

Grade 1 STAAR Power Pack

Pre-STAAR Foundations · Reading + Math

Free practice + simple cheat sheets + confidence-building tips for 1st grade Reading and Math.

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Section 1: Cover + Parent Note

Garland 1st Grade Pre-STAAR Power Pack

This pack helps 1st graders grow in Reading and Math.

First grade is not a STAAR year. STAAR starts in 3rd grade. That means this year should feel calm. This year is for building strong basics.

Your child is learning to read words, understand stories, count, add, subtract, tell time, measure, and name shapes.

A note from the parent who built this:

I built this pack because I have my own kid coming up through STAAR and couldn't find a free, no-strings, no-tracking resource I actually trusted. So I made one. If it helps your family, share it with another.

— Chase, RISE Studio Labs

This Power Pack gives your child short practice, simple reminders, and a parent-friendly answer key.

Some 1st graders can read parts alone. Many will need a grown-up beside them. That is normal.

Keep it short. Keep it calm. Keep it positive.

The Big Goal

- Read words.
- Understand simple stories.
- Count carefully.
- Add and subtract.
- Explain thinking.

- Build brave learning habits.

Good News

- First grade is not STAAR-tested.
- Practice can be short.
- Reading grows with daily reps.
- Math grows with objects, drawings, and talk.
- Mistakes are part of learning.

Parent Move

- Read directions aloud.
- Let your child point, count, and draw.
- Use blocks, coins, snacks, or toy cars.
- Praise trying.
- Stop before practice turns into a battle.

Study Plan That Actually Works

Use this rhythm for one week:

- **8 minutes Reading**
- **8 minutes Math**
- **3 minutes review**
- Stop while your child still feels okay.

Small practice wins are enough.

Section 2: Know the Test Without the Stress

What Pre-STAAR Means

STAAR does not start until 3rd grade.

First grade is about growing strong roots.

Your child is learning how to:

- Hear sounds in words.
- Read short words.
- Read sight words.

- Read smoother.
- Answer who, what, where, and when.
- Count to 120.
- Add and subtract within 20.
- Understand tens and ones.
- Tell time to the half hour.
- Compare longer and shorter.
- Name simple shapes.

This is practice. Not pressure.

What Comes Later

In 3rd grade, students take STAAR Reading Language Arts and STAAR Math.

That is later.

Right now, the best plan is simple:

Read a little.

Count a little.

Talk a little.

Celebrate effort.

Question Types Your Child May Practice

This pack uses simple questions like:

- Multiple choice
- Circle the answer
- Fill in the blank
- Count and solve
- Read a short story
- Tell what happened
- Draw or explain

Subject Overview

Subject	What to Practice	Big Skills
Reading	Sounds, words, sight words, fluency, simple stories	Read and understand
Math	Counting, addition, subtraction, tens and ones, time, shapes	Count and solve

Fast Confidence Builder

Start very small.

Try:

- One short story
- Two reading questions
- Three math questions
- One “you did it” moment

Build wins first.

Before Practice

- Sit somewhere calm.
- Use a pencil.
- Read directions together.
- Let your child use fingers or objects.
- Keep it light.

During Practice

- Ask: “What do you notice?”
- Ask: “What sound do you hear?”
- Ask: “Can you count it?”
- Ask: “Can you draw it?”
- Take breaks.

After Practice

- Praise one good move.
- Fix one mistake together.
- Stop there.

- End with confidence.

Best parent line: “You are learning. Try one step.”

Section 3: Reading

Reading Cheat Sheet

First grade readers are building word power.

Reading has two big parts:

- Saying the words.
- Understanding the words.

Both matter.

When You Read...

- Look at the first sound.
- Sound out the word.
- Look for word chunks.
- Read the sentence again.
- Ask: “Does it make sense?”
- Look at the title.
- Ask: “Who is this about?”
- Ask: “What happened?”

