4/23/20

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 (<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 (<u>https://www.fsd145.org/emergency</u>) 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:

<u>April 23</u> <u>April 24</u> <u>April 27</u> <u>April 28</u> <u>April 29</u> <u>April 30</u> <u>May 1</u>

<u>May 4</u> <u>May 5</u> May 6 Social Emotional Learning (SEL) Electives

5th Grade			4/23/20 - 5/6/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Food	Compare/Contrast	Multiplying and Dividing by Powers of 10	SS: Inquiry/ Human-Environment Interaction
Traditions	Sequencing	Comparing Decimals and Place Value	Science: Inquiry/ Matter and Its Interactions
	Opinion Writing	Adding and Subtracting Fractions	
	Main Ideas and Details	Multiplying a Fraction by a Whole Number	

5th Grade- April 23

The columns below offer choices for student activities.

	ELA	Math	Science/Social Studies
Focus Skills:	Sequencing/Recipe Writing CCSS.ELA-LITERACY.W.5.4	Multiplying by Powers of 10 CCSS.5.NBT.A.2	Food Journal or Bursting Bag (sci) 5-PS1-3
Easy	List out all the ingredients required to make your favorite recipe. (It could be as simple as a peanut butter and jelly sandwich.)	The Mobile Station has 10 bags of Takis left on the shelf. Each bag costs \$2.62 with tax. If Delavan buys all 10 bags, how much money will he spend?	 If you do not have the materials for the average level activity, do this level activity instead. 1. Keep a food journal of everything you eat for the next 2 days. 2. Do you think you are eating healthy? Why or Why not? 3. If you want to share, you can also take a pic & send it to your science teacher.
Average	List out all the ingredients required to make your favorite recipe. (It could be as simple as a peanut butter and jelly sandwich.) - List out the step by step directions of how to make your recipe. - Don't forget any of the steps.	Caydance is throwing a birthday party. She invited 100 people to her party and plans to give each person 1 bag of chips. Each bag of chips cost \$1.79. How much money will it cost to buy everyone a bag of chips?	 Collect the following items: Baking Soda, vinegar, cheap gallon size baggy, toilet paper square, Tablespoon measuring spoon, ²/₃ measuring cup, & glasses or sunglasses for safety Steps for Bursting Bag: 1. Take one square of toilet paper and place a heaping tablespoon of baking soda in the middle. 2. Bring corners together & wind up to create a simple pouch. This will slow the reaction process, so you can get out of the way. 3. Add ²/₃ cup of vinegar to a gallon size bag. 4. Seal the bag so there is just enough room to slip in the pouch. Give a little shake and toss to the ground. Watch and see what happens. If you want to share, you can also take a video or picture of your bursting bag & send it to your science teacher.
Challenging	 After finishing the activities above, give the recipe to someone else in your house and have them check to see if all the steps are included. Try completing the recipe to make sure it turns out right. 	Nancy is buying cupcakes for a fancy party. She wants to buy 600 cupcakes. If each cupcake costs \$3.28, how much will it cost to buy 600 cupcakes?	Complete the average level activity above. Based on what you learned from the activity above, repeat the activity, <u>making adjustments</u> to try to make the bag burst better than your first try. What changes will you make? Will you add more of something? Will you change the size of the bag?

Daily - Practice math facts for fluency, Silent reading for 20 minutes, Calm Classroom 2-3 times for 3-5 minutes

Parent Signature: _____

5th Grade -- April 24

The columns below offer choices for student activities.

