



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	Using a cup of water and a paintbrush or your finger, write sight words on the sidewalk or driveway.	Practice reading or listen to a book with a family member. On another day, read the same book to your family.	Practice writing numbers 0-100 on a piece of paper or outside using sidewalk chalk. Can you write by ones, fives, and tens?	Say a letter of the alphabet and find an item in the house that starts with the letter. (e.g. “b” and gets a ball from a toy box).	Create your safety contact sheet: <ul style="list-style-type: none"> • Draw your house • Write address • Write phone number • Talk about emergency services (e.g. 911, identify what fire and police do) 	Ask a family member to write a sentence across a sheet of paper in large print, cut the sentence apart into words, and hide the words around a room for you to find and piece the sentence together.
Communication	Create thank you notes and leave them in your mailbox for the mail carrier.	Start a daily journal about your activities and rate them using one to five stars on which ones you liked best.	Play the game telephone. A family member starts by whispering a sentence to someone, then passes it along until everyone has heard it. The last person states what they heard out loud.	Write questions on separate pieces of paper and put them into a bowl. At dinner, have family members take turns pulling a question and everyone answering it.	Using sign language, learn three letters and one phrase.	Talk about who is in your family. Create a family tree together.
Creativity	Find household objects (e.g. plastic cups, toilet paper rolls, blocks) to stack. See how tall of a tower you can make without the objects falling.	Using an unfolded cardboard box, create a road or city map. Use toy cars, play people, and animals to play.	Make a paper airplane and have contests to see how far it goes.	Draw or color a picture. Create lines throughout your drawing, then cut along those lines. Ask a family member to put together your puzzle.	Utilizing materials in your home, build your very own “fortress of knowledge” also known as a “pillow fort.”	Find a string to make a friendship bracelet for a family member or neighbor.

Critical Thinking	Collect small household objects in a bag. Blindfold a family member and ask them to pull out an object. Give them three clues about the object and see if they can guess your object.	With the help of an adult, draw shapes or lines across paper. Practice cutting the shapes and lines staying as close to the line as possible.	Practice tying your shoes. If you have mastered tying your shoes, ask a family member to tie theirs.	Collect scraps of paper, recyclable food containers, and household items in a box. Use these items to create and build. See what you can make!	Create the game Mancala using an empty egg carton and pebbles. Learn how to play with an adult.	Think about or do research on an animal. Create animal fact sheets by drawing the animal and sharing at least two facts about the animal.
Collaboration	Create your own bowling alley using household items. Play as a family and record scores.	Set up a family picnic indoors or outdoors.	Create a toy wash for your toys that can get wet. Ask a family member to help you collect containers, towels, and washable toys.	Ask a family member to turn on music so you can have a dance party.	Offer to help clean out a closet and separate items into piles for donating and trash.	Go on a walk with a family member looking for each color in the rainbow.
Social-Emotional Wellness	Draw a picture of what you think kindness looks like.	Create a specific feeling on a paper plate including eyes, nose, mouth, and hair. Ask a family member to guess what feeling was created.	Talk with a family member about how you feel when you are frustrated. Together, come up with ideas that help handle frustration in a positive way.	List 10 things that you could do to show kindness in your home. Demonstrate all 10 acts of kindness throughout the week.	Write down things you are thankful for on pieces of paper and put them into a jar. Pull the jar out and read what you wrote when you're feeling sad.	Think of a person who you think shows good character. Have a conversation with a family member about why you selected that person.
Health and Fitness	Going on a bear walk. 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.	Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it, take a step back.	With a family member, use a bed sheet like a parachute in PE class. Lift up and down to move air underneath the sheet.	Play "Red Light, Green Light" with a family member. When the person says red light, you must stop; when the person says green light, you go (run, skip, hop, walk, etc).	Go on a walk, jog, or bike ride with family. Try skipping or jumping rope.	Create an obstacle course using items from around the house or yard.

