have as a kid — and it's a _____ one — is that you
(verb with -ing) (verb with -ing) (verb) (adjective)

If you're a _____ kid, chances are you will be a great role model
(adjective) (noun-plural)

for your friends, too!