

4/9/20

Dear Students, Families, and Friends,

The activities on the next several pages were created for you to sharpen your skills, challenge yourself, and explore learning. These are not meant to replace classroom learning and parents are not being asked to replace teachers. If at any time, you are confused about an activity, need some extra support, or maybe just need to talk with someone, our teachers and staff are here for you.

- All teachers keep regular office hours from 9am until noon each school day.
- All teachers and staff can be contacted by email ([firstname.lastname@fsd145.org](mailto:firstname.lastname@fsd145.org)).
- Some teachers also use Remind, Schoology, or Google Classroom to send and receive messages.

For the most current information about our emergency closure and remote learning plans, please visit our website (<https://www.fsd145.org/emergency>) for regular updates. You will always find information sorted by date, so it should be easy to follow the most recent updates.

Take care and stay safe. We'll see you soon,

From all of us here at Freeport School District



Remote Learning Day Student Activities:

[School Wide Challenge](#)

[April 9](#)

[April 14](#)

[April 15](#)

[April 16](#)

[April 17](#)

[April 20](#)

[April 21](#)

[April 22](#)

[Social Emotional Learning \(SEL\)](#)

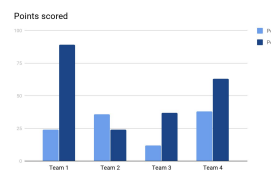
[Electives](#)

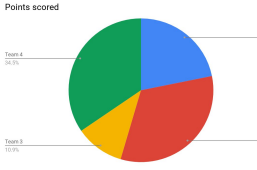
6th Grade			4/9/20 - 4/22/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Sports/Health	Integration of knowledge and ideas.	Percentage/decimal/fraction	Science: How good nutrition supports a healthy body
Weather			Social Studies - Sports
Survival in Crisis			PE: Understanding how the body systems work to support safe movement to prevent injuries

## 5th/6th Grade -- School Wide Challenge Activity

Why is everyone buying all the toilet paper? Continued

Prizes for top 3 projects!

	Science	Social Studies	ELA	Math										
<p><b>We are witnessing history like never before in our lifetime! Let's take the opportunity to study how history is made and create a primary account of the 2020 Pandemic. Use any and all methods you have to gather this information - friends, family, TV news, newspapers, the internet, etc!</b></p>														
<b>Step 1</b>	<p>Generate a hypothesis - The Governor has implemented a "Stay home order" because... Explain why you think schools are closed right now.</p>	<p>Think about the different types of communities - Which community do you think is more at risk when there is a contagious virus spreading? Why?</p>	<p>Building Vocabulary- Define: Epidemic Pandemic Contagious Panic Hoarding <i>Respirator</i> <i>Ventilator</i></p>	<p>Make a list of your daily schedule on a typical school day (when you were going to school) - include sleeping, eating, classes, after school activities, etc. Count the minutes for each activity.</p>										
<b>Step 2</b>	<p>Gather Evidence- Read the news, watch the news and/or interview 2-3 adults. Questions to answer- What is COVID- 19? Why are we being asked to stay home? Why are so many people buying so much toilet paper and what problem does that cause?</p>	<p>Developing Questions: Use your own knowledge of history to identify as many different events in history that you can compare to what is happening now. Try to come up with 7-10 answers. You can ask anyone you'd like to help you create your list or you can use the internet. (Hints: Spanish Flu, Smallpox, Measles, etc. Some may even compare to wartime and natural disasters such as hurricanes)</p>	<p>Gathering Evidence- In addition to gathering the scientific facts, ask 2-3 people how they are feeling about the pandemic and the stay home orders. What are the common themes?</p>	<p>Make a list of all of your activities that you're doing while you are at home. Chart home much time you spend on each activity every day - eating, sleeping, exercising, school work, etc. Do this for one full week. At the end of the week, total the number of minutes that you've spent doing each activity and find the average number of minutes (hint minutes per day).</p>										
<b>Step 3</b>	<p>Review the responses you wrote from the data you gathered in Step 2. What information are you missing? What other questions do you have about COVID-19? Make a list of questions you would like answered. Try to come up with 4-6 good questions that can't be answered with yes or no.</p>	<p>From the list of historical events you list above, which one do you think is the most similar to the situation that we are currently living in? Explain why. You can use a variety of resources to help you answer this - friends, family, internet, news, etc.</p>	<p>Write a short narrative about how you are feeling and what you are doing during this time. Write your opinion about the pandemic and the stay home orders.</p>	<p>Make a bar graph of the average number of minutes you spent each day in one column and the minutes you listed in step 1 in column 2. Here is an example of a bar graph:</p> <div style="text-align: center;">  <table border="1" style="margin-left: auto; margin-right: auto;"> <caption>Points scored</caption> <thead> <tr> <th>Team</th> <th>Points Scored</th> </tr> </thead> <tbody> <tr> <td>Team 1</td> <td>10</td> </tr> <tr> <td>Team 2</td> <td>5</td> </tr> <tr> <td>Team 3</td> <td>3</td> </tr> <tr> <td>Team 4</td> <td>8</td> </tr> </tbody> </table> </div>	Team	Points Scored	Team 1	10	Team 2	5	Team 3	3	Team 4	8
Team	Points Scored													
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Team 2	5													
Team 3	3													
Team 4	8													