Top Skills to Watch

- Letter sounds
- CVC words
- Blends
- Digraphs
- Long vowel patterns
- Sight words
- Fluency
- Story sequence
- Who, what, where, when
- Simple comprehension

RLA Power Moves

RLA Power Move	What It Means	Why It Helps
1. Say the sounds	Tap each sound in the word.	Sounds help you read.
2. Blend it	Put the sounds together.	/c/ /a/ /t/ becomes cat.
3. Look for chunks	Find parts you know.	Small parts make big words easier.
4. Read it again	Reread the sentence.	Good readers reread.
5. Ask who and what	Name the person and action.	Stories make more sense.
6. Tell first, next, last	Put events in order.	Sequence helps memory.
7. Use picture clues	Pictures can help.	Clues support reading.

Sound Power

Words are made of sounds.

Example:

cat = /c/ /a/ /t/

dog = /d/ /o/ /g/

sun = /s/ /u/ /n/

Sound Power Move

Touch one finger for each sound.

Then say the word fast.

CVC Word Power

CVC means:

- consonant
- vowel
- consonant

Examples:

- cat

- dog
- map
- run
- sit
- hop

CVC Power Move

Say each sound.

Then blend.

m-a-p = map

Blend Power

A blend has two consonants. You hear both sounds.

Examples:

- bl in blue
- st in stop
- fl in flag
- tr in tree
- gr in green

Blend Power Move

Say both sounds, then finish the word.

st-op = stop

Digraph Power

A digraph has two letters that make one sound.

Examples:

- sh as in ship
- ch as in chip
- th as in this
- wh as in whale

Digraph Power Move

Two letters can work as one team.

Long Vowel Power

Sometimes a vowel says its name.

Examples:

- cake
- bike
- home
- mule

Silent e can help the vowel say its name.

Example:

cap → cape

kit → kite

Long Vowel Power Move

Look for silent e at the end.

Sight Word Power

Sight words show up a lot.

Examples:

- the
- said
- was
- are
- you
- they
- come
- here

Sight Word Power Move

Some words do not sound out easily.

Practice seeing them fast.

Story Power

Stories have:

- Characters
- Setting
- Problem
- Events
- Ending

Ask:

- Who is in the story?
 - Where are they?
 - What happened?
 - What happened first?
 - What happened next?
 - What happened last?
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Section 3B: Reading Practice Problems

Passage: Sam and the Red Ball

Sam had a red ball.

He took it to the park.

Sam kicked the ball.

The ball rolled under a bench.

“Oh no,” said Sam.

A dog ran to the bench.

The dog pushed the ball with its nose.

The ball rolled back to Sam.

“Thank you,” said Sam.

Sam and the dog ran on the grass.

They played until it was time to go home.

Questions

1. What does Sam take to the park? *easy*
 - A. a kite
 - B. a red ball
 - C. a toy car
 - D. a book
2. Where does the ball roll? *easy*
 - A. under a bench
 - B. into a tree
 - C. beside a slide
 - D. into a pond
3. Who helps Sam? *easy*
 - A. a cat
 - B. a dog
 - C. a teacher
 - D. a bird
4. What does the dog use to push the ball? *easy*
 - A. its paw
 - B. its tail
 - C. its nose
 - D. its ear
5. What happens after the dog pushes the ball? *easy*
 - A. The ball rolls back to Sam.
 - B. Sam goes to school.
 - C. The dog takes the ball home.
 - D. The bench falls down.
6. How does Sam feel when the ball comes back? *medium*
 - A. mad
 - B. thankful
 - C. sleepy
 - D. scared
7. Which word has the same vowel sound as **Sam**? *medium*
 - A. map
 - B. bike
 - C. home
 - D. cute

8. Which word has the **sh** sound? *easy*

- A. ship
- B. cat
- C. dog
- D. run

9. Put the events in order. *medium*

- A. The dog pushes the ball. - B. Sam kicks the ball. - C. The ball rolls under a bench.

Which order is correct?

- A. B, C, A
- B. A, B, C
- C. C, A, B
- D. B, A, C

1. Write a short answer: What did the dog do to help Sam? *medium*

RLA Quick Strategies

When You Get Stuck

- Look at the first sound.
- Sound out the word.
- Look for a word chunk.
- Reread the sentence.
- Point to the clue.
- Say what happened first.
- Ask a grown-up to read the question if needed.

RLA Power Move: Read Again

If the answer feels hidden, read that part again.

Good readers reread.

Section 4: Math

Math Cheat Sheet

First grade math is about counting and making numbers make sense.

