Indiana Continuous Learning Challenge

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Continuous Learning Challenge - Kindergarten

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Set a reading goal. Track how many minutes you read each day. How many minutes did you read each week?	Sort coins by different attributes (size, color, etc.) A muffin tin can be used to sort small objects easily.	Go outside and collect fallen leaves. Bring them inside and lay them out in different patterns. Set patterns by shape, color, or different attributes.	When riding in the car count the number of sides on different road signs. Identify the shape and colors on each sign. Count the total number of signs you see.	Look up and memorize nursery rhymes. Sing and repeat these nursery rhymes to two different family members or friends.	Try to find every number between one to 20 on different products or items around the house (For example: serving size two on the side of a box of food, channel three on TV)
Communication	Go on a nature walk and find at least three different leaves. Explain to a family member how they are alike and how they are different.	Draw a spooky story and then read it to a friend or family member.	Draw a picture and write a sentence about your picture. Send it to a friend.	Draw and write a thank you card to the Post Office worker who delivers your mail. Leave it in your mailbox or mail slot for them to receive it.	Draw a picture that describes what your favorite TV show character does when they are not on TV.	Draw and label pictures of people who are helpers in the community.
Creativity	Using a crayon and a piece of paper, make a rubbing of different leaves.	Collect leaves, flowers, seeds, sticks, or other items from nature and use it to make a picture or collage.	Use a pinecone to roll, half of an apple to stamp, or a fallen leaf to dip in paint (or pudding etc.) and create a masterpiece.	Make decorations to hang around your home to make it look spooky, ask for help hanging them up.	Use materials you find around the house to create a costume, then put it on and pretend in it.	Make up a song about fall, using a familiar tune. (Like 'Autumn Leaves are falling down', to the tune of London Bridge.)
Critical Thinking	Go on a walk around your neighborhood and discuss the fall weather. Review the different seasons. How is fall different from spring?	Observe the fall season. Record your observations in a journal with a few words or pictures. How do the trees change? What colors do you	Go on a scavenger hunt in your backyard, neighborhood or local park. Can you hear birds chirping? Can you find a large and small	Talk a walk around your neighborhood and look at the different leaves. In your journal, mark how many times you see a red, green, orange, yellow,	Create your own recipe. Be sure to write down or draw pictures of the ingredients you think you will need. Will you make a new type of cookie?	Go outside and collect items in your yard or from the local park to make a nature soup. What sort of items did you collect and why?

	What activities can you do with your friends in the fall that you don't do in other seasons?	see? What is the weather like?	stick? Can you find something smooth? Something round? Something pointy?	and brown leaf. Which color leaf did you see the most?	Will you make dinner for your family?	
Collaboration	Read a book with a family member. See if you can read any of the words or sentences. Point out some sight words as you go along.	Help a family member do the laundry. Can you sort the clothing by colors? What other ways can you sort laundry?	Practice writing your ABCs. Have a family member help you learn to write capital and lowercase letters for each letter.	Using a cookie sheet and shaving cream, practice drawing different shapes with a family member. Can you make a circle? A square?	Using sidewalk chalk, create an obstacle course outside. Compete with a family member to see who can complete the course the fastest.	Name that tree! Talk a walk into your local park or around the neighborhood.. In your journal, draw the different trees that you see. With help from a family member, label the different types of trees, and talk about how they are alike and different.
Social Emotional Wellness	Using a small piece of play dough or clay, create an object that relates to some source of stress in your life. When finished, if you want to, share the object and source of stress. When finished, smash the play dough back into a blob. It's fun and can be a great stress reliever!	Talk to a family member about: ● What are three things you learned today? ● What are two things you want to learn more about? ● What is one question you still have?	Crab Walk: Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a rectangle tabletop. Now walk sideways, while holding your bottom off the ground and your back straight.	Simple breathing exercise. 1. Stand 2. Breathe 3. Sit	Tell someone in your household three things that you know you are really good at.	Enjoy a healthy snack: **Look** - what colors and shapes do you see? **Listen** - does your food make a sound? **Touch** - is it smooth, bumpy or rough? Smell - what does your food smell like? **Taste** - have them put the food on their tongue but don't let them chew it just yet. Notice how it feels in your mouth. Do you taste anything yet? Start to chew, does the flavor change? How many different flavors are there?

Health and Fitness	Use a rake or your hands to make a big pile of leaves then jump into it!	Set up an agility course in your house or outside. Hop, skip, jump, walk, or run through the course. Try to complete the course faster than before.	Find a tree near your home. Walk to the tree everyday to check on your tree. Take it a drink or something the tree may like.	Create a bean bag toss game. Fill a zip bag with beans, tiny rocks, or sand. Seal the bag with tape or twist tie. Create a set of two or four. Then toss these bags into an empty cup, bucket, or area on the floor or ground.	● Hop on one leg for 30 seconds, then switch. ● Take 10 giant steps forwards and backwards ● Walk on your knees ● Sprint for 10 seconds. Turn around and sprint back.	Put on your favorite song and dance! Dance however you like for the entire song.

Continuous Learning Challenge - Grade One

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Go outside and collect fallen leaves- bring them inside and lay them out in different patterns. Set pattern by shape, color, or different attributes	Be a word detective. Read a book and find all the words that follow the R controlled vowel pattern. ● ar ● or ● ir ● er ● ur While reading. Collect them by writing these words on note cards or paper. Then share them with a caretaker.	Watch a TV show or movie. Identify the main idea or main problem of the show. How are you able to support your answer?	Write math word problems. One problem uses subtraction and one that uses addition. Ensure the answer is between zero to 20. Try using halloween, fall, or thanksgiving themes.	When riding in the car count the number of sides on different road signs. Identify the shape and colors on each sign. Count the total number of signs you see.	Draw a large circle and a square on a piece of paper or outside using chalk. Draw lines to divide the shapes into smaller, but equal pieces. Keep drawing lines to divide the shape up until the pieces are very small. Try smaller and larger shapes using the same steps.
Communication	Using a cookie sheet and shaving cream, practice writing the names of people in your family.	Go on a nature walk and find at least three different leaves. Explain to a family member how they are alike and how they are different.	Write a spooky story and then read it to a friend or family member.	Write a book review of your favorite book and send it to the author.	Draw a picture and label the pictures that show good citizenship. Share how this is good citizenship with family and friends.	Draw and label pictures of what you plan to do tomorrow. Check to see if your prediction matches what you really do.
Creativity	Using a crayon and a piece of paper, make a rubbing of different leaves.	Collect leaves, flowers, seeds, sticks, or other items from nature and use it to make a picture or collage.	Use a pinecone to roll, half of an apple to stamp, or a fallen leaf to dip in paint and create a masterpiece.	Make decorations to hang around your home to make it look spooky, ask for help hanging them up.	Use materials you find around the house to create a costume, then put it on and pretend in it.	Make up a song about fall, using a familiar tune. (Like 'Autumn Leaves are falling down', to the tune of London Bridge.)
Critical Thinking	Have a child convert their full	Use the list of homonyms	Rank the four seasons in	Find 10 different objects	Make a list of the 20 you use	List five words that begin with

