



Indiana Continuous Learning Challenge

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Continuous Learning Challenge - Kindergarten

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

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Create a word ladder with chalk. Draw a ladder and between the rungs write sight words. Hop along the ladder and read the words out loud.	Create an ABC grid with chalk or make one indoors with painter’s tape on the floor. Have a family member call out a letter or word. Then, you jump from one square to the next landing on the correct letter(s).	Use household objects to count collections. You can use small rocks, coins, beans, buttons, bottle caps, marbles, etc. Count the collection into groups of 10.	Use shape stencils or draw shapes onto paper and cut them out. Name and label each shape. Pick an object for the theme (Example: cats) and use the shapes to create the object.	Make a lava lamp. Color a ½ cup of water with food coloring. Break an Alka Seltzer tab into two pieces and save for later.. Fill a glass ¾ full with vegetable oil. Pour in the colored water until the liquid in the cup is about two inches from the top. Drop an Alka Seltzer piece into the cup and observe what happens.	See raisins dance! Fresh raisins work best and make sure the raisins are separated. Fill a glass with unopened club soda or other clear soda like 7-UP. Drop the raisins into the glass. What happened? Did they sink or float? Now, sit and observe. You have to be patient. What is happening a few minutes later?
Communication	Practice learning a family member’s phone number. Set out numbered paper plates in the order on a phone, then practice keying in the phone number. Then ask permission to call them for real, keying in the number	Write and draw a short story on the topic of your choice. Tell your story out loud to a family member. Practice using the words first, then, and last to work on the sequence of the story.	Pick out your favorite toy. Write about why this is your favorite toy. Does this toy have a name? What is your favorite thing to do with this toy? Is it an inside or an outside toy?	Draw a picture of your favorite movie or tv show. Tell a family member (in person or virtually) why this is your favorite show.	Look at a picture book. Without reading the words, talk about what is happening in the pictures.	Describe today’s weather to a family member. Is it sunny or rainy? Is it cold or warm? Is it snowing? Is it cloudy or windy?

	from memory.					
Creativity	Imagine what it would be like to have a superpower: For example, if you could be invisible for a day, what would you do? Draw a picture or write a story about it.	Ask an adult for old magazines, newspapers, or ads to cut things out of. Cut out pictures and glue to a paper to create a collage. Think of a topic such as your favorite foods to guide your collage.	If you could give one gift to every single child in the world, what gift would you give? Create a drawing or playdough representation of what it would be.	Pretend you are an inventor. What would you invent to make life easier for people? Sketch a drawing of what it would look like, and write a description of what it would do.	By signing and dancing, create a music video to go with one of your favorite songs. What will you wear? What props will you need? Perform or record your music video for others to see.	Design a poster that tells about your favorite book or movie. Pretend this poster would be hung at the library or movie theater. How would you make your poster persuade people to read that book or see that movie?
Critical Thinking	Think of a story you know well and retell it from another character's point of view. For example, in the story of Little Red Riding Hood, tell the story from the wolf's point of view.	On separate pieces of paper, draw and write the names of four different shapes. Search for these shapes in an old magazine. Then cut and glue the shapes to the different shape papers.	Make a list of people in your family. Cut out the names and think of ways to create different groups. For example, you can put the adults and children into different groups. Count the number in each group.	Go on a scavenger hunt for shapes. Look at the objects in your home (or outside with a family member's help). Find: <ul style="list-style-type: none"> • Two round things • Something that is taller than you • Two spheres • A cube 	Using a piece of foil, create a small boat. Fill a large bowl (or sink) with water and place the boat on top of the water. Using objects of different weight (i.e. pennies, marbles, quarters) fill the boat. Estimate how many of each it will take to sink the boat.	Think about your favorite movie and the important characters in it. Using those characters, create a sequel to your favorite movie. Use items from around the house for props to help tell the story.
Collaboration	Find a partner. Start by drawing something random on a paper, and pass it onto the other person. They add something of their own to the drawing. Both of you then proceed to build on the drawings of the previous person.	Find a family member to play Giant Memory with. Take several paper plates and markers and write letters, draw shapes, or animals. Make sure you have two of each in order to have a match. Spread the plates out face down in rows and columns and take turns finding matches.	Look up some riddles for children with a family member. After trying to solve a few riddles, work together to write your own list of riddles.	Play a favorite board game or card game with a family member, but instead of playing by the usual rules, make up new rules. Afterward, talk about which rules you like better.	Ask a family member to help you collect sticks outside. Work together using only the sticks and some tape, to make different 3D shapes such as a cube or a prism.	Play a game of following directions with your family. Create a start and finish line. Have a family member cover your eyes and give you instructions, like take two steps to the right. Continue listening to instructions to move across the room until you reach the finish line. Take turns, and try varying the

						movements (e.g. skipping, jumping, bear crawling, ducking)
Social Emotional Wellness	Sit outdoors to take in nature. What animals or plants do you expect to see? To hear? Close your eyes and describe the sounds and smells you hear?	Try the SBS exercise to help calm your body and focus your mind. Stand Breathe Sit	Talk to a family member about your answers to the following questions: <ul style="list-style-type: none"> • What do you do when you make a mistake? • Describe three positive things you could do after making a mistake. 	Take a few deep breaths. As you breathe deeply, focus on your heart and visualize softness, warmth, and compassion glowing in your chest. Repeat these phrases: "May I be happy. May I be well. May I be safe. May I be peaceful and at ease." Next, visualize someone else, like your teacher or bus driver. Repeat the same phrase only to replace "I" with the new person. Ex. May my teacher be happy. May my teacher be well. May my teacher be safe. May my teacher be peaceful and at ease."	Take a few minutes throughout the day to do a "feelings check" with yourself. Physically I feel... Mentally I feel... Emotionally I feel... It is important to help students think about how feelings may be different regarding how they may be physically feeling, cognitively feeling and/or emotionally feeling.	Talk with a family member about the following discussion questions: What is one thing that stopped my learning today? What is one question I still have after my learning today? What is one new thing I learned and understand today?
Health and Fitness	When eating a snack today, really pay attention to the taste, feel, sound, smell, and look of the snack you're eating. What do you notice?	Bear Walk: With your bottom in the air, step forward with your right hand then forward with your left foot. Step forward with the left hand then the right foot.	What do you notice around you? Find... <ul style="list-style-type: none"> • Five things you see • Four things you feel • Three things you hear • Two things you smell • One thing you taste 	Be sure to talk to yourself today like you would talk to someone you love.	How Fast Can You Go? Pick a distance and see how fast you can run the distance.	Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.