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	Start a reading chart for how many minutes you read each day. Can you beat your time from yesterday?	Practice writing numbers 0-1,000 on a piece of paper or outside using sidewalk chalk by hundreds and fifties.	Take a look outside your window. Record the changes in nature and weather you see for three days and discuss them with a family member.	Draw a map of your neighborhood and include roads, other houses, landmarks, or stores close to your home.	Create your safety contact sheet: <ul style="list-style-type: none"> • Draw your house • Write address • Write phone number • Talk about emergency services (e.g. 911, identify what fire and police do) 	As you are reading books and come across new words, begin a personal dictionary: <ul style="list-style-type: none"> • Write the word. • Draw a picture. • Write a sentence using the word.
Communication	Create thank you notes and leave them in your mailbox for the mail carrier.	Start a daily journal about your daily activities and rate them using one to five stars on which ones you liked best.	Play the game telephone. A family member starts by whispering a sentence to someone, then passes it along until everyone has heard it. The last person states what they heard out loud.	Write questions on separate pieces of paper and put them into a bowl. At dinner, have family members take turns pulling a question and everyone answering it.	Using sign language, learn five letters and one phrase, then teach them to your family	Talk about who is in your family. Create a family tree together.
Creativity	Using an unfolded cardboard box, create a road or city map. Use toy cars, play people, animals to play.	Make paper airplanes out of different pieces of paper (printer paper, newspaper, etc.) and have contests to see how far it goes.	Create an “I Spy” board using small toys or items from around the house. Lay all items on a table and ask a family member if they can spy	Draw or color a picture. Create lines throughout your drawing, then cut along those lines. Ask a family member to put together your puzzle.	Create a “What Am I” game for your family members to complete. Give a category and clues for the object to family members. Take turns choosing	With the help of an adult, create a giant Chutes and Ladders game in your driveway using sidewalk chalk. Create large dice using a cardboard box.

			something you ask.		and guessing objects.	
Critical Thinking	Collect small household objects in a bag. Blindfold a family member and ask them to pull out an object. Give them three clues about the object and see if they can guess your object.	Look at clouds outside or through your window. Do the clouds look like anything familiar to you (animals, plants, faces, etc.)?	Have a paper airplane contest with your family using airplanes that look different. When you're done, discuss why one might have gone further than the other.	Collect scraps of paper, recyclable food containers, and household items in a box. Use these items to create and build. See what you can make!	Create the game Mancala using an empty egg carton and pebbles. Learn how to play with an adult.	Think about or do research on an animal. Create animal fact sheets by drawing the animal and sharing at least two facts about the animal.
Collaboration	Create your own bowling alley using household items. Play as a family and record scores.	Create a collaborative story with your family with each person taking turns telling one sentence.	Offer to complete a chore for someone in your family.	Create a toy wash for your toys that can get wet. Ask a family member to help you collect containers, towels, and washable toys.	Offer to help clean out a closet and separate items into piles for donating and trash.	Go on a walk with a family member looking for each color in the rainbow. Write down an object for each color.
Social-Emotional Wellness	Write about a character you have watched on TV that showed empathy. What was the show? Who was the character's name? How did you know empathy was being shown?	Create a specific feeling on a paper plate including eyes, nose, mouth and hair. Ask a family member to guess what feeling was created.	Draw a picture of what you think kindness looks like.	List 10 things that you could do to show kindness in your home. Demonstrate all 10 acts of kindness throughout the week	Write down things you are thankful for on pieces of paper and put them into a jar. Pull the jar out and read what you wrote when you're feeling sad.	Think of a person who you think shows good character. Have a conversation with a family member about why you selected that person.
Health and Fitness	Put a piece of tape on the ground and jump back and forth over the tape as quick as you can for 30 seconds.	During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!	Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read, stand up and sit down.	Try moving around like these animals: Chicken, snake, horse, dog. Try without making noises to see if someone can guess!	Just play! Hide-and-seek, tag, hopscotch, hula hoop, scooter, it's up to you!	With a family member, use a bed sheet like a parachute in PE class. Lift up and down to move air underneath the sheet.

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	Start a new book and read a chapter each day.	Play “How Many?” by asking a question and naming as many things in that category (e.g. How many animals hatch from eggs?).	Go outside and observe the weather. Set a cup outside to collect precipitation. Track the weather over the course of the week. What trends did you observe?	Create a paper boat to float in water. See how many small objects (pennies, paper clips, etc) you can stack on your boat without it sinking.	With permission and guidance from an adult, research a topic of interest on the internet. Create a diagram or informational page about your topic to present to a family member.	As you are reading books and come across new words, begin a personal dictionary: <ul style="list-style-type: none"> • Write the word. • Draw a picture. • Write a sentence using the word.
Communication	Repeat the “Pledge of Allegiance” each morning before you begin your day.	Call a family member older than you and ask them about a childhood memory.	Start a daily journal about your activities and rate them using one to five stars on which ones you liked best.	Using sign language, learn eight letters and two phrases.	Talk about who is in your family. Create a family tree together.	Write about a hero. Include a drawing, reasons why you see them as a hero, and things you can do to become like your hero. Present it to a family member.
Creativity	Practice color mixing using water and food coloring. See how many colors you can make by combining colors.	Get a piece of paper and start doodling. See what you create.	Create an “I Spy” board using small toys or items from around the house. Lay all items on a table and ask a family member if they can spy something you ask.	Draw or color a picture. Create lines throughout your drawing, then cut along those lines. Ask a family member to put together your puzzle.	Create a scavenger hunt for a family member. Write down clues and place them throughout your house or yard.	Create ramps using books, magazines, paper towel rolls, or toilet paper rolls. See if a smooth rock, marble, or small ball will make it to the end.

