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 (<u>firstname.lastname@fsd145.org</u>).
- 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 (<a href="https://www.fsd145.org/emergency">https://www.fsd145.org/emergency</a>) 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:

May 7 May 11 May 18 Social Emotional Learning (SEL)

May 8 May 12 May 19 Electives

May 13 May 20

May 14 May 15

2nd Grade	5/7/20 - 5/20/20		
Theme(s) ELA Skills Focus Math Skills Focus		Other Skills Focus	
Travel/Discover			
Movement/Fitness			

2nd Grade -- May 7th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
Activity 1 and Instructions	2 NBT.6 - You and your family are planning a trip to Wisconsin Dells. If you stayed a night in each hotel, how much would it cost in all? use a number line or base 10 to show your work.  Chula Vista Resort \$98 Kalahari Resort \$35 Wilderness \$54 Great Wolf Lodge \$62	W 2.8 What can you do for fun in your hotel? (Ex: water park, restaurants, etc.) Create a brochure for the hotel you are staying in at the Dells. Include: Headings, pictures, and information about your hotel.	Have you ever wondered how heavy airplanes can stay in the air?  Make a paper airplane and watch it fly. What makes it stay in the air? https://www.youtube.com/watch?v=eSF6ghOxekM  Draw a map from your hotel to Buffalo Wilde	Optional: Read Flat Stanley on Epic!  STANLEY  S
Activity 2 and Instructions	. Food NBT2.8 You are eating out 3 times a day for 4 days  Your family went to Denny's each day for breakfast. The total was \$52. You left a \$10 tip. How much did you spend in all for breakfast?  Your family went to Hot Dog Avenue for lunch each day. The total amount was \$48 and \$10 for a tip. How much did you spend in all for lunch?  Your family went to Moose Jaw for dinner each night. You spent \$55 each time with a \$10 tip. How much did you spend in all for dinner?	W2.8 What do you need to take on a trip to the Dells? Make a list of at least 20 items you will need to pack for your trip to the Dells. Find a suitcase and pack for your trip using your list.	Wings. Include a compass rose and a legend.	https://thecolor fulapple.com/2 020/01/flat-sta nley-activities/

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature:

2nd Grade -- May 8th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
Activity 1 and Instructions	You and your family are going to the carnival! You are given 5 quarters, 6 nickels, 25 pennies, and 10 dimes.  How much total money do you have?  Using the total amount of money, how many funnel cakes can you buy if one funnel cake costs 50 cents?  Using the total amount of money, how many times can you ride the Ferris Wheel if one ticket costs 75 cents?  Using the total amount of money, how many times can you play ring toss if one ticket costs 25 cents?	You are going on a trip to research animals around the world. Create a list of animals that start with each letter of the alphabet. Which letter can you think of the most animals for?  W2.8	You are taking a trip to the zoo. Sort the animals you may see by group.  Birds- have feathers and are born from eggs. Reptiles-scaly skin and cold blooded. Mammals-drink milk and have hair on their bodies. Amphibians-breathe with gills and are born in water. Fish- live in water and have gills, scales, and fins.	You are traveling to different habitats around the world. Match the animals with the habitats that they live in.  Habitats Ocean Desert Rainforest Polar Forest Grasslands Pond  Animals Walrus Parrot
Activity 2 and Instructions	Elapsed Time at the Carnival  The carnival opens at 11:00 am. The carnival closes at 9:00 pm.  Draw two analog/ face clocks to show when it opens and closes.  How long is the carnival open for?  11 12 1 2 9	Adjectives Come up with three or four describing words for each noun.  Train Airplane Bus Boat Skateboard Bike Hoverboard Limo Scooter Wagon Horse drawn carriage  Example: Car- speedy, shiny, 4 wheels, red, rusty		Parrot Zebra Lion Beaver Scorpion Leopard Fox Squid Road Runner Chimpanzee Tadpole Whale Arctic Hare Raccoon

Parent Signature:		

