



# 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
<b>Content Knowledge</b>	Use playdough to form letters and words. Or make your letters in some sand, salt, or even in the dirt.	Finger-write letters/sight words in a tray with a thin layer of salt sprinkled in it.	Find rectangles in your home. Draw a picture showing the largest and smallest ones you found.	Make up some subtraction stories using manipulatives: coins, dry beans, Lego, blocks, etc.	Keep track of each day's weather this week	Come up with a list of five or more of your favorite “Spring” related words. Do a jumping jack for each syllable in the word.
<b>Communication</b>	Do you know an amazing educator? Record a short video to let them know using this Flipgrid: <a href="https://flipgrid.com/indianalovesteachers">https://flipgrid.com/indianalovesteachers</a> and we'll be sure to share your video during Teacher Appreciation Week May 4-8 via social media.	Listen to a story and tell someone your favorite part of the story.	Play a game of Pictionary and use drawings and pictures to have someone guess what you are drawing.	Make up a dance routine to a favorite song. Perform and teach it to family members.	How many words can you think of that mean the same as big.	With adult help, tie a red bow onto a tree trunk or other outdoor item. This red bow reminds others that we are all in this together.
<b>Creativity</b>	Grab a piece of paper and a marker and sit outside. Place your paper so a shadow of a plant or tree falls on your page, trace the shadow and use bright colors to color	Create egg carton flowers! Cut an old dozen egg carton into thirds so there are four little cups together as the flower's petals. Paint or color the petals. Attach a stick	Practice science and art! Make three small cups of vinegar adding food coloring to each one. Sprinkle some baking soda on the bottom of a pan. Drop the colored vinegar	Make a talking stick for your family! Go outside and find an interesting stick. Decorate the stick by wrapping it in yarn, gluing decorations to it, painting it, whatever you	Have a family member trace around you with sidewalk chalk. Add hair, a face, clothing and whatever else to decorate your person!	Make and decorate a “Thinking of You” card for someone you haven't seen in a while. Ask an adult to send it in the mail, or save it to give them when you see them next.

	the shape.	as the flower stem.	into the baking soda and observe what happens. Try dropping other colors on top. What colors can you make?	want. At dinner tonight pass the “talking stick” around the table. Whoever is holding the stick shares the best part of their day.		
<b>Critical Thinking</b>	Observe where the sun is during different times of the day. What do you notice? Why do you think this is? How might you find out?	With a parent, go outside, close your eyes and listen. What do you hear? Record your thoughts on paper with words or pictures.	Draw a picture of the ocean on a piece of white paper. Can you go on a scavenger hunt in your house and find some objects or toys that you think would live in this kind of habitat?	Choose a tree or plant in your yard to observe. Use drawings and/or writing to describe the changes you notice about your tree or plant in the days to come.	Roll two dice and add the dots. Keep track of how many times you roll total dot amounts of one, two, three, four, five, six, seven, eight, nine, ten, eleven, and twelve. What do you notice? Why do you think this is?	Sort your toys into categories. Examples: color, size, material, type, etc. Do some of your toys fit into more than one category?
<b>Collaboration</b>	Make a puzzle with your family. Draw and color a picture, flip it over, draw puzzle piece lines on the back, cut the lines. Then mix up the pieces and put the puzzle together.	Make up a knock knock joke with someone in your family.	Go through each letter of the alphabet with a parent. See if you know each letter's sound.	Go through each letter of the alphabet with a parent. See if you know each letter's sound.	Practice writing your first and last name. Have a family member help you with spelling your last name. Remember to use capital letters for the first letter of your first and last name and lower-case for all other letters.	Memorize your address with help from family members.
<b>Social-Emotional Wellness</b>	Draw a variety of faces on plastic Easter eggs with the eyes on the top half and the mouth on the bottom half. Play with different emotions and have fun interchanging the parts to make all sorts	Learn a yoga pose. Pretend to be a surfer. To do Warrior II Pose: From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend	Learn a yoga pose. Pretend to be a tree. To do Tree Pose: Stand on one leg, bend your knee, place the sole of your foot on the opposite inner thigh, and balance. Sway like a tree. Think of trees being kind by offering shade,	What does the word “patience mean?” Patience means to wait calmly for something or someone without complaining. Talk to an adult at home about the following: What does patience look	Discuss the following phrase with an adult in your home, “Sticks and stones can break my bones, but words will never hurt me.” What do you think this means? Words can and do hurt. Words	Start a Someday Soon Jar! You and your family keep a bucket list jar of things you will do when the social distancing is over. Turn frustration into anticipation!

	<p>of different faces.</p>	<p>your front knee, and look forward. Pretend to be a surfer and use your strength to catch tricky waves.</p> 	<p>creating oxygen, and providing homes to animals.</p> 	<p>like? How do we know when someone is showing patience? When have you shown patience?</p>	<p>can be helpful or hurtful. Words can be kind or unkind. Can you think of some examples?</p>	
<p><b>Health and Fitness</b></p>	<p>Blow up a balloon. Can you keep the balloon in the air? For a challenge, add another balloon. Try it with a partner.</p>	<p>With a family member, use a bed sheet like a parachute. Lift up and down to move air underneath the sheet.</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>Act out these different motions: In front of a mirror or family member, swim across the lake, climb up the tree, and stomp over the bridge.</p>	<p>Hop to your right bringing your left foot behind you with knees bent and body low. Repeat the movement to the left. Do it for 30 seconds.</p>	<p>Use your imagination to come up with different animal walks. Imitate bears walking, or run fast like a cheetah. Waddle like a penguin, or pretend to swim through the ocean like a dolphin.</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>	Add your age to the ages of two other people in your family. Write down your answer.	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.	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)	Change the first sound of the following words to make a new word. (Ex: cub=tub) Book, glue, fort, game, dog, bike. Now, change the middle sound in the next list to make new words. (Ex: pet=pot) Peck, lap, hot, dug, rid, cat. Next, change the last sound in this list to create new words. (Ex: hut=hug) Pug, bed, cot, sip, mat, run	Go on a phonics scavenger hunt. Look for objects that have beginning consonants, consonant blends (ex:pl, cr, sc, thr) and words that have short vowels, long vowels, magic e vowels (ex: tape), vowel team rule (ex: mail), and bossy R vowel rule ( ex: car). Write the words on a paper and circle or highlight the special phonics part.
<b>Communication</b>	Do you know an amazing educator? Record a short video to let them know using this Flipgrid: <a href="https://flipgrid.com/indianalovesteachers">https://flipgrid.com/indianalovesteachers</a> and we'll be sure to share your video during Teacher Appreciation	Play the “I Notice Game.” In the yard or house see how many different kinds of senses you can use such as noises, smells, and sights you can observe. Tally the notices under each sense category.	Write a letter to your teacher and tell him/her some of the things you have been doing for the past couple of days. Have a family member take a picture of it and send it to your teacher’s email.	Interview a parent, grandparent, or other relative. Ask them questions about their job, school experience, or growing up using words such as how? Where? Why? When?	Find a small rock. Lead a morning meeting with your family. Ask if anyone has special news or announcements for the day. Only the person holding the rock can talk. You could ask them to reflect on what was the best part of	Have someone place an object in a box or paper bag (no peeking!) Describe what the object feels like. A partner can give you clues to help you try to guess what it might be or you can ask questions. Take turns! Choose an object for

