



# Indiana Continuous Learning Challenge

<b>Continuous Learning Challenge - Kindergarten</b>	<b>2</b>
<b>Continuous Learning Challenge - Grade One</b>	<b>5</b>
<b>Continuous Learning Challenge - Grade Two</b>	<b>8</b>
<b>Continuous Learning Challenge - Grade Three</b>	<b>12</b>
<b>Continuous Learning Challenge - Grade Four</b>	<b>15</b>
<b>Continuous Learning Challenge - Grade Five</b>	<b>19</b>
<b>Continuous Learning Challenge - Middle School</b>	<b>23</b>
<b>Continuous Learning Challenge - High School</b>	<b>26</b>

## 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
<b>Content Knowledge</b>	After reading a story, illustrate and write the next chapter or book. Read it to a family member.	Using a deck of cards, sort the cards by suit, then order the cards from highest to lowest. Ask a family member to help with face cards.	Using sight words, make a sentence using as many as possible. Make sure the sentence still makes sense. How many sight words did you use?	Make a hopscotch board outside with chalk or inside with pieces of paper and practice counting 1-10 (or higher) as you jump spaces.	Write activities like jump, clap, or stomp on a block, roll it with a pair of dice, add the dice and complete the activity rolled the number of times you counted.	Draw shapes on pieces of paper or notecards. Go on a scavenger hunt to find objects around you with those shapes. Categorize and sort the objects then count and compare how many you have in each category.
<b>Communication</b>	Take a walk around your neighborhood and make up stories about who lives in the different houses. How many kids live there? What do you think they are having for dinner tonight?	Phone a Pacers player at 317-275-4444 or 877-275-9007. Listen carefully to the story.	Choose a picture from a magazine or newspaper, write a couple sentences about what is happening in the picture, and what you think happened before and after the picture was taken.	What if cows gave root beer instead of milk? What if it really did rain cats and dogs? Tell a family member your answer to these “what if” questions, and draw a picture to go with it.	Write thank you notes and decorate them. Ask a family member to deliver or mail them to soldiers, health care workers, restaurant or store workers. For soldiers: <a href="https://supportourtroops.org/cards-letters">https://supportourtroops.org/cards-letters</a>	What one thing do you do now that you need an adult to help you with, but would like to try to do all by yourself? Talk to a family member about when or how you might be able to try it.
<b>Creativity</b>	Turn a cardboard box into anything you want. Decorate the box to look like whatever you imagine.	Use recyclables like empty toilet paper rolls, lids, old cereal boxes etc. and glue or tape to create or invent something. Tell a family	Pretend your home is something else, a beauty or barber shop, an airplane, a restaurant, a Dr. office. Ask a family	Try singing in different places like your bedroom, the bathroom, outside, and with adult help, even the car. What do you	Make up a commercial for either something you already have or for a made up item. Be sure to come up with a catchy song	Turn on music to dance. Try different things while dancing. Can you jump to the rhythm? Can you balance a book on your head

		member about your invention.	member if you can move chairs to make it look more like that. Pretend to get your hair done, go on a trip, eat, or get a check-up.	notice about the sound in different spaces?	or slogan to sing or say multiple times in your commercial.	while dancing? Can you clap with the beat? Now change the style of music and try. Are these things harder or easier with the new music?
<b>Critical Thinking</b>	Pretend you are a construction worker. You have to build a new house. What color would it be? How many windows would it have? What else would it have? Explain your idea to a family member.	Think about your favorite movie. Imagine that you become a character in this movie. Would you be a new character? Would you have special powers? Would you wear different clothes? Explain your ideas to a family member.	Think about the different seasons - summer, fall, spring and winter. Which season is your favorite and why? Would you want it to be the same season all year long? Do you have a least favorite season and why? Explain your ideas to a family member.	Think about a place you have visited or would like to visit. Draw a picture or a map of this place. Do some research on this place and write two facts about it.	Take a walk through your house or your neighborhood. How many things are made of plastic? How many are made of wood? Metal? Cardboard? Which material do you see the most of?	Go on an alphabet hunt around your house. How many different letters can you find? Using a clipboard, paper, and pencil, keep track of how many of each letter you find.
<b>Collaboration</b>	While a family member is unloading the groceries, ask if you can help. Then ask the adult questions you have, for example, "Where does milk come from?" "What vegetables and fruits are green, red, and yellow." Have the adult ask you two questions about the groceries.	Ask a family member what a birth certificate is and how it is used, or look up the answer together. Then choose a stuffed animal, action figure, or doll and work together to create a birth certificate for it.	Use household objects and other materials, work with another family member to build an obstacle course. If outdoors, you can also use chalk to draw on the sidewalk. Take turns going through it, time each other to see who is fastest.	Play charades with once or more family members. Write people, places, animals or things to act out on paper, put them in a hat and take turns drawing from the hat.	Find a jar or other container, work with your family to write down small acts of kindness you can do on slips of paper. For example, walk a neighbor's dog, share a toy with a sibling, take out the trash, etc. Choose one to do together a couple times a week.	Create a savings jar or container. Work together to decide on a date to count the savings and a plan for how your family will spend it. Any time someone in your house finds loose change, drop it in the jar!
<b>Social Emotional Wellness</b>	Sip a glass of water when you need to pause during the day. Focus on the sensations of	Say positive affirmations in your mind throughout the day, especially when you feel emotionally	Find a safe and quiet place to try the following poses: 1) The Superman: this pose is	If you have access to a suitable outdoor area, go in your space and set a timer for 60-90 seconds to find	Ask a family member to help with this activity. Using a note card or a piece of paper, write a note to	Make a collage. You can use paper, glue, magazines, any other items you want to add

	<p>the liquid hitting your lips, in your mouth, and going down your throat as you swallow. Taking a moment to divert your attention from one emotional sensation to another can help your body relax and allow you to get on with your day with a more positive mindset.</p>	<p>drained.</p> <p>Examples:</p> <p>"I can do this, I am enough."</p> <p>"I am kind to myself and others around me."</p>	<p>practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.</p> <p>2) The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips</p> <p>How do these poses make you feel? Share with a family member.</p>	<p>as many of a certain object as you can. For example, you could find as many fallen leaves as possible, or round stones.</p>	<p>next year's teacher and tell him/her about yourself.</p>	<p>to your collage. Create personal collages illustrating personal qualities, including identifying personal strengths, assets, and values.</p>
<p><b>Health and Fitness</b></p>	<p>Put a piece of tape on the ground and jump back and forth side-to-side as quick as you can for 30 seconds.</p>	<p>Pick a distance and see how fast you can run the distance! Challenge a family member to compete with you!</p>	<p>Have someone start and stop music. When the music is on, dance. When it's off, strike a crazy pose.</p>	<p>Play tag while hopping on one leg like a stork. Stay inside a small boundary.</p>	<p>Criss-cross arms from left to right while lightly hopping and kicking your feet from left to right.</p>	<p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to!</p>

