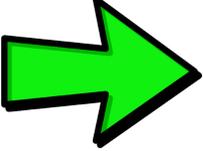


StMCS Choice Board

- Complete the top row of learning each day (Featured Ideas)
- In addition, choose at least **one** activity daily from each column/subject area - Prayer/Religious, Service, Wellness, Literacy, STEM, and Fun
- Place a check mark by the activities as completed

	Prayer/Religious	Service	Wellness	Literacy	STEM	FUN
Featured Ideas 	<p style="text-align: center;">Pray Together</p> <p>Pray a decade of the Rosary as a family.</p> <p><i>Challenge:</i> -Pray one decade each hour until you have completed a full Rosary.</p> <p><i>Additional Options:</i> -Visit the Rosary Garden at our school to pray. -Make a paper chain rosary (see example here).</p>	<p style="text-align: center;">Senior Care</p> <p>As a family, send a letter to a resident at The Legacy of St. Michael The Legacy Attn: Kelly Maynard 4400 Lange Ave NE St Michael, MN 55376 and pray for the residents daily.</p> <p>Looking for ideas on what to send? Use our prayer form.</p>	<p style="text-align: center;">Stay Healthy</p> <p>Practice good hand washing and healthy habits! For a great resource to explain to your child(ren) about the “Yucky Bug” & to learn the “Magic 5” to go The Yucky Bug by Julia Cook</p>	<p style="text-align: center;">Journal</p> <p>Write or draw daily about one part of your day. <i>(We are living in a unique time in history. Your journal will be a great source for you some day.)</i></p> <p style="text-align: center;">Read Every Day!</p>	<p style="text-align: center;">Practice Problem Solving</p> <p>Play a card game or board game that encourages problem solving.</p>	<p style="text-align: center;">Find JOY!</p> <p>Do something each day that brings you joy.</p>
<p>Choose from these additional activities to complete throughout the remainder of the week.</p>	<p style="text-align: center;">Watch a Video</p> <p>On the “Formed” website Formed - The Catholic Faith. On demand. -Select “sign up” -Select “I belong to a Parish or Organization” -Type “St. Michael & St. Albert”</p> <p>More video options at EWTN Videos for Kids</p>	<p style="text-align: center;">Pay It Forward</p> <p>Have each family member think of a “Pay It Forward” activity they could do for another family member (i.e. help a sibling or parent with a chore without being asked).</p> <p style="text-align: center;">Donate</p> <p>Collect books and toys to donate to St Vincent DePaul, St. Michael. (Drop off donations at a later date.)</p>	<p style="text-align: center;">Walk/Bike Ride</p> <p>As a family, choose an activity to incorporate into your walk/bike ride:</p> <p>-With chalk, leave a message or draw a picture for others on the sidewalk -Greet people you meet along the way -Do a scavenger hunt -Pick up trash as you go -Clean up the yard</p>	<p style="text-align: center;">Write . . .</p> <p>-A play or skit and act it out -A comparison between a book and a movie -A letter and mail it -Interview questions and conduct the interview -Find a recipe, make the food item, and write a review -A story using three random pictures from any source (PreK & K can tell a story using the pictures)</p>	<p style="text-align: center;">Family STEM Challenge Ideas</p> <p>Tin Foil Boat see whose can hold the most pennies House of Cards Build a house of cards together Tower Challenge Compete to build the tallest tower of legos or other building item Paper Airplane With a single sheet of paper see whose design will fly the furthest or has the coolest design Rube Goldberg Machine Build a chain reaction to complete a task. Watch this video for inspiration.</p>	<p style="text-align: center;">Plan a Dress Up Theme Day(s)</p> <p>Pajama Day Wacky Hair Day School Spirit Day USA Day Sports Day Dress Your Best Career Day Silly Sock Day Hat Day Hawaiian Day College Day</p>

	<p align="center">Bible Stories</p> <p>Read a Bible story together from a Bible at home or from Children's Online Bible</p> <p>Suggestions Include: -Creation (Genesis 1) -Jesus Calms the Storm (Mark 4: 35-41) -Let the Children Come to Me (Mark 10:13-16) -Loaves and Fishes (Matthew 14:13-21) -The Resurrection (Matthew 28:1-10) -Noah's Ark (Genesis Chapters 6-9)</p> <p>Choose a Saint to learn about and pray to. Saint YouTube Videos Printable Coloring Pages</p>	<p align="center">Feeding Friends</p> <p>Help our feathered friends by making a bird feeder with peanut butter and pinecones. Pine Cone Bird Feeder</p> <p align="center">Clean Up Day</p> <p>Go for a walk & make it a clean-up day! Wear gloves and pick up paper and plastic in your neighborhood, park, or yard.</p>	<p align="center">Create a Family Health Routine</p> <p>-Exercise - include sit ups, push ups, jumping jacks, squats/thrusts, lunges, arm circles, etc. -For fun ideas on ways to get your body moving, such as "Milkshake", "Pop See Ko", "Dinosaur Stomp", "Rollercoaster" and more, go to GoNoodle -Choose a healthy option for a snack -Enjoy an indoor picnic -Build a fort in the house ~ have a healthy treat inside the fort and/or read with a flashlight</p>	<p align="center">Read a Book Out Loud or Say the ABCs . . .</p> <p>-To a pet, sibling, parent or stuffed animal -To someone in a different household using Facetime -In an accent of your choice -To yourself using a recording device</p>	<p align="center">Visit Learning Sites for Daily STEM Activities & Videos:</p> <p>Explore NASA Here STEM activities for any age</p> <p>Virtual Tours Here Explore 30 virtual field trips/tours</p> <p>Cincinnati Zoo Here Videos and activities highlighting new animals each day</p>	<p align="center">Create Something!</p> <p>-Make slime or salt dough -Make your own board game -Make your own comic book -Draw or paint a picture -Make up a song or dance -Make a blanket fort -Play with Legos</p>
	<p align="center">Art Project</p> <p>Use supplies you have at home to make a religious art project. For ideas to go Catholic Activities and Crafts for Kids Pinterest Ideas</p> <p>For a "Lent: Pray, Fast, Give" project, go to Printable activity</p>	<p align="center">Grandparent Connection</p> <p>Fill out this fun form and share with grandparents. Ask them to fill out the form too. Enjoy learning about each other. "All About Me"</p>	<p align="center">Talent Show</p> <p>Host a family talent show with each family member sharing a talent, such as:</p> <p>-Musical -Art -Poetry -Tricks -Dance Routine</p>	<p align="center">Additional Ideas</p> <p>PreK & Grade 1: -Sing the ABCs to the tune of <i>Mary Had a Little Lamb</i> -Practice your letter sounds -Write the letters of the alphabet in order -Write and read CVC words (consonant, vowel, consonant ~ i.e. hat, man, dog, cat)</p> <p>All Grades: -Alphabetize your family's spice rack and/or canned goods</p>	<p align="center">Become a Cartographer!</p> <p>Draw a map of your bedroom, house, school, or neighborhood. (Remember to include a key.)</p> <p align="center">Become a Meteorologist!</p> <p>Create a weather report, write it out, and film it.</p>	<p align="center">Family Fun!</p> <p>-Play charades -Make a meal together -Have a family slumber party -Create a playlist and show off your dance moves -Make an obstacle course -Do Karaoke -Play Hide & Go Seek -Label items in your house in Spanish with sticky notes and practice as a family</p>