

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

MONDAY, MARCH 30TH

ACTIVITY	LINKS
<p><b><u>CELEBRATE THE NEW DAY!</u></b></p> <p>INDOOR RECESS: ANIMAL INSTINCTS</p>	<p><a href="https://app.gonoodle.com/activities/animal-instincts?s=Search&amp;t=jungle">https://app.gonoodle.com/activities/animal-instincts?s=Search&amp;t=jungle</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>“I like to Move It Move It”: <a href="https://www.youtube.com/watch?v=emKoR6Mlr4I">https://www.youtube.com/watch?v=emKoR6Mlr4I</a></p> <p>&amp;</p> <p>“The Lion Sleeps Tonight”: <a href="https://www.youtube.com/watch?v=VT6PAR_k_a0">https://www.youtube.com/watch?v=VT6PAR_k_a0</a></p>
<p><b><u>FINE ARTS</u></b> <b><u>LET'S GET CREATIVE!</u></b></p> <p>LET'S GET CREATE OUR GEAR FOR OUR SAFARI ADVENTURE!</p> <p>DIY BINOCULARS</p>	<p><a href="https://wonderfuldiy.com/diy-binoculars/">https://wonderfuldiy.com/diy-binoculars/</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>WE REALIZE THAT DUE TO ALL THAT HAS BEEN GOING ON LATELY CAN BE A LITTLE OVERWHELMING. THAT IS OKAY! YOU ARE ALLOWED TO FEEL THOSE FEELINGS.</p> <p>USE THIS CHART TO MAP OUT HOW YOU FEEL, SHARE YOUR WORK TO A FAMILY MEMBER AND FRIEND AND TALK ABOUT THOSE FEELINGS.</p>	<p><a href="https://childhood101.com/wp-content/uploads/2018/09/My-Emotions-Wheel.pdf">https://childhood101.com/wp-content/uploads/2018/09/My-Emotions-Wheel.pdf</a></p>
<p><b><u>READY TO EXPLORE!? LET'S TAKE A VIRTUAL FIELD TRIP!</u></b></p> <p>THE MUSEUM OF NATURAL HISTORY AT THE SMITHSONIAN</p>	<p><a href="https://naturalhistory.si.edu/visit/virtual-tour">https://naturalhistory.si.edu/visit/virtual-tour</a></p>

ACTIVITY	LINKS
<p><b><u>POWER HOUR</u></b> TIME TO READ</p>	<p>Read Aloud: Snappy The Alligator (Did Not Ask to be In This Book!): <a href="https://www.storylineonline.net/books/snappy-the-alligator/">https://www.storylineonline.net/books/snappy-the-alligator/</a></p> <p>After Reading: What are your thoughts!?</p> <p>Share your thoughts in this writing activity: <a href="https://www.storylineonline.net/wp-content/uploads/2020/02/SnappytheAlligator_Teacher_ActivityGuide_Final.pdf">https://www.storylineonline.net/wp-content/uploads/2020/02/SnappytheAlligator_Teacher_ActivityGuide_Final.pdf</a></p>
<p><b><u>STEAM</u></b> LET'S DO THIS EXPERIMENT TO LEARN HOW ANIMALS IN THE ARCTIC KEEP THEMSELVES WARM DURING THE WINTER</p>	<p><a href="https://www.icantteachmychild.com/how-arctic-animals-stay-warm-in-icy-water/">https://www.icantteachmychild.com/how-arctic-animals-stay-warm-in-icy-water/</a></p>
<p><b><u>LIFE SKILLS</u></b> IMPORTANCE OF KEEPING HEALTHY AND CLEAN!</p>	<p><a href="https://www.youtube.com/watch?v=24IYt5Z3eC4">https://www.youtube.com/watch?v=24IYt5Z3eC4</a></p>
<p><b><u>BRAIN BREAK</u></b> AFTER A DAY FILLED OF FUN ACTIVITIES, YOU DESERVE SOME BRAIN BREAK TIME!</p>	<p>Fun Brain: <a href="https://www.funbrain.com">https://www.funbrain.com</a> ABCYA: <a href="https://www.abcyahub.com">https://www.abcyahub.com</a></p> <p>Indoor Recess: <a href="https://app.gonoodle.com/channels/indoor-recess">https://app.gonoodle.com/channels/indoor-recess</a></p>

