



Indiana Continuous Learning Challenge

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Continuous Learning Challenge - Kindergarten

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Count the number of steps it takes you to get from the kitchen to the living room. How many steps did it take?	Collect objects in nature - leaves, rocks, twigs, flowers. Sort them by color, size, or shape. How many objects did you find?	Create a yes/no question to ask your family members (e.g. Do you like pizza?) Make tally marks to collect the data.	Use Play-Doh, shaving cream, or paint to make or write letters or words.	Gather some household objects (e.g. pencils, crayons, LEGOs, cotton balls, rubber bands, pennies, paper clips) and a shallow container of water. Predict if the objects will sink or float. Then, test it out!	Clap the syllables in your family members and friends' names. How many syllables are in your name?
Communication	While reading a picture book, explain what is happening in the story before reading the words.	Make cards with different emotions on them (e.g. happy, sad, angry, bored, nervous, scared). Pick a card and without saying anything, express the feeling on the card.	Use blank paper to write a story using members of your family as the characters.	Write in your journal about how you are feeling today.	Write a message or positive thoughts to your neighbors in sidewalk chalk.	Ask a family member to tell you about their favorite place to visit.
Creativity	Be as quiet as you can for two minutes, then draw what you thought about.	Design and build a puppet show using mis-matched socks.	Use materials around you to make and play an instrument.	Put your favorite book, toy, or keepsake on a small table in the sunlight. On a piece of paper draw or paint the toy or keepsake with the sunlight and background to create a full	Post your favorite drawings, pictures, and paintings on the wall and go on a gallery walk.	Use an animal figurine or make one out of clay or Play-Doh. As you read a story about the animal, dip the paws of the animal in paint. Act out the story on paper as you read, leaving a

				color still life.		trail of prints across the paper.
Critical Thinking	Play a game of "I Spy" or "What Am I?" with a family member.	Help sort laundry by who it belongs to, then help fold and put away your laundry.	Predict the ending of a story you are reading.	Play a game of tic tac toe with a family member. Take turns of who goes first.	Think about your favorite shirt and tell two reasons why it is your favorite. What do you notice about your reasons? Does it relate to how it feels, how it looks, or something else?	Go for a walk outside and record what you see when you get home (e.g. animals, nature, neighbors, etc.).
Collaboration	Play a board game or card game with family members.	Build a fort out of blankets, chairs, and/or couches. Invite siblings or families into your fort to tell stories.	Build a tower with your family members using household items (e.g. cups, cans, pillows, shoes, etc.).	Work with a family member to collect various objects into a bag. Use the objects to create a story.	Help family members with everyday tasks like setting the table or washing the dishes.	Use an open area free of tripping hazards and ask a family member to put on a blindfold. Without touching them, give them instructions on walking to a designated "finish line".
Social Emotional Wellness	Call a relative or friend you haven't spoken to in a while. Ask how they are and what they have been up to.	Try all of the following and decide which one helped you feel the best: *Take a walk. *Belly breath 10 times. *Stretch. *Rest for 10 minutes. *Drink a glass of water.	Make a card with pictures for a relative or friend and send it to him or her.	Make a special snack or meal with a family member.	Make a puppet and practice courteous etiquette when sick (e.g. cover your cough or sneeze, wipe your nose with a tissue, wash your hands, etc.).	Make a natural habitat for an animal and discuss how to protect animals in the environment.
Health and Fitness	Do 30 jumping jacks. Count each one up to 30.	Stretch your muscles: *Stand tall and stretch arms upwards. *Sit in a straddle position and stretch to each side. *Lay on the ground and pull your knees to your chest.	Create a goal or target outside. Throw a ball or kick a ball aiming at the goal or target. See if you can make it 10 times.	Create a dance to teach a family member.	Go on a walk, jog, or bike ride with family.	Create an obstacle course using items from around the house. Complete it and see if it needs small tweaks.