2nd Grade -- May 11th

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
Activity 1 and Instructions	2.G.A.3. Draw the following shapes and mark the lines of symmetry:  • Rectangle • Heart • Square • Circle • Oval • rhombus  Equilateral Triangle 3 lines of symmetry	On a piece of paper, list the names of the seven continents and five oceans in ABC order. Use capital letters, since they are proper nouns. (L2.2.A)	Build and label a model of landforms of your choosing out of any food items or recycled materials.	Create a hidden picture scene, such as a family at a picnic, and "hide" 2 dimensional and 3 dimensional shapes within the picture. Challenge a family
Activity 2 and Instructions	2.G.A.3. Draw any quadrilateral (four sided shape, such as a square, rectangle) and divide it into:  • Halves • Thirds • Fourths • eighths	Write about your dream vacation.  Where would you go? How would you get there? What would you like to do while you were there? Who would you take with you? Bonus: What continent are you on? (W.2.3.)	Landform examples: oceans, mountains, hills, plains, islands, valley, plateau, peninsula. (SS.G.12)	member to find all the shapes. Remember to list the shapes you've hidden at the bottom of the picture.

Be sure to check the specials	s (Art, Music, PE) and th	e Social/Emotional Lea	arning pages for more (	grade specific activities.
Parent Signature:				

2nd Grade -- May 12th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
Activity 1 and Instructions	Solve the math facts and then do the corresponding exercise.  15+3= Jumping jacks 2+22= Pushups 4+14= Hops on right foot 6+3+7= Hops on left foot 18-3= Crunches 19-12= Frog jumps 17-1= High knees 29-15= Arm circles  CCSS.MATH.CONTENT.2.NBT.B.6	Read the word, write the word, and then do the exercise.   Jump Grab Skip Stretch Dance Hop Bend Sit Spin Twist  CCSS.ELA-LITERACY.L.2.5	If you were to go and visit someone who lived far away, list what would you need to bring? Are those items a "need" or a "want?" How would you get there? What activities would you do while you were there?	Look at labels of items around your house and write down where each product was made.
Activity 2 and Instructions	More or Less:  Are 7 pushups, 5 hops, plus 11 jumping jacks more or less than 20?  Are 9 squats, 4 sit ups, plus 13 knee bends more or less than 30?	Pretend you are a P.E. teacher. Create your own 10 minute workout plan. Write down your exercises and how many reps of each exercise you would like your students to complete.	1125	
	Are 16 high knees, 12 frog jumps, plus three crunches more or less than 30?  Are 8 hops on the left foot, 7 hops on the right foot, plus 17 arm circles more than 40?  CCSS.MATH.CONTENT.2.NBT.A.4	CCSS.ELA-LITERACY.W.2.2		

Parent Signature:	

2nd Grade -- May 13th

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
			Social Station	Gilding
Activity 2 and Instructions	Taking a pencil and paper, write your own word problem solving it and let some other family member solve some of your word problems 2.OA.1  Create your own number place value flip chart, using paper and markers up to a thousands place value. 2. NBT. 1  2.NBT.2 Get a piece of paper and pencil, write down and practice skip counting by 5's, 10's, 100's and 1,000's.	Remember to read every day for 20 or more minutes. The more you read the more you know!  Read a fiction book and on a piece of paper describe how the main character in the story responds to major events in the story. RL.2.9  Read a book, ask and answer questions like who, what, where, when, why, and how things are happening in the story. Share with your parents, friend, or relative the details and events from the story. RL. 2.1  Write a short story about a dream trip that you would want to take this summer. W. 2.3	List these modern forms of transportation-ways to travel in order from slowest to fastest:  Car Run Subway Rowboat Jet Walk Helicopter Skateboard Train Plane Moped Ship Bicycle  Where can you travel with each one? Cannot travel? Which ones can travel across the ocean? Explain/ Why?  SS. H.1.2  Make a chart or triangle of the 5 food groups: Fruits, Vegetables, Grains, Dairy, Proteins Tally mark how many times in a day you eat from each group or write the food items in the correct area. Do this for 3 or more days. What should you eat more or less of to help your body stay healthy and strong?	Pretend you can see your house from the sky with no roof.  Draw a map of the rooms in your home. Label the windows, doors and rooms.Label North, South, East West on the outside walls. Add the main furniture to make it look more real.  Or draw a map of your neighborhood. Label the buildings and roads. Add landmarks such as large trees, parking lots, and sidewalks.Label the cardinal directions N, S, E, W.  SS.G.1.2  Learn more about making a map by watching YouTube: How to Make a Map-Geography for Kids-Made by Red Cat Reading

