



# 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>	Make a hopscotch board outside with chalk or inside with pieces of paper and practice counting 1-10 (or higher) as you jump spaces.	Write activities like jump, clap, or stomp on a block, roll it with a pair of dice, add the dice and complete the activity rolled the number of times you counted.	Make a putt-putt golf game using a tissue box and three disposable cups. Write the numbers one-three with a single number on each cup. Tape the cups on their side inside the tissue box so the opening of the cup is facing out of the tissue box. Practice tapping or rolling a small ball into the cups and record your score. At the end of five tries, add up your score.	Write your current sight words on cards and place them on the ground. Starting on one side of the area, practice kicking a ball to a card and reading the sight word. Continue kicking the ball and reading the words as you work your way across the area to the other side.	Write letters (or phonics patterns, or sight words) around the edge of a paper plate. Cut the plate between the letters to the edge of the inside circle of the plate to make a small flap. Take a walk around the neighborhood and fold down the letter when they find an object that begins with the same letter or sound.	Make your own chalk! You will need 10 egg shells, two teaspoons of flour, four teaspoons of hot water, food coloring, and a paper towel. Clean and dry the egg shells. Grind the egg shells into a fine powder. Add the hot water to make a stiff paste. Add food coloring to the paste. Place the mixture on a paper towel (or a silicone mold or ice cube tray) and roll it into a tube. Allow the chalk to dry completely.
<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	Write a letter (or an email) to your teacher letting them know how much you miss them, and what you are most thankful for about the time you did have	Take several paper plates and use markers to write letters, sight words, numbers, shapes, or anything your child needs to practice. Flip	Write in a home writing journal. Brainstorm topics with your family.	Surprise a loved one with a thank you note and picture. (Either mail it or deliver it to someone in your home.)	With adult permission, call or FaceTime a friend or relative that you haven't talked with in a while.

	we'll be sure to share your video during Teacher Appreciation Week May 4-8 via social media.	with them this school year. Mail or email it to your teacher for Teacher Appreciation Week May 4-8.	the plates over and work together to find matches.			
<b>Creativity</b>	Create a traveling rainbow! Cut a rainbow out of paper towel. Using marker, add your color only at the ends of your rainbow (remember ROY G BIV for rainbow colors) with markers. Fill a shallow dish with water and slowly lower your rainbow so just the ends are in the water. Watch the color spread as the paper towel absorbs the water!	Make a rain cloud! Fill a transparent glass or jar $\frac{3}{4}$ full with water. Top the jar with shaving cream. Drop food coloring on top of shaving cream. Watch the coloring drip down into the water like colored rain!	Make a paper roll zoo! Paint or color old toilet paper roll or paper towel roll tubes the color of an animal. Use paper to cut out and color additional things like ears, noses, wings, etc to glue on and create your animal. How many animals are in your zoo?	Practice pointillism! Draw just the outline of your favorite bug. Use a Q-tip to paint along the lines using only dots. Fill in the insect using a combination of dots and painting.	Create a temporary painting! Did you know some artists make art that only lasts for a short time? Using just water paints an image on your sidewalk. Check on it in 10 minutes. Has it started to fade? Your painting will fade faster on hotter days, why do you think that is?	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>	Hide small toys or objects around the house or yard. Write the alphabet with chalk outside or on a piece of paper (one letter per paper). Go on a hunt to find the objects. Place the objects by the letter with the same beginning sound.	What movie is your favorite? Tell two reasons why it's your favorite.	An advertisement entices people to try something new. Think about a book that is one of your favorites. What are three reasons that make that book so good? Draw a picture to advertise why someone should read the book.	Create math stories using your toys or objects from around your home. Example: Three cars are on the floor and two more join them. How many are there altogether?	Read a favorite book with an adult or sibling. What is your favorite part and why? What was your least favorite part and why?	If you could stay one age forever, which would you choose? Tell or write down your reasons why.
<b>Collaboration</b>	Find a family member to play a rhyming game with. Think of as	Think of one of your favorite stories, look around for objects that will	Practice using a rolling pin or a water bottle to flatten out cookie dough	Help your family prepare a meal.	Read a book with a family member.	Play a card or board game with your family.

	many rhymes as you can for the word "cat" (or any word). The next player says as many words as they can that rhyme with that word. Both players keep count.	help you retell the story. Ask family members to help you put on a play or puppet show as you tell that story.	and use cookie cutters or a round glass to cut out cookies. With your family's help bake and enjoy the cookies together.			
<b>Social Emotional Wellness</b>	We all need some fresh air and simple exercise. The outdoors offers both. So set the expectation with your family that it doesn't matter what time of day they choose, all should get outside and refresh their bodies and minds with a walk around the block, a bike ride, or a wander around the backyard.	Turn on your favorite music and host a family dance party.	Decide on a friend or relative that lives in another town. Write a pen pal letter or draw a picture telling them how you are feeling and what you want to do when you can see them again. Ask for help to send it in the mail.	While it is important to not spend all day in front of a screen, a little screen time isn't bad and you can do some social emotional learning while watching! Here are some questions to talk to a family member about while watching: What were some of the choices that the character made? What do the characters feel? How can you tell what they are feeling? What would you do differently if you were one of the characters?	Use finger paints and draw anything.. Connect to mindfulness and invite students to notice their experiences while fingerpainting. What do you feel, smell? What thoughts did you have? What feelings were brought up?	Crab walk. Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a table top. Now walk sideways, while holding your bottom off the ground and your back straight.
<b>Health and Fitness</b>	Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.	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 in this game of Limbo?	With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	Go for a walk with your family while playing a game of I Spy.	Play Musical Frogs. This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).	As fast as you can complete: 10 arm circles front and back, 10 forward punches, and 10 "raise the roof" moves. Repeat 3x.

## 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>	Make a hopscotch board outside with chalk or inside with pieces of paper. Jump two (or more) spaces and practice adding the numbers on the spaces.	Write activities like jump, clap, or stomp on a block, roll it with a pair of dice, add or subtract the dice and complete the activity rolled the number of times you counted.	Make a putt-putt golf game using a tissue box and three disposable cups. Write the numbers one-three with a single number on each cup. Tape the cups on their side inside the tissue box so the opening of the cup is facing out of the tissue box. Practice tapping or rolling a small ball into the cups and record your score. At the end of 10 tries, add up your score.	Write your current sight words on cards and place them on the ground. Starting on one side of the area practice kicking a ball to a card and reading the sight word. Continue kicking the ball and reading the words as you work your way across the area to the other side.	Write letters (or phonics patterns, or sight words) around the edge of a paper plate. Cut the plate between the letters to the edge of the inside circle of the plate to make a small flap. Take a walk around the neighborhood and fold down the letter when they find an object that begins with the same letter or sound.	Make your own chalk! You'll need 10 egg shells, two teaspoons of flour, four teaspoons of hot water, food coloring, and a paper towel. Clean and dry the egg shells. Grind the egg shells into a fine powder. Add the hot water to make a stiff paste. Add food coloring to the paste. Place the mixture on a paper towel (or a silicone mold or ice cube tray) and roll it into a tube. Allow the chalk to dry completely.
<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	Write a letter (or an email) to your teacher letting them know how much you miss them, and what you are most thankful for about the time you did have	Take several paper plates and use markers to write letters, sight words, numbers, shapes, or anything your child needs to practice. Flip	An advertisement entices people to try something new. Think about a book that is one of your favorites. What are three reasons that make that book	Write a letter to a relative or friend asking them questions and mail it to them!	Write or say a compliment for each member of your family.

