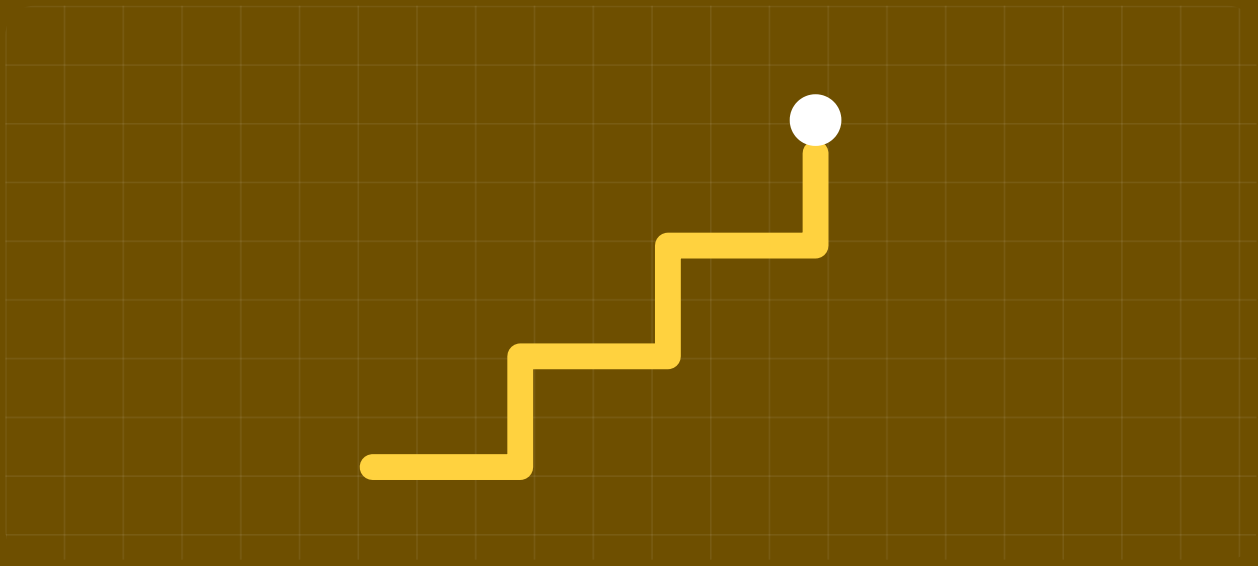
UpOnly Learning



LEVEL 1 · GRADES K–1

FREE SAMPLE WORKBOOK

Learn Spanish Level 1 · Grades K–1

One step at a time. · Ages 5–7 · Free sample: 1 of 12 topics

UO-SPKIDS-L1

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OUR STORY

One step at a time

I'm Dr. Evan J. Hasson. I've run a specific chiropractic practice for over twelve years, and I'm a dad of three. My work is about alignment: get the structure right, and everything else works better.

At home, nothing was aligned. I was spending thousands a month on tutors, extracurriculars and programs, and when I asked about enrolling a second or third child the answer was always the same: that'll be double, that'll be triple. The charter school had a waiting list. The good public school had a waiting list. The private schools had the kind of list where it helps to know someone, or to give generously first.

And underneath all of it, the same quiet threat: if you don't pay for this, your child will fall behind. Not sold with evidence. Sold with fear.

So I did my own research, and here is what I found: none of it is secret. The standards are published. The order a child should learn in is written down and freely available. It is just scattered. Nobody had done the work of pulling it together, putting it in order and handing it over. So I did.

When every step has its place, confusion has nowhere to hide.

I built this for my own kids. I'm giving it to yours.

Dr. Evan J. Hasson, DC
Founder and dad of three

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No guaranteed results, and mistakes happen. Every student learns differently. We write and review every question and answer key carefully, and we still get things wrong — an answer key can be wrong, and a question can be worded badly or have two defensible answers. Check the answer key before you hand it over, and trust your own judgement over ours. Found a problem? **Photograph the page and email it to support@uponlylearning.com** — the picture tells us more than a description, and we fix it for every family.

Safety. Some activities use household items such as scissors, coins or food. An adult should supervise and skip anything unsafe for the student.

Not professional advice. This workbook does not replace an evaluation by a qualified educator or specialist. The founder is a Doctor of Chiropractic; UpOnly Learning does not provide medical or health advice.

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INTRODUCTION

How to use this workbook

Each topic follows the same steps, so your student always knows what comes next.