## 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
<b>Content Knowledge</b>	After reading a story, illustrate and write the next chapter or book. Read it to a family member.	Write your current sight words on cards and place them on the ground. Starting on one side of the area practice kicking a ball to a card and reading the sight word. Continue kicking the ball and reading the words as you work your way across the area to the other side.	Find a jar of coins, a bag of buttons, or a bucket of toys and count the collections. How did you count the collections? How did you group the objects to count the collection?	Roll two dice and write an equation that represents the dice. Do this at least 10 times, or more if you have time! Challenge: Repeat this activity using three dice! (You can pull dice out of board games you might have.)	Write “how to” directions for something you know how to do. (Examples: ride a bike, play a game, make a sandwich)	Find a page in a newspaper, magazine or piece of mail and highlight or circle as many sight words as you can. Go back and read those words.
<b>Communication</b>	Phone a Pacers player at 317-275-4444 or 877-275-9007. Listen carefully to the story, then try to retell it to a family member.	Choose a picture from a magazine or newspaper, write a paragraph about what is happening in the picture, and what you think happened before and after the picture was taken.	Take a walk around your neighborhood and make up stories about who lives in the different houses. How many kids live there? What do you think they are having for dinner tonight?	Write an announcement to the world about a person you know who is your hero and why. With help from an adult share it with the world here: <a href="https://myhero.com/guestbook">https://myhero.com/guestbook</a>	What if cows gave root beer instead of milk? What if it really did rain cats and dogs? Tell a family member your answer to these “what if” questions, and others you make up.	Write thank you notes and decorate them. Ask a family member to deliver or mail them to soldiers, health care workers, restaurant or store workers. For soldiers: <a href="https://supportourtroops.org/cards-letters">https://supportourtroops.org/cards-letters</a>
<b>Creativity</b>	Turn a cardboard box into anything you want. Decorate the	Use recyclables like empty toilet paper rolls, lids, old cereal boxes etc. and	Pretend your home is something else, a beauty or barber shop, an	Try singing in different places like your bedroom, the bathroom,	Make up a commercial for either something you already have or	Turn on music to dance. Try different things while dancing. Can you jump

	box to look like whatever you imagine.	glue or tape to create or invent something. Tell a family member about your invention.	airplane, a restaurant, a Dr. office. Ask a family member if you can move chairs to make it look more like that. Pretend to get your hair done, go on a trip, eat, or get a check-up.	outside, and with adult help, even the car. What do you notice about the sound in different spaces?	for a made up item. Be sure to come up with a catchy song or slogan to sing or say multiple times in your commercial.	to the rhythm? Can you balance a book on your head while dancing? Can you clap with the beat? Now change the style of music and try. Are these things harder or easier with the new music?
<b>Critical Thinking</b>	Draw a picture of the ocean. Think about its different colors. Think about what kind of fish live in the ocean. Think about the different plants. Do some research and write three facts about the ocean.	Using a cookie sheet pan, playdough, small paper cups, and marbles, create a marble run. How many different courses can you make? How long does it take for the marble to run the entire course?	Using different materials around your house (playdough, toilet paper rolls, paper towel rolls, recycled items, and more) build a bridge. Test the strength of your bridge by placing items on top of it.	Conduct a walking water experiment. You will need three paper towels, four cups, and food coloring. Put a different color in each cup. Place one end of the paper towel in one cup and the other end in another cup. Watch the water colors walk from cup to cup. Draw what you see happening.	Create a costume with materials or clothes already in your house. Wear your costume and give yourself a new name. Are you a detective? Are you a doctor? Or a superhero? What is special about your costume?	Write a short play. Create two to three characters. Create your setting. Write a dialogue between the characters. The dialogue is the conversation that takes place between the characters.
<b>Collaboration</b>	While a family member is unloading the groceries, ask if you can help. Then ask the adult questions you have, for example, "Where does milk come from?" "What vegetables and fruits are green, red, and yellow." Have the adult ask you two questions about the groceries.	Ask a family member what a birth certificate is and how it is used, or look up the answer together. Then choose a stuffed animal, action figure, or doll and work together to create a birth certificate for it.	Use household objects and other materials, work with another family member to build an obstacle course. If outdoors, you can also use chalk to draw on the sidewalk. Take turns going through it, time each other to see who is fastest.	Find a jar or other container, work with your family to write down small acts of kindness you can do on slips of paper. For example, walk a neighbor's dog, share a toy with a sibling, take out the trash, etc. Each family member chooses one to do each day or every other day.	Create a savings jar or container. Work together to decide on a date to count the savings and a plan for how your family will spend it. Any time someone in your house finds loose change, drop it in the jar!	Play charades with once or more family members. Write people, places, animals or things to act out on paper, put them in a hat and take turns drawing from the hat.
<b>Social</b>	Sip a glass of	Say positive	Find a safe and	If you have	Ask a family	Make a

<p><b>Emotional Wellness</b></p>	<p>water when you need to pause during the day. Focus on the sensations of the liquid hitting your lips, in your mouth, and going down your throat as you swallow. Taking a moment to divert your attention from one emotional sensation to another can help your body relax and allow you to get on with your day with a more positive mindset.</p>	<p>affirmations in your mind throughout the day, especially when you feel emotionally drained.</p> <p>Examples:</p> <p>"I can do this, I am enough."</p> <p>"I am kind to myself and others around me."</p>	<p>quiet place to try the following poses:</p> <p>1) The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.</p> <p>2) The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips</p> <p>How do these poses make you feel? Share with a family member.</p>	<p>access to a suitable outdoor area, go in your space and set a timer for 60-90 seconds to find as many of a certain object as you can. For example, you could find as many fallen leaves as possible, or round stones.</p>	<p>member to help with this activity. Using a note card or a piece of paper, write a note to next year's teacher and tell him/her about yourself.</p>	<p>collage. You can use paper, glue, magazines, any other items you want to add to your collage. Create personal collages illustrating personal qualities, including identifying personal strengths, assets, and values.</p>
<p><b>Health and Fitness</b></p>	<p>As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p>Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>	<p>Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>With your bottom in the air, step forward with your right hand and step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>Jump side-to-side over an object or line for one minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p>Hang up some targets and try to hit them with a ball. Hit it? Move farther away. Hit it again? Keep moving back!</p>

