



## **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>	Play Puddle Jump. Cut out “puddles” from blue construction paper. Write a number between zero to 20 on each “puddle”. Lay the “puddles” on the ground. Jump from number to number in order, counting backwards, one more or one less; the possibilities are endless!	Play Water Balloon Math. Create four or more targets on paper with any number zero to 15. Fill water balloons and write equations on the balloons that will equal your targets. Read the equations and aim for the correct target.	Make a kaleidoscope. Use an empty Pringles can or other tube shaped container. Glue aluminum foil to cover the inside of the tube. Decorate the outside of the tube with colored paper, markers, stickers, etc. With an adult’s help, punch an eye hole in the sealed end of the tube. Use glitter, sequins, colorful tissue paper, etc. to decorate the lid. Put the lid on the can and you are ready to watch the colors reflect!	Make a list of all of your favorite summer activities. Practice stretching out the word to sound out the word.	Count how many insects you see each day this week. How many did you see altogether?	Visit the Indianapolis Zoo virtually ( <a href="https://www.indianapoliszoo.com/webcams/">https://www.indianapoliszoo.com/webcams/</a> ). Pick one of the animals to research by observing. Create an animal fact sheet by drawing the animal and at least two facts from your observations.
<b>Communication</b>	Think about your year spent in kindergarten. What was the best part? What was the worst part? What would you like to tell your teacher? Write and draw about	Pretend you are the principal of your school. What are some things you would change for next year? More recess? More math time? Write	Facetime a family member and tell them your favorite things about kindergarten. Did you have a favorite field trip? Are you excited for first grade? How will	Pretend you are going on a picnic? What food would you take in your picnic basket? Who would go with you? Where would you go? How would you get	What is your favorite kind of donut? Do you like chocolate donuts? Donuts with sprinkles? Describe your favorite donut to a family member. What is this family	Think about a dream vacation to go on with your family. Where would you go? How would you get there? How much money would it cost? What

	it, then share it with a family member..	down your new policies.	First Grade be different from Kindergarten?	there? Tell a family member about your picnic.	member's favorite donut? Would you eat this donut too?	family members would be going? Draw a picture and write about your dream vacation, then share with a family member.
<b>Creativity</b>	Ask a family member for help making homemade spray paint. Take an empty spray bottle(s) and fill with water and a couple drops of food coloring. Take some paper and the bottle(s) outside and spray the paper with paint.	<p>Create sponge boats.</p>  <p>Ask for a new sponge that you can cut. Cut it into three to five pieces. Then cut some paper to use as the sails. Stick a toothpick, popsicle stick, or straw through the paper and the sponge. With adult help, put your boats in water and see which one is fastest.</p>	Using sidewalk chalk, draw an obstacle course or make up a game like hopscotch on the sidewalk. Teach someone else how to do the obstacle course or play the game.	Use things you find outside like rocks, sticks, leaves, pinecones etc. to create a design on the ground outside.	Wash your hands, then using toothpicks and grapes build a sculpture. Show it to a family member, then eat the grapes as a snack.	On a rainy day, draw a picture using washable markers. Set it out in the rain, then from a dry place watch what happens to the colors in your drawing. Do you like your drawing better before or after the rain?
<b>Critical Thinking</b>	Imagine you owned a restaurant. What kind of restaurant would it be? What kind of food is served? Finally, draw a picture of your restaurant and make a short list of some of the items on the menu.	Imagine you are a kite flying high in the sky. What would the ground look like below? Would you be able to fly higher than buildings? Draw a picture of what you would see.	Design a new board game. What is the game called? What are the rules? How many people can play? Draw a picture of your game and explain the rules to a family member.	Build a marble run using objects around your house. These could be playdough and cookie pan, paper towel rolls and tape, or lego bricks. Construct the marble run and test your course.	Think about different jobs people can have in your community. What jobs would you be good at? Which jobs would you not want to have? Explain your answers to a family member.	Set a small cup of water to the side. Take a small dinner plate and place Skittles around the edge. Before you put the water on the plate, make a prediction about what will happen next. Pour the water on the plate until the skittles are half covered. Draw a picture showing what happened.

<p><b>Collaboration</b></p>	<p>With a family member look up some magic tricks and try to perform them together. After you've learned some tricks, put on a magic show for the family.</p>	<p>With a family member create a taste test. Blindfold the taster and see if they can name what they are tasting. Now switch places and see if you can name what they give you.</p>	<p>Ask a family member to help you collect items you can line up, such as empty water bottles or soda cans. Line them up in a triangle, like bowling pins. Choose a starting line and mark with tape, then roll the ball and try to know down as many "pins" as possible. Take turns rolling until the first person reaches 100.</p>	<p>Work with a family member to create a family tree. If possible, go beyond great-grandparents. Ask your family member to tell you stories about the relatives you don't know or don't remember.</p>	<p>With multiple family members, plan and put on a family talent show. What hidden talents do your family members have?</p>	<p>Look up a recipe for popsicles together and choose one that matches the ingredients in your home. An easy recipe to consider is Jell-O mix, Kool-Aid, sugar and water. A healthier version is Jell-O, banana, and plain yogurt. Be creative, and make up a secret family recipe for one. Freeze in popsicle molds or little cups with popsicle sticks.</p>
<p><b>Social Emotional Wellness</b></p>	<p>Have a "freeze party" with your family or mates. Play some music and start your fancy dance. Once the music has stopped, freeze and don't move. Were you able to dance with others using your parents or your phone?</p>	<p>Red Light, Green Light – kids move on the green light and stop on the red light. Don't get caught moving on the red light.</p>	<p>Rest and recovery. Take a power nap to energize for the day.</p>	<p>Draw a picture to brighten someone's day. Put it in their mailbox. How did it make you feel to bring joy to others?</p>	<p>Utilizing a breathing square to practice mindfulness breathing. Draw a square. Starting at the top left corner of the square, take a deep breath in and hold for four seconds. Release at the top right corner slowly for four seconds (taking you to the bottom right corner). Repeat for each side and decrease by one second each round.</p>	<p>Working with your parents or siblings, have them read you a story, but not the ending. Collaborate with your helper to come up with a new ending. How was it different from the original?</p>
<p><b>Health and Fitness</b></p>	<p>Share your favorite physical activity with a family member</p>	<p>Draw a hopscotch or four-square board with</p>	<p>Try a new fruit or vegetable today. How was it?</p>	<p>Explore open areas in your neighborhood or a nearby</p>	<p>Play catch with a family member. While doing so, listen</p>	<p>Dribble a ball while taking a walk with a family member.</p>

