FREE SAMPLE PACK

Pagewise Studio

A few favourite pages from our shop to print and try at home: Christmas bingo, a large-print word search, a weekly meal plan, a kids' chore chart, emergency contacts and a youth basketball practice plan.

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CHRISTMAS PARTY GAMES

Christmas Bingo · Cards 1–2

✦ ❄ ✦

Mark each word when it's called. 5 in a row wins! Cut along the dashed line.

Card 1

B	I	N	G	O
North Pole	Ornament	Hot chocolate	Candy cane	Tree
Scarf	Mittens	Snowman	Cookies	Wreath
Santa	Teddy bear	★ FREE	Cocoa	Penguin
Sleigh	Tinsel	Mistletoe	Snowflake	Toy
Elf	Nutcracker	Gingerbread	Chimney	Bow

Card 2

B	I	N	G	O
Penguin	Carols	Teddy bear	Chimney	Reindeer
Bow	North Pole	Bells	Tinsel	Candle
Gingerbread	Fireplace	★ FREE	Wreath	Nutcracker
Candy cane	Igloo	Ornament	Sleigh	Angel
Santa	Mistletoe	Star	Stocking	Hot chocolate

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PUZZLE 1

Garden Flowers I

I N B N H N L A R S A I I S F
T D E F R N I D N N E F A U E
A S G D E E Z O L A O I I N F
U O O L T H A U U P N R H F I
L D N R S O R L R D R I H L I
A A I I A A R E A R E S L O G
V F A O I R N I G A A D A W N
E F Z R R D F O L G L A D E A
N O I E O S D Y F O A H A R D
D D N N S A A V I N O L R P A
E I N G E R A N I U M I E A I
R L I T L I P I A O N A D A S
R A A D L I L A C O L G H T Y
R D E A I N I B E P O E G A O
O O R A G I A E D D R U T E A

- [ ] Aster
- [ ] Begonia
- [ ] Daffodil
- [ ] Dahlia
- [ ] Daisy
- [ ] Geranium
- [ ] Iris
- [ ] Lavender
- [ ] Lilac
- [ ] Rose
- [ ] Snapdragon
- [ ] Sunflower
- [ ] Violet
- [ ] Zinnia

WEEKLY PLANNER · LAYOUT 1

This Week's Meals

Week of _____

	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Grocery reminders

- [ ]
- [ ]
- [ ]
- [ ]

Notes

LITTLE HELPERS · AGES 3 TO 5

My Chore Chart

My name _____ Week of _____

MY CHORES	MON	TUE	WED	THU	FRI	SAT	SUN
 Help make my bed	☆	☆	☆	☆	☆	☆	☆
 Put toys away	☆	☆	☆	☆	☆	☆	☆
 Brush my teeth	☆	☆	☆	☆	☆	☆	☆
 Get dressed	☆	☆	☆	☆	☆	☆	☆
 Clothes in the basket	☆	☆	☆	☆	☆	☆	☆
 Help set the table	☆	☆	☆	☆	☆	☆	☆
 Help feed the pet	☆	☆	☆	☆	☆	☆	☆
 Water a plant	☆	☆	☆	☆	☆	☆	☆
 Put books back	☆	☆	☆	☆	☆	☆	☆

Colour in a star or add a sticker each time you help. Grown-ups: help with the tricky ones and cheer every try!

Kids Chore Charts · Pagewise Studio · for personal use

Emergency Contacts

In order of who to call first.

Emergency _____ Poison help line _____ Non-emergency police _____

#	Name	Relationship	Mobile	Other phone	Lives in (city)

Out-of-area contact (for family to check in with) _____ Phone _____

Notes

PRACTICE 10 OF 20 · PHASE 2 · PASS AND MOVE

Mid-Season Skills Check

Goal: Review all the basics with quick stations and a fun challenge.

COACHING CUE OF THE DAY

"Do your best, then do it again."

EQUIPMENT

- Balls (1 per player)
- Cones (6-10)
- Water bottles
- Whistle + this plan

0:00–0:08	WARM-UP	**Dynamic Line Warm-Up** Baseline to half court and back: jog, high knees, butt kicks, side slides, skips. Keep it fun and loud.	8′
0:08–0:16	DRILL	**Crossover Zig-Zag** Card 4 Station 1.	8′
0:16–0:24	DRILL	**Catch and Shoot Partners** Card 13 Station 2.	8′
0:24–0:32	DRILL	**Footwork Cone Layups** Card 18 Station 3.	8′
0:32–0:34	WATER	Water break · quick high-fives	2′
0:34–0:42	DRILL	**Stance and Slide** Card 21 Station 4. Rotate stations every 8 minutes.	8′
0:42–0:56	GAME	**Around the World** Card 12 Team challenge: how many full trips around the world in 10 minutes?	14′
0:56–1:00	COOL-DOWN	**Stretch and Share** Share: what got better since practice 1? Slow stretches in a circle. Each player says one thing they did well today.	4′

COACH NOTES

AFTER PRACTICE

- [ ] Every player had a ball in their hands most of practice
- [ ] I praised effort out loud at least 5 times
- [ ] We used the cue of the day
- [ ] We ended on a smile

Repeat this plan next time? ☐ Yes ☐ No