

4/9/20

Dear Students, Families, and Friends,

The activities on the next several pages were created for you to sharpen your skills, challenge yourself, and explore learning. These are not meant to replace classroom learning and parents are not being asked to replace teachers. If at any time, you are confused about an activity, need some extra support, or maybe just need to talk with someone, our teachers and staff are here for you.

- All teachers keep regular office hours from 9am until noon each school day.
- All teachers and staff can be contacted by email (firstname.lastname@fsd145.org).
- Some teachers also use Remind, Schoology, or Google Classroom to send and receive messages.

For the most current information about our emergency closure and remote learning plans, please visit our website (<https://www.fsd145.org/emergency>) for regular updates. You will always find information sorted by date, so it should be easy to follow the most recent updates.

Take care and stay safe. We'll see you soon,

From all of us here at Freeport School District



Remote Learning Day Student Activities:

[April 9th](#)

[April 14th](#)

[April 15th](#)

[April 16th](#)

[April 17th](#)

[April 20th](#)

[April 21st](#)

[April 22nd](#)

[Social Emotional Learning \(SEL\)](#)

[Activities](#)

[Electives](#)

4th Grade			4/9/20 - 4/22/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Careers, Jobs and Hobbies	Nonfiction/ Summarizing (main idea & details)	Fractions and Decimals	SEL: Respect Yourself and Others
	Opinion Writing Research	Problems Solving with whole number, Multi-digit Addition & Subtraction	
		Measurement	

Remote Learning Activities for Students

4th Grade -- April 9th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge [any subject]
Activity 1 and Instructions	<p>4.NF.3 Decomposing Fractions</p> <p>Sam has $\frac{3}{4}$ of a dollar. Write 3 more equations for $\frac{3}{4}$.</p> <p>Use only fractions with a denominator of 4 in your equations.</p> <p>$\frac{3}{4}$ = _____</p> <p>$\frac{3}{4}$ = _____</p> <p>$\frac{3}{4}$ = _____</p>	<p>W.4.1: Opinion Writing</p> <p>Create a list of your top five careers that you would like to learn about in the future.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>Choose one of your top careers, and write a paragraph explaining why this career is the best one for you.</p>	<p>SS.G.3.4: Exploring Careers.</p> <p>Select a possible career that you listed in reading and draw a picture of your future self, or write a letter to your future self on your future career choice and why you selected that career.</p>	<p>Learning about yourself is an important step when deciding on a future career. Make a list of your likes and dislikes.</p>
Activity 2 and Instructions	<p>4.NF.6 Relating Fractions to Decimals</p> <p>Write each fraction as a decimal number.</p> <p>$\frac{52}{100}$ = _____</p> <p>$\frac{71}{100}$ = _____</p> <p>$\frac{94}{100}$ = _____</p> <p>$\frac{3}{10}$ = _____</p> <p>$\frac{6}{10}$ = _____</p> <p>$\frac{8}{10}$ = _____</p>	<p>RI.4.2: Main Idea and Details</p> <p>Read any type of nonfiction text. Examples include: reference, literary nonfiction or a biography book, newspaper article, or an article from the internet.</p> <p>After reading your nonfiction text, write a VIP Moment (the Very Important Part) of the text. Make sure your one sentence has proper capitalization and punctuation.</p>		

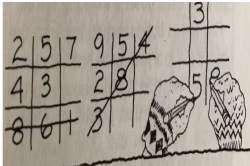
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