Critical Thinking	Before watching a TV show or movie you haven't seen before, write down your predictions of what you think it will be about and what happens. Were you correct? Why or why not?	Create and write a new ending for a TV show or movie. How would you end it? Can you act it out?	Draw a triangle with many lines throughout it. Ask a family member to spot how many triangles in your drawing.	Create a "What Am I" game for your family members to complete. *Give a category and clues for the object to family members. Take turns choosing and guessing objects.	Create a time capsule from today. Include a note, drawings, or items. Ask a family member to store it in a safe place with a date of when to open.	Collect scraps of paper, recyclable food containers, and household items in a box. Use these items to create and build. See what you can make!
Collaboration	Create your own bowling alley using household items. Play as a family and record scores.	Create a toy wash for your toys that can get wet. Ask a family member to help you collect containers, towels, and washable toys.	Offer to give a family member a make-over. Pick out their outfit, do their hair or make-up, and put on a fashion show.	Offer to wash the family pet or a family members car. Ask an adult to help with getting you soap, water, supplies.	Offer to help clean out a closet and separate items into piles for donating and trash.	Plan a garden. Draw what fruits and vegetables you would like to grow. Ask a family member if you can start a garden in your yard.
Socia-Emotional Wellness	Write about a character you have watched on TV that showed empathy. What was the show? Who was the character's name? How did you know empathy was being shown?	Create an acrostic poem using your name. Each letter needs to identify a personal strength.	Write about a character you have watched on TV that showed empathy. What was the show? Who was the character's name? How did you know empathy was being shown?	List 10 things that you could to show kindness in your home. Demonstrate all 10 acts of kindness throughout the week.	Think of a person who you think shows good character. Have a conversation with a family member about why you selected that person.	Find a quiet place and close your eyes. Think of the most calm place you have ever been or seen. Picture yourself in that place. Describe or draw what It: <ul style="list-style-type: none"> ● Looks like ● Sounds like ● Smells like ● Feels like Remember, you can return here when you are feeling stressed or worried.
Health and Fitness	As fast as you can complete: <ul style="list-style-type: none"> ● 10 arm circles front and back ● 10 forward punches ● 10 raise the roof Repeat 3x.	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?	Set a timer and stretch for five minutes.	Pretend to: <ul style="list-style-type: none"> ● Sit in a chair for 10 seconds. ● Shoot a basketball 10 times. ● Ride a horse. ● Be a frog. ● Lift a car. 	Offer to walk the dog with an adult.	Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.

Continuous Learning Challenge - Grade Three

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Start a new book and read a chapter each day.	Write and illustrate a book on a topic of interest.	Practice typing sentences on a computer.	Create a paper boat to float in water. See how many small objects (pennies, paper clips, etc) you can stack on your boat without it sinking.	With permission and guidance from an adult, research a topic of interest on the internet. Create a diagram or informational page about your topic to present to a family member.	Find a broken toy or object. Come up with multiple solutions on how to fix it.
Communication	Repeat the “Pledge of Allegiance” each morning before you begin your day.	Play the game telephone. A family member starts by whispering a sentence to someone, then passes it along until everyone has heard it. The last person states what they heard out loud.	Talk with your family about different traditions you celebrate.	Write questions on separate pieces of paper and put them into a bowl. At dinner, have family members take turns pulling a question and have everyone answer each question.	Using sign language, learn 10 letters and two phrases, then teach them to your family	Write about a hero or someone you look up to. Include a drawing, reasons why you see them as a hero, and things you can do to become like your hero. Present it to a family member.
Creativity	Think of the first two animals that come to mind. Create a chimera by drawing your two animals combined. Give your creation a name.	Collect household items (e.g. empty boxes, egg cartons, newspapers, etc.) and see what you can create or build.	Make paper airplanes or helicopters. See how far they go.	Make homemade ice cream. Find and follow a recipe.	Create a scavenger hunt for a family member. Write down clues and place them throughout your house or yard.	Start a “back and forth” story with your family. Leave a notebook on the table and different people add to the story all week. Then you can read it together on Friday night.