1. ① **Quick Check.** 10 questions before you teach. Read them aloud for younger students. A high score means you can move faster.
2. ② **Learn It.** Key words, step-by-step teaching with lines you can read aloud, worked examples and the mistakes to watch for.
3. ③ **We Do It Together.** 10 questions you do side by side. The answer and the "why" are printed right after each question, so you can talk it through.
4. ④ **You Try.** 10 questions your student does alone.

Answers with short explanations for every question are in the **Answer Key** at the end of each topic, so students can work without peeking. Go over each wrong answer together using the explanation.

This workbook is printed in full color. To save ink, choose "Black and white" or "Grayscale" in your printer settings; every page still works in black and white.

Want online checks that score themselves and track each student's progress? Visit uponlylearning.com.

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RECOMMENDED PLAN · UO-SPKIDS-L1

How to use this Learn Spanish book in Level 1 · Grades K–1

Pace

Spend 1 to 2 weeks on each of the 12 topics, about 12 to 24 weeks for the whole book, with 2 to 4 short sessions a week.

A typical session

Keep sessions to 15 to 20 minutes: say the new Spanish words aloud together, play with them using real objects, then try a few We Do It Together and You Try questions.

Tips for this book

- Read every question aloud and say the Spanish words clearly; listening and repeating matter more than reading at this age.
- Use real things from home for Counting from uno to diez, A rainbow of colors, and Shapes all around.
- For Head, eyes, nose: my body, play a pointing game in Spanish or sing a body song.
- Say every new word out loud together, slowly and then at normal speed; a free online dictionary with audio is a handy way to check pronunciation.

> *You do not need to speak Spanish to help; learning a few words alongside your student makes it even more fun.*

LEVEL 1 · GRADES K–1

CONTENTS · UO-SPKIDS-L1

Learn Spanish: Level 1 · Grades K–1

Free Sample Workbook · Ages 5–7 · 1 of 12 topics, with a Quick Check, a lesson, We Do It Together, You Try and an answer key

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Topic 1 · Hola: greetings and feelings **7**

Say hello and goodbye, give your name, and answer ¿Cómo estás? with bien, feliz, triste or cansado `ACTFL Novice Low: Interpersonal`

Quick Check 7 · Learn It 8 · We Do It Together 10 · You Try 12 · Answer Key 13

TOPIC 1 · ACTFL NOVICE LOW: INTERPERSONAL

Hola: greetings and feelings

The student will greet someone, say goodbye, give their name and tell how they feel in Spanish.

① Quick Check

Do this before the lesson. It shows what your student already knows. Score: ____ / 10

1. Which word do you say when you leave a party?

   A feliz **B** adiós **C** hola

2. Is the h in hola loud or silent?

   A silent **B** loud **C** it sounds like a k

3. Make a big smile. Which word goes with a smile?

   A feliz **B** cansado **C** triste

4. What does cansado mean?

   A tired **B** fine **C** happy

5. Your teacher walks into the room in the morning. What do you say?

   A hola **B** adiós **C** triste

6. Tell your name in Spanish.

7. Grandpa waves and walks to his car to go home. What do you say?

   A hola **B** me llamo **C** adiós

8. It is your birthday party! How do you feel?

   A feliz **B** cansado **C** triste

9. A puppet says: Hola, me llamo Osito. What did the puppet tell you?

   A its name **B** how it feels **C** that it is leaving

10. Your friend asks: ¿Cómo te llamas? (What is your name?) What do you say?

    A Me llamo... **B** Estoy bien. **C** Adiós.

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② Learn It

Key words

- **hola (OH-lah)**: hello; the h is silent
- **adiós (ah-dee-OHS)**: goodbye
- **Me llamo... (meh YAH-moh)**: My name is...
- **¿Cómo estás? (KOH-moh ehs-TAHS)**: How are you?
- **bien (bee-EHN)**: fine, well
- **feliz (feh-LEES)**: happy
- **triste (TREES-teh)**: sad
- **cansado (kahn-SAH-doh)**: tired

Warm-up

1. Wave big and say hola (OH-lah). Tell your student the h in hola is silent, like a secret letter.
2. Wave goodbye and say adiós (ah-dee-OHS). Play 'hello-goodbye': you walk in the door and say hola, walk out and say adiós; your student answers each time.

