

# 3<sup>rd</sup>-5<sup>th</sup> Grade Virtual Daily Lessons

**MONDAY, APRIL 6<sup>TH</sup>**

ACTIVITY	LINKS
<p><b><u>CELEBRATE THE NEW DAY!</u></b></p> <p>GROWTH MINDSET</p> <p>YOGA ACTIVITY</p>	<p>Have Compassion</p> <p><a href="https://family.gonoodle.com/activities/have-compassion">https://family.gonoodle.com/activities/have-compassion</a></p>
<p><b><u>LET'S GET OUR BODIES MOVING!</u></b></p> <p>GO FOR A WALK, PLAY OUTSIDE OR HAVE A DANCE PARTY!</p>	<p>Indoor Obstacle Course</p> <p>Build your own!</p> <p>Can you make one outside, too? Can you make a course that uses both indoor and outdoor space together?</p> <p><a href="https://www.youtube.com/watch?v=V6IdJIYCy5s">https://www.youtube.com/watch?v=V6IdJIYCy5s</a></p>
<p><b><u>FINE ARTS</u></b></p> <p><b><u>LET'S GET CREATIVE!</u></b></p> <p>HOW TO PAINT BLOSSOMS</p>	<p><a href="https://www.artforkidshub.com/how-to-paint-blossoms/">https://www.artforkidshub.com/how-to-paint-blossoms/</a></p>
<p><b><u>LUNCH TIME!</u></b></p>	<p><b>Don't forget to wash your hands!</b></p>
<p><b><u>SMART KIDS</u></b></p> <p>SELF- AWARENESS</p>	<p>Create “All About Me,” Book about yourself, including:</p> <ul style="list-style-type: none"><li>- A self-portrait</li><li>- Drawing of family members</li><li>- Lists and drawings of things they liked to do in the Club, home, in school</li><li>- Drawings, magazine or newspaper pictures of favorite food, toys, books, people, games, ect.</li><li>- One of the most important things to me about my culture is...</li><li>- I am special because... (a drawing to show any reason why “I’m special”).</li></ul>
<p><b><u>READY TO EXPLORE!?</u></b></p> <p><b><u>LET'S TAKE A VIRTUAL FIELD TRIP!</u></b></p> <p>THE SECRETS OF EASTER ISLAND</p>	<p><a href="https://www.pbs.org/wgbh/nova/easter/">https://www.pbs.org/wgbh/nova/easter/</a></p>

ACTIVITY	LINKS
<b><u>POWER HOUR</u></b>	Space Read Aloud
<b>TIME TO READ</b>	I, Humanity
	<a href="https://www.youtube.com/watch?v=k5VKwZxLyig">https://www.youtube.com/watch?v=k5VKwZxLyig</a>
<b><u>STEAM</u></b>	Don't Be Nervous <a href="https://bill nye.com/home-demos/dont-be-nervous">https://bill nye.com/home-demos/dont-be-nervous</a>
<b><u>LIFE SKILLS</u></b>	Name three things that you currently do to help save earth. If you don't do any of these things pick 3 and with your family, try to do these at home! <a href="http://bookoola.com.au/wp-content/uploads/2015/06/Caring-for-the-Environment-Poster-p3.jpg">http://bookoola.com.au/wp-content/uploads/2015/06/Caring-for-the-Environment-Poster-p3.jpg</a>
<b><u>BRAIN BREAK</u></b> <b>AFTER A DAY FILLED OF FUN ACTIVITIES, YOU DESERVE SOME BRAIN BREAK TIME!</b>	Fun Brain – <a href="https://www.funbrain.com">https://www.funbrain.com</a> Pbs kids – <a href="https://pbskids.org">https://pbskids.org</a> Explore Mars – <a href="https://spaceplace.nasa.gov/explore-mars/en/">https://spaceplace.nasa.gov/explore-mars/en/</a>