Continuous Learning Challenge - Grade One

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read as many books as you can this week that make you laugh, make you think, or help you learn something new.	Fold a piece of paper in half and add small dots of paint to one side of the paper. Fold the paper onto the paint and press. Open up the paper and see how the dots transformed into a symmetrical pattern. Write about what you see.	Count the number of steps it takes you to get from the kitchen to the living room. Now try the kitchen to the bathroom. Which path takes more steps?	Measure and compare objects around the house. (e.g. “How many hands high is the dog?” or “How many pencils wide is the table?”)	Gather some household objects (e.g. pencils, crayons, LEGOs, cotton balls, rubber bands, pennies, or paper clips) and a shallow container of water. Predict if the objects will sink or float. Then, test it out!	As you are reading books and come across new words, begin a personal dictionary: <ul style="list-style-type: none"> • Write the word. • Draw a picture. • Write a sentence using the word.
Communication	Write three thank you notes to your friends.	Describe traits or give clues for community helpers (e.g. police officer, fireman, doctor, scientist, plumber, teacher) and see if family members can guess the job.	Read a story together with your family. Re-enact the story with your family or puppets you make.	While reading a picture book, explain what is happening in the story before reading the words.	Make cards with different emotions (e.g. happy, sad, angry, bored, nervous, or scared). Pick a card and without saying anything, express the feeling on the card.	Ask a family member to tell you a story from their childhood.
Creativity	Be as quiet as you can or sit quietly while listening to music. Then write or draw what you thought about.	Design and build a puppet show about math, friends, plays, or movies you have seen.	Use materials around you to make a stringed, percussion, or wind instrument.	Put your favorite book, toy, or keepsake on a small table in the sunlight. On a piece of paper, draw or paint the toy or keepsake with the sunlight and background to create a full	Post your favorite drawings, pictures, and painting on the wall and go on a gallery walk.	Use an animal figurine or make one out of clay or Play-Doh. As you read a story about the animal, dip the paws of the animal in paint. Act out the story on paper as you read, leaving a

				color still life.		trail of prints across the paper.
Critical Thinking	Draw or color a picture, then cut it up to create a puzzle. Ask family members to put it back together.	Make a list of all the things you can do with a piece of paper like making a paper airplane. How many more things can you make with a piece of paper?	Look at your kitchen for 10 seconds, then try to draw what you remember.	Think of a favorite character from either a book or TV show. Write down what they may have been thinking or feeling in a situation from the book or show. Is this the same or different from how you would have thought or felt?	Create or draw an invention that will make a household chore easier. Share this invention with your family members.	Go outside. Based on what you observe, see, or feel, write a weather prediction for the rest of the day and why you think that. At the end of the day, look back at your prediction to see what actually happened and if your prediction was correct.
Collaboration	Play a board or card game with a family member.	Build a fort out of blankets and chairs. Invite siblings or caretakers in your fort to tell stories.	Build a tower with your family members using household items.	Using household items and/or furniture, build an obstacle course with your family.	Work together with your family to make a meal together from start to finish (making the food, setting the table, doing the dishes, etc.).	Talk about ways your family can work as a team to accomplish projects or tasks within your house.
Social Emotional Wellness	Call a relative or friend you haven't spoken to in a while. Ask them questions about how they are and what they have been up to.	Try all of the following and decide which one helped you feel the best: <ul style="list-style-type: none"> • Take a walk • Belly breathe • Stretch • Rest for 10 minutes • Drink a glass of water 	Make a card for a relative or friend and send it to him or her.	Make a special snack or meal with your family.	Make a personalized thank you card to someone in your community who has helped you.	Write a positive message to encourage your neighbors. <ul style="list-style-type: none"> • Draw it on paper and post it in your window. • Draw it outside using sidewalk chalk.
Health and Fitness	Do 50 jumping jacks. Take a break after 25, then complete the remaining 25.	Stand tall and stretch arms upwards. Sit in a straddle position and stretch to each side. Lay flat and pull your knees to your chest.	Create a dance. Teach a family member your dance.	Create a goal or target outside. Throw a ball or kick a ball aiming at the goal or target. See if you can make it 15 times.	Go on a walk, jog, or bike ride with family.	Create an obstacle course using items from around the house. Ask a family member to time you as you complete the course.

Continuous Learning Challenge - Grade Two

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read a story, then write a new ending for the story.	Take a chapter of a book you are reading and act it out for your family.	Collect leaves from different (non-poisonous) plants. Sort them by size, color, and texture.	With help of a family member, look for expiration dates on food packaging. Throw away all expired items and place all others in front.	Count the number of steps it takes you to get from the kitchen to the living room. Now try the kitchen to the bathroom. Which path takes more steps?	Grab a pile of coins. See how many ways you can make 25 cents.
Communication	Play a card or board game with your family. Can you create a new game? Make sure to write down the rules, so you can play it again.	Make dinner or dessert with your family. Discuss who will complete each step in the process.	Write three thank you notes to your friends, family, or community members.	Create family talking cards with questions to ask: <ul style="list-style-type: none"> • How was your day? • What is your favorite meal? • What do you like best about yourself? • What is something you want to do better? 	Write a letter to a friend, family member, or your teacher about the things you are doing. If you can, read it or mail it to that person.	Start a journal and choose a theme. <ul style="list-style-type: none"> • Daily events • Interesting quotes you heard on TV or from family members • Something new you learned • Something new you tried
Creativity	Be as quiet as you can or sit quietly while listening to music. Then write or draw what you thought about.	Make your dining space into a restaurant. Create a menu, set the table, and invite your family to eat in your restaurant.	Learn, practice, and perform a magic trick.	Use materials around you to make a stringed, percussion, or wind instrument.	Put your favorite book, toy, or keepsake on a small table in the sunlight. On a piece of paper, draw or paint the toy or keepsake with the sunlight and background to create a full color still life.	Collect a variety of items from nature and place them under a piece of paper. Use a crayon or pencil to shade over the object to create a rubbed image of your objects. Which objects came

						out best?
Critical Thinking	Create and use a secret code. Teach it to someone else.	Create a point system for your household. Add up everyone's points at the end of the week. One point for setting the table, one point for taking out the trash, etc.	Pick a letter of the alphabet. Write as many words using that letter. Create a paragraph using only these words.	Write a rhyming poem about someone in your family. Make sure to include all the things you love about them.	Think of a favorite character from a book or TV show that encounters a problem. Put yourself in their shoes, then write down how you would have fixed the problem.	Create or draw an invention that will make a household chore easier. Share this invention with your family members.
Collaboration	Play a board or card game with family members.	Call a friend or relative and tell part of a story and stop at an exciting part. Then have them tell the next part of the story and stop at an exciting part. Continue until you finish the story.	Work with your family to complete a goal or project.	Build a fort out of blankets and chairs. Invite family members in your fort to tell stories.	Call a grandparent, relative, or friend. Ask them to teach you the words to a song they like.	Help your family with yard work. Offer to help rake, pull weeds, lay mulch, or plant flowers.
Social Emotional Wellness	Call a relative or friend you haven't spoken to in a while.	Try all of the following and decide which one helped you feel the best: <ul style="list-style-type: none"> • Take a walk • Belly breath 10 times • Stretch • Rest for 10 minutes • Drink a glass of water 	Make a card for a relative or friend and send it to him or her.	Make a special snack or meal with your family.	Offer to complete chores around the house for a family member.	Make a kindness goal for yourself and track how you reach it.
Health and Fitness	Go outside and complete 20 jumping jacks three times throughout the day. Count out loud as you do them.	Sit on the floor with your legs straight out in front of you. Stretch out and try to touch your toes. Breath and count to 20 as you stretch. Try this two times throughout the day.	Skip forward 25 skips, then walk backwards the distance you skipped. Do this three times.	Create a goal or target outside. Throw a ball or kick a ball aiming at the goal or target. See if you can make it 20 times.	Go on a walk, jog, or bike ride with your family.	Create an obstacle course using items from around the house. Time yourself completing the course, then record your time. Try to beat your time each time through the course.

Continuous Learning Challenge - Grade Three

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Go for a walk or look outside the window and observe how many different birds you can see. Make a graph of the birds.	Read as many books as you can this week that make you laugh, make you think, or help you learn something new.	Set a clock for three hours and seven minutes ahead. Whenever someone needs to know the time, help them figure it out by subtracting.	Create a grocery list and weekly meals for your family with an adult.	Count the number of steps it takes to get around your house. Make a graph of your data. Which path takes the longest? Which path takes the shortest?	Using the digits one to nine exactly once each time, make a sum as close to 1000 as possible. □+□+□
Communication	Write three thank you notes to your friends, family, neighbors, or community helpers.	Write about how you want to positively impact the world. Share it with someone you care about.	Learn three new jokes. Call a relative or friend and share them.	With permission of an adult, ask to Facetime or Skype a friend or family member. Ask them about their day.	Start a journal and choose a theme. <ul style="list-style-type: none"> • Daily events • Interesting quotes you heard on TV or from family members • Something new you learned • Something new you tried 	With an adult's help, create a can and string phone using household items (can, paper cup, paper clip, fishing line, string, etc.). Test it out with a family member.
Creativity	Be as quiet as you can or sit quietly while listening to music. Then write or draw what you thought about.	Make dinner or dessert with your family. Create a menu for your family and pretend to be the waiter.	Learn, practice, and perform a magic trick.	Use materials around you to make and play a stringed, percussion, and wind instrument.	Draw and decorate at least two of your favorite characters on paper. Cut out the paper figures and have your characters act out an alternative ending to their story.	Write a poem on your sidewalk using chalk.

<p>Critical Thinking</p>	<p>Watch a TV show or movie, or read a book. Talk to someone about the themes or main ideas in it</p>	<p>Use a Venn diagram to compare and contrast people in your family.</p>	<p>Create and use a secret code. Teach it to someone else.</p>	<p>Write or tell a story titled, "What if humans had to leave the Earth, and no one remembered to turn off the last robot."</p>	<p>Imagine you live in a world with only 20 words to express yourself. You can use the 20 words as many times as you want, but you cannot use any other words apart from the 20. Challenge yourself to compose a paragraph with those 20 words.</p>	<p>Gather household objects (e.g. pen, cup, book) and describe the objects in creative ways (e.g. one big brown leg that is fixed to the ground with green veined hair on its head.). Read aloud your descriptions to a family member and see if they can guess your object.</p>
<p>Collaboration</p>	<p>Play a game with your siblings, friends, or caretaker.</p>	<p>Interview a caretaker about his or her life.</p>	<p>Call a friend or relative and tell part of a story and stop at an exciting part. Then have them tell the next part of the story and stop at an exciting part. Continue until you finish the story.</p>	<p>Work with your family to complete a goal or project.</p>	<p>Build a fort out of blankets and chairs. Invite siblings or caretakers in your fort to tell stories.</p>	<p>Call a grandparent, older relative, or friend. Ask them to teach you the words to a song they like.</p>
<p>Social Emotional Wellness</p>	<p>Call a relative or friend you haven't spoken to in a while.</p>	<p>Try all of the following and decide which one helped you feel the best:</p> <ul style="list-style-type: none"> ● Take a walk ● Belly breath 10 times ● Stretch ● Rest for 10 minutes ● Drink a glass of water 	<p>Make a card for a relative or friend and send it to him or her.</p>	<p>Make a special snack or meal for someone else.</p>	<p>Spend time reading with or to someone else.</p>	<p>Reach out to a neighbor to see if you can help them with yard work (raking, pulling weeds, mulching, planting flowers, etc.).</p>
<p>Health and Fitness</p>	<p>Sit on the floor with crossed legs and back straight. Take 10 deep breaths so your stomach and chest swell with air. Hold your breath for 5 seconds and release slowly for 5 seconds.</p>	<p>Take a break from your activity and do 20 toe touches trying not to bend your knees. Do this three times throughout the day.</p>	<p>Play musical frogs. This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p>Create a dance with a family member. Take turns creating a move for the dance, then try the whole dance.</p>	<p>Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other while trying to stay balanced.</p>

Continuous Learning Challenge - Grade Four

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read as many books or articles as you can this week that make you laugh, make you think, or help you learn something new.	Draw a map of your home. Measure the area and the perimeter of the rooms. If you don't have a ruler, use nonstandard units to measure (e.g. shoes, books, etc.) $A=L \times W$ Area= length x width	Classify twenty everyday objects by shape, size, color, height, mass, and/or material.	Set a clock for three hours and seven minutes ahead. Whenever someone needs to know the time, help them figure it out by subtracting.	Using digits one to nine, at most once each time, to make a true multiplication equation. <input type="text"/>	Take a bite out of an apple and determine if it is sweet or tangy. Put a few drops of vanilla extract on a cotton ball and hold it near your nose. Take another bite of apple. Does it taste the same as before? Write down your observations.
Communication	Write three thank you notes to your friends, family members, relatives, or community helpers.	Write about how you want to positively impact the world. Share it with someone you care about.	Learn three new jokes. Call a relative or friend to share them.	Write out directions from a room inside where you live to a different room inside where you live. Give someone the directions and see if they can get to the destination.	Create an obstacle course in your home. Have a family close their eyes and instruct them how to navigate through the obstacle course. What worked well? What didn't work well?	With permission of an adult, ask to Facetime or Skype a friend or family member. Ask them about their day.
Creativity	Be as quiet as you can or sit quietly while listening to music Then write or draw what you thought about.	Learn, practice, and perform a magic trick.	Use materials around you to make and play a stringed, percussion, and wind instrument.	Put your favorite book, toy, and keepsake on a small table in the sunlight. Draw or paint a full color still life.	Write a poem on your sidewalk using chalk.	Fold a paper creating many sections. Try using interesting angles. Count how many sections you have created and color with spring colors.

<p>Critical Thinking</p>	<p>Watch a TV show, movie, or read a book. Talk to someone about the themes or main ideas in it.</p>	<p>Use a diagram to compare and contrast people in your family.</p>	<p>Using one type of paper (constant), build three different paper airplanes (independent variable) and test to see how far they fly (dependent variable).</p>	<p>Create and use a secret code. Teach it to someone else.</p>	<p>Write or tell a story titled, "What if humans had to leave the Earth, and no one remembered to turn off the last robot."</p>	<p>Imagine you live in a world with only 20 words to express yourself. You can use the 20 words as many times as you want, but you cannot use any other words apart from the 20. Challenge yourself to compose a paragraph with those 20 words.</p>
<p>Collaboration</p>	<p>Play a game with your siblings, friends, or caretaker.</p>	<p>Interview a caretaker about his or her life.</p>	<p>Call a friend or relative and tell part of a story and stop at an exciting part. Then have them tell the next part of the story and stop at an exciting part. Continue until you finish the story.</p>	<p>Work with your family to complete a goal or project.</p>	<p>Use household items to create a catapult, paper airplane, or car with your family. Challenge each person to make their own and hold a contest to see whose machine can go the farthest.</p>	<p>Challenge your family to a game of kickball, basketball, or soccer. If the weather is bad, you could organize an indoor basketball game with a paper ball and wastebasket.</p>
<p>Social Emotional Wellness</p>	<p>Call a relative or friend you haven't spoken to in a while.</p>	<p>Try all of the following and decide which one helped you feel the best:</p> <ul style="list-style-type: none"> ● Take a walk. ● Belly breathe. ● Stretch. ● Rest for 10 minutes. ● Drink a glass of water. 	<p>Make a card for a relative or friend and send it to him or her.</p>	<p>Make a special snack or meal for someone else.</p>	<p>Create a goal for yourself. Make a plan for how you will achieve it.</p>	<p>Spend time reading with or to someone else.</p>
<p>Health and Fitness</p>	<p>Do a bear walk. With your bottom in the air, step forward with your right hand and step forward with your left foot. Step forward with the left hand then the right foot.</p>	<p>Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>Find these things around you:</p> <ul style="list-style-type: none"> ● Five things you see ● Four things you feel ● Three things you hear ● Two things you smell ● One thing you taste 	<p>Star Jumps: Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>Crawl Like a Seal: Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p>Teacup Tip-ups: Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>

Continuous Learning Challenge - Grade Five

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read as many books or articles as you can this week that make you laugh, make you think, or help you learn something new.	Using digits one to nine, at most once each time, to make a true statement. 1111	Interact with books in four ways: <ul style="list-style-type: none"> • Read a book. • Write a book. • Listen to a book. • Act out a book. 	Write a lipogram. A lipogram is a piece of writing that deliberately leaves out a specific letter of the alphabet. Choose a letter to leave out and write a sentence leaving out that letter. If you succeed, try writing a paragraph, poem, or short story in the same way.	Gather a cup of water, salt, a spoon, and an egg. <i>Gently</i> lower the egg into the cup of water. Predict what will happen when you add salt to the water. Add two spoonfuls of salt to the water and <i>gently</i> stir - be careful not to crack the egg. What happened?	Measure all the people in your home in inches. Then, convert your measurements to feet and inches.
Communication	Spread love by drawing, coloring, cutting hearts to place in a window. Call friends to encourage them to do the same.	Write about how you want to positively impact the world. Share it with someone you care about.	Learn three new jokes. Call a relative or friend and share them.	Write out directions from a room inside where you live to a different room inside where you live. Give someone the directions and see if they can get to the destination.	Write 10 adverbs on pieces of paper and place in a bag. Write 10 sentences on pieces of paper about anything you say or do (e.g. I’m going to bed) and place in a bag. Choose one from each bag to act out and have family members guess.	Create an obstacle course in your home. Have a family close their eyes and instruct them how to navigate through the obstacle course. What worked well? What didn’t work well?
Creativity	Be as quiet as you can or sit quietly while listening to	Learn, practice, and perform a magic trick.	Use materials around you to make and play a stringed,	Put your favorite book, toy, and keepsake on a small table in	Write a poem on your sidewalk using chalk.	Ask a family member to draw five shapes. Use these shapes to

	music Then write or draw what you thought about.		percussion, and wind instrument.	the sunlight. Draw or paint a full color still life.		create a picture.
Critical Thinking	Watch a TV show, movie, or read a book. Talk to someone about the themes or main ideas in it.	Draw a diagram to compare and contrast people in your family.	Using one type of paper (constant), build three different paper airplanes (independent variable) and test to see how far they fly (dependent variable).	Create and use a secret code. Teach it to someone else.	Write or tell a story titled, "What if your car bounced like a bouncy ball."	Imagine you live in a world with only 20 words to express yourself. You can use the 20 words as many times as you want, but you cannot use any other words apart from the 20. Try to compose a paragraph with those 20 words.
Collaboration	Play a board or card game with your family.	Interview a family member about their life.	Call a friend or relative and tell part of a story and stop at an exciting part. Then have them tell the next part of the story and stop at an exciting part. Continue until you finish the story.	Create a scavenger hunt for your family around your house, yard, or neighborhood.	Use household items to create a catapult, paper airplane, or car with your family. Challenge each person to make their own and hold a contest to see whose machine can go the farthest.	Challenge your family to a game of kickball, basketball, or soccer. If the weather is bad, you could organize an indoor basketball game with a paper ball and wastebasket.
Social Emotional Wellness	Call a relative or friend you haven't spoken to in a while.	Try all of the following and decide which one helped you feel the best: <ul style="list-style-type: none"> • Take a walk. • Belly breathe. • Stretch. • Rest for 10 minutes. • Drink a glass of water. 	Make a card for a relative or friend and send it to him or her.	Make a special snack or meal for someone else.	Create a goal for yourself. Make a plan for how you will achieve it.	Spend time reading with or to someone else.
Health and Fitness	Do star jumps. Jump up with your arms and legs spread out like a star. Do ten then rest and repeat.	Face each wall in a room and do a different exercise for 30 seconds. <ul style="list-style-type: none"> • Side shuffle • Grapevine to left then right • Vertical jumps 	When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?	Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?	Can you hold a plank for an entire TV commercial break?	With your bottom in the air, step forward with your right hand and step forward with the left hand then the right foot.

Continuous Learning Challenge - Middle School

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. Your challenge is to complete at least two activities from each row. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	<p>Read as many books as you can this week that:</p> <ul style="list-style-type: none"> • make you laugh • make you think • help you learn something new 	<p>Take a walk and count the total number of steps you take in a minute and project your speed in steps per hour.</p>	<p>Count and measure all the windows in your home. Search the internet for the best deal to replace each window and give an estimate on the total cost.</p>	<p><u>Calculate</u> your target heart rate at 75 percent. Take part in a physical activity that meets this target heart rate for at least 15 minutes.</p>	<p>Use the digits zero to nine, at most one time each, to fill in the blanks so that the sum is as close to 10 as possible:</p> <p><u> </u> <u> </u> <u> </u> <u> </u> <u> </u></p>	<p>Write a poem about what you see out your front window. Challenge: Try to use as many senses as you can to describe what you see and avoid using similes; <i>like</i> or <i>as</i>.</p>
Communication	<p>Write three thank you notes to your friends.</p>	<p>Keep a journal of what is happening in your life and in the world during this time.</p>	<p>Write a letter to your superintendent, your mayor, your governor, or a public official about a topic that is important to you. If you can, address and mail it or send it via email.</p>	<p>Write about how you want to positively impact the world. Share it with someone you care about.</p>	<p>Imagine, create, and fly a flag that tells the world about you.</p>	<p>Write out directions from a room inside your home to a different room inside where you live. Give someone the directions and see if they can get to the destination.</p>
Creativity	<p>Be as quiet as you can for 30 minutes or quietly listen to music. Then write or draw what you thought about.</p>	<p>Create a learning activity for a younger sibling or neighborhood family.</p>	<p>Build a new piece of “furniture” out of old cardboard boxes.</p>	<p>Replace the numbers on a clock with a short numerical expression representing each number.</p>	<p>Think about what makes a city or town or neighborhood. Draw and then color a skyline of where you live.</p>	<p>Create a poster of support and encouragement to display out your front windows to passersby.</p>
Critical Thinking	<p>Watch a TV show or movie, or read a book. Talk to someone about the themes or main ideas in it.</p>	<p>Using one type of paper (constant), build three different paper airplanes (independent variable) and</p>	<p>Using paper, tape, and string, design, build and test a device that warns you when someone</p>	<p>Write or tell a story titled, “What if humans had to leave the Earth, and no one remembered to</p>	<p>Watch a popular movie with a clear villain and make an argument for their perspective of “right”.</p>	<p>How many times can you fold a piece of paper in half? Try to do it at least six times. After each fold, how many</p>

		test to see how far they fly (dependent variable).	opens a kitchen cabinet.	turn off the last robot.”		sections do you create? Make a table to show your data.
Collaboration	Play a game with your siblings, friends, or caretaker.	Interview a caretaker about his or her life.	Call a friend or relative and tell part of a story and stop at an exciting part. Then have them tell the next part of the story and stop at an exciting part. Continue until you finish the story.	Work with your family to complete a goal or project.	Complete the Census with your family and discuss its impact on you and your local county.	Think about what your favorite fruits and vegetables are and ask your parents to order seeds to start a vegetable garden.
Social Emotional Wellness	Call a relative or friend you have not spoken to in a while.	Try all of the following and decide which one helped you feel the best: <ul style="list-style-type: none"> • Take a walk. • Belly breathe. • Stretch. • Rest for 10 minutes. • Drink a glass of water. 	Make a card for a relative or friend and send it to him or her.	Create a goal for yourself. Make a plan for how you will achieve it.	Participate in a pay-it-forward event with your family with respect to household chores.	Write a thank you card to a nurse, doctor, or hospital in appreciation of their services in these challenging times.
Health and Fitness	Try and sprint from one end of your street to the other. Have a family member time you.	Sit back to back with a friend and link arms. Try to stand up without unlinking arms.	Gather rounded objects of varying size. Starting with the largest, try walking around your house keeping the object between your knees.	Jump side-to-side over an object or line for one minute straight. Go again but jump front to back. Repeat each jump twice.	Talk with who takes care of you about choosing the dinner menu. Pick items that are both healthy and delicious.	Put your favorite song on and make up a dance or fitness routine!