	Week May 4-8 via social media..				their day. Be sure all voices are heard without interrupting.	them to guess next.
<b>Creativity</b>	Grab a piece of paper and a marker and sit outside. Place your paper so a shadow of a plant or tree falls on your page, trace the shadow and use bright colors to color the shape.	Create a coffee filter butterfly! Use markers to add color to paper coffee filters. Spray the filter with water so the colors spread. Once the filters are dry, pinch the filters together on the center line to create butterfly wings, fasten with a rubber band or whatever is available. Cut out a body and antenna and glue on.	Practice science and art! Make three small cups of vinegar adding food coloring to each one. Sprinkle some baking soda on the bottom of a pan. Drop the colored vinegar into the baking soda and observe what happens. Try dropping other colors on top. What colors can you make?	Make a talking stick for your family! Go outside and find an interesting stick. Decorate the stick by wrapping it in yarn, gluing decorations to it, painting it, whatever you want. At dinner tonight pass the "talking stick" around the table. Whoever is holding the stick shares the best part of their day.	Use chalk to draw a picture outside on the sidewalk. For added fun, draw a picture that you can add yourself into for a photo op, and ask an adult to take your picture.	Make and decorate a "Thinking of You" card for someone you haven't seen in a while. Ask an adult to send it in the mail, or save it to give them when you see them next.
<b>Critical Thinking</b>	Using a deck of cards, sort the cards at least four different ways.	Using materials you find at home, build a house. (Size= fits on a desk or small table.) Make it strong! After it's built, use a hair dryer to try to blow it down (blow for at least 10 seconds.) If it falls down, think about how you could make it stronger. Make those changes and try again.	Use whatever materials you can find around your house, construct a marble run. This would be an obstacle of sorts that the marble would travel through. Think about where it will start and where it will end. Test it to see how it does and then pause and think of one change you could make to make it even better.	How many ways can you show your thinking for this problem? The garden has 12 red flowers and some pink flowers. There are 20 flowers in all. How many flowers are pink? Show your work using number bonds, ten frames, fact families, and pictures of any other strategy to prove your answer.	Read or think of a familiar book. Think of how the story could have ended in a different way. Write down or tell someone how you would have had the story end if it were up to you. What changes would you make?	Would you rather be able to fly or be invisible? Justify your reasons by writing them down or telling someone. Think of two other superhero powers you could compare.
<b>Collaboration</b>	Make a plan with your family to do one fun thing each day from now through May 1.	Working with an adult or older sibling, find and read a recipe and make it together. Eat it	Build a blanket fort with your family. Grab a book and a flashlight and read together	Go on a scavenger hunt around your house with your family. Find three objects of	Play the I'm Thinking of a Number game with your family. Write down a two	Play heads and tails with a partner. Start with 10 pennies each. Take turns dropping


	Write down the activities you've chosen and have fun with your family each day!	together too!		different sizes and measure their length with objects such as paper clips or legos to compare their differences.	digit number on a piece of paper and give your family clues to help them guess such as "I'm thinking of a number that is 10 less than 39."	each penny and record how many heads or tails you had. Write a number sentence at the end of each round (Ex. six heads and four tails would be $6+4=10$ )
<b>Social Emotional Wellness</b>	What does the word "patience mean?" Patience means to wait calmly for something or someone without complaining. Talk to an adult at home about the following: What does patience look like? How do we know when someone is showing patience? When have you shown patience?	Discuss the following phrase with an adult in your home, "Sticks and stones can break my bones, but words will never hurt me." What do you think this means? Words can and do hurt. Words can be helpful or hurtful. Words can be kind or unkind. Can you think of some examples?	Start a Someday Soon Jar! You and your family keep a bucket list jar of things you will do when the social distancing is over. Turn frustration into anticipation!	Join the viral challenge that made the news! Cut out hearts of any size or materials and decorate it with a positive message and leave in your window. Encourage your neighbors to do the same and then tour the neighborhood to see how many you can find (maintaining a safe distance).	Complete the following phrases: I'm grateful for three things I hear: I see: I smell: I touch/feel: I taste:	How to feel less out-of-control when facing the unknown. Three questions to help you stay grounded:  1. What am I feeling? 2. What options do I have? 3. What really matters?
<b>Health and Fitness</b>	Can you make your body look like every letter in the alphabet? Give it a try!	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.	Pretend to: Sit in a chair for 10 seconds, shoot a basketball 10 times, ride a horse, be a frog, and lift a car.	During a TV 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!	Throw a soft object up into the air. See how many times you can clap before you catch it.	Tidy up while walking like a crab! Carry items on your belly across the room to put them away.

## 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>	Randomly choose places on a map, and try to name them. Name places like oceans, continents, seas, countries, even states and cities on smaller maps. Compete against a family member and see who can get the most without mistakes.	Be a word detective and find words that have one, two, three, and four syllables. Keep track of them in a word detective notebook that you make out of paper folded in half.	Choose a survey question with five categories. Call family and friends and ask them the survey question. Create a bar graph with their responses.  For example: What is your favorite ice cream? Chocolate, vanilla, strawberry, orange, peanut butter?	Write a letter to your parents trying to convince them to do or try something new.  For example: Try to convince a family member to get a pet.	Roll two dice to make a two-digit number. Roll again to make another two-digit number. Add those numbers together. For an extra challenge, try adding three two-digit numbers or four two-digit numbers together.	Collect compound words that you find during your daily reading and put them in your word detective book that you made out of paper folded in half. Take on the challenge and create your own compound words.
<b>Communication</b>	Do you know an amazing educator? Record a short video to let them know using this Flipgrid: <a href="https://flipgrid.com/indianalovesteachers">https://flipgrid.com/indianalovesteachers</a> and we'll be sure to share your video during Teacher Appreciation Week May 4-8 via social media.	Write a letter to your teacher about one thing that you have done this week.	Tell someone thank you in a homemade card. Be sure to add a greeting, a closing, and lots of details.	Write a note and draw a picture for residents in nursing homes. They aren't allowed visitors right now. Ask a family member to help you mail it.	Create and tell a story using pictures only. Tell a family member your story while using your pictures as support.	Write your opinion on why you should save or squish an ant. Support your opinion with three reasons. Make a chart to show how many people agree or disagree with you.