Continuous Learning Challenge - Grade One

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

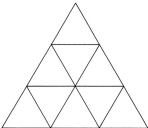
Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Write a series of rhyming words on paper plates and hide them around the room. Use hula hoops to mark the word family in a central location. When you find a paper plate, bring it to the hula hoop with the matching word family. Can you find them all?	Write sight words on cards, coffee filters, or paper plates. Hand the words from the ceiling. Have a family member call out a sight word. You find the word, jump up, grab the word, and pull it down. Can you collect all the words?	Write story characteristics in a path using chalk (title, character, narrator, setting, fact/faction, main idea, first, next, last). Bounce a ball along the path and review the story while working on your comprehension.	Use household objects to count collections. You can use small rocks, coins, beans, buttons, bottle caps, marbles, etc. Count the collection into groups of 10. Then count how many groups of 10 you have. How much is that?	Use shape stencils or draw shapes onto paper and cut them out. Name and label each shape. Pick an object for the theme (Example: cats) and use the shapes to create the object.	Use a non-standards tool to measure rooms or objects around the house. For example, figure out how many shoes long the couch is or how many cups wide the kitchen table is.
Communication	Practice learning two family members' phone numbers. Set out numbered paper plates in the order on a phone, then practice keying in the phone numbers. Then ask permission to call them for real, keying in the numbers from memory.	Draw a picture of your favorite movie or tv show. Tell a family member (in person or virtually) why it is your favorite. Explain why this family member should watch it with you.	Describe today's weather to a family member. Is it a cloudy or rainy day? Is it warm or cold? Will you need a heavy coat or a light jacket? Make a prediction about tomorrow's weather.	Write and draw a short story on the topic of your choice. Tell your story out loud to a family member. Practice using the words first, then, and last to work on the sequence of the story.	Read a book with a family member. While reading practice pointer finger power and sounding out words. After you have finished, retell the story using who, what, when, and where.	Pick out your favorite toy. Write about why this is your favorite toy, then tell a family member about it. Does this toy have a name? What is your favorite thing to do with this toy? Is it used indoors or outdoors? Is it soft or hard?
Creativity	Imagine what it would be like to have a	Ask an adult for old magazines, newspapers, or	If you could give one gift to every single	Pretend you are an inventor. What would you	By signing and dancing, create a music video	Design a poster that tells about your favorite

	<p>superpower: For example, if you could be invisible for a day, what would you do? Draw a picture or write a story about it.</p>	<p>ads to cut things out of. Cut out pictures and glue to a paper to create a collage. Think of a topic such as your favorite foods to guide your collage.</p>	<p>child in the world, what gift would you give? Create a drawing or playdough representation of what it would be.</p>	<p>invent to make life easier for people? Sketch a drawing of what it would look like, and write a description of what it would do.</p>	<p>to go with one of your favorite songs. What will you wear? What props will you need? Perform or record your music video for others to see.</p>	<p>book or movie. Pretend this poster would be hung at the library or movie theater. How would you make your poster persuade people to read that book or see that movie?</p>
<p>Critical Thinking</p>	<p>Think of a story you know well and rewrite it from another character's point of view. For example, in the story of Little Red Riding Hood, write the story from the wolf's point of view.</p>	<p>Pick your favorite color. Make a list of 20 things that are this color.</p>	<p>Make a list of people in your family. Cut out the names and think of ways to create different groups. For example, you can put the adults and children into different groups. Count the number in each group.</p>	<p>Go on a scavenger hunt for shapes. Look at the objects in your home (or outside with a family member's help). Find:</p> <ul style="list-style-type: none"> • Five round things • Two things that are taller than you • Two spheres • A cube 	<p>Using a piece of foil, create a small boat. Fill a large bowl (or sink) with water and place the boat on top of the water. Using objects of different weight (i.e. pennies, marbles, quarters) fill the boat. Predict how many of each it will take to sink the boat, record your observations. Were your predictions correct? Why or why not?.</p>	<p>Think about your favorite movie and the important characters in it. Using those characters, create a sequel to your favorite movie. Write a script, then use items from around the house for props to help tell the story.</p>
<p>Collaboration</p>	<p>Find a partner. Start by drawing something random on a paper, and pass it onto the other person. They add something of their own to the drawing. Both of you then proceed to build on the drawings of the previous person.</p>	<p>Find a family member to play Giant Memory with. Take several paper plates and markers and write letters, draw shapes, or animals. Make sure you have two of each in order to have a match. Spread the plates out face down in rows and columns and take turns finding matches.</p>	<p>Look up some riddles for children with a family member. After trying to solve a few riddles, work together to write your own list of riddles.</p>	<p>Play a favorite board game or card game with a family member, but instead of playing by the usual rules, make up new rules. Afterward, talk about which rules you like better. Which rules are easier?</p>	<p>Ask a family member to help you collect sticks outside. Work together using only the sticks and some tape, to make different 3D shapes such as a cube or a prism.</p>	<p>Create a start and finish line. Have the family member blindfold you then give you specific instructions, like take 2 steps to the right. Continue listening to instructions to move across the room until you reach the finish line. Take turns, and try varying the movements (e.g. skipping,</p>

						jumping with two feet, bear crawling, or “stepping over” or “ducking under.”)
Social Emotional Wellness	Sit outdoors to take in nature. What animals or plants do you expect to see? To hear? Close your eyes and describe the sounds and smells you hear?	Designate at least two to three times throughout the day to facilitate a minute of mindfulness. These practices can be simple breathing techniques or some other simple mindful technique. The key point is to make it preventive and not reactive- you don’t want mindfulness to be a reactive or punitive tool.	Try the SBS exercise to help calm your body and focus your mind. Stand Breathe Sit	Talk to a family member about your answers to the following questions: <ul style="list-style-type: none"> • What do you do when you make a mistake? • Describe three positive things you could do after making a mistake. 	Take a few deep breaths. As you breathe deeply, focus on your heart and visualize softness, warmth, and compassion glowing in your chest. Repeat these phrases: “May I be happy. May I be well. May I be safe. May I be peaceful and at ease.” Next, visualize someone else, like your teacher or bus driver. Repeat the same phrase only to replace “I” with the new person. Ex. May my teacher be happy. May my teacher be well. May my teacher be safe. May my teacher be peaceful and at ease.”	Take a few minutes throughout the day to do a “feelings check” with yourself. Physically I feel... Mentally I feel... Emotionally I feel... It is important to help students think about how feelings may be different regarding how they may be physically feeling, cognitively feeling and/or emotionally feeling.
Health and Fitness	Write down something you’re thankful for and why	Play Musical Frogs. This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).	When eating a snack today, really pay attention to the taste, feel, sound, smell, and look of the snack you’re eating. What do you notice?	As fast as you can complete: 10 arm circles front & back 10 forward punches 10 raise the roof’s Repeat.	Crane Pose: Here’s a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.	What do you notice around you? Find... <ul style="list-style-type: none"> • Five things you see • Four things you feel • Three things you hear • Two things you smell • One thing you taste