	name to numbers using the following pattern: t, d, k = 1 e, n, x = 2 a, i, m = 3 c, o, r = 4 u, l, s = 5 h, j = 6 w, g, y = 7 f, v = 8 p, z, b, q = 9 Add up each part of your name. Add up your whole name.	below. Draw a picture that illustrates the difference between these words: ant/aunt bored/board beat/beet hole/whole rows/rose sea/see two/too way/weigh	order from favorite to least. Explain the criteria you used to rank these seasons	around your house. Classify the objects based on weight, size, texture, and color. Discuss what you observed.	most during the day. Keep a tally of how often you use these words.	the letter h, r, s, or t. Write a description of the word and have someone guess the word.
Collaboration	Using sidewalk chalk, create an obstacle course or hopscotch outside. Take turns with a family member to see who can complete the course the fastest.	Use materials you find like paper, crayons, etc. to make a thankfulness tree to hang in your home. Take turns letting each family member write something they are thankful for on a leaf of the tree.	Ask a family member to help you collect leaves. Ask them to help get a big plate to trace a circle on paper, then use a cup to trace a little circle in the middle. Cut it out to look like a big donut. Together, glue your leaves all around the circle. When it dries, ask the adult where you can hang your wreath.	Collect sticks, leaves, and pinecones outside. Ask a family member for yarn or string. Together you will tie the string to the sticks and/or leaves to create a mobile or windchime. Look for a place to hang it up with the help of an adult.	Make your own scarecrow. Work with an adult to choose some old clothes or pajamas (a one piece works best) and stuff them with straw or newspaper, or whatever you have that the adult says you can use. Use an old grocery bag, or whatever you can find, for the head and stuff it too. Draw a face on the bag. Ask your adult to attach the head to the body and find a place for your scarecrow to sit.	Name that tree! Talk a walk into your local park, or around the neighborhood. In your journal, draw the different trees that you see. With help from a family member, label the different types of trees, and talk about how they are alike and different.
Social Emotional Wellness	Using a small piece of play dough or clay, create an object that relates to some source of stress in your life. When finished, if you want to, share	Try a simple breathing exercise. Stand, breathe, and sit.	Learn a Yoga pose. Resting on your hands and knees, bring knees hip width apart (the feet should be in line with the knees, not splayed out).	Learn Child's Pose. For this appropriately named pose, sit back on the heels and slowly bring the forehead down in front of the knees. Rest the	Enjoy a healthy snack: **Look** - what colors and shapes do you see? **Listen** - does your food make a sound? **Touch** - is it	Try a Mindful Scavenger Hunt. ● Count the lines on your hand ● Breathe in and breathe out ● Count the

	the object and source of stress. When finished, smash the play dough back into a blob. It's fun and can be a great stress reliever!		Palms should be directly under the shoulders with the fingers facing forward; back is flat.	arms alongside the body. This peaceful pose gently stretches the hips and thighs and helps calm your kid's mind.	smooth, bumpy or rough? Smell - what does your food smell like? **Taste** - have them put the food on their tongue but don't let them chew it just yet. Notice how it feels in your mouth. Do you taste anything yet? Start to chew, does the flavor change? How many different flavors are there?	curves on your ear ● Breathe in and breathe out ● Count the bumps on your lips ● Breathe in and breathe out ● Smile
Health and Fitness	Use a rake or your hands to make a big pile of leaves then jump into it!	● Hop on one leg for 30 seconds, then switch. ● Take 10 giant steps forwards and backwards ● Walk on your knees ● Sprint for 10 seconds. Turn around and sprint back.	Put on your favorite song and dance! Dance however you like for the entire song.	Sit outside with an adult and look up at the stars in the sky. What do you see? What do you hear? What do you smell?	With a friend or family member use a bed sheet like a parachute. Lift it up over your heads and put air under the sheet.	Create a bean bag toss game. Fill a zip bag with beans, tiny rocks, or sand. Seal the bag with tape or twist ties. Create a set of two or four. Then toss these bags into an empty cup, bucket, or area on the floor or ground.

Continuous Learning Challenge - Grade Two

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read a story and then write a new version of a story. Change the setting, characters, and events.	Draw a circle, square, and rectangle on a sheet of paper or outside. Divide the two, three, and four equal parts, Do this with lines in all directions.	Fill a cup with water. Estimate how much water you think is in the cup (either in ounces or cups or pints.) Use a measuring cup to check your answer.	Have a family member write two different three-digit numbers (e.g. 345 and 642). Use >,<, = to compare the number.	Orally count to 100 by two, five, and 10. Count to 1,000 by 100's. Then count down from 100 or zero by two, five, and 10. And from 1,000 to zero by 100.	Watch a TV show and read a book. Describe the main character and what happens to them through the story. Stop and make predictions about what will happen next.
Communication	Tell each of your family members what you appreciate about them.	Write a letter to a friend or family member to convince them to read a book that you have read.	Write a book review of your favorite book and send it to the author.	Write a short thank you note to your crayons, pens, or markers for all their hard work helping you draw and color.	Create a thank you card for your postal mail carrier. Thank them for their hard work. Put it in your mailbox or mail slot for them to get.	Write a rhyming poem about your part of playing outside. Think about what you like to do, what is the weather like, and where you like to go.
Creativity	Step outside or look out the window. Use your senses to craft descriptive sentences to create an acrostic poem. A U T U M N	Imagine you are a King or queen. Draw your dream castle.	Use materials you find around the house to create a costume, then put it on and pretend in it.	Make up a song about fall, using a familiar tune. (Like 'Autumn Leaves are falling down', to the tune of London Bridge.)	Make decorations to hang around your home to make it look spooky, ask for help hanging them up.	Use materials from around the house to make a robot that helps with chores. Give them a name and the chores it will do.
Critical Thinking	Have a child convert their full name to numbers using the following pattern: t, d, k = 1 e, n, x = 2	Make a list of the 20 you use most during the day. Keep a tally of how often you use these words.	List eight words that begin with the letter h, r, s, or t. Write a description of the word and have someone guess the word.	Use tangrams you have or print this template (tinyurl.com/y2lg2mbu) and cut out the shapes (five	Write a sentence about what you did last weekend. Then do the following things to the sentence.	Use the list of homonyms below. Draw a picture that illustrates the difference between these words:

	a, i, m = 3 c, o, r = 4 u, l, s = 5 h, j = 6 w, g, y = 7 f, v = 8 p, z, b, q = 9 Add up each part of your name. Add up your whole name.			triangles, one square, and one rhombus). Use the shapes to create animals.	● Switch all d's to z's. ● Remove the all the x's. ● Change capital o's to capital f's ● Add p to any part of the end of the last word in the sentence. ● Add or to the fourth and eighth word in the sentence. ● Add a t to the beginning of the second and third word in the sentence. ● Switch two i's to a's in the sentence.	ant/aunt bored/board beat/beet hole/whole rows/rose sea/see two/too way/weigh
Collaboration	Play a board game with your family.	Make dinner or dessert with your family.	Help a family member fold laundry or carry laundry to the correct place in the house.	Set the table for dinner.	Go on a nature walk. Ask your family to help you find five different items from nature on your walk. See if you are able to find a matching item. Compare different items found	Next time you are in the car ask the driver the name of the streets you are turning onto or driving on. See if you can remember all the roads you took.
Social Emotional Wellness	Using a small piece of play dough or clay, create an object that relates to some source of stress in your life. When finished, if you want to, share the object and source of stress. When finished, smash the play dough back into a blob. It's fun and can be a	Try belly breathing. Sit or lie flat in a comfortable position. Put one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in through your nose, and let your belly push your hand out. Breathe out	Enjoy a healthy snack. **Look** - what colors and shapes do you see? **Listen** - does your food make a sound? **Touch** - is it smooth, bumpy or rough? Smell - what does your food smell like? **Taste** - have them put the food on their	Go on a Mindful Scavenger Hunt. ● Count the lines on your hand ● Breathe in and breathe out ● Count the curves on your ear ● Breathe in and breathe out ● Count the bumps on your lips	Go on a Timer Scavenger Hunt: ● Set a timer for three minutes. ● Find as many rocks, or leaves, or acorns in your backyard as you can. ● Sit down and count the items when the timer goes off.	Follow the "hard thing" rule. The "hard thing" rule has three parts. 1. Each member of the family has to do something hard. 2. You must finish what you start. 3. No one gets to pick the "hard thing" for anyone

	great stress reliever!	through pursed lips as if you were whistling. Do this breathing three to 10 times.	tongue but don't let them chew it just yet. Notice how it feels in your mouth. Do you taste anything yet? Start to chew, does the flavor change? How many different flavors are there?	● Breathe in and breathe out ● Smile		else. Each person picks their own "hard thing." The family can set the length for the day (one day, one week).
Health and Fitness	Use a rake or your hands to make a big pile of leaves then jump into it!	Borrow a dice from a board game. Roll the dice and do the activity for 30 seconds. 1 = jumping jacks 2 = wall push ups 3 = run in place 4 = balance on one foot 5 = march in place 6 = arm circles	Put on your favorite song and dance! Dance however you like for the entire song.	With a friend or family member use a bed sheet like a parachute. Lift it up over your heads and put air under the sheet.	Create a bean bag toss game. Fill a zip bag with beans, tiny rocks, or sand. Seal the bag with tape or twist ties. Create a set of two or four. Then toss these bags into an empty cup, bucket, or area on the floor or ground.	Sit outside with an adult and look up at the stars in the sky. What do you see? What do you hear? What do you smell?

Continuous Learning Challenge - Grade Three

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read your favorite chapter book or an article with a family member and model how to be a wise reader by asking questions BEFORE, DURING, and AFTER you read. Explain how it helps to better understand the text.	Watch a TV show or read a book. Think of five to 10 adjectives that describe the main character	Research the location and names of the great lakes. What states touch the great lakes? Do any touch Indiana?	Have a family member write two different up to 10,000 (e.g. 5,345 and 3,642). Use >,<, = to compare the number.	Find examples of the following shapes around your house or neighborhood: cube, sphere, prism, pyramid, cone, and cylinder.	Find a comfortable spot, take a blanket, a pillow or stuffed animal, and a book. Settle in and read that book!
Communication	Write a short thank you note to your crayons, pens, or markers for all their hard work helping you draw and color.	Help a family member fold laundry. Ask them where the folded laundry should be put.	Write step-by-step directions to a family member about the steps to get ready for bed.	Create a thank you card for your postal mail carrier. Thank them for their hard work. Put it in your mailbox or mail slot for them to get.	Find an object in your home. Have a family member ask 20 questions or less to guess what the object is. Only answer the question with yes or no.	Write a rhyming poem about your part of playing outside. Think about what you like to do, what is the weather like, and where you like to go.
Creativity	Use materials from around the house to make a robot that helps with chores. Give them a name and the chores it will do.	Imagine you are a King or queen. Draw your dream castle.	Draw a picture of your favorite, TV, movie, or book character. Instead of using your hand use your toes!	Collect cleaned trashed or recycled containers. Add string and make a small guitar or ukulele. Try to play a song.	Create a maze on paper. Have a family member complete the maze	Draw a simple picture on a sheet of paper. Poke holes at the corner of the picture. Use string or thread to outline the holes and outline the shape.
Critical Thinking	Have a child convert their full	Use tangrams you have or	Use the list of homonyms	Walk into a room and study	Write a sentence about	Look up morse code. Write a