You will count, add, subtract, use tens and ones, tell time, compare sizes, and name shapes.

Math is easier when you can see it.

Use fingers, blocks, coins, drawings, or toy cars.

Math Power Moves

Math Power Move	Say This	Why It Helps
1. Count slowly	"One at a time."	Slow counting helps accuracy.
2. Use objects	"Can I build it?"	Objects make math real.
3. Draw it	"Can I draw circles?"	Pictures help solve.
4. Count on	"Start with the bigger number."	Addition gets faster.
5. Cross out	"Take away means remove."	Subtraction becomes clear.
6. Use tens and ones	"How many tens? How many ones?"	Place value makes big numbers easier.

Counting Power

First graders count to 120.

Practice:

- Count by 1s.
- Count forward.
- Count backward.
- Start at any number.
- Count by 10s.

Examples:

- 38, 39, 40, 41
- 70, 80, 90, 100
- 115, 116, 117, 118, 119, 120

Counting Power Move

Touch each object once.

Say one number for each object.

Addition Power

Addition means putting together.

Example:

$$7 + 5 = 12$$

You can:

- Use fingers.
- Draw dots.
- Count on.
- Use a number line.

Addition Power Move

Start with the bigger number.

For $7 + 5$:

Start at 7.

Count 5 more.

8, 9, 10, 11, 12.

Subtraction Power

Subtraction means taking away.

Example:

$$14 - 6 = 8$$

You can:

- Cross out.
- Count back.
- Use objects.
- Use a number line.

Subtraction Power Move

Draw the total.

Cross out what goes away.

Count what is left.

Tens and Ones Power

Two-digit numbers have tens and ones.

Example:

23 = 2 tens and 3 ones

That means:

23 = 20 + 3

Examples:

- 41 = 4 tens and 1 one
- 58 = 5 tens and 8 ones
- 90 = 9 tens and 0 ones

Place Value Power Move

Say it like this:

“23 is 2 tens and 3 ones.”

Time Power

First graders tell time to the hour and half hour.

Remember:

- The short hand shows the hour.
- The long hand shows the minutes.
- When the long hand points to 12, it is o'clock.
- When the long hand points to 6, it is half past.

Examples:

- 4:00 = four o'clock
- 4:30 = half past four

Time Power Move

Long hand at 12 means :00.

Long hand at 6 means :30.

Measurement Power

Measurement compares size.

Words to know:

- longer
- shorter
- taller
- heavier
- lighter

Examples:

- A pencil is shorter than a baseball bat.
- A backpack is heavier than a crayon.
- A chair is taller than a shoe.

Measurement Power Move

Compare two things.

Ask: "Which is longer? Which is shorter?"

Shape Power

2D shapes are flat.

Examples:

- circle
- triangle
- square
- rectangle
- hexagon

3D shapes are solid.

Examples:

- cube
- sphere
- cone
- cylinder
- rectangular prism

Shape Power Move

Count sides, corners, and faces.

Section 4B: Math Practice Problems

1. What number comes after 67? *easy*
 - A. 66
 - B. 68
 - C. 76
 - D. 77
2. Count by tens. What comes next?
40, 50, 60, ___ *easy*
 - A. 61
 - B. 65
 - C. 70
 - D. 80
3. What is $8 + 5$? *easy*
 - A. 11
 - B. 12
 - C. 13
 - D. 14
4. There are 12 cookies. Jay eats 4 cookies. How many cookies are left? *easy*
 - A. 6
 - B. 7
 - C. 8
 - D. 16
5. Which shows 23? *easy*
 - A. 2 tens and 3 ones
 - B. 3 tens and 2 ones
 - C. 2 ones and 3 tens
 - D. 20 tens and 3 ones
6. What number is 4 tens and 6 ones? *easy*
 - A. 10
 - B. 24
 - C. 46
 - D. 64
7. A toy box has 9 cars. Sam puts in 6 more cars. How many cars are in the box now? *medium*
 - A. 13
 - B. 14