	ELA	Math	Science/Social Studies
Focus Skills:	Main Idea and Details CCSS.ELA-LITERACY.RI.5.2	Dividing by Powers of 10 CCSS.5.NBT.A.2	Gathering Information from Multiple Sources SS.IS.1.3-5
Easy	Read the following paragraph. Determine the main idea. <i>Farmers use pesticides to</i> grow fruits and vegetables. <i>Pesticides are chemicals.</i> <i>They keep bugs and other</i> <i>pests from eating the crops.</i> <i>Pesticides are used for other</i> <i>reasons, too. They can</i> <i>prevent weeds from growing,</i> <i>for example.</i>	Thomas bought 10 gallons of ice-cream at the grocery store. He spent \$20.00. How much does one gallon of ice-cream cost?	 Interview 1-3 family members (immediate or extended) about family recipes. (ex. Grandma's Famous Apple Pie) <u>Choose 1 recipe.</u> Record the name of the recipe, who/where it came from, and the history behind it. (ex. Was it passed down from a relative? Is it part of any special meals or occasions? Does it originate in a particular part of the country or world? Do you have any special memories making or eating this recipe with others?)
Average	Read the following paragraph. Determine the main idea <u>and</u> one supporting detail. <i>Farmers use pesticides to</i> grow fruits and vegetables. <i>Pesticides are chemicals.</i> <i>They keep bugs and other</i> <i>pests from eating the crops.</i> <i>Pesticides are used for other</i> <i>reasons, too. They can</i> <i>prevent weeds from growing,</i> <i>for example.</i>	Luis bought 10 oranges at the grocery store. He spent \$9.40.	 Interview 1-3 family members (immediate or extended) about family recipes. (ex. Grandma's Famous Apple Pie) <u>Choose 2 recipes.</u> Record the name of the recipes, who/where each recipe came from, and the histories behind each recipe. (ex. Was it passed down from a relative? Is it part of any special meals or occasions? Does it originate in a particular part of the country or world? Do you have any special memories making or eating these recipes with others?) For further information on researching, sharing, and creating your own recipe stories, you can explore this website: https://www.familysearch.org/blog/en/recipes/
Challenging	Read the following paragraph. Determine the main idea <u>and</u> two supporting details. <i>Farmers use pesticides to</i> grow fruits and vegetables. Pesticides are chemicals. They keep bugs and other pests from eating the crops. Pesticides are used for other reasons, too. They can prevent weeds from growing, for example.	Teagan bought 100 candy bars at the grocery store. She spent \$179.00. How much does one candy bar cost?	 Interview 1-3 family members (immediate or extended) about family recipes. (ex. Grandma's Famous Apple Pie) Choose at least 3 recipes (or more). Record the name of the recipes, who/where each recipe came from, and the histories behind each recipe. (Ex. Was it passed down from a relative? Is it part of any special meals or occasions? Does it originate in a particular part of the country or world? Do you have any special memories making or eating these recipes with others?) Create a recipe booklet using paper or a Google Doc. Include the recipes, histories and/or memories, and illustrations/photos.

5th Grade -- April 27

The columns below offer choices for student activities.

	ELA	Math	Science/Social Studies
Focus Skills:	Compare/Contrast CCSS.ELA-LITERACY.RI.5.5	Comparing Place Value CCSS.5.NBT.A.1 CCSS.5.NBT.A.3	How is Cooking Science? 5-PS1-4
Easy	Find two food items with nutritional labels. Create a Venn diagram to compare and contrast the information on the labels. Write at least one thing in each section of the Venn diagram.	At the grocery store, McKenzie wants to purchase the <u>larger</u> item. Which one of the following packages contains more cheese: the package with 11 ounces or the package with 21 ounces?	 Brownie Recipe Ingredients: 1 cup melted butter, 2 cups white sugar, ½ cup cocoa powder, 1 tsp vanilla, 4 eggs, 1½ cups all purpose flour, ½ tsp baking powder, ½ tsp salt, ½ cup walnut halves 1. Make a list of ingredients that are solids. 2. Make a list of ingredients that are liquids.
Average	Find two food items with nutritional labels. Create a Venn diagram to compare and contrast the information on the labels. Write at least two things in each section of the Venn diagram.	At a dollar store, Jamani wants to purchase the <u>smaller</u> item. Which one of these sunflower seed bags contains more seeds: a bag with 3.2 ounces or a bag with 3.02 ounces?	 Brownie Recipe Directions: Preheat oven to 350 F. Grease a 9 x 13 inch pan. Combine & mix all ingredients into a bowl. Spread batter into the prepared pan. Decorate with walnuts. Bake for 20 to 30 minutes. Why does the liquid batter become a solid brownie? Explain.
Challenging	Find two food items with nutritional labels. Create a Venn diagram to compare and contrast the information on the labels. Write at least three things in each section of the Venn diagram.	At the candy store, Martez notices two different packs of the same type of gum. He wants to buy the <u>best deal</u> . Should he purchase the pack with 5 ounces for \$1.50 or the pack with 3 ounces for \$0.80?	After looking at the recipe above, (ingredients and directions), explain how baking and science are related. Once the ingredients are stirred together, can you separate out the ingredients back to their original form? Why or why not? Extension Activity: Here's the link to the actual brownie recipe if you want to bake them! <u>https://docs.google.com/document/d/1fo66_5snh7</u> <u>bMSt0HpfZkOpBr7jaZbWrM-dCtFGm9a4M/edit?u</u> sp=sharing

Daily - Practice math facts for fluency, Silent reading for 20 minutes, Calm Classroom 2-3 times for 3-5 minutes

Parent Signature: _____

5th Grade -- April 28

The columns below offer choices for student activities.