	name to numbers using the following pattern: t, d, k = 1 e, n, x = 2 a, i, m = 3 c, o, r = 4 u, l, s = 5 h, j = 6 w, g, y = 7 f, v = 8 p, z, b, q = 9 Add up each part of your name. Add up your whole name.	print this template (tinyurl.com/y2lg2mbu) and cut out the shapes (five triangles, one square, and one rhombus). Use the shapes to create animals.	below. Draw a picture that illustrates the difference between these words: ant/aunt bored/board beat/beet hole/whole rows/rose sea/see two/too way/weigh	everything in the room for five minutes. Go to a different room and redraw the room from your memory. Compare your picture to the room.	what you did last weekend. Then do the following things to the sentence. ● Switch all d's to z's. ● Remove the all the x's. ● Change capital o's to capital f's ● Add p to any part of the end of the last word in the sentence. ● Add or to the fourth and eighth word in the sentence. ● Add a t to the beginning of the second and third word in the sentence. ● Switch two i's to a's in the sentence.	sentence using just morse code.
Collaboration	Set the table for dinner.	Create a secret handshake with a family member. See how many different parts you can have together.	Go on a nature walk. Ask your family to help you find five different items from nature on your walk. See if you are able to find a matching item. Compare different items found.	Have a family member describe and object to you. Try to redraw that object with the few words possible.	Using sidewalk chalk, create an obstacle course or hopscotch outside. Take turns with a family member to see who can complete the course the fastest	Next time you are in the car ask the driver the name of the streets you are turning onto or driving on. See if you can remember all the roads you took.
Social Emotional Wellness	Using a small piece of play dough or clay, create an object that relates to some source of stress in your life. When finished, if you want to, share the object and source of stress. When	Try belly breathing. Sit or lie flat in a comfortable position. Put one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in	Enjoy a healthy snack. **Look** - what colors and shapes do you see? **Listen** - does your food make a sound? **Touch** - is it smooth, bumpy or rough? Smell - what	Go on a Mindful Scavenger Hunt. ● Count the lines on your hand ● Breathe in and breathe out ● Count the curves on your ear ● Breathe in	Go on a Timer Scavenger Hunt: ● Set a timer for three minutes. ● Find as many rocks, or leaves, or acorns in your backyard as you can.	Follow the "hard thing" rule. The "hard thing" rule has three parts. 1. Each member of the family has to do something hard. 2. You must finish what

	finished, smash the play dough back into a blob. It's fun and can be a great stress reliever!	through your nose, and let your belly push your hand out. Breathe out through pursed lips as if you were whistling. Do this breathing three to 10 times.	does your food smell like? **Taste** - have them put the food on their tongue but don't let them chew it just yet. Notice how it feels in your mouth. Do you taste anything yet? Start to chew, does the flavor change? How many different flavors are there?	and breathe out ● Count the bumps on your lips ● Breathe in and breathe out ● Smile	● Sit down and count the items when the timer goes off.	you start. 3. No one gets to pick the "hard thing" for anyone else. Each person picks their own "hard thing." The family can set the length for the day (one day, one week).
Health and Fitness	Borrow a dice from a board game. Roll the dice and do the activity for 30 seconds. 1 = jumping jacks 2 = wall push ups 3 = run in place 4 = balance on one foot 5 = march in place 6 = arm circles	Draw or plan out to find puddles in a parking lot. Try jumping from puddle to puddle. If not puddles are available try jumping from pile of leaves to the next.	On a driveway, sidewalk, or in a park, color four areas (draw circles or squares) with different colors of chalk. Call out a color and have your child run to that colored area. Continue to call out different colors in varying order.	Sit outside with an adult and look up at the stars in the sky. What do you see? What do you hear? What do you smell?	Limbo! Set up a broom, poodle noodle or rope. Go under without your hands touching the floor. How low can you go?	Put on your favorite song and dance! Dance however you like for the entire song.

Continuous Learning Challenge - Grade Four

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read your favorite chapter book or an article with a family member and model how to be a wise reader by asking questions BEFORE, DURING, and AFTER you read. Explain how it helps to better understand the text.	Read a book or watch a TV show. Write or describe to someone a specific character, setting, or event from the story. Explain how this has an impact on the plot.	Look up an important event, place, or person in Indiana history. Read and learn three interesting facts. Share them with another person.	Write your multiplication facts for two, four, five, six, and ten from memory.	Find pictures in the newspaper, magazines or catalogs. Draw lines of symmetry on the different objects	Find a comfortable spot, take a blanket, a pillow or stuffed animal, and a book. Settle in and read that book!
Communication	Practice opinion writing by writing a letter or email to your teacher that focuses on one major CHANGE you would like to see in your classroom.	Create a really friendly poster that will make people passing by smiling. Put the poster up in your home window for everyone to see.	Email your teacher or write to someone in your home about the book you're reading. Write about what the main character is going through, how he/she is approaching the challenge or quest, who the secondary characters are, and how they impact the main character. What lesson did you learn?	Start a journal about your time away from school. Choose a theme to help you focus your journal. You could write about general things that happened in your day, interesting quotes you heard on TV or from family members, something new you learned during that day, or even about something new you tried.	Find an object in your home. Have a family member ask 20 questions or less to guess what the object is. Only answer the question with yes or no.	Phone a grandparent or older relative or friend and interview them. Ask them to tell you about a unique time in their personal history, a fun story, something they would like you to know about them, or even a "history" of their life. You could write their stories down or create a timeline of their life!

Creativity	Create an obstacle course using sidewalk chalk or household items. Ask a family member to complete it with you.	Gather a variety of leaf types. Using white paint or crayon and only lines, fill the leaf with patterns similar to a zentangle. Create several and hang them to create a mobile.	On a piece of wax paper drop a couple drops of “fall colors” of paint. Put another piece of wax paper on top. Run tape along all edges to seal. Press to spread and mix the paint around. Using either black paint or a sharpie, draw the silhouette of a fall tree on top of one of the pieces of wax paper.	Find a leaf. Study the veins and colors of the leaf. On a piece of paper using a black crayon, draw an enlarged view of the veins, they should take up the whole page. Using either watercolor paint or watered down regular paint, paint across your veins, the crayon will resist your paint. Mix in another color of paint. Let dry and cut to form a leaf.	On a small piece of cardboard slowly and carefully draw wavy and curly lines with glue. Once the glue is dry, place a piece of aluminum foil over your cardboard. Run your fingers over the foil to smooth the foil over your glue lines, use a cotton swab to go around the lines. Once your foil is smooth wrap the edges. Using permanent marker color in the sections created with your glue lines.	Walk outside with a piece of paper and pencil. Write down the first 10 things you notice (see, smell, hear, feel). Mix the words up to create a poem (it doesn’t have to make sense, just describe). Use various art materials to create an image that expresses how you felt when you were noticing those 10 things.
Critical Thinking	Watch a movie or TV show. Sort the characters into four categories Hero, support character, supports evil or evil.	Think about something that you consider yourself an expert in. Make a video teaching others about your topic and then send it to a family member or friend.	Write a letter to your favorite character in the book that you are reading. Ask them any questions that you may have for them. Tell them how you feel about some of the choices that the character made throughout the book.	For a twist on the traditional card game, War, assign values of one to the ace, 11 to the jack, 12 to the queen, and 13 to the king, and the face value for the cards two through 10. Draw two cards to make a fraction, whoever has the larger fraction wins the round.	Think of a problem that you can solve today. How would you solve it? Tell a family member or write out your plans.	Find a set of objects in your house. Compare a quality of them to something in nature.
Collaboration	Offer to help make a meal for your family. Read and follow a recipe.	Play a board game with others. Communicate rules, directions and expectations.	Cook or bake with a parent or older family member. Pay attention to the fractions that you are using.	Partner-read a book with a family member. Discuss important themes in the book, whether	Using sidewalk chalk, create an obstacle course or hopscotch outside. Take turns with a family member	Next time you are in the car ask the driver the name of the streets you are turning onto or driving on. See