	we'll be sure to share your video during Teacher Appreciation Week May 4-8 via social media.	with them this school year. Mail or email it to your teacher for Teacher Appreciation Week May 4-8.	the plates over and work together to find matches.	so good? Draw a picture to advertise why someone should read the book.		
<b>Creativity</b>	Create a traveling rainbow! Cut a rainbow out of a paper towel. Using markers, add your color only at the ends of your rainbow (remember ROY G BIV for rainbow colors) with markers. Fill a shallow dish with water and slowly lower your rainbow so just the ends are in the water. Watch the color spread as the paper towel absorbs the water!	Overlapping circle art! Using various sized jars and bowls to trace circles with black crayon onto your page. Be sure to overlap your circles and make new shapes. Color in the shapes you've created using markers or paint (the wax from the crayon will resist the water in the markers or paint). Hang your masterpiece for display!	Make a rain cloud! Fill a transparent glass or jar $\frac{3}{4}$ full with water. Top the jar with shaving cream. Drop food coloring on top of shaving cream. Watch the coloring drip down into the water like colored rain!	Practice pointillism! Draw just the outline of your favorite bug. Use a q-tip to paint along the lines using only dots. Fill in the insect using a combination of dots and painting.	Create a temporary painting! Did you know some artists make art that only lasts for a short time? Using just water paints an image on your sidewalk. Check on it in 10 minutes. Has it started to fade? Your painting will fade faster on hotter days, why do you think that is?	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>	Use materials from around the house like empty toilet paper or paper towel tubes and paper plates, and tape to build and test a marble run. If it doesn't work at first, how can you change it to make it work?	Hide small toy figurines or objects around the house or yard. Write the alphabet with chalk outside or on a piece of paper one letter per paper). Go on a scavenger hunt to find the objects and place the objects by the letter that has the same beginning sound.	Work on a puzzle with or without help. Tell someone what clues helped you to put the pieces together (looking at the photo on the box, matching similar colors, etc.)	See if you can make a ball out of one sheet of paper and a piece of tape. Can you get it to look like a ball?	Sequence photos into a timeline. Discuss some of the important milestones you have experienced.	Use whatever materials you can to build a bridge that will hold a small car or small toy.
<b>Collaboration</b>	Find a family member to play a rhyming	Think of one of your favorite stories, look	Make rhyming cards or slips of paper (cat, hat,	Practice using a rolling pin or a water bottle to	Find all the sports balls you have	Play a board game with others.



	game with. Think of as many rhymes as you can for the word "cat" (or any word). And the next player says as many words as they can that rhyme with that word. Both players keep count. For added challenge, add a 30 second timer.	around for objects that will help you retell the story. Ask family members to help you put on a play or puppet show as you tell that story.	sat, mat) to play Rhyme Go Fish! Find a family member to play. All of the cards are placed in the "pond" and each player takes five cards. After checking to see if anyone has any rhyming pairs, the game begins by asking the other player if they have a word that rhymes with one of the words they're holding.	flatten out cookie dough and use cookie cutters or a round glass to cut out cookies. With your family's help bake and enjoy the cookies together.	(basketballs, soccer balls, kick balls, baseballs) and play a game of giant "marbles" outside.	Communicate rules, directions, and expectations (Guess Who, Sorry, Candy Land, War (with cards).
<b>Social Emotional Wellness</b>	We all need some fresh air and simple exercise. The outdoors offers both. So set the expectation with your family that it doesn't matter what time of day they choose, all should get outside and refresh their bodies and minds with a walk around the block, a bike ride, or a gander around the backyard.	Turn on your favorite music and host a family dance party.	Decide on a friend or relative that lives in another town. Write a pen pal letter or draw a picture telling them how you are feeling and what you want to do when you can see them again. Ask for help to send it in the mail.	While it is important to not spend all day in front of a screen, a little screen time isn't bad and you can do some social emotional learning while watching! Here are some questions to talk to a family member about while watching: What were some of the choices that the character made? What do the characters feel? How can you tell what they are feeling? What would you do differently if you were one of the characters?	Use finger paints and draw anything. Connect to mindfulness and invite students to notice their experiences while fingerpainting. What do you feel, smell? What thoughts did you have? What feelings were brought up?	<u>Crab Walk</u> Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a table top. Now walk sideways, while holding your bottom off the ground and your back straight.
<b>Health and Fitness</b>	How much is a quarter worth?	Along the sidewalks, alternate	Talk to someone who takes care of	Jump side-to-side over an object	Draw different kinds of lines on the ground	Do the bridge pose. Lie on your back.

	<p>Complete 25 of the following:</p> <ul style="list-style-type: none"> <li>● Skip</li> <li>● Jump</li> <li>● Lift Knees</li> <li>● Walk Backwards</li> </ul>	<p>between skipping, speed walking, and jogging. Ask a family member to join you!</p>	<p>you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p>or line for one minute straight. Go again, but jump front to back. Repeat each jump twice.</p>	<p>with chalk. Walk along them one foot in front of the other balancing.</p>	<p>Place your hands and feet on the ground. Push your stomach up towards the sky!</p>
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## 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>	Choose five objects in your home, then find five more that weigh about the same (have a similar mass).	Go for a walk in your neighborhood. Observe the different structures you see. (Different building structures, garages attached or not, number of trees in different yards, etc.)	Read a favorite story to a younger family member (if you do not have one, read to a pet or stuffed animal). Try using different voices for the characters.	Write down the times and activities throughout the day using A.M. and P.M. Share your day with a family member.	Split a deck of cards in half and share it with a family member. Each of you turn over two cards and add them together. Whoever has the highest sum wins the cards. The winner collects the most cards.	Split a deck of cards in half and share it with a family member. Each of you turn over two cards and subtract them. Whoever has the smallest answer wins the cards. The winner collects the most cards.
<b>Communication</b>	Start a dinner conversation: “What food are you not going to eat again after the coronavirus is over?”	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.	Ask a parent or caregiver to tell you an interesting experience from their childhood.	What movie, TV clip, or visual image always makes you laugh, no matter how many times you see it?	An epic feast is held in your honor. What’s on the table?	Show some good manners?! Try saying please and thank you around the dinner table. When you need something passed ask for it with a please and when you get it say thank you.
<b>Creativity</b>	Create your own paintbrush! The definition of a paintbrush is just a brush for	Overlapping circle art! Using various sized jars and bowls to trace circles	Make your own chalk! You’ll need 10 egg shells, two teaspoons of	Create your own rain stick! Using a paper towel tube, wrap scrap	Create a marble maze! Use a smaller old box, like a shoe box, as	Create an abstract pet drawing! If you have a pet, base your