Critical Thinking	Create your own currency. Create different amounts for paper and coin money. See how many ways you can add up your new currency to equal \$100.	Play Odd One Out: Name three things, two of which have something in common (e.g. chop, chicken, ship- /ch/ sound at the beginning or 22, 73, 9- 22 is even).	Imagine you have just been elected President of a large company or organization (e.g. Apple, NFL, PBS, etc.). What would you do first? Why?	Create a trivia game on a topic of interest. Write down questions with answers and ask a family member to play.	Create a time capsule from today. Include a note, drawings, or items. Ask a family member to store it in a safe place with a date of when to open.	Collect scraps of paper, recyclable food containers, and household items in a box. Use these items to create and build. See what you can make!
Collaboration	Have a family member with a home improvement project.	Offer to help clean out a closet, space, or room and separate items into piles for donating and trash.	Plan a garden. Draw what fruits and vegetables you would like to grow. Ask a family member if you can start a garden in your yard.	Have family members write a noun on a small piece of paper. Repeat until you have 20 pieces with nouns. Take turns pulling out a noun and giving clues to what it is. Create teams and track your points.	Offer to wash the family pet or a family members car. Ask an adult to help with getting you soap, water, supplies.	Brainstorm races, obstacles, and activities with your family to complete. <ul style="list-style-type: none"> • Three-legged races • Hula Hoops
Social-Emotional Wellness	Write about a character you have watched on TV that showed empathy. What was the show? Who was the character's name? How did you know empathy was being shown?	Create an acrostic poem using your name. Each letter needs to identify a personal strength.	Think of a time when your behavior impacted others. Write about what steps you took, or could have taken to repair the harm and make the situation better.	List 10 things that you could do to show kindness in your home. Demonstrate all 10 acts of kindness throughout the week.	Find a quiet place and close your eyes. Think of the most calm, peaceful place you have ever been or ever seen. Picture yourself in that place. Describe or draw what it: <ul style="list-style-type: none"> • Looks like • Sounds like • Smells like • Feels like 	Think of a person who you think shows good character. Have a conversation with a family member about why you selected that person.
Health and Fitness	Gather rounded objects of varying sizes. Starting with the largest, try walking around your house keeping the object between your knees.	While watching TV any time you hear the code words complete 10 jumping jacks. Code words: <ul style="list-style-type: none"> • play • happy • wash • spring • rain • hands 	Put on your favorite song or turn on the radio. Dance however you like during the entire song!	Pick a book to read and select an "action word" that will be repeated often (e.g. the) When the "action word" is read stand up and sit down.	Offer to walk the dog.	Tidy up while walking like a crab! Carry items on your belly across the room 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
Content Knowledge	Track the phases of the moon. Ask your parents for help to compare your results with information on the moon phases found online.	How many different ways can you make the number 48 using addition, subtraction, multiplication, and division?	With help from your family, research important historical events that occurred in your region of the state.	Make a comic/graphic novel that has a clear beginning, middle and end. Make sure your comic/graphic novel has dialogue along with a clear problem and solution. When you are done share it with someone. (If you have access and permission, try creating it on www.Pixton.com .)	Find rocks in your yard and classify them into groups by type. Write about what makes you think each rock goes in the group you put it in.	Name as many Native American tribes that are a part of Indiana’s history. That could even include Native American tribes that have land in Indiana today. Choose one of those tribes. Read about the tribe you chose. Write a letter to a tribe member and ask them three questions.
Communication	Repeat the “Pledge of Allegiance” each morning before you begin your day.	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.	Tell someone in your family a bedtime story. Make sure to develop characters and use descriptive details to support your main story or theme. Include an interesting plot and a surprising conclusion.	Using sign language, learn 15 letters and teach them to your family.	Using sign language, demonstrate three different phrases.
Creativity	On a family walk gather some larger	Think of the first two animals that come to	Make an “en plein air” drawing! Grab	Trace some kitchen utensils on a piece of	Cut a cardboard square. Cover	Imagine you are creating your own store.

	stones, paint the stone brightly or with positive images and messages and place them around on your next walk.	mind. Create a chimera by drawing your two animals combined. Give your creation a name.	something to draw with, a piece of paper and something to support your paper. Sit outside or “en plein air” and find something you think is beautiful. Draw it.	paper overlapping the utensils as you are tracing. Color the areas that are overlapping or fill them with patterns.	the square with aluminum foil, keeping it as smooth as possible. Using markers create a design on your square. Let it dry before you touch it.	What would you sell? Who would you expect to shop at your store? Write three to five sentences about your store and then sketch out a logo of your store name.
Critical Thinking	Write down what you do during the day and how much time you spend doing it. Write a letter to yourself reflecting on how you spent your day. Answer the following questions. What could you spend more time on? What about less time?	Read a book and then watch the movie and write a comparison of the two using a diagram. Write a paragraph explaining which you liked better and why.	Think of one of your favorite stories. Retell the story in your own words, then retell the story from the perspective of a different character.	Think of a problem you have. How can you solve the problem? What would you do? Tell a family member your plan.	Plan your dream vacation. If you can, research the destination. In your plan you could include cost and activities you would like to do.	Create an obstacle course outside or in your living room. Use it with some family members and see if you can direct them through it.
Collaboration	Make a card castle by standing cards on their ends. How tall can you make your castle? Measure it using a ruler or a standard unit of measurement. (blocks, etc.)	Make a list of all of the different ways that you can use fractions in the real world. Ask your parents and siblings to add to your list. See how many different ways you can come up with.	Cook dinner with a family member. Use your fraction and measurement skills to help!	Divide into two or more teams. Each team works together, using mini marshmallows and uncooked spaghetti noodles to build the tallest free standing tower they can.	Offer to help clean out a closet, space, or room and separate items into piles for donating and trash.	With your family, invent a new and delicious healthy snack using the ingredients in your kitchen..
Social-Emotional Wellness	Designate at least 2-3 times throughout the day to facilitate a minute of mindfulness. These practices can be a simple breathing technique or some other	Create an acrostic poem using your name. Each letter needs to identify a personal strength.	Think of a time when your behavior impacted others. Write about what steps you took, or could have taken to repair the harm and make the situation better.	List 10 things that you could do to show kindness in your home. Demonstrate all 10 acts of kindness throughout the week.	Write about a character you have watched on TV that showed empathy. What was the show? Who was the character's name? How did you	Think of a person who you think shows good character. Have a conversation with a family member about why you selected that person.