4th Grade --April 14

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Complete the following word problem. (CCSS-MATH: 4.OA.2)</p> <p><i>Mrs. Carter's students need to figure out how many supplies they have. The 4 students at Table A each brought in 6 pencils.</i></p> <p>How many pencils are at Table A?</p> <ol style="list-style-type: none"> Show your thinking with numbers, sketches or words. Write an equation that represents your work. Write your answer, labeled with the correct units. 	<p>Writing Reflection: (CCSS-ELA: W.4.1)</p> <p><i>Write a paragraph about a special relationship you have with a family member.</i></p> <p>Remember to include:</p> <ol style="list-style-type: none"> An introduction (about 1-2 sentences), Three supporting details (about 3 – 4 sentences), and A conclusion (about 1-2 sentences). <p>Make sure to indent the first line of your paragraph and use proper capitalization and punctuation.</p>	<p>Career Interview</p> <p>Interview an adult family member in your household about their career. Be sure to include questions such as:</p> <p>What is your career?</p> <p>Why did you choose that career?</p> <p>How long have you been in this career?</p> <p>What do you find to be the most rewarding about your career choice?</p>	<p>Number Tic-Tac-Toe</p> <p>Instead of using an x or o, as in a regular tic-tac-toe game, you will use the digits 1-9. Each digit can only be used once. Take turns writing a number and be the first to make a sum of 15 in any row, column, or diagonal.</p> 
Activity 2 and Instructions	<p>(CCSS-MATH: 4.OA.2)</p> <p>Write three different word problems and solve them. Make sure to:</p> <ol style="list-style-type: none"> Show your thinking with numbers, sketches or words. Write an equation that represents your work. Write your answer, labeled with the correct units. 	<p>Persuade Your Parents (CCSS-ELA: W.4.1)</p> <p><i>Write a letter to your parents to convince them to get you a new toy or game with reasons you deserve it.</i></p>		


Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

4th Grade -- April 15th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>4.OA.2 Solving Word Problems</p> <p>1) There is a new pet store opening in the mall. They just got 52 tropical fish. They want to put 7 of these fish in each aquarium. How many aquariums will they need?</p> <p>2) Mario organized some of his marbles. He used lots of marbles to make 11 piles. Each pile had 14 marbles. How many marbles did he use in all?</p> <p>Use numbers, labeled sketches, or words to solve the problems above.</p>	<p>RL/RI 4.2 Summarizing</p> <p>Find a non fiction text. Use Myon, Readworks or RAZ through Clever if needed. Write a summary of what you read, be sure to include the following:</p> <ul style="list-style-type: none"> ★ Title of the text ★ Three facts that you learned ★ What else do you want to know more about this topic? 	<p>Home Improvement</p> <p>Pretend you're a contractor and your job is to create a detailed map of the layout of your house. Be sure to include every room. Then create a second map of what you would like your house to look like if you could remodel the layout of your house.</p> <p>Example:</p> 	<p>Using the map of your house that you made for social studies, use a tape measure or yard stick to take the dimensions (length x width) of each room and label them on your blueprint. Calculate the area of each room in your house. Then add all those to determine the total area of your house.</p>
Activity 2 and Instructions	<p>Go to the Bridges Website through clever and click on the home learning tab at the top right of the page and complete activities online.</p>	<p>RL/RI 4.2 Summarizing</p> <p>Watch any kind of video (documentary, cartoon, movie, etc) and summarize what you watched. Use whatever strategy your teacher taught you.</p>		

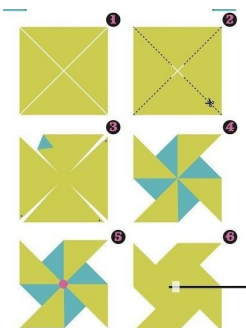
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