## GREAT FUTURES START HERE.



Gitchigami



# Middle & High School Virtual Daily Lessons



**MONDAY, MARCH 30<sup>TH</sup>**

## ACTIVITY

## LINKS

<p><b>WAKE UP!</b> <b>BREAKFAST &amp; MORNING MINDFULNESS</b></p>	<p><a href="https://www.youtube.com/watch?v=7lscI5-f420">https://www.youtube.com/watch?v=7lscI5-f420</a> &amp; <a href="https://www.youtube.com/watch?v=7kgZnJqzNaU">https://www.youtube.com/watch?v=7kgZnJqzNaU</a></p>
<p><b>WHAT'S THE MOVE!?</b> <b>FITNESS CHALLENGE</b> – CAN YOU CHOOSE 3 MORE TIMES TODAY TO COMPLETE THE CHALLENGE? – WHAT EXERCISES CAN YOU ADD? CAN YOU MAKE IT A COMPETITION WITH SOMEONE IN YOUR HOUSE?</p>	<p>Superhero Warm Up: "Spiderman Warm Up": <a href="https://www.youtube.com/watch?v=M-I_As6pPl4&amp;feature=youtu.be">https://www.youtube.com/watch?v=M-I_As6pPl4&amp;feature=youtu.be</a> &amp; Fitness Challenge: "Squat Challenge!": <a href="https://www.youtube.com/watch?reload=9&amp;v=bql6sIU2A7k&amp;fbclid=IwAR2GxJucqPjMhNTdbkZZ9w8FQzUdjHSfAP6CVeN7UGAWdLodR97zNsRDvsM">https://www.youtube.com/watch?reload=9&amp;v=bql6sIU2A7k&amp;fbclid=IwAR2GxJucqPjMhNTdbkZZ9w8FQzUdjHSfAP6CVeN7UGAWdLodR97zNsRDvsM</a></p>
<p><b>SMART MOVES</b> <b>AM I MAKING THE RIGHT CHOICES?</b> <b>I GO SOME PLACES AND AVOID OTHERS</b></p>	<p>Look at a map of Red Cliff or Bayfield on Google Maps: Where are some places that you would avoid? Write down a couple sentences why you avoid certain places. – Read "The Uncertain Gang Member": <a href="https://docs.google.com/document/d/1zWo6v8Xz5mJnRW5p7iR6bOk3I0jIOUcvm_KDNh0xeHM/edit">https://docs.google.com/document/d/1zWo6v8Xz5mJnRW5p7iR6bOk3I0jIOUcvm_KDNh0xeHM/edit</a></p> <p>Which paragraph speaks to you the most? What ideas or feelings stood out the most? What brought about the turn-around in Joshua?</p> <p>– Reflect in your journal about the decision-making process Joshua went through in order to bring about the change in his life. What actions will he take in the future to avoid the problems he faced in the past? What actions might you take to avoid similar problems?</p>
<p><b>LUNCH TIME!</b> ALSO, CHECK OUT: MYPLATE KITCHEN RECIPES TO THE RIGHT</p>	<p><b>Don't forget to wash your hands!</b></p> <p><a href="https://www.youtube.com/playlist?list=PLBccton6gOdrIKFFh-M9mf8VkPEV2ZVr">https://www.youtube.com/playlist?list=PLBccton6gOdrIKFFh-M9mf8VkPEV2ZVr</a></p>

ACTIVITY	LINKS
<b>LEADERSHIP &amp; SERVICE</b>	<p>Watch this TED Talk:  <a href="https://www.youtube.com/watch?v=0OkOQhXhsIE">https://www.youtube.com/watch?v=0OkOQhXhsIE</a></p> <p>Then complete this One Pager:  <a href="https://docs.google.com/document/d/19jt4CrdkK8Apnkzt2xYBJ_ryukJ18XwTJqagmmBfvXc/edit">https://docs.google.com/document/d/19jt4CrdkK8Apnkzt2xYBJ_ryukJ18XwTJqagmmBfvXc/edit</a> (you can recreate it if you don't have a printer).</p>
<b>READY TO EXPLORE!?</b> <b>LET'S TAKE A VIRTUAL TRIP!</b> <b>LET'S TRAVEL TO THE HIDDEN WORLD OF NATIONAL PARKS</b>	<p>Today, take a trip through the Carlsbad Caverns in New Mexico!</p> <p>Fly with thousands of bats, explore incredible formations, and trek by headlamp through a cave!</p> <p><a href="https://artsandculture.withgoogle.com/en-us/national-parks-service">https://artsandculture.withgoogle.com/en-us/national-parks-service</a></p>
<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>	<p>Performing Arts Activity: "Guitar Lesson #1"  <a href="https://www.youtube.com/watch?reload=9&amp;v=Ohf0vMxHmIM">https://www.youtube.com/watch?reload=9&amp;v=Ohf0vMxHmIM</a></p> <p>&amp;</p> <p>STEM Activity: Put all those toilet paper and paper towel rolls to good use! Find items from around your house and create a racetrack!</p>
<b>LIFE SKILLS</b> <b>WHILE YOU'RE AT HOME, START HELPING YOUR FAMILY DO THEIR LAUNDRY!</b>	<p>How to Do Laundry:  <a href="https://www.youtube.com/watch?v=4QxmleZeuj9s">https://www.youtube.com/watch?v=4QxmleZeuj9s</a></p>
<b>COLLEGE &amp; CAREER READINESS</b> <b>WHO IS GETTING READY TO LOOK FOR SUMMER JOBS?</b>	<p>Check out this video for tips on How to Dress for a Job Interview:  <a href="https://www.youtube.com/watch?v=DM8Stzk_jxs">https://www.youtube.com/watch?v=DM8Stzk_jxs</a></p>
<b>MINDFULNESS MEDITATION</b> <b>TIME TO UNWIND!</b> <b>FALL ASLEEP FAST WITH THIS 10-MINUTE MEDITATION!</b>	<p>Relax and listen to this 20-minute guided meditation for teens:  <a href="https://www.youtube.com/watch?v=psyExnCkcXU">https://www.youtube.com/watch?v=psyExnCkcXU</a></p>