	ELA	Math	Science/Social Studies
Focus Skills:	Pros/Cons CCSS.ELA-LITERACY.W.5.1.B	Comparing Place Value CCSS.5.NBT.A.1 CCSS.5.NBT.A.3	Taking Informed Action SS.IS.8.3-5 Civics SS.CV.4.5
Easy	 <i>"A pesticide</i> is any substance used inside or outside to prevent, control, repel, or kill insects, plants, fungi, and other pests." - kidsgrowingstrong.org 1) Create a T-chart and label it <i>"Pros</i> and Cons of Using Pesticides in Farming." 2) List two pros & two cons. For further research: <u>https://kids.kiddle.co/Pesticide</u> 	Allie goes to the store to pick out new food colors to decorate her cupcakes. She wants to get as much food coloring as she can. Should she purchase the package with 3 ounces of one color or the package with 1 ounce each of 4 colors?	Think about the current stay-at-home policies in place where you live due to the spread of COVID-19. (If you're not sure what the current policies are, you can ask a family member, read or watch the local news, email a teacher, or search online.) - Write down 2-3 sentences about how these policies have impacted the way your family shops for groceries.
Average	 <i>"A pesticide</i> is any substance used inside or outside to prevent, control, repel, or kill insects, plants, fungi, and other pests." - kidsgrowingstrong.org 1) Create a T-chart and label it <i>"Pros and Cons of Using Pesticides in Farming."</i> 2) List five pros & five cons. 	Ja'miah is going to make macaroni and cheese. She wants to spend the least amount of money possible. Should she buy a large box of elbow macaroni for \$0.99 or 2 smaller boxes for \$0.49 each?	Think about the current stay-at-home policies in place where you live due to the spread of COVID-19. (If you're not sure what the current policies are, you can ask a family member, read or watch the local news, email a teacher, or search online.) - Write 1 paragraph (4-5 sentences) about how these policies have impacted the way your family shops for groceries.
Challenging	 <i>"A pesticide</i> is any substance used inside or outside to prevent, control, repel, or kill insects, plants, fungi, and other pests." - kidsgrowingstrong.org 1) Create a T-chart and label it "Pros and Cons of Using Pesticides in Farming." 2) List five pros & five cons. 3) Using the information on your T-chart, write a 4-5 sentence paragraph explaining the pros and cons of using pesticides in farming. 	Billy wants to feed the birds near his house. Should he purchase bird food in bags that contain 24 ounces for \$2.99 each or boxes of bird food that contain 12 ounces for \$2.99 each? Explain your reasoning for the purchase you think is best.	Think about the current stay-at-home policies in place where you live due to the spread of COVID-19. (If you're not sure what the current policies are, you can ask a family member, read or watch the local news, email a teacher, or search online.) Write a 5 paragraph essay about how these policies have impacted the ways your family grocery shops, works, does school work, has fun, and anything else that has changed in your household.

5th Grade -- April 29

The columns below offer choices for student activities.

	ELA	Math	Science/Social Studies
Focus Skills:	Opinion Writing CCSS.ELA-LITERACY.W.5.1	Adding Fractions CCSS.5.NF.A.2	Mystery Taste Test (sci) Planning & Carrying Out Investigations
Easy	Write 3 sentences to answer the following writing prompt. Why is it important to wash food before eating and preparing it?	Anna is baking chocolate chip cookies for her family. She needs a ½ cup of flour and ½ cup of chocolate chips. How many cups is she adding to her recipe? Write an equation & solve.	You will need a variety of different foods to play this game. Players take turns wearing a blindfold & tasting a food to guess what it is. - Switch out the food each time a new player takes a turn. - Allow each player to take 3 turns. - Award 1 point for each correct answer. - The player with the most points wins. - You may need to have a play-off if players end with tied scores. - If you want to share, you can also take a pic & send it to your science teacher.
Average	Write 5 sentences to answer the following writing prompt. Why is it important to wash food before eating and preparing it?	Maggie is baking chocolate chip cookies for her family. She needs ¼ cup of flour and ½ cup of chocolate chips. How many cups is she adding to her recipe? Write an equation & solve.	Same game as the easy level, but mix two foods together & see if players can guess both foods. <i>(Ex. peanut butter & pickles)</i> - Give a point for each correct food. - If you want to share, you can also take a pic & send it to your science teacher.
Challenging	Write 7 sentences to answer the following writing prompt. Why is it important to wash food before eating and preparing it?	Stacey is baking chocolate chip cookies for her family. She needs 2 1/3 cups of flour, 3 3/4 cups of chocolate chips, and 3 ½ cups of baking soda. How many total cups is she adding to her recipe? Write an equation & solve.	 Same game as the easy level, but make a main dish with at least 3 ingredients. (<i>Ex. a casserole, a dessert, or a sandwich</i>) See who can name the most ingredients. Give a point for each correct ingredient. If you want to share, you can also take a pic & send it to your science teacher.