	<p>applying paint. What would happen if you tied together a bunch of pine needles and painted with that? How about grass? Would a flower work? Artists all over use unconventional materials. Which brush that you made worked best?</p>	<p>with black crayon onto your page. Be sure to overlap your circles and make new shapes. Color in the shapes you've created using markers or paint (the wax from the crayon will resist the water in the markers or paint). Hang your masterpiece for display!</p>	<p>flour, four teaspoons of hot water, food coloring, and a paper towel. Clean and dry the egg shells. Grind the egg shells into a fine powder. Add the hot water to make a stiff paste. Add food coloring to the paste. Place the mixture on a paper towel (or a silicone mold or ice cube tray) and roll it into a tube. Allow the chalk to dry completely.</p>	<p>paper over the bottom and tape to the tube. Create a spiral by wrapping aluminum foil around a round rod (Ex. a broomstick). Put the spiral inside of the paper towel tube. Add a small amount of a sound maker (Ex. rice, beads or beans). Place more scrap paper on the top and tape down. Decorate a piece of paper and tape the paper around the tube. Make sure everything is taped tight before you shake away!</p>	<p>the base. Glue popsicle sticks, or regular sticks down throughout the box to see if you can create a maze. See if you can complete the maze using a marble or rolled up aluminum foil. Have a family member put a marble or ball in too and race to see who wins!</p>	<p>drawing off of your pet, if you don't draw an imaginary pet. Your pet should take up almost all of the page so draw big. When you are done to make it abstract use bright colors, or give your pet an extra tail or diamond eyes. Abstract means it is based off of reality but exaggerated to look new and different.</p>
<b>Critical Thinking</b>	<p>Using 5 pieces of paper and tape, build a bridge. Test the strength of your bridge by putting toy cars or other objects on it. How would you change your design to hold heavier objects?</p>	<p>Think of a simple activity in your home (make a sandwich, change the tv channel) write the steps to completing it. Test your thinking by having another family member follow the directions exactly. Did it work? Why or why not?</p>	<p>Using two dice, roll them and make an addition and subtraction fact family. Repeat with different rolls.</p>	<p>Challenge yourself to write a paragraph using words that start with each letter of the alphabet. (A bad carrot does...)</p>	<p>Write a song about your day. Teach it to your family and sing together.</p>	<p>What's on your mind today? Write and draw a picture to go with it. If you feel comfortable, share it with your family.</p>
<b>Collaboration</b>	<p>With your family, plan a meal. What ingredients do you have already? Work together to write a grocery</p>	<p>Think of a question you do not know the answer to. Brainstorm with a family member where you could</p>	<p>Work together to create a word search. Make sure you make a list of the hidden words. See if another family</p>	<p>Plan a pajama party/movie night with your family. Gather blankets and pillows, choose a movie together, make</p>	<p>Call a friend or relative, make a list of items for a scavenger hunt on a family walk. Challenge your family to find more than</p>	<p>Start a family discussion: What's your superhero name and what powers do you have?</p>

	list.	search for an answer and do it.	member can find all of the words.  (If you have computer access you can use: <a href="http://puzzlemaker.discoveryeducation.com/WordSearchSetupForm.asp">http://puzzlemaker.discoveryeducation.com/WordSearchSetupForm.asp</a> )	snacks.	your friend's family.	
<b>Social Emotional Wellness</b>	We all need some fresh air and simple exercise. The outdoors offers both. So set the expectation with your family that it doesn't matter what time of day they choose, all should get outside and refresh their bodies and minds with a walk around the block, a bike ride, or a gander around the backyard.	Turn on your favorite music and host a family dance party.	Decide on a friend or relative that lives in another town. Write a pen pal letter and mail.	While it is important to not spend all day in front of a screen, a little screen time isn't bad and you can do some social emotional learning while watching! Here are some questions to talk to a family member about while watching: What were some of the choices that the character made? What do the characters feel? How can you tell what they are feeling?	Use finger paints and draw anything. Connect to mindfulness and invite students to notice their experiences while fingerpainting. What do you feel, smell? What thoughts did you have? What feelings were brought up?	Crab walk. Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a table top. Now walk sideways, while holding your bottom off the ground and your back straight.
<b>Health and Fitness</b>	Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight. What animal are you moving like?	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. What animal are you moving like?	Face each wall in a room and do a different exercise for 30 seconds <ul style="list-style-type: none"> <li>• Side shuffle</li> <li>• Grapevine to left then right</li> <li>• Wide stance punches</li> <li>• Vertical jumps</li> </ul>	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.	Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	Talk to someone who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.

## Continuous Learning Challenge - Grade Three

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

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
<b>Content Knowledge</b>	Put a twist on the game Twister (if you don't have Twister you can just place numbers in a grid pattern on the floor). Instead of saying, "Right hand red," try saying, "Right hand 14-5." You could also try with multiplication or division.	Look around your house. Make a list of examples of simple machines: lever, inclined plane, pulley, wheel and axle, screw, wedge.	Create a timeline of your life. Draw a line on paper, start with the date you were born, add important events in your life in the order they happened. Keep it in a safe place and add to it.	On a sunny day, find a big leaf within reach on a tree or bush. Cover the leaf with a plastic bag and seal it tightly around the branch with a rubber band. Record your findings every hour. Continue checking it each day. How does the leaf change by the hour? By the day?	Make your own chalk! You'll need 10 egg shells, two teaspoons of flour, four teaspoons of hot water, food coloring, and a paper towel. Clean and dry the egg shells. Grind the egg shells into a fine powder. Add the hot water to make a stiff paste. Add food coloring to the paste. Place the mixture on a paper towel (or a silicone mold or ice cube tray) and roll it into a tube. Allow the chalk to dry completely.	Make a list - how many contractions can you think of and what two words are used to make them? (For example: can't = can + not)
<b>Communication</b>	Start a dinner conversation: "What food are you not going to eat again after the coronavirus is over?"	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	Ask a parent or caregiver what they miss most about being in school.	What movie, TV clip, or visual image always makes you laugh, no matter how many times you see it?	An epic feast is held in your honor. What's on the table?	Show some good manners. Try saying please and thank you around the dinner table. When you need something passed ask for it with a please