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2nd Grade -- May14th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge	
Activity 1 and Instructions	You meet Buzz Lightyear and show him you can count out 85 cents in two different ways. Draw the coins you would use (quarters, dimes, nickels, & pennies). If you have coins at home use them & then draw the coins you used.  CCSS.MATH.2.MD.C.8	Imagine you and your family are going on a safari. Write a short story (3-5 sentences) about what animals you would see on your safari! Use describing words to describe all the things you would see on a safari.  CCSS.ELA-LITERACY.W.2.3	Make a paper airplane & fly it 5 times. Each time, measure using your footsteps, how far the airplane goes. Put the measurements in order from least to greatest.	airplane & fly it 5 times. Each time, measure using your footsteps, how far the airplane goes. Put the measurements in order from least to greatest.  Can you a Disney character each lette the alpha  A	Can you name a Disney character for each letter of the alphabet?  A
Activity 2 and Instructions	You and your family are going to Disneyland! A child's ticket costs \$67, and an adult ticket costs \$117. How much would it cost for your family to go to Disneyland?  Figure out how many children need a ticket. How much is that added together?  Figure out how many adults need a ticket. How much is that added together?  Add the two totals together. How much is it for all the tickets?  CCSS.MATH.CONTENT.2.MD.C.8	You and your family are traveling from Freeport to Chicago for 3 days. You want to remember this trip by keeping a journal for your trip. Write 3 sentences for each day describing what you are doing in Chicago.  CCSS.ELA-LITERACY.W.2.3	Make your own or use this link for instructions on how to make an airplane.  https://www.foldnfly.com/1.html  Are there any changes you want to make? If so, make the changes and try this again. Did your airplane fly any better?	F	

2nd Grade -- May 15th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
Activity 1 and Instructions	NBT 2.5 Bowling Subtraction  Materials: 20 paper or plastic cups, a ball  Ex: Set up 18 cups on one side of the room. Roll the ball and try to knock down as many cups as you can. Write an equation to show the difference. 18-7=11  Continue to set up a different number of cups and knock them down with the ball. Write a subtraction equation for each roll.	RF2.3 Making Words Relay Race Write each of the following letters on index cards: M,O,V,E,M,E,N,T, A,N,D, F,I,T,N,E,S,S Put the cards on the floor in your room. Get a piece of paper and a pencil ready on your kitchen counter or table. Set a timer for 15 minutes. Once you start the timer, go to your room and make a word with the letters. Go back to the kitchen and write the word on your paper. Continue to go back and forth making words. See if you can make 10-20 words in 15 minutes.	Solids, Liquids and Gases  Watch the video to learn about the 3 states of matter. Walk around your house or neighborhood and find as many solids, liquids and gases as you can. Write them on a chart like the one below.  Solid Liquid Gas  https://www.gene rationgenius.com/	Learn a song from Jack Hartman About the states of matter  https://www.youtube.com/watch?v=3IW8E1YR0kE
Activity 2 and Instructions	NBT22 Skip Counting  1. Skip count by 5's to 100 while doing a jumping jack for each number.  2. Skip count by 10's to 500 while marching in place.  3. Skip count by 100's to 1,000 while doing a pushup for each number.  4. Skip count by 2's to 100 while jumping in place.  5. Challenge - Skip count by 1,000 to a million while walking outside.    Skip count by 2 is 18 is 12 is 2 is 2 is 2 is 2 is 2 is 3 is 3 is	RI 2.2 From Head to Toe Think of your favorite story and use your body to act it out to a family member( charades) Try not to use your voice, but only use motion, movement and facial expressions. If you cannot think of a story, then act out a familiar story, such as The 3 Little Pigs, Goldilocks and the 3 Bears, Jack and the Beanstalk or Little Red Riding Hood.	videolessons/soli ds-liquids-and-ga ses/	

