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).
- 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:

| $\underline{\text { May 7 }}$ | $\underline{\text { May 11 }}$ | $\underline{\text { May 18 }}$ |  |
| :--- | :--- | :--- | :--- |
| $\underline{\text { May 8 }}$ | $\underline{\text { May 12 }}$ | $\underline{\text { May 19 }}$ | Electives |
|  | $\underline{\text { May 13 }}$ | $\underline{\text { May 20 }}$ |  |
|  | $\underline{\text { May 14 }}$ |  |  |
|  | $\underline{\text { May 15 }}$ |  |  |


| 4th Grade |  | ELA Skills Focus | Math Skills Focus |
| :--- | :--- | :--- | :--- |
| Theme(s) | RF.4.4: Fluency | Factors | Other Skills Focus |
| Spring | W.4.2: Informative Writing | Comparing Numbers |  |
| Mother's Day |  | Multiplicative Comparisons |  |
|  | Place Value Concepts |  |  |
|  |  |  |  |

Remote Learning Activities for Students
4th 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 | 4.OA. 4 Factors <br> Write the factors for the following numbers: <br> 1. 10 <br> 2. 36 <br> 3. 45 <br> 4. 24 <br> 5. 7 | RF.4.4: Oral Fluency With a timer (phone, kitchen timer, etc..), read a page in your book out loud three times to someone at home. As you are reading out loud, work on reading smoothly with expression for one minute. | SS.CV.3.4 <br> Mother's Day <br> Activity - <br> Showing <br> respect to others <br> Cut out a paper flower with five petals. On each petal write one reason your | Mother's Day Coupon Book. <br> Create a coupon book that includes chores, or ways to be helpful around the house (example: clean your room, take out the trash, |
| Activity 2 and Instructions | 4.OA. 4 Prime and Composite Numbers <br> Identify the following numbers as prime or composite. <br> 1. 9 <br> 2. 21 <br> 3. 11 <br> 4. 72 <br> 5. 36 | W.4.2: Thankful Thursday Challenge <br> Write a letter to someone in your house describing three reasons that you are thankful for that person. Make sure you use proper capitalization and punctuation. | mom is amazing. On the stem of your flower write your name and date. | tc. |

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

4th Grade -- May 8th
Parents: Choose two activities from each page each day.

|  | Math | Reading and Writing | Extra Challenge |
| :---: | :---: | :---: | :---: |
| Activity 1 and Instructions | (4.0A.4: Prime and Composite Numbers) <br> List all the factors for the numbers 12 and 5. <br> List 3 multiples for the numbers 12 and 5. <br> Write $\mathbf{P}$ next to the number if the number is prime or write C if the number is composite. <br> How do you know that the numbers are prime or composite? Explain your answer. | Write a Mother's Day Cinquain Poem to your mom (or grandma, aunt, etc.) Write a Cinquain poem and decorate before giving it to mom for Mother's Day. ccss.w.4.2 <br> To write a Cinquain Poem: <br> Line 1: Write a noun. <br> Line 2: Write two adjectives describing the noun on Line 1; Line 3: Write 3 words ending with -ing (action words) that describe what the noun on Line 1 might do; Line 4: Write a phrase describing the noun on Line 1 ; and <br> Line 5: Write a synonym of the word on Line 1. <br> Example: <br> Ice-Cream <br> Cold, delicious <br> Melting, dripping, licking <br> Perfect in Hot Summer Treat! | Multiplication 4 in a Row <br> Materials: <br> -1 Products 4-in-a-Row Record Sheet. (Use the example below) When making the record sheet, it's important to include the products shown on the example, but not important that they are in the same order. <br> -2 game markers to place on the factors (numbers you'll multiply). Paper clips work well <br> Each player needs a different color or type of game marker. Players place these on the record sheet to claim products (the result of multiplying 2 or more numbers). |
| Activity 2 and Instructions | (4.OA.2: Multiplicative Comparisons) <br> 1. Solve the story problem below. <br> 2. Show your thinking with numbers, sketches, or words. <br> 3. Then write an equation that represents your work, and record the answer, labeled with the correct units. <br> Each of the 4 students at the red table has 8 markers. The class has 5 times as many markers as the entire red table. How many markers total does the whole class have? | Mother's Day Interview \& Story <br> Ask Mom (or grandma or aunt, etc.) the following questions and then using her answers, write a story about mom. Students, write the answers with Mom's help! <br> 1. Mom's name? <br> 2. Favorite Color? <br> 3. Favorite food? <br> 4. Favorite hobby? <br> 5. Favorite holiday? <br> 6. Dream vacation? <br> 7. Mom likes when I? <br> 8. Favorite thing about being a mom? <br> Now- write a story about mom, using her answers and add a picture. | Player 1 puts one of the factor markers on any number, 1-9. (These are the circled numbers in the row at the bottom of the record sheet.) Player 2 puts the other factor marker on a different number. Player 2 multiplies the 2 factors, claims the product on the grid with a marker, and writes a multiplication equation to match on the record sheet or a separate sheet of paper.Ex.- Aunt Elise: I choose 3. Danielle: I choose 6. Let's see, $3 \times 6=18$, so l'll put my penny on 18 <br> Player 1 chooses one of the factor markers to move to a new circled number, then multiplies the 2 factors to get a new product. Player 1 claims the new product and writes the matching equation.Ex.- Aunt Elise: l'll move the marker from the 3 to the 5 . Since $5 \times 6$ is 30 , I get to put my dime on 30 .Key points: $\bullet$ Players may move only 1 factor marker at a time. - Both factor markers can be on the same factor. - If a player chooses a factor that makes a product that is already claimed, the player loses that turn. |