Continuous Learning Challenge - Grade Two

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

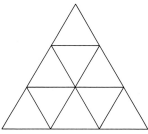
Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Take a die and roll it three times, write down each number to make a three-digit number (or make one without rolling). Now practice counting by twos (or threes if odd), fives, tens to your number. Write them if you need to. Repeat!	Look at a utensil from your kitchen: whisk, pizza cutter, etc. Sketch this tool. Label the parts you know, then think about its purpose. Explain how the shape of this tool helps it do the job!	 <p>How many triangles do you see? Color and outline each triangle.</p>	Find a comfortable spot, take a blanket, a pillow or stuffed animal, and a book. Settle in and read that book!	An anagram is a word that is made by rearranging the letters of another word. (For example: stop, pots, tops, spot) Can you form at least two anagrams for each of these words? Dare, teas, meat, pear, stale.	Write the number that stands for the month you were born in (January is 1, February is 2, March is 3, etc.) Then follow the following steps: 1) Double the number 2) Add six 3) Multiply the new number by 50. 4) Add the day you were born. 5) Subtract 365 6) Add 65 7) Write the new number!
Communication	If you were moving to another country, but could only pack one carry-on sized bag, what would you pack?	Hold a small toy above your head while keeping your eyes closed. Have a person sit across from you and describe the toy. See if you can guess what it is.	Draw six sets of matching pictures on small square pieces of paper or note cards. Flip them over and mix them up. Flip them over to find matches. Play alone or with partners.	Draw your dream castle. Label and communicate what each room is and why they are included in your castle.	Write directions from your class to any place in the school building, like the cafeteria, library, or gym. Be as detailed as possible.	Write about what would happen if the sun never set?
Creativity	Create a thank you card for your mail carrier thanking them for their	Illustrate your meals. Draw a picture of a meal. Either draw if before	Pick two letters from the alphabet, cut a pile of these letters out of old	Backyard scavenger hunt! See if you can find three kinds of leaves,	Think of your best daily routine, for example get dressed, brush	Aluminum foil doodles! Wrap a piece of foil around a cardboard

	work.	you eat or after you eat from your memory. Try to draw it from a different angle than from where you sat.	newspapers, magazines or create your own. Put the letters together to make a creature. When you like the way they look, glue the letters down in the frame on this page.	something yellow, a bird, something red, something that smells good, something that is growing, and name something you see in the sky!	teeth, eat breakfast, and so on. Make drawings for each task on your routine on a piece of paper, place a smiley face each time you complete your task this week.	square. Using markers (sharpies work best) draw a design on your foil!
Critical Thinking	Take two bowls or pans, put some water in one, then add ice to both bowls. Predict which one will melt first? Why do you think it melted first? Why did the other take longer to melt?	Debate whether single use water bottles should be banned? Come up with three arguments for your opinion	Have a parent or sibling draw and write five to ten words or objects on a piece of paper. Study the paper for one minute, then flip it over. See how many you remember? How many times did it take to remember them all?	Try to list five foods that meet these categories. <ul style="list-style-type: none"> • Foods that begin with b • Foods that grow on trees • Foods that grow below ground • Foods that are white • Goods that are usually served at fast food restaurants. 	In early settler times, people traded for goods (things they needed) and services. Then, people began to pay for these goods and services. Explain why you think this changed. Would you rather trade or spend money? Explain why.	Use the following animals: black bear, tiger, koala, elephant, chimpanzee, shrew, cheetah, yak, kangaroo, bat, blue whale, and lion. Sort these animals into the following categories: Strong, fast, large, small. Research the animals if you are unsure.
Collaboration	Gather up your craft materials - whatever you have. Gather your family around and create! Partner up, one person does the work while the other gives directions. You must follow their directions. Switch roles and finish your project. The key is listening to each other!	Make your own bubbles with your family or friend by mixing one cup of water and six tablespoons of dish liquid. Mix and use a spoon with holes to blow bubbles or make your own bubble wand. Be creative! Want huge bubbles? Add one tablespoon Karo syrup if you have it!	Go fly a kite. If you have one, can buy one, or work together to make one, take it outside on a windy day. Use your friend to help you get it in the air. Can you switch flyers without it crashing?	Play a board game with others. Communicate rules, directions and expectations (Guess Who, Sorry, Candy Land, War (with cards).	Help your family with yard work. Offer to help rake, pull weeds, lay mulch, or plant flowers.	Have a family picnic. Plan the meal together and get a blanket. If it is raining, you can do this inside too.
Social Emotional Wellness	Sit outdoors to take in nature. What animals or plants do you	Designate at least two to three times throughout the	Try the SBS exercise to help calm your body and focus your	Talk to a family member about your answers to the following	Take a few minutes throughout the day to do a	Talk with a family member about the following

	<p>expect to see? To hear? Close your eyes and describe the sounds and smells you hear?</p>	<p>day to facilitate a minute of mindfulness. These practices can be simple breathing techniques or some other simple mindful technique. The key point is to make it preventive and not reactive- you don't want mindfulness to be a reactive or punitive tool.</p>	<p>mind. Stand Breathe Sit</p>	<p>questions: <ul style="list-style-type: none"> • What do you do when you make a mistake? • Describe three positive things you could do after making a mistake. </p>	<p>“feelings check” with yourself. Physically I feel... Mentally I feel... Emotionally I feel... It is important to help students think about how feelings may be different regarding how they may be physically feeling, cognitively feeling and/or emotionally feeling.</p>	<p>discussion questions: What is one thing that stopped my learning today? What is one question I still have after my learning today? What is one new thing I learned and understand today?</p>
<p>Health and Fitness</p>	<p>Mindful Snack: When eating a snack today, really pay attention to the taste, feel, sound, smell, and look of the snack you're eating. What do you notice?</p>	<p>Wake and Shake: 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>Mindful Senses: What do you notice around you? Find... <ul style="list-style-type: none"> • Five things you see • Four things you feel • Three things you hear • Two things you smell • One thing you taste </p>	<p>Pick a distance and challenge a family member to a speed walking race. No running!</p>	<p>Limbo: Grab a broom stick and have two family members hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?</p>	<p>Gather rounded objects of varying size. Starting with the largest, try walking around your house keeping the object between your knees.</p>

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.