<p><b>Creativity</b></p>	<p>Save empty cereal boxes, soda cans, or other cleaned food containers. Paint and decorate the food containers to create a city with buildings of different sizes and shapes</p>	<p>Draw animals on a vertical 3"x5" card or piece of paper. Make sure to draw the head, torso, and feet of the animal. Cut the paper into three pieces. Mix and match the pieces to make new animals. Give these animals a new name.</p>	<p>Create a coffee filter butterfly! Use markers to add color to paper coffee filters. Spray the filter with water so the colors spread. Once the filters are dry, pinch the filters together on the center line to create butterfly wings, fasten with a rubber band or whatever is available. Cut out a body and antenna and glue on.</p>	<p>Create a secret painting! Using a white crayon on white paper, make a secret drawing for someone. Give the drawing to your person and have them use watercolor or water down their paint and paint over your drawing. The waxy crayon will push the paint off and your drawing will be revealed!</p>	<p>Grab a piece of paper and a marker and sit outside. Place your paper so a shadow of a plant or tree falls on your page, trace the shadow and use bright colors to color the shape.</p>	<p>Create an obstacle course using sidewalk chalk or household items. Ask a family member to complete it with you.</p>
<p><b>Critical Thinking</b></p>	<p>Imagine you live in a world with only 20 words. You can use these words as much as you want, but you can't use any other words. What words would you choose?</p>	<p>Write an answer to these questions:</p> <ul style="list-style-type: none"> <li>• How would life be different if people could only get from place to place by walking?</li> <li>• How would life be different if the sun never set?</li> </ul>	<p>How many words can you make just using the letters from the phrase, "Springtime is here." Record all the words you found on a piece of paper.</p>	<p>Make a list of fun activities that you want to do this spring and summer with your family.</p>	<p>Write down the answer to this question. Would you rather be a famous inventor or a famous author and why?</p>	<p>Design a crossword puzzle using the names of food that you think that ants would like to eat. If ants crawled into your pantry, what would they find to eat?. Ask an adult to help you.</p>
<p><b>Collaboration</b></p>	<p>Work together to build a tower as tall as every member of your family. For an extra challenge, measure each tower in inches and centimeters.</p>	<p>Trace your family members hands. Then cut them out and use all of the hands to create a piece of art.</p> 	<p>Choose an object in your house such as a stuffed animal. Have everyone sit in a circle. The person holding the object first starts the story. Pass the object around after you add a new idea. See what silly story you can create about the object.</p>	<p>Did you know ants march in line and follow each other? Get together with a friend or two via video chat or with your family to design a march. Pick out a song and design some moves. When will you march with your knees up high? Will you carry anything like</p>	<p>Have everyone in your house think of a favorite food they like to make and/or eat, and then compile recipes for them in a box or book of some kind. Call grandparents, aunts and uncles to get your extended family involved!</p>	<p>Ants are able to communicate with each other where their food is. Design a maze for the ants to get to some food. Give it to a family member to try out.</p>

				ants do? Record your dance.		
<b>Social Emotional Wellness</b>	Patience means to wait calmly for something or someone without complaining. Talk to an adult at home about the following: What does patience look like? How do we know when someone is showing patience? When have you shown patience?	Discuss the phrase with an adult in your home, “Sticks and stones can break my bones, but words will never hurt me.” What do you think this means? Words can and do hurt. Words can be helpful or hurtful. Words can be kind or unkind. Can you think of some examples?	Start a Someday Soon Jar! You and your family keep a bucket list jar of things you will do when the social distancing is over. Turn frustration into anticipation!	Join the viral challenge that made the news! Cut out hearts of any size or materials and decorate it with a positive message and leave in your window. Encourage your neighbors to do the same and then tour the neighborhood to see how many you can find (maintaining a safe distance).	Complete the following phrases: I’m grateful for three things I hear: I see: I smell: I touch/feel: I taste:	How to feel less out-of-control when facing the unknown. Three questions to help you stay grounded:  1. What am I feeling? 2. What options do I have? 3. What really matters?
<b>Health and Fitness</b>	Tape or tie string, rope, or other items between a doorway or furniture. Attempt to crawl through the “web” without getting stuck or touching any of the web.	Find a step or bench and jump up and down 50 times. Be careful. Take a break if you need to!	Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you’re moving under barbed wire.	Hop on one leg 30 times, switch legs. Take 10 giant steps. Walk on your knees. Do a silly dance. Sprint for 10 seconds!	Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.	Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it, take a step back.

## Continuous Learning Challenge - Grade Three

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
<b>Content Knowledge</b>	Write a letter to your teacher to convince him or her what book should be the next read aloud. Give at least three reasons why your book choice should be considered. Have an adult take a photo of your written letter or type it up so that you can email it to your teacher.	Look in your kitchen and find as many forms of measurement as you can. For example, a water bottle might use ounces and a bag of flour might use pounds. Make a graph using the measurement type at the bottom and how many items use that measurement along the side. How many kitchen objects are measured with ounces?	Take a bowl of water and some measuring cups. Make a table organizing how many of each it takes to fill the one cup container. Do you notice a pattern? Does the pattern match for measuring spoons?	Cut the root end of a green onion, or other root vegetable, and place it in water. Watch as it grows its stem back. Track its growth with a chart measuring days it takes and height it grows each day. Add sketches to your table to illustrate the growth.	Plan to read a book or chapter to a family member. Before you read, read through the passage several times to make sure you know all the words. Try out different voices so that when you read the passage it sounds your very best.	Put a plastic cup outside. When it rains, check the cup and measure how much rain water was collected. Dump out the cup and then check it again at the same time the next day. Graph your results for a week and see if you noticed any patterns. Draw pictures of your observations each day.
<b>Communication</b>	Do you know an amazing educator? Record a short video to let them know using this Flipgrid: <a href="https://flipgrid.com/indianalovesteachers">https://flipgrid.com/indianalovesteachers</a> and we'll be sure to share your video during Teacher Appreciation	Create a really friendly poster that will make people passing by smile. Put the poster up in your home window for everyone to see.	Create a dictionary of new words you run across. Write down words that really grab your attention and that you might want to use as you talk or in your writing.	Call an adult family member and do an interview about some part of history they lived through. Were they scared? Was it exciting? Where were they when it happened?	Call your neighbors and plan a neighborhood exercise event. Each family comes out at the same time but stays in front of their own door. Decide ahead of time which exercises to do and do them all together.	Find a poem or write a poem and read it to a relative that lives far away. Ask them to find a poem for you and take turns calling each other with interesting poems.

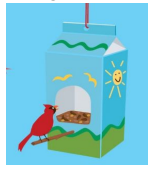
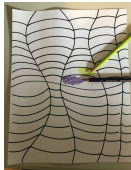
	Week May 4-8 via social media.					
<b>Creativity</b>	Cut an image from a magazine. Glue it down to a piece of plain white paper. Imagine a new scene for the image you cut out to be part of. Draw that new scene around your cut out image, filling your whole page with details.	Draw animals on a vertical 3"x5" card or piece of paper. Make sure to draw the head, torso, and feet of the animal. Cut the paper into three pieces. Mix and match the pieces to make new animals. Give these animals a new name.	Create a secret painting! Using a white crayon on white paper, make a secret drawing for someone. When you give the drawing to your person, have them use either watercolor or water down to their paint and paint over your drawing. The waxy crayon will push the paint off and your drawing will be revealed!	Make a recycled bird feeder! Using a cleaned carton (milk jug, etc) cut a hole for the bird to enter. Glue a stick on as a perch in front of the hole. Decorate as desired and hang with string! 	Create an obstacle course using sidewalk chalk or household items. Ask a family member to complete it with you.	Create a treasure box from nature! Grab an old, clean egg carton and go on a nature walk. As you are walking, collect seeds, rocks, pinecones, flowers, and other things you find interesting. Put one treasure per pod in your carton. Design a sign for your treasure box!
<b>Critical Thinking</b>	Choose a book to read that also has a movie version. After reading the book (alone or with family), watch the movie. Create a diagram comparing and contrasting both versions.	Find a cookbook around your house and read through some of the recipes. What do you notice? What are patterns you see? What makes a recipe book different from other books? Write your own recipe using a familiar food or invent your own.	Find a bag of chips or another prepackaged snack item in the pantry. Look at the nutritional information in the back and find out how many servings are in the container. How many portions would you need to eat in order to get enough: protein, calcium, or iron? How many portions could you eat before you hit your daily maximum of calories?	Build the tallest tower you can create using Lego, blocks, recyclable materials, or other items around your house. After it reaches as high as possible, go back and see if you can change any of your design to make it even taller the second time.	Make a meal plan for a day. Do you have all of the ingredients? What else do you need? What type of cooking skills will you need? How long will it take to make each meal?	Do push-ups, jumping jacks, sit ups, or other exercises you are familiar with. Try to figure out exactly which muscles you can feel doing the most work.
<b>Collaboration</b>	With a family member, choose a book	Create a maze and ask a friend or family	Ask a grown up to teach you a new cooking	Set an alarm and get up just before the sun	Talk to your family about trying a new	Create a game of charades together. Each

	<p>or chapter to read together. Decide ahead of time how you want to read the book. Will you take turns as different characters show up? Will you each read a page? A chapter? Make a plan and see how it goes.</p>	<p>member to solve it. Get feedback on what would make it more challenging? Try to make a harder maze based on what you learned.</p>	<p>skill or learn one together.</p>	<p>rises. Watch the sky change colors. Talk to your family about what that felt like. Make a point to watch the sunset together one evening as well.</p>	<p>fruit or vegetable. Look up some ways to cook or eat it and then make a plan to give it a try on one of your family meals. What did you all think of that? Was it good? Will it be added to your regular meals?</p>	<p>family member can decide on a noun or verb to write down and put in a container. Play the game instead of watching a show and see how you all did at guessing each other's clues.</p>
<p><b>Social Emotional Wellness</b></p>	<p>What does the word "patience mean?" Patience means to wait calmly for something or someone without complaining. Talk to an adult at home about the following: What does patience look like? How do we know when someone is showing patience? When have you shown patience?</p>	<p>Discuss the following phrase with an adult in your home, "Sticks and stones can break my bones, but words will never hurt me." What do you think this means? Words can and do hurt. Words can be helpful or hurtful. Words can be kind or unkind. Can you think of some examples?</p>	<p>Start a Someday Soon Jar! You and your family keep a bucket list jar of things you will do when the social distancing is over. Turn frustration into anticipation!</p>	<p>Join the viral challenge that made the news! Cut our hearts of any size or materials and decorate it with a positive message and leave in your window. Encourage your neighbors to do the same and then tour the neighborhood to see how many you can find (maintaining a safe distance).</p>	<p>Complete the following phrases: I'm grateful for three things I hear: I see: I smell: I touch/feel: I taste:</p>	<p>How to feel less out-of-control when facing the unknown. Three questions to help you stay grounded:</p> <ol style="list-style-type: none"> <li>1. What am I feeling?</li> <li>2. What options do I have?</li> <li>3. What really matters?</li> </ol>
<p><b>Health and Fitness</b></p>	<p>Tape or tie string, rope, or other items between a doorway or furniture. Attempt to crawl through the "web" without getting stuck or touching any of the web</p>	<p>Make an obstacle course: Using couch cushions, pots and pans, and plenty of other household objects, construct an engaging and challenging obstacle course.</p>	<p>Compete with a family member to see who can clean up the most in an assigned room or area of your home.</p>	<p>While watching TV, any time you hear your name, complete 10 jumping jacks.</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>Pick a starting point and jump as far as you can. Try three different times to see how far you can go.</p>

## 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>	How many different ways can you make the number 48 using addition, subtraction, multiplication, and division?	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 or graphic novel that has a clear beginning, middle and end. Make sure your comic or graphic novel has dialogue along with a clear problem and solution. When you are done share it with someone.	Using a six sided dice or a deck of cards. With a partner, choose how many digits you want to play with. (Your numbers should be the same length, from four to nine digits long.) Before playing, decide if the highest or lowest number will win. Take turns rolling the die, or drawing a card and filling in blanks with the number you rolled/chose. Once a number has been written, it cannot be changed. Roll until all blanks are filled, and then compare the numbers. Subtract to find the difference between their numbers.	Find rocks in your yard and classify them into groups by type. Justify your thinking by writing about why each rock goes in the group you put it in.	List all of the multiples (in order) for a number of your choice. Race a parent or sibling to see who can get past one hundred first.
<b>Communication</b>	Do you know an amazing educator? Record a short video to let them know using this	Think about something that you consider yourself an expert in. Make a video teaching others	Write a letter to your favorite character in the book that you are reading. Ask them any questions that	Tell someone in your family a bedtime story. Make sure to develop characters and use descriptive	With help from a trusted adult, take a picture of one activity you completed this week and share it on	Teach your parents or siblings how to solve multiplication problems using the area model.

	<p>Flipgrid: <a href="https://flipgrid.com/indianalovesteachers">https://flipgrid.com/indianalovesteachers</a> and we'll be sure to share your video during Teacher Appreciation Week May 4-8 via social media.</p>	<p>about your topic and then send it to a family member or friend.</p>	<p>you may have for them. Tell them how you feel about some of the choices that the character made throughout the book.</p>	<p>details to support your main story or theme. Include an interesting plot and a surprising conclusion.</p>	<p>social media.</p>	
<b>Creativity</b>	<p>Create a cardboard tube skyline! Using recycled toilet paper tubes or paper towel tubes cut off the tops leaving sections that look like towers. Draw windows and decorate like a skyline.</p>	<p>Draw animals on a vertical 3"x5" card or piece of paper. Make sure to draw the head, torso, and feet of the animal. Cut the paper into three pieces. Mix and match the pieces to make new animals. Give these animals a new name.</p>	<p>Make a recycled bird feeder! Using a cleaned carton (milk jug, etc) cut a hole for the bird to enter. Glue a stick on as a perch in front of the hole. Decorate as desired and hang with string!</p> 	<p>Vertical line Op Art. Draw four vertical gently wavy lines going down your paper. Draw one horizontal line dividing your page in half. In between your vertical lines and above your horizontal line draw lines that arch up. Below your horizontal line draw lines that arch down. Add color alternating colors.</p> 	<p>Pretend like you are a bird flying over your neighborhood. What does your neighborhood look like from above looking down? Draw a picture of what you think you would see.</p>	<p>Loopy lines drawing! Start by drawing some loopy lines on your page. Keep going until you have filled your page. Use your imagination to turn loops of your lines into fish. Finish your fish by drawing fins, scale, eyes and more. Don't forget to draw in the background and add color!</p>
<b>Critical Thinking</b>	<p>Create an obstacle course outside and then use it with some family members.</p>	<p>Read a book and then watch the movie and write a comparison of the two using a Venn diagram. Write a paragraph explaining which you liked better and why.</p>	<p>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.</p>	<p>Have each person in your family collect a few items. Practice bartering and trading with them like traders did.</p>	<p>Think of a problem that you can solve today. How would you solve it? Tell a family member or write out your plans.</p>	<p>Plan your dream vacation. If you can, research the destination. In your plan you could include cost and activities you would like to do.</p>
<b>Collaboration</b>	<p>Make a card castle by standing cards on their ends.</p>	<p>Make a list of all of the different ways that you can</p>	<p>Sit together as a family and brainstorm a list of 25 things you</p>	<p>Cook dinner with a family member. Use your fraction and</p>	<p>Divide into two or more teams. Each team works</p>	<p>Invent a new and delicious healthy snack using the</p>



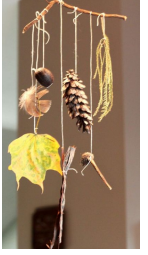
	How tall can you make your castle? Measure it using a ruler or a standard unit of measurement. (blocks, etc.)	use fractions in the real world. Ask your parents and siblings to add to your list. See how many different ways you can come up with.	want to do together. Make sure the items range from doable in a day to something that may seem silly or impossible. Work to check things off each month until you make your next one.	measurement skills to help!	together, using mini marshmallows and uncooked spaghetti to build the tallest free standing tower they can. Option: allow one 10 inch strip of tape per tower.	ingredients in your kitchen. Plan and work with a family member to do this.
<b>Social Emotional Wellness</b>	What does the word “patience mean?” Patience means to wait calmly for something or someone without complaining. Talk to an adult at home about the following: What does patience look like? How do we know when someone is showing patience? When have you shown patience?	Your family chooses a word (happy, peace, love, etc.). Everyone chooses an object that represents the word, a peace sign, a pillow emoji, etc. Everyone hides their object and when someone finds it (they do a chore for someone else in the house, they shout “I found our joy” or whatever your family decides.) Then hide it and start again.	Start a Someday Soon Jar! You and your family keep a bucket list jar of things you will do when the social distancing is over. Turn frustration into anticipation!	Join the viral challenge that made the news! Cut out hearts of any size or materials and decorate it with a positive message and leave in your window. Encourage your neighbors to do the same and then tour the neighborhood to see how many you can find (maintaining a safe distance).	How to feel less out-of-control when facing the unknown. Three questions to help you stay grounded:  1. What am I feeling? 2. What options do I have? 3. What really matters?	Gratitude is a feeling of appreciation. You recognize something is valuable but is not related to its monetary worth. Even when times are tough, there is always something or someone to be grateful for. Finish the sentences - I’m grateful for three things I I’m grateful for these three blue things: animals: friends: teachers: family: possessions:
<b>Health and Fitness</b>	Tape or tie string, rope, or other items between a doorway or furniture. Attempt to crawl through the “web” without getting stuck or touching any of the web.	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	Complete 25 of the following: Skip, jump, lift knees, walk backwards.	Put on your favorite song or turn on the radio. Dance however you like during the entire song!	Pick a starting point and jump as far as you can. Try three different times to see how far you can go.	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.



## 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>	How many different ways can you make the number 60 using addition, subtraction, multiplication, and division?	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.	Using a six sided dice or a deck of cards. With a partner, choose how many digits you want to play with. (Your numbers should be the same length, from four to nine digits long.) Before playing, decide if the highest or lowest number will win. Take turns rolling the die, or drawing a card and filling in blanks with the number you rolled/chose. Once a number has been written, it cannot be changed. Roll until all blanks are filled, and then compare the numbers. Subtract to find the difference between their numbers.	Make a comic or graphic novel that has a clear beginning, middle and end. Make sure your comic or graphic novel has dialogue along with a clear problem and solution. When you are done share it with someone.	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. <a href="#">Read</a> about the tribe you chose. Write a letter to a tribe member and ask them three questions.	Find rocks in your yard and classify them into groups by type. Justify your thinking by writing about why each rock goes in the group you put it in.
<b>Communication</b>	Do you know an amazing educator?	Think about something that you consider	Write a letter to your favorite character in the	Tell someone in your family a bedtime story.	Write some poems. Invite your family	Create a biography to keep of a family

	Record a short video to let them know using this Flipgrid: <a href="https://flipgrid.com/indianalovesteachers">https://flipgrid.com/indianalovesteachers</a> and we'll be sure to share your video during Teacher Appreciation Week May 4-8 via social media.	yourself an expert in. Make a video teaching others about your topic and then send it to a family member or friend. If you cannot make a video, you could call them.	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.	Make sure to develop characters and use descriptive details to support your main story or theme. Include an interesting plot and a surprising conclusion.	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 a snack.	member (grandma, grandpa etc.). Ask them about where they were born/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?
<b>Creativity</b>	<p>Create Op Art using converging lines! Put a dot in the center of your paper. Draw six gentle wavy lines reaching from the center dot to the edge of your pages. Number your sections one-six. Draw lines that arch up in sections one, three, five. Draw lines that arch down in two and four. Add color alternating lines.</p> 	<p>Pick a simple object to draw, like a flower. Pretend like you are looking at it through a magnifying glass. Focus on drawing just what you see in your magnifying glass and draw big. Fill the page with your zoomed in drawing.</p>	<p>Make a recycled bird feeder! Using a cleaned carton (milk jug, etc) cut a hole for the bird to enter. Glue a stick on as a perch in front of the hole. Decorate as desired and hang with string!</p> 	<p>Use sidewalk chalk to create an obstacle course on your sidewalk for your neighborhood! You can include things like a long jump, hopscotch, racing, and much more! Be sure to include the finish line!</p>	<p>Loopy lines drawing! Start by drawing some loopy lines on your page. Keep going until you have filled your page. Use your imagination to turn loops of your lines into fish. Finish your fish by drawing fins, scale, eyes and more. Don't forget to draw in the background and add color!</p>	<p>Create a nature mobile! Grab a stick from outside and some yarn or string. Collect some leaves, pinecones, flowers, things you find interesting. Cut several varying lengths of string. Tie your objects at different parts of the string and then tie the strings to the stick. Tie one more piece of string to both ends of the stick so you can hang and display your art!</p> 
<b>Critical Thinking</b>	<p>Create an obstacle course outside or write a tricky riddle and then use it with some</p>	<p>Read a book and then watch the movie and write a comparison of the two using a</p>	<p>Think of one of your favorite stories. Retell the story in your own words, then retell the</p>	<p>Build a tower using (3" x 5" index cards, paper clips, etc.) See if you can get it to</p>	<p>Think of a problem that you can solve today. How would you solve it? Tell a family</p>	<p>Plan your dream vacation. If you can, research the destination. In your plan you</p>



	<p>family members.</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>People <b>buy me</b> to eat, but never eat <b>me</b>. What am I?</p> </div>	<p>diagram. Write a paragraph explaining which you liked better and why.</p>	<p>story from the perspective of a different character.</p>	<p>measure 18 inches high Extension - Can you change your design so it can support a hardcover book?</p>	<p>member or write out your plans and draw or build a model.</p>	<p>could include cost and activities you would like to do.</p>
<b>Collaboration</b>	<p>Invent a new and delicious healthy snack using the ingredients in your kitchen. Plan and work with a family member to do this.</p>	<p>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.</p>	<p>Use one dice, four dice, or playing cards (use ace as one, and cards through nine) On a piece of lined paper write zero at the top, roll the dice (or one dice four times) or draw four cards from the stack, order the numbers however you want. Then put a decimal point wherever you want. You may only pull four cards and you must use a decimal point. Add your number you created to zero. In 10 turns, try to be the closest to 100 and not go over. If you do you're the winner! Be sure to line up those decimals! If you draw a two, three, eight, and six, you could make the number 2.863 or 82.63 or .2836, whatever you need to race to 100.</p>	<p>Use four dice or playing cards (use ace as one, and cards through nine) On a piece of lined paper write 100 at the top, roll the dice (or one dice four times) or draw four cards from the stack, order the numbers however you want. Then, put a decimal point wherever you want. You may only pull four cards and you must use a decimal point. Subtract the number you created from 100. In 10 turns, try to be the closest to zero and not go under. If you do you're the winner! Be sure to line up those decimals! If you draw a two, three, eight, and six, you could make the number 2.863 or 82.63 or 2836, whatever you need to race to zero.</p>	<p>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.</p>	<p>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.</p>
<b>Social Emotional Wellness</b>	<p>Gratitude is a feeling of appreciation.</p>	<p>Start a Someday Soon Jar!</p>	<p>Join the viral challenge that made the news!</p>	<p>How to feel less out-of-control when facing the</p>	<p>Your family chooses a word (happy, peace,</p>	<p>"Instead of social distancing, we</p>

	<p>You recognize something is valuable but is not related to its monetary worth. Even when times are tough, there is always something or someone to be grateful for. Finish the sentences - I'm grateful for three things I hear: I see: I smell: I touch or feel: I taste: I'm grateful for these three blue things: animals: friends: teachers: family: possessions:</p>	<p>You and your family keep a bucket list jar of things you will do when the social distancing is over. Turn frustration into anticipation!</p>	<p>Cut out hearts of any size or materials and decorate it with a positive message and leave in your window. Encourage your neighbors to do the same and then tour the neighborhood to see how many you can find (maintaining a safe distance).</p>	<p>unknown. three questions to help you stay grounded:  1. What am I feeling? 2. What options do I have? 3. What really matters?</p>	<p>love, etc.). Everyone chooses an object that represents the word, a peace sign, a pillow emoji, etc. Everyone hides their object and when someone finds it (they do a chore for someone else in the house, they shout "I found our joy" or whatever your family decides.) Then hide it and start again.</p>	<p>physically distance together" For the next week, try to connect with someone (same person or seven different people) every day virtually through texting, email, or social media. Check-in and ask them how they are feeling and share how you are feeling, then challenge them to do the same!</p>
<p><b>Health and Fitness</b></p>	<p>Tape or tie string, rope, or other items between a doorway or furniture. Attempt to crawl through the "web" without getting stuck or touching any of the web</p>	<p>Put on your favorite song or turn on the radio. Dance however you like during the entire song!</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 eight jumping jacks, eight silly shakes (just shake as silly as you can), eight high knees, eight scissor jumps.</p>	<p>Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>Hop on one leg 30 times, switch legs. Take 10 giant steps. Walk on your knees. Do a silly dance. Sprint for 10 seconds!</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
<b>Content Knowledge</b>	Environmental health is the interrelationship between human health and the environment. Use <a href="#">this website</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.	Create a data table using the food in your kitchen on the day your family gets groceries and track how it changes for one week. For example, which type of food is eaten the fastest? Which type of food is eaten slowest? Is there a steady rate of change for any type of food? Graph the data over time.	Write a letter to the school board about the school closure. State your opinion about whether or not school should remain closed or if it should re-open. If you feel it should remain closed, how should students participate? Should schools provide computers to students and do online learning? Should students pick up packets from the school? Should we make up days in the summer? Find research to support your opinion.	Visit <a href="#">Explore</a> live cams and choose an exhibit to take data on for one week. Visit the link daily and write down your observations. Notice how many animals are present, whether they are active or calm. Are they all the same species? Make a reasonable estimate on the type and amount of food necessary to feed the fish and animals present for a day. Research your hypothesis and document your findings.	Consider the last time you were told, “no”. Build on argument as to why you should have been allowed/given what you asked. 1) State your argument. 2) Come up with three reasons with research-based evidence. 3) Use a counter: “You could argue that...but here’s the weakness...” 4) Strong Finish! Good luck!	Research the history of the Olympics and all the Olympic games that have been played since you have been born here: <a href="https://www.olympic.org/">https://www.olympic.org/</a> What is one major event from each year that stood out to you the most? Record your thoughts and explain why.
<b>Communication</b>	Play the 20 questions game: one person thinks of a person, place, or thing. The other players try to guess what it is by asking yes or	Write letters or draw pictures for people living in a care center who are not able to have visitors at this time. Introduce yourself and share a positive	Do you know an amazing educator? Record a short video to let them know using this Flipgrid: <a href="https://flipgrid.com/indianalove">https://flipgrid.com/indianalove</a>	Use silent communication with a family member to discuss something difficult to talk about in person. Email each other or	Create an obstacle course with everyday items in the home. One person is blindfolded while the rest of the group decides how to	Have each family member make a list of “The Best Parts of our Family”. When done, compare the lists and make a combined family list.

	no questions. When done, think about which type questions helped discover the secret faster.	thought.	<a href="#">steachers</a> and we'll be sure to share your video during Teacher Appreciation Week May 4-8 via social media.	be creative in sending messages to each other.	communicate instructions on how to navigate through the course wearing a blindfold. Discuss which communication style was the most effective.	Create a poster and put it up in your house.
<b>Creativity</b>	<p>Andy Goldsworthy creates sculptures and artwork from nature. Collect items from your natural environment and create Goldsworthy artwork.</p> 	<p>Create a nature mobile! Grab a stick from outside and some yarn or string. Collect some leaves, pinecones, flowers, things you find interesting. Cut several varying lengths of string. Tie your objects at different parts of the string and then tie the strings to the stick. Tie one more piece of string to both ends of the stick so you can hang and display your art!</p> 	Take pictures of normal, everyday objects around your house. Then, create a short caption to describe each picture as if you are seeing it for the first time.	Use sidewalk chalk to turn the pavement outside your home into a life-sized board game! Inspiration: Checkerboard on your driveway or Candyland on the neighborhood sidewalk.	Create your own weekly challenge! Challenge your friends or family to create something unique.	Pancake Art! Make a batch of pancakes in more creative/artistic shapes than a circle. Inspiration: Square, Flag, Face, etc.
<b>Critical Thinking</b>	Create a utopian society poster or Google Slides Presentation. Create six sections or slides and share your ideas for your "ideal" society with both	Watch a short video about food and think about why the video may have been made. Did the poster have an agenda they were trying to share? Are they sponsored by a restaurant or	Find critical thinking logic puzzles or riddles online and see if you and your family can solve them either individually, in pairs, or as a whole group.	Find a piece of graph paper or construct an 11 x 13 grid. What is the fewest number of squares you can use to completely cover the grid?	Start the <a href="#">30 Day Song Challenge</a> and post to social media each day.  Bonus if you discuss why you chose each song.	Journal: What will be the first thing you do when strict social distancing guidelines come to an end? Explain why and consider all the things you have

	<p>pictures and words. The six sections should address housing, employment, government, recreation, technology, and family.</p>	<p>company? Are they just having fun? Are they trying to get followers? Think about the different reasons someone might post a video.</p>				<p>done while sheltering in place. Share with a family member when you are ready.</p>
<b>Collaboration</b>	<p>Work with a family member or friend (using email, Google Docs, or phone, if needed) and create an infographic on something you wish your teachers knew more about.</p>	<p>Put a 500 or 1000 piece puzzle together with your family, making sure each person contributes equally and you collaborate and communicate by encouraging one another and celebrating its completion!</p>	<p>Work with a family member or a friend on Facetime and make a batch of cookies or cupcakes for your family. Challenge yourself by doubling the batch and practice working with fractions.</p>	<p>Create a video with a friend to teach an elementary student a math concept that was hard for you to learn, working only online.</p>	<p>Start a book club with your family members or friends. Everyone can choose to read the same book or different ones. Plan a time for everyone to meet in person or online and discuss what they're reading.</p>	<p>Recreate a picture or comic strip. Then cut the image into squares and have a family member piece it back together.</p>
<b>Social Emotional Wellness</b>	<p>Gratitude is a feeling of appreciation. You recognize something is valuable but is not related to its monetary worth. Even when times are tough, there is always something or someone to be grateful for. Finish the sentences - I'm grateful for three things I hear: I see: I smell: I touch or feel: I taste: I'm grateful for these three blue things: animals: friends: teachers: family:</p>	<p>Start a Someday Soon Jar! You and your family keep a bucket list jar of things you will do when the social distancing is over. Turn frustration into anticipation!</p>	<p>Join the viral challenge that made the news! Cut our hearts of any size or materials and decorate it with a positive message and leave in your window. Encourage your neighbors to do the same and then tour the neighborhood to see how many you can find (maintaining a safe distance).</p>	<p>How to feel less out-of-control when facing the unknown. Three questions to help you stay grounded: 1. What am I feeling? 2. What options do I have? 3. What really matters?</p>	<p>"Instead of social distancing, we physically distance together" For the next week, try to connect with someone (same person or seven different people) every day virtually through texting, email, or social media. Check-in and ask them how they are feeling and share how you are feeling, then challenge them to do the same!</p>	<p>Your family chooses a word (happy, peace, love, etc.). Everyone chooses an object that represents the word, a peace sign, a pillow emoji, etc. Everyone hides their object and when someone finds it (they do a chore for someone else in the house, they shout "I found our joy" or whatever your family decides.) Then hide it and start again.</p>


	possessions:					
<b>Health and Fitness</b>	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.	Four for 10: Complete 10 frog jumps, 10 sit-ups, 10 push-ups, and a 10 second superman hold.	Shuttle Run: Pick a starting point and place two small objects 10 yards away. Spring to pick up each object one at a time.	Take a walk or jog around your neighborhood every day. Each day, try to complete the walk in less time than the day before.	Take one minute every hour to close your eyes, quiet your mind, take deep breaths, and let go of any stress you are holding onto.	How long can you plank? Set a timer as you begin your plank. Record your best time and challenge friends and family!