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Parent Signature: $\qquad$

4th Grade -- May 11th
Parents: Choose two activities from each page each day.


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Parent Signature: $\qquad$

4th Grade -- May 12th
Parents: Choose two activities from each page each day.

|  | Math <br> Activity 1 <br> and <br> Instructions | Reading and Writing <br> multi digit whole numbers | Science/ <br> Social <br> Studies | Extra <br> Challenge |
| :--- | :--- | :--- | :--- | :--- |

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

4th Grade -- May 13th
Parents: Choose two activities from each page each day.

|  | Math | Reading and Writing | Science/ Social Studies | Extra Challenge |
| :---: | :---: | :---: | :---: | :---: |
| Activity 1 and Instructions | CCSS 4. NF. 3 Understanding Fractions and Mixed Numbers <br> 1. Sketch and label a picture that represents $1 \frac{1}{2}$ <br> 2. How many halves are in $3 / 2$ ? <br> 3. How many thirds are in $8 / 3$ ? <br> 4. How many fourths are in $7 / 4$ ? <br> 5. Write each fraction as a mixed number. <br> a. $5 / 2=$ <br> b. $7 / 6=$ <br> c. $4 / 3=$ <br> 6. Write each mixed number as a fraction. <br> a. $\quad 12 / 3$ <br> b. $1 \frac{1}{2}$ <br> c. $2 \frac{1}{1} 4$ | R.I.4.5 Timeline- Describe the overall structure (e.g., chronology, comparison, cause/effect, problem/solution) of events, ideas, concepts, or information in a text or part of a text. <br> Read the parts of the story. They are not in the correct order. Rewrite the sentences in the correct order so the story makes sense. <br> - Then, add some toppings. <br> - When it is done, cut it into slices and eat it. <br> - First, get some dough and roll it until it is flat and shaped like a circle, <br> - Put some cheese on top of the sauce. <br> - The last thing you have to do is cook your pizza. <br> - Making a pizza can be easy and fun! <br> - After that, add some pizza sauce. | Agriculture in the Classroom: <br> Did you know that popcorn is an Illinois state snack? There are 333 farms in Illinois that grow popcorn on 47,000 acres. Corn is native to the Americas, probably first cultivated in Mexico about 5,000 years ago; native Americans started growing corn in Illinois about 100 A.D. <br> Can you make popcorn dance? You need vinegar, baking soda, water, unpopped popcorn kernels, a drinking glass or glass jar and something to catch the mess. Put the jar in a large pan to catch the upcoming mess. Put half a glass of water in | Enriching <br> Activities: Meet a popcorn farmer who lives on Popcorn Road by Popcorn Creek in Popcorn, Indiana in this video field trip of a real popcorn farm. <br> Popcorn seeds can be used as food for people, but they can also be sprouted and grown into new plants if given the chance. Explore germination by sprouting corn seeds. Pop popcorn in an air popper. <br> Beforehand, ask your child to predict whether the popped popcorn will weigh |
| Activity 2 and Instructions | CCSS: 4. NF. 7 Understand decimal notation for fractions. <br> 1. Sketch base ten pieces to show the value of each number. <br> a. $\quad 3.18$ <br> b. $\quad 4.68$ <br> c. $\quad 2.76$ <br> 2. Write a decimal number for each of the base ten pictures below: <br> A. <br> B. | W.4.2 Write informative/explanatory texts to examine a topic and convey ideas and information clearly. <br> Choose one of the following narrative writing prompts to respond to: <br> Choice 1 - Go back in time to the first day of school, and write a letter to yourself describing three of the things you will learn this year and why they're important. <br> Choice 2 - Imagine that you're an object in the classroom (i.e., desk, pencil sharpener, whiteboard, etc.), and write a story about the things that happened during the school year from the perspective of that object. <br> Choice 3 - You're working as a school custodian. It's the last day of school, and you enter the school gymnasium. Write a story about what you find and what happens next. | glass jar. Put one teaspoon of baking soda in the glass jar and stir. Place uncooked popcorn kernels in the mixture. Add 1 cup vinegar which will create a chemical reaction <br> Watch how popcorn is made: <br> .https://www.youtube.c om/watch?time_continu $\mathrm{e}=148 \& \mathrm{v}=\mathrm{rlddiPSZfc} \mathrm{f} f$ eature=emb_loge <br> To learn more about corn: <br> http://www.agintheclass room.org/TeacherReso urces/AgMags/Corn\%2 0Ag\%20Mag\%20Smart board.pdf | the popcorn kernels. Weigh the kernels in a bowl before popping and the popcorn in the same bowl after popping. The popped popcorn will weigh slightly less than the kernels. Explain that this is because the moisture inside the kernel escapes as steam when the popcorn pops. Add a little butter and salt to the popcorn to enjoy as a family snack. |