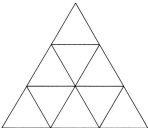
Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Take a die and roll it three times, write down each number to make a 4-digit number (or make one without rolling). Now practice counting by twos (or threes if odd), fives, tens to your number. Write them if you need to. Repeat!	Look at a utensil from your kitchen: whisk, pizza cutter, etc. Sketch this tool. Label the parts you know, then think about its purpose. Explain the simple machines that make this tool.	 <p>How many triangles do you see? Color and outline each triangle. Ask a family member or friend how many they count. Can you agree?</p>	Find a comfortable spot, take a blanket, a pillow or stuffed animal, and a book. Settle in and read that book!	An anagram is a word that is made by rearranging the letters of another word. (For example: stop, pots, tops, spot) Can you form at least two anagrams for each of these words? Dare, teas, meat, pear, stale. What compound words can you make?	Write the number that stands for the month you were born in (January is 1, February is 2, March is 3, etc.) Then follow the following steps: 1) Double the number 2) Add 6 3) Multiply the new number by 50. 4) Add the day you were born. 5) Subtract 365 6) Add 65 7) Write the new number!
Communication	If you were moving to another country, but could only pack one carry-on sized bag, what would you pack?	Hold a small toy above your head while keeping your eyes closed. Have a person sit across from your and describe the toy. See if you can guess what it is.	Draw six sets of matching pictures on small square pieces of paper or note cards. Flip them over and mix them up. Flip them over to find matches. Play alone or with partners.	Draw your dream castle. Label and communicate what each room is and why they are included in your castle..	Write directions from your class to any place in the school building, like the cafeteria, library, or gym. Be as detailed as possible.	Write about what would happen if the sun never set?
Creativity	Create a thank you card for your mail carrier thanking	Illustrate your meals. Draw a picture of a meal. Either	Pick two letters from the alphabet, cut a pile of these	Backyard scavenger hunt! See if you can find three kinds	Create a hidden object drawing! Draw a picture with a bunch of	Create a pan flute! Cut eight straws so they get shorter and

	them for their work.	draw it before you eat or after you eat from your memory. Try to draw it from a different angle than from where you sat	letters out of old newspapers, magazines or create your own. Put the letters together to make a creature. When you like the way they look, glue the letters down in the frame on this page.	of leaves, something yellow, a bird, something red, something that smells good, something that is growing, and name something you see in the sky!	different items in it! In your drawing hide a few items and then see if your family can find them!	shorter. Arrange them by size from longest to shortest with the bottoms all lined up and tape them together. Holding the flute in front of you, blow into each straw. Do the different lengths make different sounds?
Critical Thinking	List five different features a robot would need to successfully cut grass.	Debate whether single use water bottles should be banned? Come up with three arguments for your opinion	Have a parent or sibling draw and write five to ten words or objects on a piece of paper. Study the paper for one minute, then flip it over. See how many you remember? How many times did it take to remember them all?	Try to list five foods that meet these categories. <ul style="list-style-type: none"> • Foods that begin with b • Foods that grow on trees • Foods that grow below ground • Foods that are white • Foods that are usually served at fast food restaurants. 	An anagram is a word that is made by rearranging the letters of another word. (For example: stop, pots, tops, spot) Can you form at least two anagrams for each of these words? Dare, teas, meat, pear, stale.	Sir Isaac Newton stated three Laws of Motion. Number three - for every action there is an equal and opposite reaction. This is cause and effect. Walk around your house or neighborhood. Can you find and write down five examples of cause and effect? Example: Your parents tell you to clean your room, but you don't. (cause) You get in trouble. (effect).
Collaboration	Gather up your craft materials - whatever you have. Gather your family around and create! Partner up, one person does the work while the other gives directions. You must follow their directions.	Make your own bubbles with your family or friend by mixing one cup of water and six tablespoons of dish liquid. Mix and use a spoon with holes to blow bubbles or make your own bubble wand.	Go fly a kite. If you have one, can buy one, or work together to make one, take it outside on a windy day. Use your friend to help you get it in the air. Can you switch flyers without it crashing?	Play a board game with others. Communicate rules, directions and expectations (Guess Who, Sorry, Candy Land, War (with cards).	Help your family with yard work. Offer to help rake, pull weeds, lay mulch, or plant flowers.	Have a family picnic. Plan the meal together and get a blanket. If it is raining, you can do this inside too.

	Switch roles and finish your project. The key is listening to each other!	Be creative! Want huge bubbles? Add one tablespoon Karo syrup if you have it!				
Social Emotional Wellness	Sit on a straight chair or a cross-legged on the floor. Focus on your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale. Once you've narrowed your concentration in this way, begin to widen your focus, aware of sounds, sensations, and your ideas or thoughts. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing.	Designate at least two to three times throughout the day to facilitate a minute of mindfulness. These practices can be simple breathing techniques or some other simple mindful technique. The key point is to make it preventive and not reactive- you don't want mindfulness to be a reactive or punitive tool.	Try the SBS exercise to help calm your body and focus your mind. Stand Breathe Sit	Talk to a family member about your answers to the following questions: <ul style="list-style-type: none"> • What do you do when you make a mistake? • Describe three positive things you could do after making a mistake. 	What does this quote mean to you? "Whether you think you can or you think you can't. You're right." ~Henry Ford	Take a few deep breaths. As you breathe deeply, focus on your heart and visualize softness, warmth, and compassion glowing in your chest. Repeat these phrases: "May I be happy. May I be well. May I be safe. May I be peaceful and at ease." Next, visualize someone else, like your teacher or bus driver. Repeat the same phrase only to replace "I" with the new person. Ex. May my teacher be happy. May my teacher be well. May my teacher be safe. May my teacher be peaceful and at ease."
Health and Fitness	Limbo: Grab a broom stick and have two family members hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	Gather rounded objects of varying size. Starting with the largest, try walking around your house keeping the object between your knees.	Crazy Eights: Complete... Eight jumping jacks Eight leaps Eight frog jumps Eight vertical jumps (as high as you can) Repeat three times	Practice your chest passes against a brick wall. Remember to step towards your target.	Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	When eating a snack today, really pay attention to the taste, feel, sound, smell, and look of the snack you're eating. What do you notice?