<p><b>Step 4</b></p>	<p>Find the answers to your remaining questions. Once you have all of your questions answered, review your original claim. Do you still agree or does your new information give you a new opinion? Rewrite your claim and determine what your evidence will be from the information you gathered.</p>	<p>Compare and contrast the current pandemic to the historical event that you chose above. Consider the year that the event you chose happened. How was life for the average person different then? Where was it? What do we have available now that wasn't available then (think about both Science and History).</p>	<p>Opinion piece- Experts claim that the most important thing you can do while “staying home” is to stay on a routine or schedule - eat, sleep, learn, and play the same amount as you would if you were at school. Do you think keeping these routines are important? Why or why not?</p>	<p>Make a pie chart of how you've used your time. Here is an example of a pie chart:</p>  <p>Phone a friend and compare your data to theirs. Write your findings</p>
<p><b>Step 5</b></p>	<p>Put it altogether! Make an Argument for or against the “Stay Home” order. Remember that when making an argument you pick a side (make a claim) and use evidence to show why your claim is logical! Be sure to include the facts you gathered, how people are responding, and how we (as a society) have responded to past pandemics/natural disasters/tragic global events. Pick from one of the following activities:</p> <p><u>Write an essay</u> (5 paragraphs - introduction with your claim, body with evidence, and conclusion to summarize.</p> <p><u>Create a piece of art</u> that represents the impact the pandemic is having on you or on the community.</p> <p><u>Make a broadcast</u> - video yourself delivering the news of the “stay home” order in a way that explains why and keeps people calm or <u>make a poster</u> presentation that delivers the news.</p> <p><u>Write a song or poem</u> about your experience and how to stay safe - your message to the rest of the world.</p> <p>Whatever method you decide to use to show how much you learned - make sure you include the facts you gathered!</p>			

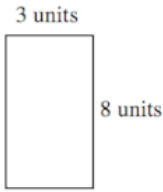
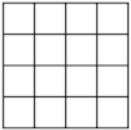
**TIPS for Staying Healthy**

- Stay on a routine (as much as possible) including:
  - your usual bedtime
  - Physical activity (don't be a couch potato!)
  - Create a structured work space - don't do your school work while playing videos games
- Wash your hands frequently (and no picking your nose ; )
- Use positive self talk and learn what other people are doing to stay healthy and active
- Be mindful - use your calm classroom/MindYeti strategies to help you relax

# Remote Learning Activities for Students

6th Grade- April 9

The columns below offer choices for student activities.

	ELA	Math	Science
<b>Focus Skills/ Standards:</b>	W.6.2. Informative writing RI.6. Informational text	6.G.A. Solve problems involving area, surface area, and volume.	MS-PS4-2. Develop and use a model to describe that waves are reflected, absorbed, or transmitted.
<b>Easy</b>	<p>Write 3-5 sentences about your favorite athlete. Include details about his or her life.</p> <p>Read for 15 minutes about an athlete. You may use MyOn or Freckle to find informational text on them.</p> <p><i>If you are not into sports, use someone you admire or who is a role model to you.</i></p>	<p>Solve Area and Perimeter of shape A.</p> <p>a. </p>	<p>Go outside and observe your shadow. Draw a model showing the 4 conditions needed for sight to occur being sure to include your shadow and any important features that affect how your shadow appears.</p>
<b>Average</b>	<p>Write 5-10 sentences about your favorite athlete. Include key details about his or her life and accomplishments.</p> <p>Read for 30 minutes about an athlete. You may use MyOn or Freckle to find informational text on them.</p> <p><i>If you are not into sports, use someone you admire or who is a role model to you.</i></p>	<p>Solve Area and Perimeter of shape A and B.</p> <p>b. </p>	<p>Observe your shadow from the same location at 3 different times of day. Draw models of each time showing the 4 conditions needed for sight and how your shadow has changed because of those conditions. Write a paragraph (at least 5 sentences) describing how your shadow changed each time.</p>
<b>Challenging</b>	<p>Write 1-2 pages about your favorite athlete. Include key details about his or her life, accomplishments, and characteristics that make them your favorite athlete.</p> <p>Read for 45 minutes about an athlete. You may use MyOn or Freckle to find informational text on them.</p> <p><i>If you are not into sports, use someone you admire or who is a role model to you.</i></p>	<p>Solve above problems. Then solve the following: George and Jane are in charge of making a banner for the basketball game this Saturday. How much poster paper will they need for a rectangular shaped banner with a height of 3 feet and a base of 9 feet?</p>	<p>Observe your shadow from the same location at 3 different times of day. Draw models of each time showing the 4 conditions needed for sight and how your shadow has changed because of those conditions. Write a CER that answers the question, "How and why does the time of day affect the appearance of a shadow?"</p>