5th Grade -- April 30

The columns below offer choices for student activities.

	ELA	Math	Science/Social Studies
Focus Skills:	Creative Writing CCSS.ELA-LITERACY.W.5.3	Adding Fractions CCSS.5.NF.A.2	Human-Environment Interaction. SS.IS.G.1.5
Easy	Write 3 sentences to answer the following prompt. You are opening a brand new restaurant in town. Write about what your restaurant looks like and what kind of food you will be serving.	Julius eats 2/8 of a cheese pizza and his friend Trevin eats 3/8 of the same pizza. How much of the pizza did the boys eat in all? Write an equation and solve.	 Choose any holiday that you celebrate with your family. Create a "T-Chart" or two-column notes. Label the left side "My Traditions" and the right side "Alternatives for Social Distancing." List 3-5 specific traditions you have on the left (<i>ex. What do you eat? Where do you get together? Do you have gifts? Do you attend a religious service?</i>) On the right side, provide one change you may need to make to carry out that tradition if celebrated during Social Distancing rules like we have now.
Average	Write 5 sentences to answer the following prompt. You are opening a brand new restaurant in town. Write about what your restaurant looks like and what kind of food you will be serving.	 Mikah eats % of a pepperoni pizza and his friend Gaven eats 2/16 of the same pizza. How much of the pizza did the boys eat in all? Write an equation and solve. 	 Complete the T-Chart assignment above. Write a 4-5 sentence summary about how your traditions might change during social distancing. <i>social distancing</i>
Challenging	Write 7 sentences to answer the following prompt. You are opening a brand new restaurant in town. Write about what your restaurant looks like and what kind of food you will be serving.	On Friday night, Marcus had friends over, and they ate 3 6/8 pizzas. On Saturday night, his sister Mariah had friends over, and they ate 2 4/6 pizzas. How much pizza did they eat all together, and how many pizzas did they have to buy?	 Complete the T-Chart assignment above. Write a 4-5 sentence summary about how your traditions might change during social distancing. Create a poster, Google doc, or slide show to demonstrate what these changes would look like. For further research on social distancing: <u>https://www.timeforkids.com/g56/social-di</u> stancing-2/

5th Grade --May 1

The columns below offer choices for student activities.

	ELA	Math	Science/Social Studies
Focus Skills:	Main Idea and Details CCSS.ELA-LITERACY.RI.5.2	Subtracting Fractions CCSS.5.NF.A.2	Taste Bud Activity (Sci) Planning & Carrying Out Investigations
Easy	Read the following paragraph and identify the main idea. Jefferson wasn't the first to enjoy mac and cheese. People have been pairing pasta with rich, gooey cheese for centuries. The first recipes were written in Italy in the 1300s, during the time of the knights. From there, the dish spread across Europe.	Guadalupe and Thomas ordered chicken wings. Guadalupe ate 5/6 of the chicken wings and Thomas ate 3/6 of the chick wings. Who ate more chicken wings, and how much more did they eat? Write an equation & solve.	 Draw an outline of a tongue on a piece of paper. Get 4 cups - fill with lemon juice (sour), black coffee (bitter), sugar water (sweet), & salt water (salty). Get 4 toothpicks or Q-tips, dip one in the sweet cup and then touch the tip of your tongue, each side, the middle, and the back of your tongue. Notice where you taste the sweetness the most. Mark it on your outline of the tongue. Rinse your mouth with water and repeat step 3 with the other cups. If you want to share, you can also send a picture of your labeled drawing to your science teacher.
Average	Read the following paragraph. Identify the main idea <u>and</u> one supporting detail. Jefferson wasn't the first to enjoy mac and cheese. People have been pairing pasta with rich, gooey cheese for centuries. The first recipes were written in Italy in the 1300s, during the time of the knights. From there, the dish spread across Europe.	Gunner and Peyton ordered chicken wings. Gunner ate 2/8 of the chicken wings and Petyon ate 3/4 of the chick wings. Who ate more chicken wings, and how much more did they eat? Write an equation & solve.	 Complete the easy level activity & answer the following questions: Are there any areas of your tongue on which you could taste more than one taste? Are there areas that didn't detect any tastes at all?
Challenging	Read the following paragraph. Identify the main idea <u>and</u> two supporting details. Jefferson wasn't the first to enjoy mac and cheese. People have been pairing pasta with rich, gooey cheese for centuries. The first recipes were written in Italy in the 1300s, during the time of the knights. From there, the dish spread across Europe.	Mia and Da'nesiyah ordered chicken wings. Mia ate 2 3/5 of the chicken wings. Da'nesiyah ate 1 2/4 of the chicken wings. Who ate more chicken wings, and how much more did they eat? Write an equation & solve.	 Complete the easy level activity & answer the following questions: Are there any areas of your tongue on which you could taste more than one taste? Are there areas that didn't detect any tastes at all? Do you think this is the same for everyone? How could you test that theory?