			For example, what would you do if you needed a cup of flour but only had a ¼ measuring cup?	or not you'd like to be friends with the main character and why/ why not, develop thick questions to ask your partner, and discuss your differing opinions on the book.	to see who can complete the course the fastest	if you can remember all the roads you took.
Social Emotional Wellness	Using a small piece of play dough or clay, create an object that relates to some source of stress in your life. When finished, if you want to, share the object and source of stress. When finished, smash the play dough back into a blob. It's fun and can be a great stress reliever!	Try belly breathing. Sit or lie flat in a comfortable position. Put one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in through your nose, and let your belly push your hand out. Breathe out through pursed lips as if you were whistling. Do this breathing three to 10 times.	Enjoy a healthy snack. **Look** - what colors and shapes do you see? **Listen** - does your food make a sound? **Touch** - is it smooth, bumpy or rough? Smell - what does your food smell like? **Taste** - have them put the food on their tongue but don't let them chew it just yet. Notice how it feels in your mouth. Do you taste anything yet? Start to chew, does the flavor change? How many different flavors are there?	Go on a Mindful Scavenger Hunt. ● Count the lines on your hand ● Breathe in and breathe out ● Count the curves on your ear ● Breathe in and breathe out ● Count the bumps on your lips ● Breathe in and breathe out ● Smile	Go on a Timer Scavenger Hunt: ● Set a timer for three minutes. ● Find as many rocks, or leaves, or acorns in your backyard as you can. ● Sit down and count the items when the timer goes off.	Follow the "hard thing" rule. The "hard thing" rule has three parts. 1. Each member of the family has to do something hard. 2. You must finish what you start. 3. No one gets to pick the "hard thing" for anyone else. Each person picks their own "hard thing." The family can set the length for the day (one day, one week).
Health and Fitness	Borrow a dice from a board game. Roll the dice and do the activity for 30 seconds. 1 = jumping jacks 2 = wall push ups 3 = run in place 4 = balance on one foot	With a friend or family member use a bed sheet like a parachute. Lift it up over your heads and put air under the sheet.	Put on your favorite song and dance! Dance however you like for the entire song.	Limbo! Set up a broom, poodle noodle or rope. Go under without your hands touching the floor. How low can you go?	Create a bean bag toss game. Fill a zip bag with beans, tiny rocks, or sand. Seal the bag with tape or twist ties. Create a set of two or four. Then toss these bags into an empty cup,	Draw or plan out to find puddles in a parking lot. Try jumping from puddle to puddle. If not puddles are available try jumping from pile of leaves to the next.

	5 = march in place 6 = arm circles				bucket, or area on the floor or ground.	

Continuous Learning Challenge - Grade Five

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Look for decimals, fractions, and percents in print or on a TV broadcast. Explain to someone how it was used and why it was important.	Find a recipe. Does it use fractions? Convert the fractions to all the same denominator. Convert the fractions to a decimal.	Draw how a citizen can show civility, cooperation, respect, and responsible participation in government.	Identify a problem around the house. Consider possible solutions to the problem if you only have one hour to fix it.	Read two different picture books. Compare the characters and events in the story.	Come up with a persuasive argument with supporting ideas. Share your position with a family member and see if you changed their mind.
Communication	Practice opinion writing by writing a letter or email to your teacher that focuses on one major CHANGE you would like to see in your classroom.	Create a really friendly poster that will make people passing by smiling. Put the poster up in your home window for everyone to see.	Email your teacher or write to someone in your home about the book you're reading. Write about what the main character is going through, how he/she is approaching the challenge or quest, who the secondary characters are, and how they impact the main character. What lesson did you learn?	Start a journal about your time away from school. Choose a theme to help you focus your journal. You could write about general things that happened in your day, interesting quotes you heard on TV or from family members, something new you learned during that day, or even about something new you tried.	Find an object in your home. Have a family member ask 20 questions or less to guess what the object is. Only answer the question with yes or no.	Phone a grandparent or older relative or friend and interview them. Ask them to tell you about a unique time in their personal history, a fun story, something they would like you to know about them, or even a "history" of their life. You could write their stories down or create a timeline of their life!
Creativity	Create a yarn wrapped apple! On a piece of found cardboard draw and apple shape, don't	Gather a variety of leaf types. Using white paint or crayon and only lines, fill the leaf with patterns similar	On a piece of wax paper drop a couple drops of "fall colors" of paint. Put another piece of wax paper on	Find a leaf. Study the veins and colors of the leaf. On a piece of paper using a black crayon, draw an	On a small piece of cardboard slowly and carefully draw wavy and curly lines with glue.	Walk outside with a piece of paper and pencil. Write down the first 10 things you notice (see,