## 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
<b>Content Knowledge</b>	Grab your dice! Roll until you have two three digit numbers. Now, compare your numbers using >, <, =. Repeat at least four more times.	Choose a common word, like mail, how many words in the word family can you make? Can you change one letter (i.e. mail becomes main) and make a new word and then a new word family. Silly words count too!	Find a non-fiction text to read. This can be just a paragraph or article. After you read it, write down three questions that could be answered by reading the text. If you can, see if someone in your home can answer them!	Make a plan for your summer. What do you want to improve? What is a project you could do? (Rearrange your room? Build something?) How many books do you want to read over the summer? Check with your local library for Summer Reading Programs! Write down your goals and you will be more likely to reach them.	Use a compass or use this one virtually ( <a href="https://tinyurl.com/yc499rbo">https://tinyurl.com/yc499rbo</a> ) Use the compass to orient where you are. Are you facing east? West? North? South? Go for a walk, watch the direction you are going and how it changes. (Be careful to watch where you are walking!)	Draw a plant labeling the parts - stem, leaf, roots, flower. Then draw a life cycle of a plant labeling those parts. What is the first part of a plant? What part is first visible above ground?
<b>Communication</b>	What is the hardest rule to follow while you’re stuck at home? Why has it been so hard?	Choose a picture from a magazine or newspaper, write a paragraph about what is happening in the picture, and what you think happened before and after the picture was taken.	Take a walk around your neighborhood and make up stories about who lives in the different houses. How many kids live there? What do you think they are having for dinner tonight?	Start a conversation with your family: What does it feel like when I hug you?	What one thing do you do now that you need an adult to help you with, but would like to try to do all by yourself? Talk to a family member about when or how you might be able to try it.	If you made a cave in the woods, what would be inside it?



<b>Creativity</b>	Create a temporary ice painting! Using ice cubes on a hot day see if you can paint using ice-cubes like you would use sidewalk chalk! Enjoy your painting while you can, because it won't last long! What makes the painting disappear?	Take two of your favorite story book characters and combine their traits! What color hair would they have? What about eyes? What kind of person would they be? Explain to a family member or friend.	Make a goal chart for tomorrow! Think of all of the awesome things you want to do tomorrow and make a list of them. Decorate your list and use bright colors! Check things off as you go.	Spray bottle nature print! With parents help grab some leaves, flowers, and/or branches and lay them on your paper. Fill a spray bottle with water and just enough paint to color the water. Using the spray bottle, spray your paint on your page. Let dry them remove the leaves.	Salt painting! Draw an outline of something with glue. Sprinkle salt over your glue lines. Once your salt is dry use watercolor paint and dab the paint on the salt to add color.	Faith Ringgold is an amazing artist who creates narrative quilts that depict what was her everyday life, family, and culture. Her most famous work is "Tar Beach". View the artwork here ( <a href="https://www.vmfamuseum/connect/memories-tar-beach/">https://www.vmfamuseum/connect/memories-tar-beach/</a> ) and think about why it's titled "Tar Beach". Create an artwork that represents you and your family.
<b>Critical Thinking</b>	Read a picture book. Look at the pictures. What can you tell about the illustrator?	Find a non-fiction book. Read the title. What do you already know about this topic already? Read the text and determine your new learning.	The mouse on your computer is not working. Think of two reasons why it might not be working and at least one way to try to fix it.	The school year is over. It was a crazy ride! What do you think next school year will be like?	Solve the riddle. <ul style="list-style-type: none"> <li>● I am a single digit.</li> <li>● When you write to me I have no start and no end.</li> <li>● I am an even number.</li> <li>● I am like a pair of glasses on their side.</li> </ul> What number am I?	Create your own science investigation. What is something you have always wondered about how something works? Is there an animal you want to know more about? Write out your questions, where you could look for answers, or how you could investigate. With permission, conduct your investigation, be sure to share your results!
<b>Collaboration</b>	While a family member is unloading the groceries, ask if you can help.	Ask a family member what a birth certificate is and how it is used, or look up	Use household objects and other materials, work with another family	Find a jar or other container, work with your family to write down small acts	Create a savings jar. Decide on a date to count the savings and	Work together to write thank you notes and decorate them. Deliver or mail

	Then ask the adult questions you have, for example, "Where does milk come from?" "What vegetables and fruits are green, red, and yellow." Have the adult ask you two questions about the groceries.	the answer together. Then choose a stuffed animal, action figure, or doll and work together to create a birth certificate for it.	member to build an obstacle course. If outdoors, you can also use chalk to draw on the sidewalk. Take turns going through it, time each other to see who is fastest.	of kindness you can do on slips of paper. For example, walk a neighbor's dog, share a toy with a sibling, take out the trash, etc. Each family member chooses one to do each day or every other day.	a plan for it. Any time someone in your house finds loose change, drop it in the jar!	them to soldiers, health care workers, restaurant or store workers.
<b>Social Emotional Wellness</b>	Sip a glass of water when you need to pause during the day. Focus on the sensations of the liquid hitting your lips, in your mouth, and going down your throat as you swallow. Taking a moment to divert your attention from one emotional sensation to another can help your body relax and allow you to get on with your day with a more positive mindset.	Say positive affirmations in your mind throughout the day, especially when you feel emotionally drained. Examples: "I can do this, I am enough." "I am kind to myself and others around me."	Find a safe and quiet place to try the following poses: 1) The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible. 2) The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips How do these poses make you feel? Share with a family member.	If you have access to a suitable outdoor area, go in your space and set a timer for 60-90 seconds to find as many of a certain object as you can. For example, you could find as many fallen leaves as possible, or round stones.	Using a note card or a piece of paper, write a note to next year's teacher and tell him/her about yourself.	Make a collage. You can use paper, glue, magazines, any other items you want to add to your collage. Create personal collages illustrating personal qualities, including identifying personal strengths, assets, and values.
<b>Health and Fitness</b>	Throw a soft object up into the air. See how many times you can clap before you catch it.	Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the	As fast as you can, complete 10 arm circles front and back, 10 forward punches, 10 raise the	Grab a broom stick and have two people hold it. Take turns going under the stick arching backwards.	A regular game of tag, but if someone touches your arm or leg you can no longer use that body	Pick a book to read and select an "action word" that will be repeated often. When the "action word" is

		other balancing.	roof's, and repeat 3x.	Lower the stick after each successful pass. How low can you go?	part. If both legs are tagged start a new round.	read stand up and sit down.
--	--	------------------	------------------------	---	--	-----------------------------

## Continuous Learning Challenge - Grade Three

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
<b>Content Knowledge</b>	Grab your dice! Roll until you have two four digit numbers. Now, compare your numbers using >, <, =. Repeat at least four more times.	Choose a common word, like mail, how many words in the word family can you make? Can you change one letter (mail becomes main) and make a new word and then a new word family. Can you make compound words with the lists? Silly words count too!	Find a non-fiction text to read. This can be just a paragraph or article. After you read it, write down three questions that could be answered by reading the text. If you can, see if someone in your home can answer them!	Make a plan for your summer. What do you want to improve? What is a project you could do? (Rearrange your room? Build something?) How many books do you want to read over the summer? Check with your local library for Summer Reading Programs! Write down your goals and you will be more likely to reach them.	Use a compass or use this one virtually ( <a href="https://tinyurl.com/yc499rbo">https://tinyurl.com/yc499rbo</a> ) Use the compass to orient where you are. Are you facing east? West? North? South? Go for a walk, watch the direction you are going and how it changes. (Be careful to watch where you are walking!)	Gather three glasses of the same size. Put water in one, leave one empty, and put solid objects in the last glass. Gently, tap on the outside of each glass. How is the sound different from each? Why do you think the different materials make the sounds different?
<b>Communication</b>	What is the hardest rule to follow while you’re stuck at home? Why has it been so hard?	Choose a picture from a magazine or newspaper, write a paragraph about what is happening in the picture, and what you think happened before and after the picture was taken.	Take a walk around your neighborhood and make up stories about who lives in the different houses. How many kids live there? What do you think they are having for dinner tonight?	Start a conversation with your family: What does it feel like when I hug you?	What one thing do you do now that you need an adult for but would like to try to do all by yourself?	If you made a cave in the woods, what would be inside it?