Continuous Learning Challenge - Grade Four

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

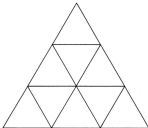
Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Take a die and roll it three times, write down each number to make a five or six-digit number (or make one without rolling). Now practice counting by twos (or threes if odd), fives, tens to your number. Write them if you need to. Repeat!	Look at a utensil from your kitchen: whisk, pizza cutter, etc. Sketch this tool. Label the parts you know, then think about its purpose. Explain the simple machines that make this tool and the forces it uses.	 <p>How many triangles do you see? Color and outline each triangle. Ask a family member or friend how many they count. Can you agree?</p>	Find a comfortable spot, take a blanket, a pillow or stuffed animal, and a book. Settle in and read that book!	An anagram is a word that is made by rearranging the letters of another word. (For example: stop, pots, tops, spot) Can you form at least two anagrams for each of these words? Dare, teas, meat, pear, stale. What compound words can you make?	Write the number that stands for the month you were born in (January is 1, February is 2, March is 3, etc.) Then follow the following steps: 1) Double the number 2) Add 6 3) Multiply the new number by 50. 4) Add the day you were born. 5) Subtract 365 6) Add 65 7) Write the new number!
Communication	Write a friendly letter to your mail carrier thanking them for their work and asking about their job.	Hold a small toy above your head while keeping your eyes closed. Have a person sit across from you and describe the toy. See if you can guess what it is.	Draw six sets of matching pictures on small square pieces of paper or note cards. Flip them over and mix them up. Flip them over to find matches. Play alone or with partners.	Draw your dream castle. Label and communicate what each room is and why they are included in your castle.	Write directions from your class to the following places in the school building: the cafeteria, library, or gym. Be as detailed as possible.	Write about what would happen if the sun never set?
Creativity	Create a hidden object drawing! Draw a picture with a bunch of different items	Illustrate your meals. Draw a picture of a meal. Either draw if before	Pick two letters from the alphabet, cut a pile of these letters out of old	Create a Pan Flute science experiment! Cut eight straws so they get shorter	Draw your pet's portrait with a twist! Use only hot or cold colors to color	Create colorful rain in a glass! Drop a couple drops of two to three colors of

	in it! In your drawing hide a few items and then see if your family can find them!	you eat or after you eat from your memory. Try to draw it from a different angle than from where you sat	newspapers, magazines or create your own. Put the letters together to make a creature. When you like the way they look, glue the letters down in the frame on this page.	and shorter. Arrange them by size from longest to shortest with the bottoms all lined up and tape them together. Holding the flute in front of you, blow into each straw. Do the different lengths make different sounds?	your pet. If you don't have a pet, draw an imaginary pet! But be sure to use the warm or cool colors only!	food coloring into vegetable oil. Stir vigorously. Pour oil mixture into a glass of water. The oil will rise to the top and the food coloring will drop down like colorful rain!
Critical Thinking	List five different features a robot would need to successfully put a roof on a house.	Debate whether single use water bottles should be banned? Come up with three arguments for your opinion	Have a parent or sibling draw and write five to ten words or objects on a piece of paper. Study the paper for one minute, then flip it over. See how many you remember? How many times did it take to remember them all?	Try to list five foods that meet these categories. <ul style="list-style-type: none"> • Foods that begin with b • Foods that grow on trees • Foods that grow below ground • Foods that are white • Goods that are usually served at fast food restaurants. 	An anagram is a word that is made by rearranging the letters of another word. (For example: stop, pots, tops, spot) Can you form at least two anagrams for each of these words? Dare, teas, meat, pear, stale.	Sir Isaac Newton stated three Laws of Motion. Number three - for every action there is an equal and opposite reaction. This is cause and effect. Walk around your house or neighborhood. Can you find and write down five examples of cause and effect? Example: Your parents tell you to clean your room, but you don't. (cause) You get in trouble. (effect).
Collaboration	Gather up your craft materials - whatever you have. Gather your family around and create! Partner up, one person does the work while the other gives directions. You must follow their directions.	Make your own bubbles with your family or friend by mixing one cup of water and six tablespoons of dish liquid. Mix and use a spoon with holes to blow bubbles or make your own bubble wand.	Go fly a kite. If you have one, can buy one, or work together to make one, take it outside on a windy day. Use your friend to help you get it in the air. Can you switch flyers without it crashing?	Play a board game with others. Communicate rules, directions and expectations.	Help your family with yard work. Offer to help rake, pull weeds, lay mulch, or plant flowers. Call an older neighbor and ask if you (and a sibling?) can do yard work for them.	Have a family picnic. Plan the meal together and get a blanket. If it is raining, you can do this inside too.

	Switch roles and finish your project. The key is listening to each other!	Be creative! Want huge bubbles? Add one tablespoon Karo syrup if you have it!				
Social Emotional Wellness	Sit on a straight chair or a cross-legged on the floor. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale. Once you've narrowed your concentration in this way, begin to widen your focus, aware of sounds, sensations, and your ideas or thoughts. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing.	Designate at least two to three times throughout the day to facilitate a minute of mindfulness. These practices can be simple breathing techniques or some other simple mindful technique. The key point is to make it preventive and not reactive- you don't want mindfulness to be a reactive or punitive tool.	Talk with a family member about the following discussion questions: What is one thing that stopped my learning today? What is one question I still have after my learning today? What is one new thing I learned and understand today?	Many people dream of being successful, but their actions can sometimes hold them back. Think about a time in your life that your emotions got the best of you. What did you learn from the experience? What are some ways can you be sure that your actions help you to achieve your goals in life?	Talk to a family member about your answers to the following questions: <ul style="list-style-type: none"> • What do you do when you make a mistake? • Describe three positive things you could do after making a mistake. 	What does this quote mean to you? "Whether you think you can or you think you can't. You're right." ~Henry Ford
Health and Fitness	Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	Army Crawl: Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.	Pretend to- Sit in a chair for 10 seconds Shoot a basketball 10 times Ride a horse Be a frog Lift a car	Limbo: Grab a broom stick and have two family members hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	Pick a distance and challenge a family member to a speed walking race. No running!	Gather rounded objects of varying size. Starting with the largest, try walking around your house keeping the object between your knees.