	forget the stem and leaf! Cut out your shape. Using yarn (red or green if available), wrap the round part of the apple starting from top to bottom. As you work slowly rotate around the apple. When you are done, cut the string and tuck it in or secure it with a dab of glue. Color the stem and leaf for your final touch!	to a zentangle. Create several and hang them to create a mobile.	top. Run tape along all edges to seal. Press to spread and mix the paint around. Using either black paint or a sharpie, draw the silhouette of a fall tree on top of one of the pieces of wax paper.	enlarged view of the veins, they should take up the whole page. Using either watercolor paint or watered down regular paint, paint across your veins, the crayon will resist your paint. Mix in another color of paint. Let dry and cut to form a leaf.	Once the glue is dry, place a piece of aluminum foil over your cardboard. Run your fingers over the foil to smooth the foil over your glue lines, use a cotton swab to go around the lines. Once your foil is smooth wrap the edges. Using permanent marker color in the sections created with your glue lines.	smell, hear, feel). Mix the words up to create a poem (it doesn't have to make sense, just describe). Use various art materials to create an image that expresses how you felt when you were noticing those 10 things.
Critical Thinking	Think about something that you consider yourself an expert in. Make a video teaching others about your topic and then send it to a family member or friend.	Write a letter to your favorite character in the book that you are reading. Ask them any questions that you may have for them. Tell them how you feel about some of the choices that the character made throughout the book.	For a twist on the traditional card game, War, assign values of one to the ace, 11 to the jack, 12 to the queen, and 13 to the king, and the face value for the cards two through 10. Draw two cards to make a fraction, whoever has the larger fraction wins the round.	Think of a problem that you can solve today. How would you solve it? Tell a family member or write out your plans.	Find a set of objects in your house. Compare a quality of them to something in nature.	Write a sentence about what you did last weekend. Then do the following things to the sentence. • Switch all d's to z's. • Remove the all the x's. • Change capital o's to capital f's • Add p to any part of the end of the last word in the sentence. • Add or to the fourth and eighth word in the sentence. • Add a t to the beginning of the second and third word in the sentence. • Switch two i's to a's in the sentence.
Collaboration	Partner-read a	Using sidewalk	Next time you	Have a family	Schedule a	Next time you

	book with a family member. Discuss important themes in the book, whether or not you'd like to be friends with the main character and why/ why not, develop thick questions to ask your partner, and discuss your differing opinions on the book.	chalk, create an obstacle course or hopscotch outside. Take turns with a family member to see who can complete the course the fastest	are in the car ask the driver the name of the streets you are turning onto or driving on. See if you can remember all the roads you took.	member describe and object to you. Try to redraw that object with the few words possible.	weekly Zoom gathering with friends so you can keep in touch over break. Plan to play a different digital game each time you meet.	are in the car ask the driver the name of the streets you are turning onto or driving on. See if you can remember all the roads you took.
Social Emotional Wellness	Using a small piece of play dough or clay, create an object that relates to some source of stress in your life. When finished, if you want to, share the object and source of stress. When finished, smash the play dough back into a blob. It's fun and can be a great stress reliever!	Try belly breathing. Sit or lie flat in a comfortable position. Put one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in through your nose, and let your belly push your hand out. Breathe out through pursed lips as if you were whistling. Do this breathing three to 10 times.	Enjoy a healthy snack. **Look** - what colors and shapes do you see? **Listen** - does your food make a sound? **Touch** - is it smooth, bumpy or rough? Smell - what does your food smell like? **Taste** - have them put the food on their tongue but don't let them chew it just yet. Notice how it feels in your mouth. Do you taste anything yet? Start to chew, does the flavor change? How many different flavors are there?	Go on a Mindful Scavenger Hunt. ● Count the lines on your hand ● Breathe in and breathe out ● Count the curves on your ear ● Breathe in and breathe out ● Count the bumps on your lips ● Breathe in and breathe out ● Smile	Go on a Timer Scavenger Hunt. ● Set a timer for three minutes. ● Find as many rocks, or leaves, or acorns in your backyard as you can. ● Sit down and count the items when the timer goes off.	Follow the "hard thing" rule. The "hard thing" rule has three parts. 1. Each member of the family has to do something hard. 2. You must finish what you start. 3. No one gets to pick the "hard thing" for anyone else. Each person picks their own "hard thing." The family can set the length for the day (one day, one week).
Health and Fitness	Borrow a dice from a board game. Roll the dice and do the activity for 30 seconds. 1 = jumping	With a friend or family member use a bed sheet like a parachute. Lift it up over your heads and put	Put on your favorite song and dance! Dance however you like for the entire song.	Limbo! Set up a broom, poodle noodle or rope. Go under without your hands touching the floor. How	Create a bean bag toss game. Fill a zip bag with beans, tiny rocks, or sand. Seal the bag with tape or	Draw or plan out to find puddles in a parking lot. Try jumping from puddle to puddle. If not

	jacks 2 = wall push ups 3 = run in place 4 = balance on one foot 5 = march in place 6 = arm circles	air under the sheet.		low can you go?	twist ties. Create a set of two or four. Then toss these bags into an empty cup, bucket, or area on the floor or ground.	puddles are available try jumping from pile of leaves to the next.

Continuous Learning Challenge - Middle School

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Make a trip to your local library and choose a book to read over break. Think about choosing something that will be fun for you to read!	Look at this image from The New York Times (tinyurl.com/y6eoy3vp) The caption has been removed for you to create your own. What do you think is going on in this picture? Write your own caption to reflect your inference.	PIck up a magazine, book or newspaper you have lying around. Identify a word that you don't know. Look up the definition of that word and try to incorporate it into your vocabulary for a few days. Use it in verbal and written communication.	Times spent at home would be a great time to teach a middle school child to balance a checkbook. Google has many templates for checkbooks. tinyurl.com/y66jpc7t	Provide your middle school child with a project you would like for them to complete. Perhaps it is planning a trip or planning for how to bring outdoor plants indoors for the winter. Projects are endless, but doing this meets employability skills (tinyurl.com/y247zrgu).	Research a fall harvest religious holiday and discuss why it is celebrated. Grade 7 social studies standards study the world's largest religions: Islam, Christianity, Judaism, Hinduism, Buddhism, Sikhism, and Taosim.
Communication	Schedule a weekly Zoom gathering with friends so you can keep in touch over break. Plan to play a different digital game each time you meet.	Teach a middle school child about how to write a Thank You note and why it's important to do so. Additionally, teach a child how to address the envelope and send it.	Living with a middle school student can be a big change. The adolescent brain is changing as much as it did as a toddler. Sometimes, communication can be difficult. Try starting an interactive journal with your child. Don't make it mandatory, but start an entry and let your	Practice easy to communicate care, consideration, and respect for others. (Health and Wellness 8.4.4) by starting a gratitude journal or gratitude social media post on a regular basis.	Look at a map and write out the directions to a destination. Test it out by driving, walking, or biking to the destination.	If your family commonly uses mass transit such as Indygo, practice offering suggestions for improvement by contacting their contact page.

