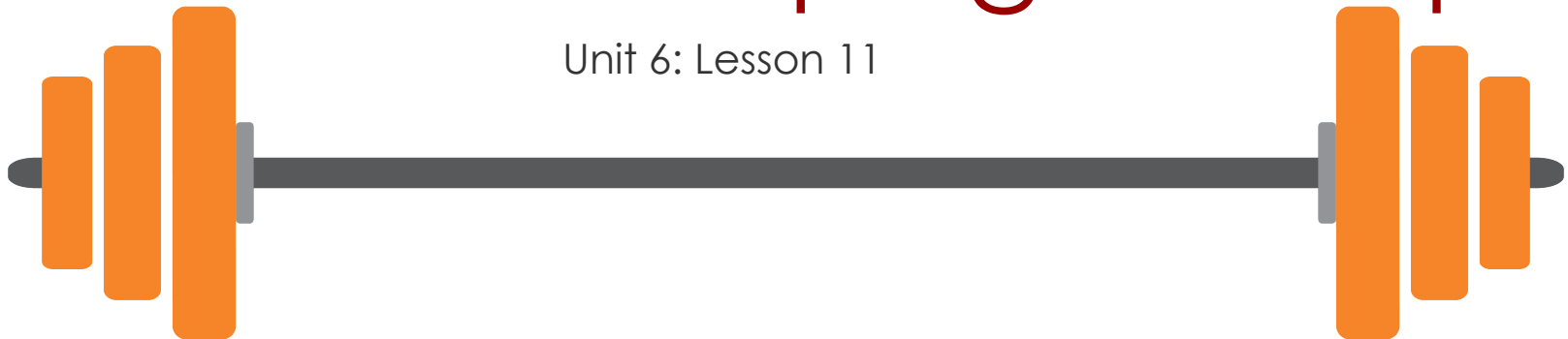


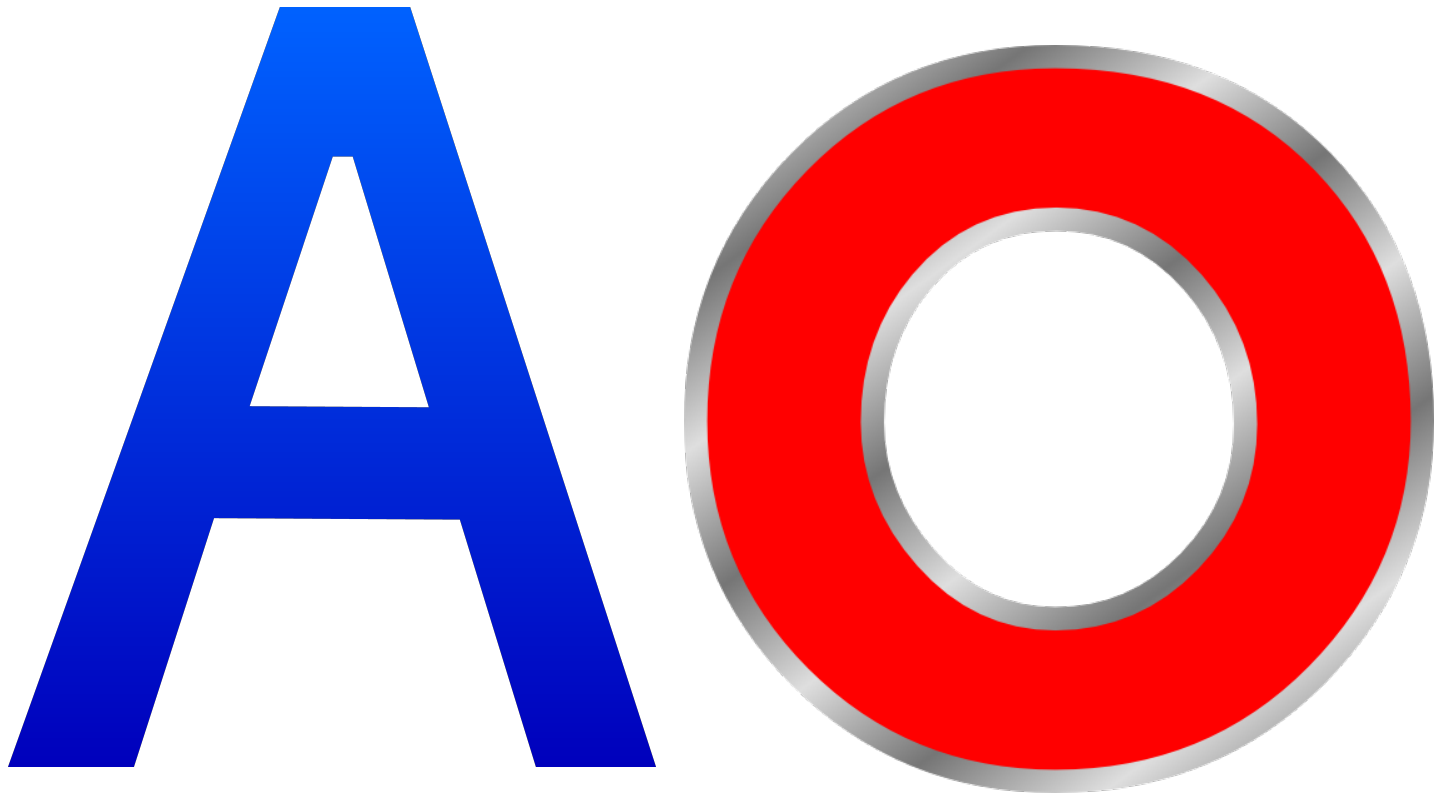
Keeping In Shape

Unit 6: Lesson 11