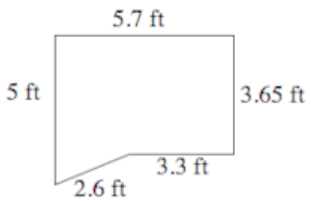
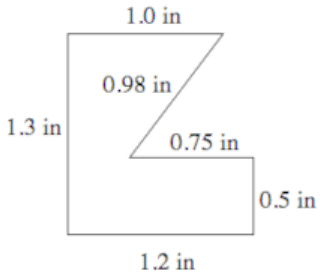
**Daily** - Practice math facts for fluency, Calm Classroom 2-3 times for 3-5 minutes

**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

6th Grade -- April 14

The columns below offer choices for student activities.

	ELA	Math	Social Studies
<b>Focus Skills/ Standards:</b>	W.6.2. Informative writing RI.6. Informational text	6.G.A. Solve problems involving area, surface area, and volume.	SS.EC.2.6-8.LC. Analyze the role of innovation and entrepreneurship in a market economy.
<b>Easy</b>	Write 3-5 sentences describing your favorite sport. Make sure you include why it's your favorite sport.  Read for 15 minutes about your favorite sport. You may use MyOn or Freckle to find informational text on it.  <i>If you don't play any sports, use your favorite game.</i>	Find the Perimeter of shape A: a. 	List 5 items you normally see at a sports concession stand (this is called supply)  List 5 items you would like to see at a sports concession stand (this is called demand)  Is there any item on both lists?
<b>Average</b>	Write 5-10 sentences describing your favorite sport in detail. Make sure you include why it's your favorite sport.  Read for 30 minutes about a favorite sport. You may use MyOn or Freckle to find informational text on it.  <i>If you don't play any sports, use your favorite game.</i>	Find the Perimeter of shapes A and B: b. 	After making the above list, answer the following questions:  1. What does it take to set up a successful concession stand? 2. After the game list three ways you can determine if your concession stand was successful?
<b>Challenging</b>	Write 1-2 pages describing your favorite sport in detail to someone who has never heard of the sport or has never seen it being played?  Read for 45 minutes about a sport. You may use MyOn or Freckle to find informational text on them.  <i>If you don't play any sports, use your favorite game.</i>	Solve above problems. Solve the following: Before soccer practice, Laura warms up by jogging around the soccer field that is 80 yards by 120 yards. How many yards does she jog if she goes around the field two times?	After doing the two activities above, answer the following questions:  1. If an item sells out every game what should you do to increase the money you make? 2. How long should you wait before taking an item that never sells off the menu?

**Daily-** Practice math facts for fluency, Calm Classroom 2-3 times for 3-5 minutes

**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

6th Grade -- April 15

The columns below offer choices for student activities.

	ELA	Math	Science
<b>Focus Skills/ Standards:</b>	W.6.2. Informative writing RI.6. Informational text	6.G.A. Solve problems involving area, surface area, and volume.	MS-PS4-2. Develop and use a model to describe that waves are reflected, absorbed, or transmitted.
<b>Easy</b>	Write 3-5 sentences describing your favorite sports team. Explain why they are your favorite sports team?  Read for 15 minutes about a sports team. You may use MyOn or Freckle to find informational text on them.	What is the area and perimeter of a square with a side length of 6?	Find 3 objects in your house: something solid, a mirror, and something light can pass through. Shine a light on each object. Draw a model for each object showing what happens when you shine a light on it.
<b>Average</b>	Write 5-10 sentences describing your favorite sports team in detail. In your explanation describe their accomplishments, uniforms, etc.  Read for 30 minutes about a sports team. You may use MyOn or Freckle to find informational text on them.	What is the area and perimeter of a rectangle with a width of 7 meters and a length of twice that amount?	Find 3 objects in your house: something solid, a mirror, and something light can pass through. Shine a light on each object. Draw a model for each object showing what happens when you shine a light on it. Create a Venn diagram comparing and contrasting what you observed.
<b>Challenging</b>	Write 1-2 pages describing your favorite sports team in detail. Describe their history, accomplishments, uniforms, etc.  Read for 45 minutes about a sports team. You may use MyOn or Freckle to find informational text on them.	Find the dimensions of an NBA court, draw it, and then calculate the area and perimeter.	Find 3 objects in your house: something solid, a mirror, and something light can pass through. Shine a light on each object. Draw a model for each object showing what happens when you shine a light on it. Create a Venn diagram comparing and contrasting what you observed. Write a CER answering the question, "How does the composition of an object affect the way light interacts with it?"

**Daily** - Practice math facts for fluency, Calm Classroom 2-3 times for 3-5 minutes

**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

6th Grade -- April 16

The columns below offer choices for student activities.