<b>Creativity</b>	Create a temporary ice painting! Using ice cubes on a hot day see if you can paint using ice-cubes like you would use sidewalk chalk! Enjoy your painting while you can, because it won't last long! What makes the painting disappear?	Take two of your favorite story book characters and combine their traits! What color hair would they have? What about eyes? What kind of person would they be? Explain to a family member or friend.	Make a goal chart for tomorrow! Think of all of the awesome things you want to do tomorrow and make a list of them. Decorate your list and use bright colors! Check things off as you go.	Spray bottle nature print! With parents help grab some leaves, flowers, and/or branches and lay them on your paper. Fill a spray bottle with water and just enough paint to color the water. Using the spray bottle, spray your paint on your page. Let dry them remove the leaves.	Salt painting! Draw an outline of something with glue. Sprinkle salt over your glue lines. Once your salt is dry use watercolor paint and dab the paint on the salt to add color.	Faith Ringgold is an amazing artist who creates narrative quilts that depict what was her everyday life, family, and culture. Her most famous work is "Tar Beach". View the artwork here ( <a href="https://www.vmfamuseum/connect/memories-tar-beach/">https://www.vmfamuseum/connect/memories-tar-beach/</a> ) and think about why it's titled "Tar Beach". Create an artwork that represents you and your family.
<b>Critical Thinking</b>	Read a picture book. Look at the pictures. What can you tell about the illustrator?	Find a non-fiction book. Read the title. What do you already know about this topic already? Read the text and determine your new learning.	The mouse on your computer is not working, Think of two reasons why it might not be working and at least one way to try to fix it.	The school year is over. It was a crazy ride! What do you think next school year will be like?	Solve the riddle. <ul style="list-style-type: none"> <li>• I am a three digit number.</li> <li>• My hundreds digit is odd but I am an even number.</li> <li>• I am more than six hundred.</li> <li>• My tens digit is one less than my hundreds digit.</li> </ul> What number am I?	Create your own science investigation. What is something you have always wondered about how something works? Is there an animal you want to know more about? Write out your questions, where you could look for answers, or how you could investigate. With permission, conduct your investigation, be sure to share your results!
<b>Collaboration</b>	While a family member is unloading the groceries, ask if you can help.	Ask a family member what a birth certificate is and how it is used, or look up	Use household objects and other materials, work with another family	Find a jar or other container, work with your family to write down small acts	Create a savings jar. Decide on a date to count the savings and	Work together to write thank you notes and decorate them. Deliver or mail

	Then ask the adult questions you have, for example, "Where does milk come from?" "What vegetables and fruits are green, red, and yellow." Have the adult ask you two questions about the groceries.	the answer together. Then choose a stuffed animal, action figure, or doll and work together to create a birth certificate for it.	member to build an obstacle course. If outdoors, you can also use chalk to draw on the sidewalk. Take turns going through it, time each other to see who is fastest.	of kindness you can do on slips of paper. For example, walk a neighbor's dog, share a toy with a sibling, take out the trash, etc. Each family member chooses one to do each day or every other day.	a plan for it. Any time someone in your house finds loose change, drop it in the jar!	them to soldiers, health care workers, restaurant or store workers.
<b>Social Emotional Wellness</b>	Sip a glass of water when you need to pause during the day. Focus on the sensations of the liquid hitting your lips, in your mouth, and going down your throat as you swallow. Taking a moment to divert your attention from one emotional sensation to another can help your body relax and allow you to get on with your day with a more positive mindset.	Say positive affirmations in your mind throughout the day, especially when you feel emotionally drained. When these thoughts about ourselves and the world stay inside, they become true in our minds. Promote positive thinking with affirmations such as:  "I can do this, I am enough."  "I am kind to myself and others around me."	Find a safe and quiet place to try the following poses: 1) The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible. 2) The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.	If you have access to a suitable outdoor area, go in your space and set a timer for 60-90 seconds to find as many of a certain object as you can. For example, you could find as many fallen leaves as possible, or round stones	Using a note card or a piece of paper, write a note to next year's teacher and tell him/her about yourself.	Make a collage. You can use paper, glue, magazines, any other items you want to add to your collage. Create personal collages illustrating personal qualities, including identifying personal strengths, assets, and values.
<b>Health and Fitness</b>	Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	With a family member or by yourself try to keep a balloon in the air as long as you can.	Jump rope for 100 jumps. Do these 10 different times to strengthen your heart and lungs!	Can you make your body look like every letter in the alphabet? Give it a try!	Put on your favorite song or turn on the radio. Dance however you like during the entire song!	Tidy up your bedroom while walking like a crab! Carry items on your belly to put them away.

## Continuous Learning Challenge - Grade Four

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
<b>Content Knowledge</b>	Grab your dice! Roll until you have two four digit numbers. Add decimals to each number, then compare your numbers using >,<,. Repeat at least four more times.	Read the poems <i>Honeybees</i> ( <a href="https://tinyurl.com/yauyay75">https://tinyurl.com/yauyay75</a> ) and <i>I Ate a Chili Pepper</i> by Barbara Vance ( <a href="https://tinyurl.com/y9vr7fbs">https://tinyurl.com/y9vr7fbs</a> ). Compare and contrast the two poems. You can make a two-column chart or a Venn-diagram.	Find a non-fiction text to read. This can be just a paragraph or article. After you read it, write down three questions that could be answered by reading the text. If you can, see if someone in your home can answer them!	Make a plan for your summer. What do you want to improve? What is a project you could do? (Rearrange your room? Build something?) How many books do you want to read over the summer? Check with your local library for Summer Reading Programs! Write down your goals and you will be more likely to reach them.	Use a compass or use this one virtually ( <a href="https://tinyurl.com/yc499rbo">https://tinyurl.com/yc499rbo</a> ) Use the compass to orient where you are. Are you facing east? West? North? South? Go for a walk, watch the direction you are going and how it changes. (Be careful to watch where you are walking!)	Observe the moon over several nights. Keep a record of your observations - size of the moon, it's phases, what the weather was like that night, anything you notice. What conclusions can you draw about how the moon affects Earth?
<b>Communication</b>	What is the hardest rule to follow while you're stuck at home? Why has it been so hard?	Choose a picture from a magazine or newspaper, write a paragraph about what is happening in the picture, and what you think happened before and after the picture was taken.	Take a walk around your neighborhood and make up stories about who lives in the different houses. How many kids live there? What do you think they are having for dinner tonight?	Start a conversation with your family: What does it feel like when I hug you?	What one thing do you do now that you need an adult for but would like to try to do all by yourself?	If you made a cave in the woods, what would be inside it?