		we'll be sure to share your video during Teacher Appreciation Week May 4-8 via social media.				and when you get it say thank you
<b>Creativity</b>	Create your own paintbrush! The definition of a paintbrush is just a brush for applying paint. What would happen if you tied together a bunch of pine needles and painted with that? How about grass? Would a flower work? Artists all over use unconventional materials. Which brush that you made worked best?	Color a flower experiment! Fill three cups with water and put a couple drops of food coloring in each. Pick a couple of white flowers and put one in each cup. Check back in a couple of hours and then the next day. Sketch out how your flower changes over time. Write out a hypothesis as to why this happens by your sketch.	Create your own rain stick! Using a paper towel tube, wrap scrap paper over the bottom and tape to the tube. Create a spiral by wrapping aluminum foil around a round rod (Ex. a broomstick). Put the spiral inside of the paper towel tube. Add a small amount of a sound maker (Ex. rice, beads or beans). Place more scrap paper on the top and tape down. Decorate a piece of paper and tape the paper around the tube. Make sure everything is taped tight before you shake away!	Create a marble maze! Use a smaller old box, like a shoe box, as the base. Glue popsicle sticks, or regular sticks down throughout the box to see if you can create a maze. See if you can complete the maze using a marble or rolled up aluminum foil. Have a family member put a marble or ball in too and race to see who wins!	Create a bookmark! Cut a strip of paper and decorate with images from your favorite story. Save it for yourself or give it to a family member that loves to read!	Create an abstract pet drawing! If you have a pet, base your drawing off of your pet, if you don't draw an imaginary pet. Your pet should take up almost all of the page so draw big. When you are done to make it abstract use bright colors, or give your pet an extra tail or diamond eyes. Abstract means it is based off of reality but exaggerated to look new and different.
<b>Critical Thinking</b>	Using five pieces of paper, tape, and two books of similar size build a bridge. Test the strength of your bridge by putting toy cars or other objects on it. How would you change your	Think of a simple activity in your home (make a sandwich, change the tv channel) write the steps to completing it. Test your thinking by having another family member	Using two dice, roll them and make an addition and subtraction fact family. Then add the multiplication fact family. Repeat with different rolls.	Challenge yourself to write a paragraph using words that start with each letter of the alphabet in order. (A bad carrot does...)	Design a concrete poem - words are written in the shape of the topic. 	What's on your mind today? Write and draw a picture to go with it. If you feel comfortable, share it with your family.


	design to hold heavier objects?	follow the directions exactly. Did it work? Why or why not?				
<b>Collaboration</b>	Measure all the ingredients to make a batch of cookies. With your family's help, bake and enjoy the cookies together.	Find all the sports balls you have (basketballs, soccer balls, kick balls, baseballs) and play a game of giant "marbles" outside.	Work together to create a word search. Make sure you make a list of the hidden words. See if another family member can find all of the words.  (If you have computer access you can use: <a href="http://puzzlemaker.discovereducation.com/WordSearchSetupForm.asp">http://puzzlemaker.discovereducation.com/WordSearchSetupForm.asp</a> )	Plan a pajama party/movie night with your family. Gather blankets and pillows, choose a movie together, make snacks.	Call a friend or relative, make a list of items for a scavenger hunt on a family walk. Challenge your family to find more than your friend's family.	Start a family discussion: What's your superhero name and what powers do you have?
<b>Social Emotional Wellness</b>	We all need some fresh air and simple exercise. The outdoors offers both. So set the expectation with your family that it doesn't matter what time of day they choose, all should get outside and refresh their bodies and minds with a walk around the block, a bike ride, or a gander around the backyard.	Turn on your favorite music and host a family dance party.	Decide on a friend or relative that lives in another town. Write a pen pal letter and mail.	While it is important to not spend all day in front of a screen, a little screen time isn't bad and you can do some social emotional learning while watching! Here are some questions to talk to a family member about while watching: What were some of the choices that the character made? What do the characters feel? How can you tell what they are feeling? What would you do differently if you were one of the characters?	Use finger paints and draw anything. Connect to mindfulness and invite students to notice their experiences while fingerpainting. What do you feel, smell? What thoughts did you have? What feelings were brought up?	Crab Walk Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a table top. Now walk sideways, while holding your bottom off the ground and your back straight.



<p><b>Health and Fitness</b></p>	<p>Talk to someone who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p>Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats</p>	<p>Play Musical Frogs. This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p>How Fast Can You Go? Pick a distance and see how fast you can run the distance. Ask a family member to join you!</p>	<p>Have someone start and stop music. When the music is on dance, when it's off, strike a silly pose.</p>
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## 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>	Put a twist on the game Twister (if you don't have Twister you can just place numbers in a grid pattern on the floor). Instead of saying, "Right hand red," try saying, "Right hand 14-5." You could also try with multiplication or division.	Make your own chalk! You'll need 10 egg shells, two teaspoons of flour, four teaspoons of hot water, food coloring, and a paper towel. Clean and dry the egg shells. Grind the egg shells into a fine powder. Add the hot water to make a stiff paste. Add food coloring to the paste. Place the mixture on a paper towel (or a silicone mold or ice cube tray) and roll it into a tube. Allow the chalk to dry completely.	On a sunny day, find a big leaf within reach on a tree or bush. Cover the leaf with a plastic bag and seal it tightly around the branch with a rubber band. Record your findings every hour. Continue checking it each day. How does the leaf change by the hour? By the day?	Commercials are designed to entice us to want to try something new. Read a story and when you find one you like, write a script for a commercial that will entice others to want to read it. Then, record your commercial and play it for others.	Research a famous Hoosier. Why were they famous? When and where were they born? What are some interesting facts about this person? Create a presentation for your family (take notes to tell them or draw a picture).  Here are some examples of famous Hoosiers: <b>Painters:</b> T.C. Steele, the Hoosier Group and Robert Indiana; <b>Authors:</b> James Whitcomb Riley and Gene Stratton Porter; <b>Musicians:</b> Cole Porter, Hoagy Carmichael, Wes Montgomery, Joshua Bell, and John Mellencamp; <b>other entertainers:</b>	Take a piece of paper, carefully cut it into a right triangle.  Take a pencil, place it along the bottom edge, then roll the pencil up in the paper. If you have tape, use a small piece to hold the corner in place. Remove the pencil.  You have created the simple machine - screw! What other examples of screws can you find in your home?