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

4th Grade -- May14th
Parents: Choose two activities from each page each day.

|  | Math | Reading and Writing | Science/ <br> Social Studies | Extra <br> Challenge |
| :---: | :---: | :---: | :---: | :---: |
| Activity 1 and Instructions | 4.NBT. 2 <br> Compare the following number sets. Use <,>, or $=$. <br> 123,546 $\qquad$ 123,465 <br> 45,891 $\qquad$ 4,591 <br> 7,123 $\qquad$ 17,123 <br> 578,934 $\qquad$ 577,934 <br> 67,354 $\qquad$ 76,543 | 4.W.4.2 <br> Think about Spring. Write a paragraph about two of the things you know about the season. Create a diagram to explain the topic of your paragraph. | SS.H.1.4 <br> Anna Jarvis invented Mother's Day in 1908. She worked to have Mothers across the United States recognized for their hard work. She was so successful that Mother's Day was made an official holiday by the United States in 1914. In the | Nim Game <br> Materials: any group of small items (buttons, paper clips, legos, etc.) <br> Directions: Gather your items and place them between the players. |
| Activity 2 and Instructions | 4.OA. 2 - Multiplicative Comparisons Solve the story problems: <br> 1) A library checks out four fiction books and two non-fiction books an hour. How many times more fiction books do they check out than non-fiction books? <br> 2) There were twenty-one adults in line at a movie theater. That is three times the number of children in line. How many children were in line? <br> 3) A restaurant sold eight times as many salads as they sold steaks. If they sold four steaks, how many salads did they sell? <br> 4) A restaurant sold nine salads and forty-five steaks. How many times as many steaks did they sell as salads? | 4.RF.4.4 Fluency | Jarvis was disappointed that florists were using Mother's Day to sell flowers and card makers sold Mother's Day cards. Ms.Jarvis thought the holiday should be celebrated by writing your mother a letter or going to visit your mother. She spent the rest of her life fighting to have florists and card makers stop selling items for Mother's Day. <br> Do you think she was right to ask florists and card makers to stop selling Mother's Day items? Why or Why not? Write a paragraph to explain your answer and discuss it with someone at home. | Decide the range of numbers or items, for example 1-3, players pick up each turn. <br> Players take turns picking up items from the center pile. <br> The objective of the game is to have your opponent take the last item. <br> To keep playing add items to your starting pile or make two (or more) center piles to take items from. <br> Think of other ways to play and compare your results. |

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

4th Grade -- May 15th
Parents: Choose two activities from each page each day.

