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Download now/[step-item][step-item number=3. image_url= title=Food Diary] Print this form multiple times or duplicate notebook columns. For one week, write down everything you eat or drink and note the time, portion size and any relevant notes, such as circumstances or what you felt at the time. Use nutritional labels to calculate calories from packaged foods. Download now/[step-item][step-list-wrapper] When children study grammar, one of the basic studies they learn relates to parts of speech. The term refers to a category to which words are defined based on the function of a sentence. Knowing and understanding parts of speech helps children avoid grammatical errors and write more effectively. English grammar consists of eight basic parts of speech: Nouns: Name a person, place, thing or idea. Examples include dog, cat, table, playground and freedom. Pronouns: Take the lift position. You could use her instead of a girl or Billy instead of her. Verbs: Show the action or status of being. Verbs contain the words run, look, sit, I am and I am. Adjectives: Describe or edit a subnoun or pronoun. Adjectives provide information such as color, size, or shape. Adverbs: Describe or edit a verb, adjective, or other adverb. These words often end -ly, as quickly, quietly and softly. Prepositions: Start sentences called preposition statements that describe the relationship between other words in a sentence. Words like by, to and between are prepositions. Examples of their use in the sentence are: A girl was sitting by a lake. The boy stood between his parents. Conjunctions: Combine two words or phrases. The most common conjunctions are and, but and or. Heckling: Show a strong feeling. They are often followed by exclamation marks like Oh! Or Hello! Try fun activities help them learn to recognize every part of the speech. One action could be to use a pen of a different color in each part of the speech and underline them in old magazines or newspapers. Print these parts of speech tables for children to fill out. Beverly Hernandez Discuss parts of speech with students or children for a while. Offer plenty of examples of each one. Then, if students run this section of the speech dictionary. If you want some enjoyable policy to recognize parts of speech, take out some of your kids' favorite books and look for examples in different parts of the speech. You can treat it like a scavenger hunt, looking for an example of each one. Beverly Hernandez When children search for speech parts names in this word puzzle, encourage them to check the definition of each one. See if they can find one or two examples of each part of the speech when they find it in a class puzzle. Beverly Hernandez Use this crossword puzzle as a simple, immersive activity to check the parts of the speech. Each tip represents one of the eight basic categories. See if students can complete the puzzle correctly on their own. If they have problems, they can refer to their finished vocabulary tables. Beverly Hernandez You can use this challenge table as a simple quiz on the eight parts of the speech. Each description is followed by four multiple choice options for students to choose from. Beverly Hernandez Young students can use this grammar activity to check out the eight parts of the speech and brush up on their alphabetic skills. Children should type each term from the word bank over empty lines in alphabetical order. Beverly Hernandez In this action, students unpack letters to reveal each of the eight parts of the speech. If they get stuck, they can use the tip at the bottom of the page to help. Beverly Hernandez Let your students play superleuth with this challenging secret code activity. First, they have to browse the code. They can then use their decoding key to identify parts of the speech. There are tips at the bottom of the page that will help if they have problems. Healthy meal plan: Meals of the week Do you need guidance in the food department? Our 1,500-calorie meal plans have eclipsed Shutterstock as your child enters first and second grade, you can strengthen basic measurement skills with these free spreadsheets. He practises measuring in centimeters, centimeters, thirst, yards, cups, quartets and pints. 2 times tables Spreadsheet 1 of 5. D. Russell Print twice tables Fact target table in PDF Format Target tables are made to look like a dartboard. The target number is two and it is in the middle of each destination table. The following ring shows what the target number is told, two, and the outer ring of the item is empty, and the answer (product) must be written on it. Learning narrative phasing can be scary for children and it will help change the process. These destination tables change it slightly to make it different from traditional horizontal or vertical worksheets. In order for children today to learn multiplying data and commit to memory, the training lasts 10-15 minutes three or four days a week, typically during the school year and sometimes longer. Such spreadsheets must be re-visited frequently throughout the year. Use an egg timer or stop the clock and record how long it takes the child to run the spreadsheet to complete the progress. Playing beat watch often stimulates extra fun. 2 times tables Spreadsheet 2 of 5. D. Russell Twice tables tend to be the fastest to learn quickly and commit to memory. In fact, random facts should only be made after the child has learned two, five, ten and square meters (2 x 2, 3 x 3, 4 x 4, ...). The sequence must be followed when children make a note of the facts. Twice in tables, a lot of oral override calculation helps you learn the facts. Bypass calculation means 2, 4, 6, 8, 10, 12, etc. However, when skipping counting, don't always start with 2, use multiple starting points to skip the count. Alternately saying them orally, start with different numbers. For example, I say 4 and the child says 8, I say 2 and the child's way of saying 4, for each number I say, the child must give the product by multiplying my number by two. You may also find a 100-century chart useful for displaying calculation models by two. When using a chart of 100, use the child's tone in a 2-click container (2,4,6,8, 10.....). 2 Times tables Spreadsheet 4 of 5. D. Russell 2 times Tables Spreadsheet 5 of 5. D. Russell Our suppliers independently research, test and recommend the best products; read more about our review process here. We may receive rewards for purchases made from our selected links. Alistair Berg /Getty Images Our best picks best fabric preparation: Canvas Stretching & Canvas priming from Hunter College Lanfranco guides you through the materials you need to put, including a ruler, scissors and stretchers or sieve bars. Best acrylic technique: Will Kemp Art School Together with various videos on proper color mixing, Will also sets you up with a series of painting rituals. Best watercolour for beginners: Beginners Watercolours in Udemey The course created by Nicola A. Blakemore includes four hours of on-demand video, and you can even use course materials on your TV. Best History: In the Studio: Postwar Abstract Painting of the Museum of Modern Art (MoMA) You'll be given readings that give context to the larger cultural, intellectual and historical events that shaped these artists. Best oil painting: Oil painting by Florent Farges Arts for beginners According to his channel, Farges follows the lessons of the 19th-century studio method. Best paint mix: Jeanette Jobson's color theory & mixing is a crash crash as a nuance of the process, which will surely set you up for success. Best Introduction gouache: Gouache 101 Minnie Small This tutorial explores not only what it is and how you should use it, but also which brushes and paper are best suited for the medium. Before launching a new painting project, the first step is proper preparation of the fabric. Director Katerina Lanfranco, who teaches painting at Hunter College in New York, has uploaded two free videos (covering Canvas Stretching and Canvas Priming) to her YouTube channel. Both tutorials are really about best practices for producing an effective fabric. Lanfranco will guide you through the materials you need to set, including a ruler, scissors and stretchers or sieve bars, and will clearly guide you through the process of cutting the fabric correctly and attaching to the thongs. Next comes the primer: the use of gesso creates a flexible surface that receives the paint well and allows it to be spread more efficiently. Lanfranco outlines process materials such as gesso brush, gesso brush and sandpaper (to sand the surface after each layer to make the fabric smooth and ready to be painted)– and takes you with step-by-step instructions. By the end of the course, you'll have a canvas ready to paint. Interested in experimenting or refining your acrylic painting skills? Artist Will Kemp writes on his YouTube channel and creates his own videos of classic painting techniques, focusing on the use of acrylic paint. Whether you're just getting started or have a more ambitious project in mind, Will's videos show different strategies for the media. Start with simple basic construction parts, including proper cleaning of acrylic brush, choice of acrylic brush, use of acrylic-coloured plots and basics of mixing colors. Along with various videos about proper color mixing, Will also sets you up with a series of painting rituals ranging from beginner to advanced skill set. Learn the basics of painting set life with acrylic gunman techniques from multi-part beginners, learn about light and shadow techniques, and try your hand at acrylic landscape painting, palette knife techniques, portraits, sky painting, flower positions, and even painting in the style of Claude Monet. And best of all, it's all free. Watercolours have a reputation as a difficult painting industry. This beginner watercolour course from Udemey builds self-confidence for new painters, gives you the tools to master the basics and leads with a playful approach to the media. All you need is a box of watercolour berries, one round brush, watercolor paper, black ink or felt pen, pen, eraser, bright or white wax candle or crayon and two cans of water. Created by Nicola A. Blakemore, course (about includes four hours of on-demand video, and you can even use course materials on your TV or mobile phone. The goal of the class is simple – to teach you how watercolour paints work with water and how to harness them efficiently. Blakemore's class helps you understand the principle of color washing, how the same colors can create shape and shading, how you can create highlights and shadows using watercolours, and how to color paintings correctly. Founded in 1929, the Museum of Modern Art (MoMA) has some of the world's most famous modern paintings. While visitors have lined up to see Vincent Van Gogh in the Starry Sky or the masterpieces of Jackson Pollock and Willem de Kooning, the museum now has online programming that you can use at home. While MoMA offers a variety of free online courses exploring a variety of artistic disciplines, In the Studio: Postwar Abstract Painting focuses on the materials, techniques and conceptual processes of seven New York school artists: de Kooning, Pollock, Yayoi Kusama, Agnes Martin, Barnett Newman, Ad Reinhardt and Mark Rothko. The free course is set up so that you can work at your own pace and schedule. Your director will lead you through studio and gallery introductions and give readings that give context to the larger cultural, intellectual and historical events that shaped these artists after World War II. The class also includes a variety of optional studio exercises for which you need art supplies. These will hopefully inspire your own abstract paintings. Are you interested in exploring the style that created Leonardo da Vinci's Mona Lisa and Pablo Picasso's Les Femmes d'Alger? In oil painting, pigments with drying oils such as flaxseeds or poppy seed oil are used as a binder. If you're a beginner, French artist Florent Farges has a variety of video tutorials on his YouTube channel to help you get the ball rolling with your oil painting instructions. Farges follows the teachings of the studio method from the 19th century. The best place to start is oil painting for beginners, which is free. Here, Florent strives for simplicity. All the questions you might think about, such as Why use oil paint?, Is oil paint more complex?, and Is oil paint more toxic? processed here, as well as a step-by-step painting art. When you are satisfied with the basics, you can choose many other tutorials, including certain videos of oil painting drying time, pigments and palettes, setting up plein aerial painting and, of course - tips to add an oil painting game. Understanding color theory is a critical skill for all artists. Not only does it explain the relationship between colors, but it is also the key to understanding their combinations. When painting, color theory and paint mixing go hand in hand. Although a huge amount of scholarship is available for color Yourself (see Josef Albers' fundamental Color Interaction), practically practically pranging paints in your home studio also opens your eyes to how it works on canvas. Jeanette Jobson's free Color Theory & Mixing - The Basics video is a great introduction to mixing using a shared primary palette. This range uses two shades of each primary color (red, yellow, and blue) – one warm and one cool shade. Jobson clearly explains many terms related to color and mixing, such as color bias. He guides you on what exactly it means and how each paint tone illustrates it – with a palette of colors in his palette. Jobson then begins his mixing demonstration: a collision course in the nuances of a process that will surely set you up for success. Gouache is a water-based media with a heavier pigment load than watercolour, so it's designed to be opaque. In this video, artist Minnie Small breaks down the basics of gouache. This tutorial explores not only what it is and how you should use it, but also which brushes and paper are best suited for the medium. If you have experience with watercolours, gouache can be the next style of painting you want to play with. As Small explains in the free video, many watercolor tools, such as the brush type, also work for gouache. Minnie illustrates the varying velviness of the paint, as well as its various beneficial properties , such as velvety matte surface, fast drying time and the fact that it can be reactivated with water after drying. So, if you want to keep working on the part of the finished painting, you can easily work on it again. Several factors emerged in choosing the best online painting lessons. First of all, painting is a tool with a wide range of styles. Our goal was to represent as many of them as possible, be it oil painting, watercolour painting, gouache or acrylic. In addition, we strive to choose technical categories that set you up to thrive on your painting journey , such as how to stretch and prime canvas or the basics of color mixing that separated themselves into important grow building blocks. Approachability was also key. All categories on this list are tutorials led by artists or directors who clearly know their stuff and are able to communicate the complexities of their media in a clear, concise and intuitive way to you at home. Home.