	ELA	Math	Social Studies
<b>Focus Skills/ Standards:</b>	W.6.2. Informative writing RI.6. Informational text	6.NS.C. Apply and extend previous understandings of numbers to the system of rational numbers.	SS.IS.6.6-8.LC. Construct arguments using claims and evidence from multiple sources.
<b>Easy</b>	Write 3-5 sentences describing your least favorite sports team. Explain why they're your least favorite.  Read for 15 minutes about your least favorite sports team. You may use MyOn or Freckle to find informational text on them.	A. $-5 + 6 + (-2) =$ B. $3 + (-5) =$	List reasons using claims and evidence from multiple sources about why the 2020 Olympics should or should not have been postponed until 2021.
<b>Average</b>	Write 5-10 sentences describing your least favorite sports team. In your explanation you can include their team members, accomplishments, uniforms, etc.  Read for 30 minutes about your least favorite sports team. You may use MyOn or Freckle to find informational text on them.	C. $6 - (-4) =$ D. $-7 - (-3) =$	Construct explanations using reasoning, correct sequence, examples and details about why the 2020 Olympics should or should not have been postponed until 2021.
<b>Challenging</b>	Write 1-2 pages describing your least favorite sports team. Describe their history, team members, accomplishments, uniforms, etc.  Read for 45 minutes about your least favorite sports team. You may use MyOn or Freckle to find informational text on them. Write a short reflection summarizing what you learned and if your opinion changed.	Solve A-D. Then Solve: I'm thinking of a number. When I divide by three and subtract 7, I get zero. What's my number? How do you know?	Make a poster or Google Slides presentation of at least 3 slides to convince the public why the 2020 Olympics should or should not have been postponed to 2021.

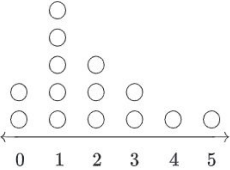
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# Remote Learning Activities for Students

6th Grade -- April 17

The columns below offer choices for student activities.

	ELA	Math	Science
<b>Focus Skills/ Standards:</b>	W.6.2. Informative writing RI.6. Informational text	6.SP.4. Display numerical data in plots on a number line.	MS-PS4-2. Develop and use a model to describe that waves are reflected, absorbed, or transmitted.
<b>Easy</b>	Write 3-5 sentences describing your favorite video game.  Read for 15 minutes about a video game. You may use MyOn or Freckle to find informational text on it.	The dot plot below shows how many sports each student in a class plays. How many sports do most students in the class play? How can you tell?  Dot Plot 	Get 2 glasses (clear if you have them). Fill one with water and one with a dark liquid (pop, water w/food coloring, etc.). Shut off your lights and shine 1 light on each of the cups separately. Draw a diagram showing how the light interacts with each liquid. Create a Venn diagram comparing and contrasting what you observed.
<b>Average</b>	Write 5-10 sentences describing your favorite video game in detail. Make sure you include enough details, especially if people aren't familiar with the game.  Read for 30 minutes about a video game. You may use MyOn or Freckle to find informational text on it.	Mr. Reed surveyed his class to see how many different sports his students play. Create a graph of the data he collected, shown below. Decide if a dot plot or bar graph will work best.  1, 0, 2, 2, 3, 1, 1, 2, 0, 0, 1, 1, 1, 2, 1, 5, 1, 3, 2, 0, 1, 2, 1, 1, 1, 2, 1	Get 2 glasses (clear if you have them). Fill one with water and one with a dark liquid (pop, water w/food coloring, etc.). Shut off your lights and shine 1 light on each of the cups separately. Draw a diagram showing how the light interacts with each liquid. Write a claim and give evidence to support the following question, "Does the color of a liquid affect how the light interacts with it?"
<b>Challenging</b>	Write 1-2 pages describing your favorite video game in detail. Include details relevant to someone who has never heard or seen the game played before. Create a new/updated cover for your video game.  Read for 45 minutes about a video game. You may use MyOn or Freckle to find informational text on it.	A team tracked the number of points they scored at each of their basketball games. Create a stem-and-leaf plot using their data below.  50, 57, 60, 63, 64, 67, 67, 67, 68, 68, 70, 70, 71, 72, 73, 73, 75, 77, 79, 85	Get 3 glasses (clear if you have them). Fill one with water, one with a dark liquid (pop, water w/food coloring, etc.), and one with a liquid that is somewhere in-between clear and completely dark. Shut off your lights and shine 1 light on each of the cups separately. Draw a diagram showing how the light interacts with each liquid. Write a CER to answer the following question, "Does the color of a liquid affect how the light interacts with it?"

**Daily** - Practice math facts for fluency, Calm Classroom 2-3 times for 3-5 minutes

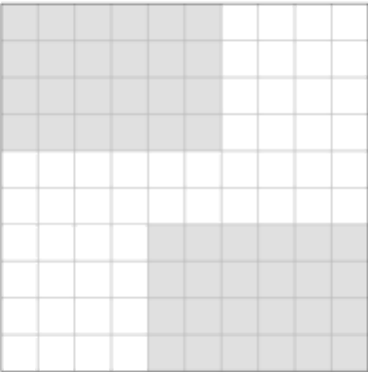
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# Remote Learning Activities for Students

6th Grade -- April 20

The columns below offer choices for student activities.