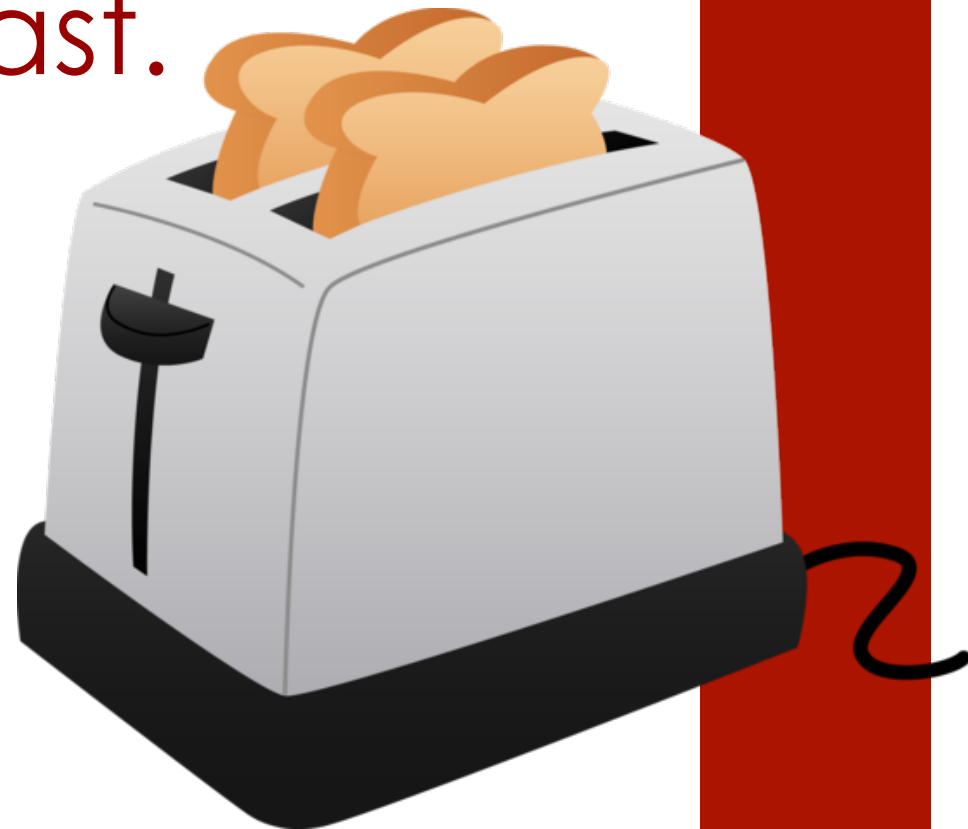


The letters “O” and “A” make different sounds. What sound does “O” make?

