



LITCHFIELD
SCHOOL DISTRICT
FOOD SERVICE A+ SCHOOLS

**Virtual and
Printable
Enrichment
Activities for
At-Risk After-
school Meals.**

CACFP At-Risk Afterschool Meals Enrichment Week 1

Date	Activities
	<ul style="list-style-type: none"> ● National Geographic: Weird Nature Quiz. Go to the webpage and take the quiz to learn about weird things in nature. (science) https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-weird-nature/ ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Africa,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc.). (art, history)
	<ul style="list-style-type: none"> ● Learn how to make a time capsule! Go to the webpage. (various subjects) https://family.gonoodle.com/activities/how-to-make-a-time-capsule ● Inventions by Kids! Seed Launching Backpack. Go to the webpage and watch the video. (science, tech) https://thekidshouldseethis.com/post/seed-launching-backpack-a-3d-printed-pollinator-friendly-invention
	<ul style="list-style-type: none"> ● Bone Strength video from NFL. Go to the webpage to learn how to increase bone strength through nutrition and exercise! (science, phys ed) https://family.gonoodle.com/activities/bone-strength ● Watch live footage of African Animals. Go to the webpage and click on “African Wildlife.” Write a list of animals you see, or draw them. (science, social studies) https://explore.org/livecams
	<ul style="list-style-type: none"> ● Storyline Online- <u>Oh the Places You’ll Go</u>, read by Michelle Obama. Go to the webpage and read along or listen to the book. (language arts) https://www.youtube.com/watch?v=nVpHc8wsRKE ● Kennedy Center: World of Music. Go to the webpage and learn about composers, music and orchestras from around the world and listen to the music. (art, social studies) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/ypc/a-world-of-music/
	<ul style="list-style-type: none"> ● UNICEF video: Song about handwashing showing people in countries around the world. Go to the webpage and watch the video. Then teach others about handwashing! (art, social studies) https://www.youtube.com/watch?v=0xprciOSq4c ● Spy Museum puzzle: Four Rotor Enigma Machine. Go to the webpage and click on “play” for the Four Rotor Enigma Machine Puzzle. (tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/
	<ul style="list-style-type: none"> ● K-3: Watch the video about Harriet Tubman, then click on an activity or quiz below the movie. (history, language arts) https://jr.brainpop.com/socialstudies/biographies/harriettubman/?_ga=2.81506644.277798122.1598322836-1349083136.1598322836 ● Grade 4-12: Watch the video about Fannie Lou Hamer, then click on an activity or quiz below the movie. (history, language arts) https://www.brainpop.com/socialstudies/famoushistoricalfigures/fannielouhamer/?_ga=2.119305546.277798122.1598322836-1349083136.1598322836
	<ul style="list-style-type: none"> ● Fill up your plate with a balanced meal to blast off! Go to the webpage and click “play the game.” (science) https://www.fns.usda.gov/apps/BlastOff/BlastOff_Game.html ● TedEd: What Makes a Volcano Erupt? Go to the webpage and click on the video. (science) https://ed.ted.com/lessons/what-makes-volcanoes-erupt-steven-anderson

CACFP At-Risk Afterschool Meals Enrichment Week 2

Date	Activities
	<ul style="list-style-type: none"> ● Which dinosaur are you? Go to the webpage and find out your dinosaur personality! (science) https://kids.nationalgeographic.com/games/personality-quizzes/what-dinosaur/ ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Asia,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc.). (art, history)
	<ul style="list-style-type: none"> ● Poppin’ Bubbles Song and dance. Go to the webpage and learn the song and dance! (art, phys ed) https://family.gonoodle.com/activities/poppin-bubbles ● Spy Museum puzzle: Key Pattern Device. Go to the webpage and click on “play” for the Key Pattern Device Puzzle.(tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/
	<ul style="list-style-type: none"> ● Shark quiz! Go to the webpage and learn about sharks! (science) https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-sharks/ ● Rube Goldberg machines. Go to the webpage and play the video. (tech, science) https://thekidshouldseethis.com/post/how-does-joseph-herscher-make-mind-blowing-rube-goldberg-machines
	<ul style="list-style-type: none"> ● Storyline Online- Harry the Dirty Dog read by Betty White. Go to the webpage and watch Betty White read the book. (language arts) https://www.youtube.com/watch?v=7j0OY3236jw ● NASA: How Does GPS Work? Go to the webpage and watch the video. (tech, science) https://spaceplace.nasa.gov/gps-pizza/en/
	<ul style="list-style-type: none"> ● K-3: Watch the video about Jackie Robinson, then click on an activity or quiz below the movie. (history) https://jr.brainpop.com/socialstudies/biographies/jackierobinson/?_ga=2.181500388.277798122.1598322836-1349083136.1598322836 ● Grade 4-12: Watch the video about Tuskegee Airman, then click on an activity or quiz below the movie. (history) https://www.brainpop.com/socialstudies/ushistory/tuskegeearmen/?_ga=2.144792183.277798122.1598322836-1349083136.1598322836
	<ul style="list-style-type: none"> ● Track and Field Fuel-Up Challenge! Answer food and nutrition questions as you complete virtual Track and Field events. Go to the webpage and click “play.” (science) https://www.fns.usda.gov/apps/TrackAndField/index.html ● Cosmic kids Star Wars yoga. Go to the webpage and click on the video. (phys ed) https://www.youtube.com/watch?v=BEPxPkQY6V8
	<ul style="list-style-type: none"> ● Vine Time- fill the monkey’s basket with fruit! Go to the webpage and click “play.” (science) https://www.funbrain.com/games/vine-time ● TedEd: Can We Bring Back an Extinct Species? Go to the website and click on the video to play. (Science) https://ed.ted.com/lessons/the-last-living-members-of-an-extinct-species-jan-stejskal

CACFP At-Risk Afterschool Meals Enrichment Week 3

Date	Activities
	<ul style="list-style-type: none"> ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Australia and Oceania,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc). (art, history) ● What Type of Genius Are You? Go to the webpage and take the quiz! (social studies) https://kids.nationalgeographic.com/games/personality-quizzes/what-kind-of-genius-are-you/
	<ul style="list-style-type: none"> ● Pizza Man! Go to the webpage and learn the song and dance! (art, phys ed) https://family.gonoodle.com/activities/pizza-man ● Spy Museum puzzle: Pigeon Camera. Go to the webpage and click on “play” for the Pigeon Camera. (tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/
	<ul style="list-style-type: none"> ● National Geographic: Go to the webpage, take the quiz and learn about sports around the world! (social studies, phys ed) https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-outdoor-sports/ ● TedEd: The Greatest Mathematician that Ever Lived. Go to the webpage and click play on the video. (math, history) https://ed.ted.com/lessons/the-greatest-mathematician-that-never-lived-pratik-aghor
	<ul style="list-style-type: none"> ● Storyline Online- <u>The Hula-Hoopin’ Queen</u>, read by Oprah Winfrey. Go to the webpage and watch Oprah read the book. (language arts) https://www.youtube.com/watch?v=op9Bc7GWCuw&vI=en ● Perseverance: NASA’s Fifth Mars Rollover. Go to the webpage and click the video. (science) https://thekidshouldseethis.com/post/introducing-perseverance-nasas-fifth-mars-rover
	<ul style="list-style-type: none"> ● K-3: Watch the video about Rosa Parks, then click on an activity or quiz below the movie. (history) https://jr.brainpop.com/socialstudies/biographies/rosaparks/?_ga=2.110264006.277798122.1598322836-1349083136.1598322836 ● Grade 4-12: Watch the video about Motown, then click on an activity or quiz below the movie. (history, arts) https://www.brainpop.com/socialstudies/culture/motown/?_ga=2.149003637.277798122.1598322836-1349083136.1598322836
	<ul style="list-style-type: none"> ● Space: Explore the Solar System! Go to the webpage and click on “play.” (science) https://www.funbrain.com/games/tinybop-schools-space ● NASA: Why is Pluto not a Planet? Go to the webpage and read about Pluto. (science) https://spaceplace.nasa.gov/ice-dwarf/en/
	<ul style="list-style-type: none"> ● Kennedy Center: Summon the Heroes. Explore how orchestras have celebrated heroes through music. (art, history) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/ypc/summon-the-heroes ● Jack Hartman: Spread a Little sunshine song and dance. Go to the webpage and click on the video to learn the song and dance. (art, phys ed) https://www.youtube.com/watch?v=E0lvFmXwxec