					Red Skelton and David Letterman	
<b>Communication</b>	Start a dinner conversation: "What food are you not going to eat again after the coronavirus is over?"	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.	Ask a parent or caregiver what they miss most about being in school..	What movie, TV clip, or visual image always makes you laugh, no matter how many times you see it?	An epic feast is held in your honor. What's on the table?	Show some good manners?! Try saying please and thank you around the dinner table. When you need something passed ask for it with a please and when you get it say thank you
<b>Creativity</b>	Color a flower experiment! Fill three cups with water and put a couple drops of food coloring in each. Pick a couple of white flowers and put one in each cup. Check back in a couple of hours and then the next day. Sketch out how your flower changes over time. Write out a hypothesis as to why this happens by your sketch.	Make your own scratch art! Using markers, take a small piece of paper and fill the page with bright colors at random. Take a black crayon, or oil pastel if available, color the entire page black. Now use a pencil or another pointed edge and draw on the page. Your rainbow colors should appear as your edge scratches off the black crayon.	Aluminum foil sculptures! You can use foil or paper for these. By cutting, pinching, and bunching your foil try to shape your foil into a sculpture of a person! For an added challenge try making more people and animals and create a scene! 	Create marbled paper! Fill the bottom of a tray or plate with shaving cream, drop two to three different colors of food coloring into the shaving cream. Gently pull a fork through dragging the colors around. Lay a piece of paper on top and let it sit for one minute. Lift paper up and scrape off shaving cream with spatula. Let paper dry and use later!	Cardboard robots! Using thin cardboard (cereal boxes, etc) cut out various squares and rectangles. See if you can arrange these squares and rectangles to create a body, arms, legs, and a head for a robot. Can you cut even more to add hands, eyes, a mouth, buttons and whatever else your robot needs? For an extra challenge add some fun colors!	Colorful abstract portraits. Local artist William Denton Ray creates amazing abstract portraits on reused cardboard. Using found cardboard cut out layers for a face (actual face, eyes, nose, mouth, etc). Color your pieces with bold bright colors. Layer your pieces to create a relief abstract portrait like WDR! 
<b>Critical Thinking</b>	Using five pieces of paper, tape, and two books of similar	Think of a simple activity in your home (make a	Using two dice, roll them and make an addition and	Challenge yourself to write a paragraph using words	Design a concrete poem - words are written in the	What's on your mind today? Write and draw a picture to go

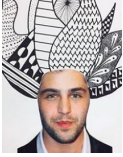



	size build a bridge. Test the strength of your bridge by putting toy cars or other objects on it. How would you change your design to hold heavier objects?	sandwich, change the tv channel) write the steps to completing it. Test your thinking by having another family member follow the directions exactly. Did it work? Why or why not?	subtraction fact family. Then add the multiplication fact family. Repeat with different rolls.	that start with each letter of the alphabet in order. (A bad carrot does...)	shape of the topic.  <small>           Star            Light            Star bright,            Star shining,            In the dark of            night, over a cavern deep and dark, Inside the cave            a huge 's' born, who shall die on the cross, But            Do not mourn, for he is the one to save            our race, for we have fallen            from grace. Three kings            and three shepherds have            Come by your light, through            this cold, dark, and            winter y nig            h t.         </small>	with it. If you feel comfortable, share it with your family.
<b>Collaboration</b>	Find all the sports balls you have (basketballs, soccer balls, kick balls, baseballs) and play a game of giant "marbles" outside.	Measure all the ingredients to make a batch of cookies. With your family's help, bake and enjoy the cookies together.	Work together to create a word search. Make sure you make a list of the hidden words. See if another family member can find all of the words.  (If you have computer access you can use: <a href="http://puzzlemaker.discovereducation.com/WordSearchSetupForm.asp">http://puzzlemaker.discovereducation.com/WordSearchSetupForm.asp</a> )	Plan a pajama party or movie night with your family. Gather blankets and pillows, choose a movie together, make snacks.	Call a friend or relative, make a list of items for a scavenger hunt on a family walk. Challenge your family to find more than your friend's family.	Start a family discussion: What's your superhero name and what powers do you have?
<b>Social Emotional Wellness</b>	We all need some fresh air and simple exercise. The outdoors offers both. So set the expectation with your family that it doesn't matter what time of day they choose, all should get outside and refresh their bodies and minds with a walk around the block, a bike ride, or a gander around the backyard.	Decide on a friend or relative that lives in another town. Write a pen pal letter and mail.	While it is important to not spend all day in front of a screen, a little screen time isn't bad and you can do some social emotional learning while watching! Here are some questions to talk to a family member about while watching: What were some of the choices that the character made? What do	Crab walk. Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a table top. Now walk sideways, while holding your bottom off the ground and your back straight.	One action done in three consecutive days can become a habit. Identify a habit that you have (good or bad) and identify how you will either build upon it or change your habit. Track your activity in a journal. (Examples: would be changing bed time, biting nails, waiting for the last	Helping others is the fastest way of getting out of a slump. Pick one of the activities below and complete it.  Virtually help a classmate or sibling with their school work.  Write down five reasons why you are grateful for your guardian and share that with them.  Leave post-it

			the characters feel? How can you tell what they are feeling? What would you do differently if you were one of the characters?		minute to get work done, etc..)	notes on mirror with word of encouragement
<b>Health and Fitness</b>	Play tag while hopping on one leg like stork. Stay inside a small boundary.	Have someone start and stop music. When the music is on, dance, when it's off, strike a crazy pose.	Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.	Practice jumps by traveling as far as you can in 30 seconds. Repeat five times trying to get further each time.	Dribble a soccer ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball.	Talk to someone who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.

## 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>	Use a grocery ad (online works!) Make a list with your parent/guardian of items you will be purchasing. Calculate the total (make sure you watch items bought by the lbs. as you will need to multiply price per lbs) and compare it to the actual total after shopping.	Put a twist on the game Twister (if you don't have Twister you can just place numbers in a grid pattern on the floor). Instead of saying, "Right hand red," try saying, "Right hand 14-5." You could also try with multiplication or division.	Make your own chalk! You'll need 10 egg shells, two teaspoons of flour, four teaspoons of hot water, food coloring, and a paper towel. Clean and dry the egg shells. Grind the egg shells into a fine powder. Add the hot water to make a stiff paste. Add food coloring to the paste. Place the mixture on a paper towel (or a silicone mold or ice cube tray) and roll it into a tube. Allow the chalk to dry completely.	On a sunny day, find a big leaf within reach on a tree or bush. Cover the leaf with a plastic bag and seal it tightly around the branch with a rubber band. Record your findings every hour. Continue checking it each day. How does the leaf change by the hour? By the day?  After several days, write your findings and make a conclusion as to the cause of the changes.	Commercials are designed to entice us to want to try something new. Read a story and when you find one you like, write a script for a commercial that will entice others to want to read it. Then, record your commercial and play it for others.	Elections are going to happen soon.  With schools and businesses closed and citizens staying home, many primary elections have been postponed (changed to a later date). How do you think this will affect the November elections? Will more or less people vote? Why do you think this? What effect will social distancing have on elections?
<b>Communication</b>	Start a dinner conversation: "What food are you not going to eat again after the coronavirus is over?"	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	Ask a parent or caregiver what they miss most about being in school.	Ask a caregiver about some of their favorite music from when they were your age. Find a way to listen to one of the songs they liked.	An epic feast is held in your honor. What's on the table?	Show some good manners?! Try saying please and thank you around the dinner table. When you need something passed ask for it with a please