What sound does “A” make?

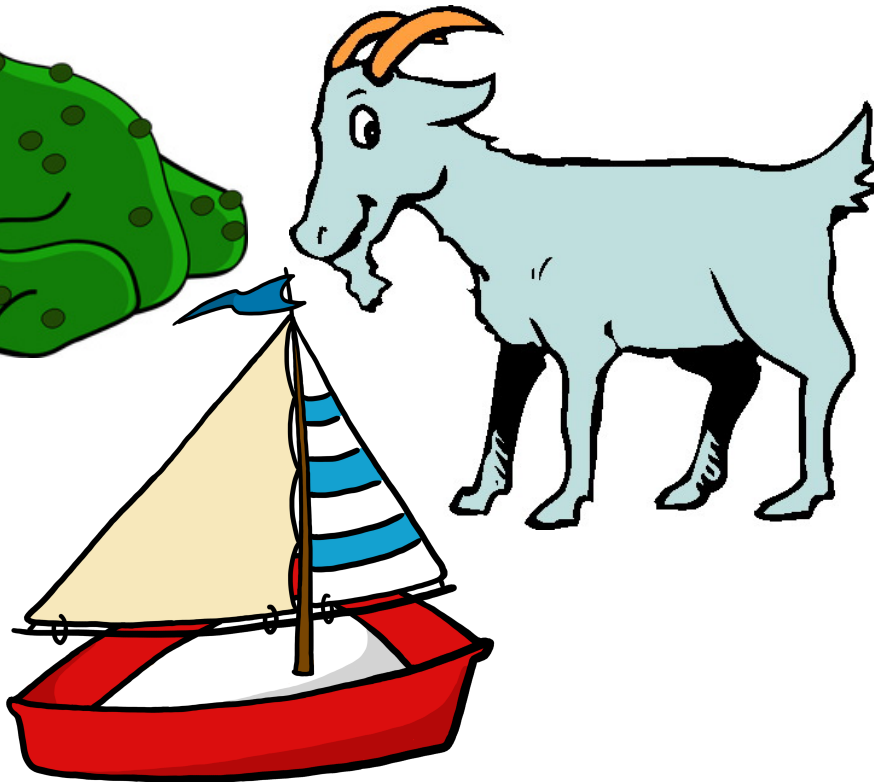
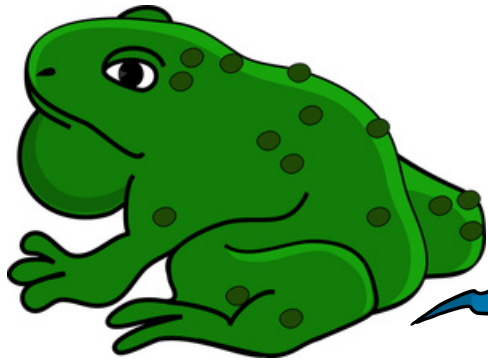


When the letters O and A
are together, they make
an “oa” sound, like in the
word toast.



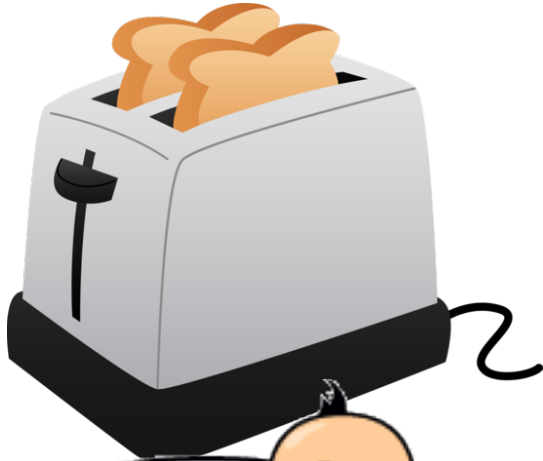
Is toast a healthy food to eat?
Would it help keep us in shape?

Here are some more words
that have “oa” in them.
Can you guess each word?