	simple mindful technique.				know empathy was being shown?	
Health and Fitness	<p>Complete the following:</p> <ul style="list-style-type: none"> • hop on one leg 30 times, switch legs • take 20 giant steps • walk on your knees • do a silly dance • sprint for 10 seconds 	<p>Make up a dance to your favorite song. Be sure to include a jump, a slide, and a spin.</p>	<p>Toss a ball in the air and try each challenge before catching the ball:</p> <ul style="list-style-type: none"> • touch your nose • clap twice • high-five someone • spin around 	<p>Take a walk with your parents or an adult who takes care of you. Talk about what to do if you are bullied or see someone being bullied.</p>	<p>Pick a book to read and select an “action word” that will be repeated often. When the “action word” is read, stand up and sit down.</p>	<p>Complete:</p> <ul style="list-style-type: none"> • eight jumping jacks • eight leaps • eight frog jumps • eight vertical jumps (as high as you can) <p>Repeat three times.</p>

Continuous Learning Challenge - Grade Five

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Look at a map of the United States either on paper or on a computer, tablet, or phone. Trace the major rivers across the country.	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.	Make a comic/graphic novel that has a clear beginning, middle and end. Make sure your comic/graphic novel has dialogue along with a clear problem and solution. When you are done share it with someone.	How many different ways can you make the number 48 using multiplication and division?	Gather a cup, some soda (like Coke), and an egg. <i>Gently</i> lower the egg into the cup of soda. Predict what will happen when the egg sits in the soda. Leave the cup alone for one day. What happened?	Measure the feet of all the people in your home in inches. Then, make a graph of your results.
Communication	Repeat the “Pledge of Allegiance” each morning before you begin your day.	Write some poems. Invite your family members to write a poem, too. Host a poetry night where you share your poems aloud. Make it fun by turning off the TV and maybe make a snack.	Create a biography of a family member (grandma, grandpa etc.). Ask them about where they were born or grew up. What was school like? What did they play as kids? What are they most proud of in their life? What life lessons have they learned?	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.	Using sign language, learn 10 letters and teach them to your family	Using sign language, demonstrate three different phrases.
Creativity	Make a coloring	Listen to your	Trace some	Imagine your	Create your	Imagine you are

	page for a younger sibling or family member.	favorite song and create your own dance moves or choreography. Have your family join in and teach them your moves!	kitchen utensils on a piece of paper overlapping the utensils as you are tracing. Color the areas that are overlapping or fill them with patterns.	favorite animal doing something you do everyday (like brushing their teeth). Write a silly short story about your animal or draw a picture of your animal doing your everyday task.	own Zentangle! Trace your hand on a piece of paper. Divide the traced hand three to five sections. Fill those sections with various types of repeating lines and shapes.	creating your own store. What would you sell? Who would you expect to shop at your store? Write three to five sentences about your store and then sketch out a logo of your store name.
Critical Thinking	Build a tower using (3" x 5" index cards, paper clips, etc.) See if you can get it to measure 18 inches high Extension - Can change it so it can support a hardcover book?	Read a book and then watch the movie and write a comparison of the two using a diagram. Write a paragraph explaining which you liked better and why.	Create at least two word problems on concepts you have learned in math this year. Make sure you solve your own problem in multiple ways and then challenge a friend or family member to solve your problem.	Pretend you are colonizing Mars. Create a model of your space colony out of random materials around your house. Think about what it would take to live on Mars.	Think of a problem you have. How can you solve the problem? What would you do? Sketch a design of your model solution. Tell a family member your plan.	Plan your dream vacation. If you can, research the destination. In your plan you could include cost and activities you would like to do.
Collaboration	Sit together as a family and see if you can brainstorm a list of 25 things you want to do together this year. Get creative and collaborative! Make sure the items range from totally doable in a day to something that may seem silly or impossible. Work to check things off each month until you make your next one.	Write a story with a family member. Trade off and on writing one or two sentences each until you have a complete story. Try to collaborate on this story without actually talking with one another.	Start a journal with a parent. You can write about your day and feelings. You can also ask questions to one another. This will be a great way to get the one-on-one time you may be needing from a loved one and to connect with them	Ask each family member how they prefer to receive kindness and love from other people in the family. Some people prefer words of affirmation or acts of service, whereas others may prefer a hug each day. Post a list of people's preferences in a place everyone will see and be reminded.	Offer to help clean out a closet, space, or room and separate items into piles for donating and trash.	Make a card castle by standing cards on their ends. How tall can you make your castle? Measure it using a ruler or a standard unit of measurement. (blocks, etc.)
Social-Emotional	Designate at least two to	Create an acrostic poem	Think of a time when your	Make a list of groups you	What was the easiest for me	What are common

