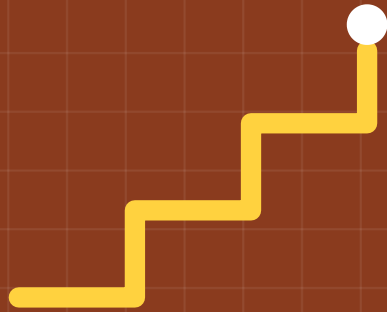




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GRADE 6

FREE SAMPLE WORKBOOK

History & Social Studies Grade 6

One step at a time. · Ages 11–12 · Free sample: 1 of 8 topics

UO-HIST-6

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.

Full terms: uponlylearning.com/legal

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.



How to use this History & Social Studies book in Grade 6

Pace

Plan on 1 to 2 weeks for each of the 8 topics, about 8 to 16 weeks for the book, in 2 to 4 sessions a week.

A typical session

A 40 to 45 minute session runs Quick Check, Learn It, We Do It Together, and a block of You Try questions, with Show What You Know saved for its own day at the end of the topic.

Tips for this book

- Keep a world map open for River valleys and the first civilizations, Ancient Egypt and the gift of the Nile, and Barter, coins and the Silk Road.
- Ancient China: dynasties, change and continuity asks your student to sort developments as change or continuity; a two-column chart makes this easy.
- For Ashoka and the Maurya Empire, read a few edicts aloud in plain words and talk about what they show about his goals.
- Encourage your student to check their own work with the answer key and add one sentence about any answer they change.

Your sixth grader is studying how the first civilizations began, and your questions about why people made their choices help them think like a historian.

GRADE 6

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History & Social Studies: Grade 6

Free Sample Workbook · Ages 11–12 · 1 of 8 topics, with a Quick Check, a lesson, We Do It Together, You Try and an answer key

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Topic 1 · River valleys and the first civilizations	7
<i>Use maps to explain why early civilizations grew along the Tigris-Euphrates, Nile, Indus and Huang He rivers D2.Geo.2.6-8</i>	
Quick Check 7 · Learn It 8 · We Do It Together 10 · You Try 12 · Answer Key 13	



River valleys and the first civilizations

Use maps and geographic reasoning to explain why the first civilizations grew up along four great river valleys.

① Quick Check

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

1. What is a river valley?
A A flat desert plain where little rain falls and crops fail **B** A dry desert
C Low land along a river where floods leave rich soil
2. Which record keeper could exist because of a food surplus?
A Only herder **B** Only fisher **C** Only farmer **D** Scribe
3. What helps a floodplain farm?
A Rich silt **B** Ice **C** Barren sand **D** Dry rock
4. What did floodwaters leave behind?
A Silt **B** Salt **C** Stone **D** Sand dunes
5. Why did early people choose rivers over scenery?
A They needed water, food, soil and transport **B** They liked the view
C Their kings liked to live beside a river in summer
6. Why might a city lie near but not inside a floodplain?
A It wanted floods **B** It wanted to be far from any source of water **C** It could use water but avoid flood damage
7. Why might a bad flood cause hunger?
A It could ruin crops **B** It would stop trade **C** It would help crops
8. How did Mesopotamia and Egypt differ in flood patterns?
A Egypt's was more regular **B** Egypt's was less regular **C** Both flooded daily **D** Both had no floods
9. Which sentence best explains why specialized jobs appear?
A Farming becomes harder every year **B** Cities ban farming so people can learn crafts
C Extra food frees some workers from farming **D** Jobs are random
10. If a river dried up for years, what would happen to a city?
A It would struggle to feed people **B** It would trade for food it grew itself **C** It would grow

② Learn It

Key words

- **civilization**: A complex society with cities, a government, specialized jobs, a writing or record system and shared beliefs
- **river valley**: Low land along a river where floods leave rich soil
- **silt**: Fine, fertile soil that a flooding river leaves behind
- **irrigation**: Bringing water to crops through canals or ditches
- **surplus**: Extra food beyond what people need right now

Warm-up

1. Ask: if you had to start a farm 6,000 years ago with no pipes or trucks, where would you put it, and why?
2. List the student's ideas; circle any that mention water or good soil.

Today we play geographer: we read maps to figure out why people settled where they did.