## GREAT FUTURES START HERE.



Gitchigami



# Middle & High School Virtual Daily Lessons



**MONDAY, APRIL 6<sup>TH</sup>**

ACTIVITY	LINKS
<p><b>WAKE UP!</b></p> <p><b>BREAKFAST &amp; MORNING MINDFULNESS</b></p>	<p>Morning Mindfulness &amp; Morning Yoga</p> <p><a href="https://www.youtube.com/watch?v=38xT3AIpZeE">https://www.youtube.com/watch?v=38xT3AIpZeE</a></p>
<p><b>WHAT'S THE MOVE!?</b></p> <p><b>GET CREATIVE!</b></p>	<p>Warm Up &amp; Fitness</p> <p>Do this challenge from your friends at the Cal Ripken Sr. Foundation!</p> <p>Lateral Shuffle</p> <p><a href="https://www.ripkenfoundation.org/sites/default/files/RipkenPlaybook/March27_WorkoutPlan.pdf">https://www.ripkenfoundation.org/sites/default/files/RipkenPlaybook/March27_WorkoutPlan.pdf</a></p>
<p><b>SMART MOVES</b></p> <p><b>PART 1: WHAT ARE SOME FACTS AND MYTHS ABOUT UNDERAGE DRINKING?</b></p> <p><b>QUOTE OF THE DAY:</b></p> <p><b>ALL OF OUR DREAMS CAN COME TRUE.</b></p> <p><b>– WALT DISNEY</b></p>	<ul style="list-style-type: none"> <li>– Reflection on today's quote.</li> <li>– Complete the What Do You Know About Alcohol worksheet and see what you already know.</li> </ul> <p><a href="https://docs.google.com/document/d/1YnMC_ZzgHYvz6zEDtSYerKVCebr6n242TkmtTyUPooU/edit">https://docs.google.com/document/d/1YnMC_ZzgHYvz6zEDtSYerKVCebr6n242TkmtTyUPooU/edit</a></p> <ul style="list-style-type: none"> <li>– Once you complete the sheet, check your answers with the Answer Key to see how many you got right.</li> </ul> <p><a href="https://docs.google.com/document/d/1X-ULU2AUeJeYiGY5nkXb0sYKkY-CFS20pE8Kowv0Kic/edit">https://docs.google.com/document/d/1X-ULU2AUeJeYiGY5nkXb0sYKkY-CFS20pE8Kowv0Kic/edit</a></p> <ul style="list-style-type: none"> <li>– Write a reflection about what you knew, what you didn't know but now learned, and what you would like to learn about alcohol.</li> <li>– Finally, write a list of possible consequences for underage drinking. What would happen at home, at school, or out of the house if you get caught underage drinking?</li> </ul>
<p><b>LUNCH TIME!</b></p>	<p><b>Don't forget to wash your hands!</b></p>

ACTIVITY	LINKS
<b>LEADERSHIP &amp; SERVICE</b> <b>RANDOM ACTS OF KINDNESS</b>	Ms. TaSheekia's My Empowerment (M.E.) Project: Video: The Company You Keep <a href="https://www.youtube.com/watch?v=b1ac_QWShfE&amp;feature=youtu.be">https://www.youtube.com/watch?v=b1ac_QWShfE&amp;feature=youtu.be</a>
<b>READY TO EXPLORE!?</b> <b>LET'S TAKE A VIRTUAL TRIP!</b> <b>JAPAN</b>	<a href="https://www.youtube.com/watch?v=YslyIn7tCEQ">https://www.youtube.com/watch?v=YslyIn7tCEQ</a>
<b>STEM</b> <b>FIGHT THE GERMS! CLEAN ALL SHARED SURFACES: WIPE ALL KITCHEN TABLE AND CHAIRS, DOOR HANDLES, LIGHT SWITCHES, DESKTOPS, PHONES, COMPUTERS, KITCHEN &amp; BATHROOM COUNTER, BATHROOM SINK AND TOILET</b>	Arts Activity: Have you ever tried hip hop dancing? Try this 20 Minute Hip Hop Dance Class! <a href="https://www.youtube.com/watch?v=Kd-Va1m4s1E">https://www.youtube.com/watch?v=Kd-Va1m4s1E</a> STEM Activity: Try one of these fun challenges at home! 5 Engineering Challenges with Clothespins, Binder Clips, and Craft Sticks <a href="https://frugalfun4boys.com/engineering-challenges-clothespins-binder-clips-craft-sticks/">https://frugalfun4boys.com/engineering-challenges-clothespins-binder-clips-craft-sticks/</a>
<b>LIFE SKILLS</b>	Self-Care Tips for Students <a href="https://www.youtube.com/watch?v=zeUYZOeln5M">https://www.youtube.com/watch?v=zeUYZOeln5M</a>
<b>COLLEGE &amp; CAREER READINESS</b>	Tips for Productivity <a href="https://www.youtube.com/watch?v=-_LFGQc5ZYs">https://www.youtube.com/watch?v=-_LFGQc5ZYs</a>
<b>MINDFULNESS MEDITATION</b> <b>TIME TO UNWIND!</b>	Short Guided Meditation to Let Go and Relax <a href="https://www.youtube.com/watch?v=uuELdJITusM">https://www.youtube.com/watch?v=uuELdJITusM</a>