<p><b>Creativity</b></p>	<p>Do a creative self check in! Fold a paper into thirds. Stop and think about how you are feeling at this very moment. Color or draw on the top third using a color that expresses that feeling. Now take a couple deep breaths and listen to your favorite song. Close your eyes and relax into your music. Color or draw with a color that expresses how you feel now in the middle section. Use the last third to draw or color your perfect moment. Compare the three sections.</p>	<p>Curate your own museum! Using your artwork and with a parent's permission create your own museum space with you as the star artist!</p>	<p>Create paint scrape art! Choose 3-4 colors of paint and place little dots of paint towards the top of your page. Fold another page in half and use the creased end to pull the paint down the page letting the paints mix.</p>	<p>Create a "Where I've Been" map! This could be a city map, map of the country, or just a collage of ideas. Use markers, collage techniques, crayons, whatever you want to create your map!</p>	<p>Create a DIY tutorial for something you feel you are an expert at! Share your tutorial with your family and share your expertise! If you can record it to share with distant family members or friends!</p>	<p>What is your favorite part of summer? Use a page of paper to draw out the thing you love the most about summer. Be sure to fill the page and use lots of color!</p>
<p><b>Critical Thinking</b></p>	<p>Read a picture book. Look at the pictures. What can you tell about the illustrator?</p>	<p>Find a non-fiction book. Read the title. What do you already know about this topic already? Read the text and determine your new learning.</p>	<p>The mouse on your computer is not working, Think of two reasons why it might not be working and at least one way to try to fix it.</p>	<p>The school year is over. It was a crazy ride! What do you think next school year will be like?</p>	<p>Think:</p> <ul style="list-style-type: none"> <li>● I am less than five hundred.</li> <li>● My hundreds digit is even.</li> <li>● My tens digit is in the threes times table.</li> <li>● I am odd.</li> </ul> <p>What number am I?</p>	<p>Create your own science investigation. What is something you have always wondered about how something works? Is there an animal you want to know more about? Write out your questions, where you could look for answers, or how you could investigate. With permission, conduct your investigation, be sure to</p>



						share your results!
<b>Collaboration</b>	While a family member is unloading the groceries, ask if you can help. Then ask the adult questions you have, for example, "Where does milk come from?" "What vegetables and fruits are green, red, and yellow." Have the adult ask you two questions about the groceries.	Ask a family member what a birth certificate is and how it is used, or look up the answer together. Then choose a stuffed animal, action figure, or doll and work together to create a birth certificate for it.	Use household objects and other materials, work with another family member to build an obstacle course. If outdoors, you can also use chalk to draw on the sidewalk. Take turns going through it, time each other to see who is fastest.	Find a jar or other container, work with your family to write down small acts of kindness you can do on slips of paper. For example, walk a neighbor's dog, share a toy with a sibling, take out the trash, etc. Each family member chooses one to do each day or every other day.	Create a savings jar. Decide on a date to count the savings and a plan for it. Any time someone in your house finds loose change, drop it in the jar!	Work together to write thank you notes and decorate them. Deliver or mail them to soldiers, health care workers, restaurant or store workers.
<b>Social Emotional Wellness</b>	Sip a glass of water when you need to pause during the day. Focus on the sensations of the liquid hitting your lips, in your mouth, and going down your throat as you swallow. Taking a moment to divert your attention from one emotional sensation to another can help your body relax and allow you to get on with your day with a more positive mindset.	Say positive affirmations in your mind throughout the day, especially when you feel emotionally drained. When these thoughts about ourselves and the world stay inside, they become true in our minds. Promote positive thinking with affirmations such as:  "I can do this, I am enough."  "I am kind to myself and others around me."	Find a safe and quiet place to try the following poses: 1) The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible. 2) The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips  How do these poses make you feel? Share with a family member.	If you have access to a suitable outdoor area, go in your space and set a timer for 60-90 seconds to find as many of a certain object as you can. For example, you could find as many fallen leaves as possible, or round stones	Using a note card or a piece of paper, write a note to next year's teacher and tell him/her about yourself.	Make a collage. You can use paper, glue, magazines, any other items you want to add to your collage. Create personal collages illustrating personal qualities, including identifying personal strengths, assets, and values.

<p><b>Health and Fitness</b></p>	<p>How fast can you go? Pick a distance and run as fast as you can. Time yourself and see if you can beat your time!</p>	<p>Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up. Repeat 10x.</p>	<p>Eat more fruits and veggies. Make half your plate fruits and vegetables for at least 1 meal today!</p>	<p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax and clear your mind.</p>	<p>Do the Limbo! Grab a broom stick and have two people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?</p>
----------------------------------	--	---	---	---	--	--

## 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
<b>Content Knowledge</b>	Create two six digit numbers. Compare your numbers using $>$ , $<$ , $=$ . Repeat at least four more times using mixed numbers, fractions with and without common denominators, and decimals.	Read the poems <i>Honeybees</i> ( <a href="https://tinyurl.com/yauyay75">https://tinyurl.com/yauyay75</a> ). and <i>I Ate a Chili Pepper</i> by Barbara Vance ( <a href="https://tinyurl.com/y9vr7fbs">https://tinyurl.com/y9vr7fbs</a> ). Compare and contrast the two poems. You can make a two-column chart or a Venn-diagram.	Find a non-fiction text to read. This can be just a paragraph or article. After you read it, write down three questions that could be answered by reading the text. If you can, see if someone in your home can answer them!	Make a plan for your summer. What do you want to improve? What is a project you could do? (Rearrange your room? Build something?) How many books do you want to read over the summer? Check with your local library for Summer Reading Programs! Write down your goals and you will be more likely to reach them.	Use a compass or use this one virtually ( <a href="https://tinyurl.com/yc499rbo">https://tinyurl.com/yc499rbo</a> ) Use the compass to orient where you are. Are you facing east? West? North? South? Go for a walk, watch the direction you are going and how it changes. (Be careful to watch where you are walking!)	Keep a record of the times of sunrise and sunset for a week (or longer). Use the data to determine the length of each day. Are their changes to the length over the week? What other conclusions can you make from this data?
<b>Communication</b>	What is the hardest rule to follow while you’re stuck at home? Why has it been so hard?	Choose a picture from a magazine or newspaper, write a paragraph about what is happening in the picture, and what you think happened before and after the picture was taken.	Take a walk around your neighborhood and make up stories about who lives in the different houses. How many kids live there? What do you think they are having for dinner tonight?	Start a conversation with your family: What does it feel like when I hug you?	What one thing do you do now that you need an adult for but would like to try to do all by yourself?	If you made a cave in the woods, what would be inside it?