5th Grade -- May 4

The columns below offer choices for student activities.

	ELA	Math	Science/Social Studies
Focus Skills:	Main Idea and Details CCSS.ELA-LITERACY.RI.5.2	Subtracting Fractions CCSS.5.NF.A.2	Human-Environment Interaction SS.SI.G.1.5
Easy	Read the following paragraph and identify the main idea. But it wasn't McDonald's that first invented the nugget. It was a scientist. His name was Robert Baker, and he was known as America's chicken genius. In the 1950s and '60s, Baker worked with farmers and chicken companies. His mission? To get Americans to eat more chicken.	Amaria is volunteering at a soup kitchen. The soup kitchen had 10 ½ gallons of soup at the start of the day. They had a 1/2 gallon of soup left by the end of the day. How many gallons of soup did they use during the day? Write an equation & solve.	 When early settlers arrived in what is now the U.S., they had to plan to grow and provide their own food. There were no stores to purchase items from. Imagine you are one of those first colonists. Think about how your colony will plan to stay fed, even through the winter. 1) Make a 3 column list with the headings of Grow, Hunt, & Gather. 2) List 3-5 items in each column. For further research, explore: https://www.ducksters.com/history/colonial _america/food.php:
Average	Read the following paragraph. Identify the main idea <u>and</u> one supporting detail. But it wasn't McDonald's that first invented the nugget. It was a scientist. His name was Robert Baker, and he was known as America's chicken genius. In the 1950s and '60s, Baker worked with farmers and chicken companies. His mission? To get Americans to eat more chicken.	Adam is volunteering at a soup kitchen. The soup kitchen had 6 % gallons of soup at the start of the day. They had 2 3/10 gallons of soup left by the end of the day . How many gallons of soup did they use during the day? Write an equation & solve.	 Complete the easy level activity above. Write 1 good paragraph (4-5 sentences) to explain how you and the others in your colony will be able to feed yourselves.
Challenging	Read the following paragraph. Identify the main idea <u>and</u> two supporting details. But it wasn't McDonald's that first invented the nugget. It was a scientist. His name was Robert Baker, and he was known as America's chicken genius. In the 1950s and '60s, Baker worked with farmers and chicken companies. His mission? To get Americans to eat more chicken.	Eshah is volunteering at a soup kitchen. The soup kitchen had 12 2/10 gallons of soup at the start of the day. They had 2 4/5 gallons of soup left by the end of the day. How many gallons of soup did they use during the day? Write an equation & solve.	 Complete the easy and average level assignments above. Create a map or diagram of your own colony or farm that shows all of the food resources you will use to survive. Include places you will grow, hunt, and gather food and resources. Don't forget you'll need water to survive! <u>Make sure to label everything.</u>

5th Grade -- May 5

The columns below offer choices for student activities.

