

3rd-5th Grade Virtual Daily Lessons

FRIDAY, APRIL 10TH

ACTIVITY	LINKS
<u>CELEBRATE THE NEW DAY!</u> GROWTH MINDSET YOGA ACTIVITY	Be Strong – Strong Inside https://www.youtube.com/watch?v=jb2BKlmnQBQ
<u>LET’S GET OUR BODIES MOVING!</u> GO FOR A WALK, PLAY OUTSIDE OR HAVE A DANCE PARTY!	Easter Bunny Dance & Freeze https://www.youtube.com/watch?v=nZFRg1GucZ8
<u>FINE ARTS LET’S GET CREATIVE!</u> HOW TO PAINT AN EASTER BUNNY	https://www.artforkidshub.com/how-to-paint-easter-bunny/
<u>LUNCH TIME!</u>	Don’t Forget to Wash Your Hands!
<u>SMART KIDS</u>	-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!)
<u>READY TO EXPLORE!?</u> <u>LET’S TAKE A VIRTUAL FIELD TRIP!</u> THE WHITE HOUSE	https://artsandculture.google.com/partner/the-white-house
<u>POWER HOUR</u> <u>TIME TO READ</u>	“The Exquisite Corpse Adventure Episode 2” http://read.gov/exquisite-corpse/episode2.html Ojibwe Language Lesson- “The Home-School Episode” https://www.youtube.com/watch?v=ZZIor3WzGlo

ACTIVITY**LINKS**

<u>STEAM</u>	Grass Head https://www.youtube.com/watch?time_continue=1&v=SZW5EIP8fVY&feature=emb_title
<u>LIFE SKILLS</u>	Practice Happiness: https://static1.squarespace.com/static/5c534772fb18203104743d14/t/5cc23ebf8fc3f90001560346/1556233920075/Three+Hidden+Compliments.pdf
<u>BRAIN BREAK</u> AFTER A DAY FILLED OF FUN ACTIVITIES, YOU DESERVE SOME BRAIN BREAK TIME!	Pop See Ko 2.0 https://app.gonoodle.com/activities/pop-see-ko-2-dot-0?s=Search&t=koo%20koo or How To Fold An Origami Easter Bunny https://www.artforkidshub.com/how-to-fold-an-origami-easter-bunny/ or Easter Coloring Sheets https://www.crayola.com/free-coloring-pages/holidays/easter-coloring-pages/

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF THE RED CLIFF BAND OF
LAKE SUPERIOR CHIPPEWA

Gitchigami



Middle & High School Virtual Daily Lessons




FRIDAY, APRIL 10TH



ACTIVITY

LINKS

<p>WAKE UP!</p> <p>BREAKFAST & MORNING MINDFULNESS</p>	<p>Morning Mindfulness: Morning Meditation and Wake Up Yoga for a Great Day</p> <p>https://www.youtube.com/watch?v=FQx7Jlx2aEA</p> <p>Morning Yoga: 10 min Morning Yoga Stretch for Beginners – Energy Boost Yoga</p> <p>https://www.youtube.com/watch?v=T41mYCmtWls</p>
<p>WHAT'S THE MOVE!?</p> <p>GET CREATIVE!</p>	<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>
<p>SMART MOVES</p> <p>HOW DO I DEVELOP RESISTANCE TO PEER PRESSURE AND LEARN TO SAY "NO" TO ALCOHOL AND OTHER DRUGS?</p> <p>A LITTLE CONSIDERATION, A LITTLE THOUGHT FOR OTHERS, MAKES ALL THE DIFFERENCE.</p> <p>– WINNIE THE POOH</p>	<p>– 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.</p> <p>– 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> <p>https://docs.google.com/document/d/1YVXDdVuoesvmysWnP8uwo8fqHsEEAhW6xh6LEgkYpqU/edit</p>
<p>LUNCH TIME!</p>	<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	https://artsandculture.google.com/partner/the-white-house
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/17yQzDQyxClNqAZG6KyFU0Wx0zbkuVmZGYRprVXfklig/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=4EaMJ0o1jks</p>