<p><b>Creativity</b></p>	<p>Do a creative self check in! Fold a paper into thirds. Stop and think about how you are feeling at this very moment. Color or draw on the top third using a color that expresses that feeling. Now take a couple deep breaths and listen to your favorite song. Close your eyes and relax into your music. Color or draw with a color that expresses how you feel now in the middle section. Use the last third to draw or color your perfect moment. Compare the three sections.</p>	<p>Curate your own museum! Using your artwork and with a parent's permission create your own museum space with you as the star artist!</p>	<p>Create paint scrape art! Choose 3-4 colors of paint and place little dots of paint towards the top of your page. Fold another page in half and use the creased end to pull the paint down the page letting the paints mix.</p>	<p>Create a "Where I've Been" map! This could be a city map, map of the country, or just a collage of ideas. Use markers, collage techniques, crayons, whatever you want to create your map!</p>	<p>Create a DIY tutorial for something you feel you are an expert at! Share your tutorial with your family and share your expertise! If you can record it to share with distant family members or friends!</p>	<p>What is your favorite part of summer? Use a page of paper to draw out the thing you love the most about summer. Be sure to fill the page and use lots of color!</p>
<p><b>Critical Thinking</b></p>	<p>Read a picture book. Look at the pictures. What can you tell about the illustrator?</p>	<p>Find a non-fiction book. Read the title. What do you already know about this topic already? Read the text and determine your new learning.</p>	<p>The mouse on your computer is not working, Think of two reasons why it might not be working and at least one way to try to fix it.</p>	<p>The school year is over. It was a crazy ride! What do you think next school year will be like?</p>	<p>Think:</p> <ul style="list-style-type: none"> <li>● I am less than five hundred.</li> <li>● My hundreds digit is even.</li> <li>● My tens digit is in the threes times table.</li> <li>● I am odd.</li> </ul> <p>What number am I?</p>	<p>Create your own science investigation. What is something you have always wondered about how something works? Is there an animal you want to know more about? Write out your questions, where you could look for answers, or how you could investigate. With permission, conduct your investigation, be sure to</p>

						share your results!
<b>Collaboration</b>	While a family member is unloading the groceries, ask if you can help. Then ask the adult questions you have, for example, "Where does milk come from?" "What vegetables and fruits are green, red, and yellow." Have the adult ask you two questions about the groceries.	Ask a family member what a birth certificate is and how it is used, or look up the answer together. Then choose a stuffed animal, action figure, or doll and work together to create a birth certificate for it.	Use household objects and other materials, work with another family member to build an obstacle course. If outdoors, you can also use chalk to draw on the sidewalk. Take turns going through it, time each other to see who is fastest.	Find a jar or other container, work with your family to write down small acts of kindness you can do on slips of paper. For example, walk a neighbor's dog, share a toy with a sibling, take out the trash, etc. Each family member chooses one to do each day or every other day.	Create a savings jar. Decide on a date to count the savings and a plan for it. Any time someone in your house finds loose change, drop it in the jar!	Work together to write thank you notes and decorate them. Deliver or mail them to soldiers, health care workers, restaurant or store workers.
<b>Social Emotional Wellness</b>	Sip a glass of water when you need to pause during the day. Focus on the sensations of the liquid hitting your lips, in your mouth, and going down your throat as you swallow. Taking a moment to divert your attention from one emotional sensation to another can help your body relax and allow you to get on with your day with a more positive mindset.	Say positive affirmations in your mind throughout the day, especially when you feel emotionally drained. When these thoughts about ourselves and the world stay inside, they become true in our minds. Promote positive thinking with affirmations such as:  "I can do this, I am enough."  "I am kind to myself and others around me."	Find a safe and quiet place to try the following poses: 1) The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible. 2) The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips  How do these poses make you feel? Share with a family member.	If you have access to a suitable outdoor area, go in your space and set a timer for 60-90 seconds to find as many of a certain object as you can. For example, you could find as many fallen leaves as possible, or round stones	Using a note card or a piece of paper, write a note to next year's teacher and tell him/her about yourself.	Make a collage. You can use paper, glue, magazines, any other items you want to add to your collage. Create personal collages illustrating personal qualities, including identifying personal strengths, assets, and values.

<p><b>Health and Fitness</b></p>	<p>How fast can you go? Pick a distance and run as fast as you can. Time yourself and see if you can beat your time!</p>	<p>Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up. Repeat 10x.</p>	<p>Eat more fruits and veggies. Make half your plate fruits and vegetables for at least one meal today!</p>	<p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax and clear your mind.</p>	<p>Do the Limbo! Grab a broom stick and have two people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?</p>
----------------------------------	--	---	---	---	--	--

## 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 @EducatelN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
<b>Content Knowledge</b>	Sign up for the summer reading program in your local county! Here is a link to Marion County’s public library reading challenge - <a href="https://www.indypl.org/srp">https://www.indypl.org/srp</a> .	The movie or the book? Read some books that have been turned into movies for those too hot summer days or rainy, muggy days! A few to start are: The Hunger Games, Harry Potter, and The Lightning Thief.	June is PRIDE month. Take some time to read some literature ( <a href="https://glbrt.a.org/rainbowbooks/archives/953">https://glbrt.a.org/rainbowbooks/archives/953</a> ) around LGBTQ youth and think about what you can do to serve others.	Coordinate Plane Battleship! You can use the GeoGebra program ( <a href="https://www.geogebra.org/m/YgnVY9K8">https://www.geogebra.org/m/YgnVY9K8</a> ) to challenge a friend online. Simply use ordered pairs to indicate the shots fired, hits, and misses	Play A Google A Day! A fun online game that challenges your research skills: <a href="http://www.agoogleaday.com/">http://www.agoogleaday.com/</a>	Environmental health is the interrelationship between human health and the environment. Use <a href="https://kidsenvirohealth.nlm.nih.gov/">https://kidsenvirohealth.nlm.nih.gov/</a> to learn more about environmental health concepts. Share with your parents the concept that you believe has the greatest impact on our environment. Explain why.
<b>Communication</b>	Plan to visit a state park ( <a href="https://www.in.gov/dnr/parklake/">https://www.in.gov/dnr/parklake/</a> ) with you and your family. What native plants and animals will you find there?	What is Fake News? How can you find it and fight it? Research and get informed during this election year.	How can you affirm Black lives this summer? Think about your classmates, neighbors, and/or the different communities across our great state? How will you do your part in assuring that Black Lives Matter?	Write a Thank You letter to your favorite teacher and make sure to send it to them by the end of the month.	Is there a neighbor that needs outdoor work completed (yard work, garage clean out, car washed, etc.)? Help them out with this project (at a social distance) and reflect with your family later on how being of service to others made you feel.	Using symbols instead of letters, create your own version of the alphabet. Share the code with a friend or family to hold coded conversations with one another.

