

Supporting Students at Home Northern Middle & Southern Middle

Overview

This guide is designed to provide ideas for engaging children in learning activities while schools are closed. The activities listed below are intended to help keep children intellectually active while they are at home.

The activities and tasks that children complete at home will not be used as assessment or counted toward part of the student's final quarter grades.

Families should review the list below and select options that are relevant and accessible. The activities can be done more than once.

Activity Choices

Each instructional area has a "choice board" of options. Consider choosing a variety of activities from a few different content areas each day. Conversations with your child about the activities they are completing will help to support communication skills and understanding.

Please use the following chart to help your child select a variety of activities each day.

English:

English
<p>Select a book to read. Consider responding to 1 question for every 20 minutes of reading.</p> <ul style="list-style-type: none"> - Do any of the characters remind you of someone in your life? Who and how? - How are the characters, setting, and problems like those in other stories you have read? - Were you reminded of anything in your own life while reading this story? What and how? - What does this story make you think about or wonder?
<p>Watch a documentary on television, the internet, and/or a streaming service. Identify the claim made by the film's writer(s) and director(s).</p> <ul style="list-style-type: none"> - What evidence does the team use to support their claim? <p>(Examples: He Named Me Malala -Netflix; Life, Animated -Hulu; Bully -Amazon; Girl Rising -Tubi; Wonder Women! The Untold Story of American Superheroines -Amazon, Tubi)</p>

Explore books that have been made into film. What differences can you note? What creative ways did the director bring the text to life? Feel free to use this resource <https://www.goodreads.com/list/tag/book-to-film>

Review the lyrics to one of your favorite songs that is school appropriate. Identify three devices that are used within the song and explain their use and impact. Devices include: simile, metaphor, hyperbole, symbolism, rhyme, rhythm, mood, and tone.

Choose a novel you have read with your class this year. Focusing on one character, write a personal journal of their thoughts and experiences throughout the book. If you haven't read the whole book, focus on what you've read so far.

Choose a novel you have read with your class this year. Create a short blurb that will encourage others to read it. It can be done in a variety of ways:

- Radio advertisement
- TV Commercial
- Re-write the summary on the back of the book

Math:

Math

Spend 20 minutes working on your Imagine Learning Pathway.

- To access Imagine Learning log into your NCEdCloud.
- Click on Clever
- Click on the Imagine Learning Icon

Math Vocabulary:

- Create a board game that allows the player to advance through knowledge of various math vocabulary words you've learned this year
- Play pictionary with a friend or family member (Facetime, after dinner, etc.)
- Create a Math Vocabulary BINGO game to play

Maximize Surface Area:

Find two cereal boxes that are rectangular prisms but have different dimensions.

1. Use the dimensions of each box to determine which has the larger surface area.
2. Use the dimensions of each box to determine which has the larger volume.

Can you design and draw a building using only squares? What about using only triangles? Circles? Try it!

Pizza Payment:

You and 3 friends order a large pizza for \$12. Each additional topping costs \$1.75, and you decide to get pepperoni, olives, peppers, and mushrooms. If you also have to pay 5% tax, how much would **each** of you need to pay to cover the total price?

Making Tacos:

Your family is having Taco night!

If you choose exactly one ingredient from each category, how many different tacos could your family make?

Meat:	Chicken Beef
Veggies:	Tomato Lettuce Peppers
Topping:	Sour Cream Guacamole Salsa

Flip Card:

Materials Required:

- A deck of playing cards with the face cards removed

Number of Students:

- 2

How to Play:

Students sit facing one another with the deck split into two piles face-down between them. Each student flips over a card at the same time. The students mentally add (or subtract) the two numbers on the cards they flipped over. The student who calls out the correct answer first gets to keep those two cards. If a student calls out the wrong answer, the other player takes those two cards. Players continue until all the cards have been flipped. The student with the most cards in the end is the winner.

Science:

Science

Create a daily weather log. Explain the weather and how it is different from the previous day.

Create a visual that represents a topic you have studied this year.