<p>Wellness</p>	<p>three times throughout the day to facilitate a minute of mindfulness. These practices can be a simple breathing technique or some other simple mindful technique.</p>	<p>using your name. Each letter needs to identify a personal strength.</p>	<p>behavior impacted others. Write about what steps you took, or could have taken to repair the harm and make the situation better.</p>	<p>have been a member of (clubs, sports, family, friendship, etc.)</p> <ul style="list-style-type: none"> • How do you act in group situations? • How would you like to act in group situations? • What is the most enjoyable group you have been a member of? What made it so good? • What is the least enjoyable group you have been a member of? Why was it negative? • What skills do you have that may help to work well in a group? • What group skills do you think you need to work on? 	<p>to learn this week? What was the hardest for me to learn this week? Why?</p>	<p>responses to failures and disappointments? Describe three positive things you could do after you fail.</p>
<p>Health and Fitness</p>	<p>Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.</p>	<p>Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it, take a step back.</p>	<p>While brushing your teeth, move your hips in the same motion as your toothbrush.</p>	<p>Find a line on the ground and jump from side to side 10 times. Rest 10 seconds and repeat.</p>	<p>Throw a ball or soft object up into the air. See how many times you can clap before you catch it.</p>	<p>Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat three times.</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 @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Challenge yourself to pick up a book and read! Sit quietly with the book in your favorite spot (indoors or outdoors) and dive into the setting!	Sit outside and record how many Indiana birds you can find: https://indianaaudubon.org/backyard-birds-of-indiana/ . Note the differences of each bird, which one you like the best and why.	Consider other times in history when things were abruptly cancelled (Hurricane Katrina) or people were ordered to shelter in place (people of Jewish faith in WW2). Journal about the differences and share with a friend or family member.	The theoretical probability of landing tails on a coin toss is $\frac{1}{2}$. Test this theoretical probability by tossing a coin 100 times, recording the results each time. Compare the theoretical probability ($\frac{1}{2}$) with the experimental probability (the ratio of your coin tosses successful - tails - to total tosses).	Use the digits one through nine to create three equivalent ratios. Each digit can only be used once. _ : _ = _ : _ = _ : _	Find the volume of a solid by measuring its water displacement. Fill a measuring cup with water (be sure the measuring cup has incremental markings to measure volume). Find a household object (i.e. golf ball) and drop it into the water. Compare the water level after the ball was added to the water level before it was added to determine the volume of the ball.
Communication	Interview an older relative who lived through a time of national crisis. Write and ask questions that delve into how their daily life was affected.	Download the app: https://www.duolingo.com/ and start to brush up on that foreign language class you are missing OR take the time to learn a new language.	Consider these English idioms: <i>"You can say that again."</i> <i>"Feeling under the weather."</i> How do you teach someone from another country to use these in	Replace some of the lyrics to one of your favorite songs and share what you create with either your family or on social media.	Using sign language, learn 15 letters and teach them to your family	Using sign language, demonstrate five different phrases.

			context?			
Creativity	Sketch out objects in a scene on thin cardboard (like a cereal box) and cut out. Create the background of the scene on thin cardboard and cut out as well. Color and decorate the parts of your scene then glue your pieces together in layers creating what's known as a relief.	Listen to your favorite song and create your own dance moves or choreography.	Write a story that is five to seven sentences long. Go back and erase a couple nouns, verbs, and adjectives and draw in a blank line. Ask family members to fill in the blanks without telling them the story to create your own ad lib.	Create a tessellation using translations, rotations, or reflections. You can then color it and post it in one of your home windows to share with the neighborhood.	Create your own Zentangle! Trace your hand on a piece of paper. Divide the traced hand three to five sections. Fill those sections with various types of repeating lines and shapes.	Using a mirror, draw your best self-portrait. The artist Frida Kahlo would add the things she loved into the backgrounds of her self-portraits like her pets and beautiful colorful plants. Add some of your favorite things into the background of your self-portrait.
Critical Thinking	Find a recent news article and answer the following questions: <ul style="list-style-type: none"> • Who published the story? • Why did they write it? • What are their sources? • What are their intentions? • Are they representing themselves or another? 	Choosing an elective course is one of the first educational choices a student makes. Consider one of the elective classes you took this year. Why did you choose this class? What skills did you hope to gain? Looking back, would you have made a different choice?	Solve the riddle: I am an odd number. Take away a letter and I become even. What number am I?	If you could make your bedroom look anyway you like, what would it look like? Large windows, or small? Carpet or hardwood? Big bed or lots of room for activities? Describe your perfect bedroom and explain your choices.	A paradox is a statement that contradicts itself or a situation that seems to defy logic. Determine which of the following are paradoxes and explain what makes each a paradox: <ul style="list-style-type: none"> • Nobody goes to that restaurant because it's always too crowded. • I always lie. • The dark sky is blue. 	There is much debate about the roles of local, state, and federal governments as it pertains to a pandemic. What do you believe should be the role of each level of government? Consider the advantages and disadvantages each level has in reacting to such a response.
Collaboration	Create an indoor and outdoor scavenger hunt to complete with your family or friends (virtually). Bonus: Time it for an extra added	After listening to your favorite song and creating your own dance moves have your family members choreograph their own sections as	Create a window or chalk art tic-tac or hangman to complete with passer(s)by.	Plan a Dinner and Movie Night with your family. Example: The Little Mermaid and Sebastian Cheesy Shells with Flounder	Create a Tik-Tok with family or friends that demonstrates a unique approach to effectively washing your hands.	Complete a 1000+ piece puzzle as a family or household.

	competition.	well. Once everyone has their moves perform your dance together!				
Social-Emotional Wellness	Designate at least two to three times throughout the day to facilitate a minute of mindfulness. These practices can be a simple breathing technique or some other simple mindful technique.	Create an acrostic poem using your name. Each letter needs to identify a personal strength.	Think of a time when your behavior impacted others. Write about what steps you took, or could have taken to repair the harm and make the situation better.	Make a list of groups you have been a member of (clubs, sports, family, friendship, etc.) <ul style="list-style-type: none"> • How do you act in group situations? • How would you like to act in group situations? • What is the most enjoyable group you have been a member of? What made it so good? • What is the least enjoyable group you have been a member of? Why was it negative? • What skills do you have that may help to work well in a group? • What group skills do you think you need to work on? 	What was the easiest for me to learn this week? What was the hardest for me to learn this week? Why?	Describe what responsibility means to you with at least two specific examples.
Health and Fitness	In a semi-squat position, tap your feet rapidly for 10 seconds then jump to the right and repeat, then jump to the left and repeat. Complete three times for 60 seconds.	How would you feel if a friend was being bullied? Walk for 10 minutes thinking about ways you could help a person who is being bullied. Share your thoughts with a friend.	Jump 10 times on your right foot then 10 times on your left foot. How many times can you alternate before messing up?	Put on your favorite song and just dance for the entire song. Share the song you danced to with a friend!	Complete: <ul style="list-style-type: none"> • eight jumping jacks • eight leaps • eight frog jumps • eight vertical jumps (as high as you can) Repeat three times.	Jog at a slow pace for 10 minutes, then walk for 10 minutes, then jog at a fast pace for 10 minutes. Be sure to stretch before and after.

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	Read a book by a person who is completely different than you. Compare how their experiences relate to yours.	Analyze a famous movie quote. Consider what made it so famous and why it stands out among other quotes.	Research the most common idioms that we use. Create a list of those idioms, “Break a Leg.” Then, on that list share the origin (if you can find it) and then list a literal interpretation and an additional way to say it.	Research buying five different cars, from a used car of your choice to your dream car. Find out about your payments, including any down payment you might have. Find out how long it would take you to pay it off, if you couldn’t pay for it outright.	Research the differences between COVID-19 and other historic infectious diseases, and the impact on societies.	Research five different credit cards. Create a chart that allows you to compare the five different cards, their terms and conditions, like interest rate and the requirements of each. What are the true benefits of a credit card? What happens when you don’t pay them off each month?
Communication	Practice writing a formal email to each of your teachers. Include the proper salutation, date, etc.	Using video chat technology, read a children’s book to a child family member who is not with you.	Develop questions to interview a person older than you about an experience they had when they were a child.	Write a letter to a person that you are missing. Include three things that you are doing to keep yourself busy and ask at least three specific questions about the other person. Address the envelope including your return address, stamp and mail.	Using sign language, learn the alphabet and teach it to your family	Using sign language, demonstrate five different phrases.