4th Grade -- April 16th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Be a Baker CCSS 4.NF.1 Pretend that you are a baker. Somehow, you can't seem to find all of your measuring cups.</p> <p>You have a cake that needs to be baked, so you don't have time to search for the missing measuring cups. The cake recipe calls for the following:</p> <ul style="list-style-type: none"> ● ½ cup of flour ● ¾ cup of sugar ● ⅜ cup of milk <p>The ONLY measuring cup you have is ¼ cup. How can you use the ¼ measuring cup to accurately measure the flour, sugar, and milk?</p> <p>Use words, numbers, and/or sketches to explain your work.</p>	<p>W.4.2</p> <p>Research a career, perhaps one that you are interested in (research can include calling someone you know that's in that career or using the Internet) Include information about what the job qualifications are, how many years of college/ trade school are needed.</p>	<p><u>Science:</u> ETS1.A: Defining and Delimiting Engineering Problems The faster a given object is moving, the more energy it possesses. (4-PS3-1)</p> <p>You are going to make a windmill using this materials:</p> <ul style="list-style-type: none"> ● Paper or cardstock ● Pushpin, small wire or paper clip ● Stick or chopstick <p>You have to build a windmill using the illustration, trying to follow the steps and identify the items and find out how to assembly them.</p> 	<p>Math Challenge: 4.MD.3</p> <p>Now that you've completed math activity 2 and you're an expert carpenter, solve the following problem using your calculations.</p> <p>1. Draw the wall described in activity. Label each side of the wall in inches. (Hint: it is not a rectangle)</p> <p>2. In order to know how much lumber you need, you'll have to calculate the perimeter. Using inches, what is the perimeter of the wall described in activity 2?</p>
Activity 2 and Instructions	<p>Carpenter Calculations CCSS 4.MD.1 Carpenters have many different types of jobs. One thing they do is measure wood for building the frame of a house.</p> <p>Pretend you are a carpenter framing a wall. The dimensions of the wall are listed below. All of these measurements need to be converted to inches for accuracy.</p> <p>6 feet = _____ inches</p> <p>8 feet = _____ inches</p> <p>3 ft 4 in = _____ inches</p> <p>2 ft 6 in = _____ inches</p> <p>2 ft 8 in = _____ inches</p> <p>5 ft 6 in = _____ inches</p>	<p>R.I. 4.2</p> <p>Read a Nonfiction text (newspaper, magazine, use sources like newsela, MyON, readworks.org. Identify Nonfiction text features while reading to help in comprehending the text.</p> <p>Afterwards, write a summary of the reading. Include who the article was about, what did they do, why they did what they did, how did they do it, where and when did the event occur?</p>	<p>What kind of Input Energy is using the windmill?</p> <p>What kind of Output energy can you find in the windmill?</p> <p>Try to identify this Vocabulary words in your system.: Converter design engineer generator System Take a picture a send it to your teacher.</p>	

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

4th Grade -- April 17th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>CCSS 4.NF.3 Change each of the fractions below into a mixed number. Use a labeled sketch or words to explain your answers.</p> <p>$9/8=$</p> <p>$19/16=$</p> <p>$10/4=$</p> <p>$12/5=$</p> <p>$22/7=$</p> <p>$7/4=$</p>	<p>RL/RI 4.2 Summarize Choose a text (magazine or newspaper article, or internet - ReadWorks, MyOn)</p> <p>Write a brief summary using the 5 W's (who, what, when, where, why).</p>	<p>Making Your Own Butter:</p> <p>What you will need: *Small food containers with lids (think the size of a baby food jar) *Heavy whipping cream *Salt to taste (optional) Bread or crackers</p> <p>Fill the small container about half way with heavy whipping cream Secure the lid tightly Shake the jar for about 10 minutes until the butter has congealed into a little ball (there will also be a separated liquid called whey). Viola, you have butter!</p>	<p>Find each sum:</p> <p>$2/8 + 3/4=$</p> <p>$12/16 + 1/8=$</p> <p>Find each difference:</p> <p>$3/4 - 3/8=$</p> <p>$5/16 - 1/4 =$</p> <p><u>Enriching Activities:</u> Explore another product that comes from dairy cows—ice cream. Invite students to become ice cream experts by participating in the I Scream! You Scream! We All Scream for Ice Cream! WebQuest.</p> <p>Discover how butter is made in large quantities to be sold in grocery stores by viewing the video How It's Made: Butter</p>
Activity 2 and Instructions	<p>CCSS 4. NF.3</p> <p>Find each sum:</p> <p>$1/4 + 3/4 =$</p> <p>$2/4 + 1/4=$</p> <p>$1 \ 1/4 + 1/4=$</p> <p>$2/8 + 5/8=$</p> <p>$5/8 + 6/8=$</p> <p>Find each difference:</p> <p>$3/4 - 1/4 =$</p> <p>$6/8 - 2/8 =$</p> <p>$1 \ 1/4 - 1/4=$</p> <p>$1 \ 3/8 - 4/8=$</p>	<p>W.4.1 OPINION Writing: Pick your favorite God or Goddess and give your opinion as to why they are the best God or Goddess. You may find a story about a God or Goddess on MyOn</p>		