	ELA	Math	Social Studies												
<b>Focus Skills/ Standards:</b>	W.6.2. Informative writing RI.6. Informational text	6.R.P.A. Understand ratio concepts and use ratio reasoning to solve problems.	W.6.1. Write arguments using reasons and evidence  Assignments for ALL students												
<b>Easy</b>	Write 3-5 sentences describing what's different between video games today & video games from the past?  Read for 15 minutes about gaming. You may use MyOn or Freckle to find informational text on it.	Write the following portion as a fraction  	Read about the following Learning Styles in each box:  1. <b>Auditory Learners</b> - Students who prefer to listen, discuss, memorize, and take notes. They learn best by repeating words out loud, listening to stories, or group discussions.  2. <b>Tactile or Kinesthetic Learners</b> - Students that learn best with hands-on activities. They like touching and moving objects and learn best by demonstrations. They enjoy making models, working puzzles, and science experiments.  3. <b>Visual Learners</b> - Students that like to use pictures, maps, and images to organize and communicate information to others. They usually enjoy drawing or doodling, using flashcards, and sight words.												
<b>Average</b>	Write 5-10 sentences describing what's different between video games today & video games from the past? Be sure to compare & contrast explaining the similarities & differences.  Read about gaming for 30 min in a nonfiction text. Summarize your learning to an adult.	Write the above portion as a fraction, decimal, and percentage													
<b>Challenging</b>	Write 1-2 pages describing what's different between video games today & video games from the past? Compare & contrast the similarities & differences. Cite at least 2 specific video or computer games (one old & one new) in your answer.  Read for 45 minutes about gaming. You may use MyOn or Freckle to find informational text on them. Write a short reflection on the following: Of the video games of the past you learned about, what game or system appealed to you the most? Provide evidence from your learning.	Solve the above problems. Then complete the table:  <table border="1" data-bbox="727 1423 1092 1549"> <thead> <tr> <th>Fraction</th> <th>Decimal</th> <th>Percent</th> </tr> </thead> <tbody> <tr> <td><math>\frac{51}{100}</math></td> <td></td> <td></td> </tr> <tr> <td></td> <td>0.01</td> <td></td> </tr> <tr> <td></td> <td></td> <td>15%</td> </tr> </tbody> </table>	Fraction	Decimal	Percent	$\frac{51}{100}$				0.01				15%	
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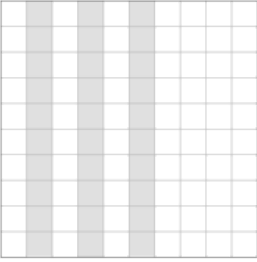
**Daily** - Practice math facts for fluency, Calm Classroom 2-3 times for 3-5 minutes

**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

6th Grade -- April 21

The columns below offer choices for student activities.

	ELA	Math	Science																
<b>Focus Skills/ Standards:</b>	W.6.2. Informative writing RI.6. Informational text	6.R.P.A. Understand ratio concepts and use ratio reasoning to solve problems.	MS-PS4-2. Develop and use a model to describe that waves are reflected, absorbed, or transmitted.																
<b>Easy</b>	Write 3-5 sentences comparing and contrasting two different sports.  Read for 15 minutes on a sport you don't follow or know much about. You may use Freckle or MyOn to find informational text.	Write the following portion as a fraction:  	Does the time of day make a difference when playing or watching a sport? Think back to the activities you have done for these remote learning science activities. Write a 5 sentence paragraph explaining your opinion, making sure to include specific examples and data from the activities you tried. You could include a drawing if you would like.																
<b>Average</b>	Write 5-10 sentences comparing and contrasting two different sports. Be detailed in describing their similarities & differences.  Read for 30 minutes on a sport you don't follow or know much about. You may use Freckle or MyOn to find informational text.	Write the above portion as a fraction, decimal, and percentage. Please use a portions diagram to show this.	Does the time of day make a difference when playing or watching a sport? Think back to the activities you have done for these remote learning science activities. Write a 2 paragraph essay explaining your opinion, making sure to include specific examples and data from the activities you tried. You should also include at least 1 illustration.																
<b>Challenging</b>	Write 1-2 pages comparing and contrasting three different sports. Be detailed in explaining their similarities and differences.  Read for 45 minutes on a sport you don't follow or know much about. You may use Freckle or MyOn to find informational text.	Complete the above activities, and then complete the following: The table below shows the coldest recorded temperatures for seven states.  <table border="1" data-bbox="805 1436 997 1629"> <thead> <tr> <th>State</th> <th>Coldest Recorded Temperatures</th> </tr> </thead> <tbody> <tr> <td>Maine</td> <td>-48</td> </tr> <tr> <td>Alaska</td> <td>-80</td> </tr> <tr> <td>Oregon</td> <td>-54</td> </tr> <tr> <td>California</td> <td>-45</td> </tr> <tr> <td>Hawaii</td> <td>12</td> </tr> <tr> <td>Florida</td> <td>-2</td> </tr> <tr> <td>Arizona</td> <td>-40</td> </tr> </tbody> </table>  Put the states in order from coldest recorded low temperatures to warmest recorded low temperatures.	State	Coldest Recorded Temperatures	Maine	-48	Alaska	-80	Oregon	-54	California	-45	Hawaii	12	Florida	-2	Arizona	-40	Does the time of day make a difference when playing or watching a sport? Think back to the activities you have done for these remote learning science activities. Write a 1-2 page essay explaining your opinion, making sure to include specific examples and data from the activities you tried. Please include specific examples and reasoning for at least 2 different sports and diagrams to clearly illustrate your explanations.
State	Coldest Recorded Temperatures																		
Maine	-48																		
Alaska	-80																		
Oregon	-54																		
California	-45																		
Hawaii	12																		
Florida	-2																		
Arizona	-40																		