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2nd Grade -- May 18th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
Activity 1 and Instructions	Find somewhere in your house or outside. Mark a starting point and end point. Using different movements, collect data on how many 'steps' you need to get from point A to point B.  Example Movements: walk, run, hop, skip, crab walk, leap, spin, giant steps, tiptoe, heel to toe, inch worm, gallop, bear walk, etc.  Which movement took the most steps? The least?  2.MD.4	Read a book and create a story map about it. If you are reading a chapter book, simply use the information in that section.  After you are done with the story map, act it out! Create your own play of the book. Make it fun by creating props or costumes.	Compare and contrast transportation now and transportation long ago.  Create a T-chart. Title your chart "Transportation". Label one side "now" and one side "long ago".  List the different forms of transportation. Next, describe similarities and differences.	Create a hopscotch on your sidewalk. Use paper for an inside alternative.  Write the following words in the squares. When you land on them, say the antonym (opposite) of what that word means.
Activity 2 and Instructions	Write the following numbers on a piece of paper. You will need to cut apart the numbers, so leave spaces.  11, 17, 20, 16, 14, 15, 23, 12, 26, 13  Rules:  1. Pick two cards. On scratch paper, add the numbers together. This is your step count.  2. Flip a coin. Heads is left, tails is right.  3. Stand up somewhere in your house or outside. Turn in the direction the coin tells you to go and take the amount of steps. If you run out of room before making your step count, flip the coin again and continue the steps in that direction.  4.Repeat until the cards are gone to see where you end up!	Write words that rhyme with the following movements.  Jump Skip Hop Skate Run Eat Dance Spin Catch Play Throw  Challenge yourself to see how many words you can come up with for each. Which one had the most?		Large Dark Tall Past Up Hot Dry Fat Old Off Sad Hungry Open Sleep Sour Soft Easy

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2nd Grade -- May 19th

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
Activity 1 and Instructions	2NBT.A.2 Start with the number 69 and count by tens every time you bounce a ball (outside).  Document the highest number you reach. (If you don't have a ball, jump up and down).  Start at:  23  100 234	W.2.2. Design a pair of running shoes that would work in the following regions:  Sandy Icy Plains Draw a picture of the shoes you designed and use adjectives to describe the features on your shoes.	1.5.N Create a table and log how much water you consume in a day. Respond:	Challenge: create a poster to advertise your shoes. What features can you highlight to encourage a consumer to buy them?
Activity 2 and Instructions	2NBT.A.2 Make a number line on the sidewalk. Label by hundreds, ending at 1,000. Play "Guess The Number" with a family member. Pick a three digit number and keep it secret. The family member must guess a number. You label the number on the numberline. Tell them if your number is greater than or less than the number they guessed. Continue until the family member guesses your number.	RL.2.7. Read a fictional story and respond to the following prompts:  Describe the setting (time and place). How would the story change if the setting were different? (on a beach, in the future, in Freeport, etc). Write a new story having the main character visit a new setting. What challenges might they encounter?	help your body stay healthy?	