CACFP At-Risk Afterschool Meals Enrichment Week 4

Date	Activities
	<ul style="list-style-type: none"> ● Cute baby animal personality quiz. Go to the webpage and take the quiz! (social studies) https://kids.nationalgeographic.com/games/personality-quizzes/which-cute-baby-animal/ ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Europe,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc). (art, history)
	<ul style="list-style-type: none"> ● Roar. Watch and learn the song and dance. (art, phys ed) https://family.gonoodle.com/activities/roar ● TedEd: Where Did Earths Water Come From? Go to the webpage and play the video. https://ed.ted.com/best_of_web/bZxK0sPp (science)
	<ul style="list-style-type: none"> ● Go to the webpage, take the quiz, and learn about food from around the world! (science) https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-menu/ ● Six Machine Puzzle. Go to the webpage and watch the video. (tech, science) https://thekidshouldseethis.com/post/six-machine-puzzles-can-you-predict-what-will-happen
	<ul style="list-style-type: none"> ● Storyline Online- <u>Trombone Shorty</u>, read by Angela Bassett. Go to the webpage and watch Angela Basset read the book. (language arts) https://www.youtube.com/watch?v=QitquEL48Co ● NASA: Where do satellites go when they die? Go to the webpage and read about satellites. (science) https://spaceplace.nasa.gov/spacecraft-graveyard/en/
	<ul style="list-style-type: none"> ● K-3: Watch the video about Ruby Bridges, then click on an activity or quiz below the movie. (history) https://jr.brainpop.com/socialstudies/biographies/rubybridges/?_ga=2.190077544.277798122.1598322836-1349083136.1598322836 ● Grade 4-12: Watch the video about Malcolm X, then click on an activity or quiz below the movie. (history) https://www.brainpop.com/socialstudies/famoushistoricalfigures/malcolmX/?_ga=2.152605434.277798122.1598322836-1349083136.1598322836
	<ul style="list-style-type: none"> ● Simon Sees Matching Game. Go to the webpage and click “play.” https://www.funbrain.com/games/simon-sees (social studies) ● Stephen Swartz: Learn about this musical theater composer of <i>Wicked</i>, <i>Pippin</i> and other hit musicals, and hear some of the music. (art) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/theater/stephen-schwartz/
	<ul style="list-style-type: none"> ● Spy Museum puzzle: Virginia Hall’s Radio. Go to the website and click on “play” for Virginia Hall’s Radio. (tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/ ● Jack Hartmann: Freeze Dance and Song. Go to the webpage and learn the song and play along. (art, phys ed) https://www.youtube.com/watch?v=GtllN3oGsk

CACFP At-Risk Afterschool Meals Enrichment Week 5

Date	Activities
	<ul style="list-style-type: none"> ● Heroes and Heroines Quiz! Go to the webpage and take the quiz. (history) https://kids.nationalgeographic.com/games/quizzes/heroes-and-heroines-quiz-whiz/ ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Latin America and the Caribbean,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc). (art, history)
	<ul style="list-style-type: none"> ● Peanut Butter in a Cup. Watch and learn the dance! (art, phys ed) https://family.gonoodle.com/activities/peanut-butter-in-a-cup ● TedEd: Can Plants Think? Go to the webpage and play the video. (science) https://ed.ted.com/best_of_web/tYagkL7c
	<ul style="list-style-type: none"> ● Go to the webpage and take a quiz on creepy creatures in the ocean! (science) https://kids.nationalgeographic.com/games/quizzes/creepy-creatures-quiz-whiz/ ● Wet Terracotta Cooling System. Go to the webpage and watch the video. (science) https://thekidshouldseethis.com/post/ant-studio-behive-wet-terracotta-cooling-system
	<ul style="list-style-type: none"> ● Storyline Online: Go to the webpage and watch Ernest Borgnine read the book <u>The Rainbow Fish</u>. (language arts) https://www.youtube.com/watch?v=r9mryuEKkKc ● NASA: What is a tsunami? Go to the webpage and read about tsunamis. (science) https://spaceplace.nasa.gov/tsunami/en/
	<ul style="list-style-type: none"> ● K-3: Watch the video about Martin Luther King, Jr, then click on an activity or quiz below the movie. (history) https://jr.brainpop.com/socialstudies/biographies/martinlutherkingjr/?_ga=2.181967332.277798122.1598322836-1349083136.1598322836 ● Grade 4-12: Watch the video about Martin Luther King, Jr, then click on an activity or quiz below the movie. (history) https://www.brainpop.com/socialstudies/famoushistoricalfigures/martinlutherkingjr/?_ga=2.77168086.277798122.1598322836-1349083136.1598322836
	<ul style="list-style-type: none"> ● Log run game! Go to the webpage and click “play.” (phys ed) https://www.funbrain.com/games/log-run ● Aaron Copeland: Learn about this composer and listen to his famous music. (art, history) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/aaron-copland--fanfare-for-the-common-man/
	<ul style="list-style-type: none"> ● Spy Museum puzzle: Washington Letter. Go to the webpage and click on “play” for the Washington Letter. (tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/ ● Cosmic Kids Yoga: Minecraft. Go to the webpage and follow along to do yoga. (phys ed) https://www.youtube.com/watch?v=02E1468SdHg

CACFP At-Risk Afterschool Meals Enrichment Week 6

Date	Activities
	<ul style="list-style-type: none"> ● Achy-Breaky Heart. Go to the webpage to watch and learn the dance! (art, phys ed) https://family.gonoodle.com/activities/achy-breaky-heart ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Middle East,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc). (art, history)
	<ul style="list-style-type: none"> ● Go to the webpage and take the quiz to learn about tech! (tech) https://kids.nationalgeographic.com/games/quizzes/tech-trek-quiz-whiz/ ● How to Make Playdough: A Chemistry Experiment. Go to the webpage and play the video. (science) https://thekidshouldseethis.com/post/how-to-make-play-dough-a-chemistry-experiment
	<ul style="list-style-type: none"> ● National Parks personality quiz! Go to the webpage and take the quiz to learn which national park you would be! (social studies) https://kids.nationalgeographic.com/games/personality-quizzes/national-parks-personality-quiz/ ● Cosmin Kids Yoga: Harry Potter Yoga. Go to the webpage and follow along to do yoga. (phys ed) https://www.youtube.com/watch?v=R-BS87NTV5I
	<ul style="list-style-type: none"> ● Storyline Online: <u>Rent Part Jazz</u> read by Viola Davis. Go to the webpage and watch the book being read. (language arts) https://www.youtube.com/watch?v=JvKaVLLXa30 ● NASA: Dark Matter. Go to the webpage and read about dark matter. (science) https://spaceplace.nasa.gov/dark-matter/en/
	<ul style="list-style-type: none"> ● Grades 4-12: Watch the video about Tuskegee Airman, then click on an activity or quiz below the movie. (history) https://www.brainpop.com/socialstudies/famoushistoricalfigures/muhammadali/?_ga=2.84973146.277798122.1598322836-1349083136.1598322836 ● TedEd: Why Don't Haircuts Hurt? Go to the webpage and play the video. (science) https://ed.ted.com/best_of_web/NbkK68D6
	<ul style="list-style-type: none"> ● Star climber game! Go to the webpage and click “play.” (social studies) https://www.funbrain.com/games/star-climber ● Kennedy Center: Beethoven: Learn about this famous composer and listen to his music. (art, history) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/collections/collections/great-composers/ludwig-van-beethoven/
	<ul style="list-style-type: none"> ● Spy Museum puzzle: Dragons and Snakes. Go to the webpage and click on “play” for the Dragons and Snakes Puzzle. (tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/ ● Cosmic Kids Yoga: Disco and Dance. Go to the webpage and follow along. (phys ed) https://www.youtube.com/watch?v=PSgZI8f5leU