	by participating in it together!	sidewalk chalk and play a game with your family!		park by trying to fly a kite.	to music!	Use your feet or hands.
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## 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>	Play Water Balloon Math. Create four or more targets on paper with any number zero to 20. Fill water balloons and write equations on the balloons that will equal your targets. Read the equations and aim for the correct target.	How many smaller words can you find in the word <i>watermelon</i> ?	List all of your favorite ice cream flavors. Now put them in alphabetical order.	Invent a tool to help you do chores more easily. Draw a picture of it. Then, try to make a prototype from recyclable materials.	Start a wildflower collection. When you are out on a walk, start collecting different wildflowers you see. You can press them in a scrapbook to keep for years to come. After you have your collection, sort the wildflowers by color, size, shape, or any other category.	Play Puddle Jump. Cut out "puddles" from blue construction paper. Write a number between zero to 20 on each "puddle". Lay the "puddles" on the ground. Jump from number to number in order, counting backwards, one more or one less; the possibilities are endless!
<b>Communication</b>	Think about your year spent in First Grade, and write about it. What was the best part? What was the worst part? What would you like to tell your teacher?	Pretend you are the President of the United States. What would you change as President? What things are the most important to you? Prepare a short 3 minute speech.	Pretend you are a news reporter. Think about something happening in your community or in the world. Talk with someone in your family about what is happening. What is happening? Is it good or bad?	Facetime a family member and tell them about your favorite parts of First Grade. Tell them what you are looking forward to in Second Grade. Are you nervous? Do you think it will be more challenging?	Pretend you are the principal at your school. What would you want to tell the students? Would you change any rules? Extra lunch choices? Extra math time? Write down your new policies.	What is your favorite donut? Describe your favorite donut to a family member. Ask a family member about his or her favorite donut. Do you like this donut too?
<b>Creativity</b>	Ask a family member for	Create sponge boats.	Using sidewalk chalk, draw an	Use things you find outside like	Wash your hands, then	On a rainy day, draw a picture

	<p>help making homemade spray paint. Take an empty spray bottle(s) and fill with water and a couple drops of food coloring. Take some paper and the bottle(s) outside and spray the paper with paint.</p>	 <p>Ask for a new sponge that you can cut. Cut it into three to five pieces. Then cut some paper to use as the sails. Stick a toothpick, popsicle stick, or straw through the paper and the sponge. With adult help, put your boats in water and see which one is fastest.</p>	<p>obstacle course or make up a game like hopscotch on the sidewalk. Teach someone else how to do the obstacle course or play the game.</p>	<p>rocks, sticks, leaves, pinecones etc. to create a design on the ground outside. Create something and ask a family member to guess what it is.</p>	<p>using toothpicks and grapes build a sculpture. How high can you make it without it falling over? Show it to a family member, then eat the grapes as a snack.</p>	<p>using washable markers. Set it out in the rain, then from a dry place watch what happens to the colors in your drawing. Do you like your drawing better before or after the rain?</p>
<p><b>Critical Thinking</b></p>	<p>Imagine you are a construction worker building a house. Make a list of the tools and materials you will need. Draw a picture of your house.</p>	<p>Think about what it means to be a good citizen. Can you name people who show good citizenship? How can you be a good citizen?</p>	<p>Create a new recipe. Make a list of the ingredients you'll need to make this recipe. Draw pictures showing how to make it.</p>	<p>Draw a map of your neighborhood or favorite place to go on vacation. Label the different places on the map. (i.e. building names, places, street names, etc.)</p>	<p>Write a letter to a Kindergarten student who will be a first grader in the fall. What would you tell them about first grade? What advice would you tell them?</p>	<p>How would you change the world when you grow up? Draw a picture and write three sentences about this.</p>
<p><b>Collaboration</b></p>	<p>Use a deck of cards with the number cards only. Give each player six cards. Take turns laying down two cards at a time and saying the sum. Each pair of cards laid by a player must have a higher sum than the last. If a player doesn't have a higher sum, they can draw two cards. If they still don't</p>	<p>With a family member look up some magic tricks and try to perform them together. After you've learned some tricks, put on a magic show for the family.</p>	<p>With a family member create a taste test. Blindfold the taster and see if they can name what they are tasting. Now switch places and see if you can name what they give you.</p>	<p>Ask a family member to help you collect items you can line up, such as empty water bottles or soda cans. Line them up in a triangle, like bowling pins. Choose a starting line and mark with tape, then roll the ball and try to know down as many "pins" as possible. Take turns rolling until the first</p>	<p>Work with a family member to create a family tree. If possible, go beyond great-grandparents. Ask your family member to tell you stories about the relatives you don't know or don't remember.</p>	<p>With multiple family members, plan and put on a family talent show. What hidden talents do your family members have?</p>

	have a higher sum, then the hand starts over with the person who laid the last sum. First player out of cards wins.			person reaches 100.		
<b>Social Emotional Wellness</b>	Have a “freeze party” with your family or mates. Play some music and start your fancy dance. Once the music has stopped, freeze and don’t move. Were you able to dance with others using your parents or your phone?	Red Light, Green Light – kids move on the green light and stop on the red light. Don’t get caught moving on the red light.	Rest and recovery. Take a power nap to energize for the day.	Draw a picture to brighten someone’s day. Put it in their mailbox. How did it make you feel to bring joy to others?	Utilizing a breathing square to practice mindfulness breathing. Draw a square. Starting at the top left corner of the square, take a deep breath in and hold for four seconds. Release at the top right corner slowly for four seconds (taking you to the bottom right corner). Repeat for each side and decrease by one second each round.	Working with your parents or siblings, have them read you a story, but not the ending. Collaborate with your helper to come up with a new ending. How was it different from the original?
<b>Health and Fitness</b>	Explore local places to fish in your neighborhood or in a nearby park with a trusted parent or family member.	Wake up early for a morning walk around the neighborhood to beat the hot temperatures of the afternoon!	Can you jump back and forth over a line for one minute? Two minutes? Try jumping side to side.	Are you eating five to seven fruits and veggies everyday? Try a new fruit and veggie today!	Use a balloon and practice tapping the balloon about your head with your right hand then your left hand for 25 taps.	Draw a variety of pathways (straight, curvy, zig zag) and practice balancing and walking the pathways.

## 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>	Take a piece of paper and pencil. Draw a line across. Label one end zero and the other end 1,000. Now, use dice to roll numbers then plot them on your number line. How many can you get on your number line?	Choose something to read then find an unusual reading spot. Think about the bathtub, stairs, be creative, but safe!	Measure different objects in the house, then try to find objects in the house that are the same length, or height.	Grab a pile of coins (or check all of the cushions on your furniture). Count it up, how much do you have?	The weather is getting warmer, what are the interesting places you can do things outside in your area? Create a poster to make someone want to visit there!	Take a walk and observe the living organisms you see. Living organisms are trees, plants, animals, insects. How many do you see?
<b>Communication</b>	If animals could speak, which one would have the most terrifying voice? And what would it sound like?	If you could pick one friend to hang out with after this quarantine is over, who would it be and what would you do together?	Would you rather wear your shoes on the wrong feet or wear your pants backwards?	Phone a Pacers player at 317-275-4444 or 877-275-9007 Listen carefully to the story - challenge yourself to retell the story to a friend or family member.	Choose a subject (favorite sport, topic, food, etc.) write about it a little each day. Include your questions, opinions, and knowledge.	Choose an item in the house. Get a family member to guess the item using only yes or no questions. If they figure it out, it's their turn.
<b>Creativity</b>	Using your back yard or neighborhood make your own treasure map! Be sure to draw special locations on your map and don't forget to mark where	Pressing flowers! Did you know you can preserve a flower by squishing it? Pick a flower from outside (make sure it is okay to pick first). Fold a	Have a virtual lunch with the well known children's illustrator, Mo Willems and doodle along! #MoLunchDoodles <a href="https://www.kennedy-center.org">https://www.kennedy-center.org</a>	Make your own stamps! Many household items can be used as stamps. Think of things like sponges, the cut base of celery, bubble wrap, or empty	Make a worry monster! You have a pet monster and it eats all of your worries! Draw out your monster with all of the details. Be sure to feed it some of your	Straw painting trees! Paint a piece of paper like the sky, now on the bottom of that page put a dab of watercolor (or watered down paint), use a straw to

	your treasure is!	piece of wax paper in half and put the flower in the middle. Place a heavy book on top. Check on it next week! You will want it to be flat.	<a href="#">/mowillems</a>	toilet paper rolls. With an adults permission, pick a couple household items that you think would make cool prints. Get some paint and try them out!	worries when you draw it. Anytime you start to feel worried, go to your worry monster and fill it's belly!	blow the paint up and across your page. Let it spread out like branches! When done use a q-tip and paint to dab on some leaves. Viola!
<b>Critical Thinking</b>	Phone a Pacers player at 317-275-4444 or 877-275-9007 Listen carefully to the story. Who was the main character? Did you like this character? Why or why not?	Observe an animal for one minute. Write down three things you observed.	Design an experiment to determine if you can dissolve more salt or sugar in water. What supplies would you need? How would you conduct the experiment?  Do the experiment and compare your results.	Find a non-fiction book. Browse the text features. Does it have a table of contents? What topics are listed? Which would you like to read about?	Write a letter to a first grader student who will be a second grader in the fall. What would you tell them about second grade? What advice would you tell them?	How would you change the world when you grow up? Draw a picture and write a paragraph about this.
<b>Collaboration</b>	Use a deck of cards with the number cards only. Give each player six cards. Take turns laying down two cards at a time and saying the sum. Each pair of cards laid by a player must have a higher sum than the last. If a player doesn't have a higher sum, they can draw two cards. If they still don't have a higher sum, then the hand starts over with the person who laid the last sum. First player out	With a family member look up some magic tricks and try to perform them together. After you've learned some tricks, put on a magic show for the family.	With a family member create a taste test. Blindfold the taster and see if they can name what they are tasting. Now switch places and see if you can name what they give you.	Ask a family member to help you collect items you can line up, such as empty water bottles or soda cans. Line them up in a triangle, like bowling pins. Choose a starting line and mark with tape, then roll the ball and try to know down as many "pins" as possible. Take turns rolling until the first person reaches 100.	Work with a family member to create a family tree. If possible, go beyond great-grandparents. Ask your family member to tell you stories about the relatives you don't know or don't remember.	With multiple family members, plan and put on a family talent show. What hidden talents do your family members have?

	of cards wins.					
<b>Social Emotional Wellness</b>	Have a “freeze party” with your family or mates. Play some music and start your fancy dance. Once the music has stopped, freeze and don’t move. Were you able to dance with others using your parents or your phone?	Red Light, Green Light – kids move on the green light and stop on the red light. Don’t get caught moving on the red light.	Rest and recovery. Take a power nap to energize for the day	Draw a picture to brighten someone’s day. Put it in their mailbox. How did it make you feel to bring joy to others?	Utilizing a breathing square to practice mindfulness breathing. Draw a square. Starting at the top left corner of the square, take a deep breath in and hold for four seconds. Release at the top right corner slowly for four seconds (taking you to the bottom right corner). Repeat for each side and decrease by one second each round.	Working with your parents or siblings, have them read you a story, but not the ending. Collaborate with your helper to come up with a new ending. How was it different from the original?
<b>Health and Fitness</b>	Place a ball or balloon on the ground and pick it up with your knees. Jump around like a kangaroo! Make short jumps, long jumps, try jumping sideways. Can you jump backwards?	Kick a soccer ball outside, around your yard or in a park, with a family member!	Can you perform 15 mountain climbers? 30? Go for it!	How Long Can You Go? Jump rope for one minute. Two minutes? More? Teach yourself a new jump rope trick!	Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	Challenge a family member to a wall seat contest. Who can last the longest?

## Continuous Learning Challenge - Grade Three

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
<b>Content Knowledge</b>	What does rock 'n' roll have in common with rap music? A lot, it turns out. In this interactive Scholastic lesson for music lovers, find out how teenagers shaped music history. <a href="https://tinyurl.com/v55bfkn">https://tinyurl.com/v55bfkn</a>	Choose something to read then find an unusual reading spot. Think about the bathtub, stairs, be creative, but safe!	Measure different objects in the house, then find the area (LxW) Can you find objects that have the same area?.	Use a grocery store ad (from the mail, store, or online) and plan a shopping list. You only have \$25 to spend to feed your family at least one meal. Can you do it? Can you buy enough for more than one meal?	The weather is getting warmer, what are the interesting places you can do things outside in your area? Create a poster to make someone want to visit there!	Take a walk and observe the living organisms you see. Living organisms are trees, plants, animals, insects. How many do you see? Make a graph to represent your findings.
<b>Communication</b>	Imagine that you're a famous musician, and you're expecting to win a Grammy Award soon. Write an acceptance speech.	If you could pick one friend to hang out with after this quarantine is over, who would it be and what would you do together?	Would you rather wear your shoes on the wrong feet or wear your pants backwards? What are the pros and cons of each? Discuss.	Phone a Pacers player at 317-275-4444 or 877-275-9007 Listen carefully to the story - challenge yourself to retell the story to a friend or family member.	Choose a subject (favorite sport, topic, food, etc.) write about it a little each day. Include your questions, opinions, and knowledge.	Choose an item in the house. Get a family member to guess the item using only yes or no questions. If they figure it out, it's their turn.
<b>Creativity</b>	Using your back yard or neighborhood make your own treasure map! Be sure to draw special locations on your map and don't forget to mark where	Pressing flowers! Did you know you can preserve a flower by squishing it? Pick a flower from outside (make sure it is okay to pick first). Fold a	Have a virtual lunch with the well known children's illustrator, Mo Willems and doodle along! #MoLunchDoodles <a href="https://www.kennedy-center.org">https://www.kennedy-center.org</a>	Make your own stamps! Many household items can be used as stamps. Think of things like sponges, the cut base of celery, bubble wrap, or empty	Make a worry monster! You have a pet monster and it eats all of your worries! Draw out your monster with all of the details. Be sure to feed it some of your	Straw painting trees! Paint a piece of paper like the sky, now on the bottom of that page put a dab of watercolor (or watered down paint), use a straw to

	your treasure is!	piece of wax paper in half and put the flower in the middle. Place a heavy book on top. Check on it next week! You will want it to be flat.	<a href="#">/mowillems</a>	toilet paper rolls. With an adults permission, pick a couple household items that you think would make cool prints. Get some paint and try them out!	worries when you draw it. Anytime you start to feel worried, go to your worry monster and fill it's belly!	blow the paint up and across your page. Let it spread out like branches! When done use a q-tip and paint to dab on some leaves. Viola!
<b>Critical Thinking</b>	Phone a Pacers player at 317-275-4444 or 877-275-9007 Listen carefully to the story. Who was the main character? Did you like this character? Why or why not?	Observe an animal for one minute. Write down three things you observed.  Can you identify any adaptations the animal used? Predators?	Design an experiment to determine if you can dissolve more salt or sugar in water. What supplies would you need? How would you conduct the experiment?  Do the experiment and compare your results. What other things could you test in water?	Find a non-fiction book. Browse the text features. Does it have a table of contents? What topics are listed? Which would you like to read about?  What other text features can you find in the book?	Write a letter to a second grader student who will be a third grader in the fall. What would you tell them about third grade? What advice would you tell them?	How would you change the world when you grow up? Draw a picture and write a paragraph about this.
<b>Collaboration</b>	Use a deck of cards with the number cards only. Give each player six cards. Take turns laying down two cards at a time and saying the sum. Each pair of cards laid by a player must have a higher sum than the last. If a player doesn't have a higher sum, they can draw two cards. If they still don't have a higher sum, then the hand starts over with the	With a family member look up some magic tricks and try to perform them together. After you've learned some tricks, put on a magic show for the family.	With a family member create a taste test. Blindfold the taster and see if they can name what they are tasting. Now switch places and see if you can name what they give you.	Ask a family member to help you collect items you can line up, such as empty water bottles or soda cans. Line them up in a triangle, like bowling pins. Choose a starting line and mark with tape, then roll the ball and try to know down as many "pins" as possible. Take turns rolling until the first person reaches 100.	Work with a family member to create a family tree. If possible, go beyond great-grandparents. Ask your family member to tell you stories about the relatives you don't know or don't remember.	With multiple family members, plan and put on a family talent show. What hidden talents do your family members have?

	<p>person who laid the last sum. First player out of cards wins.</p> <p>(Try with subtraction or multiplication for more of a challenge!)</p>					
<b>Social Emotional Wellness</b>	<p>Have a “freeze party” with your family or mates. Play some music and start your fancy dance. Once the music has stopped, freeze and don’t move. Were you able to dance with others using your parents or your phone?</p>	<p>Take inventory of the skills that you have. What do you identify as your strongest skill? Do one thing for someone else with that skill.</p>	<p>Rest and recovery. Take a power nap to energize for the day</p>	<p>Write a letter to someone that you are grateful towards but haven’t really said it enough to them. How did it make you feel to write the letter and send it?</p>	<p>Utilizing a breathing square to practice mindfulness breathing. Draw a square. Starting at the top left corner of the square, take a deep breath in and hold for four seconds. Release at the top right corner slowly for four seconds (taking you to the bottom right corner). Repeat for each side and decrease by one second each round.</p>	<p>J.K. Rowling stated that she wrote her characters based off of people she knew. Staying with the world of Harry Potter, Harry Potter returns as a Wizard at Hogwarts and you are a new student. Describe your clothes and describe two friends that would be joining you.</p>
<b>Health and Fitness</b>	<p>Ride your bike with your family. Don’t forget to wear your helmet!</p>	<p>With your bottom in the air, step forward with your right hand and step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>Toss a ball in the air, try each challenge before catching the ball: 1) Touch your nose 2) Clap twice 3) High-five someone 4) Spin around</p>	<p>Jump as high as you can for 30 seconds. Repeat.</p>	<p>Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>A regular game of tag, but if someone touches your arm or leg you can no longer use that body part. If both legs are tagged, start a new round.</p>

## Continuous Learning Challenge - Grade Four

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

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
<b>Content Knowledge</b>	What does rock 'n' roll have in common with rap music? A lot, it turns out. In this interactive Scholastic lesson for music lovers, find out how teenagers shaped music history. <a href="https://tinyurl.com/v55bfkn">https://tinyurl.com/v55bfkn</a>	Choose something to read then find an unusual reading spot. Think about the bathtub, stairs, be creative!	Measure different objects in the house to the nearest $\frac{1}{4}$ inch, $\frac{1}{8}$ inch, or millimeter, then try to find objects in the house that are the same length, or height.	Use a grocery store ad (from the mail, store, or online) and plan a shopping list. You only have \$25 to spend to feed your family at least one meal. Can you do it? Can you buy enough for more than one meal?	The weather is getting warmer, what are the interesting places you can do things outside in your area? Create a poster to make someone want to visit there! Be sure to include a paragraph persuading visitors to come to your area!	Take a walk and observe the living organisms you see. Living organisms are trees, plants, animals, insects. How many do you see? Make a graph to represent your findings. Why do you think there are more of one organism than another?
<b>Communication</b>	Imagine that you're a famous musician, and you're expecting to win a Grammy Award soon. Write an acceptance speech.	If you could pick one friend to hang out with after this quarantine is over, who would it be and what would you do together?	Would you rather wear your shoes on the wrong feet or wear your pants backwards? What are the pros and cons of each? Discuss.	Phone a Pacers player at 317-275-4444 or 877-275-9007 Listen carefully to the story - challenge yourself to retell the story to a friend or family member.	Choose a subject (favorite sport, topic, food, etc.) write about it a little each day. Include your questions, opinions, and knowledge.	Choose an item in the house. Get a family member to guess the item using only yes or no questions. If they figure it out, it's their turn.
<b>Creativity</b>	Design your own town map! If you were to be in charge of a city, what would you have? From a bird's eye	Visit the Metropolitan Museum of Arts virtually at MetKids! <a href="https://www.metmuseum.org/art/online-features">https://www.metmuseum.org/art/online-features</a>	Write out some positive "I am" phrases that make you feel good about being you. Take your favorite phrase and	Mix together paint, water, and dish soap. Outside, using a bubble wand blow your paint bubbles onto your page.	Create a puzzle! Draw a picture of anything you'd like. Cut the puzzle into pieces (keeping all pieces larger	Listen to your favorite song, how many instruments do you hear? Can you tap along to the rhythm? Can you

	perspective draw and label the important buildings, waterways, and streets! Be sure to add color if you can!	<a href="#">/metkids/</a>	rewrite it REALLY BIG! Doodle around the phrase. Place this somewhere you will see it every day.	Where they pop they will leave marks. What do your bubble marks look like? When dry use your imagination to draw in what you see in your artwork.	than a quarter). Try to put it back together. See if a family member can put it together!	recreate any of the sounds you hear?
<b>Critical Thinking</b>	Phone a Pacers player at 317-275-4444 or 877-275-9007 Listen carefully to the story. Who was the main character? Did you like this character? Why or why not?	Observe an animal for one minute. Write down three things you observed.  Did you observe the animal using adaptations? What did you observe about its habitat?	Design an experiment to determine if you can dissolve more salt or sugar in water. What supplies would you need? How would you conduct the experiment?  Do the experiment and compare your results. What other solutions could you try to create? (Be safe and ask permission first.)	Find a non-fiction book. Browse the text features. Does it have a table of contents? What topics are listed? Which would you like to read about?  What other text features can you find in the book?	Write a letter to a third grader student who will be a fourth grader in the fall. What would you tell them about fourth grade? What advice would you tell them?	How would you change the world when you grow up? Draw a picture and write a paragraph about this.
<b>Collaboration</b>	Use a deck of cards with the number cards only. Give each player six cards. Take turns laying down two cards at a time and saying the sum. Each pair of cards laid by a player must have a higher sum than the last. If a player doesn't have a higher sum, they can draw two cards. If they still don't have a higher	With a family member look up some magic tricks and try to perform them together. After you've learned some tricks, put on a magic show for the family.	With a family member create a taste test. Blindfold the taster and see if they can name what they are tasting. Now switch places and see if you can name what they give you.	Ask a family member to help you collect items you can line up, such as empty water bottles or soda cans. Line them up in a triangle, like bowling pins. Choose a starting line and mark with tape, then roll the ball and try to know down as many "pins" as possible. Take turns rolling until the first person reaches	Work with a family member to create a family tree. If possible, go beyond great-grandparents. Ask your family member to tell you stories about the relatives you don't know or don't remember.	With multiple family members, plan and put on a family talent show. What hidden talents do your family members have?

	<p>sum, then the hand starts over with the person who laid the last sum. First player out of cards wins.</p> <p>(Try with subtraction, multiplication, and division for more of a challenge!)</p>			100.		
<p><b>Social Emotional Wellness</b></p>	<p>Spend an hour outside engaging in physical activity. How many sit-ups, jumping jacks, push ups, shuttle runs, basketball shots can you do in an hour?</p>	<p>Take inventory of the skills that you have. What do you identify as your strongest skill? Do one thing for someone else with that skill.</p>	<p>Rest and recovery. Take a power nap to energize for the day</p>	<p>Write a letter to someone that you are grateful towards but haven't really said it enough to them. How did it make you feel to write the letter and send it?</p>	<p>Utilizing a breathing square to practice mindfulness breathing. Draw a square. Starting at the top left corner of the square, take a deep breath in and hold for four seconds. Release at the top right corner slowly for four seconds (taking you to the bottom right corner). Repeat for each side and decrease by one second each round.</p>	<p>J.K. Rowling stated that she wrote her characters based off of people she knew. Staying with the world of Harry Potter, Harry Potter returns as a Wizard at Hogwarts and you are a new student. Describe your clothes and describe two friends that would be joining you.</p>
<p><b>Health and Fitness</b></p>	<p>Have a dance party with your family. Put on your favorite music and dance for five minutes.</p>	<p>As fast as you can complete: 10 Arm Circles front and back 10 Forward punches 10 Raise the Roof Repeat three times.</p>	<p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>Play the group game Simon says over a video chatting or visual platform with your friends.</p>	<p>Can you hold a plank for an entire TV commercial break?</p>	<p>Create an indoor obstacle course with things from around your house!</p> <ul style="list-style-type: none"> <li>● Crawl under or over a row of chairs.</li> <li>● Crawl under a string stretched between two chair legs.</li> <li>● Jump into and out of a Hula-Hoop</li> </ul>

						<p>five times.</p> <ul style="list-style-type: none"><li>• Walk on a balance board.</li><li>• Throw a beanbag into a laundry basket.</li><li>• You can create your own too!</li></ul>
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## 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>	What does rock 'n' roll have in common with rap music? A lot, it turns out. In this interactive Scholastic lesson for music lovers, find out how teenagers shaped music history. <a href="https://tinyurl.com/v55bfkn">https://tinyurl.com/v55bfkn</a>	Choose something to read then find an unusual reading spot. Think about the bathtub, stairs, be creative!	Measure different objects in the house to the nearest $\frac{1}{4}$ inch, $\frac{1}{8}$ inch, or millimeter, calculate the area (LxW), then try to find objects in the house that have the same area..	Use a grocery store ad (from the mail, store, or online) and plan a shopping list. You only have \$25 to spend to feed your family at least one meal. Can you do it? Can you buy enough for more than one meal?	The weather is getting warmer, what are the interesting places you can do things outside in your area? Create a poster to make someone want to visit there! Be sure to include a paragraph persuading visitors to come to your area!	Take a walk and observe the living organisms you see. Living organisms are trees, plants, animals, insects. How many do you see? Make a graph to represent your findings. Why do you think there are more of one organism than another?
<b>Communication</b>	Imagine that you're a famous musician, and you're expecting to win a Grammy Award soon. Write an acceptance speech.	If you could pick one friend to hang out with after this quarantine is over, who would it be and what would you do together?	Would you rather wear your shoes on the wrong feet or wear your pants backwards? What are the pros and cons of each? Discuss.	Phone a Pacers player at 317-275-4444 or 877-275-9007 Listen carefully to the story - challenge yourself to retell the story to a friend or family member.	Choose a subject (favorite sport, topic, food, etc.) write about it a little each day. Include your questions, opinions, and knowledge.	Choose an item in the house. Get a family member to guess the item using only yes or no questions. If they figure it out, it's their turn.
<b>Creativity</b>	Design your own town map! If you were to be in charge of a city, what would you have? From a bird's eye	Visit the Metropolitan Museum of Arts virtually at MetKids! <a href="https://www.metmuseum.org/art/online-features">https://www.metmuseum.org/art/online-features</a>	Write out some positive "I am" phrases that make you feel good about being you. Take your favorite phrase and	Mix together paint, water, and dish soap. Outside, using a bubble wand blow your paint bubbles onto your page.	Create a puzzle! Draw a picture of anything you'd like. Cut the puzzle into pieces (keeping all pieces larger	Listen to your favorite song, how many instruments do you hear? Can you tap along to the rhythm? Can you

	perspective draw and label the important buildings, waterways, and streets! Be sure to add color if you can!	<a href="#">/metkids/</a>	rewrite it REALLY BIG! Doodle around the phrase. Place this somewhere you will see it every day.	Where they pop they will leave marks. What do your bubble marks look like? When dry use your imagination to draw in what you see in your artwork.	than a quarter). Try to put it back together. See if a family member can put it together!	recreate any of the sounds you hear?
<b>Critical Thinking</b>	Phone a Pacers player at 317-275-4444 or 877-275-9007 Listen carefully to the story. Who was the main character? Did you like this character? Why or why not?	Observe an animal for one minute. Write down three things you observed.  If this animal's habitat were to be destroyed. How would you build a new one for it? What would the animal need?	Design an experiment to determine if you can dissolve more salt or sugar in water. What supplies would you need? How would you conduct the experiment?  Do the experiment and compare your results. What other solutions could you try to create? (Be safe and ask permission first.)	Find a non-fiction book. Browse the text features. Does it have a table of contents? What topics are listed? Which would you like to read about?  What other text features can you find in the book?	Write a letter to a fourth grader student who will be a fifth grader in the fall. What would you tell them about fifth grade? What advice would you tell them?  Write a letter to a sixth grader. Ask them what to expect in sixth grade.	How would you change the world when you grow up? Draw a picture and write a paragraph about this.
<b>Collaboration</b>	Use a deck of cards with the number cards only. Give each player six cards. Take turns laying down two cards at a time and saying the sum. Each pair of cards laid by a player must have a higher sum than the last. If a player doesn't have a higher sum, they can draw two cards. If they still don't have a higher sum, then the	With a family member look up some magic tricks and try to perform them together. After you've learned some tricks, put on a magic show for the family.	With a family member create a taste test. Blindfold the taster and see if they can name what they are tasting. Now switch places and see if you can name what they give you.	Ask a family member to help you collect items you can line up, such as empty water bottles or soda cans. Line them up in a triangle, like bowling pins. Choose a starting line and mark with tape, then roll the ball and try to know down as many "pins" as possible. Take turns rolling until the first person reaches 100.	Work with a family member to create a family tree. If possible, go beyond great-grandparents. Ask your family member to tell you stories about the relatives you don't know or don't remember.	With multiple family members, plan and put on a family talent show. What hidden talents do your family members have?

	hand starts over with the person who laid the last sum. First player out of cards wins. (Try with subtraction, multiplication, and division for more of a challenge!)					
<b>Social Emotional Wellness</b>	Spend an hour outside engaging in physical activity. How many sit-ups, jumping jacks, push ups, shuttle runs, basketball shots can you do in an hour?	Take inventory of the skills that you have. What do you identify as your strongest skill? Do one thing for someone else with that skill.	Rest and recovery. Take a power nap to energize for the day	Write a letter to someone that you are grateful towards but haven't really said it enough to them. How did it make you feel to write the letter and send it?	Utilizing a breathing square to practice mindfulness breathing. Draw a square. Starting at the top left corner of the square, take a deep breath in and hold for four seconds. Release at the top right corner slowly for four seconds (taking you to the bottom right corner). Repeat for each side and decrease by one second each round.	J.K. Rowling stated that she wrote her characters based off of people she knew. Staying with the world of Harry Potter, Harry Potter returns as a Wizard at Hogwarts and you are a new student. Describe your clothes and describe two friends that would be joining you.
<b>Health and Fitness</b>	Have a dance party with your family. Put on your favorite music and dance for five minutes.	As fast as you can complete: 10 Arm Circles front and back 10 Forward punches 10 Raise the Roof Repeat three times.	Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	Play the group game Simon says over a video chatting or visual platform with your friends.	Try to hold a plank for an entire TV commercial break.	Create an indoor obstacle course with things from around your house! <ul style="list-style-type: none"> <li>• Crawl under or over a row of chairs.</li> <li>• Crawl under a string stretched between two chair legs.</li> <li>• Jump into and out of a Hula-Hoop five times.</li> <li>• Walk on a</li> </ul>

							<p>balance board.</p> <ul style="list-style-type: none"><li>• Throw a beanbag into a laundry basket.</li><li>• You can create your own too!</li></ul>
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## 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>	<p>Use the digits zero to nine, at most one time each, to fill in the blanks and make a true statement.</p> <p>Factor: ___ ___ Factor: ___ ___ Multiple: ___ ___ ___</p>	<p>What properties of metal could we use to identify a metallic object if we can't observe it directly? Watch this short video for help. <a href="https://www.youtube.com/watch?v=nlSemv2fLN8">https://www.youtube.com/watch?v=nlSemv2fLN8</a></p>	<p>Construct two sets of nine numbers that have a mean of six and a MAD (mean absolute deviation) of two.</p>	<p>Have you signed up for a library card? Sign up (<a href="https://www.indypl.org/">https://www.indypl.org/</a>) and start reading some e-books!</p>	<p>Research: What is contact tracing and how is it being used today? (<a href="https://www.cd.c.gov/coronavirus/2019-ncov/php/principles-contact-tracing.html">https://www.cd.c.gov/coronavirus/2019-ncov/php/principles-contact-tracing.html</a>)</p>	<p>The Story Center is offering free writing workshops to share stories of coping during this pandemic. Register here (<a href="https://www.storycenter.org/nextup">https://www.storycenter.org/nextup</a>).</p>
<b>Communication</b>	<p>Either through social media or posting flyers around your community, raise awareness for local food banks to support those hungry in your community.</p>	<p>Create a family newsletter. Interview your family to generate content for a family newsletter. Share that newsletter with your extended family to keep them up to date on what is happening!</p>	<p>They say a picture is worth a thousand words, so start a picture journal. Either through drawing pictures in a notebook or curating photographs on a computer, document your week through pictures.</p>	<p>Write a letter to a senior at your local high school congratulating them on their achievements and graduating.</p>	<p>Most National Parks are now open this week! Where would you like to go? Get everyone in your family to plan a trip to the National Park of their choice. (<a href="https://www.nps.gov/index.htm">https://www.nps.gov/index.htm</a>) After a short presentation, decide which National Park you would like to visit.</p>	<p>Play a game of “Would you Rather” with your family and friends. Here are a few to get you started:</p> <ol style="list-style-type: none"> <li>1) Would you rather have three feet or three hands?</li> <li>2) Would you rather only be able to whisper or shout?</li> <li>3) Would you rather lose your sense of taste or sense of sight?</li> </ol>

<p><b>Creativity</b></p>	<p>Do you recognize any of these jingles? <a href="https://www.youtube.com/watch?v=gs3R6ufsHAU">https://www.youtube.com/watch?v=gs3R6ufsHAU</a></p> <p>Create your own jingle for an ordinary object around your home.</p>	<p>Build a set of paper airplanes. Create each one with a slight variation. Then, throw them and compare which variation flew the farthest or stayed in the air the longest.</p>	<p>Record yourself lip-syncing to your favorite song. Bonus: include some choreographed dance moves!</p>	<p>Create your own logic puzzle. Share it with your friends and family to see who can crack the code!</p>	<p>Listen to the following instrumental music. While listening, draw a picture that comes to mind. Consider how the music makes you feel and inspires you. <a href="https://www.youtube.com/watch?v=5rtDECP0w-w">https://www.youtube.com/watch?v=5rtDECP0w-w</a></p>	<p>Choose any object from around your house like a box of tissues or a set of spoons (avoid anything fragile!). Turn that object into a musical instrument and play along with any of your favorite songs.</p>
<p><b>Critical Thinking</b></p>	<p>Why does the coronavirus look different to communities of color? What social systems have caused this?</p>	<p>It is Mental Health Awareness Month. What can you do right now in this moment as an act of self-care?</p>	<p>Have a hard time staying focused during these times? Try out the Pomodoro Technique (<a href="https://tinyurl.com/y8w8z7wm">https://tinyurl.com/y8w8z7wm</a>) which rewards hard work with breaks.</p>	<p>Can you solve the jail break riddle? Watch this video and see if you can escape! <a href="https://www.youtube.com/watch?v=9uZ-jeZS8dQ">https://www.youtube.com/watch?v=9uZ-jeZS8dQ</a></p>	<p>How many of these logic puzzles can you solve? <a href="https://mashupmath.com/blog/math-logic-puzzles-for-kids">https://mashupmath.com/blog/math-logic-puzzles-for-kids</a></p>	<p>Sudoku Puzzle! How quickly can you complete this sudoku puzzle? <a href="http://allfreeprintable.com/content/sdks/pdf/sdks-e-1.pdf">http://allfreeprintable.com/content/sdks/pdf/sdks-e-1.pdf</a></p>
<p><b>Collaboration</b></p>	<p>Play a new board game with your family. Bonus: play a game that requires you to work as a team.</p>	<p>With any family member, determine the dirtiest room in your home. Spend one day working together to clean it top to bottom.</p>	<p>Watch a TV show or movie, or read a book. Talk to someone about the themes or main ideas in it.</p>	<p>Create a #FliptheSwitch Challenge on TikTok with another member of your household.</p>	<p>Host an end of the year video conferencing party for you and all your friends!</p>	<p>Plan something to do with another friend in the month of June. Ensure you have both been healthy and haven't been exposed to the virus.</p>
<p><b>Social Emotional Wellness</b></p>	<p>Spend an hour outside engaging in physical activity. How many sit-ups, jumping jacks, push ups, shuttle runs, basketball shots can you do in an hour?</p>	<p>Take inventory of the skills that you have. What do you identify as your two strongest skills? Do one thing for two different people with that skill.</p>	<p>Rest and recovery. Take a power nap to energize for the day</p>	<p>Write a letter to someone that you are grateful towards but haven't really said it enough to them. How did it make you feel to write the letter and send it?</p>	<p>Utilizing a breathing square to practice mindfulness breathing. Draw a square. Starting at the top left corner of the square, take a deep breath in and hold for four seconds. Release at the top right corner slowly for four</p>	<p>J.K. Rowling stated that she wrote her characters based off of people she knew. Staying with the world of Harry Potter, Harry Potter returns as a teacher at Hogwarts and you are a new student. Describe your characters</p>

					seconds (taking you to the bottom right corner). Repeat for each side and decrease by one second each round.	background and a background for a friend that will be joining you on this adventure. What experiences have you and your friend had to prepare you both for this journey?
<b>Health and Fitness</b>	Focus on staying hydrated by drinking at-least half of your body weight in ounces of water today. Notice how you feel.	Take three movement breaks today. If you have a fitness tracker, can you hit 10,000 steps?	Play a game you used to play when you were little. Freeze Tag, Red Light, Green Light, Simon Says.	In plank position with paper plates under your feet. Complete 30 seconds each: <ul style="list-style-type: none"> <li>• mountain climbers</li> <li>• in and out feet</li> <li>• knees to chest</li> </ul>	Challenge yourself to stay off of electronics for three hours today. What did you do instead?	Find your favorite beverage.  How many grams of sugar does it have?  Teens are supposed to have an average of about <b>28 grams</b> of added sugar per day.  Is this a healthy choice for you? If not, is there an alternative beverage with less sugar you could try?

## 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 book independently starting with twenty minutes and increasing by five minute increments each day.	Read and analyze the poem “I, Too” by Langston Hughes ( <a href="https://www.poetryfoundation.org/poems/47558/i-too">https://www.poetryfoundation.org/poems/47558/i-too</a> ). Identify what you think the tone of the poem is. Annotate for language that establishes that tone.	Read this article ( <a href="https://tinyurl.com/wftqaxe">https://tinyurl.com/wftqaxe</a> ) and annotate it. Answer the questions at the bottom.	Create a Venn Diagram comparing the government characteristics of the United States and China. Write a summary statement capturing the biggest difference between the two.	Look at this image ( <a href="https://www.nytimes.com/2020/05/22/learning/shadows.html">https://www.nytimes.com/2020/05/22/learning/shadows.html</a> ) from the New York Times. What do you think the image is trying to say? 	Write a story making one of the elements from the periodic table as your protagonist. Take into the consideration the characteristics of the element and how it interacts with other elements.
<b>Communication</b>	Make a list of three goals you want to accomplish after high school. Share those goals with people who will be able to support and guide you to achieving those goals.	With the upcoming elections, candidates are always looking for people to make phone calls on their behalf. Find a candidate you want to support and sign up to volunteer for them.	Contact your local bank to learn about how to open up a bank account and how to apply for a credit card once you turn 18. Learn about how these systems work so you can use them responsibly one you graduate.	Follow the directions outlined in this video ( <a href="https://www.local.gov/item/webcast-9175/">https://www.local.gov/item/webcast-9175/</a> ) by Jason Reynolds to frame something that is important to you. Once you have identified the item, tell someone in your family why it is so important to you.	Choose a famous play that you like. Recruit friends and family to each read parts in the play and go through it together. When you finish, discuss the different themes you saw emerge throughout the play.	In a group of people you trust, discuss what you are most afraid of for life after graduation. See if you can all support each other in facing whatever it is you are afraid of.
<b>Creativity</b>	Listen to the song below.	Illustrate a Thank You card	See what kind of art other high	Draw your dinner!	Write out a short play about	Week eight Journal Prompt!

	<p>Think about how it affects your mood and energy. Why do you think that happens? Find some other songs and identify how they affect your mood.</p> <p><a href="https://www.youtube.com/watch?v=GvgHcQgF7bo">https://www.youtube.com/watch?v=GvgHcQgF7bo</a></p>	<p>for the everyday heroes that have stepped up during these times to keep our world moving. Make a big one to hang in your window or mail one to the organization the person/people may work for.</p>	<p>schoolers are making across the nation! Many schools have “virtual art shows”. Visit a couple and see what you think!</p>	<p>Instagramming beautiful plates of food is a long established trend. Try taking it to the next low tech level by drawing it out. Be sure to consider your angle and cropping (i.e. don't draw the whole table)!</p>	<p>your life in 10 years, have you begun your career, or are you in college? Who are the key characters in your play? Where does your play take place? What does the world look like?</p>	<p>Write about or draw the first idea that comes to mind when you read this week's theme of <b>support</b>. (You can do this in the journal you made last week).</p>
<b>Critical Thinking</b>	<p>Watch this TEDtalk titled “What Adults Can Learn from Kids.”(<a href="https://www.ted.com/talks/adora_svitak_what_adults_can_learn_from_kids">https://www.ted.com/talks/adora_svitak_what_adults_can_learn_from_kids</a>) Think about what is one concept you would like to explain to adults that you feel like they just don't understand? How would you share that information?</p>	<p>In the book you are reading, identify a major decision that one of the characters made. Think about what would have happened if the character had made the opposite decision. What effect would that have had on the outcome of the rest of the book?</p>	<p>What does the term “gentrification” mean? After researching the meaning, decide to what extent local governments should be involved in it.</p>	<p>Watch this video (<a href="https://guides.lacounty.gov/jason-reynolds/grab-the-mic/wrr">https://guides.lacounty.gov/jason-reynolds/grab-the-mic/wrr</a>) from Jason Reynolds as he explains the challenge of creating a special drink recipe that would help you be creative or be courageous. What ingredients would you include?</p>	<p>Should the United States rid itself of the Electoral College? Discuss this with the ability to refer to reputable sources.</p>	<p>How would you determine if the rights of a person were violated or not when a store requires that they wear masks while shopping during COVID-19 pandemic?</p>
<b>Collaboration</b>	<p>Identify a project in your home that you would like to do. Ask for help from friends or family to help you research and carry-out how to do it.</p>	<p>Apply for a job. Look up places around your community and apply. Working a job will develop your ability to work as part of a team.</p>	<p>Go to a summer event being held by your school, maybe a theater producer or an athletic event. Engage with the community members there and learn more about the event.</p>	<p>Host a virtual Readers' Theater with your friends. Invite younger students to listen or take part. Try these: <a href="http://www.thebestclass.org/rtcrypts.html">http://www.thebestclass.org/rtcrypts.html</a></p>	<p>Build a Kahoot (<a href="https://kahoot.com/">https://kahoot.com/</a>) together to assist with studying for a final.</p>	<p>Create a Tik-Tok or something similar where the action passes from one person to another. Choose a theme such as sports moves, dance moves, delivering lines from a movie, or constructing a piece of art.</p>
<b>Social Emotional Wellness</b>	<p>Spend an hour outside engaging in physical</p>	<p>Take inventory of the skills that you have. What do you identify</p>	<p>Rest and recovery. Take a power nap to energize for the</p>	<p>Write a letter to someone that you are grateful towards but</p>	<p>Utilizing a breathing square to practice</p>	<p>J.K. Rowling stated that she wrote her characters</p>

	<p>activity. How many sit-ups, jumping jacks, push ups, shuttle runs, basketball shots can you do in an hour?</p>	<p>as your two strongest skills? Do one thing for two different people with that skill.</p>	<p>day.</p>	<p>haven't really said it enough to them. How did it make you feel to write the letter and send it?</p>	<p>mindfulness breathing. Draw a square. Starting at the top left corner of the square, take a deep breath in and hold for four seconds. Release at the top right corner slowly for four seconds (taking you to the bottom right corner). Repeat for each side and decrease by one second each round.</p>	<p>based off of people she knew. Staying with the world of Harry Potter, Harry Potter returns as a teacher at Hogwarts and you are a new student. Describe your characters background and a background for a friend that will be joining you on this adventure. What experiences have you and your friend had to prepare you both for this journey?</p>
<p><b>Health and Fitness</b></p>	<p>Try a 20 min. HIIT (High Intensity Interval Training) Workout- three rounds, 45 sec. work, 15 sec. Rest.</p> <ul style="list-style-type: none"> <li>● Pushups</li> <li>● Squats</li> <li>● Butt Kicks</li> <li>● Tricep Dips</li> <li>● Side Lunges</li> </ul>	<p>Device Detox- Challenge yourself to stay off of electronics for three hours today. What did you do instead?</p>	<p>Take three movement breaks today. If you have a fitness tracker, can you hit 10,000 steps?</p>	<p>Try a Tabata Workout- Complete right rounds of the following exercises for 20 secs., followed by a 10 sec. break:</p> <ul style="list-style-type: none"> <li>● Squats</li> <li>● Pushups</li> <li>● Mountain Climbers</li> </ul>	<p>Find your favorite snack.</p> <p>How many grams of sugar does it have?</p> <p>Teens are supposed to have an average of about <b>28 grams</b> of added sugar per day.</p> <p>Is this a healthy choice for you? If not, is there an alternative snack with less sugar you could try?</p>	<p>Focus on staying hydrated by drinking at-least half of your body weight in ounces of water today. Notice how you feel.</p>