		we'll be sure to share your video during Teacher Appreciation Week May 4-8 via social media.				and when you get it say thank you
<b>Creativity</b>	<p>Make your own scratch art! Using markers, take a small piece of paper and fill the page with bright colors at random. Take a black crayon, or oil pastel if available, color the entire page black. Now use a pencil or another pointed edge and draw on the page. Your rainbow colors should appear as your edge scratches off the black crayon.</p>	<p>Zentangle hair! Cut a face out of a magazine (cut off the hair) and glue onto a blank page. Draw in the outline of the hair. Draw some lines in to break out the hair space. Fill in the spaces you created with Zentangle designs!</p> 	<p>Aluminum foil sculptures. You can use foil or paper for these. By cutting, pinching, and bunching your foil try to shape your foil into a sculpture of a person! For an added challenge try making more people and animals and create a scene!</p> 	<p>Create marbled paper! Fill the bottom of a tray or plate with shaving cream, drop two to three different colors of food coloring into the shaving cream. Gently pull a fork through dragging the colors around. Lay a piece of paper on top and let sit for one minute. Lift paper up and scrape off shaving cream with spatula. Let paper dry and use later!</p>	<p>Create paper flowers! On a square piece of paper draw a wide spiral that goes to the end of the page. Cut out the spiral along the lines you drew. Starting from the outside roll the paper until you get to the center. When released the flower will spring back a bit. Glue your flower to a twig for a base.</p> 	<p>Cardboard robots! Using thin cardboard (cereal boxes, etc) cut out various squares and rectangles. See if you can arrange these squares and rectangles to create a body, arms, legs, and a head for a robot. Can you cut even more to add hands, eyes, a mouth, buttons and whatever else your robot needs? For an extra challenge add some fun colors!</p>
<b>Critical Thinking</b>	<p>Gather materials, and two books of similar size build a bridge. Test the strength of your bridge by putting toy cars or other objects on it. How would you change your design to hold heavier objects? What is the longest bridge you can build?</p>	<p>Think of a simple activity in your home (make a sandwich, change the tv channel) write the steps to completing it. Test your thinking by having another family member follow the directions exactly. Did it work? Why or why not?</p>	<p>Using two dice, roll them and make multiplication and division fact family. Repeat with different rolls.</p>	<p>Challenge yourself to write a paragraph using words that start with each letter of the alphabet in order. (A bad carrot does...) Challenge yourself: Can you do the alphabet backwards? (Zebra's young exit...)</p>	<p>Design a concrete poem - words are written in the shape of the topic.</p> 	<p>What's on your mind today? Write and draw a picture to go with it. If you feel comfortable, share it with your family.</p>
<b>Collaboration</b>	<p>Find all the sports balls you have (basketballs,</p>	<p>Create a map of your house or yard on grid paper. Choose</p>	<p>Work together to create a word search. Make sure you</p>	<p>Plan a pajama party/movie night with your family. Gather</p>	<p>Call a friend or relative, make a list of items for a scavenger</p>	<p>Start a family discussion: What's your Superhero</p>






	soccer balls, kick balls, baseballs) and play a game of giant “marbles” outside.	plot points for family members to visit to find “treasure” (notes, toys, candy). See if a family member can find all the treasure.	make a list of the hidden words. See if another family member can find all of the words.  (If you have computer access you can use: <a href="http://puzzlemaker.discoveryeducation.com/WordSearchSetupForm.asp">http://puzzlemaker.discoveryeducation.com/WordSearchSetupForm.asp</a> )	blankets and pillows, choose a movie together, make snacks.	hunt on a family walk. Challenge your family to find more than your friend’s family.	name and what powers do you have?
<b>Social Emotional Wellness</b>	We all need some fresh air and simple exercise. The outdoors offers both. So set the expectation with your family that it doesn’t matter what time of day they choose, all should get outside and refresh their bodies and minds with a walk around the block, a bike ride, or a gander around the backyard.	Decide on a friend or relative that lives in another town. Write a pen pal letter and mail.	While it is important to not spend all day in front of a screen, a little screen time isn’t bad and you can do some social emotional learning while watching! Here are some questions to talk to a family member about while watching: What were some of the choices that the character made? What do the characters feel? How can you tell what they are feeling? What would you do differently if you were one of the characters?	Crab walk. Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a table top. Now walk sideways, while holding your bottom off the ground and your back straight.	One action done in three consecutive days can become a habit. Identify a habit that you have (good or bad) and identify how you will either build upon it or change your habit. Track your activity in a journal. (Examples: would be changing bed time, biting nails, waiting for the last minute to get work done, etc.)	Helping others is the fastest way of getting out of a slump. Pick one of the activities below and complete it.  Virtually help a classmate or sibling with their school work.  Write down five reasons why you are grateful for your guardian and share that with them.  Leave post-it notes on mirror with word of encouragement
<b>Health and Fitness</b>	Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.	Find a step or bench and jump up and down 50 times. Be careful. Take a break if you need to.	Make a playlist of three to five of your favorite songs or listen to the radio. Dance or keep moving to the music for the entire time!	Have someone start and stop music. When the music is on dance, when it’s off, strike a crazy pose.	Try walking around your living room like a crab with your hands and feet on the ground and your hips up toward the sky.	As soon as you get out of bed, shake your body any way you like for 10 seconds. Now jump up and down 10 times.



## 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>	Coordinate Plane Battleship! You can use the GeoGebra program <a href="#">here</a> to challenge a friend online. Simply use ordered pairs to indicate the shots fired, hits, and misses.	Crash Course Series! Watch <a href="#">Part 1 of the Immune System</a> . Identify at least three types of responses your immune system takes when your body receives a cut.	This Month in History: Review some of the major historical events <a href="#">from May in history here</a> . Pick 5 days that stand out to you and mark in on your family calendar to reflect upon those 5 days.	<b>Earth Day Themed!</b> Earth Day was April 22nd. Create a Backyard Biodiversity log with: Trees, Plants, and Animals. Record the type of species and how to best care or co-live with what is right in your backyard.	<b>Earth Day Themed!</b> Watch this Ted Talk “The Great Pacific Garbage Patch” <a href="https://ed.ted.com/on/r2Wqd0jE#watch">https://ed.ted.com/on/r2Wqd0jE#watch</a> Discuss ways you and your family can reduce, reuse, recycle!	<b>Earth Day Themed!</b> Research an endangered animal. Consider what big environmental changes or human behavior would have to occur to further protect this animal species.
<b>Communication</b>	Using symbols instead of letters, create your own version of the alphabet. Share the code with a friend or family to hold coded conversations with one another.	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.	Pick five (appropriate) words from a foreign language to use everyday of the week. Challenge your family and friends to guess what the word means from the context you use it in (they are not allowed to look it up!).	Have you been using Zoom or something similar to connect with your teachers and classmates? Host a dinner party for your family or friends this week. <b>Bonus:</b> If you teach someone how to use video conferencing for the first time!	Is there a neighbor that needs outdoor work completed (yard work, garage clean out, car washed, etc.)? Help them out with this project (at a social distance) and reflect with your family later on how being of service to others made you feel.	Complete the prompts to gauge how you are feeling today (remember to always own and acknowledge your feelings): 1) I felt good about myself when...2) Today I had fun when...3) Something someone did for me today was...
<b>Creativity</b>	Zentangle hair! Cut a face out of a magazine (cut off the hair)	Create a riddle that can stump your family. Then, post your	Create leaf garland! Collect some leaves from outside.	Aluminum foil sculptures. You can use foil or paper for these.	Can you smell a picture? Smell something in or	Create paper flowers! On a square piece of paper draw a