**Daily** - Practice math facts for fluency, Calm Classroom 2-3 times for 3-5 minutes

**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

6th Grade -- April 22

The columns below offer choices for student activities.

	ELA	Math	Social Studies
<b>Focus Skills/ Standards:</b>	W.6.2. Informative writing RI.6. Informational text	6.NS.C. Understanding and ordering numbers.	W.6.1 - Write arguments using reasons and evidence
<b>Easy</b>	Write 3-5 sentences teaching someone how to kick, throw or hit a baseball, basketball, soccer ball, football or hockey puck.  Read for 15 minutes about how to play a sport you don't know how to play. You may use Freckle or MyOn to find informational text.	Consider the list of numbers below.  0.34 0.4 0.034 0.304 0.314  a. Which number is the smallest? How do you know?  b. Which number is the greatest? How do you know?	Today you will apply the information you learned about the 3 Learning Styles to yourself! See SS plans for April 20 for review.  Students must complete one of the two following options listed in the boxes below based upon access.  Option 1. <b>Electronic Learning Styles Inventory through Xello</b>
<b>Average</b>	Write 5-10 sentences teaching someone "how to" kick, throw or hit a baseball, basketball, soccer ball, football or hockey puck. Be detailed in your instructions.  Read for 30 minutes about how to play a sport you don't know how to play. You may use Freckle or MyOn to find informational text.	Consider the number 4,508,321.679  a. What digit is in the tens place?  b. What digit is in the tenths place?  c. What digit is in the millions place?  d. What digit is in the hundreds place?	Instructions: <ul style="list-style-type: none"> <li>- Log in to Clever</li> <li>- Locate Xello app</li> <li>- Click on <b>Learning Style</b>, then follow instructions</li> <li>- When done, scroll down for four more optional activities</li> <li>- Explore the website</li> </ul> Option 2: <b>Learning Styles Inventory</b> Instructions: Answer the following questions on a piece of paper. <ol style="list-style-type: none"> <li>1. What is your learning style? Which parts of the profile best describe the way you learn new information?</li> <li>2. What type of activities do you enjoy most in the classroom? Are these connected to the way you learn?</li> </ol>
<b>Challenging</b>	Write 1-2 pages teaching someone "how to" kick, throw or hit a baseball, basketball, soccer ball, football or hockey puck. Be detailed in your instructions and include illustrations to go with each step.  Read for 15 minutes about how to play a sport you don't know how to play. You may use Freckle or MyOn to find informational text.	Take a piece of paper and make it into a ball. Have a cooking pot or garbage can as your target. Stand 5 feet away from the target. Shoot the ball of paper into the target 15 times and keep track how many you made. Write the number down. Do this 3 times. Then make a number line and place your numbers on the line.	


**Daily** - Practice math facts for fluency, Calm Classroom 2-3 times for 3-5 minutes

**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

5th & 6th Grade -- (SEL) Theme: **Respect Yourself and Others**

The columns below offer choices for student activities for any day.