Be sure to check the	e specials (Art, M	lusic, PE) and t	the Social/Emotion	al Learning pages	for more grade spec	ific activities.
Parent Signature: _						

2nd Grade -- May 20th

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
Activity 1 and Instructions	Josh measured the length of the bus in inches. Omar measured the length of the bus in feet. Amy measured the length of the bus in yards. a Which student has the smallest number for an answer?  b Which student has the largest number for an answer?  c Explain your answers. How do you know? D If you measured the bus, how many inches, feet and yards would it be? 2.MD.2	You're going to be on a long flight. What books will you load on your Kindle or bring with you? What music will you load on your music player?  CCSS.ELA-LITERACY.W.2.2	Use materials in your home to build a boat that can float on water.  Some materials you may want to consider are:  Plastic Straws Toothpicks Plastic eggs Tin foil	Map a map of your own island. Name your island and show where these items are: *your house *school *grocery store *play ground *hospital *library  List landforms and name them: Mountains,
Activity 2 and Instructions	You are going on a trip. You want to arrive at your destination by 6pm. Fill in the blank. EX: If your trip is 4 hours, leave at 2:00pm.  If your trip is 7 hours, leave at If your trip is 3.5 hours, leave at If your trip is 12 hours, leave at If your trip is 9 hours, leave at If your trip is 6 hours, leave at If your trip is 6 hours, leave at	You want one kind of a vacation and your family wants another. Make a list of things to say to them to convince them to go where you want to go.  CSS.ELA-LITERACY.W.2.C1	Paper plates/ cups	rivers, lakes, oceans, canyon, waterfall

Be sure to check the sp	ecials (Art, Music, PE) and the	Social/Emotional Learning pages fo	r more grade specific activities.
Parent Signature:			

2nd Grade -- (SEL) Theme: Problem Solving/Conflict Resolution

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

Social Emotional Learning Choice Board aligns with standards 2D.1a Identifies problems and conflicts and 2D.1b Applies problem solving steps to constructively resolve problems and conflicts.

#### **Play a Game**

Playing games with peers/family involves learning to get along and figuring out rules together.

Talk about ways you figured out how to resolve a conflict.

Write or draw about it.



Sometimes asking for help can be a hard thing to do, but it is a skill we must all learn. When we have help we are more successful and get frustrated less. Use the following scenarios to practice asking for help in an assertive way. Look at the person you are talking to, sit/stand up straight, use a respectful, clear, and calm voice. The best and easiest time to ask for help is before you become frustrated.

**Example:** You are having trouble finding your favorite shirt.

**Ask for help:** Dad, can you please help me find my blue shirt with the dinosaur on it? I have looked in my dresser and under my bed and I cannot find it.

#### Scenarios:

- ★ You are not understanding a math assignment.
- ★ You need to clean your room, but the mess is overwhelming.
- ★ Your siblings keep bugging you even though you have asked them to stop.
- ★ You can't figure out how to play a game you really want to play.

#### **CONTROL OR NO CONTROL**

In life, there are things you can control and things you cannot control. You can control yourself, your thoughts, your feelings, and your actions.

Some things you do not have control over right now are having to stay home, what you get to eat for dinner, and/or who you get to play with.

Draw pictures or make a list of things you can control on one piece of paper and on another piece of paper draw pictures or make a list of the things you do not have control over.

Discuss the things you can't control with someone and see if they can help you solve any problems you have on that paper. Then put the paper of things you can control on top of the other paper and put it somewhere you will see it. Focusing on what you can control will help you have a positive attitude and remind you of all of the wonderful things in your life.

# Take these scenarios and brainstorm how you can solve them:

- My homework is not complete.
- I didn't eat my breakfast.
- 3. I haven't brushed my teeth
- 4. My lunch isn't packed
- My backpack is not ready.

# WHAT SHOULD I SAY? WHAT SHOULDN'T I SAY?

When you are having a conflict with a peer or family member, there are things you should and should not and say. Make a chart like the one below.

Things I should	Things I should
say:	not say:
Good Jobl	Ugh, you always wini

### SCALE THE PROBLEM

When you have a problem, think to yourself, "How big is this problem?"
Use self- talk. Is this a small, medium or big problem?

#### **Small Problem**

Will this even matter in an hour? Can I move on with my day? Can I ignore it?

#### Medium Problem

Do I need to talk to someone about this? Will I be unable to move on if this doesn't get resolved?