List of Resources for CACFP Activities Weeks 1-6

Resource	Website address	Topics
Brainpop	https://blog.brainpop.com/antiracist-education-free-resources-kids/	Various subjects
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga	Yoga, meditation
Explore.org Live Cam	https://explore.org/livecams/	Watch animals around the world live
Fun Brain	https://www.funbrain.com/games	Various subjects, games, videos
Go Noodle Energy	https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/	Active, games
Go Noodle Family	https://family.gonoodle.com/	Active activities
Jack Hartman Kids Music Channel	https://www.youtube.com/channel/UCVcQH8A634mauPrGbWs7QIQ	Song and Dance
Kennedy Center	https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/	Activities about music, music history
MET Museum	https://www.metmuseum.org/art/online-features/metkids/	Art, history
NASA	https://www.nasa.gov/nasa-at-home-for-kids-and-families	Science, tech
National Geographic for Kids	https://kids.nationalgeographic.com	Social studies, science
Spy Museum	https://www.spymuseum.org/education-programs/spy-resources/	Activities from the museum, tech, history
Storyline Online	https://www.storylineonline.net/	Videos of books read by celebrated actors
TedEd	https://ed.ted.com/lessons?direction=desc&sort=featured-position&user_by_click=student	Various subjects
The Kid Should See This	https://thekidshouldseethis.com/	Various subjects, videos
USDA FNS	https://www.fns.usda.gov/tn/digital-nutrition-resources-kids	Nutrition Activities

CACFP Afterschool Meals Enrichment Week 7

Date	Subject	Grade Level	Activities
	History & Culture	All grades Upper Elem - HS	<ul style="list-style-type: none"> • Explore Cuba's love for music. Watch the video on the importance of Music in Cuba. Go to https://explore.org/films. Click "Culture" on the left. Then click the second video that says "The Island of Music". • Check out art at the "MET". The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on "North America", then click "PUSH." Click on a few art pieces one at a time and go through "Design", "Imagine", "Create" on the right side.
	Language Arts	Elem MS/HS	<ul style="list-style-type: none"> • Create a funny story. What will you find hidden in the jungle? Fill in the blanks at https://kids.nationalgeographic.com/games/funny-fill-in/funny-fill-in-jungle-out-there/ and click on "Read" to see the final story. Need help remembering nouns, adjectives, etc.? Practice searching "what is noun", etc. • How do we communicate through music? Read how music is a system of symbols and rules that communicate ideas just like language. Listen to some of the examples in the reading and don't forget to try the "Try It!" https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactive/media/music/connections/connections/language--music/
	Science	All grades	<ul style="list-style-type: none"> • Are all of our memories real? Watch this TEDEd video: https://ed.ted.com/lessons/are-all-of-your-memories-real-daniel-l-schacter. Then click on "Think" and see what you learned. • National Geographic experiments! Create bottled music with this simple experiment: https://kids.nationalgeographic.com/explore/science/sounds-great-bottled-music/
	SEL/Personal Enrichment	All grades	<ul style="list-style-type: none"> • Explore elephants Incredible Intelligence! Learn about the intelligence and sensitivity of elephants at https://thekidshouldseethis.com/post/elephants-incredible-intelligence. You can see a video of orphan baby elephant Olorien being rescued at https://thekidshouldseethis.com/post/rescuing-orphan-baby-elephant-olorien-a-sheldrick-wildlife-trust-video • Hear The Story of Two Wolves. Listen and watch the animation about this story reminding us to be mindful of what emotions we feed. https://thekidshouldseethis.com/post/two-wolves-fighting-in-my-heart
	Math & Logic	All grades	<ul style="list-style-type: none"> • Play Tic Tac Toe Squares! Click on the link then choose an operation (ex: addition, multiplication, etc.). Challenge yourself by choosing an operation that you need to practice! https://www.funbrain.com/games/tic-tac-toe-squares • Play the Parking Lot Brain Game. Follow along with the video and give each cab its own parking spot by drawing two squares. Pause it if you need more time. https://kids.nationalgeographic.com/videos/brain-games/#/689768515772
	Social Studies	K-5 All grades	<ul style="list-style-type: none"> • Watch the video about U.S. Symbols. Go to the link, click "Play". Then click on one of the activities below the video like "Draw About It". https://jr.brainpop.com/socialstudies/citizenship/ussymbols/ • What city suits you? Go to the website and take the quiz to learn which city might match your personality! Then click on the city to see what makes it unique. https://kids.nationalgeographic.com/games/personality-quizzes/which-city-do-you-belong-in/
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Draw a camping tent. Go to Art for Kids Hub and play the video to follow along. https://www.artforkidshub.com/draw-camping-tent/ • Get Active! Follow along with the "Performance!" NFL workout to exercise your whole body and keep physical activity fun. Go to https://aha-nflplay60.discoveryeducation.com/videos, click on the first video "Performance" and then click play.

CACFP Afterschool Meals Enrichment Week 8

Date	Subject	Grade Level	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • Learn the basics of African drumming. Click the link and then play the video. What types of drums does Farai introduce you to? https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/international/african-drumming/ • Check out art at the “MET”. The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click “Inventions”, then “PUSH.” You can choose a “Time Period” or “Geography” if you want. Click a few inventions, one at a time, and go through create, etc.
	Language Arts	K-5 7-12	<ul style="list-style-type: none"> • Watch the video about Nouns (people, places, things, and ideas!) and then click on “Games” to play Sortify. https://jr.brainpop.com/readingandwriting/word/nouns/ • Listen to the poem “The Road Not Taken” by Robert Frost. Click the link then scroll down to the middle of the page to find it. https://www.poetryoutloud.org/competing/listen-to-poems/ You can also read the poem here https://www.poetryfoundation.org/poems/44272/the-road-not-taken or follow along as you listen .
	Science	K-8 Upper Elem- HS	<ul style="list-style-type: none"> • Play Coral Reef! Go to the website and click play! Play and learn about sharks, sea turtles, and more. https://www.funbrain.com/games/tinybop-schools-coral-reef • Check out the Soccket, an energy-generating soccer ball that turns into a lamp. Click the link and play the video. https://thekidshouldseethis.com/post/soccket-energy-generating-soccer-ball-video
	SEL/Personal Enrichment	All grades	<ul style="list-style-type: none"> • Read “How Kids Can Build Resilience” in Scholastic Kids Press written by a kid in New Zealand. https://kpcnotebook.scholastic.com/post/how-kids-can-build-resilience • Watch the video about Setting Goals. Try one of the things mentioned in the video (ex: sleeping routines, setting a SMART goal, journaling, etc.) https://www.brainpop.com/english/studyandreadingskills/backtoschool2020/
	Math & Logic	All grades	<ul style="list-style-type: none"> • Can you remember the five cards in this Brain Game? Go to https://kids.nationalgeographic.com/videos/brain-games/#/689760323969 and watch the video “How Smells Affect Your Memory”. How does smell affect your memory? • Play the Memory Game. Memorize tile patterns before they flip. https://www.improvememory.org/brain-games/memory-games/pattern-memory/
	Social Studies	All grades	<ul style="list-style-type: none"> • Explore your state! Go to the site and click on the state <u>you live in</u> to see facts and photos (landforms, how it got its name, wildlife, fun stuff, etc.). https://kids.nationalgeographic.com/explore/states/ • Decode Benjamin Church’s letter to the British army. Click the link, read the instructions, and scroll down to see the coded letter. https://www.nps.gov/articles/decoding-benjamin-church.htm
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Draw the White House! Go to Art for Kids Hub and play the video to follow along. https://www.artforkidshub.com/how-to-draw-white-house/ • Watch and follow along with this 5-minute African dance lesson. Click the link, then play the video. https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/dance/five-ish-minute-dance-lessons/fiveish-minute-dance-lessons/african-dance/