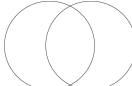

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

4th Grade -- April 20th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)								
<p>Activity 1 and Instructions</p>	<p>4.OA.A. Solve these story problems:</p> <p>Jennie is a professional quilt artist. She can make 7 quilts with 21 yards of material. How many yards of material would be required to make 28 quilts?</p> <p>Farmer May milks her cows twice a day. This morning she got 365 gallons of milk. This evening she got 380 gallons. She sold 612 gallons to the local ice cream factory. How many gallons of milk does she have left?</p>	<p>Literacy W.4.1.B Choose a book or article to read that has characters working or tells about careers. When you are done reading, write a list of careers that you read about. Pick one of the careers from the list you made and write a job description. Be sure to include what you think are the:</p> <ul style="list-style-type: none"> ● Required skills ● Required education ● Duties ● Work hours <p>Explain if you would be good at this job. Be sure to give reasons why or why not.</p>	<p>SS.G.3.4 Illinois is a very diverse state. We have large urban areas and rural areas as well.</p> <p>Think of careers that can be found both in a city and in the country.</p> <p>Pick one of these careers and compare how it would be the same and different in a city vs. the country.</p> <p>You can use a venn diagram</p> <div style="text-align: center;">  </div> <p>Or two column notes</p> <div style="text-align: center;">  </div> <p>to compare.</p> <p>Example:</p> <p>Career: mail carrier</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">City/Urban</th> <th style="width: 50%;">Country/Rural</th> </tr> </thead> <tbody> <tr> <td>Walks to deliver mail</td> <td>Drives long distances to deliver mail</td> </tr> <tr> <td>Carries a bag</td> <td>Has lots of bins of mail in their car</td> </tr> <tr> <td>Has to be out on all sorts of weather</td> <td>Has to be out in all sorts of weather</td> </tr> </tbody> </table>	City/Urban	Country/Rural	Walks to deliver mail	Drives long distances to deliver mail	Carries a bag	Has lots of bins of mail in their car	Has to be out on all sorts of weather	Has to be out in all sorts of weather	<p>SEL 3A.2a Having respect for yourself means doing things that help you stay healthy and safe.</p> <p>Think of 5 things that you can do to help you stay healthy.</p> <p>Think of 5 things that you can do to help you stay safe.</p> <p>Write a plan for the week including your ideas about helping yourself stay healthy and safe.</p> <p>Example:</p> <div style="border: 1px solid black; padding: 5px;"> <p>Monday: Walk for 20 min. (healthy)</p> <p>Tuesday: clean my bedroom (scale)</p> <p>Wednesday: Jump rope (healthy)</p> <p>Thursday: practice a family fire drill (scale)</p> <p>Friday: play outside (healthy)</p> </div>
City/Urban	Country/Rural											
Walks to deliver mail	Drives long distances to deliver mail											
Carries a bag	Has lots of bins of mail in their car											
Has to be out on all sorts of weather	Has to be out in all sorts of weather											
<p>Activity 2 and Instructions</p>	<p>Convert these fractions to decimals:</p> <p>Example: $2/10 = \underline{\quad 0.2 \quad}$</p> <p>$1/10 = \underline{\hspace{2cm}}$</p> <p>$1/100 = \underline{\hspace{2cm}}$</p> <p>$5/10 = \underline{\hspace{2cm}}$</p> <p>$50/100 = \underline{\hspace{2cm}}$</p> <p>$1/2 = \underline{\hspace{2cm}}$</p> <p>$2/4 = \underline{\hspace{2cm}}$</p> <p>$3/6 = \underline{\hspace{2cm}}$</p> <p>$25/100 = \underline{\hspace{2cm}}$</p> <p>$1/4 = \underline{\hspace{2cm}}$</p> <p>$2/8 = \underline{\hspace{2cm}}$</p>	<p>Go for a walk (with permission) or look around your house. Write a paragraph stating your opinion on something you see that makes you happy. Why and how does it make you happy? Would others agree with your opinion?</p>	<p>Career: mail carrier</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">City/Urban</th> <th style="width: 50%;">Country/Rural</th> </tr> </thead> <tbody> <tr> <td>Walks to deliver mail</td> <td>Drives long distances to deliver mail</td> </tr> <tr> <td>Carries a bag</td> <td>Has lots of bins of mail in their car</td> </tr> <tr> <td>Has to be out on all sorts of weather</td> <td>Has to be out in all sorts of weather</td> </tr> </tbody> </table>	City/Urban	Country/Rural	Walks to deliver mail	Drives long distances to deliver mail	Carries a bag	Has lots of bins of mail in their car	Has to be out on all sorts of weather	Has to be out in all sorts of weather	<p>Write a plan for the week including your ideas about helping yourself stay healthy and safe.</p> <p>Example:</p> <div style="border: 1px solid black; padding: 5px;"> <p>Monday: Walk for 20 min. (healthy)</p> <p>Tuesday: clean my bedroom (scale)</p> <p>Wednesday: Jump rope (healthy)</p> <p>Thursday: practice a family fire drill (scale)</p> <p>Friday: play outside (healthy)</p> </div>
City/Urban	Country/Rural											
Walks to deliver mail	Drives long distances to deliver mail											
Carries a bag	Has lots of bins of mail in their car											
Has to be out on all sorts of weather	Has to be out in all sorts of weather											

