

3rd-5th Grade Virtual Daily Lessons

FRIDAY, APRIL 10TH

ACTIVITY	LINKS
<p><u>CELEBRATE THE NEW DAY!</u></p> <p>GROWTH MINDSET</p> <p>YOGA ACTIVITY</p>	<p>Be Strong – Strong Inside</p> <p>https://www.youtube.com/watch?v=jb2BKlmnQBQ</p>
<p><u>LET'S GET OUR BODIES MOVING!</u></p> <p>GO FOR A WALK, PLAY OUTSIDE OR HAVE A DANCE PARTY!</p>	<p>Easter Bunny Dance & Freeze</p> <p>https://www.youtube.com/watch?v=nZFRg1GucZ8</p>
<p><u>FINE ARTS</u></p> <p><u>LET'S GET CREATIVE!</u></p> <p>HOW TO PAINT AN EASTER BUNNY</p>	<p>https://www.artforkidshub.com/how-to-paint-easter-bunny/</p>
<p><u>LUNCH TIME!</u></p>	<p>Don't Forget to Wash Your Hands!</p>
<p><u>SMART KIDS</u></p>	<ul style="list-style-type: none">- Think of things that make you happy- Then draw those things that make you happy- Then ask family members that are in your house about what your drawing makes you feel on the inside (You can do more than one drawing too!)
<p><u>READY TO EXPLORE!?</u></p> <p><u>LET'S TAKE A VIRTUAL FIELD TRIP!</u></p> <p>THE WHITE HOUSE</p>	<p>https://artsandculture.google.com/partner/the-white-house</p>
<p><u>POWER HOUR</u></p> <p>TIME TO READ</p>	<p>“The Exquisite Corpse Adventure Episode 2”</p> <p>http://read.gov/exquisite-corpse/episode2.html</p> <p>Ojibwe Languague Lesson- “The Home-School Episode”</p> <p>https://www.youtube.com/watch?v=ZZIor3WzGlo</p>

ACTIVITY	LINKS
<u>STEAM</u>	<p>Grass Head</p> <p>https://www.youtube.com/watch?time_continue=1&v=SZw5EIP8fVY&feature=emb_title</p>
<u>LIFE SKILLS</u>	<p>Practice Happiness:</p> <p>https://static1.squarespace.com/static/5c534772fb18203104743d14/t/5cc23ebf8fc3f90001560346/1556233920075/Three+Hidden+Compliments.pdf</p>
<p>BRAIN BREAK</p> <p>AFTER A DAY FILLED OF FUN ACTIVITIES, YOU DESERVE SOME BRAIN BREAK TIME!</p>	<p>Pop See Ko 2.0</p> <p>https://app.gonoodle.com/activities/pop-see-ko-2-dot-0?s=Search&t=koo%20koo</p> <p>or</p> <p>How To Fold An Origami Easter Bunny</p> <p>https://www.artforkidshub.com/how-to-fold-an-origami-easter-bunny/</p> <p>or</p> <p>Easter Coloring Sheets</p> <p>https://www.crayola.com/free-coloring-pages/holidays/easter-coloring-pages/</p>

GREAT FUTURES START HERE.



Gitchigami



Middle & High School Virtual Daily Lessons



Gitchigami

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ACTIVITY	LINKS
WAKE UP! BREAKFAST & MORNING MINDFULNESS	<p>Morning Mindfulness: Morning Meditation and Wake Up Yoga for a Great Day https://www.youtube.com/watch?v=FQx7Jlx2aEA</p> <p>Morning Yoga: 10 min Morning Yoga Stretch for Beginners – Energy Boost Yoga https://www.youtube.com/watch?v=T41mYCmtWls</p>
WHAT'S THE MOVE!? GET CREATIVE!	<p>Warm Up!</p> <p>Can you do 100 jumping jacks?</p> <p>Foundational Movements with your Friends at the Cal Ripken Sr. Foundation</p> <p>https://www.ripkenfoundation.org/blog/foundational-fitness-training-todays-play-day</p>
SMART MOVES HOW DO I DEVELOP RESISTANCE TO PEER PRESSURE AND LEARN TO SAY "NO" TO ALCOHOL AND OTHER DRUGS? A LITTLE CONSIDERATION, A LITTLE THOUGHT FOR OTHERS, MAKES ALL THE DIFFERENCE. – WINNIE THE POOH	<ul style="list-style-type: none"> – Open up the "Know Your Nos" sheet (below). Read over the first page to learn some ways to practice saying "no." Practice out loud to get a good feeling of how to say no more effectively. – On the second page, go through each scenario and write your response to each scenario on a piece of paper or talk about it with a family member. What would you do in each scenario? How do you respond? <p>https://docs.google.com/document/d/1YVXDdVuoesvmysWnP8uwo8fqHsEEAhW6xh6LEqkYpqU/edit</p>
LUNCH TIME!	<p>Don't Forget to Wash your Hands!</p> 

ACTIVITY	LINKS
LEADERSHIP & SERVICE	<p>Service Activity:</p> <p>Write a letter to Healthcare Workers, First Responders, Law Enforcement, Social Workers, Teachers, Grocery Store Clerks, Stockers, Truck Drivers etc.</p> <p>Draw a nice picture if you'd like as well to go with your letter.</p> <p>Send your letter to each person you want to thank!</p>
READY TO EXPLORE!? LET'S TAKE A VIRTUAL TRIP! THE WHITE HOUSE	<p>https://artsandculture.google.com/partner/the-white-house</p>
STEM FIGHT THE GERMS! CLEAN ALL SHARED SURFACES: WIPE ALL KITCHEN TABLE AND CHAIRS, DOOR HANDLES, LIGHT SWITCHES, DESKTOPS, PHONES, COMPUTERS, KITCHEN & BATHROOM COUNTER, BATHROOM SINK AND TOILET	<p>Arts Activity: Take a free photography class here:</p> <p>https://www.nikonevents.com/us/live/nikon-school-online/</p> <p>STEM Activity: Can you build this cool planting machine? Try it at home! Build a Planting Machine</p> <p>https://www.youtube.com/watch?v=upZDD3edXHc</p>
LIFE SKILLS	<p>Try applying these critical thinking skills in your everyday life:</p> <p>https://docs.google.com/document/d/17yQzDQyxC1NqAZG6KyFU0Wx0zbkuVmZGYRprVXfklig/edit</p>
COLLEGE & CAREER READINESS	<p>Check out this Sample Resume</p> <p>https://docs.google.com/document/d/13ooHedo_2-c3v5o6iKeGEbplx2UL668fURs1DiDQ-ck/edit</p> <p>See what skills you have that you can include on your own resume: Transferable Skills</p> <p>https://docs.google.com/document/d/1t4BjVUO45qZcJiJD0t8ixx8WdtZjXQFbxBWm_5rIPgg/edit</p>
MINDFULNESS MEDITATION TIME TO UNWIND!	<p>Let Go of Anxiety, Fear & Worries: A GUIDED MEDITATION</p> <p>https://www.youtube.com/watch?v=4EaMJOo1jks</p>