Examples:

- Create a poster
- Draw a map
- Create visual diagrams

Create a crossword puzzle using a set of vocabulary on one topic you've studied this year.

Create a set of flashcards that represent information from any topic you have studied this year. Include pictures, vocabulary, informative sentences, etc.

Look back at what you've studied in science this year. Identify four topics that can be related to something you have experienced in the real world. It can be from a vacation you took, something you saw on tv, a movie you watched, a book you read, a previous lesson in a previous school year or any other personal experience.

Describe how the topics relate to the real world and how that helps you understand it.

Social Studies:

Social Studies

Choose two geographical areas, leaders, or other topics you have studied in Social Studies this year.

Use a Venn Diagram to compare and contrast the two.

From a topic you have studied this year, design and draw an original monument celebrating a person, place, or event of your choice.

Pretend you and a friend are visiting an area/location you have studied this year. What would you say to each other? Write a skit about your conversation. Act it out using puppets.

Create a 10-20 question quiz for your classmates that will assess one area you have studied this year.

Create at least 3 newspaper articles that will get the attention of your reader. Choose three different interesting topics you've studied in Social Studies. For each topic:

- Create an interesting headline that will capture the reader's attention
- Write 2-3 paragraphs to inform your reader of the topic

Physical Education:

Physical Education

Each day, perform 10 exercises from the list below. Try and choose a few exercises for each fitness component. Fitness components include cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition.

Exercises:

- 10 Push-ups
- 30-second plank
- 10 sit-ups
- 10 Air Squats
- 10 lunges
- 30 Jumping Jacks
- 1 minute of jogging in place
- 1 minute of high knees
- 10 burpees

- 10 wall push-ups
- Sit and Reach Stretch
- 20 small arm circles (forwards and backward)
- 20 large arm circles (forwards and backward)
- 10 minute walk around the neighborhood
- 20 flutter kicks
- 30-second butterfly stretch
- Run around the outside of your house 3 times
- 30-second hamstring stretch
- 30-second quadriceps stretch

Health:

Health

(6th Grade)

Choose a health-related topic of interest and highlight your choice:

- Benefits of Hands-Only CPR and how to perform it.
- Are Electronic Cigarettes Really Safe?
- Internet Safety – How Can I Protect Myself Online?
- Write a magazine article about your topic. Use proper writing conventions. Your article should be at least three paragraphs in length and include a picture or graphic to make your article more interesting to readers.

(7th Grade)

Choose a health-related topic of interest and highlight your choice:

- Alcohol Poisoning – What is it, why is it dangerous, and how can I prevent it?
- Is it Normal to Feel Depressed as a Teen? How Can I Get Help?
- How do the Diets of Teens and Adults Differ? Complete the following based on the topic you chose. Write a magazine article about your topic. Use proper writing conventions. Your article should be at least three paragraphs in length and include a picture or graphic to make your article more interesting to readers.

(8th Grade)

Choose a health-related topic of interest and highlight your choice:

- Should Teens Be Allowed to Use Social Media Sites?
- Does Coloring Really Reduce Stress?
- Complete the following based on the topic you chose.
- Write a magazine article about your topic. Use proper writing conventions. Your article should be at least three paragraphs

in length and include a picture or graphic to make your article more interesting to readers.

Art:

Art

Be a reporter. Choose an artwork that you like and create questions for the artist that would identify the components of art used when creating the piece.

Reverse the role and be the artist. What would the responses be?

Choose an art element that you really love. Create a lesson plan that can be used by your teacher to teach it to your students. If you really love the plan, record yourself teaching it.

Music:

Music

Choose your favorite song. Retell it in your own words. Either write it out or record yourself.

Create a poster that describes the main idea of any song of your choice.

General:

General:



Handwashing Song:

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs. Make a rap or song about when or how to properly wash hands!

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing

- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Follow these five steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Perform your song/rap for your family! Video your work and send it to a friend or relative!

FREE TO BE Scavenger Hunt

Can you find them all?