Continuous Learning Challenge - Grade Five

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

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Take a die and roll it three times, write down each number to make a five or six-digit number (or make one without rolling). Now practice counting by twos (or threes if odd), fives, tens to your number. Write them if you need to. Repeat!	Look at a utensil from your kitchen: whisk, pizza cutter, etc. Sketch this tool. Label the parts you know, then think about its purpose. Explain the simple machines that make this tool and the forces it uses.	Find a comfortable spot, take a blanket, a pillow or stuffed animal, and a book. Settle in and read that book!	An anagram is a word that is made by rearranging the letters of another word. (For example: stop, pots, tops, spot) Can you form at least two anagrams for each of these words? Dare, teas, meat, pear, stale. What compound words can you make?	Write the number that stands for the month you were born in (January is 1, February is 2, March is 3, etc.) Then follow the following steps: 1) Double the number 2) Add 6 3) Multiply the new number by 50. 4) Add the day you were born. 5) Subtract 365 6) Add 65 7) Write the new number!	 <p>How many triangles do you see? Color and outline each triangle. Ask a family member or friend how many they count. Can you agree?</p>
Communication	Write friendly letter to your mail carrier thanking them for their work and asking about their job	Hold a small toy above your head while keeping your eyes closed. Have a person sit across from you and describe the toy. See if you can guess what it is.	Draw six sets of matching pictures on small square pieces of paper or note cards. Flip them over and mix them up. Flip them over to find matches. Play alone or with partners.	Draw your dream castle. Label and communicate what each room is and why they are included in your castle.	Write directions from your class to the following places in the school building: the cafeteria, library, or gym. Be as detailed as possible.	Write about what would happen if the sun never set?
Creativity	Practice origami! Visit https://www.the-sprucecrafts.com/top-origami-f	Illustrate your meals. Draw a picture of a meal. Either draw it before	Pick two letters from the alphabet, cut a pile of these letters out of old	Create your own song lyrics! Think of your favorite song, how it inspired	Draw your pet's portrait with a twist! Use only hot or cold colors to color	Create colorful rain in a glass! Drop a couple drops of two to three colors of

	<p>or-beginners-2540688 and choose one of the origami projects to create! Be sure you are using square paper!</p>	<p>you eat or after you eat from your memory. Try to draw it from a different angle than from where you sat</p>	<p>newspapers, magazines or create your own. Put the letters together to make a creature. When you like the way they look, glue the letters down in the frame on this page.</p>	<p>you, how it made you feel. Write your own inspirational lyrics.</p>	<p>your pet. If you don't have a pet, draw an imaginary pet! But be sure to use the warm or cool colors only!</p>	<p>food coloring into vegetable oil. Stir vigorously. Pour oil mixture into a glass of water. The oil will rise to the top and the food coloring will drop down like colorful rain!</p>
Critical Thinking	<p>List five different features a robot would need to successfully drive a car.</p>	<p>Debate whether single use water bottles should be banned? Come up with three arguments for your opinion</p>	<p>Have your parent or sibling draw and write 5-10 words or objects on a piece of paper. Study the paper for one minute, then flip it over. See how many you remember? How many times did it take to remember them all?</p>	<p>Try to list five foods that meet these categories.</p> <ul style="list-style-type: none"> • Foods that begin with b • Foods that grow on trees • Foods that grow below ground • Foods that are white • Goods that are usually served at fast food restaurants. 	<p>An anagram is a word that is made by rearranging the letters of another word. (For example: stop, pots, tops, spot) Can you form at least two anagrams for each of these words? Dare, teas, meat, pear, stale.</p>	<p>Talk with a family member about the following discussion questions: What is one thing that stopped my learning today? What is one question I still have after my learning today? What is one new thing I learned and understand today?</p>
Collaboration	<p>Gather up your craft materials - whatever you have. Gather your family around and create! Partner up, one person does the work while the other gives directions. You must follow their directions. Switch roles and finish your project. The key is listening to each other!</p>	<p>Make your own bubbles with your family or friend by mixing one cup of water and six tablespoons of dish liquid. Mix and use a spoon with holes to blow bubbles or make your own bubble wand. Be creative! Want huge bubbles? Add one tablespoon Karo syrup if you have it!</p>	<p>Play a board game with others. Communicate rules, directions and expectations.</p>	<p>Help your family with yard work. Offer to help rake, pull weeds, lay mulch, or plant flowers. Call an older neighbor and ask if you (and a sibling?) can do yard work for them.</p>	<p>Have a family picnic. Plan the meal together and get a blanket. If it is raining, you can do this inside too.</p>	<p>Go fly a kite. If you have one, can buy one, or work together to make one, take it outside on a windy day. Use your friend to help you get it in the air. Can you switch flyers without it crashing?</p>
Social Emotional	<p>Sit on a straight chair or a cross-legged on</p>	<p>Designate at least two to three times</p>	<p>Many people dream of being successful, but</p>	<p>Talk to a family member about your answers to</p>	<p>What does this quote mean to you?</p>	<p>Take a few deep breaths. As you breathe</p>

<p>Wellness</p>	<p>the floor. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale. Once you've narrowed your concentration in this way, begin to widen your focus, aware of sounds, sensations, and your ideas or thoughts. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing.</p>	<p>throughout the day to facilitate a minute of mindfulness. These practices can be simple breathing techniques or some other simple mindful technique. The key point is to make it preventive and not reactive- you don't want mindfulness to be a reactive or punitive tool.</p>	<p>their actions can sometimes hold them back. Think about a time in your life that your emotions got the best of you. What did you learn from the experience? What are some ways can you be sure that your actions help you to achieve your goals in life?</p>	<p>the following questions:</p> <ul style="list-style-type: none"> • What do you do when you make a mistake? • Describe three positive things you could do after making a mistake. 	<p>"Whether you think you can or you think you can't. You're right." ~Henry Ford</p>	<p>deeply, focus on your heart and visualize softness, warmth, and compassion glowing in your chest. Repeat these phrases: "May I be happy. May I be well. May I be safe. May I be peaceful and at ease." Next, visualize someone else, like your teacher or bus driver. Repeat the same phrase only to replace "I" with the new person. Ex. May my teacher be happy. May my teacher be well. May my teacher be safe. May my teacher be peaceful and at ease."</p>
<p>Health and Fitness</p>	<p>Put on your favorite song or turn on the radio. Dance however you like during the entire song! Ask a family member to join you!</p>	<p>Gather rounded objects of varying size. Starting with the largest, try walking around your house keeping the object between your knees.</p>	<p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>Do an act of kindness for someone and encourage them to pay it forward.</p>	<p>Face each wall in a room and do a different exercise for 30 seconds</p> <ul style="list-style-type: none"> • Side shuffle • Grapevine to left then right • Wide stance punches • Vertical jumps 	<p>Go for a walk with your family while playing a game of I Spy!</p>

Continuous Learning Challenge - Middle School

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

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Using the digits zero to nine, at most once, fill in the blanks to make the smallest possible least common multiple. A = □□□ B = □□ C = □□	Crash Course Series! Watch <i>Part 3 of the Immune System</i> . https://www.youtube.com/watch?v=rd2cf5hVaIM Explain the difference between B Cells and T Cells.	You have been tasked by NASA to determine how to make fresh fruit last longer for astronauts in space. Complete this activity http://kidsciencechallenge.com/pdfs/2011activities/Meals-on-Mars_What-Rot.pdf to determine what you can do to help fruit last longer in space!	During the month of Ramadan, many Muslims fast during the day. Research the discipline of fasting and the science of the benefits and/or challenges.	Pandemic Research: How and why did cholera spread so quickly in Haiti in 2010?	Play A Google A Day! A fun online game that challenges your research skills: http://www.agoogleaday.com/
Communication	Write a letter (or set of letters) of encouragement and drop it off in a neighbor’s mailbox.	Identify 10 words for items in and around your home that originated from another language. For example: Garage originated from the French word “garer”, meaning shelter.	Play the game “Telephone” - https://icebreakerideas.com/telephone-game/ with your family or friends.	Search a popular hashtag such as: #COVID19 or #SpiderVerse. Think of the who, what, when, where, and why people use hashtags.	What is the history of Mother’s Day? This coming week or month, find creative and educational ways to celebrate your mother or mother-like figure in your life.	Write a Thank You letter to your favorite teacher and make sure to send it to them by the end of the month.
Creativity	Sketch out a scene in your home that is representative	Establish a theme for every day of the week!	Take a selfie of yourself everyday of the week. Plan it	Using lined paper write your name in all capital letters.	Practice origami! Visit https://www.theprucecrafts.co	Create your own stencils! Using parchment or


	of your family's time during remote learning.	For example: Wednesday can be "Wacky Hair Wednesday"	out so that by the end of the week, the set of seven pictures appear to be interacting.	Using a protractor, measure the angles of your letters. Type designers have the job of making the fonts we use and pay close attention to these angles!	m/top-origami-for-beginners-2540688 and choose one of the origami projects to create! Be sure you are using square paper!	wax paper draw a design. Cut the negative space out of your design. Using watercolor lightly brush the paint across, your wax paper should act as a stencil and resist the paint!
Critical Thinking	Watch this short clip on 5G Wireless Technology - https://www.cnn.com/videos/business/2018/10/03/5g-explained-orig.cnn-business . Consider the benefits and drawbacks to this technology. Make an argument defending the expansion of 5G networks and an argument against its invasive spread.	Plan your family's next dream vacation. Be able to justify where you want to travel, which method of transportation would be most efficient, and when you think it would be safest and cheapest to go.	Parts of Indiana and Marion County are opening back up this month. Journal about how that makes you feel. Are you excited? Nervous? What is one of the first things you will do when the stay-at-home-order is lifted?	Play 20 questions with a member of your family with all things relevant in the media.	Create a quiz of yourself and give to a family member! See how many they can get right. Bonus: If they create a quiz and have you take it!	On a piece of paper, write down your 10 favorite songs. Can you connect what they are about in any way? If so, on one side of paper, create an album cover entitled whatever theme you found along with artistic elements that represent that theme, and on the other side, write the title of each song and artist, just like an album cover!
Collaboration	Start a <u>Kitchen Olympics</u> in your house! Get some cool ideas here: https://teachmean.com/minute-win-games-kids-family/	Help your mom, dad, brother, sister, or another member of your household with a project they are working on. It can be clearing, home improvement, or something work or school-related.	Create a #FlipTheSwitch TikTok challenge with someone else in your family.	Play a game with your siblings, friends, or caretaker.	Call a friend or relative and tell part of a story and stop at an exciting part. Then have them tell the next part of the story and stop at an exciting part. Continue until you finish the story.	Work with your family to complete a goal or project.
Social Emotional Wellness	Designate at least two to three times throughout the day to facilitate	Sit on a straight chair or a cross-legged on the floor. Focus on an aspect of	Talk with a family member about the following discussion	Many people dream of being successful, but their actions can sometimes	What does this quote mean to you? "Whether you think you can or	Take a few deep breaths. As you breathe deeply, focus on your heart

	<p>a minute of mindfulness. These practices can be simple breathing techniques or some other simple mindful technique. The key point is to make it preventive and not reactive- you don't want mindfulness to be a reactive or punitive tool.</p>	<p>your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale. Once you've narrowed your concentration in this way, begin to widen your focus, aware of sounds, sensations, and your ideas or thoughts. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing.</p>	<p>questions: What is one thing that stopped my learning today? What is one question I still have after my learning today? What is one new thing I learned and understand today?</p>	<p>hold them back. Think about a time in your life that your emotions got the best of you. What did you learn from the experience? What are some ways can you be sure that your actions help you to achieve your goals in life?</p>	<p>you think you can't. You're right." ~Henry Ford</p>	<p>and visualize softness, warmth, and compassion glowing in your chest. Repeat these phrases: "May I be happy. May I be well. May I be safe. May I be peaceful and at ease." Next, visualize someone else, like your teacher or bus driver. Repeat the same phrase only to replace "I" with the new person. Ex. May my teacher be happy. May my teacher be well. May my teacher be safe. May my teacher be peaceful and at ease."</p>
<p>Health and Fitness</p>	<p>Take a deck of cards, flip the top card. Complete exercises based on the suit and number on the card. Face cards are worth 15. Spades- jumping jacks. Clubs- squats. Hearts- mountain climbers. Diamonds- your choice</p>	<p>Try to jump rope to an entire song without stopping.</p>	<p>Slide to your left for 10 steps, slide to the right for 10 steps then face forward and sprint for 10 seconds.</p>	<p>Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.</p>	<p>Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>	<p>Do this:</p> <ul style="list-style-type: none"> ● Hop on one leg 30 times, switch legs ● Take 10 giant steps ● Walk on your knees ● Do a silly dance ● Sprint for 10 seconds