	<p>and glue onto a blank page. Draw in the outline of the hair. Draw some lines in to break out the hair space. Fill in the spaces you created with Zentangle designs!</p> 	<p>riddle to social media and see how many people can solve your riddle!</p>	<p>Using white paint paint patterns and designs on each leaf. Using one long string, tie to create garland. Hang and enjoy!</p>	<p>By cutting, pinching, and bunching your foil try to shape your foil into a sculpture of a person! For an added challenge try making more people and animals and create a scene!</p> 	<p>around your house (freshly cut grass, cake in the oven, popcorn popping, etc.), then attempt to draw a picture that describes the sensations you feel when smelling the original object.</p>	<p>wide spiral that goes to the end of the page. Cut out the spiral along the lines you drew. Starting from the outside roll the paper until you get to the center. When released the flower will spring back a bit. Glue your flower to a twig for a base.</p> 
<p><b>Critical Thinking</b></p>	<p>Play the game "21 Questions". One person thinks of a person, place, or thing, while the other person may ask just 21 "yes" or "no" response questions to determine what the other person is thinking.</p>	<p>Complete a 200+ piece jigsaw puzzle. Describe the strategy you employ when solving puzzles. Compare your strategy to how others solve jigsaw puzzles.</p>	<p>Riddle! You see me once in June, twice in November, and not a single time in May. What am I?</p>	<p>Create a time capsule for your time in quarantine. Find an empty box and place items around your home that memorialize this time. Decide to bury it in the backyard or keep it in the back of your closet and decide when to open it back up (one to ten years).</p>	<p>Maximize the space in your room and rearrange it. Move your furniture around, decide what decorations can be changed and freshen up your space.</p>	<p>What is your favorite song? Create a TikTok/interpretive dance for your favorite line/part of the song. <b>Bonus:</b> Post it to your social media account explaining the meaning behind your movement!</p>
<p><b>Collaboration</b></p>	<p>Read one of your favorite books with a friend or family member. Then, have a debate about the motivations of the protagonist or antagonist. Use evidence from the text to defend your perspective.</p>	<p>Practice your active listening skills. When having a conversation with someone: repeat back what you heard, tell the speaker you either understand or don't understand, and ask questions relevant to what</p>	<p>Using different objects in your neighborhood (mailboxes, light posts, street signs, etc.), play a game of "golf" where you and your family use either soccer balls or frisbee discs to tap predetermined objects to complete the</p>	<p><b>Earth Day Themed!</b> Create a meatless Monday themed menu for you and your whole family. <b>Bonus:</b> How is incorporating more fruits, vegetables, and meatless options good for the</p>	<p>Try sock wrestling with another family member. The objective is to remove the other opponent's socks. Sit down as a family, or with your opponent, and come up with a list of rules to avoid personal injury and/or</p>	<p>Play would you rather with your family and talk about your responses. Here are some starters: <a href="https://conversationstartersworld.com/would-you-rather-questions/">https://conversationstartersworld.com/would-you-rather-questions/</a></p>

		the other person was speaking about.	“hole”. As with golf, the least amount of “strokes” wins!	environment?	property damage.	
<b>Social Emotional Wellness</b>	We all need some fresh air and simple exercise. The outdoors offers both. So set the expectation with your family that it doesn't matter what time of day they choose, all should get outside and refresh their bodies and minds with a walk around the block, a bike ride, or a gander around the backyard.	Decide on a friend or relative that lives in another town. Write a pen pal letter and mail.	While it is important to not spend all day in front of a screen, a little screen time isn't bad and you can do some social emotional learning while watching! Here are some questions to talk to a family member about while watching: What were some of the choices that the character made? What do the characters feel? How can you tell what they are feeling? What would you do differently if you were one of the characters?	One action done in three consecutive days can become a habit. Identify a habit that you have (good or bad) and identify how you will either build upon it or change your habit. Track your activity in a journal. (Examples: would be changing bed time, biting nails, waiting for the last minute to get work done, etc.)	You will not always be able to create the event; however, you will always be able to choose how you react to it. When time permits, identify three different reactions to an event that causes adversity in your daily routine. Which response to the event did you choose? Does your attitude reflect your options? Was your reaction a short term or long term solution?	<p>Helping others is the fastest way of getting out of a slump. Pick one of the activities below and complete it.</p> <p>Virtually help a classmate or sibling with their school work.</p> <p>Mow the lawn of an elderly neighbor</p> <p>Write down five reasons why you are grateful for your guardian and share that with them.</p> <p>Leave post-it notes on mirror with word of encouragement</p>
<b>Health and Fitness</b>	Practice your handstands today! How long can you hold them? If you're having trouble, start against a wall.	Exercise! Find an exercise video online and do it with the whole family! Then, share with a friend, neighbor, or classmate.	Go Outside! Spend time outside with the family. Leave the cell phones and tablets at home and go for a walk.	Try and sprint from one end of your street to the other. Have a family member time you.	Hang up some targets and try to hit them with a ball. Did you hit the target? Move farther away. Did you hit it again? Keep moving back to make it more challenging. See how far away you can hit the target.	Criss-cross arms from left to right while lightly hopping and kicking your feet from left to right.

## Continuous Learning Challenge - High School

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

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
<b>Content Knowledge</b>	Read a children's book about a controversial topic. Evaluate the literary choices the author makes in order to present complex information in a child-friendly way. Try to copy their style by writing your own children's book.	Choose a famous poem and substitute words from the poem with synonyms so the meaning doesn't change but the vocabulary does. Repeat 3X and see if your understanding of the poem changes.	After reading any text try to make connections. Make one connection to yourself, one connection to another text, and one connection to the world or society as a whole.	Enrico Fermi is the father of "solving maths problems we will never know the exact answer to." Come up with and solve your own <a href="#">FERMI problem</a> . Here is an example: How many people could you fit into the classroom? How many soccer balls?	Draw a scale model of your dream home. When finished, create another model that has just as many rooms and is exactly two times the square footage of your original home. Make sure to compare the area, not just length and width.	Choose a topic or current events concern that you care about. Make a TED style video about 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.	Write a letter or email to an author via their publisher asking questions you have about one of their books you have read. Cross your fingers that you get a response!	Research a college application process. Find out what is required and fill in the appropriate paperwork.  OR Research a job application, from a few different entities. Practice filling them out. Have an adult review them with you.	Using video chat technology, read a children's book and send it to a child who is not with you.	Practice writing a formal email to each of your teachers. Include the proper salutation, date, etc.	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.