Social Emotional Learning Choice Board				
<p>Write your future self a letter.</p> <p>What advice would you give your future self? What words of encouragement?</p> <p>What passions are you going to pursue and how will you achieve those goals?</p>	<p>How do you show respect to the people in your family?</p> <p>Make a list of ways you can show someone respect.</p> <p>Then select a new way every day moving forward to showing respect to the people you are with or communicating with online.</p>	<p>Find a location in your house that is your "happy place".</p> <p>Take out the things that are distractions within this space.</p> <p>Add things that promote focus and calm. Belly Breathing is a great way to focus!</p>		
<p>1. Review the <b>Problem Solving Steps</b>  <b>S:</b> Say the problem without blame.  <b>T:</b> Think of solutions.  <b>E:</b> Explore consequences.  <b>P:</b> Pick the best solution.</p> <p>2. Think about common problems in your household. Agree on one to solve together.</p> <p>3. Each family member writes down the problem from their perspective on a piece of paper.</p> <p>4. Check the statement for blaming words.            Always • Never • You made me... • Because of you... • It's your fault...</p> <p>5. Write one problem statement without blame.</p> <p>6. Use the Problem-Solving Steps to find a solution together.</p> <p>7. Make a plan to put your solution into action. Problem solved!</p>	<p>Create a family action plan for solving problems while playing the family's favorite sport.</p> <p>Make a T Chart and label one side "If" and the other side "Then".</p> <p>Decide together some possible reactions to problems that everyone can reference in the heat of the moment during the game.</p> <p>Display your T-Chart somewhere everyone can reference it.</p> <div style="text-align: center;"> <p><b>T Chart</b></p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding: 5px;">If... Joey doesn't make the touchdown and gets upset.</td> <td style="padding: 5px;">Then... He can walk away and take five focused breaths.</td> </tr> </table> </div>	If... Joey doesn't make the touchdown and gets upset.	Then... He can walk away and take five focused breaths.	<p>Practice planning ahead. Pretend you are going to go on a vacation. You pick the spot.</p> <p>Now, make a list of everything you'd need for that vacation.</p> <p>After mapping out what you need, how do you feel?</p>
If... Joey doesn't make the touchdown and gets upset.	Then... He can walk away and take five focused breaths.			
<p>Go outside and take a walk with an adult. While you are outside, think about ways to show respect to your neighbors and property.</p> <p>Make a list or draw a picture of what you thought of on your respect walk!</p>	<p>Go outside (or inside) and play a game with your family. Talk about sportsmanship and what it:            Looks Like, Sounds Like, Smells like</p> <p><b>Game Ideas:</b>            Life            Tic Tac Toe            Hang-Man            4 square            Jump rope            Tag            Relay Races            Uno            Monopoly            Basketball (around the world)            Simon Says</p>	<p>Find a spot, inside or outside, that helps you feel calm. Try some of these poses while focusing on your breathing. Breathe in for 4 seconds, hold for 4 seconds, and then breathe out for 4 seconds.</p> 		

Parent Signature: \_\_\_\_\_

# Remote Learning Activities for Students

5th/6th Grade -- (Electives)

The columns below offer choices for student activities for any day.

Art	Music	Speech/ Drama
<p><b>Google Classroom is an available option</b> and your student has received an invite to join in their school email account. This classroom will include drawing tutorial videos and additional art project ideas!</p> <p>Decorate the windows in your house/apartment!</p> <p>Make sure that the decorations face out towards the street so people can walk by and see your work!</p> <p>Choose images that would help spread joy during this tough time: rainbows, hearts, thoughtful sayings, etc.</p>	<p>Music Journal Question of the Day: What is your favorite song? Why do you enjoy listening to that song? Tell me about the song?</p> <p>Activity: Choose any song you want and listen to it. As you listen, pay attention to the artists performance and determine if they are using good technique. Is the artist using good dynamics (do you hear a change in volume throughout the song), phrasing (are they breathing in proper places, singing or playing through the entire phrase), diction(singers), articulation (instrumentalists). Is the performance emotional and musical, or is it lacking in any areas? Write down what you hear and explain if the artist should change any parts of their performance and why you feel that way. (MU:Cr3.1.6)</p> <p>Digital Challenge (if you are able): <b>If possible, join your music google classroom.</b> Go to the website <a href="http://www.musictechteacher.com/">http://www.musictechteacher.com/</a> Choose any game to play to practice your skills!</p>	<p>Read a book or watch a movie of your choice. Write a report on it, including main idea, characters, plot, problem to be solved, and your thoughts and feelings on it.</p>
<p>Draw a picture of a place you want to visit! This can be a simple idea, such as going to a family members house, or it can be an extravagant idea like traveling to outer space!</p> <p>Include the following items in your drawing:</p> <ul style="list-style-type: none"> <li>- You!</li> <li>- Any people you want to bring with you</li> <li>- The place you wish to visit</li> <li>- The mode of transportation that took you to this place! (Car, train, plane, etc.)</li> </ul>	<p>Music Journal Question of the Day: If you could choose any live performance to go see, what would it be?</p> <p>Music Activity: Go outside, sit and listen to the sounds around you. As you listen, write down what you hear. After at least 5 minutes, move to a different location and listen again. As you listen, write down what you are hearing. How do the sounds make you feel? What instruments could be used to recreate those sounds? Could you recreate the sounds with your voice? If you were to compose a song using only the sounds you hear outside, what instruments would you need? Would you include singers? How would the song make people feel? (MU:Cr2.1.6)</p> <p>Digital Challenge (if you are able): <b>If possible, join your music google classroom.</b> Go to the website <a href="https://www.classicsforkids.com/">https://www.classicsforkids.com/</a> Use this to explore the instruments of the orchestra and learn about the composers. Journal about what you learned.</p>	
<p>Create a unique cartoon character! This character can be based on a character that you know from tv or movies, or it can be a completely made up character!</p> <p>Be sure to include the following components in your drawing:</p> <ul style="list-style-type: none"> <li>- Character (full body)</li> <li>- Background</li> <li>- The name of your new character!</li> </ul> <p>If you finish this, you can create a story about the character you created! Be as creative as possible!</p>	<p>Music Journal Question of the Day: If you could choose one song to represent how you feel right now, what song would it be? Why?</p> <p>Activity: On your paper, write each letter of the alphabet, one letter on each line. Next to each letter complete a list of artists, bands or songs. For each letter of the alphabet you must have the name of an artist, band or song that begins with that letter. You may use resources to help you if you get stuck. Once you have completed your list, choose 10 letters and write a sentence describing the artist, band or song that you chose. (MU:Pr4.1.6)</p> <p>Digital Challenge (if you are able): <b>If possible, join your music google classroom. Check daily for updates.</b> Go to the following link on youtube: <a href="https://www.youtube.com/watch?v=aXZWgOf2ISA">https://www.youtube.com/watch?v=aXZWgOf2ISA</a> Learn the Bim Bum exercise with the hand motions and the singing- if you get really good at it try speeding it up by increasing the playback speed</p>	