C. 15

D. 16

8. Mia has 17 stickers. She gives 8 stickers to a friend. How many stickers does Mia have left? *medium*

A. 8

B. 9

C. 10

D. 11

9. The long hand is on 12. The short hand is on 5. What time is it? *easy*

A. 12:05

B. 5:00

C. 5:30

D. 12:00

10. The long hand is on 6. The short hand is between 2 and 3. What time is it? *medium*

A. 2:00

B. 2:30

C. 3:00

D. 6:30

11. Which object is usually heavier? *easy*

A. a crayon

B. a backpack

C. a feather

D. a leaf

12. Which shape has 3 sides? *easy*

A. circle

B. square

C. triangle

D. rectangle

13. Which shape is like a ball? *easy*

A. cube

B. sphere

C. cone

D. cylinder

14. A pencil is shorter than a ruler. Which sentence is true? *easy*

A. The pencil is longer.

B. The ruler is shorter.

C. The ruler is longer.

D. They are the same length.

Math Quick Strategies

When You Get Stuck

- Count slowly.
- Use your fingers.
- Draw dots.
- Cross out for subtraction.
- Build tens and ones.
- Look at the clock hands.
- Compare two objects.
- Count sides on shapes.

Math Power Move: Show It

If you can build it, draw it, or count it, you can solve it.

Section 5: Test-Day Power Moves

For Students

First grade does not take STAAR yet.

You are practicing strong school habits.

Brain Reset If You Get Stuck

- Take a slow breath.
- Put your finger on the question.
- Say: "I can try."
- Do one part.
- Ask for help if you need it.

Test-Day Power Moves

Power Move	What To Do
Start calm	This is practice.
Read slowly	Do not race.
Point to the words	Your finger can help your eyes.
Sound it out	Try the sounds first.
Draw the math	Pictures help.
Try again	Mistakes are part of learning.
Finish proud	You practiced. That counts.

Confidence Script

I am learning.

I can try.

I can sound it out.

I can count.

I can draw it.

I can try again.

Night Before Practice

- Sleep.
- Pick a calm spot.
- Keep pencils ready.
- Read something fun.

Morning Of Practice

- Eat breakfast.
- Drink water.
- Start small.
- Use a calm voice.

After Practice

- Take a break.
- Celebrate effort.
- Fix one thing.
- Stop while it still feels okay.

Parent Notes

First graders are young. They need patience.

Good parent lines:

- “Let’s try one.”
- “Point to the word.”
- “Show me with your fingers.”
- “You are learning.”
- “That was a good try.”

Avoid:

- “Hurry up.”
- “This is easy.”
- “You should know this.”
- “Why can’t you remember?”
- “Next year will be harder.”

Kids learn better when they feel safe enough to try.

Section 6: Quick Mixed Review

Use this page like flash practice. Cover the hint first. Let your child answer. Then uncover the hint and talk it through.

Type	Try This	Hint
Reading	Read: cat	Say /c/ /a/ /t/.
Reading	Read: ship	sh makes one sound.
Reading	What happened first?	Look at the start.
Reading	Who is in the story?	Name the character.
Reading	What is the story about?	Think big idea.
Math	Count after 89.	90 comes next.
Math	$6 + 7 = ?$	Count on from 7 or 6.
Math	$15 - 5 = ?$	Take away 5.
Math	$34 = \underline{\quad}$ tens and $\underline{\quad}$ ones	3 tens and 4 ones.
Math	Long hand on 6 means?	Half past, or :30.
Math	A triangle has how many sides?	3 sides.

Parent Move

Ask your child:

- “What sound do you hear?”
- “Can you point to the clue?”
- “Can you count it?”
- “Can you draw it?”
- “Can you teach it back to me?”

Teaching it back is powerful. If your child can explain it, they understand it better.

Section 7: Answer Key

Reading Answer Key

1. **Answer: B. a red ball.**

Why: The story says Sam had a red ball.

This teaches: Look back in the story for the answer.

2. **Answer: A. under a bench.**

Why: The story says the ball rolled under a bench.

This teaches: Details tell what happened.

3. **Answer: B. a dog.**

Why: A dog runs to the bench and helps Sam.

This teaches: Characters can help solve the problem.

4. **Answer: C. its nose.**

Why: The dog pushes the ball with its nose.

This teaches: Read carefully for exact details.

5. **Answer: A. The ball rolls back to Sam.**

Why: After the dog pushes the ball, it rolls back to Sam.

This teaches: Sequence means what happens in order.