|  | Math | Reading and Writing | Science/ <br> Social Studies | Extra <br> Challenge |
| :---: | :---: | :---: | :---: | :---: |
| Activity 1 and Instructions | 4.OA. 4 Multiples <br> Write the first 5 multiples of the following numbers: <br> 1. 5 <br> 2. 3 <br> 3. 2 <br> 4. 9 <br> 5. 10 | W.4.2: Informative Writing <br> Write an informational paper explaining how to be a good student, behaviorally and academically. Make sure you use proper capitalization and punctuation. | 4-PS4-2 <br> Watch The Fog Roll In. | How to Make a Weathervane You Need: <br> Old business card, Straw,Ruler, Scissors, Clear tape, Pencil, Stickpin, 1 liter plastic bottle, Sand, Compass, Black permanent marker What to Do:: <br> 1. Start by researching with your |
| Activity 2 and Instructions | 4.OA. 4 Prime and Composite Numbers <br> Identify a prime and composite number and explain why that number is prime or composite. <br> Prime Number: $\qquad$ <br> Why: $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ - <br> Composite Number: $\qquad$ <br> Why: $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ | RF.4.4: Reading <br> Fluency <br> RF.4.4: Oral Fluency With a timer (phone, kitchen timer, etc..), read a page in your book out loud three times to someone at home. Time yourself each time. Notice how your pace increases with practice. Don't forget, as you are reading aloud, to remember to use expression. | What you need: Glass jar, small strainer, water, ice cubes. <br> What to do: Fill the jar completely with hot water for about a minute. Pour out almost all the water, leaving about 1 inch in the jar. Place the strainer over the top of the jar. Place 3-4 ice cubes in the strainer. As the cold air from the ice cubes collides with the warm, moist air in the bottle, the water will condense and fog will form. | your child gather the materials needed to create his/her own weathervane. Offer assistance cutting the liter bottle in half if necessary 3 . Cut a triangle out of the business card to create the front and back ends of the weathervane. Trim the straw so it is 6 inches long. If the straw has a flexible end, make sure it's the end that is cut. 4.Cut slits into both ends of the straw, about half an inch deep horizontally, and slide the cut card onto each end. Secure each of the ends with a small piece of clear tape. 5. Using a pencil and stick pin use the ruler to find the middle of the straw. Position the pencil under the straw and secure the two together with the stickpin creating to top of his weathervane! 6. To create the weathervane base, cut the bottom of the plastic bottle with some sand, and firmly stick the pencil weathervane into the center of the sand. 7.Place weathervane in a windy spot and observe how it moves with the wind. Guess which direction the wind's blowing, and then use a compass to check your guesses. Use a permanent marker to write the directions on the side of the plastic bottle. |

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4th Grade -- May 18th
Parents: Choose two activities from each page each day.

|  | Math |  | Reading and Writing | Science/ <br> Social <br> Studies | Extra Challenge |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Activity 1 and Instructi ons | 4.OA.2: Solve story problems using multiplication strategies <br> Solve the story problem below. Choose 2 models from the list below to represent and solve. <br> Make sure to show your work. <br> Strategies: <br> 1. an open number line <br> 2. a ratio table <br> 3. a tile array <br> 4. an area model <br> The kids at table E have 9 pencils in the supply box they share. The kids at table $F$ have three times that many pencils in their supply box. How many pencils do the kids at table $F$ have in their supply box? |  | W.4.3 Narrative Writing Spring Fever! <br> Write your own cure for Spring Fever. Feeling a little feverish from being stuck at home, inside, not getting out? Write your own prescription for how to cure Spring Fever. What will you need? Time outside playing? How long? Spring cleaning? Pool party? Let us know what you're prescribing to cure Spring Fever! $\qquad$ <br> Action: $\qquad$ $\qquad$ $\qquad$ $\qquad$ | SS.G.1.4 <br> Making Words <br> Create as many words as you can out of the letters in: <br> Mississippi River <br> Try to make all words at least three letters or more! <br> Then, use the words to write a paragraph to describe what you know about the Mississippi River. <br> Some facts about the River: <br> - The Mississippi | Parent Questionnaire <br> ~How does your child feel about school? <br> $\sim$ How long does your child usually spend reading each night? <br> $\sim$ How often does your child practice sight words? $\sim$ What is your child's favorite subject? <br> $\sim$ What subject is most challenging for your child? $\sim$ What does your child enjoy doing after completing school activities? <br> $\sim$ What friend does your child talk about the most? <br> Which one Doesn't Belong? |
| Activity 2 and Instructi ons | 4.OA.2: Usin strategies <br> Complete th table: | iplication <br> wing ratio | W.4.4 Develop clear and coherent writing Show Don't Tell Use words to create an image in the reader's mind. Change the following sentences so that the details add description and create an image in the reader's mind. <br> Ex.-Instead of saying, "Tigger was frightened." The writer could say:"His entire body was shaking like a leaf and he was holding onto his tail." <br> 1. His voice sounded frightened. <br> 2.She was excited. <br> 3.Her face looked happy. <br> 4. He was angry. <br> 5.She is sad. | of Lake Itasca in Minnesota and flows south all the way to the Gulf of Mexico. <br> - Some <br> Nicknames: <br> $\rightarrow$ The Big Muddy <br> $\rightarrow$ The Mighty Mississippi <br> $\rightarrow$ Big River <br> - The River is home to 260 species of fish and 326 species of all North American birds, just to name some species. <br> - The Mississippi River is 2,340 miles long. |  |