	ELA	Math	Science/Social Studies
Focus Skills:	Informational Writing CCSS.ELA-LITERACY.W.5.2	Multiplying Fractions by a Whole Number CCSS.5.NF.B.4	Melting Chocolate (sci) 5-PS1-3
Easy	Read the following paragraph. Describe in 5 sentences how you would celebrate Cinco de Mayo. "Cinco de Mayo celebrates the Mexican victory at the Battle of Puebla during the Franco-Mexican War. The holiday, Cinco de Mayo, is celebrated very differently in Mexico. The food, especially, is very different. Here are three famous dishes from Puebla to try this Cinco de Mayo: mole poblano, chalupas, chiles en nogada."	Aalayah purchases 4 bags of chips. Each bag weighs ½ pound. How many pounds of chips is she purchasing?	 Materials Needed: Small chocolate pieces (chocolate chips or chocolate bar squares), paper plates, timer on your phone, paper & pencil to record your results Experiment Steps: Put one piece of chocolate on a paper plate and put it outside in the shade for 10 min. Record how long it took for the chocolate to melt. (If it didn't melt, then record how soft it was.) Repeat the process with a piece of chocolate on a plate that you put outside in the sun. Record your results in the same way.
Average	Read the paragraph above about Cinco de Mayo. Describe in 7 sentences how you would celebrate Cinco de Mayo.	Victor wants to buy ground beef to make hamburgers. He plans to cook 12 hamburgers, and each burger will weigh ⅓ pound. How much ground beef does he need to buy?	 1-3. Complete the easy level activity. 4. Find more interesting locations to test how long it takes for the chocolate pieces to melt. You could try your school bag, hot water or even your own mouth. Record the locations you decided to try. 5. Compare your result. In what conditions did the chocolate melt?
Challenging	Read the paragraph above about Cinco de Mayo. Describe in 10 sentences or more how you would celebrate Cinco de Mayo.	Danareion is planning for his upcoming birthday party. He's expecting 24 guests to attend, and he wants to serve 4 cookies to each guest. If each cookie weighs 1/12 pound, how many pounds of cookies will	 1-5.Complete the easy & average level activities. 6. Compare 2 different kinds of chocolate. (ex. white vs. dark chocolate) Do they melt at the same temperature? 7. Put a sheet of aluminium foil between a paper plate and a piece of chocolate in the sun, what

5th Grade -- May 6

The columns below offer choices for student activities.

	ELA	Math	Science/Social Studies
Focus Skills:	Opinion Writing CCSS.ELA-LITERACY.W.5. 1	Multiplying Fractions by a Whole Number CCSS.5.NF.B.4	Developing Questions and Planning Inquiries SS.IS.1.3-5, SS.IS.2.3-5, SS.IS.3.3-5
Easy Average	 Write 3 sentences to answer the following prompt. Which food is your favorite: chicken nuggets or macaroni & cheese? Why? If you don't like either, explain why. Write 5 sentences to answer the following prompt. 	Connor planted a variety of tomatoes in his garden. ½ of the 20 tomatoes are Roma tomatoes. How many tomatoes in his garden are Roma tomatoes? Write an equation & solve.	 Think about how you could grow food at your home. Planning your own garden depends on where you live. 1) Write 3 essential (very important) questions you would need to ask to plan your garden. (<i>Think about where it would be, what you would grow, and what tools/supplies you would need.</i>) 2) Discuss and write down the answers to these questions with someone you live with (or with a friend or family member on the phone) Additional Video Resource: https://illinois.pbs/earningmedia.org/collection/thnkgard/ Complete the planning activity above, but make this change to Step 1:
	Which food is your favorite: chicken nuggets or macaroni & cheese? Why? If you don't like either, explain why.	28 peppers are bell peppers. How many peppers in her garden are bell peppers? Write an equation & solve.	 Under each of the 3 essential questions, write <u>at least 2 detailed questions that support the</u> <u>essential question.</u> <i>Ex. Essential Question:</i> <i>Where would I grow my plants?</i> <i>Supporting Questions:</i> 1. <i>Is there room in my yard?</i> 2. <i>If I don't have a yard, what could I use instead?</i> Complete Step 2 from above
Challenging	Write 7 or more sentences to answer the following prompt. <i>Which food is your</i> <i>favorite: chicken</i> <i>nuggets or macaroni &</i> <i>cheese? Why? If you</i> <i>don't like either,</i> <i>explain why.</i>	Natalie planted a variety of vegetables in her garden. 3/12 of her 144 vegetables are peas. How many peas are in her garden? Write an equation & solve.	 Complete all the steps for the average activity above. Create a diagram, picture, or map to show what growing food at your home would look like. <u>Include a title & labels.</u> You may choose to create your picture/map on Google Docs or Slide Show.