CACFP Afterschool Meals Enrichment Week 9

Date	Subject	Age	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • A Celebration of Swing Music! Go the website and scroll down to the video “What is Swing?” Explore some of the other videos or recordings (Jazz Fundamentals, Duke Ellington, Ella Fitzgerald, etc.) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/swing-swing-swing/ • Check out art at the “MET”. The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Creatures,” then click on one of the continents under “Geography”. Click “PUSH.” Click a few art pieces, one at a time, and go through the create, watch, discover, etc. on the right.
	Language Arts	Elementary All grades	<ul style="list-style-type: none"> • Listen to Story Online. Go the website and listen to Kevin Costner and Jillian Estell read <u>Catching the Moon</u>. https://www.storylineonline.net/books/catching-the-moon-the-story-of-a-young-girls-baseball-dream/ • Write an acrostic poem. Click the link and then press “Get Started” to walk through a fun way to write an acrostic poem. http://www.readwritethink.org/classroom-resources/student-interactives/acrostic-poems-30045.html
	Science	K-3 All grades	<ul style="list-style-type: none"> • Watch the video about Forests. Then click on one of the quizzes to see what you learned! https://jr.brainpop.com/science/habitats/forests/ • Check out Crater Lake in Oregon with Dierks Bentley by clicking here.
	SEL/Personal Enrichment	K-5 M/HS	<ul style="list-style-type: none"> • Watch the video on Conflict Resolution. Then click on “Write About It” and do the activity. https://jr.brainpop.com/health/feelings/conflictresolution/ • Watch the video about Conflict Resolution. Then click on “Make-a-Map” or “Graphic Organizer”. https://www.brainpop.com/health/empathyandrespect/conflictresolution/
	Math & Logic	All grades Upper Elem- HS	<ul style="list-style-type: none"> • Why do honeybees love hexagons? Watch the TEDEd to think like a bee mathematician. Then, click “Think”. https://ed.ted.com/lessons/why-do-honeybees-love-hexagons-zack-patterson-and-andy-peterson • Can you solve the honeybee riddle? Watch the TEDEd video and then click on “Think” to check what you’ve learned: https://ed.ted.com/lessons/can-you-solve-the-honeybee-riddle-dan-finkel
	Social Studies	All grades	<ul style="list-style-type: none"> • Choose a state to explore! Go to the site and click on ANY state you might want to know more about. Read about some of the things that make the state unique (landforms, how it got its name, wildlife, fun stuff, etc.) https://kids.nationalgeographic.com/explore/states/ • Can you solve the riddles like a Junior Ranger? At “Riddle Me This” read the riddles and see if you can solve them like a Thomas Stone National Historic Site Junior Ranger! https://www.nps.gov/articles/000/riddle-me-this.htm
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Draw a character. Go to Art for Kids Hub and choose one of the characters to draw by clicking on the video and following along. https://www.artforkidshub.com/how-to-draw/characters/ • Learn the basics of Swing Dancing! Watch the video and consider grabbing a friend or family member to give it a try! https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/dance/five-ish-minute-dance-lessons/fiveish-minute-dance-lessons/swing-dance/

CACFP Afterschool Meals Enrichment Week 10

Date	Subject	Age	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • Create your own winter count. Read about these records of history used by some Indigenous American tribes. Then, do one of the “Alternate Activities”. https://www.nps.gov/articles/000/create-your-own-winter-count.htm • Check out art at the “MET”. The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the time machine site below. Click on “Sports and Games,” then click on “PUSH.” Click on the art one at a time and go through create, watch, discover, etc. https://www.metmuseum.org/art/online-features/metkids/time-machine
	Language Arts	K-6 6-12	<ul style="list-style-type: none"> • Create a unique story! Go through the activity at Scholastic Story Starters! http://www.scholastic.com/teachers/story-starters/ • Scholastic Speech Writing. You have been elected President and they want to hear your vision. Other writers walk through how to build a speech. http://teacher.scholastic.com/writewit/speech/index.htm
	Science	All grades	<ul style="list-style-type: none"> • How does your immune system work? Watch the TEDEd video then write or discuss with someone what makes the immune system amazing: https://www.youtube.com/watch?v=PSRJfaAYkW4 • Oxygen’s surprisingly complex journey through your body! Watch the TEDEd video: https://thekidshouldseethis.com/post/oxygens-surprisingly-complex-journey-through-your-body-ted-ed
	SEL/Personal Enrichment	All grades	<ul style="list-style-type: none"> • Take a virtual tour of Yosemite! https://www.virtualyosemite.org/ • Take a ranger-led virtual tour of Hawai’i Volcanoes National Park! Go to the site and click “Play”. https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour
	Math & Logic	K-5 6-12	<ul style="list-style-type: none"> • Watch the video on Tally Charts and Bar Graphs. Then click on “Draw About It” and complete the activity. https://jr.brainpop.com/math/data/tallychartsandbargraphs/ • Watch the video “Real-Life Math”. A Chef talks about how she uses math to cook, run a catering business, and more! Get creative and find a recipe to make at home with your family. https://www.pbslearningmedia.org/resource/mkaet.math.rp.chef/real-life-math-chef/
	Social Studies	All grades	<ul style="list-style-type: none"> • Learn some basic facts about the United States. Click the link then dig deeper by scrolling to the bottom and clicking on one of the pictures under “More US History”. https://kids.nationalgeographic.com/explore/countries/united-states/. • Be a George Washington National Monument Junior Ranger! Click the link and try to solve the Spy Code. https://www.nps.gov/articles/000/george-washington-spy-code.htm
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Draw a helicopter or ski boat! Go to Art for Kids Hub. Click on the video and follow along at https://www.artforkidshub.com/draw-helicopter/ or https://www.artforkidshub.com/draw-ski-boat/ • Get moving with Lateral Movements! Do these lateral movements to strengthen your muscles alongside Play360! Go to https://aha-nflplay60.discoveryeducation.com/videos. Click on the 2nd video “Lateral Movements”, then click play.

CACFP Afterschool Meals Enrichment Week 11

Date	Subject	Age	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • The Story Behind the Song: Brother Can You Spare a Dime? Scroll down to “A Song in Search of a Title”. Listen to this song inspired by a challenging time for many American families. Go back to the top and read and/or watch the video about the Great Depression to learn more. https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/story-behind-the-song/the-story-behind-the-song/brother-can-you-spare-a-dime/ • Check out art at the “MET”. The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the site below. Click on “City and Country,”. Click “PUSH.” Click art one at a time and go through create, watch, discover, etc. https://www.metmuseum.org/art/online-features/metkids/time-machine
	Language Arts	K-2 3-12	<ul style="list-style-type: none"> • Listen and Read about a Firefighter. Click the link then “Start Reading”. http://teacher.scholastic.com/commclub/firefighter/index.html • Read “The Art of Writing Comic Books” by Marley who teaches a comic-book class with her mom. https://kpcnotebook.scholastic.com/post/art-writing-comic-books
	Science	K-3 M/HS	<ul style="list-style-type: none"> • Watch the video about Classifying Animals. Then click on “Word Play” and do the activity. https://jr.brainpop.com/science/animals/classifyinganimals/ • Watch the video on DNA. Then click on “Related Reading” and go through or choose one of the tabs to learn more (ex: Discoveries and Inventions, Trivia, etc). https://www.brainpop.com/science/cellularlifeandgenetics/dna/
	SEL/Personal Enrichment	Elementary All grades	<ul style="list-style-type: none"> • Learn about how wildlife caretakers at the San Diego zoo care for and help baby animals. https://zoo.sandiegozoo.org/kids-corner/episode-9. • Taking action to help change the world! Listen to some inspiring stories about kids around the world who care and took action. https://worldslargestlesson.globalgoals.org/resource/just-a-kid/
	Math & Logic	K-2 Upper Elem- HS	<ul style="list-style-type: none"> • Play the Game. Break the code by seeing the patterns at PBSKids. https://pbskids.org/oddsquad/games/code-breaker • Can you solve the sorting hat riddle? Click and watch the TEDEd video. Try to complete the logic puzzle along with the video. https://ed.ted.com/lessons/can-you-solve-the-sorting-hat-riddle-dan-katz-and-alex-rosenthal
	Social Studies	All grades	<ul style="list-style-type: none"> • Choose a Country. Click on a country like “Australia”. Read fast facts about people and culture, etc. Then scroll to “Watch Destination World”. Click on the continent your country is located to watch the video. https://kids.nationalgeographic.com/explore/countries/ • Design your own flag. Go the website and read more: https://www.nps.gov/articles/000/design-your-own-flag.htm
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Draw the Titanic! Go to Art for Kids Hub to follow along with the video https://www.artforkidshub.com/draw-rms-titanic/ • Get moving! Get active with these agilities to move quickly and efficiently from one point to another with Play360! Go to https://aha-nflplay60.discoveryeducation.com/videos. Click the 3rd video “Agility”.