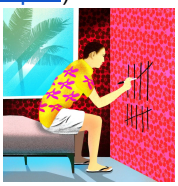
			young one know where it is kept and accessible.			
Creativity	In Jason Reynolds "Write, Right, Rite" series (tinyurl.com/y4xsusnn), he wants you to make up your own Tic-Tok dance. Choose your own music and choreography, but you then need to write out an explanation for somebody else to do it! Be detailed enough so another person can imagine what they need to do.	Plan out three different ways you can use pumpkin seeds in cooking. Think about an appetizer, a main course, and a dessert. Ask your family which one they would want to try and make it!	Gather a variety of leaf types. Using white paint or crayon and only lines, fill the leaf with patterns similar to a zentangle. Create several and hang them to create a mobile.	Mixed media simple fall drawing. Using an old book or magazine page draw a simple fall themed design (pumpkins, crops, ghosts, etc). Color in your design using oil pastels, colored pencils, or crayons, but color lightly so you can see the text underneath. Cut text out from another page to layer on top with a fall message.	View an expressive fall tree. Paint your background a deep sky blue. One it is dry, use either your finger or paint brush to make short strokes of paint using oranges, yellows, and browns in a circular motion near the lower right hand corner. Darker browns should be mostly on the outside and use lighter colors as you get closer to the center of your circle. Once your leaves are dry, paint a tree starting in the bottom right corner and ending just past the center of your leaf circle.	Talk a walk and collect various colored leaves and or flowers. When you get home draw a self-portrait then create a multimedia collage by either tearing up the leaves or using them whole and gluing them on your portrait. Are there other materials you would like to use as well?
Critical Thinking	Research doe.in.gov/standards/civics-education and discuss what the Electoral College is by reading about it in the Constitution and on various education sites. Then, research the roles the states and the President have in determining these electors. Share findings.	Share and discuss with your child about the advantages and disadvantages different groups of people have based on who they are and where they were born. How do you see this playing out in your community?	How do I respectfully tell someone when their words or actions are biased or hurtful? Practice some responses. What types of reactions would your responses produce?	Make predictions about how the wildfires in the western US or the ones last year in Australia impact local regions and regions on distant continents. Research your thoughts and make a chart that shares your research and hypotheses.	Research and then draw a political cartoon about the following: "Do films about settling the American West accurately depict the ethnic groups who are portrayed as cowboys?"	How is patriotism different from nationalism? Once that is defined, decide if patriotism is teachable.

Collaboration	Work with a friend or two, and write a script about how to handle a conflict. Act it out.	Host a pumpkin carving competition with your friends or family. Plan out the design and execute to your best ability. Have people in your neighborhood vote on whose they like the most.	Singing can be a great way to build confidence. Ask a child to choose a familiar melody and write out/sing about a significant cultural event. tinyurl.com/y2k4x4hp	Design a game based upon a book or an unfolding current event. Try it out.	It's harvest time in Indiana, bake or cook with a family member using some harvest crops from Indiana.	Interview a grandparent about a memorable election in their lifetime.
Social Emotional Wellness	Try belly breathing. Sit or lie flat in a comfortable position. Put one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in through your nose, and let your belly push your hand out. Breathe out through pursed lips as if you were whistling. Do this breathing three to 10 times.	Enjoy a healthy snack: **Look** - what colors and shapes do you see? **Listen** - does your food make a sound? **Touch** - is it smooth, bumpy or rough? Smell - what does your food smell like? **Taste** - have them put the food on their tongue but don't let them chew it just yet. Notice how it feels in your mouth. Do you taste anything yet? Start to chew, does the flavor change? How many different flavors are there?	Try Mindful Gratitude. Start by observing. Notice the thank yous you say. Just how habitual a response is it? Is it a hasty aside, an afterthought? How are you feeling when you express thanks in small transactions? Stressed, uptight, a little absent-minded ? Do a quick scan of your body. Are you already physically moving on to your next interaction? Pick one interaction a day. When your instinct to say "thanks" arises, stop for a moment and take note. Can you name what you feel grateful for, even beyond the gesture that's been extended?	Go on a Timer Scavenger Hunt. ● Set a timer for three minutes. ● Find as many rocks, or leaves, or acorns in your backyard as you can. ● Sit down and count the items when the timer goes off.	1. Sit on the floor with your legs wide apart parallel to the floor. Inhale and hold pose for 60 seconds. 2. Next, sit with one leg in front of you bent at the knee and the other leg behind you bent at the knee and inhale and hold for 60 seconds. 3. Then, sit on the floor with both legs stretched out straight in front of you parallel to the floor and inhale and hold for 60 seconds. 4. Finally, Inhale and hold for 60 seconds.	Follow the "hard thing" rule. The "hard thing" rule has three parts. 1. Each member of the family has to do something hard. 2. You must finish what you start. 3. No one gets to pick the "hard thing" for anyone else. Each person picks their own "hard thing." The family can set the length for the day (one day, one week).

			Then say thank you.			
Health and Fitness	Rake the leaves in your yard or in a neighborhood common area. Get all the leaves into a few piles and then put them into a trash bag for leaf removal.	Design procedures to safely conduct Trick or Treat in your neighborhood.	Fall is a wonderful time in Indiana to take a hike. Research five trails in Indiana that you'd like to walk over the next few weeks. Take your mask and hop on the trail.	What safety measures need to be taken when planning a camping trip?	Why is marching band considered to be strenuous physical activity? Research and list your findings. What is the definition of "sport? Should marching band be a sport?	What are some dances that stem from your cultural heritage? Demonstrate your learning about this by learning the dance moves.

