

# Stay-Cation Checklist

So here is the goal, create a digital journal/reflection of our time off. Some items are to be done each day, some items are just goals to try and meet. Check one or 10 things off the list each day. Have fun, start checking items off! Add links, upload your pictures and follow the directions below.

Came up with something awesome that wasn't on the list? Add it!

Challenge	Details	Check!
Watch a movie from each decade!	Watch a movie from each decade, write the title and a brief description about what the movie was about and what you thought!	<input type="checkbox"/> pre-20's <input type="checkbox"/> 20's <input type="checkbox"/> 30's <input type="checkbox"/> 40's <input type="checkbox"/> 50's <input type="checkbox"/> 60's <input type="checkbox"/> 70's <input type="checkbox"/> 80's <input type="checkbox"/> 90's <input type="checkbox"/> 20's
Coding	<a href="#">International Space Station Docking Simulation</a>	
Take a picture!	Record a moment in time, tell me why that moment feels important. Upload it here, or at the bottom or even just make an album online and share it with me.	
Work Out time	20 minute workout session. Find an online video, or create your own and share	
Pod-People: <a href="#">Brains On-</a> Science & more	Podcasts! Find a new one, find an old favorite, share your go to, or newly discovered favorites.	Listen up (favorite podcasts):
Read something	Spend 30 minutes reading something! A book, comics, poems, the news whatever it is, share it.	total time reading: _____ What I Read:

Do an act of good:	Give back to your community Write a card to someone elderly stuck in a nursing home and mail it to them!!!	Clean up an outside area Write a letter to someone stuck in a nursing home at this time Record a video message for someone in a nursing home, or take a picture. Check in with someone outside your circle. Make sure they're doing ok. Help your parent/guardian with something unexpected
Become a Citizen Scientist	Look up citizen science projects you can help with from home! Add as many as you do. Record a public service announcement about something important!!	Link to the project: description:
Cook something	Whether it's making sandwiches, pancakes, or a whole chicken. Look on PINTEREST...tons of good recipes. Need a good banana bread recipe...I have one!	What I cooked:
Go for a walk	Spend 30 minutes a day outside (at least), do it with family NOT with friends.	
Become a Nature ePhotographer	Look at the world around you through a different lense.	
Math Time	30 minutes of math a day! Keep a running tally of your math time.	Math Minutes!:
Current Event!	Read something happening today in the news, what is it, how is it affecting you, the community, the country, the world? Try and find a new one each day!	What is the Event Who does it affect Link to the article

	I will share some articles about some weird science.	
Write something	Record your thoughts, observations, frustrations etc. share it or not, but write it down! Journal your experiences over the next few weeks.	Do this each day.
Learn a new skill	Learn about something you've always wanted to try/know how to do.	
Educational Videos	Find and watch a video a day that helps explain something you've learned about.  <a href="#">What's it like to live on the International Space Station?</a>  <a href="#">Gravity Simulator</a>  <a href="#">PBS Video Series-older kids</a>  <a href="#">Explore the Cryosphere Nasa</a>  <a href="#">DNA Extraction</a> -9-12	Video topic: Video link:
<a href="#">Action Lab!</a> If you find an especially good one, let me know!	check out Action Lab on YouTube	
Research!	Research something you are passionate about, anything create a flipgrid video to share your new knowledge	
Garden	grow something, use seeds from something you've eaten, or seeds you pick up at the store. Egg crates make awesome starter pots.	
Go on a tour	Use the internet to take a	Where did you tour?

<a href="#">Virtual Field Trips</a> : Here are 30! <a href="#">Virtual Museum Tours</a>	virtual tour! There are museums around the world along with google world tours that can transport you somewhere else.	
Music hour	Listen to your favorite music, or listen to hits from the past.	Number of hours I listened to music:
Game time	Unplug and play a board/card game	
Who Was!	If you have Netflix check out this show! Look through the episodes to find your favorite historic characters.	
Become a Google App pro!	Learn how to use Google Apps like spreadsheet and slides	Use their tutorials to get strong at Word, Slides and Spreadsheet
Draw it!	Draw something new every day	Take a picture, upload them here :)
Become the teacher : your parents will be thankful OR show them these sites	Teach someone something they don't know (it can be anything! How to draw, how to play a game, a new fact, even a new joke!)  Trying to keep your sibling from driving you crazy, try this...Be the teacher! <a href="#">Space Explorer Activities</a> : grade 5-8  <a href="#">Space &amp; Sound</a> Kindergarten-4th  <a href="#">Climate: k-4</a>  <a href="#">Mars Rover Game</a>  <a href="#">SciShow Kids- You Tube</a>  <a href="#">Smithsonian 3-D Library</a>	Create a video, TicTok, Flipgrid, YouTube video, screen cast etc... share it with me.

You Time	Do yoga, mediate, take some mental health time	There are great resources online for this
Say Thanks	Write a note to someone thanking them for their work, parent, doctor, teacher, first responders etc	
Clean Up.	Clean your room, the dishes, a garden bed, just clean.	
Story Time.	Write fan fiction or a short story	
Craft Time	Make a craft, use recycled materials, nature items or on hand supplies.	Take a picture of your creation