Teach

1. On the map, locate the four early river valley civilizations: Mesopotamia (Tigris and Euphrates rivers, modern Iraq), Egypt (Nile River), the Indus Valley (Indus River, modern Pakistan and northwest India) and China (Huang He, or Yellow River).
2. Explain the pattern: rivers gave drinking water, fish, silt-rich soil after floods, and a highway for boats.
3. Explain the challenge: floods could be unpredictable, so people built canals, dikes and storage, which required cooperation and leaders.
4. Connect the chain: reliable water + fertile soil -> surplus food -> more people -> cities -> specialized jobs and governments.
5. Optional demo: pour water across soil in a tray and show how it carries soil downstream and leaves it in a low spot.

Notice the pattern. Every one of these first civilizations has a big river running through it.

Guided practice

1. Have the student color each river and label each civilization on the map.
2. Together, fill in a four-row chart: civilization, river, modern country, one geographic advantage, one challenge.

Let's build our chart together. Where is the river, and what did it give people?

Worked examples

Why might farmers along the Tigris and Euphrates build canals?

The rivers flooded at unpredictable times and the land around them was dry much of the year, so canals carried water to fields when it was needed and helped control floods.

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How did the Nile help Egyptians travel?

The Nile flows north, so boats could drift north with the current, and the wind usually blows from the north, so sails could carry boats south. The river was a two-way highway.

Watch for these mistakes

Mistake: Early civilizations chose rivers because the water was pretty.

Fix: Point out the practical reasons: drinking water, fertile silt for farming, fish and transportation. Survival and food, not scenery, drove settlement.

Mistake: All four river valley civilizations were one connected empire.

Fix: Show the distances on the map. They developed largely separately, with some trade (for example between Mesopotamia and the Indus Valley), but each had its own culture and government.

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. Which river flowed through ancient Egypt?

- A** The Nile **B** The Euphrates **C** The Huang He **D** The Indus

Answer: A The Nile

Why: Egyptian civilization grew along the Nile and depended on its yearly flood.

2. Which of these was a river valley civilization?

- A** The Indus Valley **B** Maya **C** Rome **D** The Roman Republic

Answer: A The Indus Valley

Why: The Indus Valley is one of the four early river valley civilizations.

3. What is silt?

- A** A type of boat **B** Salt left on the fields when the water dries up **C** A walled city
D Fine, fertile soil left by a flooding river

Answer: D Fine, fertile soil left by a flooding river

Why: Silt is fine soil left by floods, and it makes farmland rich.

4. Which river is in northern China?

- A** The Yangtze River **B** The Indus **C** The Huang He **D** The Nile

Answer: C The Huang He

Why: The Huang He flows across northern China and watered its early farms.

5. Why is it wrong to say all four civilizations were one empire?

- A** They had no rivers **B** They shared a king **C** They traded freely and followed the same king and laws
D They were far apart and developed their own cultures

Answer: D They were far apart and developed their own cultures

Why: The valleys were far apart, with separate rulers, languages and customs.

6. How did people control unpredictable floods?

- A** They built dikes, canals and storage **B** They stopped farming
C They moved the river to a new path every year

Answer: A They built dikes, canals and storage

Why: Dikes, canals and storage helped farmers handle floods and dry spells.

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7. Why did people keep farming on floodplains despite the risk?

- A** Floods were rare, so the risk was small **B** The soil was thin **C** The rich soil gave large harvests
D There was no water

Answer: C The rich soil gave large harvests

Why: The rich soil gave large harvests, so the benefits outweighed the risk.

8. What links a food surplus to cities?

- A** Farmers could not grow enough food in one place **B** Food was not needed
C More people could be fed in one place

Answer: C More people could be fed in one place

Why: A surplus lets more people live in one place, which turns villages into cities.

9. Which evidence shows trade between valleys?

- A** Wells **B** Both valleys building pyramids at the same time **C** Goods from the Indus found in Mesopotamia
D Silt in deserts

Answer: C Goods from the Indus found in Mesopotamia

Why: Goods from one valley found in another show that people traded.

10. Why might the Huang He be both a gift and a danger?

- A** It was only a danger because it never left silt **B** It never flooded **C** It was dry
D Its floods brought silt but also destruction

Answer: D Its floods brought silt but also destruction

Why: The floods brought rich silt but could also destroy farms, so the river both gave and took.

