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 (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:

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

May 8 May 12 May 19 Electives

<u>May 13</u> <u>May 20</u>

May 14 May 15

5th Grade			5/7/20 - 5/20/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Weather 600	Main Idea & Details	Multiplying decimals and whole numbers	Science - Engineering Design
Bon Voyage!	Creative Writing	Dividing whole numbers	Social Studies - Constructing Essential Questions, Budget Planning, Using Resources
	Similes	Adding Decimals	
	Summarizing	Subtracting Decimals	

5th Grade -- School Wide Challenge Activity City of Ember - BINGO

ELA	Science	SEL	Social Studies	Math
Do the activities belo activities) for a chan		onal or horizontal Bl	NGO! Black out the	card (Do all the
Find 8 vocab. words from the book and create a crossword using clues from the book.	Using 2 cups or glasses, fill one one with water. Set it up on a chair. Using straws and tape try and get the water from one cup to the other. How is this similar to the pipes in Ember?	Power outages happen in Ember. Write about a time you have experienced something out of your control such as a power outage, tornado, bad storm. How did you feel? What did you do? How did you feel safe again?	Draw a Venn diagram and compare and contrast the way citizens come to have jobs in Ember verses in our society. Add a couple sentences underneath stating your opinion on which is better and why.	Electricity is measured in Watts. Weight is measured in pounds and ounces. Make a list of other units of measurement and give an example of what they are used for.
Choose a character from the book and compare and contrast him/her to yourself or someone you know.	Doon finds a bug on a cabbage leaf in Ember. Find a bug somewhere and without hurting it study it. Draw what it looks like and describe what it might use each part of its body for. What do you observe about how it moves? Does it communicate?	Find a song that you think represents one of the characters or a theme in The City of Ember. Write a short paragraph about why that song represents the character or theme.	Lina is a messenger in Ember. Her job was very important and similar to our mail system. Name 3 problems America will have if we didn't have a post office.	The colored pencils Lina wants are \$5. What do you think causes some things in Ember to cost a lot of money while other things cost very little?
Find 4 examples of figurative language from the book and write them down - name the figure of speech ex. Idiom, simile, metaphor etc.	The people of Ember have to make use of what they have. Find common object ex. Rubber band, paperclip, used piece of paper, tin foil, broken dish, yarn etc. Besides it's original purpose what use could you find for these objects so they could be reused?	FREE SPACE	Clary tells Lina that "there is darkness everywhere in Ember even in people. But in people the darkness is greed". Explain why it's important that our leaders (mayors, president etc.) not be greedy.	The Timekeeper is an important job in Ember but sometimes they forget to wind the clock and it stays a certain day for too long. Describe what would happen if that happened in our society? Would it be more noticeable in our world? Why?
What is a major theme in The City of Ember? Use examples from the book to explain the theme you chose.	Draw an illustration of what you think Ember's greenhouses look. Underneath your illustration explain why the greenhouses are vital to Ember's survival.	Lina has an imaginary city she visits in her head. Where is place in your life that you feel calm and happy? Draw a picture of it or write a paragraph describing it.	The CIty of Ember is having supply shortages of certain things like potatoes. Have you ever experienced a "shortage" of something you need or want?	Lina's job as a messenger has her running a lot. Based on her movement create a model of the city. Consider the area and perimeter as a whole.

5th Grade- May 7

The columns below offer choices for student activities.

	ELA	Math	Science
Focus Skills:	Summarizing CCSS.ELA-LITERACY.RI.5.1	Multiplying a whole number by a decimal CCSS.5.NBT.B.7	Weather Word Brainstorm 3-5 ETS1-1
Easy	Think of a story you have previously read where the main characters went on some kind of journey. In your own words, summarize that journey in 5 complete sentences. For example: "Henry's Freedom Box," and "When Jessie Went Across the Sea".	Ms. Joiner wants to buy 8 umbrellas. If each umbrella costs \$4. How much will it cost to buy 8 umbrellas?	Brainstorm a list of all the words related to weather that you can think of. (5 words or more)
Average	Think of a story you have previously read where the main characters went on some kind of journey. In your own words, summarize that journey in 7 complete sentences. For example: "Henry's Freedom Box," and "When Jessie Went Across the Sea".	Ms. Joiner needs to buy umbrellas for each student in her class for the upcoming field trip. There are 25 students in her class and each umbrella costs \$1.25. How much money will it cost to buy each student an umbrella?	Make a list of weather related words (5 or more), if you didn't do that already. Look over the words you listed. Make at least three categories for your words and sort the words into those categories.
Challenging	Think of a story you have previously read where the main characters went on some kind of journey. In your own words, summarize that journey in 10 complete sentences. For example: "Henry's Freedom Box," and "When Jessie Went Across the Sea".	Ms. Joiner also wants to buy each student a rain jacket. If rain jackets cost \$3.40, how much will it cost to buy 25 rain jackets?	Complete the average level activity if you haven't already. Then, Answer the following questions: After looking at the words on your list, decide why you think we have so many words related to weather. Explain your ideas. Why do scientists study the weather? Give reasons for your answer.

Parent Signature:		

5th Grade -- May 8

The columns below offer choices for student activities.

	ELA	Math	Social Studies
Focus Skills:	Creative Writing CCSS.ELA-LITERACY.W.5.4	Multiplying Whole Numbers CCSS.5.NBT.B.5	Constructing Essential Questions SS.IS.1.3-5
Easy	Write 5 sentences to predict what you think your voyage will be like. (See the SS quest activity.) Think about what your ship will look like, who may come with you on the journey, what you will need to bring, and how you think the weather will affect your journey.	Five students bought pool passes for this summer. If each pool pass cost \$55. How much money was spent on pool passes?	BON VOYAGE QUEST You are a sea captain in the European seaport of Explorania. Your king and queen have just told you that they have heard stories of explorers sailing west over the Atlantic Ocean and finding land. They don't want to fall behind—if other countries are going to claim land, they want to claim it too! It's a risky voyage, and they cannot afford to spend too much. But they need someone trustworthy who will use the resources wisely, prepare well, and bravely take on the mission. Will the voyage be successful and reach new lands? Or will the ships need to turn back—or worse, be lost at sea? Your Mission: The royal family has entrusted you with the task of finding land over the sea and claiming it for Explorania! You will need to prepare well, and see if your preparations result in a successful voyage! A successful plan begins with asking important questions. Write 2 questions that will help you plan for your voyage.
Average	Write 7 sentences to predict what you think your voyage will be like. (See the SS quest activity.) Think about what your ship will look like, who may come with you on the journey, what you will need to bring, and how you think the weather will affect your journey.	Forty students bought pool passes for this summer. If each pool pass cost \$55, how much money was spent on pool passes?	Write 3-4 questions that will help you plan for your voyage.
Challenging	Write 10 sentences to predict what you think your voyage will be like. (See the SS quest activity.) Think about what your ship will look like, who may come with you on the journey, what you will need to bring, and how you think the weather will affect your journey.	312 students bought pool passes for this summer. If each pool pass cost \$55, how much money was spent on pool passes?	Write 5 or more questions that will help you plan for your voyage. For further exploration about voyages: http://mayflowerhistory.com/provision-lists

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5th Grade -- May 11

The columns below offer choices for student activities.

	ELA	Math	Science
Focus Skills:	Narrative Writing CCSS.ELA-LITERACY.W.5.3	Multiplying a whole number by a decimal CCSS.5.NBT.B.7b	Safety Planning 3-5 ETS1-1
Easy	1) Write a 4-5 sentence paragraph about a specific day when the weather (ex. rain, temperature, snow, wind) affected your plans for the day. 2) Check and edit your work for punctuation, spelling, and capitalization.	Six kids in the neighborhood buy popsicles from the ice cream truck. If each popsicle costs \$1.75, how much do 6 popsicles cost?	April through June is tormsdo seasom in the Midwest. Write down at least three things you know about tornadoes.
Average	1) Write a paragraph following the instructions above. 2) Write a 2nd paragraph describing how you and others felt about the changes made to your plans. Use descriptive words (like strong adjectives). 3) Check and edit your work for punctuation, spelling, and capitalization.	Fourteen kids in the neighborhood buy popsicles from the ice cream truck. If each popsicle costs \$1.75, how much do 14 popsicles cost?	 List three things you know about tornadoes. Discuss with an adult your safety plan during a tornado warning when you are at home. Write down at least three things you and your family will do to be safe if there is a tornado warning.
Challenging	- Write a personal narrative story about a specific day when the weather (ex. rain, temperature, snow, wind) affected your plans for the day. - Use descriptive language to help readers visualize how you and others felt about the changes made to your plans. - Include dialogue (use quotation marks) to include conversations between you and others in your story. - Check and edit your work for punctuation, spelling, and capitalization. Optional: Draw pictures to illustrate your story.	Sixty-three kids in the neighborhood buy popsicles from the ice cream truck. If each popsicle costs \$1.75, how much do 63 popsicles cost?	Read the following text about tornadoes from the National Weather Service: These natural hazards have significant impacts on human activities and communities. Each year about 56 people are killed by tornadoes. However, the spring of 2011 was one of the deadliest and costliest tornado seasons on record. Between April and June 2011, tornadoes killed more than 580 people and caused over \$21 billion dollars in damages. The high death toll was partly a result of the tornadoes traveling rapidly through heavily populated areas, a lack of adequate storm shelters, and people who did not quickly seek shelter. Decide and write down what you think could have been done differently in 2011 to save more lives. Write at least two or three sentences to explain your ideas. To learn more about tornadoes & tornado safety, visit: https://www.homeadvisor.com/r/disasters-tomado-facts-info-for-kids/

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5th Grade -- May 12

The columns below offer choices for student activities.

	ELA	Math	Social Studies
Focus Skills:	Creative Writing CCSS.ELA-LITERACY.W.5.4	Multiplying and Dividing Whole Numbers CCSS.5.NBT.B.5 CCSS.5.NBT.B.6	Budget Planning & Determining the Best Use of Resources SS.EC.1.5
Easy	Imagine you are a captain on a ship traveling on a voyage to claim new land. Write 2 journal entries detailing what is happening during your journey. Think about the weather, the crew, the ship, and cargo. Use descriptive language.	Purchasing Supplies You've been given \$4500.00 t You must decide how many sl crew to hire, and how much fo Your ships should be fully staf be well fed! * Ships = \$500 each * Each ship can hold 10 crew 8 How many ships do you think you'd like to	nips to buy, how many od to stock on board. ifed, and your crew must a 50 boxes of food.
Average	Imagine you are a captain on a ship traveling on a voyage to claim new land. Write 5 journal entries detailing what is happening during your journey. Think about the weather, the crew, the ship, and cargo. Use descriptive language.	What would be the total cost of that many How many crew can that many ships hold * Crew = \$100 each * Each crew requires 5 boxes * Boxes of food = \$10 each How much will it cost to hire that many crew How many boxes of food are needed to feel the many boxes of food crew much will that many boxes of food crew many boxes of food cre	s of food. ew? eed that many crew?
Challenging	Imagine you are a captain on a ship traveling on a voyage to claim new land. Write 8 or more journal entries detailing what is happening during your journey. Think about the weather, the crew, the ship, and cargo. Use descriptive language.	What is the total cost of the trip? (ships, or will you have a full crew? Are the food needs for the crew fully met? Do you have enough money to take this relative of the trip of trip of the trip of trip of the trip of trip of the trip of trip of the trip of the trip of the trip of trip of the trip of t	many ships on your voyage? you can afford additional ships? his many ships, how many ships ferent number of hips (including crew

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5th Grade -- May 13

The columns below offer choices for student activities.

	ELA	Math	Science
Focus Skills:	Main Idea and Details CCSS.ELA-LITERACY.RI.5.2	Dividing Whole Numbers CCSS.5.NBT.B.6	Questioning 3-5 ETS1-1
Easy	Read the following text. Identify the main idea and one detail. Christopher Columbus first sailed across the Atlantic Ocean in 1492. The Spanish king and queen supported him. Columbus hoped to find a new route to Asia. Instead, he ended up in the Americas. He hoped there would be gold in what was called the New World. He sailed between Europe and the New World for the next 12 years. Columbus was arrested and brought to Spain. He lost his noble titles; however, he was allowed to make one last journey in 1502. Columbus returned to Spain in 1504 for the last time.	From April to September of 2019 (6 months), it rained a total of 36 inches. If it rained an equal amount each month, how much did it rain in one month?	Play Twenty Questions Choose a location you would like to visit. People in your house will ask yes or no questions about the location to try to determine where you chose. If the people guess your location in 20 questions or less, they win. If not, you win.
Average	Read the above text. Identify the main idea and two details.	From April to September of 2019 (6 months), it rained a total of 144 inches. If it rained an equal amount each month, how much did it rain in one month?	Same rules as in the easy level, but add that the people asking questions should ask some questions about the weather.
Challenging	Read the above text. Identify the main idea and three details.	From April to September of 2019 (6 months), it rained a total of 1,032 inches. If it rained an equal amount each month, how much did it rain in one month?	Same rules as in the easy level, but now all the questions asked should be about weather to guess your location.

Parent Signature:			

5th Grade -- May 14

The columns below offer choices for student activities.

	ELA	Math	Social Studies
Focus Skills:	Summarizing CCSS.ELA-LITERACY.RI.5.1	Dividing Whole Numbers CCSS.5.NBT.B.6	Business Planning & Critical Thinking SS.EC.2.5
Easy	Read the paragraphs below and write a one sentence summary. Christopher Columbus first sailed across the Atlantic Ocean in 1492. The Spanish king and queen supported him. Columbus hoped to find a new route to Asia. Instead, he ended up in the Americas. He hoped there would be gold in what was called the New World. He sailed between Europe and the New World for the next 12 years. Columbus was arrested and brought to Spain. He lost his noble titles. However, he was allowed to make one last journey in 1502. Columbus returned to Spain in 1504 for the last time.	A hurricane blew over 24 trees in 6 neighborhoods. If each neighborhood lost the same number of trees, how many trees fell down in each neighborhood?	SAILORS WANTED If you're going to successfully complete your voyage, you are going to a crew of sailors who are good and reliable. Create a 2-column list or t-chart. On one side, list 3-5 character traits you want your sailors to have. On the other side, list 3-5 specific tasks or jobs your sailors will need to be able to do. * Activities may be done on paper or Google Docs
Average	Read the paragraphs in "Easy" and write a two sentence summary.	A hurricane blew over 312 trees in 12 neighborhoods. If each neighborhood lost the same number of trees, how many trees fell down in each neighborhood?	1) First, complete the list activity above. 2) Write a one paragraph job description for the sailor positions you need to fill for your voyage. It should clearly describe the job tasks and the kind of person you want to hire. Use the information from the lists you created. 3) Go back and edit for spelling, punctuation, and capitalization, so that your job description is ready to print in the local paper.
Challenging	Read the paragraphs in "Easy" and write a three sentence summary.	A hurricane blew over 1,518 trees in 22 neighborhoods. If each neighborhood lost the same number of trees, how many trees fell down in each neighborhood?	1) First, complete the list and job description activities above. 2) Create a "Sailors Wanted" poster to attract and hire a good crew for your trip. Please include: - the job description from above - pictures or drawings to make your poster attractive (It should look neat and professional.) - correct spelling, punctuation, and capitalization (No one wants to work for the captain with the messy poster!)

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5th Grade -- May 15

The columns below offer choices for student activities.

	ELA	Math	Science	
Focus Skills:	Main Idea and Detail CCSS.ELA-LITERACY.RI.5.2	Adding Decimals CCSS.5.NBT.B.7a	Engineering Design 3-5 ETS1-1	
Easy	Read the following text and identify the main idea. A thermometer is a device that measures temperature. It was one of the first tools ever used to study the atmosphere. The first thermometer was invented in Italy in the 1590s by Galileo Galilei. A hollow glass tube was placed upside down in water. Cold air made the water rise. Hot air made the water lower. That's because cold air made air in the glass tube shrink, and water would fill up that space. In 1612, another Italian scientist added a number scale so that temperatures could be read.	On Friday, it rained 0.2 inches. On Monday, it rained 0.5 inches. How much did it rain on Friday and Monday?	Design a Rain Gauge Think about how you can measure the amount of rain that falls during a day or week. Sometimes, just a little rain falls, while other times inches may fall. A rain gauge is a container that lets you collect and measure rainfall amounts. Design/draw a rain gauge that could be used to measure precipitation. To learn more about measuring rainfall, visit: https://kids.frontiersin.org/article/10.3389/frym.2018.00038	
Average	1) Read the above text. 2) Identify the main idea and one supporting detail.	On Tuesday, it rained 3.45 inches. On Wednesday, it rained 2.79 inches. How much did it rain altogether?	 Read and complete the Easy activity. Build/construct the rain gauge using supplies from around your home. Try out your rain gauge. Answer the following questions: How reliable is it? When and/or why do people want to know how much rain has fallen? 	
Challenging	1) Read the above text. 2) Identify the main idea and two supporting details.	Last week, it rained a total of 7.894 inches. This week, it rained 2.1 inches. How much did it rain altogether?	1) Read and complete the Easy and Average activities. 2) Record any improvements that you could make to it. 3) Explain why you would make the changes.	

Parent Signature:	

5th Grade -- May 18

The columns below offer choices for student activities.

	ELA	Math	Social Studies
Focus Skills:	Summarizing CCSS.ELA-LITERACY.RI.5.1	Adding Decimals CCSS.5.NBT.B.7a	Analyzing Environmental Events and Effects SS.G.3.5
Easy	Read the following text and summarize it in one sentence. The Mayflower set sail in 1620. The ship carried Pilgrims and other English settlers to the New World. They planned to settle in northern Virginia. A colony already existed there. Yet the ship blew off course and landed in Massachusetts instead. Its passengers were the first European settlers in the area. Aboard the ship, the settlers wrote the Mayflower Compact. It was a document that described how they would govern themselves. A total of 102 passengers came to the New World on the Mayflower. There were 50 men, 19 women and 33 young adults and children. Just 41 of them were Pilgrims. The Pilgrims were Christians. They wanted to break away from the main English church. They came to the New World for freedom of religion.	On Wednesday it snowed 0.4 inches On Thursday it snowed 0.6 inches. What is the total amount of snow that fell on these two days?	Create a Board Game Create a board game on paper about your voyage that works like "Candy Land" or "Sorry" (where you get from start to finish by rolling dice or drawing cards to move ahead, landing on events that can either reward or hurt your progress). - Choose your departure and destination locations. (for example, from London to New York) Draw a game board path from one place to the other with at least 20 spaces. - In 5 spaces, write events with a consequence (for example, "Rats in the Food - Go Back 1 Space"). - In 5 other spaces, write events with rewards (for example, "Caught Fish for Dinner - Move Ahead 2 Spaces) - Decorate your game board and choose small items for game pieces. - Give your game a fun name. - Enjoy playing with someone you live with!
Average	Read the above text and summarize it in two sentences.	It snowed 2.15 inches during the day and 7.89 inches at night. How much did it snow altogether?	Less Challenging Option: Create a Bingo game using events that could happen on your voyage.
Challenging Deily Proction	Read the above text and summarize it in three sentences.	Last month, it snowed 14.596 inches. This month, it snowed 2.75 inches. How much did it snow altogether?	Extra Challenge: Show your game to family members and walk them through all the kinds of events on your game board that could either help or harm your voyage. Explain how thinking about these kinds of events ahead of time can improve the way your plan. 5, Calm Classroom 2-3 times for 3-5 minutes

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5th Grade -- May 19

The columns below offer choices for student activities.

	ELA	Math	Science
Focus Skills:	Similes CCSS.ELA-LITERACY.L.5.5.A	Subtracting Decimals CCSS.5.NBT.B.7a	Design a Game 3-5 ETS1-1
Easy	A simile is a figure of speech that directly compares two different things using the words like or as. Example: as brave as a lion Write 3 similes that have to do with the weather.	On Monday, the wind blew 11.9 mph. On Tuesday, the wind blew 6.7 mph. Which day had stronger winds and what was the difference in speed?	Weather Memory Game - Use index cards or cut paper into squares to make cards for this game. - Write a weather word on 1 card (rain, sunny, lightning, ect.), on a different card draw a picture of that word. - Create 5 word cards with 5 matching picture cards. RAINBOW - Mix the cards & lay them face down. Flip 2 cards over, if they match, you get another turn. If not, flip cards back over and it is someone else's turn. The player with the most matches wins.
Average	A simile is a figure of speech that directly compares two different things using the words like or as. Write 5 similes that have to do with the weather.	On Monday, the wind blew 12.25 mph. On Tuesday, the wind blew 10.48 mph. Which day had stronger winds and what was the difference in speed?	- Use index cards or cut paper into squares to make cards for this game Write a weather word on 1 card (rain, sunny, lightning, ect.), on a different card write the definition of that word Create 5 word cards with 5 matching definition cards Mix the cards & lay them face down. Flip 2 cards over, if they match, you get another turn. If not, flip cards back over and it is someone else's turn. The player with the most matches wins.
Challenging	A simile is a figure of speech that directly compares two different things using the words like or as. Write 7 similes that have to do with the weather.	On Monday, the wind blew 5.087 mph. On Tuesday, the wind blew 15.326 mph. Which day had stronger winds, and what was the difference in speed?	Follow the instructions for the memory game above, but create more cards to make the game more challenging.

5th Grade -- May 20

The columns below offer choices for student activities.

	ELA	Math	Social Studies
Focus Skills:	Main Idea and Details CCSS.ELA-LITERACY.RI.5.2	Subtracting Decimals CCSS.5.NBT.B.7a	Comparing the environmental characteristics of the United States to other world regions. SS.G.4.5
Easy	Read the following text. Identify the main idea. The Mayflower set sail in 1620. The ship carried Pilgrims and other English settlers to the New World. They planned to settle in northern Virginia. A colony already existed there. Yet the ship blew off course and landed in Massachusetts instead. Its passengers were the first European settlers in the area. Aboard the ship, the settlers wrote the Mayflower Compact. It was a document that described how they would govern themselves. A total of 102 passengers came to the New World on the Mayflower. There were 50 men, 19 women and 33 young adults and children. Just 41 of them were Pilgrims. The Pilgrims were Christians. They wanted to break away from the main English church. They came to the New World for freedom of religion.	The record flood height in our area is 19.00 feet high. Last year the highest flood height was 11.00. feet. How much less did it rain last year compared to the record high?	Reflection Think about how planning a trip today in 2020 would be different from planning a voyage in colonial times. Write one good paragraph (4-5 sentences) to compare and contrast how planning for the two trips would compare. What would be different? What would be the same?
Average	Read the following text. Identify the main idea and one supporting details.	The record flood height in our area is 19.76 feet high. Last year the highest flood height was 11.48 feet. How much less did it rain last year compared to the record high?	1) Complete the paragraph activity from above. 2) As you planned for your voyage, you had to think about your budget, which included how many sailors to hire and how much food to pack. Write a 2nd paragraph to explain how learning about budgets and planning can help you today and in your future.
Challenging	Read the following text. Identify the main idea and two supporting details.	The record flood height in our area is 19.761 feet high. Last year the highest flood height was 11.485 feet. How much less did it rain last year compared to the record high?	1) Complete the 2 paragraph activities from above. 2) Sit down with a family member and share with them all of your work from your Bon Voyage Quest. Tell them how what you learned about planning will help you in activities you do now and will do in your future.

Parent	Signature:	

5th & 6th 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.



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.

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

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.

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

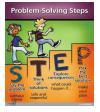
Is someone in danger? Have I tried multiple times to resolve this? Do I need to get an adult to help me?

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.



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.

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 rinned

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:

- ★ 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.

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.

5th/6th Grade -- (Electives)

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

Art PE/Health Computers VA.Cr.1.1.5 ISTE 6a-6e FOCUS SKILLS: Daily physical activity Here are some intro questions about the (Physical Development & Health, 19.A.3b) Gather rocks, sticks, and leaves from **ACTIVITY:** Your goal is to be active at least outside and arrange the materials into a 60 minutes everyday. picture or design. • Record your activity for each day in your **Intro question 1**. How do you find out activity log. about today's weather? Think about how you can create artwork • You can find the activity log in Google Classroom or make your own using outside that will make people happy. Intro question 2. How do you find out notebook paper. All activities can also be about tomorrow's weather, and the next You can use the objects to create words. found on Google Classroom. dav? patterns, or shapes! · Label each activity as a Cardio. Intro question 3. Do you look at the sky, to Flexibility or Muscular Strength type of determine if the weather is going to change fitness. **EASY:** any of your planned activities? (your indoor • Participate in your favorite cardio, playtime, your outdoor sport) strength, and flexibility activities Intro question 4. Do you look at the throughout the day to meet the goal of ground or the sky, to determine if you have 60 minutes and record them on your to wear a raincoat or carry an umbrella or activity log. wear a hat, for the weather today? VA.Re.7.1.5 AVERAGE: Intro guestion 5. With the warmer weather Complete the "Easy" activity. • Add more challenge by completing the becoming the norm, how will your activities daily "14-day Body Challenge" workout. change? Will you spend more time outside? DAY | WORKOUT WORKOUT DAY Plank-15 seconds Plank-40 seconds Push-Ups-5 Push-Ups-13 Squats-20 Squats-40 Plank-20 seconds Plank-45 seconds 9 Push-Ups-15 Push-Ups-6 Squats-25 Squats-55 Plank-20 seconds 10 Plank-50 seconds Push-Ups-8 Push-Ups-13 Squats-30 Squats-65 Plank-50 seconds Plank-25 seconds Push-Ups-8 Push-Ups-17 Squats-30 Squats-75 Using items from your home, recreate this Plank-30 seconds Plank-60 seconds 12 Push-Ups-10 Push-Ups-18 famous painting "American Gothic" made by Squats-85 Squats-35 Grant Wood. Plank-30 seconds Plank-60 seconds 13 Push-Ups-10 Squats-40 Push-Ups-18 Think about the outfits that these characters Squats-90 are wearing, the objects in the background, Plank-40 seconds Plank-65 seconds and the pitchfork that the character is Push-Ups-13 Push-Ups-20 holdina! Squats-45 Squats-100 VA.Cn.10.1.5 DIFFICULT: Here are some subsequent questions about • Complete the "Easy" and "Average" computers: Draw a member of your family without activities. Question 1. How are computers used for looking at the paper! • Do the daily "14-day Body Challenge" reporting weather on a TV weather report? workout twice each day. Question 2. How are computers used to You can turn this into a game and see who can do this the best without looking. OPTIONAL: monitor weather in the stateline area? Play "Roll a Heart Smart Superhero" Question 3. How are computers used to If you have a hard time not looking at the track a storm in different towns around the paper, you can block the paper with a paper area? plate or a folder!

Parent Signature:

5th/6th Grade -- (Electives)

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

Art	STEM	Speech/Drama
VA.Cr.2.1.5 Try making salt dough: 2 cups flour 1 cup salt 1 cup cold water 1) Mix flour and salt, and then slowly add the water mixing thoroughly. 2) Use the dough to create sculptures of you and your family members! 3) Think about shapes, details, and the size of your sculptures!	MS-PS3 - What happened to our ice? Have you ever taken a long sip of a day-old soft drink from your favorite fast food restaurant? Have you ever noticed the glass full of ice keeping your drink cold on a hot summer evening is not there anymore by the time dinner is ready? If you have, you know a little about asking the question "Where did my ice go?"	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.
VA.Cr.2.1.5 Use your salt dough creations as a reference, and draw a picture of them! Use your imagination to create a unique background! If you are able to access the internet, take a photo of your artwork and email it to Mrs. Wallin! VA.Cr.2.1.5 Cut facial features (eyes, nose, mouth) from magazines and combine them to make funny faces! Think about using different size facial features, and even using animal features to create a human face! Have fun and be creative! Google Classroom is an option. This classroom will include drawing tutorial videos and additional art project ideas!	Introducing the Phenomenon & Raising the Question There are two options for observing this phenomenon: 1. Pour soda, or another liquid like lemonade, into a glass and allow ice to melt in it. Pour the same liquid, without ice, into another glass. Have your child taste the contents of each glass and ask leading them questions such as: • What do you notice about the taste difference between the two? • What do you notice about the appearance of the liquids? • What do you think is different about the two liquids? How do you know? 2. Students - observe a glass of ice water (or a clear cup) (roughly 1/3 ice and 2/3 water). Observe it again approximately 30 minutes later, then answer these questions: • How have the contents in the glass changed in the last 30 minutes? • Why do you think those changes occurred? • How do you know? Tell us what you know Students, explain what you know (or think you know) about why ice melts. Students should write about the "how" and the "why" of water changing from a solid (ice) to a liquid (water). Explain your thinking through answering these questions, or drawing a model of what you think happens to ice.	Tie-in to weather - How does the weather change the plot of the book/movie? What if it was raining instead of sunny? How would that change the mood?
	Use these questions to guide your explanation of what happened to the ice. • Where did the ice go? • What does ice turn into? • Is ice the same thing as water? • Where does the water on the outside of the glass come from? • Can you turn other liquids into ice besides water? Students will write about their observations and questions or wonderings. Source: https://new.nsta.org/lesson-plan/what-happened-our-ice	

Parent Signature:	