5th & 6th Grade -- (SEL) Theme: Emotional Management

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

Talk about the following Zones of Regulation	Polo play come of the following situations and	Practice the following breathing techniques you	
The ZONES of Regulation The ZONES of Regulation The ZONES of Regulation BLUE ZONE BLUE ZONE BLUE ZONE CREEN ZONE Haddated Haddat	 Role-play some of the following situations and then talk about ways to manage emotions: Not being able to play with your best friend. Being told, "No!" Arguing with a family member What self-talk or calm down strategies did you use? Draw a picture or write about what you did. 	 can use to help get your body regulated. Balloon Breathing: Pretend like you are blowing up a balloon. Take a deep breath in, p the pretend balloon up to your mouth and blow your air out. Do this slowly four times. Volcano Breathing :Put your hands together front of your chest. Keeping your hands together aise your hands up above your head all while you are breathing in. When you reach as high you can let your air out and spread your arms apart and then bring them back to the starting position. Do this slowly four times. Soup/Brownie Breathing: Pretend like you have hot food in your hands, breathe the sme of that food in and then blow out to help cool down your food. Do this slowly four times. 	
Before a volcano erupts there are warning signs that come from the volcano. Before a person erupts with anger, they often have warning signs. Oftentimes, when we can identify our body becoming upset we can find a healthy way to calm our body down before we explode. Make a list or draw a picture of what your warning signs are. You can draw a picture of your body and write your warning signs right on the body. Some warning signs may include your face turning red and/or your heart starting to beat fast.	Place a small object (crayons or markers will work) of the following colors into a paper sack or a deep bowl: red, green, blue, purple, yellow, orange. Sit in a circle and have the first person reach into the bag/bowl and pull out an object. The color of the object correlates to a statement to discuss below. Red -Say one thing that makes you angry. Green -Show one way you can breathe when you are angry (balloon breathing, volcano breathing, soup breathing, box breathing). Blue -Say one thing you can do to help your body become regulated. Purple -Say one thing that makes you excited. Yellow -Say a poor choice you made when you were angry and what you could have done differently. Orange -Say a good choice you made when you were angry.	You are in control of your anger and if you are able to turn negative thoughts into positive thoughts that will help you have better control over your anger. Practice this by turning the following negative statements into positive statements. When you practice when you are not angry then you will be better able to apply this strategy when you are angry. Negative: I get blamed for everything Positive: I get compliments for the things I do well Turn the statements below into positive ones. ~No one wants to be my friend. ~I can't do anything right. ~I will never be able to fix it. ~He did that on purpose. ~I always get picked last.	
We all have triggers, things that push our buttons. Triggers are things that can change our mood in a good or a bad way, Make a list or draw pictures of some of your triggers. -What triggers do you have that make you sad? -What triggers do you have that make you happy? -What triggers do you have that make you angry? -What triggers do you have that make you excited?	Time to Exercise! Exercise is a great way to regulate your emotions. Do the following: -10 Jumping Jacks -10 Push-ups -10 Sit-ups -Run in Place for 60 seconds **Go outside and have some free play (sidewalk chalk, shoot hoops etc) When you come inside, use your self-talk How does exercising make me feel on the inside? How can I use exercise when I am having BIG emotions?	 Talking to your teacher or with friends when you are having BIG emotions is hard right now. Try one of the following: Write a letter to your friend/teacher Call/Email your friend/teacher Send your friend/teacher a postcard Reaching out to friends and trusted adults can help manage our emotions. How did it feel to reach out? Who else's day can you make? 	

Parent Signature: _

5th/6th Grade -- (Electives)

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

Art	STEM	PE/Health
Google Classroom is an option. This classroom will include drawing tutorial videos and additional art project ideas! VA:Cr1.2.5 Design a candy bar wrapper! Make up a new kind of candy and be creative! Think about the food that you have in your home and what information is on the packaging. Be sure to include the nutritional information (this can be realistic or silly!)	 MS-PS2-5.Conduct an investigation and evaluate the experimental design to provide evidence that fields exist between objects exerting forces on each other even though the objects are not in contact. We will learn about engineering and technology and how to use them to solve a problem What is an engineer? An engineer is someone who uses his/her knowledge of science, math, and creativity to design objects, systems, or processes to solve problems. What is technology? Technology is almost anything created to solve a problem or meet a need. Examples 	FOCUS SKILLS: Daily physical activity (Physical Development & Health, 19.A.3b)ACTIVITY: Your goal is to be active at least 60 minutes everyday. Record daily activities in your activity log (in Google Classroom or make your own on notebook paper).EASY: Participate in your favorite cardio, strength, and flexibility activities throughout the day to meet the goal of 60 minutes and record them on your activity log.AVERAGE: Complete the "Easy" activity, then complete the daily workouts (in order) for the 14-day body challenge below.DAYWORKOUT # Plank-15 seconds Push-Ups-5Pash-Ups-138
	include pencils, cups, cell phones, processes to clean water, etc. Technology doesn't have to be electronic.	Push-Ops-5 Push-Ops-13 Squats-20 Squats-40 2 Plank-20 seconds 9 Push-Ups-6 Push-Ups-15 Squats-25 Squats-55
VA.CN10.1.5	Look around the house or yard to find a problem that you think needs to be	3 Plank-20 seconds 10 Plank-50 seconds Push-Ups-8 Push-Ups-13 Squats-30 Squats-65
Trace your hand. Fill it with symbols to represent your favorite things.	solved. You can use a book for inspiration. For example, <i>Paulo's</i> <i>Parachute Mission</i> is about a boy from	4 Plank-25 seconds 11 Plank-50 seconds Push-Ups-8 Push-Ups-17 Squats-75
Have your family members do this with you and display the hands somewhere	Brazil who used a homemade parachute to send messages back and forth to a friend who lived in the apartment below him	5 Plank-30 seconds Push-Ups-10 Push-Ups-18 Squats-35 Squats-85
in your home! Discuss your drawing choices with a	How could you use engineering and	6 Plank-30 seconds Push-Ups-10 Squats-40 Squats-90
family member or teacher. What did you put inside the hand?	technology (see definitions above) to solve your problem? Think about items you have around your house that you	7 Plank-40 seconds Push-Ups-13 Push-Ups-20 Squats-45 Squats-100
What part of your drawing is your favorite? What part of your drawing could be improved?	could use to build a simple solution to deliver your message. Start by brainstorming your ideas on how to solve your problem. Draw out your ideas. What do you want your item to do? Use this information to design your prototype. Next, build your prototype. What materials do you need to build your prototype? What materials do you have available to work with? Once you build your item, test it. Did it work? Why or why not? Can you change something to make it work better? Reflect on your process. Were you successful in solving your problem? Why or why not? Journal your process.	DIFFICULT: Complete the "Easy" & "Average" activities, but complete the "Average" daily workout 2 times. Then, play "Heart Healthy Bingo" & try to cross off 1 box each day. Play by yourself or challenge someone that lives with you.