> *Today we are going to say hello in Spanish. Hola! Can you wave and say hola back to me?*

Teach

1. Point to yourself: Me llamo Mamá (or your name) (meh YAH-moh). Then point to your student and help them say Me llamo plus their name.
2. Draw four faces on separate papers: a smiling face (feliz, feh-LEES), a frowning face (triste, TREES-teh), a yawning sleepy face (cansado, kahn-SAH-doh) and a thumbs-up face (bien, bee-EHN).
3. Act each feeling with your face and body as you say the word. Your student copies the face and the word.
4. Teach the question ¿Cómo estás? (KOH-moh ehs-TAHS) with a curious shrug, and the answer Estoy feliz (ehs-TOY feh-LEES), meaning I am happy.
5. Tip: a girl may say cansada (kahn-SAH-dah) and a boy cansado; both mean tired.

> *Me llamo means my name is. Me llamo... now you! And when I ask ¿Cómo estás?, you tell me how you feel.*

Guided practice

1. Puppet show: the stuffed animal greets your student with Hola, me llamo Osito. ¿Cómo estás? Your student answers, pointing to a feeling face.
2. Call-and-response: you say hola, child says hola; you say adiós, child says adiós. Speed up for giggles.
3. Feelings freeze game: you say a feeling word and your student freezes in that face.

> *Osito wants to meet you! Say hola and tell Osito your name.*

Worked examples

The puppet says Hola, ¿cómo estás? What can your student answer?
Hola, estoy bien (OH-lah, ehs-TOY bee-EHN). Hola answers the greeting and estoy bien means I am fine.

How does your student say 'My name is Ana' in Spanish?
Me llamo Ana (meh YAH-moh AH-nah). Me llamo means my name is; the name stays the same.

Watch for these mistakes

Mistake: Saying the h in hola like 'HO-la' with a breathy h.
Fix: Spanish h is silent. Cover your mouth with your hand: no puff of air comes out when you say OH-lah.

Mistake: Thinking adiós means hello because it is said at the door.
Fix: Play the door game again: hola when you come in, adiós when you go out. Wave in for hola and wave away for adiós.

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③ We Do It Together: 10 questions

> *Do these side by side. Read each question together, let your student answer, then read the answer and the "why" right below it and talk it through.*

1. What does adiós mean?

A hello **B** goodbye **C** happy

> **Answer: B** goodbye
> **Why:** Adiós means goodbye. Wave as you say it.

2. Which word means tired?

A bien **B** hola **C** cansado

> **Answer: C** cansado
> **Why:** Cansado means tired.

3. Give a thumbs-up. Which word goes with a thumbs-up?

A adiós **B** triste **C** bien

> **Answer: C** bien
> **Why:** Bien means fine, and a thumbs-up says I am fine.

4. Make a sleepy yawn. Which word goes with a yawn?

A cansado **B** hola **C** feliz

> **Answer: A** cansado
> **Why:** Cansado means tired, and tired people yawn.

5. A girl says she is tired. Which word can she say?

A feliz **B** cansado **C** cansada

> **Answer: C** cansada
> **Why:** A girl says cansada and a boy says cansado. Both mean tired.

6. Which word means I am: estoy or llamo?

A estoy **B** llamo **C** cómo

> **Answer: A** estoy
> **Why:** Estoy means I am, like Estoy bien, I am fine.

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7. What does ¿Cómo estás? mean?

A How are you? **B** Goodbye **C** What is your name?

> **Answer: A** How are you?
> **Why:** ¿Cómo estás? asks how you feel.

8. Which word is NOT a feeling?

A feliz **B** triste **C** adiós

> **Answer: C** adiós
> **Why:** Adiós means goodbye. Feliz and triste are feelings.

9. Leo says: Hola, ¿cómo estás? You feel happy. What do you say?

A Hola, me llamo feliz. **B** Hola, estoy feliz. **C** Adiós, estoy feliz.

> **Answer: B** Hola, estoy feliz.
> **Why:** Hola answers his hello, and estoy feliz means I am happy.

10. Which one is a whole hello with a name?

A Hola, me llamo Kai. **B** Adiós, me llamo Kai. **C** Hola, estoy Kai.

> **Answer: A** Hola, me llamo Kai.
> **Why:** Hola says hello, and me llamo Kai tells the name.

④ You Try: 10 questions

Now your student works alone. Check answers in the Answer Key at the end of this topic. Score: ____ / 10

1. Which word means sad?

A bien **B** triste **C** feliz

2. Which Spanish word means hello?

A hola **B** adiós **C** bien

3. Which Spanish word means goodbye?

A triste **B** hola **C** adiós

4. Which one tells your name?

A Estoy bien **B** Me llamo **C** ¿Cómo estás?