#### **Big Problem**

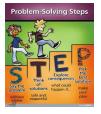
Is someone in danger? Have I tried multiple times to resolve this? Do I need to get an adult to help me?

Think? How big is my problem? Can I handle it by myself, or do I need an adult to help me?

Read the situations and scenarios already listed on this choice board. Sort them into the 3 areas; small, medium, and big problems.

# THINK OF POSITIVE WAYS YOU CAN SOLVE THE FOLLOWING PROBLEMS.

- ★ You bumped a family members workspace and their items fell on the floor.
- ★ When you were eating lunch your drink spilled all over a family member's things.
- ★ You pulled a book off of your bookshelf and a second book fell off of the shelf hitting a family member in the head.
- ★ You were trying to put a family member's artwork on the refrigerator and a corner of the paper tore.



### It's OK to Fail

Children need to know it is okay to fail. By having an open dialogue with your child, they will have more confidence in making decisions, making it ok to fail and to try again.

# important for you to communicate in an assertive way. Look at the person you are talking to, sit/stand up straight, use a respectful, clear, and calm voice. Use the scenarios below to practice

When you are trying to solve a problem it is

using assertive communication.

book without asking and a page got ripped. **Assertive Response:** I am upset that you ripped a page in my favorite book. Next time, please ask if you can borrow my book before taking it and please take care of it while you are reading it.

**Example:** Your family member took your favorite

#### Scenarios:

- ★ A family member has been watching tv for an hour and you would like a turn to watch a show you like.
- ★ You do not like what was made for supper.
- ★ Your sibling pushed you down on purpose.
- ★ A family member is being too loud of you to concentrate on your work.
- ★ A family member ate the last piece of your favorite candy.

### HUDDLE UP QUESTION

Huddle up with your kids and say, "Growing up, one of the biggest problems I had to solve was... I was able to solve it by..."

Have a good conversation about this. Draw or write about what you discussed.

<b>Parent Signature:</b>	
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2nd Grade -- (Electives)

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

Art	Music	PE/Health
Try to create a picture using your clothes that represents something you see in your house or yard. The clothes will be your color and you can fold, scrunch, and lay flat the laundry to help create texture in the painting. When you are done continue your practicing of crisp clean lines and folds by preparing them to be returned to their place in your closet or drawer.  Examples:  Extension: see an example video on you tube: https://youtu.be/SUQCKv5Rb04  VA:Cr1.2.2a; VA:Cr1.2.3a; VA:Cr2.3.2	Happy May!  1) Complete the activities in the two boxes below for each letter	It's Race Day! (State Goal 20)  Time to work on your running skills. Pick a starting point and a finish line. If you're able to, time yourself from start to finish. If you don't have a timer available, count in your head. Race as many times as you can. What do you think will happen to your body the more times you run?  Other ways to do this: - choose different distances - race against another family member - if enough family members, turn it into a relay.
Create a color wheel using objects in your house. The color wheel is in the same order as the rainbow but in a circular fashion. Draw a normal color wheel after you are done using triangles inside a circle (if you are able a paper plate works well). If you don't have colors to color in just write the name of the color in each triangle.  Example color wheel:  Example found object color wheel:  VA:Cr1.2.2a; VA:Cr2.2.2a; VA:Cr2.3.2a	A- Sing your favorite song B- Keep a steady beat by clapping along to a song C- Tap the rhythm to a song you know D- Sing a song from music class E- Dance for the next 5 minutes F- Find something in your house to use as an instrument G- Sing the words of your favorite book H- Play a game from music class I- Create a new dance move J- Sing or dance along to a song with a fast (presto) tempo K- Find something that makes a quiet (piano)sound L- Play a song and be the conductor of the music M- Go outside and listen to the sounds of nature	Brushing Teeth Checklist State Goal 22  1.Wet toothbrush 2.Squeeze toothpaste onto toothbrush 3.Brush your teeth 4.Spit the toothpaste into the sink 5.Rinse toothbrush and your brush 6.Smile  Design your own checklist to help you remember your brushing teeth checklist.  Don't forget to brush at least two times a day, for two minutes each time.
Create a word that represents your feeling right now, using objects around the house or outside.  VA:Cr2.2.2a; VA:Cr2.3.2a	N- Make an instrument out of household objects  - Make up your own song - Decide if your family members have high or low voices - Sing a song with high notes - Sing theme songs from the shows you watch - Change the lyrics (words) to a song you know - Have a quick dance party with anyone in the house - Sing a song with low notes - Find something that makes a loud (forte) sound - W- Find something to use as rhythm sticks and tap along to a song - X- Hum a song that you know - Sing or dance along to a song with a slow (largo) tempo - Whistle a song you know	Activity: All About Muscular Strength (20.A.1b)  Muscular strength is a health related fitness concept that we practice at school during P.E. Muscular strength is your ability to push, pull, and lift heavy objects! We practice muscular strength by performing Push-Up Holds. Can you perform a Push-Up Hold for 30 seconds? We work on muscular strength because it is super helpful for a lot of different jobs and activities outside of school, such as Construction workers or nurses. Besides doing Push-Up Holds, what other exercises can you think of that would increase our muscular strength? Can you try them at home? What other jobs can you think of that would require lots of muscular strength?