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

4th Grade -- May 19th
Parents: Choose two activities from each page each day.

|  | Math | Reading and Writing | Sciencel <br> Social <br> Studies | Extra <br> Challenge |
| :---: | :---: | :---: | :---: | :---: |
| Activity 1 and Instructions | 4.NF. 2 <br> Write a greater than (>), less than (<), or equal sign(=) to complete each equation below. <br> 1. $1 / 4<1 / 2$ <br> 2. $2 / 3 \quad 3 / 5$ <br> 3. $2 / 55 / 8$ <br> 4. $3 / 5 / 5$ <br> 5. $3 / 54 / 5$ | W.4.2 <br> Now that the end of the school year is approaching it's time to start thinking about what you would say to classmates and your teacher before summer begins. Write a letter to your classmates stating what you enjoyed about the school year. Reflect on and share some of your favorite activities or moments. | 4-PS4-3 <br> Create your own sundial. <br> Find something that you can easily stand a pencil up with like playdoh (picture shown is clay). Use stones or | Create a video of you reading to a family member. Explain why you chose the book you did. Challenge yourself to bring the characters to life by reading with fluency and |
| Activity 2 <br> and <br> Instructions | 4.NBT. 2 <br> The Music Academy was founded in 1847. <br> a) In what year was the academy 95 years old? <br> b) In what year was the academy 150 years old? <br> c) In what year will the academy be 275 years old? | RL/RI4.10 <br> Select a book to read that is a different genre than you normally read (ex. Poetry, biography, informational, mystery, etc.) After reading the book for 20-30 minutes, answer the following questions. <br> 1. Did you like the new genre? Why or why not? <br> 2. Would you read another book in this genre? Why or why not? | small objects to mark each hour, 9:00am through 4:00pm. Write about your experience with your homemade sundial. | Extra <br> Challenge <br> Send your video to your teacher! |

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Parent Signature: $\qquad$

4th Grade -- May 20th
Parents: Choose two activities from each page each day.

|  | Math | Reading and Writing | Sciencel <br> Social <br> Studies | Extra Challenge |
| :---: | :---: | :---: | :---: | :---: |
| Activity 1 and Instructions | 4.OA. 3 - Solve word problems involving interpreting a remainder <br> Solve the problems below using labeled sketches, numbers, and/or words to solve this problem. Show your work on scratch paper. <br> 1. Belle and Eli's grandpa gave them $\$ 19$ to spend at the store. If they split the money evenly, how much did they each get to spend? <br> 2. Kylie had 42 stickers that she wanted to share with her 4 friends. If she gave each friend the same number of stickers (and kept the same number of stickers for herself), how many stickers did each person get? | W.4.2-Write informative/explanatory texts to examine a topic and convey ideas and information clearly. <br> Informative Writing <br> How to Bake/ Make your favorite dessert. (Ask an adult to help you make it so your steps are accurate) <br> Write a step by step (recipe) on how to make your favorite dessert. Include the name of the dish Ingredients <br> Steps on how to make it Whether dessert needs to be refrigerated or can be left out. | W.4.7 Conduct short research projects that build <br> knowledge through investigation of different aspects of a topic. During a recent field trip, your class discovered a time machine that lets you go back and forth between the past and the present. | 4.NF.4/4.OA. 3 <br> Give this math challenge a try! <br> Olivia's grandma lives 36 blocks up the street from her house. On Saturday, Olivia rode her bike two-thirds of the way to her grandma's house and then realized she forgot the |
| Activity 2 and Instructions | 4.OA.2 - Multiplicative Comparisons <br> Solve the following problems involving multiplicative comparisons. <br> 1. A baseball costs $\$ 8$. A soccer ball costs 3 times as much as the baseball. How much does the soccer ball cost? <br> 2. Mariah is 9 years old. Her grandma is 6 times as old as she is. How old is her grandma? <br> 3. A cupcake at the bakery costs $\$ 3$. If you buy a dozen cupcakes, you pay 10 times as much. How much does a dozen cupcakes cost? <br> 4. Your turn! Write and solve your own multiplicative comparison problem. | R.I.4.5 Cause and Effect- Describe the overall structure (e.g., chronology, comparison, cause/effect, problem/solution) of events, ideas, concepts, or information in a text. <br> Comets are sometimes called dirty snowballs because they're made from dirt, dust and ice. Comets have huge orbits that take them far away from the sun. As a comet orbits closer to the sun, it heats up and vaporizes releasing gases that creates the comet's tail. A comet's tail can be millions of kilometers long. <br> What causes a comet to form a tail? <br> What do you think happens to the tail when it's far away from the sun? Why do you think this? | You will write an <br> informational paragraph about how our lives are different from the past and how they are the same. <br> Some ideas: <br> 1. Talk about how schools, work, transportati on, clothing, games and holiday celebrations have changed over time. <br> 2. Create a timeline and show your travels back and forth. | was going to give her grandma. Olivia rode back to her house, got the flowers, and rode all the way to her grandma's house. Then she rode straight home. How many blocks did Olivia ride altogether? <br> Use labeled sketches, numbers, and/or words to solve this problem, and be sure to show all your work. |

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## Remote Learning Activities for Students

4th 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 <br> do, but it is a skill we must all learn. When we <br> have help we are more successful and get <br> frustrated less. Use the following scenarios to <br> practice asking for help in an assertive way. Look <br> at the person you are talking to, sit/stand up <br> straight, use a respectful, clear, and calm <br> voice.The best and easiest time to ask for help is <br> before you become frustrated. <br> Example: You are having trouble finding your <br> favorite shirt. <br> Ask for help: Dad, can you please help me find <br> my blue shirt with the dinosaur on it? I have <br> looked in my dresser and under my bed and I <br> cannot find it. <br> Scenarios: <br> \& You are not understanding a math <br> assignment. <br> \& You need to clean your room, but the mess is <br> overwhelming. <br> \& Your siblings keep bugging you even though <br> you have asked them to stop. <br> \& You can't figure out how to play a game you <br> really want to play. |

## COMIROL OR NO COMTROL

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:

1. My homework is not complete.
2. I didn't eat my breakfast.
3. I haven't brushed my teeth
4. My lunch isn't packed
5. 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.


## think of positive ways you can solve the

 FOLLOWING PROBLems.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.

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

When you are trying to solve a problem it is 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 using assertive communication.
Example: Your family member took your favorite 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. Scenarios:
$\star$ A family member has been watching tv for an hour and you would like a turn to watch a show you like.
$\star$ You do not like what was made for supper.
$\star$ Your sibling pushed you down on purpose.
$\star$ A family member is being too loud of you to concentrate on your work.
$\star$ A family member ate the last piece of your favorite candy.