Continuous Learning Challenge - High School

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Make a trip to your local library and choose a book to read over break. Think about choosing something that will be fun for you to read!	Watch one of the presidential debates (debates.org) that will be happening in the upcoming weeks. Determine each speaker's rhetorical style. Determine who you believe is more persuasive.	Look at this image from the New York Times (tinyurl.com/yxc9qw4l).  Create a story that this picture inspires. It could be from a memory in your own life or something you complete make up. Make sure to include descriptive details to engage your reader!	Look around your neighborhood and choose the tree that looks the most interesting with its leaves changing. Research details about the tree until you are able to identify its species.	PIck up a magazine, book or newspaper you have lying around. Identify a word that you don't know. Look up the definition of that word and try to incorporate it into your vocabulary for a few days. Use it in verbal and written communication.	During the beautiful Fall weather, take a trip to an ethnic neighborhood. What do you notice about the celebration of life in those places?
Communication	Write a letter to a family member you haven't seen recently. Practice addressing an envelope and sending it in the mail.	Schedule a weekly Zoom gathering with friends so you can keep in touch over break. Plan to play a different digital game each time you meet.	Share an email that you had to compose to an organization outside of the one you work or volunteer for. Then, discuss with them the items and format that made it a professional message. Your scholar could	Talk to the adults in your life and ask them why voting is important to them. Ask if they have any memories or stories about voting or hearing election results.	With friends or classmates, begin recording a story you want to share about something you all have in common. Record to a certain point. Stop. Send the recording to the next friend who then picks up	Create a fake Facebook account about a hero, activist, game character, etc. and create daily posts from that person, character.

			practice by composing one to a teacher, coach, community activist, etc.		the story and records another part. Continue. Then, when the recordings are done, piece it together.	
Creativity	There are lots of emotion-filled events going on in the world right now. Choose one that has been on your mind the most and write a song or a poem that represents how you are feeling. Share it with family and friends.	Since this has been a year where people have been limited in their travel, plan your perfect vacation that you would take if you had the chance. Look up flights or car routes, hotels, excursions, and restaurants.	Create a meme that represents how you feel about the first quarter of the school year. Share it on social media or with family and friends.	Plan out three different ways you can use pumpkin seeds in cooking. Think about an appetizer, a main course, and a dessert. Ask your family which one they would want to try and make it!	In Jason Reynolds "Write, Right, Rite" series (tinyurl.com/yxrdyss7), he wants you to make up a good luck charm. What is something you can keep an eye out for that you can consider lucky when you come across it. Write about why you chose this item and how you plan to start collecting it.	Talk a walk and collect various colored leaves and or flowers. When you get home draw a self-portrait then create a multimedia collage by either tearing up the leaves or using them whole and gluing them on your portrait. Are there other materials you would like to use as well?
Critical Thinking	In just a matter of weeks there is going to be a presidential election. Research both candidates and decide which candidate best aligns with your values.	As you go throughout your day, think about what is the most inconvenient or annoying task you encounter. Create an invention or an app that would make the task more tolerable.	Research different ways that you can reduce your carbon footprint. Choose one action that you can take and keep a journal about your experience. It is difficult to adjust or pretty easy? Explain.	Design a political cartoon that describes your reactions and thoughts about the recent Breonna Taylor ruling.	What is the difference between a political demonstration and a riot? Is either one essential for change? For expression? Begin a journal and write about this. Return to your thoughts and write often. What do you notice about your thinking and reflection?	In a recent news article, research indicated that Generation Z and Millenials generally do not know the impact that the Holocaust had on the lives of Jewish people during WWII. Is that true for you? Research about the Holocuast and look for something you did not know. How did your thinking alter about the Holocaust after research?
Collaboration	There have been many	Host a pumpkin carving	Identify a project you	How will you help get out the	Work with a friend or two,	Singing can be a great way to

	natural disasters in the United States in the recent weeks. Choose one to raise money to help out. Plan an event for people to attend, start a Go Fund Me, or host a garage sale.	competition with your friends or family. Plan out the design and execute to your best ability. Have people in your neighborhood vote on whose they like the most.	would like to do to your house: paint a room, hang a picture, etc. Ask a person in your family to work on the project with you. Determine materials and a schedule for completing it.	vote for the elections?	and write a script about how to handle a conflict. Act it out.	build confidence. Ask a child to choose a familiar melody and write out or sing about a significant cultural event. tinyurl.com/y2k4x4hp
Social Emotional Wellness	Try belly breathing. Sit or lie flat in a comfortable position. Put one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in through your nose, and let your belly push your hand out. Breathe out through pursed lips as if you were whistling. Do this breathing three to 10 times.	Enjoy a healthy snack: **Look** - what colors and shapes do you see? **Listen** - does your food make a sound? **Touch** - is it smooth, bumpy or rough? Smell - what does your food smell like? **Taste** - have them put the food on their tongue but don't let them chew it just yet. Notice how it feels in your mouth. Do you taste anything yet? Start to chew, does the flavor change? How many different flavors are there?	Try Mindful Gratitude. Start by observing. Notice the thank yous you say. Just how habitual a response is it? Is it a hasty aside, an afterthought? How are you feeling when you express thanks in small transactions? Stressed, uptight, a little absent-minded? Do a quick scan of your body—are you already physically moving on to your next interaction? Pick one interaction a day. When your instinct to say "thanks" arises, stop for a moment and take note. Can you name what you feel grateful for, even beyond the gesture that's been extended? Then say thank	1. Sit on the floor with your legs wide apart parallel to the floor. Inhale and hold pose for 60 seconds. 1. Next, sit with one leg in front of you bent at the knee and the other leg behind you bent at the knee and inhale and hold for 60 seconds. 2. Then, sit on the floor with both legs stretched out straight in front of you parallel to the floor and inhale and hold for 60 seconds. 3. Finally, Inhale and hold for 60 seconds.	Follow the "hard thing" rule. The "hard thing" rule has three parts. 1. Each member of the family has to do something hard. 2. You must finish what you start. 3. No one gets to pick the "hard thing" for anyone else. Each person picks their own "hard thing." The family can set the length for the day (one day, one week).	Using a small piece of play dough or clay, create an object that relates to some source of stress in your life. When finished, if you want to, share the object and source of stress. When finished, smash the play dough back into a blob. It's fun and can be a great stress reliever!

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Health and Fitness	Rake the leaves in your yard or in a neighborhood common area. Get all the leaves into a few piles and then put them into a trash bag for leaf removal.	What does it mean to leave in a densely-populated neighborhood, and what would be the health benefits of living in such an area?	Fall is a wonderful time in Indiana to take a hike. Research five trails in Indiana that you'd like to walk over the next few weeks. Take your mask and hop on the trail.	What safety measures need to be taken when planning a camping trip?	Why is marching band considered to be strenuous physical activity? Research and list your findings. What is the definition of "sport? Should marching band be a sport?	What are some dances that stem from your cultural heritage? Demonstrate your learning about this by learning the dance moves.