Parent Signature:

2nd Grade -- (Electives)

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

The columns below offer choices for student activities for any day.				
Art	Music	PE/Health		
Draw a mask design that represents a 3-D mask showing your interests.  Example:  VA:Cr2.2.2a	Pick a song you know and sing it as loudly as you can outside. See how loudly you can really sing with a good sound without yelling (because you can't yell and sing at the same time).  MU:Pr6.1.2	Skittles Workout, you will need a regular size bag of skittles. Take one skittle out of the bag at a time and perform the exercise and repetitions listed below for the color! Red: 5 pushups Orange: 8 Sit-ups Yellow: 10 Squats Green: 15 Jumping Jacks Purple: Run 1 Lap. Figure out where you're running to before you start, some examples for distances to run are: Run across your yard, around the kitchen table, to a street sign and backHow fast can you get through the whole bag of skittles! MAKE SURE YOU ARE NOT CHEWING SKITTLES WHILE PERFORMING THE EXERCISES**If you do not have skittles make your own by coloring red, orange, yellow, green, and purple dots or circles on a piece of paper. Now tear those dots/circles into their own piece of paper. Be sure to make enough of each color. State Goal 19		
Cut out a face from a picture in a newspaper, magazine, or old photograph (with adult permission). Glue the person or animal face onto a paper (tape it or place it if glue is not available). Then draw a different animal below to make its body.  Challenge: Don't glue or tape head down. Just lay it down. Then create multiple different bodies.  VA:Cr1.2.2a; VA:Cr2.1.2a; VA:Cr2.2.2a; VA:Cr2.3.2a	Play a game of echo clapping with someone. You clap a rhythm. They clap it back exactly as you did. Then switch. Keep going until someone gets one wrong. Then play again!  MU:Cr1.1.2	Finding Balance  Balance is an even distribution of weight enabling someone or something to remain upright and steady.  Find a few long objects like sticks, broom/mop handle, pen or pencil, baseball bat try and balance these objects on your finger or hand. Which object is the easiest to balance? How long can you balance each object for? Can you balance one object in each hand? Which hand is easier? Can you balance an object in one hand longer than the other? Can you balance on one foot and balance an object in your hand? State Goal 19		
Keith Haring is a famous artist. He is known for his outlines of people in motion and hearts. Create a drawing of a stamp that includes at least one outline of a person and a heart.  VA:Cr2.2.2a	Gather pots, pans, milk jugs, and boxes. Arrange them into a drum set and drum! Create your own Rhythms!  *If you have electronic access, you'll enjoy experimenting on this link: https://musiclab.chromee xpe riments.com			

Parent Signature: