

**Remote Learning Activities for High School
LIFT & PACC Students (Grades 9 -12+)
April 23rd- May 6th**

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:
jessica.holbert@fsd145.org, esther.paspula@fsd145.org, & kaylyn.erickson@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 Activities for High School
LIFT & PACC Students (Grades 9 -12+)
April 23rd- May 6th**

Day 1 April 23rd	Math	Reading & Writing	Science	Social Science	Transition
Lesson Title:	Coins: Jingle, jingle	Menu: What looks good?	Weather: What is Mother Nature doing out there?	Newspaper: Extra, Extra, Read-all-about-it!	Fixer Upper: Using a Screwdriver
Objective:	Students will add coinuse a variety of coins (penny, nickel, dime, quarter) to make \$0.75 cents.	Students will read a menu aloud and practice giving their order.	Students will Identify and write (or trace) the weather outside for 5 days of the week.	Student will look through the newspaper and Identify 2 articles to read allowed with adult support as necessary.	Students will assist in using a screwdriver to help/ practice screwing in a screw.
Materials:	Coins (quarter, dime, nickel, penny), calculator if needed.	Takeout menu of local restaurant	Ability to view weather outside, pencil paper,	Local newspaper	Screwdriver, screws,
Activities and Instructions:	Find a handful of coins and have the student sort the coins into same coin piles. Then, help the student \$0.75 cents in a variety of ways CCSS.MATH.CO NTENT.HSN.Q.A. 3	Students will use a menu from a local restaurant and read the menu aloud to an adult. Students will identify what they would like to order and practice giving their order with adult assistance as necessary. CCSS.ELA-LITERACY.RI.9-10.1	Students will keep a running track of the weather outside (sunny, rainy, cloudy, partly cloudy, snowing, raining) by the day of the week. NASET: 1.2.3	Students will read the articles of their choice and practice sentence structure by writing a sentence about each article they read in the paper with a complete sentence. NASET: 3.3.6	Find a screwdriver and a screw. This screw could already be in something such as an outlet cover or remote. You could also find a new screw and practice tightening and loosening the screw down into a soft, thick material. This could also be done outside using the ground as a soft material. NASET: 2.1.5

Every Day: Read for 10 minutes. Write three sentences.

Parent Signature: _____

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Day 2 April 24th	Math	Reading & Writing	Science	Social Science	Transition
Lesson Title:	Calculating Elapsed Time: How long did it take me to do	Books & the 5W's	Temperature: Can you guess it today?	Board game: Let's have some fun!	Garbage Collector

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Objective:	Students will calculate elapsed time for 3 daily activities (ex. meal time or time spent on remote learning lesson(s))	Students will read a book of choice aloud and answer the 5-W questions: who, what, when, where, why.	Students will identify and write (or trace) the highest temperature outside for each day of the week.	Students will choose a board game and ask a family member to play.	Students will collect garbages and take them out for garbage day.
Materials:	Clock /watch, pencil, paper	Book at student's reading level	thermometer,, pencil paper,	Board game	Garbage, Garbage bags/ trash.bags
Activities and Instructions:	<p>Students will write down 3 daily activities. (ex: meal time, walk outside, movie). The student will identify and write the time that they begin and end that activity. The student will then calculate how long they spent doing that activity.</p> <p>Repeat for each activity.</p> <p>CCSS.MATH.CONTENT.HSN.Q.A.3</p>	<p>Students will choose and read a book of choice aloud to an adult. The student will answer:</p> <p>- "Who" was the main character? - "What" happened in the story? - "When" did something happen in the story? "Where" did the story take place? "Why" did something happen in the story?</p> <p>CCSS.ELA-LITERACY.RL.9-10.1</p>	<p>Students will keep a running track of the highest temperature outside by each day of the week.</p> <p>NASET: 1.2.3</p>	<p>Students will pick a board game they have access to in the home. Students will ask a family member to play with them. Students will read directions allowed with adult support as needed.</p> <p>NASET: 3.2.4</p>	<p>Students will go around the house and find the garbage that can be taken out for garbage day. If applicable, students can combine small garbages into a big bag. After the student has collected all of the garbage, he or she will put it in the regular garbage can and take it out to the curb with assistance. Student will replace empty garbages with garbage bags when finished.</p> <p>NASET: 3.4.2</p>

Every Day: Read for 10 minutes. Write three sentences.

Parent Signature: _____

Day 3 April 27th	Math	Reading & Writing	Science	Social Science	Transition
Lesson Title:	Count the Calories: I ate how much?	Personal Information: Who am I?	Cooking: Wake and bake	Card game: Pick a card, any card!	Cleaning the Microwave: Never forget to cover it

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Objective:	Students will count how many calories they intake during a snack	Students will practice telling their personal information to a person of trust.	Student will help prepare breakfast with parent	Students will choose a card game and ask a family member to play.	Students will use parent approved cleaning products and wiping cloth to clean out the inside of the microwave.
Materials:	Food item packages before cooked	Paper, pencil as needed.	Food/ tools necessary to prepare meal	Stack of cards	Cleaning supplies, cleaning cloth, gloves if desired
Activities and Instructions:	<p>Students will decide what they want to eat. Then they must look at the food item and locate the calories. They will then add the calories that there are per serving.</p> <p>CCSS.MATH.CONT ENT.HSN.Q.A.3</p>	<p>Students will tell their personal information to a person of trust with adult assistance as needed such as:</p> <ul style="list-style-type: none"> -name -age -birthdate -address -phone number <p>NASET: 3.1.1</p>	<p>Bring the student into the kitchen during breakfast preparation time. Help the student to prepare family or individual food. Follow a recipe if applicable.</p> <p>NASET: 1.2.3</p>	<p>Students will play a card game with a friend or adult. This could be a game that the student is familiar with or one that the other player is familiar with and comfortable teaching. Student should initiate asking the other player to play with them.</p> <p>NASET: 3.2.4</p>	<p>With assistance from the parent, the student will gather the cleaning products, cloth, and protective wear if desired. Students will put cleaning product onto cloth and wipe the inside of the microwave until desired level of cleanliness. When completed, student will return materials to its necessary location and wash their hands.</p> <p>NASET: 3.4.2</p>

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Day 4 April 28th	Math	Reading & Writing	Science	Social Science	Transition
Lesson Title:	Dollar Bills: I gotcha a dollar	List it: Wish List	Cooking: Lunch	Holiday: Earth Day: Celebrate good times, come on!	Sweeper

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Objective:	Students will dollar up to a whole dollar amount up to \$25.00 dollars.	Students will create a wish list for when the shelter in place order is lifted.	Student will help prepare lunch with parent	Students will identify what makes a healthy planet and ways that people can contribute to a healthy planet.	Students will sweep at least one room in the house.
Materials:	Dollar bills, an amount under \$25.00, pencil, paper	Paper, pencil	Food/ tools necessary to prepare meal	Paper, pencil	Broom, dust pan, garbage
Activities and Instructions:	<p>Given different dollar bills, students will sort the dollar bills into like piles. While they are doing this, create 5 amounts under \$24.50. The student will identify the whole dollar amount then write the whole dollar amount. The student will then create the new whole dollar amount with the dollar bills.</p> <p>Repeat for each amount.</p> <p>CCSS.MATH.CONTENT.HSN.Q.A.3</p>	<p>Given a pencil and paper, the student will create a wishlist of things they would like to do and places they would like to go when the shelter in place order is lifted with adult assistance.</p> <p>CCSS.ELA-LITERACY.W.9-10.2</p>	<p>Bring the student into the kitchen during breakfast preparation time. Help the student to prepare family or individual food. Follow a recipe if applicable.</p> <p>NASET: 1.2.3</p>	<p>Given a piece of paper and a pencil, students will make a list of things that are good for the planet. This could include recycling, renewable energies, using energy resources effectively, etc.</p> <p>NASET: 3.3.5</p>	<p>Given a broom, students will sweep at least 1 room in the house up to as many rooms as possible with an adult. Students will sweep contents on the floor to a central location. With adult assistance as needed, the student will sweep the contents into the dust pan and bring it to the garbage can. When completed, student will return materials to its necessary location and wash their hands.</p> <p>NASET: 3.4.2</p>

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Day 5 April 29th	Math	Reading & Writing	Science	Social Science	Transition
Lesson Title:	Calculator Practice: Math wiz	Write a letter: Dear diary...	Cooking: Dinner	Conversations: Let's have a chat!	Dishwasher
Objective:	Students will use	Students will use	Student will help	Student will	Students will help

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	a calculator to practice whole-number addition, subtraction, multiplication, & division math facts up to 50.	their writing skills to write a letter to a friend or family member.	prepare dinner with parent	practice their communication skills by talking to a neighbor.	hand wash or load dishes into the dishwasher after a meal. Students will help put away dishes when dry.
Materials:	Calculator, pencil, paper, sample math problems (16 x 3 = ____)	Paper, writing utensil, any other materials as needed.	Food/ tools necessary to prepare meal	Assistive technology/ adult support as needed	Dishes, cleaning supplies as needed
Activities and Instructions: *	Write down 10 sample math problems. The student will type the problem into their calculator to get the answer. If appropriate, students may answer the math problem and use their calculator to check their work. CCSS.MATH.CONTENT.HSN.Q.A.3	Students will find a paper to write a letter on. Students will come up with something important to write about and decide who the card is to with adult assistance as needed. CCSS.ELA-LITERACY.W.9-10.2.B	Bring the student into the kitchen during breakfast preparation time. Help the student to prepare family or individual food. Follow a recipe if applicable. NASET: 1.2.3	Students will practice maintaining their reciprocal conversation skills by asking one question and making one comment during a conversational exchange with a neighbor. NASET: 3.1.4	Students rinse off dirty dishes in the sink. If handwashing, the student will scrub the dish with soap and a brush/ sponge. The student will load the dish into the dishwasher or put in the drying rack once done washing/ rinsing in the sink. NASET: 3.4.2

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Parent Signature: _____

Day 6 April 30th	Math	Reading & Writing	Science	Social Science	Transition
Lesson Title:	Fractions: How many make a whole?	Job Descriptions: Describe it	Cooking: Snack	Community: Feelings	Laundry Sorter
Objective:	Students will	Students will	Student will help	Students will	Students will help

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	practice identifying fractions and determining how many parts of a whole.	practice reading and identifying parts of a job description.	prepare a snack with parent	identify personal feelings and potential feelings of others about the coronavirus.	sort laundry into parent approved piles by (colors, by types of wash, by individuals clothes)
Materials:	Measuring materials such as: measuring spoons	Newspaper/ job posting flyer	Food/ tools necessary to prepare meal	Paper, pencil	Clothes, baskets if needed
Activities and Instructions:	Line up your measuring spoons in order from smallest to largest. Starting with the smallest measurement, Fill up the measuring spoon to the top and pour into the largest measuring spoon. Repeat until the largest measuring spoon is full to see how many $\frac{1}{4}$ tsp, $\frac{1}{3}$ tsp, $\frac{1}{2}$ tsp go into a whole tablespoon. Repeat this activity with the next size. Ex: Notice that $\frac{1}{4}$ tsp. means that it takes 4, $\frac{1}{4}$ tsp to fill 1 tbsp. CCSS.MATH.CONTENT.HSN.Q.A.3	Given an opportunity to view different job descriptions, the student will read aloud different job descriptions and locate important information such as: -“Who” is hiring? -“Where” are they located? -“When” do they need an employee to work? CCSS.ELA-LITERACY.W.9-10.2.B	Bring the student into the kitchen during breakfast preparation time. Help the student to prepare family or individual food. Follow a recipe if applicable. NASET: 1.2.3	Students will make a list of personal feelings and potential feelings of others about the coronavirus. NASET: 3.3.5	Students will take dirty clothes and separate the clothes into parent approved piles. This could be based on colors (lights, darks, etc.), types of wash (delicate, regular, bulky, etc.) or by individual clothes (student is washing his/ her own clothes). NASET: 3.4.2

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Day 7 June 1st	Math	Reading & Writing	Science	Social Science	Transition
Lesson Title:	Fractions: How many make a whole?	Magazines: tell it all	Hand Washing: Why is it important?	Calendar of Events: Pencil me in	Expiration Date Checker
Objective:	Students will	Find the main	Students will	Students will	Students will help

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	identify fractions and determine parts of a whole.	idea of an article	observe why it is important to wash their hands using black pepper to represent “germs.” This is why it is important to wash your hands :)	use a calendar to plan ahead for the summer and reiminse and talk about experiences related to school closures.	prepare for grocery shopping by looking at expiration dates and determining if they are edible or not.
Materials:	Measuring materials such as: measuring cups, & liquid measuring cups	Magazine	Bowl filled most of the way with water, black pepper, dish soap, and 2 dry hands	2020 Calendar	Food in the fridge, pantry, products in the pantry, etc.
Activities and Instructions:	<p>Line up your measuring cups in order from smallest to largest. Starting with the smallest, Fill up the measuring cup to the top and pour into the largest measuring cup. Repeat until the largest cup is full to see how many $\frac{1}{4}$ C, $\frac{1}{3}$ C, $\frac{1}{2}$ C go into a whole cup.</p> <p>Repeat this activity with the next size.</p> <p>Example: Notice that $\frac{1}{4}$ C means that it takes 4, $\frac{1}{4}$ C to fill 1 C.</p> <p><i>CCSS.MATH.CONTENT.HSN.Q.A.3</i></p>	<p>Locate an article of your choice. Write 3 main ideas from the article.</p> <p><i>CCSS.ELA-LITERACY.RL.9-10.2</i></p>	<ol style="list-style-type: none"> 1.Fill bowl of water most of the way 2.Sprinkle black pepper onto the surface of water in the bowl 3.Use one hand to dip finger into water. Observe all of the black pepper “germs” that are stuck on the finger 4.On other hand, coat one finger in dish soap. 5.Dip finger with dish soap on it into the water and observe the black pepper “germs” shoot to the edge of the bowl. <p><i>NASET: 1.2.3</i></p>	<p>With adult support, students will look at a 2020 calendar and count the number of days that we have been experiencing emergency school closures, major life events during the emergency school closure (holidays, birthdays, etc.), and how many days of summer we have until we return to school for the fall.</p> <p><i>NASET: 3.3.3</i></p>	<p>Students will take edible products and locate the expiration date. If the product is expired, the student can throw it out or do what the adult feels is best. If the product is not expired, the student can put it back in its original place.</p> <p><i>NASET: 3.4.2</i></p>

Every Day: Read for 10 minutes. Write three sentences.

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Day 8 May 4th	Math	Reading & Writing	Science	Social Science	Transition
Lesson Title:	Count the Calories: I ate how much?	Personal Information: Who am I?	Cooking: Wake and bake	Card game: Pick a card, any card!	Dusting: Dust it off

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Objective:	Count how many calories they intake during 2 meals of the day (this could include a snack)	Students will practice writing their personal information with a person of trust.	Student will help prepare breakfast with parent	Students will choose a card game and ask a family member to play.	Students will identify furniture around the house that is dusty and proceed to dust it off.
Materials:	Food items before cooked	Paper, pencil as needed.	Food/ tools necessary to prepare meal	Stack of cards	Duster, dusting spray if desired
Activities and Instructions:	<p>Students will decide what they want to eat. Then they must look at the food item and locate the calories. They will then add the calories that there are per serving</p> <p>CCSS.MATH.CONT ENT.HSN.Q.A.3</p>	<p>Students will write their personal information with a person of trust with adult assistance as needed such as:</p> <ul style="list-style-type: none"> -name -age -birthdate -address -phone number <p>NASET: 3.1.1</p>	<p>Bring the student into the kitchen during breakfast preparation time. Help the student to prepare family or individual food. Follow a recipe if applicable.</p> <p>NASET: 1.2.3</p>	<p>Students will play a card game with a friend or adult. This could be a game that the student is familiar with or one that the other player is familiar with and comfortable teaching. Student should initiate asking the other player to play with them.</p> <p>NASET: 3.2.4</p>	<p>The student will gather the duster and dusting supplies. With parent support, the student will dust at least one room in the house. When completed, student will return materials to its necessary location and wash their hands.</p> <p>NASET: 3.4.2</p>

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Day 9 May 5th	Math	Reading & Writing	Science	Social Science	Transition
Lesson Title:	Coupons: Meal deal	Job Descriptions: Describe it	Cooking: Snack	Community: Celebrations	Laundry Folder

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Objective:	Students will use coupons to create a meal based on the type of coupons they have.	Students will practice reading and identifying parts of a job description.	Student will help prepare a snack with parent	Students will identify community events and appropriate means of celebrating while sheltering in place.	Students will help fold dry laundry
Materials:	Coupons from newspaper/ mail, pencil, paper, and calculator	Newspaper/ job posting flyer	Food/ tools necessary to prepare meal	Pencil, paper	Clothes
Activities and Instructions:	<p>Students will use coupons to create one of the following based on the type of coupons you have:</p> <ul style="list-style-type: none"> -pseudo meal shopping list -help create a real shoplist for the family <p>Calculate either the total amount or total discount for one of given the above options.</p> <p>CCSS.MATH.CONTENT.HSN.Q.A.3</p>	<p>Students will read aloud different job descriptions, locate important information, and determine if they would like to do that type of job. This information includes:</p> <ul style="list-style-type: none"> -“Who” is hiring? -“Where” are they located? -“When” do they need an employee to work? -“What” does this employer need someone to do? -“Why” would I want to work here? <p>CCSS.ELA-LITERACY.W.9-10.2.B</p>	<p>Bring the student into the kitchen during breakfast preparation time. Help the student to prepare family or individual food. Follow a recipe if applicable.</p> <p>NASET: 1.2.3</p>	<p>With adult assistance and choices as needed, students will identify community events (such as prom, graduation) and identify appropriate means of celebration during the shelter in place order.</p> <p>NASET: 3.3.5</p>	<p>Students will gather clothes out of the dryer and fold clothes with adult assistance as needed.</p> <p>NASET: 3.4.2</p>

Every Day: Read for 10 minutes. Write three sentences.

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Day 10 May 6th	Math	Reading & Writing	Science	Social Science	Transition
Lesson Title:	Coins: Jingle, jingle	Menu: Can I take your order, please?	Weather: What is Mother Nature doing out there?	Newspaper: Extra, Extra, Read-all-about-i	Fixer Upper: Weeding them out

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Objective:	Students will add a variety of coins (penny, nickel, dime, quarter) to make \$1.00.	Students will read a menu aloud and practice taking an order from an adult.	Students will Identify and write (or trace) the weather outside for 5 days of the week based on 3 time periods in the day. -(parent choice based on home routine - meal times - 9:00 a.m., 12:00 p.m., & 3:00 p.m.)	Students will look through the newspaper and Identify 2 articles to read with adult support as necessary.	Students will use their fine motor skills to work on identifying and pulling weeds in the yard with adult assistance.
Materials:	Coins (quarter, dime, nickel, penny), calculator if needed.	Takeout menu of local restaurant, paper, pencil	Ability to view weather outside, pencil paper,	Local newspaper	Hand plus gardening tools if desired
Activities and Instructions:	Find a handful of coins and have the student sort the coins into same coin piles. Then, help the student \$0.75 cents in a variety of ways CCSS.MATH.CONTENT.HSN.Q.A.3	Students will use a menu from a local restaurant and read the menu aloud to an adult. Students will practice taking an order with adult assistance as necessary. CCSS.ELA-LITERACY.RI.9-10.1	Students will keep a running track of the weather outside (sunny, rainy, cloudy, partly cloudy, snowing, raining) by the preferred choice of intervals listed above. NASET: 1.2.3	Students will read the articles of their choice and practice sentence structure by writing a sentence about each article they read in the paper with a complete sentence. NASET: 3.3.6	Go out into the yard on a nice weather day and look for weeds to pull in the yard, garden, landscaped areas, etc. NASET: 2.2.2.

Every Day: Read for 10 minutes. Write three sentences.

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