Parent Signature: \_\_\_\_\_

# Remote Learning Activities for Students

5th/6th Grade -- (Electives)

The columns below offer choices for student activities for any day.

Spanish	Computers / STEM	PE/Health																																												
<p>Translate a fairy tale from English to Spanish. You can use a dictionary or Google translate.</p>	<p><b>If possible, join your computer google classroom.</b></p> <p>ISTE Standard 6 (6a...6e) Use of Computer Media.</p> <p>Read a biography of your favorite hero (whether sports hero or engineer hero or historical hero or business leader hero), write up a period of time that your hero had adversity and how did your hero overcome that roadblock to success.</p> <p>Reflect how you would overcome adversity or a roadblock that stands between you and success. The reflection should only be one page in length.</p>	<p><b>Google Classroom is an available option</b></p> <p><b>Activity:</b></p> <p>Shape recommends at least 60 min of physical activity everyday.</p> <p>Choose a physical activity that can include cardio, strength or flexibility. Keep a daily log/journal of your physical activity.</p> <p>Here is a list of ideas: Walking Yoga Stretching Jump rope Gardening or landscaping</p> <p>For a list of new ideas and exercises visit Shape America</p>																																												
	<p>On a computer or tablet or a Smartphone, Go to Verizon.com or Att.com, and look at cell phones. Compare and Contrast between the Android Phone and the iPhone (you may include features, vendors (Samsung, Apple, LG), price, buttons, power chargers). List the type of phone that you have, and the type of phone that your mother has. What type of phone do you wish you had, and explain why?</p>	<p>Fill out an Activity log of all the Physical Activity that you do. Activity logs can be sent to their individual PE teacher at any time just to keep in touch.</p> <div style="border: 1px solid #ccc; padding: 5px; margin: 5px 0;"> <p style="font-size: small;">Name: _____ Grade: _____ PE Teacher: _____ Homeroom Teacher: _____</p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <thead> <tr> <th style="width: 10%;">Activity Date</th> <th style="width: 50%;">Activity</th> <th style="width: 15%;">Duration (Min) or Amount (#)</th> <th style="width: 25%;">Notes</th> </tr> </thead> <tbody> <tr> <td>3/16/2020</td> <td>DAY 1 Workout of 14-Day Body Challenge</td> <td>2x am and pm</td> <td>I thought it was going to be easy but I was a little tired at the end!</td> </tr> <tr> <td>3/16/2020</td> <td>Mindful Minute (March Activity Calendar)</td> <td>1 minute</td> <td>I had trouble concentrating because the TV was on, so I went somewhere quiet to try again. It felt relaxed after!</td> </tr> <tr> <td>3/16/2020</td> <td>Walking the dog</td> <td>20 minutes</td> <td>I took my dog for a walk around the block. She kept barking at everything!</td> </tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> </div>	Activity Date	Activity	Duration (Min) or Amount (#)	Notes	3/16/2020	DAY 1 Workout of 14-Day Body Challenge	2x am and pm	I thought it was going to be easy but I was a little tired at the end!	3/16/2020	Mindful Minute (March Activity Calendar)	1 minute	I had trouble concentrating because the TV was on, so I went somewhere quiet to try again. It felt relaxed after!	3/16/2020	Walking the dog	20 minutes	I took my dog for a walk around the block. She kept barking at everything!																												
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		<p><b>Practice Fitness Testing:</b></p> <p>See how many push-ups you can do at one time. See how many sit-ups you can do at one time. Time yourself running around your yard or block.</p> <p>Create your own fitness test using equipment you own and track your number or time. Example: Ride your bike or scooter around the block and track your time.</p> <p>Try to improve your score for each test each day or week.</p>																																												

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