5. Is adiós said when you come in or when you go out?

A when you go out **B** when you come in **C** when you eat

6. How do you feel right now? Answer in Spanish: Estoy...

7. What does Estoy feliz mean?

A I am happy **B** I am tired **C** I am sad

8. Which word does NOT belong with hello and goodbye: hola, adiós, cansado?

A hola **B** adiós **C** cansado

9. Play it out: say hello to a puppet, ask how it is, then say goodbye.

10. Ben asks: ¿Cómo estás? Which answer makes sense?

A Me llamo Ben. **B** Adiós. **C** Estoy bien.

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Hola: greetings and feelings: Answers and explanations

① Quick Check

1. Which word do you say when you leave a party?
   B adiós
   When we leave we say goodbye: adiós.

2. Is the h in hola loud or silent?
   A silent
   In Spanish the h is silent, so hola sounds like OH-lah.

3. Make a big smile. Which word goes with a smile?
   A feliz
   Feliz means happy, so it goes with a smile.

4. What does cansado mean?
   A tired
   Cansado means tired, like a big sleepy yawn.

5. Your teacher walks into the room in the morning. What do you say?
   A hola
   She is arriving, so we say hello: hola.

6. Tell your name in Spanish.
   Me llamo + the child's name, e.g. Me llamo Max
   Me llamo means my name is, then you add your name.

7. Grandpa waves and walks to his car to go home. What do you say?
   C adiós
   He is leaving, so we say goodbye: adiós.

8. It is your birthday party! How do you feel?
   A feliz
   A party makes us happy: feliz.

9. A puppet says: Hola, me llamo Osito. What did the puppet tell you?
   A its name
   Me llamo Osito means my name is Osito.

10. Your friend asks: ¿Cómo te llamas? (What is your name?) What do you say?
    A Me llamo...
    When asked your name, answer Me llamo and your name.

④ You Try

1. Which word means sad?
   B triste
   Triste means sad.

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2. Which Spanish word means hello?

   A hola

   Hola means hello. Say it with a silent h: OH-lah.

3. Which Spanish word means goodbye?

   C adiós

   Adiós means goodbye. We say it when someone leaves.

4. Which one tells your name?

   B Me llamo

   Me llamo means my name is.

5. Is adiós said when you come in or when you go out?

   A when you go out

   Adiós means goodbye, so we say it when we go out.

6. How do you feel right now? Answer in Spanish: Estoy...

   Estoy + a feeling word: bien, feliz, triste or cansado (cansada)

   Estoy means I am. Then you add how you feel.

7. What does Estoy feliz mean?

   A I am happy

   Estoy means I am, and feliz means happy.

8. Which word does NOT belong with hello and goodbye: hola, adiós, cansado?

   C cansado

   Hola and adiós are greetings. Cansado is a feeling.

9. Play it out: say hello to a puppet, ask how it is, then say goodbye.

   Hola... ¿Cómo estás? ... Adiós (all three parts in order)

   We start with hola, ask ¿cómo estás?, and finish with adiós.

10. Ben asks: ¿Cómo estás? Which answer makes sense?

    C Estoy bien.

    ¿Cómo estás? asks how you feel, so Estoy bien (I am fine) answers it.

THE FULL WORKBOOK

Keep going with the full Learn Spanish workbook

You just tried one topic. The full Level 1 · Grades K–1 workbook has every topic below, each with a Quick Check, a lesson, We Do It Together, up to 90 You Try questions, Show What You Know and a full answer key.

1. Hola: greetings and feelings — ACTFL Novice Low: Interpersonal
2. Counting from uno to diez — ACTFL Novice Low: Interpretive Listening
3. A rainbow of colors — ACTFL Novice Low: Interpretive Listening
4. Shapes all around — ACTFL Novice Low: Presentational Speaking
5. My family — ACTFL Novice Low: Presentational Speaking
6. Head, eyes, nose: my body — ACTFL Novice Low: Interpretive Listening
7. Animal friends — ACTFL Novice Low: Presentational Speaking
8. Food I like — ACTFL Novice Low: Interpersonal
9. Polite words all day — ACTFL Novice Low: Interpersonal
10. Clothes and colors — ACTFL Novice Low: Presentational Speaking
11. The sounds of Spanish — ACTFL Novice Low: Interpretive Listening
12. Birthdays and where Spanish is spoken — ACTFL Novice Low: Interpretive Listening

Get it, plus online lessons with self-scoring checks and progress tracking, at **uponlylearning.com**.

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— Dr. Evan J. Hasson, founder

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