CACFP Afterschool Meals Enrichment Week 12

Date	Subject	Age	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • Watch the video on Asian-American and Pacific Islander Heritage Month! https://www.brainpop.com/socialstudies/news/aapiheritagemonth/ • Check out art at the “MET”. The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the time machine webpage below. Click on “Fashion,” then click on “PUSH.” Click on a few of the art pieces, one at a time, and go through the experiences in the right column (like create, watch, discover, etc.). https://www.metmuseum.org/art/online-features/metkids/time-machine
	Language Arts	Elementary Elem-HS	<ul style="list-style-type: none"> • Listen to Story Online. Read along or listen as Viola Davis reads <u>Rent Party Jazz</u>: https://www.storylineonline.net/books/rent-party-jazz/ • What is hyperbole? Watch the TEDEd video and see if you can come up with an example, too! Upper grades can go to “Dig Deeper” or “...And Finally”, too. https://ed.ted.com/best_of_web/XTXEYVfb
	Science	Elem-MS M/HS	<ul style="list-style-type: none"> • Can pennies float? Watch and try the Floating Penny experiment! What do you think? Can they float? Think, then watch the video below. If you want to give it a try, you'll need a penny, glass of water, and an index card or other stiff card. https://kids.nationalgeographic.com/videos/try-this/#/1266094147736 • A Weird Perspective! Make something life size seem itty bitty by playing with perspective. Watch other kids do this at the link and then grab a friend or a sibling, a camera/phone, and give it a try! https://kids.nationalgeographic.com/videos/try-this/#/1266031171670
	SEL/Personal Enrichment	K-5 MS/HS	<ul style="list-style-type: none"> • Watch the video about Empathy. Then click on “Talk About It” to do the activity. https://jr.brainpop.com/health/feelings/empathy/ • How are empathy and sympathy different? Watch the video here: https://www.youtube.com/watch?v=1Evwgu369Jw
	Math & Logic	K-2 3-12	<ul style="list-style-type: none"> • Play the Game Candy Cashier. Click the link, then click “New” in the right corner of the game screen. https://www.mathplayground.com/candy_cashier.html • Play Sudoku! Practice your memory, strategic and logical thinking skills! Click the link, then select your level. https://www.improvememory.org/brain-games/sudoku-games/web-sudoku/
	Social Studies	All grades	<ul style="list-style-type: none"> • Read about the Aztec Ruins. Go to the link to read, then click on “Food” to learn about ancient foods and do the activity. https://www.nps.gov/features/azru/ • Water Quality Word Scramble. Go to the link and unscramble the words to learn more about how water impacts our lives. https://www.nps.gov/articles/000/water-quality-word-scramble-apis.htm
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Draw a Food Truck! Go to Art for Kids Hub to follow along with the video. https://www.artforkidshub.com/draw-food-truck-new-challenge-time/ • Y Not Get Active? Turn basic movements into fun daily, physical activities. Go to the link, then click on “Y Not?” to watch the video and follow along: https://aha-nflplay60.discoveryeducation.com/videos

Resource List for CACFP Activities Weeks 7-12

Resource	Website Address	Topics
Art For Kids Hub	https://www.artforkidshub.com/	Art, drawing
Brainpop	https://jr.brainpop.com/ https://www.brainpop.com/	Various Subjects, videos and activities
Explore.org	https://explore.org/films	Live cams and film on animals, culture, geography, and more
Fun Brain	https://www.funbrain.com/games	Various subjects, games, videos
Google Arts & Culture	https://artsandculture.withgoogle.com/en-us/	National park live tours
ImproveMemory.org	https://www.improvememory.org/	Science, Math, Logic, Memory and Brain games
Kennedy Center	https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/	Activities about music and performing arts
Math Playground	https://www.mathplayground.com/	Math & Logic games
MET Museum	https://www.metmuseum.org/art/online-features/metkids/	Art, History, Fashion
National Geographic	https://kids.nationalgeographic.com/	Social Studies, Science, ELA
National Park Service	https://www.nps.gov/index.htm	Geography, landmarks, culture, history, readings, tours, and activities
PBS Learning Media	https://www.pbslearningmedia.org/	Various subjects
Play360	https://aha-nflplay60.discoveryeducation.com	Physical Activity
Poetry Out Loud	https://www.poetryoutloud.org/	Poetry recordings and readings
Read Write Think	http://www.readwritethink.org/classroom-resources/student-interactives	Literacy activities
Scholastic	https://kids.scholastic.com/kid/home/ https://kpcnotebook.scholastic.com/	Reading, Writing, Kid Press, activities and games
Story Online	https://www.storylineonline.net/	Videos of books read online
TedEd	https://ed.ted.com/	Various subjects, videos
The Kid Should See This	https://thekidshouldseethis.com/	Various subjects, videos
World's Largest Lesson	https://worldslargestlesson.globalgoals.org/	Various topics on citizenship and change

Afterschool Enrichment Activities Week 1 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • How are heroes depicted in music, art and literature? Consider hero qualities and cultural perspectives. https://docs.google.com/document/d/1mVD5BIMBDTN9afplWnrM--5iKiaND-VemgBnNAgqDYI/edit
	Language Arts	Elementary Middle/High	<ul style="list-style-type: none"> • Imagine you've discovered a time machine! Write a story about your trip in this creative writing prompt: https://www.k12reader.com/worksheet/my-trip-in-a-time-machine-writing-prompt/view/ • Use your imagination in this creative writing prompt about a swooping seagull on the beach. https://www.k12reader.com/worksheet/swooping-seagull/view/
	Science	Elementary All grades	<ul style="list-style-type: none"> • Why does soapy water make bubbles? Then do the bubble-icious experiment: https://kids.nationalgeographic.com/content/dam/kids/photos/other/books/worksheets/elementary/lkfbwhy_sheet_cm2020_f.pdf • What is a catapult? Read about and make a catapult in this National Geographic experiment. https://kids.nationalgeographic.com/content/dam/kids/rights-exempt/pdfs/makethis_trythis.pdf
	Social Emotional Learning & Personal Enrichment	K-2 All grades	<ul style="list-style-type: none"> • Practice gratitude by writing a thank you letter. https://www.therapistaid.com/worksheets/gratitude-letter.pdf • Why I'm grateful. Think and fill-in things you're grateful for from family to friendships, etc. https://www.therapistaid.com/worksheets/why-im-grateful.pdf • Bonus: Keep a gratitude journal. https://www.therapistaid.com/worksheets/gratitude-journal-three-good-things.pdf
	Math & Logic	Elementary Middle/High	<ul style="list-style-type: none"> • Measuring this or that with the Cat in the Hat. https://www.pbs.org/parents/printables/measuring-this-and-that • Solve these Brain Teasers! https://www.mathinenglish.com/brainteasers/pagesfiles/Puzzlebook1A1.pdf
	Social Studies	Elementary All grades	<ul style="list-style-type: none"> • Who was Harriet Tubman? Learn more about this historical figure in the National Geographic Reader. https://kids.nationalgeographic.com/content/dam/kids/rights-exempt/pdfs/ngreaders_socialstudies_ht_new_cm2020.pdf • Weird but true activity about U.S. Presidents. Read about Lincoln in the National Geographic Reader. https://kids.nationalgeographic.com/content/dam/kids/photos/other/books/worksheets/middle-school/wbt_kia_president_cm2020_f.pdf
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Check out this color wheel to learn about primary, secondary, and intermediate colors. https://drive.google.com/file/d/1q6MSFAQzfP-7eVf8pTVxT_eqwrD9l5q-/view?usp=sharing

Afterschool Enrichment Activities Week 2 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • Read “Archaeologists Reveal King Tut’s Mummy.” Consider what you think about the news by Education World. https://www.educationworld.com/a_lesson/newsforyou/pdfs/newsforyou078.pdf
	Language Arts	Elementary All grades	<ul style="list-style-type: none"> • Every Day Edit with Marie Curie. Learn about Marie Curie as you edit the paragraph. https://www.educationworld.com/a_lesson/edit/pdfs/edit1106.pdf • Find the verbs in this word search. Determine the past and past participle of each verb. https://cdn-educators.brainpop.com/wp-content/uploads/2018/02/verb_word_search.pdf
	Science	Pre-K-1 Elementary/ Middle High	<ul style="list-style-type: none"> • Where does a polar bear live? Learn about a polar bear’s home through this coloring page https://www.scholastic.com/parents/kids-activities-and-printables/printables/science-worksheets/learn-about-polar-bears-home.html • Identify bones in this silly skeleton. https://www.scholastic.com/content/dam/parents/migrated-assets/printables/pdfs/jason-printable-skeleton.pdf • Go more in depth in this human skull anatomy activity. https://learnkids.com/worksheets/bones-of-human
	Social Emotional Learning & Personal Enrichment	All grades	<ul style="list-style-type: none"> • Write down a goal and three steps you can take to work towards achieving it. https://media.centervention.com/pdf/Making-Your-Own-Luck-Worksheet-Younger.pdf • Create an action plan that will help you take steps toward achieving a goal. https://media.centervention.com/pdf/Action-Plan.pdf
	Math & Logic	Elementary Middle/High	<ul style="list-style-type: none"> • Make a decoder (requires additional materials). https://www.pbs.org/parents/printables/make-matts-coder-decoder • Make a mobius strip. https://www.pbs.org/parents/printables/make-a-mobius-strip
	Social Studies	All grades	<ul style="list-style-type: none"> • Check out the land of North America and the countries of Africa in this National Geographic. https://kids.nationalgeographic.com/content/dam/kids/rights-exempt/pdfs/lkfbworld_cm2020_rev.pdf
	Art/Phys Ed	K-3 All grades	<ul style="list-style-type: none"> • Make a simple paper hat. Use the printout to cutout and decorate. https://drive.google.com/file/d/1foK_sPJHlqthSX6AUfL3gBV6uCWaUv0Q/view • Learn a simple way to draw a pig. https://www.kennedy-center.org/globalassets/education/education-landing-page/mo-willems/day-03_mokc_how-to-draw_sheets_piggie_v3.pdf