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

4th Grade -- April 21st

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>4.NF.2 Comparing Fractions</p> <p>Compare the following fractions using <, >, or = sign.</p> <p>$1/2$ ____ $1/4$</p> <p>$1/8$ ____ $1/6$</p> <p>$2/4$ ____ $1/2$</p> <p>$2/6$ ____ $1/3$</p> <p>$4/12$ ____ $4/6$</p>	<p>RI 4.2 Summarizing</p> <p>Interview a family member about their career. Find out at least 5 facts about their profession.</p> <p>Write a paragraph about what you found out using proper capitalization and punctuation.</p>	<p>SS.G.3.4. All About My Home Poster</p> <p>Include: *Name *Address, City State, Zip Code *Phone Number *Favorite Room *Family Member *Pets *Favorite Book *Favorite Toy</p>	<p>Watch the weather forecast for the upcoming week and chart the forecasted weather using a table, bar graph, or chart.</p> <p>For an extra challenge, record the actual temperature. What do you notice about the forecasted versus actual temperature?</p>
Activity 2 and Instructions	<p>Sue and her friend bought a large Little Caesars pizza and a small Pizza Hut personal pan pizza.</p> <p>Sue ate half of the Little Caesars pizza and her friend ate half of the Pizza Hut personal pan pizza.</p> <p>Did they eat the same amount of pizza? Why or Why not? Explain your reasoning.</p>	<p>W.4.1: Opinion Writing</p> <p>Talented Tuesday: One is one talent or strength that you have that in the future, you can use to help you find the job of your dreams.</p>	<p>Make your poster as detailed and colorful as you can! Have fun!</p>	

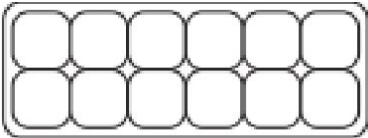
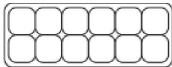
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