<p><b>Creativity</b></p>	<p>Create leaf garland! Collect some leaves from outside. Using white paint paint patterns and designs on each leaf. Using one long string, tie to create garland. Hang and enjoy!</p>	<p>Create your own lettering! Begin by writing your name with normal letters. Box around those letters to create either bubble letters or box letters. Add accents to the ends, erase parts of the middle to adapt and change your font. Try writing a word in your new text and see if someone else can read it!</p>	<p>Practice parts of a portrait! All artists have pages of sketches practicing one specific thing. Pick a part of the face (for example an eye) and practice drawing it. Fill a page with different types of eyes (or whatever you choose). When done look over your work, which is your favorite?</p>	<p>Colorful abstract portraits. Local artist William Denton Ray creates amazing abstract portraits on reused cardboard. Using found cardboard cut out layers for a face (actual face, eyes, nose, mouth, etc). Color your pieces with bold bright colors. Layer your pieces to create a relief abstract portrait like WDR!</p> 	<p>Recreate your favorite artwork! A huge trend on Instagram is recreating another artist's work in your own style. Think about the best art you have seen recently whether it's album cover art, an ad, your favorite Instagram artist, graffiti you saw, or a classical piece of art. Recreate this artwork in your own style.</p>	<p>Weekly Journal Prompt! Write about or draw the first idea that comes to mind when you read this week's theme of <u>Heroes</u>. (You can do this in the journal you made two weeks ago).</p>
<p><b>Critical Thinking</b></p>	<p>Look at this <a href="#">list</a> of commonly banned books. Choose one that surprises you that it is on the list. Research why it has been banned and decide if you agree or disagree.</p>	<p>Design a flag for your family, neighborhood, or group of friends. Explain the symbols you chose and what message do you want the flag to communicate. Now, describe the message of the United States flag, and why do you think that? Would you design a different flag for the United States?</p>	<p>Communicate your thoughts on this question: Are borders important? How important are they in our world with the Internet? Predict the significance of borders in 50 years.</p>	<p>When you hear the word "sacrifice" what does that make you think about? Think about that for a moment, then reflect on whether or not that is the same idea you had before the Coronavirus pandemic. Identify a song that captures the meaning of sacrifice to you. Write about why you chose the song that you did.</p>	<p>Write an objective that goes on a resume sharing what you want to accomplish in your dream job or occupation. Keep that object visible where you can see it every day.</p>	<p>Write an analogy about the natural environment and humanity.</p>
<p><b>Collaboration</b></p>	<p>Watch the video called "<a href="#">Caine's Arcade</a>" on</p>	<p>Do an inventory of what you have in your house to</p>	<p>Create a family or personal photo or word collage of all</p>	<p>Discuss with your family if English or any other language</p>	<p>Pick a motivational movie to watch with your family</p>	<p>Plan a group chat or meeting over a book or article you have</p>

	<p>YouTube. With your family, build an arcade. Some questions to think about: How might you incorporate some of Caine's improvisation in your current situation? What resources do you have to make or build something?</p>	<p>recycle, donate, keep or sell. Find out what can be recycled from home. What can be recycled at the local Recycling Center and take it there. With the help of your family, decide what can be donated and take it to a local donation collection center. A parent or guardian can help you with the items to sell, online. Spend some time organizing the materials you decide to keep.</p>	<p>the unique things you see happening during this time. Use magazines or newspaper clippings. OR use an online entit.</p>	<p>should be the official language of the United States. Do you know if the United States has an official language? Remember, in discussions and dialogue, we listen with a critical ear; we are cautious about formulating an answer or response while another person is speaking; we check to feel how our bodies are reacting to the conversation; and we understand silent moments often tell us that someone is thinking.</p>	<p>that is based on a true story. It can be a documentary or an entertaining sports film. Enjoy!</p>	<p>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><b>Social Emotional Wellness</b></p>	<p>We all need some fresh air and simple exercise. The outdoors offers both. So set the expectation with your family that it doesn't matter what time of day they choose, all should get outside and refresh their bodies and minds with a walk around the block, a bike ride, or a gander around the backyard.</p>	<p>Decide on a friend or relative that lives in another town. Write a pen pal letter and mail.</p>	<p>While it is important to not spend all day in front of a screen, a little screen time isn't bad and you can do some social emotional learning while watching! Here are some questions to talk to a family member about while watching: What were some of the choices that the character made? What do the characters feel? How can you tell what they are</p>	<p>One action done in three consecutive days can become a habit. Identify a habit that you have (good or bad) and identify how you will either build upon it or change your habit. Track your activity in a journal. (Examples: would be changing bed time, biting nails, waiting for the last minute to get work done, etc.)</p>	<p>You will not always be able to create the event; however, you will always be able to choose how you react to it. When time permits, identify three different reactions to an event that causes adversity in your daily routine. Which response to the event did you choose? Does your attitude reflect your options? Was your reaction a short term or long term</p>	<p>Helping others is the fastest way of getting out of a slump. Pick one of the activities below and complete it.</p> <p>Virtually help a classmate/sibling with their school work.</p> <p>Mow the lawn of an elderly neighbor</p> <p>Write down five reasons why you are grateful for your guardian and share that with them.</p> <p>Leave post-it</p>



			feeling?What would you do differently if you were one of the characters?		solution?	notes on mirror with word of encouragement
<b>Health and Fitness</b>	Any time you get up from your seat today, complete five to ten squats before moving.	Jog for two minutes. Walk for one minute. Run for one minute. Walk for one minute. Repeat five times. Be sure to cool down and stretch.	Try this mini dance workout: <ul style="list-style-type: none"> <li>• Eight bent knee bounces</li> <li>• Eight step touches</li> <li>• Four walk to the right and clap</li> <li>• Four walk to the left and clap</li> <li>• Eight jumps</li> <li>• Repeat</li> </ul> Suggested song: "Can't Stop the Feeling" by Justin Timberlake	Cook a healthy snack or meal for yourself and a family member. Share the recipe or idea with a friend, classmate, or neighbor.	Complete a push up, when finished inch your hands towards your feet and stand up. Reverse back into push up position and complete a push up.	Yoga is a great way to relieve stress! Try Savasana, considered to be the hardest yoga pose. Fully relax and clear your mind.