6. **Answer: B. thankful.**

Why: Sam says "Thank you," so he feels thankful.

This teaches: A character's words can show feelings.

7. **Answer: A. map.**

Why: Sam and map have the short a sound.

This teaches: Words can share the same vowel sound.

8. **Answer: A. ship.**

Why: Ship starts with the sh sound.

This teaches: Digraphs are two letters that make one sound.

9. **Answer: A, B, C, A.**

Why: Sam kicks the ball. Then it rolls under a bench. Then the dog pushes it.

This teaches: Sequence means putting events in story order.

10. **Sample Answer:** The dog helped Sam by pushing the ball with its nose. The ball rolled back to Sam.

This teaches: A short answer should answer the question and use one story detail.

Math Answer Key

1. **Answer: B. 68.**

Why: 68 comes after 67.

This teaches: Counting forward helps find the next number.

2. **Answer: C. 70.**

Why: Counting by tens goes 40, 50, 60, 70.

This teaches: Counting by tens helps with place value.

3. **Answer: C. 13.**

Why: $8 + 5 = 13$.

This teaches: Count on to add.

4. **Answer: C. 8.**

Why: $12 - 4 = 8$.

This teaches: Subtraction means taking away.

5. **Answer: A. 2 tens and 3 ones.**

Why: 23 means 2 tens and 3 ones.

This teaches: Two-digit numbers have tens and ones.

6. **Answer: C. 46.**

Why: 4 tens is 40. 6 ones is 6. $40 + 6 = 46$.

This teaches: Tens and ones build numbers.

7. **Answer: C. 15.**

Why: $9 + 6 = 15$.

This teaches: Addition joins groups.

8. **Answer: B. 9.**

Why: $17 - 8 = 9$.

This teaches: Subtraction shows what is left.

9. **Answer: B. 5:00.**

Why: Long hand on 12 means :00. Short hand on 5 means 5 o'clock.

This teaches: The long hand and short hand work together.

10. **Answer: B. 2:30.**

Why: Long hand on 6 means :30. The short hand between 2 and 3 means it is half past 2.

This teaches: Half past means 30 minutes after the hour.

11. **Answer: B. a backpack.**

Why: A backpack is usually heavier than a crayon, feather, or leaf.

This teaches: Measurement words compare objects.

12. **Answer: C. triangle.**

Why: A triangle has 3 sides.

This teaches: Shapes can be named by sides.

13. **Answer: B. sphere.**

Why: A sphere is shaped like a ball.

This teaches: 3D shapes are solid shapes.

14. **Answer: C. The ruler is longer.**

Why: If the pencil is shorter than the ruler, then the ruler is longer.

This teaches: Comparing words tell how objects are alike or different.

Section 8: 7-Day Parent Action Plan

Day 1: Reading – Sounds and CVC Words

- Read 5 short words.
- Tap the sounds.
- Blend the sounds.
- Keep it fun.

Day 2: Math – Counting to 120

- Count forward from 1.
- Start at 38 and count on.
- Count by 10s.
- Stop before it gets tiring.

Day 3: Reading – Sight Words and Fluency

- Practice 5 sight words.
- Read one short sentence.
- Reread it smoothly.
- Praise effort.

Day 4: Math – Addition and Subtraction

- Solve 5 addition facts.
- Solve 5 subtraction facts.
- Use fingers or objects.
- Draw if needed.

Day 5: Reading – Story Questions

- Read one short story.
- Ask: “Who?”
- Ask: “What happened?”
- Ask: “Where?”

- Ask: "What happened first?"

Day 6: Math – Tens, Ones, Time, and Shapes

- Build 3 two-digit numbers.
- Tell one o'clock time.
- Tell one half-hour time.
- Name 5 shapes around the house.

Day 7: Light Confidence Review

- No heavy practice.
 - Read something fun.
 - Count something real.
 - Say one thing your child did well.
 - End happy.
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Section 9: Keep Going

There are more practice questions, daily missions, flashcards, and review tools waiting at staartest.app/grade1.

No account needed. Free forever.

Use this printable pack for quick home review. Then use the website for extra practice and confidence reps. First grade is not a STAAR testing year, but it is a powerful year for building reading, counting, and calm learning habits.

You've got this.

One question at a time.