Match the photo with the word

How are these words involved in keeping us in shape?



Float

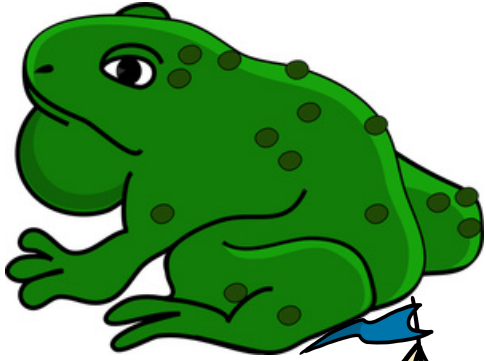


Road



Toast

Match the photo with the word



Coat



Toad

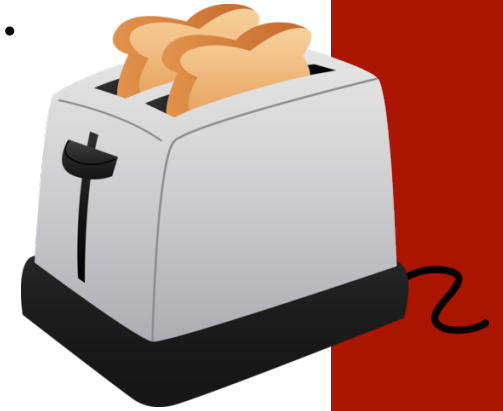
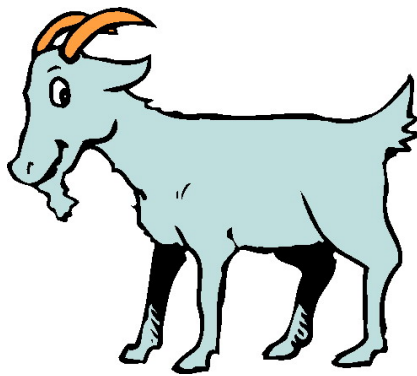


Boat

How are these words involved in keeping us in shape?

Remember one of the words we just learned. Have your classmate guess what word you are thinking of by only asking “yes” or “no” questions.

Example: Is it an animal?



Here is our reminder. Remember, sentences:

- Begin with a capital
- End with punctuation
- Involve a subject, verb, and an object.

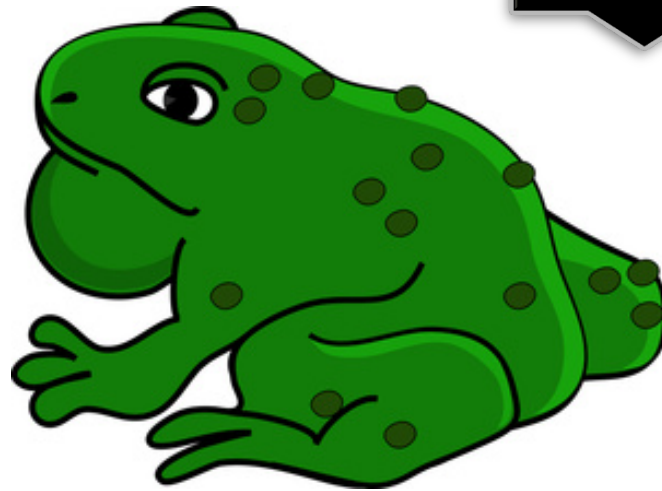
Example:
Bill kicked the ball.



Write a sentence using the words:



Coat



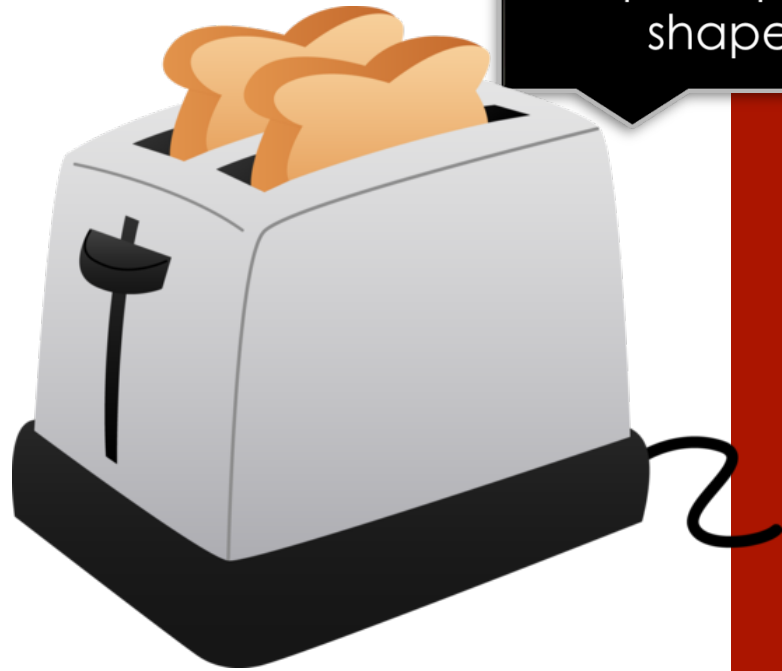
Toad

Create a sentence that will help keep us in shape.

Write a sentence using the words:



Boat

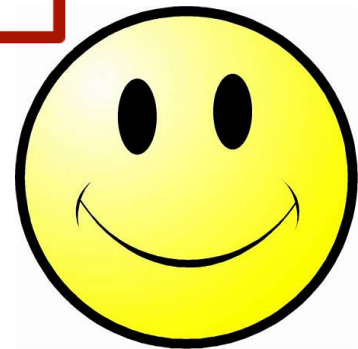


Toast

Create a sentence that will help keep us in shape.



List some phrases we could use to thank someone

A large, empty rectangular box with a red border, intended for students to write their list of phrases.

Nice work! Let's remember to use these when we write our own thank you letter. What should we include in our letter?

- 1) Who we are sending the letter to
- 2) Why we are sending the letter
- 3) What we are thanking for
- 4) A kind sentence
- 5) A closing sentence

Dear _____,

Thank you for the _____

I really like it, and it was very nice of you to think of me.

Thanks for making me feel special!

Yours truly,



What is a kind way to begin a personal thank you letter?

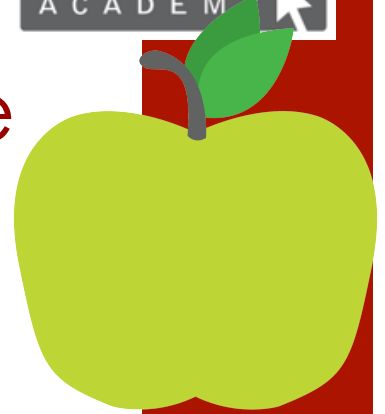
“Dear...”

“Mr. or Mrs. ...”

This is called a greeting. Write your own greeting in this box.



Next, we include why we are sending the letter and what we are thanking them for.



"I wanted to write you a letter to thank you for the..."

"The toy you gave me is my favourite!"

Write your own
idea in this box.

A large empty rectangular box with a red border, intended for writing a personal idea or message.

Great work! Now we need to include a kind sentence, and a closing sentence.

Here are some examples:

"Thanks for all your hard work..."

"Sincerely, _____"

"Thank you for thinking of me!"

"Your friend, _____"

Write your own
idea in this box.

Great work! Now we will put all of this together and write our own thank you letters.

Write a thank you letter to your mom or dad to thank them for helping you to be healthy.



Lucky to Have Found You



I feel lucky to have found you-
A friend that is so kind and true;

To lift me up when I am down,
and make me smile when I frown.

It's hard to find the words to say
just how much I care.

But these will have to do:

Thank you
Thank you
Thank you,

(From the bottom of my heart.)

Who do you think
this poem was
written to?

Thank You for Your Kindness

Thank you for your kindness,
it meant so much to me.
You care so much about me,
this is clear to see.
When I think of special,
I always think of you,
And the lovely gifts you give,
and the thoughtful things you do.
Your essence in my life,
is the best gift you can give,
Our friendship will go on,
for as long as we both live.
Thank You!

Who do you think
this poem was
written to?