## 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.

## 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.

# 4th Grade -- (Electives) <br> The columns below offer choices for student activities for any day. 

| Art | Music | PE/Health |
| :---: | :---: | :---: |
| VA:Cr1.1.4a; VA:Cr2.1.4a; VA:Cr2.2.4a <br> Try to re-create a picture from history or art history (i.e. the scream) using your clothes. 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. <br> Example: <br> Extension: see an example video on youtube: https:/lyoutu.be/SUQCKv5Rb04 | MU:Pr.4.1c <br> Read this rhythm and clap or play it with a rhythmic instrument like sticks or shakers. <br> Now write your own rhythm using 4/4 time ( 4 beats per measure) using any of the above notes. | 20.C.2a <br> Activity: Set a health-related fitness goal <br> During these times of quarantine and lock down, it is all too easy to fall into a routine of inactivity. The purpose of this activity is for your child to set a realistic health related fitness goal and work towards achieving that goal. The process of choosing a goal might take some time so try to help your child identify something that the lockdown has made more difficult for them. A health related fitness goal can target any of the health related fitness components (Cardiovascular, muscular strength, muscular endurance, or flexibility) Once your child has chosen a goal, they should choose a timeframe they want to complete the goal in. <br> Example: I want to start doing 30 crunches a day at home for every day for two weeks to improve my muscular endurance. <br> Allow your child to be creative when setting up their goal. The goal has to be something they want to do/something they think is important. |
| VA:Cr1.1.4a; VA:Cr2.2.4a <br> 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 unique color wheel on paper. If you don't have colors to color in just write the name of the color in each triangle. <br> Challenge: Write the names in Spanish. <br> Example found object color wheel: | MU:Cr.1.1, MU:Pr.6.1b <br> Write a short rap or song on a topic that interests you. (video games, sports, toys, weather, art, etc.) Try to make it rhyme as most raps/songs do. Perform for someone and have fun! <br> Here's my example- <br> I like to be outside. <br> It is really great. <br> It's nice that it doesn't get dark until late. I play some catch and lay around. That's all I can do 'cause I am homebound. | State Goal 19 <br> Finding Balance <br> Balance is an even distribution of weight enabling someone or something to remain upright and steady. <br> 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? |
| VA:Cr2.1.4a; VA:Cr2.2.4a <br> Create a word that represents your thoughts for your time as an elementary student, using objects around the house or outside. | MU:Re.7.1b <br> Play a game from music class. (Limbo, freeze dance, animal freeze,silent ball, Lucy Locket) These will require at least one more person to play. <br> If you have electronic access, you'll enjoy experimenting on these links: <br> http://sfskids.org/ <br> https://www.classicsforkids.com/ <br> https://musiclab.chromeexperiments.com/ <br> http://www.themusicinteractive.com/kbe/ <br> Chromebook/index.html | State Goal 20 <br> It's Race Day! <br> 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? <br> Other ways to do this: <br> - choose different distances <br> - race against another family member <br> - if enough family members, turn it into a relay. |

Parent Signature:

# Remote Learning Activities for Students 

4th Grade -- (Electives)
The columns below offer choices for student activities for any day.

| Art | Music | PE/Health |
| :---: | :---: | :---: |
| VA:Cr2.2.4a <br> Draw a costume design that incorporates a mask. Include a feature that allows for social or physical distancing. | MU:Cn.10.1 <br> Think up some very good questions to ask your family about their favorite songs/music. Why do they like the music they listen to? Have they ever played an instrument? Interview them and find out more! | State Goal 22 <br> Brushing Teeth Checklist <br> 1.Wet toothbrush <br> 2.Squeeze toothpaste onto toothbrush <br> 3.Brush your teeth <br> 4.Spit the toothpaste into the sink <br> 5.Rinse toothbrush and your brush <br> 6.Smile <br> Design your own checklist to help you remember your brushing teeth checklist. <br> What happens to your teeth when you don't brush them? <br> Don't forget to brush at least two times a day, for two minutes each time. |
| VA:Cr1.1.4a; VA:Cr2.2.4a <br> Cut out a few faces 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 different animal bodies below each face. <br> Challenge:Create all the drawings on one piece of paper and add a background to create a cohesive image. <br> Example: | MU:Pr.4.1c <br> Spell out these treble clef words by using the lines and space letters. <br> Lines=E G B D F (Empty Garbage Before Dad Flips) <br> Spaces= F A C E | State Goal 19 <br> 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 back....How 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. |
| VA:Cr2.2.4a <br> 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. Challenge: Use a computer to create your design. <br> Drawing Example: <br> Challenge Example: | MU:Cn.11.1 <br> Go on a sound walk <br> outside. Try to pick out any sound that could be considered musical-birds singing, cars rumbling past, the wind whistling through the Trees. Find the beauty of nature's music. <br> If you have electronic access, you'll enjoy experimenting on these links: <br> http://sfskids.org/ <br> https://www.classicsforkids.com/ <br> https://musiclab.chromeexperiments.com/ <br> http://www.themusicinteractive.com/kbe/Chro <br> mebook/index.html | 20.A.1b <br> Activity: All About Muscular Strength 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? |