Afterschool Enrichment Activities Week 3 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • Read and do this activity on Ancient Egypt: https://kids.nationalgeographic.com/content/dam/kids/rights-exempt/pdfs/ancientegypt_sheet_cm2020_new.pdf • Complete the puzzle using Ancient Egyptians Hieroglyphs. https://kids.nationalgeographic.com/content/dam/kids/photos/articles/Explorer-Academy/downloads/explorer-academy-hieroglyphic-puzzle.pdf
	Language Arts	K-4 5-12	<ul style="list-style-type: none"> • Write an acrostic poem for a teacher. https://www.scholastic.com/parents/kids-activities-and-printables/printables/writing-worksheets/teacher-appreciation-week-poem.html • Build a fabulous vocabulary with words beginning with A. https://www.educationworld.com/a_lesson/vocabulous/pdfs/vocabulous_019-download.pdf
	Science	K-3 All grades	<ul style="list-style-type: none"> • Explore the weather with this Cat in the Hat Weather Chart. https://www.pbs.org/parents/printables/my-weather-chart • Learn about National Parks through these visuals and facts. https://docs.google.com/viewerng/viewer?url=https://americasnationalparks.org/wp-content/uploads/2020/03/us-national-parks.pdf&hl=en_US
	Social Emotional Learning & Personal Enrichment	K-4 5-12	<ul style="list-style-type: none"> • Think about how you can take negative thoughts and make them positive ones. https://media.centervention.com/pdf/Positive-Thoughts-Worksheet.pdf • Do this positive self-talk activity to reframe negative thoughts and ideas into positive ones. https://media.centervention.com/pdf/Positive-Self-Talk-New.pdf
	Math & Logic	Elementary Middle/High	<ul style="list-style-type: none"> • Create tangram patterns! Use 7 polygon shapes to create a larger picture in this tangram puzzle. https://www.pbs.org/parents/printables/tangrams • Build bridges between numbers in this logic puzzle. https://www.mathinenglish.com/newpuzzlefiles/buildingbridges/6by6Bridges(1).pdf
	Social Studies	All grades	<ul style="list-style-type: none"> • Decode Benjamin Church's letter to the British army. (page 1-2) Read the instructions and decode the letter. https://www.nps.gov/articles/upload/Traitor-Decode-Benjamin-Church-Downloadable-Activity-accessible.pdf
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Do sprints and jumps using these Sprints and Jumps Circuit Skill Cards (sprint and hurdle pages 1, 3, 5; Spanish included): https://sparkpe.org/wp-content/uploads/MS_TF_SC_ES.pdf?x33561

Afterschool Enrichment Activities Week 4 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • Crack the code using the Explorer Academy's cipher. https://kids.nationalgeographic.com/content/dam/kids/photos/articles/Explorer-Academy/downloads/explorer-academy-caesar-cipher.pdf
	Language Arts	Elementary All grades	<ul style="list-style-type: none"> • Every Day Edit with Poet Phillis Wheatley. Learn about Phillis Wheatley as you edit the paragraph. https://www.educationworld.com/a_lesson/edit/pdfs/edit1205.pdf • Do this funny fill-in activity sheet to create a story! https://kids.nationalgeographic.com/content/dam/kids/photos/other/books/worksheets/middle-school/ffi_sheet_cm2020_f.pdf
	Science	All grades	<ul style="list-style-type: none"> • How far is the farm from your fridge? Take a look at your pantry and fridge and think about what comes from the farm and where else your food comes from. https://drive.google.com/file/d/1S5aHlf1ggKT-WCVqR0XhCljTnypDoeRr/view
	Social Emotional Learning & Personal Enrichment	All grades Middle/High	<ul style="list-style-type: none"> • What is worry? Become aware of worry. Think of a way to control your worry. https://www.therapistaid.com/worksheets/what-is-worry.pdf • Read and do one of the mindfulness activities (breathing, eating, using your 5 senses, etc.). https://www.therapistaid.com/worksheets/mindfulness-exercises.pdf
	Math & Logic	Elementary All grades	<ul style="list-style-type: none"> • Go on an architecture scavenger hunt. Find the shapes in your house or neighborhood. https://www.pbs.org/parents/printables/architecture-scavenger-hunt • Solve these shape puzzles. https://www.mathinenglish.com/puzzlevew.php?id=1107&pstid=2501
	Social Studies	All grades	<ul style="list-style-type: none"> • Match states, capitals, and cities in this activity. https://www.mathworksheets4kids.com/social-studies/50-states/color/states-capitals-cities.pdf
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Do sprints and jumps using these Sprints and Jumps Circuit Skill Cards (triple jump & long jump pages 7 & 9): https://sparkpe.org/wp-content/uploads/MS_TF_SC_ES.pdf?x33561

Afterschool Enrichment Activities Week 5 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • Draw, paint, or use markers to create a Medieval-style coat of arms. Put something to represent yourself in each of the shield's quadrants. It might include family, family history, personal hopes for the future, etc. Place a name in the banner that summarizes your personal coat of arms. https://www.therapistaid.com/worksheets/coat-of-arms-family-crest.pdf
	Language Arts	Elementary/ Middle All grades	<ul style="list-style-type: none"> • Learn fun facts about dogs in this National Geographic reading. https://kids.nationalgeographic.com/content/dam/kids/photos/other/books/worksheets/middle-school/ngreaders_sheet_l3_cm2020_f.pdf • Practice hyperboles and your extreme exaggeration skills with this activity. https://www.k12reader.com/worksheet/explain-the-hyperbole/view/
	Science	K-5 Middle/High	<ul style="list-style-type: none"> • What do you know about the water cycle? Take this "quiz". Need help? Ask someone, use the internet or a book. https://www.educationworld.com/a_lesson/worksheets/school-of-dragons/3-5/water-cycle.shtml • Water Quality Word Scramble. Go to the link and unscramble the words to learn more about how water impacts our lives. https://www.nps.gov/articles/000/water-quality-word-scramble-apis.htm
	Social Emotional Learning & Personal Enrichment	All grades	<ul style="list-style-type: none"> • Do acts of kindness. Think about how you might show kindness to someone else by filling out this worksheet. https://media.centervention.com/pdf/Journal-Acts-of-Kindness.pdf
	Math & Logic	K-3 All grades	<ul style="list-style-type: none"> • Connect the dots by solving B for Baseball. https://www.scholastic.com/parents/kids-activities-and-printables/printables/math-worksheets/solve-b-baseball-math-printable.html • Solve these matchsticks puzzles. https://www.mathinenglish.com/puzzleview.php?id=1090&pstid=2701
	Social Studies	All grades	<ul style="list-style-type: none"> • Label the continents and oceans. https://www.educationworld.com/sites/default/files/continents-and-oceans.pdf
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Learn a simple way to draw an elephant. https://www.kennedy-center.org/globalassets/education/education-landing-page/mo-willems/day-02_mokc_how-to-draw_sheets_gerald_v2.pdf