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. Why did early people settle near rivers?
A Rivers were near mines **B** Rivers were pretty **C** The rivers gave water and good farmland
D Rivers kept enemy armies from crossing the land
2. What is irrigation?
A Bringing water to crops through canals or ditches **B** Draining water from fields during the flood season
C Sailing on a river
3. How many early river valley civilizations does this lesson study?
A Four **B** Seven **C** Two
4. Which statement about the Indus Valley is true?
A It grew along the Indus River in Pakistan and northwest India **B** It was in China **C** It grew along the Nile
D It was in Iraq
5. Why is a delta or valley a good place for cities?
A Water and food are far apart **B** Water and food are close **C** Soil is poor
6. Which statement best explains specialization?
A Extra food freed some people to do other jobs **B** All people left farming to become traders in cities
C No one traded **D** Jobs were banned
7. Why is the Huang He called China's Sorrow?
A It was too dry **B** Its floods could be sudden and destructive **C** It stayed dry for years and left farmers hungry
8. Which sentence is strongest evidence about early settlers' priorities?
A They avoided water **B** They built temples on the mountain tops **C** They built canals to water crops
D They left farmland
9. Why would farmers worry if a river changed course?
A Canals would become more useful than before **B** Silt would grow **C** Their water and silt could be lost
D Floods would end
10. A river floods unpredictably. Which response shows the lesson?
A Stop farming **B** Wait for rain **C** Wait for the river to stop flooding on its own
D Build canals and dikes and store grain

River valleys and the first civilizations: Answers and explanations

① Quick Check

1. What is a river valley?
C Low land along a river where floods leave rich soil
River valleys have flat land and floods that renew the soil.
2. Which record keeper could exist because of a food surplus?
D Scribe
Scribes kept records, a job that needed a food surplus to support it.
3. What helps a floodplain farm?
A Rich silt
Silt feeds crops, so floodplain farms are rich.
4. What did floodwaters leave behind?
A Silt
Floods leave behind silt, which feeds the next crop.
5. Why did early people choose rivers over scenery?
A They needed water, food, soil and transport
Practical needs for water, food, soil and transport drew settlers, not scenery.
6. Why might a city lie near but not inside a floodplain?
C It could use water but avoid flood damage
A city near the river can use its water but stays safe from flood damage.
7. Why might a bad flood cause hunger?
A It could ruin crops
A bad flood could ruin crops and leave people hungry.
8. How did Mesopotamia and Egypt differ in flood patterns?
A Egypt's was more regular
Egypt's flood came on a fairly regular schedule, while Mesopotamia's did not.
9. Which sentence best explains why specialized jobs appear?
C Extra food frees some workers from farming
Surplus food means fewer people must farm, so others can specialize.
10. If a river dried up for years, what would happen to a city?
A It would struggle to feed people
Without a river there is little water or surplus, so the city would struggle.

④ You Try

1. Why did early people settle near rivers?
C The rivers gave water and good farmland
Rivers gave drinking water, fish and fertile land for crops.

2. What is irrigation?
A Bringing water to crops through canals or ditches
Irrigation sends river water to fields through canals or ditches.
3. How many early river valley civilizations does this lesson study?
A Four
Mesopotamia, Egypt, the Indus Valley and China are the four river valley civilizations.
4. Which statement about the Indus Valley is true?
A It grew along the Indus River in Pakistan and northwest India
The Indus Valley civilization grew along the Indus River in what is now Pakistan.
5. Why is a delta or valley a good place for cities?
B Water and food are close
Cities near water and fertile land have food close by and easy transport.
6. Which statement best explains specialization?
A Extra food freed some people to do other jobs
A food surplus freed some people from farming to do other work.
7. Why is the Huang He called China's Sorrow?
B Its floods could be sudden and destructive
Its floods could be sudden and destroy farms, even though they also left rich silt.
8. Which sentence is strongest evidence about early settlers' priorities?
C They built canals to water crops
Building canals shows people changed the land to get water to crops.
9. Why would farmers worry if a river changed course?
C Their water and silt could be lost
Farms depend on the river for water and silt, so a new course would hurt them.
10. A river floods unpredictably. Which response shows the lesson?
D Build canals and dikes and store grain
Canals, dikes and stored grain are how people managed floods.

Keep going with the full History & Social Studies workbook

You just tried one topic. The full Grade 6 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. River valleys and the first civilizations D2.Geo.2.6-8
- 2. From farming villages to the cities of Mesopotamia D2.His.14.6-8
- 3. Ancient Egypt and the gift of the Nile D2.Geo.6.6-8
- 4. Ancient China: dynasties, change and continuity D2.His.2.6-8
- 5. Athens and Sparta: two Greek governments D2.Civ.5.6-8
- 6. The Roman Republic and the Twelve Tables D2.Civ.3.6-8
- 7. Barter, coins and the Silk Road D2.Eco.14.6-8
- 8. Ashoka and the Maurya Empire D2.His.3.6-8

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— Dr. Evan J. Hasson, founder

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