- | | |
|---|--|
| <input type="checkbox"/> find something round | <input type="checkbox"/> find a dandelion |
| <input type="checkbox"/> find something square | <input type="checkbox"/> find a blue bird |
| <input type="checkbox"/> find a flat rock | <input type="checkbox"/> find a black bird |
| <input type="checkbox"/> find a stick | <input type="checkbox"/> find a red bird |
| <input type="checkbox"/> find a spider  | <input type="checkbox"/> find a worm |
| <input type="checkbox"/> find a flying bird | <input type="checkbox"/> find a caterpillar  |
| <input type="checkbox"/> find a bee (no touching!) | <input type="checkbox"/> find a frog  |
| <input type="checkbox"/> find an ant | <input type="checkbox"/> find a butterfly  |
| <input type="checkbox"/> find a leaf | <input type="checkbox"/> find a pink flower |
| <input type="checkbox"/> find a ladybug  | <input type="checkbox"/> find a purple flower |
| <input type="checkbox"/> find a grasshopper  | <input type="checkbox"/> find a pinecone |
| <input type="checkbox"/> find a spider web | <input type="checkbox"/> find an acorn |
| | <input type="checkbox"/> find a clover |
- More PARENTS

Backyard Scavenger Hunt:

With an adult's permission/supervision go into your yard or sit outside. Look for (without touching) as many of the items from the scavenger hunt on the left as you can.

Extended Content:

Extended Content



Career Trading Card:

Read about a career you have an interest in. Take notes on the following points:

Jot down notes on the following points

1. "Education/Training" required
2. "Average Salary"
3. "Work Environment"
4. "Job Description"
5. Draw a picture representing what an individual with this career might wear and include tools they might use.



Spending Interview:

Ask a parent or willing adult the following questions, record your answers.

1. What family expense takes the majority of the budget? Housing? Food? Transportation? Insurance?
2. What do you wish you had known about budgeting and financial planning when you were my age?
3. What is a financial goal you have? What steps are you taking to reach it?

Break Free Do Not Limit Your Career Choices!



Parent or a Sibling

Read to a child daily and write a summary about what you read.



Sort stuff! Sort by color, size, shape, anything!

Get movin' with Cosmic Yoga! Can be used with Any grade, supports calming & behavior strategies, keeps kids active and focused! **Link:** www.youtube.com Search for "cosmic yoga"

Websites:

<p>English Language Arts (Reading)</p>	<p>Independent Reading Interactive Notebook Free Activities (All Ages) Google Classroom Editable Novel Brochure Free Activity (3rd-8th)</p>
<p>Math</p>	<p>ixl.com</p>
<p>Science</p>	<p>Earth Science Interactive Notebook Activities (Energy, Rocks and Minerals, Ecosystems) (3rd-8th) Nocturnal Animals – Creative Writing Freebie (3rd-5th) Arctic Animals and Adaptations Cut & Paste Free Activity (3rd-5th) Changes in Our Ecosystem Cut & Paste Free Activity (3rd-5th)</p>
<p>Social Studies</p>	<p>Ancient Egypt VocAppulary Activity ***Free This Week Only (Upper Elementary – Middle School) Ancient Greece VocAppulary Activity *** Free This Week Only (Upper Elementary – Middle School) Ancient China VocAppulary Activity *** Free This Week Only (Upper Elementary – Middle School) Ancient Civilizations Free Reading Passages (Ancient India & Ancient Egypt) (3rd-8th) Medieval Times Free Reading Passages (West Africa and Medieval Europe) (Middle School) Ancient Civilizations Interactive Notebook Free Activities (Ancient Mesopotamia, Egypt, China, and Greece) (3rd-8th)</p>
<p>Physical Education &</p>	<p>https://darebee.com/ www.gonoodle.com</p>

Health	www.kidshealth.com https://www.cosmickids.com/ Health Reading Passages Free (5 th -9 th)
General	Cyberbullying Awareness and Internet Safety Lapbook Free (Upper Elementary and Middle School) A Wrinkle In Time – Free Zen Coloring Bookmarks (All Ages)
Extended Content	ixl.com readingeggs.com