4th Grade -- April 22nd

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Egg Carton Fractions- (CCSS-Math-NF.2)</p> <p>For each pair of fractions below, talk with a family member about which is larger and why. You can use the egg cartons to model and compare the fractions, but try to see if you can picture them in your head and reason about which must be larger.</p>  <p>1/3 _____ 3/12 7/12 _____ 2/3 3/4 _____ 2/3 1/2 _____ 5/12 5/12 _____ 1/3</p>	<p>Investigative Reporter (CCSS-ELA: RI.4.2)</p> <p>Choose a non-fiction text (magazine or newspaper article, or internet) about someone with an interesting career.</p> <p>Write a brief summary using the 5 W's (who, what, when, where, why).</p> <p>When you have completed your writing, read it to another family member.</p>	<p>CREATE YOUR OWN GAME!</p> <p><i>Using what you know so far about different careers, create a matching game that matches each career with one of its responsibilities.</i></p> <p>Take a sheet of paper and fold it into eight equal sections. Do this by folding it in half three times. Cut on the folded lines so you have 8 separate pieces of paper that are the same size.</p>	<p>EMPATHY AND RESPECT</p> <p>Write a "Thank You" card or sign for your postal carrier.</p> <p>Let them know how important their career is to others.</p> <p>Leave it where the postal carrier can see it and make their day!</p>
Activity 2 and Instructions	<p>(CCSS-MATH:NF Support)</p> <p>Use your egg carton diagram and build a model of each fraction. Then draw a sketch of each fraction on a separate sheet of paper.</p>  <p>1/3, 2/6, 5/12</p> <p>What observation can you make about 1/3 and 2/6?</p>	<p>HOBBYIST! (CCSS-ELA: RI.4.2)</p> <p><i>Do you know someone who is a collector? Ask them the following questions and write a brief summary to share what you learned.</i></p> <ol style="list-style-type: none"> Who got you interested in this hobby? What do you find fascinating about this hobby? When did you begin? Where did you find your first collectible? Why might someone else want to collect these items? 	<p>Take four of the pieces of paper and write a separate career on each one. On the other four pieces of paper, write a career responsibility for each of the four careers. (One job matches one responsibility) Mix and place them face down on your surface. Each person takes a turn to "match" the career with its responsibility.</p>	


Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

4th Grade -- (SEL) Theme: **Respect Yourself and Others**

The columns below offer choices for student activities for any day.


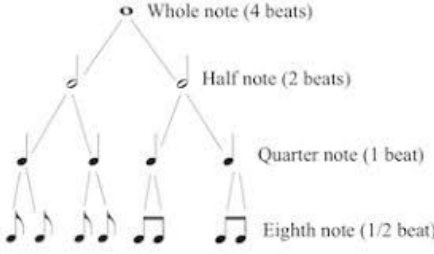
Social Emotional Learning Choice Board						
<p>Write your future self a letter.</p> <p>What advice would you give your future self? What words of encouragement?</p> <p>What passions are you going to pursue and how will you achieve those goals?</p>	<p>How do you show respect to the people in your family?</p> <p>Make a list of ways you can show someone respect.</p> <p>Then select a new way every day moving forward to showing respect to the people you are with or communicating with online.</p>	<p>Find a location in your house that is your "happy place".</p> <p>Take out the things that are distractions within this space.</p> <p>Add things that promote focus and calm. Belly Breathing is a great way to focus!</p>				
<p>1. Review the Problem Solving STEPS S: Say the problem without blame. T: Think of solutions. E: Explore consequences. P: Pick the best solution.</p> <p>2. Think about common problems in your household. Agree on one to solve together.</p> <p>3. Each family member writes down the problem from their perspective on a piece of paper.</p> <p>4. Check the statement for blaming words. Always • Never • You made me... • Because of you... • It's your fault...</p> <p>5. Write one problem statement without blame.</p> <p>6. Use the Problem-Solving Steps to find a solution together.</p> <p>7. Make a plan to put your solution into action. Problem solved!</p>	<p>Create a family action plan for solving problems while playing the family's favorite sport.</p> <p>Make a T Chart and label one side "If" and the other side "Then".</p> <p>Decide together some possible reactions to problems that everyone can reference in the heat of the moment during the game.</p> <p>Display your T-Chart somewhere everyone can reference it.</p> <div style="text-align: center; margin: 10px 0;"> <p>T Chart</p> <table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-right: 1px solid black; padding: 5px; text-align: center;"> If... Joey doesn't make the touchdown and gets upset. </td> <td style="padding: 5px; text-align: center;"> Then... He can walk away and take five focused breaths. </td> </tr> <tr> <td style="border-right: 1px solid black; height: 100px;"></td> <td style="height: 100px;"></td> </tr> </table> </div>	If... Joey doesn't make the touchdown and gets upset.	Then... He can walk away and take five focused breaths.			<p>Practice planning ahead. Pretend you are going to go on a vacation. You pick the spot.</p> <p>Now, make a list of everything you'd need for that vacation.</p> <p>After mapping out what you need, how do you feel?</p>
If... Joey doesn't make the touchdown and gets upset.	Then... He can walk away and take five focused breaths.					
<p>Go outside and take a walk with an adult. While you are outside, think about ways to show respect to your neighbors and property.</p> <p>Make a list or draw a picture of what you thought of on your respect walk!</p>	<p>Go outside (or inside) and play a game with your family. Talk about sportsmanship and what it: Looks Like, Sounds Like, Smells like</p> <p>Game Ideas: Life Tic Tac Toe Hang-Man 4 square Jump rope Tag Relay Races Uno Monopoly Basketball (around the world) Simon Says</p>	<p>Find a spot, inside or outside, that helps you feel calm. Try some of these poses while focusing on your breathing. Breathe in for 4 seconds, hold for 4 seconds, and then breathe out for 4 seconds.</p> <div style="text-align: center; margin-top: 10px;">  </div>				