## 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>	Check out a graphic novel from either your local library or find one online	Analyze the lyrics to your favorite song by identifying the most repeated words and consider their role in the overall meaning or tone.	Listen for a word that you are unfamiliar with from a TV show and try to include it in your daily vocabulary.	Think about a room in your house you would like to paint and figure out how much paint you would need to cover all for walls.	Track how gas prices change over the duration of a week and research what economic factors may be influencing those changes.	Look up the cost of a car that you might like to drive and figure out how many hours you would have to work to save enough money to buy it.
<b>Communication</b>	Do you know an amazing educator? Record a short video to let them know using this Flipgrid: <a href="https://flipgrid.com/indianalovesteachers">https://flipgrid.com/indianalovesteachers</a> and we'll be sure to share your video during Teacher Appreciation Week May 4-8 via social media.	Practice having a conversation in whatever foreign language you are most familiar with. Try to practice by watching a TV show or read an article in that language.	Reflect on a conversation that you have had in the past that you wish had gone differently. Make a plan for how you would communicate differently next time you are in a similar conversation.	Create a presentation to ask someone to change a policy. Maybe ask for a raise able to get a job, or go on a day trip with friends. Give the presentation and hope for the best!	Make it a point to greet the mail person who delivers your mail everyday. Make sure that they know you appreciate their service.	Write a Tweet that describes the best way you like to learn. Follow that up with a hashtag. Tweets may have up to 280 characters.  OR  Find a hashtag on twitter that interests you and engage with the community that is using it.
<b>Creativity</b>	Write an alternative ending to a TV show that you watched	Using magazines, ads, or newspapers cut out words to create phrases of affirmation and gratitude. Glue these phrases down	Create a painting using non-traditional items. Many artists use things like leftover coffee to stain their art using the stain rather than	Andy Goldsworthy creates sculptures and artwork from nature. Collect items from your natural environment and create	Pick a couple flowers from outside. Arrange the flowers facedown on a piece of white paper. Cover the flowers with a paper towel	Weekly Journal Prompt! Write about or draw the first idea that comes to mind when you read this week's theme of <u>Unity</u> . (You can do this in the

		and draw designs around the phrases.	expensive paint. Try painting with leftover coffee, tea, or even spices. Try rubbing things like grass or flowers on the page to add in other colors.	Goldsworthy artwork. 	or waxed paper. Use a hammer to gently pound around the outside of the flower (try to avoid the flower center). Check your work, gently pound more if darker color is desired. Hang to display when completed.	journal you made last week).
<b>Critical Thinking</b>	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.	Calculate your Target Heart Rate using this <a href="#">calculator</a> . Research why it is important to stay within your THR. Where should you start?	List the alphabet on a piece of paper. For each letter, select a concept, phrase, or word that a) is related to any social studies and b) is connected to COVID-19. Write those concepts, words, and phrases on the alphabet list. The challenge is these need to be listed with the letter each starts with in the alphabet. For example: S = <i>stimulus checks</i> . (economics or government concept). Do this for all letters of the alphabet. Yes, even Q and Z!!	Draw a political or editorial cartoon about the current situation we are living in today. Political editorial cartoons use words, objects, and placement to share opinions.	Design a meal for your friends or family. List the ingredients, the calories, and some significant nutrition (carbohydrates, fat, and protein) facts for each ingredient and amount used in the recipes.. Then, design a meal with substitute ingredients that improve the nutritional value of that meal. Reflect on the results of the changes that were made. Would you eat this version of the meal Why or why not?	Create a “restaurant or food truck menu” of items and dishes that are needed to <i>thrive</i> during these COVID-19 times. Name your dishes and write a description for each. Think about the sections of the menu. Maybe even members of your family could contribute an item. Name your “restaurant menu.”
<b>Collaboration</b>	Enlist your family members to write on a piece of paper an affirmation about another family member.	As a family unit, create a list of questions you’d like to ask an elder who is a family member or friend. Some	All members playing choose a word and either make up a believable definition or supply the real	Calculate the cost of a family item if a) it was paid in full at the time of purchase, b) if it was paid in two	Ask your family if there is a recipe that has been passed down in your family for generations. If	Design a family project such as painting the room, washing a car, planning for a party to celebrate

	Drop the messages in a small jar. Then, everyone draws one out and reads it to each other. Make sure all members have a message.	suggested question topics might include: favorite book, favorite meal a parent used to make, an unfulfilled dream. There are so many topics.	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.. Keep score.	installments using a credit card, and c) paid over six months using a credit card. Discuss what you observed. Discuss the difference between wants and needs.	there is one, ask for someone to help you cook or bake it.	something special. Assign each person a task. Then, have each person write a job description for their role.
<b>Social Emotional Wellness</b>	Gratitude is a feeling of appreciation. You recognize something is valuable but is not related to its monetary worth. Even when times are tough, there is always something or someone to be grateful for. Finish the sentences - I'm grateful for three things I hear: I see: I smell: I touch or feel: I taste: I'm grateful for these three blue things: animals: friends: teachers: family: possessions:	Start a Someday Soon Jar! You and your family keep a bucket list jar of things you will do when the social distancing is over. Turn frustration into anticipation!	Join the viral challenge that made the news! Cut our hearts of any size or materials and decorate it with a positive message and leave in your window. Encourage your neighbors to do the same and then tour the neighborhood to see how many you can find (maintaining a safe distance).	How to feel less out-of-control when facing the unknown. Three questions to help you stay grounded:  1.What am I feeling? 2.What options do I have? 3.What really matters?	"Instead of social distancing, we physically distance together" For the next week, try to connect with someone (same person or seven different people) every day virtually through texting, email, or social media. Check-in and ask them how they are feeling and share how you are feeling, then challenge them to do the same!	Your family chooses a word (happy, peace, love, etc.). Everyone chooses an object that represents the word, a peace sign, a pillow emoji, etc. Everyone hides their object and when someone finds it (they do a chore for someone else in the house, they shout "I found our joy" or whatever your family decides.) Then hide it and start again.
<b>Health and Fitness</b>	Take one minute every hour to close your eyes, quiet your mind, take deep breaths, and let go of any stress you are holding onto.	Complete 20 forward lunges (each leg), 40 squats, 40 calf raises, one minute wall sit. Stretch.	How long can you go? On a treadmill or outside, test your cardio endurance and see how long you can run without stopping. Stretch when done. Be	Jump side-to-side over an object or line for one minute straight. Go again, but jump front to back. Repeat each jump twice and try to beat your score!	Spark a Conversation! Call the following people: a friend or classmate, a family member, and a neighbor nearby. Ask them how they are doing and make sure they	Pick your favorite activity from P.E. class and complete it by yourself or with a family member! Why is this your favorite activity? Let your family member know!

			careful!		are doing okay!	
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