<p>Creativity</p>	<p>Cut off the front and back panels of a cereal box or other thin cardboard box and grab some paper. Sandwich the paper between the cardboard pieces. Carefully place holes in the cardboard covers and then in the paper. Use string or whatever else you can find to tie or bind the cardboard and paper together to create a journal/sketchbook. Decorate your covers and use the journal daily.</p>	<p>Challenge your family to a blind contour drawing contest! Grab markers and paper for everyone, set a simple object out so everyone can see. Everyone has one minute to draw the outline (or contour) of the object <u>without</u> looking at their paper, you have to look at the object 100% of the time, no peeking at your drawing.</p>	<p>Create your own Zentangle! Using a pen divide your paper into three sections by drawing a “Y”. Fill those three spaces with various types of repeating lines and shapes. Space some lines close together and some lines far apart to create value. For extra oomph add color!</p>	<p>Create a piece of “Found Poetry”. Take a magazine page or old unused book page and circle 10-15 words or phrases that stand out to you. Your words should create a poem. Emphasize those words by drawing lines around them to connect them, circling them, creating designs around them, or drawing on top of the unused words.</p>	<p>Write a haiku! Go outside and list 15-20 things you see, smell, hear, and taste. Take those words and arrange them into three lines as follows: the first line is five syllables, the second line is seven syllables, and the last line is five syllables. This haiku should describe a moment, but not necessarily make sense.</p>	<p>Use the theme: growth to draw or write about the first idea that comes to mind when you read the theme. (You can do this in the journal you made if you chose to make one).</p>
<p>Critical Thinking</p>	<p>List the pros and cons of making any election either a national/state holiday. Write a thesis statement about your decision. (option: Should all elections be held on the weekends?)</p>	<p>Plan a cross country trip for your family. Figure out the route you will take, where you will stay and the costs involved with driving and staying in hotels or camping.</p>	<p>Is the use of “In God We Trust” on currency and posted in public places a conflict of rights? Should your school post “In God We Trust” in every classroom? Read about some differing views and create an elevator speech about your decision to post it in classrooms. How did Indiana’s legislature vote on Senate Bill 131 this in January 2020?</p>	<p>Research three different careers you think you could be interested in pursuing. Compare and contrast the different characteristics of each career.</p>	<p>Listen to a podcast that challenges your way of thinking. Consider listening to an episode from the podcast “The Argument” by the New York Times. After listening, write out both sides of the issue and decide where you align yourself.</p>	<p>Compare three different career choices that you are interested in. Find out what qualifications you must have for each career. Which career do you feel most strongly connected to? Make a list of steps you must take to get there!</p>

<p>Collaboration</p>	<p>Record a commercial with your friends for a pretend product.</p>	<p>Decide how your family could plan and plant a garden for herbs and/or vegetables. Make a list of what you will grow together. Map out costs. Plant together and decide who will maintain it and how it will be maintained.</p>	<p>Plan a group chat or meeting over a book or article you have chosen to read! Use Zoom or Google Meet to host the meeting. Prior to the meeting ask everyone to write one or two of their most "pressing" questions. Then meet and discuss!</p>	<p>With your family, modeled after the preamble of the Constitution of the US, create your own family preamble.</p>	<p>Pick a motivational movie to watch with your family that is based on a true story. It can be a documentary or an entertaining sports film. Enjoy!</p>	<p>Change the rules with one of your favorite family games!</p>
<p>Social-Emotional Wellness</p>	<p>1. Sit on a straight-backed chair or cross-legged on the floor. 2. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale. 3. Once you've narrowed your concentration,, begin to widen your focus, become aware of sounds, sensations, and your thoughts. 4. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing---then expand your</p>	<p>Create an acrostic poem using your name. Each letter needs to identify a personal strength.</p>	<p>Think of a time when your behavior impacted others. Write about what steps you took, or could have taken to repair the harm and make the situation better.</p>	<p>Make a list of groups you have been a member of (clubs, sports, family, friendship, etc.)</p> <ul style="list-style-type: none"> ● How do you act in group situations? ● How would you like to act in group situations? ● What is the most enjoyable group you have been a member of? What made it so good? ● What is the least enjoyable group you have been a member of? Why was it negative? ● What skills do you have that may help to work well in a group? ● What group skills do you think you need to work on? 	<p>What was the easiest for me to learn this week? What was the hardest for me to learn this week? Why?</p>	<p>Describe what responsibility means to you with at least two specific examples.</p>

	awareness again.					
Health and Fitness	Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling. Repeat 10 times then switch sides.	Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. Spades = jumping jacks Clubs = squats Hearts = mountain climbers Diamonds = YOUR CHOICE	Find a short fitness workout video online that you like (YouTube, etc.) and share with a friend / classmate.	Jog at a slow pace for 10 minutes, then walk for 10 minutes, then jog at a fast pace for 10 minutes. Be sure to stretch before and after.	How would you feel if a friend was being bullied? Walk for 10 minutes thinking about ways you could help a person who is being bullied. Share your thoughts with a friend.	20 forward lunges (each leg) 40 squats 40 calf raises One-minute wall sit