Continuous Learning Challenge - High School

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

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read independently every day this week increasing your time in five minute intervals.	Read this article - https://tinyurl.com/y8s8ew7v about the return of sports during Covid-19. Practice annotating the article and answer the questions at the bottom.	Watch a documentary on PBS, Netflix or any platform. While watching it, identify the argument the producer is trying to create. Look for examples in the documentary where the information might be skewed to play into their point of view.	Make a crossword puzzle for social studies content you are studying. You may have to use lined paper, pencils and a straight edge of some type. Tip: Lay out your words first.	Who was the Indiana Suffragist Arcada Stark Balz? Design a baseball card, one-pager, or a representation of your choice explaining who she was and her importance to voting rights in Indiana.	Start a rhythm band with friends or family. Jump onto a meeting platform with friends or circle up your family in a room of the house. Everyone should bring a different object to create percussion sounds. Create musical sounds with the objects and work to develop a “tune” with the objects playing together.
Communication	Ask a parent or guardian to show you a monthly bill they receive. Have them explain all the information on the bill and the process they go through to pay it.	Write a letter to either a local or state representative. Tell them about an issue that is important to you and how you would like for them to become more involved.	Design a logo and bumper sticker that Indiana suffragist Carrie Barnes would have used?	Create a pretend social media account for a cause or issue that you have studied. What would the profile be? What images would be included?	Reflect on how your ideas of communication have changed during this semester. Journal about what you have learned about yourself in providing and receiving different types of communication.	What emojis would you suggest your favorite social media platform should add? Explain why. Offer the suggestion to the company.
Creativity	Practice	Create your	Just paint!	Create your	Find a logo for	Week seven

	<p>origami! Visit https://www.theprucecrafts.com/top-origami-for-beginners-2540688 and choose one of the origami projects to create! Be sure you are using square paper!</p>	<p>own stencils! Using parchment or wax paper draw a design. Cut the negative space out of your design. Using watercolor lightly brush the paint across, your wax paper should act as a stencil and resist the paint!</p>	<p>Using watercolors begin by painting your page with water first, now brush one or two colors across your page. While your color is still wet slowly drop on rubbing alcohol. Watch how the paint moves. Use this page as the background for a drawing or an inspirational quote!</p>	<p>own song lyrics! Think of your favorite song, how it inspired you, how it made you feel. Write your own inspirational lyrics.</p>	<p>a restaurant. What do you like about it, what do you dislike? Change the logo to make it look how you think it should look.</p>	<p>Journal Prompt! Write about or draw the first idea that comes to mind when you read this week's theme of <u>vacation</u>. (You can do this in the journal you made last week).</p>
<p>Critical Thinking</p>	<p>Watch a youtube video of how to sew on a button and teach yourself.</p>	<p>Shop for an apartment in a place you think you would like to live. If you have a budget of \$600, think about if you will need a roommate(s) and who you think they would be.</p>	<p>Look at this https://www.nytimes.com/2020/04/24/learning/dollar-bills.html from The New York Times and answer the question, "What story does this image inspire for you?"</p> 	<p>Choose your favorite character from a children's book you liked. Write a story that outlines what you think that character is up to now. Just like your life has moved on, what is that character up to now?</p>	<p>Create a six-word memoir. Create a story that represents who you are, but you can only use six words. You can watch this https://www.youtube.com/watch?v=ejndNExso9M for brainstorming ideas.</p>	<p>Discuss this question or write about it as it pertains to these times: If a small business owner had to close her business and was denied unemployment, should the owner re-open her business despite the enforced closure? What would you do and why? What would impact your decision?</p>
<p>Collaboration</p>	<p>Ask a parent or guardian to teach you how to do a household chore. Think about skills you will need when you live on your own: doing the laundry, mowing the lawn or vacuuming the</p>	<p>Find a puzzle in your home, from a friend, or neighbor and work together to put it together.</p>	<p>In the school you attend, what is something that you believe could use more input from the student perspective? How would you suggest to administrators a way, including the steps</p>	<p>Think about some content you have learned recently. Come up with a question about that content that might be difficult to answer. Contact a colleague in that same</p>	<p>Play the game Taboo with your family and the people you live with during this time. The game cards can be based on content you have learned in class, current events, family members, etc. This game can</p>	<p>Talk about the importance of traditions in your family. What is a tradition that your parents recall from their childhood? What traditions have you started in the past few months? Will</p>

	floor.		necessary, to bring about more collaboration on the issue? Future issues and decisions?	course and ask the question. Try to stump them.	be played without having the actual game itself. You may have to improvise a little and don't sweat the details. Taboo Instructions: https://www.youtube.com/watch?v=4QeA4nrcQVQ	those new traditions continue?
Social Emotional Wellness	Designate at least two to three times throughout the day to facilitate a minute of mindfulness. These practices can be simple breathing techniques or some other simple mindful technique. The key point is to make it preventive and not reactive- you don't want mindfulness to be a reactive or punitive tool.	Sit on a straight chair or a cross-legged on the floor. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale. Once you've narrowed your concentration in this way, begin to widen your focus, aware of sounds, sensations, and your ideas or thoughts. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing.	Talk with a family member about the following discussion questions: What is one thing that stopped my learning today? What is one question I still have after my learning today? What is one new thing I learned and understand today?	Many people dream of being successful, but their actions can sometimes hold them back. Think about a time in your life that your emotions got the best of you. What did you learn from the experience? What are some ways can you be sure that your actions help you to achieve your goals in life?	What does this quote mean to you? "Whether you think you can or you think you can't. You're right." ~Henry Ford	Take a few deep breaths. As you breathe deeply, focus on your heart and visualize softness, warmth, and compassion glowing in your chest. Repeat these phrases: "May I be happy. May I be well. May I be safe. May I be peaceful and at ease." Next, visualize someone else, like your teacher or bus driver. Repeat the same phrase only to replace "I" with the new person. Ex. May my teacher be happy. May my teacher be well. May my teacher be safe. May my teacher be peaceful and at ease."
Health and Fitness	Complete 25 of the following: <ul style="list-style-type: none"> • High skip • Squat jumps • High knees • Walk 	How long can you go? On a treadmill or outside test your cardio endurance and	Empty your mind before you go to bed by writing a note about what you're thinking	Dribble a ball 100 times with each hand. Can you successfully dribble 100	Take a deck of cards, flip the top card. Complete exercises based on the	Leave five positive sticky notes somewhere in your house for family members

	backwards	see how long you can run without stopping. Stretch when done.	and leave it for tomorrow.	times with each hand while moving?	suit and number on the card. Face cards are worth 15. Spades- jumping jacks. Clubs- squats. Hearts- mountain climbers. Diamonds- your choice	to find.
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