Afterschool Enrichment Activities Week 6 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Culture	All grades	<ul style="list-style-type: none"> • Try and complete the vocabulary activity on Medieval Times. Need help? Ask someone, use the internet or a book. https://0.tqn.com/z/g/homeschooling/library/medievalvocab.pdf
	Language Arts	Elementary All grades	<ul style="list-style-type: none"> • Read and answer the questions in this Food is Our Fuel reading comprehension. https://www.k12reader.com/worksheet/food-is-our-fuel/view/ • Do this Rules of the Game writing task. https://www.k12reader.com/worksheet/rules-of-the-game-writing-prompt/view/
	Science	Elementary Middle/High	<ul style="list-style-type: none"> • Make a pinwheel using this Curious George template. https://www.pbs.org/parents/printables/pinwheels • Read the chart on cells and then label the animal cell. https://www.educationworld.com/sites/default/files/plants-and-animals-cells.pdf
	Social Emotional Learning & Personal Enrichment	K-4 All grades	<ul style="list-style-type: none"> • Brainstorm some ideas that can help you deal with changes when they arise. https://media.centervention.com/pdf/CopingWithChangeWorksheet2.pdf • Consider positive and negative outcomes of our choices. Use the choice cards in this stop & think activity. https://media.centervention.com/pdf/Stop-and-Think-Activity-Positive-and-Negative-Consequences.pdf
	Math & Logic	K-4 5-12	<ul style="list-style-type: none"> • Answer the questions using the Burger Queen picture graph: https://www.mathinenglish.com/worksheetview.php?id=2316&stid=310020 • Play Sudoku to practice your logic skills! https://www.educationworld.com/a_lesson/archives/sudoku.shtml
	Social Studies	Elementary All grades	<ul style="list-style-type: none"> • Identify some of the symbols and monuments in the US. https://www.mathworksheets4kids.com/social-studies/symbols-monuments/color/mcq.pdf • Unscramble some of the names of U.S. Presidents. https://www.mathworksheets4kids.com/social-studies/presidents/color/unscramble.pdf
	Art/Phys Ed	All grades	<ul style="list-style-type: none"> • Create a fitness dice and give some of the exercises a try! https://drive.google.com/file/d/15BxUeoSuQQmhHoi1h3LJL6kRlpQOWY6J/view

Resource List for Afterschool Enrichment Activities Weeks 1-6 -- Print Resources

Resource	Website Address	Topics
Brainpop	https://www.brainpop.com/	Various Subjects
Education World	https://www.educationworld.com/	Several subjects
Centervention	https://www.centervention.com/	Social Emotional Learning
Kennedy Center	https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/	Activities about music, performing arts, and history
K12 Reader	https://www.k12reader.com/	Reading instruction resources
LearnY Kids	https://learnykids.com/	Various subjects
Math in English	https://www.mathinenglish.com/	Math & Logic puzzles and worksheets
Math Worksheets 4 Kids	https://www.mathworksheets4kids.com/	Various subjects
National Geographic	https://kids.nationalgeographic.com/	Social Studies, Science, ELA
National Park Service	https://www.nps.gov/index.htm	Geography, landmarks, culture, history, readings, tours, and activities
PBS Learning Media	https://www.pbslearningmedia.org/	Various subjects
Play360	https://aha-nflplay60.discoveryeducation.com	Physical Activity
Scholastic	https://kids.scholastic.com/kid/home/ https://kpcnotebook.scholastic.com/	Reading, Writing, Kid Press, activities and games
Spark PE	https://sparkpe.org/	Physical Education and Physical Activity
Therapist Aid	https://www.storylineonline.net/	Social-Emotional Learning & Mental Health
The PE Project	https://www.thepeproject.com/	Physical Education pedagogy and resources

Afterschool Enrichment Activities Week 7 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Social Studies	Elementary Middle/High	<ul style="list-style-type: none"> • Match the states with their capitals using the map and word bank: https://www.jumpstart.com/common/states-and-capitals-view • Try to answer these interesting questions about the USA in this worksheet: https://www.jumpstart.com/common/gk-of-usa-view
	Language Arts	Elementary Middle/High	<ul style="list-style-type: none"> • Read and edit this paragraph about the Eiffel Tower (two per page): https://www.educationworld.com/sites/default/files/Dec_Eiffel%20Tower_0.pdf • Check out these character cards of Greek Mythology and answer the questions: https://kids.nationalgeographic.com/content/dam/kids/photos/other/books/worksheets/middle-school/zeusthemighty_sheet_cm2020_f.pdf
	Science	Elementary Middle/High	<ul style="list-style-type: none"> • Explore space with this National Geographic activity: https://kids.nationalgeographic.com/content/dam/kids/rights-exempt/pdfs/lkfbigspace_elem.pdf • Read about the “Storm of the Century” and extreme weather of the Arctic: https://kids.nationalgeographic.com/content/dam/kids/rights-exempt/pdfs/extremeweather_edu_cm2020_new.pdf
	Social Emotional Learning & Personal Enrichment	Elementary Middle/High	<ul style="list-style-type: none"> • Help Olivia work on her behavior in these scenarios about impulse control: https://media.centervention.com/pdf/ZA-impulsive-reactions.pdf • Connect choices and consequences in these scenarios where you identify how the choice might make someone feel: https://truthbetoldquotes.com/docs/activities/choices-consequences-SEL-worksheet.pdf
	Phys Ed	All grades	<ul style="list-style-type: none"> • Do the activity for today on the Activity Calendar for this month: https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx
	Math & Logic	Elementary Middle/High	<ul style="list-style-type: none"> • Identify the type of quadrilateral: https://learnkids.com/worksheets/types-of-lines-and-angles • Take a look at Jason’s paycheck to figure out where his money went: https://learnkids.com/worksheets/bank-bar-graph
	Art	All grades	<ul style="list-style-type: none"> • Draw a response to the quote (page 1): https://www.scholastic.com/content/dam/parents/migrated-assets/printables/pdfs/coloring-pages-pdf.pdf

Afterschool Enrichment Activities Week 8 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Social Studies	All grades	<ul style="list-style-type: none"> • Consider how Martin Luther King, Jr. wanted to change the world and then come up with your own idea or invention that would change the world and make it a better place: https://www.jumpstart.com/common/change-the-world-view
	Language Arts	Elementary Middle/High	<ul style="list-style-type: none"> • Read about the different seasons and answer the questions: https://learnkids.com/worksheets/3rd-grade-comprehension-reading • Complete this funny fill-in on Greek mythology to create a story! https://kids.nationalgeographic.com/content/dam/kids/photos/other/books/worksheets/middle-school/ffi_sheet_cm2020_f.pdf
	Science	Elementary Middle/High	<ul style="list-style-type: none"> • Explore and identify insects and record in this field guide (6 pages, 1 activity): https://www.pbs.org/parents/printables/is-it-an-insect • Label the insect body parts using the word box or your previous knowledge: https://learnkids.com/worksheets/insects
	Social Emotional Learning & Personal Enrichment	Elementary Middle/High	<ul style="list-style-type: none"> • Read the situations and decide what a good choice would be: https://media.centervention.com/pdf/Melt-or-Freeze-Impulse-Control-Worksheet.pdf • Write goals related to the type of person you want to be or life you'd like to have, and consider other 'Choices & Benefits': https://truthbetoldquotes.com/docs/activities/SEL-activity-choices-benefits-worksheet.pdf
	Phys Ed	All grades	<ul style="list-style-type: none"> • Do the activity for today on the Activity Calendar for this month*: https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx
	Math & Logic	Elementary Middle/High	<ul style="list-style-type: none"> • Make a sorting box and sort objects you find indoors or outdoors into different categories: https://www.pbs.org/parents/printables/collecting-and-sorting • Plot and connect the points in this river riding activity to see the picture: https://learnkids.com/worksheets/coordinate-grids-pictures
	Art	All grades	<ul style="list-style-type: none"> • Draw a response to the quote (page 2): https://www.scholastic.com/content/dam/parents/migrated-assets/printables/pdfs/coloring-pages-pdf.pdf

Afterschool Enrichment Activities Week 9 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Social Studies	All grades	<ul style="list-style-type: none"> • Can you identify that name of the state each flag represents? https://www.mathworksheets4kids.com/social-studies/united-states-flags/color/flags-states.pdf
	Language Arts	Elementary Middle/High	<ul style="list-style-type: none"> • Practice your capitalization skills as you learn about geography in these sentences: https://learnkids.com/worksheets/the-painted-desert-reading • Read about the life cycle of a butterfly and answer the questions about what you've learned: https://learnkids.com/worksheets/butterfly-lifecycle
	Science	Elementary Middle/High	<ul style="list-style-type: none"> • Cut out and color this butterfly in this camouflage activity: https://www.pbs.org/parents/printables/butterfly-hide-and-seek • Explore insects with this insect report on anatomy, habitat, and facts (5 pages): https://learnkids.com/worksheets/insects
	Social Emotional Learning & Personal Enrichment	Elementary Middle/High	<ul style="list-style-type: none"> • Write the things you can control and the things you can't in 'What's in my Control': https://media.centervention.com/pdf/circle-of-control.pdf • Create an outline for a movie scene in this 'Choices & Consequences Movie Scene': https://truthbetoldquotes.com/docs/activities/choices-consequences-movie-SEL-activity.pdf
	Phys Ed	All grades	<ul style="list-style-type: none"> • Do the activity for today on the Activity Calendar for this month*: https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx
	Math & Logic	Elementary Middle/High	<ul style="list-style-type: none"> • Use grid coordinates to color and count the number of Centigurps: https://cms-tc.pbskids.org/global/OS_Centigurps_Final.pdf?mtime=20180726151233 • Figure out the perimeter and area of space for the landscaper and farmer: http://www.funmaths.com/worksheets/downloads/ws0137.pdf
	Art	All grades	<ul style="list-style-type: none"> • Learn a simple way to draw a bunny: https://www.kennedy-center.org/globalassets/education/education-landing-page/mo-willems/episode-12_mokc_draw_knuffle_final.pdf

*Same handout each week

Afterschool Enrichment Activities Week 10 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Social Studies	Elementary Middle/High	<ul style="list-style-type: none"> • Draw the map of the USA and territories in this geography worksheet: https://www.jumpstart.com/common/america-america • Match the country to the continent where it is located: https://www.mathworksheets4kids.com/social-studies/continents/color/match-country.pdf
	Language Arts	Elementary Middle/High	<ul style="list-style-type: none"> • Unscramble the sentences to make a complete sentence: https://learnkids.com/worksheets/sentence-scramble • Learn about the beautiful butterfly's anatomy and answer the multiple choice questions: https://learnkids.com/worksheets/butterfly
	Science	Elementary Middle/High	<ul style="list-style-type: none"> • Create a life cycle of a butterfly wheel with this cutout: https://learnkids.com/worksheets/butterfly-lifecycle • Use the graph of Gotham City's daily temperatures to answer the questions: https://learnkids.com/worksheets/weather-temperature-graph
	Social Emotional Learning & Personal Enrichment	Elementary Middle/High	<ul style="list-style-type: none"> • You see your friend cheat while playing a game. How will you react? Consider the positive and negative consequences for each choice: https://media.centervention.com/pdf/Think-Ahead-Positive-and-Negative-Consequences.pdf • Think about the easy and right ways to healthy communication during conflict: https://truthbetoldquotes.com/docs/activities/easy-right-healthy-communication-teen-SEL-worksheet.pdf
	Phys Ed	All grades	<ul style="list-style-type: none"> • Do the activity for today on the Activity Calendar for this month*: https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx
	Math & Logic	Elementary Middle/High	<ul style="list-style-type: none"> • Morph 2D shapes into 3D shapes with these cut outs: https://www.pbs.org/parents/printables/2d-to-3d-morphing • Draw a probability line to show how likely you think it is that various events will happen: http://www.funmaths.com/worksheets/downloads/ws0142.pdf
	Art	All grades	<ul style="list-style-type: none"> • Learn a simple way to draw a pigeon. https://www.kennedy-center.org/globalassets/education/education-landing-page/mo-willems/mokc_draw-pigeon_v1.pdf

*Same handout each week

Afterschool Enrichment Activities Week 11 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Social Studies	Elementary Middle/High	<ul style="list-style-type: none"> • Locate seven continents on the map and color them using the key: https://www.jumpstart.com/common/locate-and-color-view • Read about the continent of North America and answer the questions about the passage: https://www.mathworksheets4kids.com/social-studies/continents/color/north-america-reading-comp.pdf
	Language Arts	Elementary Middle/High	<ul style="list-style-type: none"> • Learn about different types of sharks and their teeth in this reading: https://kids.nationalgeographic.com/content/dam/kids/rights-exempt/pdfs/ngreaders_sharks_sheet_cm2020_new.pdf • Read about ecosystems and answer the questions based on the reading passage: https://learnkids.com/worksheets/different-ecosystems
	Science	Elementary Middle/High	<ul style="list-style-type: none"> • Learn about animals from aardvarks to wild turkeys and then circle the 15 animals that live in the North American Forest: https://www.pbs.org/parents/printables/forest-search-and-find • Read and write in this activity on how weather is observed and measured (3 pages): https://learnkids.com/worksheets/weather-observed-and-measured
	Social Emotional Learning & Personal Enrichment	Elementary Middle/High	<ul style="list-style-type: none"> • Help these beetle friends work together and communicate better by explaining how they feel: https://media.centervention.com/pdf/GRIN-Communication-Arguing-Scarab-Beetles.pdf • Choose a conflict scenario or create your own and answer the related questions: https://truthbetoldquotes.com/docs/activities/conflict-resolution-techniques-teen-SEL-activity.pdf
	Phys Ed	All grades	<ul style="list-style-type: none"> • Do the activity for today on the Activity Calendar for this month*: https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx
	Math & Logic	Elementary Middle/High	<ul style="list-style-type: none"> • Is your food the same length as your forearm? Use a string to take some body measurements: https://www.pbs.org/parents/printables/biancas-body-math • List all the possible combinations using names, shapes, and numbers: https://www.mathworksheets4kids.com/combinations/list-1.pdf
	Art	All grades	<ul style="list-style-type: none"> • Check out the color wheel to learn the primary, secondary, and tertiary colors: https://drive.google.com/file/d/1q6MSFAQzfP-7eVf8pTVxT_eqwrD9l5q/view

*Same handout each week

Afterschool Enrichment Activities Week 12 (Print Materials/Worksheets)

Date	Subject	Grade Level	Activities
	History & Social Studies	All grades	<ul style="list-style-type: none"> • Look at the flags and decide which country it belongs to using prior knowledge, internet, book, or a friend. Then, name that country's capital: https://www.jumpstart.com/common/the-world-around-us-view
	Language Arts	Elementary Middle/High	<ul style="list-style-type: none"> • Connect job titles to the work they do in our communities: https://kids.nationalgeographic.com/content/dam/kids/photos/other/books/worksheets/preschool/ngreaders_sheet_prereader_cm2020_f.pdf • Read the story about African Wild Dogs and use the story to answer the questions: https://learnkids.com/worksheets/the-painted-desert-reading
	Science	All grades	<ul style="list-style-type: none"> • Grow your own food from your pantry! Read about soaking and sprouting. https://drive.google.com/file/d/1Di2NHrKC5TKJxEyE3dvHtXbr6pN6z3e8/view
	Social Emotional Learning & Personal Enrichment	Elementary Middle/High	<ul style="list-style-type: none"> • Read each statement and decide if it is one you should communicate or keep to yourself in 'Think Before You Speak': https://media.centervention.com/pdf/Think-Before-You-Speak-Worksheet.pdf • Do this journaling prompt on happiness and moving through sadness: https://truthbetoldquotes.com/docs/journaling-worksheets/road-to-happiness-journaling.pdf
	Phys Ed	All grades	<ul style="list-style-type: none"> • Do the activity for today on the Activity Calendar for this month*: https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx
	Math & Logic	Elementary Middle/High	<ul style="list-style-type: none"> • Use the decoder to figure out your Odd Squad badge number: https://www.pbs.org/parents/printables/find-your-badge-number • Calculate energy at different levels of an ecosystem using a diagram: https://docs.google.com/viewerng/viewer?url=https://www.teachengineering.org/content/van/lessons/van_biomimicry_lesson2/energy_through_an_ecosystem_worksheet.pdf&hl=en_US
	Art	Elementary Middle/High	<ul style="list-style-type: none"> • Make finger puppets with the Kennedy Center's Mo Willems. https://www.kennedy-center.org/globalassets/education/education-landing-page/mo-willems/day-04_mokc_finger-puppets_final.pdf • Learn and practice some of the elements of art: https://drive.google.com/file/d/1UXSCUvHChW5pzJ74XKSFTa5O13KjuTN4/view