Parent Signature: _____

Remote Learning Activities for Students

4th Grade -- (Electives)

The columns below offer choices for student activities for any day.

Art	Music	PE/Health
<p>On your nature walk with your parents, look for hearts displayed to give you ideas. Then when home draw a scene that includes hearts. Challenge: Color the way you would like.</p>  <p>By: Banksy</p>	<p>(MU:Re7.1) Listen to a song and draw a picture of what the song makes you think about or how it makes you feel. Write the title or a new title of the song on it and hang it up!</p>	<p>Tower Stacking Challenge Build the tallest tower using stuff found around your home! Stack items found around your home to build a tall tower. No limit on how many items may be used. Be sure to stack heavier things on bottom and lighter things on top.</p> <p>Bonus: This can be done outside! Same rules apply stack items you can find outside your home or neighborhood to build the tallest tower possible.</p>
<p>Go on a walk around your house or neighborhood (get parent permission). Look to see if you can find bird nests. Think about how you could create a nest. Using materials you are able too. See if you can make it so it can hold things, create your own bird nest. Challenge: See if it will be able to be moved without falling apart.</p> <p>**Do as a family team or make it a competition</p> <p>One way that birds make their nests is through weaving (interlocking pieces together)</p>	<p>(MU:Cr2.1) Write your own 4 measure rhythm using any of the following: ta's (quarter notes) ti-ti's (two eighth notes), sh (quarter rests), two-oh (half notes) four (whole notes). Try to make it 4 beats per measure. Perform it for someone.</p> 	<p>Practice Fitness Testing Standards Have you been staying active? Let's find out. Remember the four tests we do? If you don't, here they are...</p> <p>Sit and Reach *Sit on bottom, knees straight *Can you reach past your toes?</p> <p>Pushup & Hold *Freeze at the top of your pushup *Can you hold it for 46 seconds?</p> <p>Sit Ups *Hands on legs, sit up to touch knees *Can you do 36 in a row?</p> <p>Jogging *Can you jog without stopping for 5:00?</p> <p>If your answer to all those is yes....then you are in great shape!</p> <p>Keep staying active!</p>
<p>Trace your hand. Break up your foreground (hand) and background with several sections by using lines. Add line designs in the foreground (hand) and background (behind your hand), making each section a different pattern (repeating of line, shape, or color).</p> <p>Challenge: Add Color</p>	<p>(MU:Pr6.1) Make up a dance to a song. Perhaps you use your favorite song. Dance to it a couple of times and then teach it to someone else in your family and have them dance with you.</p> <p>If you have electronic access, you'll enjoy experimenting on these links: http://sfskids.org/ https://www.classicsforkids.com/ https://musiclab.chromeexperiments.com/ http://www.themusicinteractive.com/kbe/Chromebook/index.html</p>	<p>Activity: Find Your Heart Rate! To check your heart rate, place two fingers on their wrist, below your thumb. You can feel your heartbeat through your fingers. Count how many pulses you can feel in 15 seconds. Then multiply that number by 4 to get your resting heart rate. (Example: I count 18 beats in 15 seconds, I will then multiply 18 by 4 to get my resting heartbeat per minute. 18 x 4 = 72 beats per minute)</p> <p>Now stand up, do 25 jumping jacks, and run in place as fast as you can for 20 seconds and sit down and count how many pulses you get in 15 seconds. Compare this number with your resting heart rate. What do you notice between the two numbers? What's the reason why the two numbers are different?</p>

Parent Signature: _____