Parent Signature: _____

5th/6th Grade -- (Electives)

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

Speech	Computers	PE/Health
CCSS RL.5.2 W.5.4 Read or watch a book/movie of your choice and write a report on it. Include the main character(s), plot, problem to be solved, and your thoughts and feelings on what you read/saw.	Take a walk around your home and make a list of all of the things in your home that you believe use computer technology to run.	Eat a fruit or vegetable with your breakfast. Eat a healthy Snack.
	For each item consider what would be different about it if it did not use a computer to work.	Be physically active for 60 minutes or more. Try a new fruit or vegetable. Sadum snack. Try a sparkling or carbonated water.
	Consider your social studies and the first settlers to arrive in the Americas. How different would it have been if they would have had modern computer technology?	Read a nutrition facts label with an adult. Read a sugary drink. Read a sugary drink. Read b sugary drink. Read thealth being physically active. Read thealth being physically active. Read thealth being physically active. Read thealth being tobacto is health being tobacto is health being tobacto is health being tobacto is health being tobacto is health being tobacto is health being tobacto is health tobacto is health being tobacto is health tobacto is health
	Pick one type of modern technology and write a short story about the early settlers finding that technology in one of the Native tribes. Or	Explain why it's important to avoid secondhand smoke. Track your to avoid activity for a sodium. Name 5 foods high in sodium. Eat three different sodium. Eat three different sodium. Coors of fruits and vegetables in one day.
	Write a short story on how you would spend your days if modern computers didn't exist.	Try a handful of unsalted nuts as a snack.
W.5.4 Write a recipe for your favorite food. How would you write the directions and say what was needed to make your favorite dish?	 ISTE 6a6e Food, Culture, Computers. Pretend you have a business that serves cultural food (like tacos, burritos, tortas, elotes, fruta, or other cultural food). Tell me the type of restaurant you would have (Mexican, Ethiopian, Cajun, Southern)? How would you use computers to do food pickup or delivery of the ordered meals? Examples of food delivery would be: Drive through window Curbside pickup Delivery, within a 10 mile area Who would use Computers? Who would use Smartphones? 	 Heart-Healthy Bingo Challenges 1. Eat a fruit or vegetable with your breakfast. 2. Eat a healthy snack. 3. Drink water with a slice of fruit in it. 4. Go for a walk or bike ride with a family member. 5. Be physically active for 60 minutes or more. 6. Try a new fruit or vegetable. 7. Eat a low-sodium snack. 8. Try a sparkling or carbonated water. 9. Read a nutrition facts label with an adult. 10. Spend a day without drinking a sugary drink. 11. Tell a family member 3 benefits of being physically active. 12. Explain to a family member why tobacco is bad for your heart. 13. Explain why it is important to avoid secondhand smoke. 14. Track your physical activity for a day. 15. Name 5 foods high in sodium. 16. Eat 3 different colors of fruits and vegetables in one day. 17. Try a handful of unsalted nuts as a snack. 18. Tell a family member why sugary beverages are bad for your heart. 19. Try a breathing exercise to help with stress. 20. Count how many glasses of water you drink in one day.