<b>Creativity</b>	Sit outside and listen. What noises do you hear? Birds chirping? People yelling? What does it feel like? Hot and muggy? Cool and rainy? Write a couple sentences describing your surroundings using all of your senses.	If you did the previous activity observing your surroundings create an artwork out of any medium that represents what you are feeling. Remember, it doesn't have to look like anything, it could just be colors, or lines, or shapes.	Doodle page! Start by drawing a square on a page and see if you can fill the whole square with doodles, letters, little monsters, whatever you can think of. Expand beyond your square if you can!	Kehinde Wiley is an amazing artist who paints with incredible detail and pattern. He is also the first black artist to paint a presidential portrait. What would you be the first to do if you could do anything? Write it down, and check out Kehinde's amazing work here: <a href="http://www.artnet.com/artists/kehinde-wiley/">http://www.artnet.com/artists/kehinde-wiley/</a>	Listen to the song below. Think about how it affects your mood and energy. Why do you think that happens? Find some other songs and identify how they affect your mood. <a href="https://www.youtube.com/watch?v=GvgHcQgF7bo">https://www.youtube.com/watch?v=GvgHcQgF7bo</a>	Make your own playlist! Make a list of songs that you want to narrate your life. Because really, who doesn't want an intro song for everytime they walk in a room (but also remember you need an outro song and everything in between).If you can create a Spotify playlist.
<b>Critical Thinking</b>	Create a lemonade stand for the summer. Study the times when your neighborhood gets the most walkers and how much you will need to charge to make a profit.	What is your family's heritage? Make traditional recipes one week this summer from your family's heritage.	Are you getting ready for high school? During the next four years, you will have time to reflect and think about college. Go on a virtual college tour to start planning and get excited!	Play the game "21 Questions". One person thinks of a person, place, or thing, while the other person may ask just 21 "yes" or "no" response questions to determine what the other person is thinking.	What is your favorite song? Create a TikTok or interpretive dance for your favorite line/part of the song. Bonus: Post it to your social media account explaining the meaning behind your movement!	Review a poll from any news article. Determine who is the intended audience, what purpose the poll is trying to serve, and what potential bias could have influenced the poll.
<b>Collaboration</b>	Have a friend use a stopwatch to time you running, roller blading, biking, etc. Try to break your record by the end of the summer. Do the same thing for your friend!	How many different routes can you take in your neighborhood to get to the: pool, library, supermarket, etc. Go on walks with a friend!	What were the environmental impacts of the lockdown? Research ways you and your family can still contribute to a better environment now that stay at home orders are lifting.	Play would you rather with your family and talk about your responses. Here are some starters: <a href="https://conversationstartersworld.com/would-you-rather-questions/">https://conversationstartersworld.com/would-you-rather-questions/</a>	Compete with friends or family in online gaming. Whether it is a gaming console, computer gaming, or a popular app on your phone.	Call a friend or relative and tell part of a story and stop at an exciting part. Then have them tell the next part of the story and stop at an exciting part. Continue until you finish the story.
<b>Social Emotional Wellness</b>	Sip a glass of water when you need to pause during the day. Focus	Say positive affirmations in your mind throughout the day, especially	Stand up and stretch, and then sit down for 30 seconds of mindful	Using a note card or a piece of paper, write a note to next year's teacher	Make a collage.You can use paper, glue, magazines, any	Begin brainstorming about what qualities employers want




	<p>on the sensations of the liquid hitting your lips, in your mouth, and going down your throat as you swallow. Taking a moment to divert your attention from one emotional sensation to another can help your body relax and allow you to get on with your day with a more positive mindset.</p>	<p>when you feel emotionally drained. When these thoughts about ourselves and the world stay inside, they become true in our minds. Promote positive thinking with affirmations such as:</p> <p>"I can do this, I am enough."</p> <p>"I am kind to myself and others around me."</p>	<p>breathing. Then silently think of something you are grateful for.</p>	<p>and tell him/her about yourself.</p>	<p>other items you want to add to your collage. Create personal collages illustrating personal qualities, including identifying personal strengths, assets, and values.</p>	<p>from employees. List top qualities employers are looking for when hiring.</p>
<p><b>Health and Fitness</b></p>	<p>Find somewhere indoors or outdoors that has one or more flights of stairs. Walk up and down the flight(s) of stairs 10 x for a good cardio workout.</p>	<p>Yoga is a great way to relieve stress. Try Savasana (corpse pose), considered to be the hardest yoga pose! Fully relax &amp; clear your mind.</p>	<p>Look up a fun summer snack that is healthy using <a href="http://www.kidshealth.org">www.kidshealth.org</a></p> <p>Make it for your family. Ask an adult for help if needed.</p>	<p>Put on your backpack and do as many squats as you can in one minute. Repeat three times.</p>	<p>Learn a Dynamic Stretching Warm-up- a movement-based type of stretching. It uses the muscles themselves to bring about a stretch. It's different from traditional "static" stretching because the stretch position is not held. (<a href="https://kidshealth.org/en/teens/stretching-vid.html">https://kidshealth.org/en/teens/stretching-vid.html</a>)</p>	<p>Practice your hand stands. How long can you hold them? If you're having trouble, start against a wall.</p>

## 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
<b>Content Knowledge</b>	Read independently for at least 15 minutes and increase your time by 5 minutes each day that you read.	Read this article ( <a href="https://tinyurl.com/yatnaqge">https://tinyurl.com/yatnaqge</a> ) and annotate for important details. Answer the question listed at the bottom.	Watch a documentary on PBS, Netflix or any platform. While watching it, identify the argument the producer is trying to create. Look for examples in the documentary where the information might be skewed to play into their point of view.	Read the poem, “Still I Rise” by Maya Angelou ( <a href="https://tinyurl.com/y7jq7zrr">https://tinyurl.com/y7jq7zrr</a> ) Identify all the examples of similes and think about what they all have in common. How do those examples of figurative language create a theme for the poem?	Choose a topic or current events concern that you care about. Make a TED style video about it.	Create a map of one of your favorite places. Include pictures and directions of how to get around. Consider elements that are commonly found on a map.
<b>Communication</b>	Write a letter to all of your teachers for next school year. Let them know any information about yourself that will help them understand you as a learner.	Reflect: Do the rules of grammar, conventions, sentence structure, etc. matter when using social media?	Reflect: Are there ever wrong interpretations about a piece of artwork? If so, is that the responsibility of the artist or the viewer?	Ask people in your community if you can accompany them to their work for a day. Ask them questions about how they entered their profession and what their job responsibilities are	When was the last time you sent a Thank You card or note via snail mail? Why are you waiting? Send one to someone who deserves your gratitude.	Try sharing your gratitude for anything for one week. Choose the platform in which you want to share. Remember sharing could be just with yourself.
<b>Creativity</b>	Sit outside and listen. What noises do you hear? Birds chirping? People yelling? What does it	If you did the previous activity observing your surroundings create an artwork out of any medium	Start by drawing a square on a page and see if you can fill the whole square with doodles,	Kehinde Wiley is an amazing artist who paints with incredible detail and pattern. He is also the first	Make your own playlist! Make a list of songs that you want to narrate your life. Because really, who	Week ten Journal Prompt! Write about or draw the first idea that comes to mind when you read this

	<p>feel like? Hot and muggy? Cool and rainy? Write a couple sentences describing your surroundings using all of your senses.</p>	<p>that represents what you are feeling. Remember, it doesn't have to look like anything, it could just be colors, or lines, or shapes.</p>	<p>letters, little monsters, whatever you can think of. Expand beyond your square if you can!</p>	<p>black artist to paint a presidential portrait. What would you be the first to do if you could do anything? Write it down, and check out Kehinde's amazing work here: <a href="http://www.artnet.com/artists/kehinde-wiley/">http://www.artnet.com/artists/kehinde-wiley/</a></p>	<p>doesn't want an intro song for everytime they walk in a room (but also remember you need an outro song and everything in between). If you can create a Spotify playlist.</p>	<p>week's theme of <b>united</b>. (You can do this in the journal you made last week).</p>
<p><b>Critical Thinking</b></p>	<p>Look at this image (<a href="https://tinyurl.com/y7wqchjf">https://tinyurl.com/y7wqchjf</a>) from the New York Times. It has been stripped of its caption and you need to decide what is happening in the photo. What details help lead you to your conclusion?</p> 	<p>Create a mind map (web) on paper that would show your understanding of the implications for censoring tweets on Twitter. For reference, see this article from Forbes (<a href="https://tinyurl.com/y7xwsycg">https://tinyurl.com/y7xwsycg</a>).</p>	<p>Take a look at this population pyramid of Indiana (<a href="https://tinyurl.com/y8cnzdk2">https://tinyurl.com/y8cnzdk2</a>). What do you see with the data? (just the facts). Now, what trends do you see? Speculate why there is a larger population of 35-44 year-olds.</p>	<p>Is there a difference between these two policies that one might see at a restaurant or small business: <i>"No shirt, no shoes, no service"</i> and <i>"No mask; no entry"</i>? For more, go here (<a href="https://tinyurl.com/y8epdrkl">https://tinyurl.com/y8epdrkl</a>).</p>	<p>You may have seen recent images that (<a href="https://tinyurl.com/ybk9j5hc">https://tinyurl.com/ybk9j5hc</a>) compare pollution in parts of the world before COVID-19 and during COVID-19. Images show a drop in pollution. Should nations have a discussion about pollution-free holidays? What are the implications of such a thought?</p>	<p>Who was Cesar Chavez? Find a quote of his and write about how it may apply to today.</p>
<p><b>Collaboration</b></p>	<p>Identify an issue in your community you would like to see changed. Collect a group of people to help you raise awareness by hosting an event or even knocking on doors to sign a petition.</p>	<p>Gather a group of people from your community to work together and pick up trash in parks, medians, or parking lots.</p>	<p>Choose a book to read among a group of your friends and schedule weekly meetings to discuss your reading.</p>	<p>Find a large blank space on concrete and collaborate with members from your community to decorate it with sidewalk chalk.</p>	<p>All members playing choose a word and either make up a believable definition or supply the real one. Each member then goes around and shares. Other members try to guess if a definition was true or not. The most correct guesses win.</p>	<p>Find a puzzle in your home, from a friend, or neighbor and work together to put it together.</p>

					Keep score.	
<b>Social Emotional Wellness</b>	<p>Sip a glass of water when you need to pause during the day. Focus on the sensations of the liquid hitting your lips, in your mouth, and going down your throat as you swallow. Taking a moment to divert your attention from one emotional sensation to another can help your body relax and allow you to get on with your day with a more positive mindset.</p>	<p>Say positive affirmations in your mind throughout the day, especially when you feel emotionally drained. When we repeatedly internalize different thoughts or statements about ourselves and the world, they become true in our minds. These perceptions are powerful enough to become the lens through which we see every opportunity and action in our lives, bringing more positivity or negativity to everything that happens to us. Promote positive thinking with affirmations such as:</p> <p>"I can do this, I am enough."</p> <p>"I am kind to myself and others around me."</p>	<p>Stand up and stretch, and then sit down for 30 seconds of mindful breathing. Then silently think of something you are grateful for.</p>	<p>Using a note card or a piece of paper, write a note to next year's teacher and tell him/her about yourself. What are your likes? Dislikes? How do you learn best?</p>	<p>Make a collage. You can use paper, glue, magazines, any other items you want to add to your collage. Create personal collages illustrating personal qualities, including identifying personal strengths, assets, and values.</p>	<p>Begin brainstorming about what qualities employers want from employees. List top qualities employers are looking for when hiring.</p>
<b>Health and Fitness</b>	<p>Look up a fun summer snack that is healthy using <a href="http://www.kidshealth.org">www.kidshealth.org</a></p> <p>Make it for your family.</p>	<p>Try a 20 min. HIIT (High Intensity Interval Training) Workout</p> <ul style="list-style-type: none"> <li>● Three rounds</li> <li>● 45 sec. work</li> <li>● 15 sec. rest <ul style="list-style-type: none"> <li>○ Pushups</li> <li>○ Squats</li> </ul> </li> </ul>	<p>Learn a Dynamic Stretching Warm-up. It is a movement-based type of stretching. It uses the muscles themselves to bring about a</p>	<p>Find somewhere indoors or outdoors that has one or more flights of stairs. Walk up and down the flight (s) of stairs 10 x for a good cardio</p>	<p>See how many sit-ups you can do in a minute. Hold a ball for an extra challenge. Repeat three times</p>	<p>Get eight to ten hours of GOOD sleep! Sleep helps to fuel your brain and your body. Teens need more sleep because their bodies and minds are</p>

		<ul style="list-style-type: none"> <li>○ Butt Kicks</li> <li>○ Tricep Dips</li> <li>○ Side Lunges</li> <li>○ Jumping Jacks</li> <li>○ Sit-ups</li> </ul>	<p>stretch. It's different from traditional "static" stretching because the stretch position is not held. Watch this video - <a href="https://kidshealth.org/en/teens/stretching-vid.html">https://kidshealth.org/en/teens/stretching-vid.html</a>.</p>	workout.		<p>growing quickly. Scientific research shows that many teens do not get enough sleep.</p>
--	--	--	---	----------	--	--