Continuous Learning Challenge - High School

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. Your challenge is to complete at least two activities from each row. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read as many books as you can this week that: <ul style="list-style-type: none"> • make you laugh • make you think • help you learn something new 	Create an absolute value equation with an extraneous solution of negative 4..	Evaluate a social media advertisement and decide which persuasive appeals (ethos, pathos, logos) are being utilized.	Watch a movie of a book you have read and compare and contrast the similarities and differences between the two.	Carry out a science experiment that utilizes at least three elements from the periodic table. Document how those interact with each other.	Write a descriptive paragraph about your backyard. Include as many of the five senses as possible: hear, see, touch, smell, and taste.
Communication	Keep a journal of what is happening in your life and in the world during this time.	Write a letter to your superintendent, your mayor, your governor, or a public official about a topic that is important to you. If you can address and mail it, or send it via email.	Write about how you want to positively impact the world. Share it with someone you care about.	Reach out to a friend you haven't talked to in a while. Find out what is new in their life.	Ask an adult for a letter of recommendation. It could be for a job you want, a school leadership role you are going to pursue, or for a college scholarship.	Write five jokes and share them with your friends and family. Accept feedback and keep practicing.
Creativity	Be as quiet as you can for 60 minutes, or quietly listen to music for that time. Then write or draw what you thought about.	Find a picture or create a postcard of a place you hope to travel and write on the back of it all that you want to explore there.	Choose three ingredients out of your pantry and create a recipe you would actually want to eat.	Choose your favorite song lyrics and create a visual representation that captures the essence of what they say.	Create a vision board for the goal you want to achieve in the next five years.	Draw a comic strip where your main character goes on an adventure to save the world.
Critical Thinking	Using paper, tape, and string, design, build and test a device that warns you when someone opens	Develop an organizational system for organizing your closet or the space you occupy.	Have a discussion about how your life would be different if you: <i>Lived in the</i>	Make a budget for how you think your community could spend a million dollars. Consider how	Take an online course or watch a Youtube video about coding and try to develop your own website	Take apart an old appliance that doesn't work anymore and try to put it back together (i.e. VCR, cord

	a kitchen cabinet.		1950's OR <i>Was an only child/had multiple siblings</i> OR <i>Cell phones had never been invented</i>	many people it could help, all that would be needed to make it happen, etc.	where you write the code.	phone).
Collaboration	Play a game with your siblings, friends, or caretaker.	Interview a caretaker about his or her life.	Call a friend or relative and tell part of a story and stop at an exciting part. Then have them tell the next part of the story and stop at an exciting part. Continue until you finish the story.	Work with your family to complete a goal or project.	Share a photo or meme with your friends and submit different captions for the image. Vote on which caption you all like the best.	Choose to read a book or watch a tv show with friends and meet regularly to discuss your thoughts.
Social Emotional Wellness	Call a relative or friend you haven't spoken to in a while.	Make a card for a relative or friend and send it to him or her.	Create a goal for yourself. Make a plan for how you will achieve it.	Go to a local park and pick up litter to make the park better.	Find an organization that supports a cause that is important to you. Research it for a way for you to become involved.	Identify a skill you have and offer a class to local neighborhood kids to learn from you. This could be academic, athletic, or artistic.
Health and Fitness	Complete: <ul style="list-style-type: none"> ● Five walking lunges ● Five jumping split squats ● Five jump squats ● Repeat three times 	Complete: <ul style="list-style-type: none"> ● Ten squats ● Ten broad jumps ● Ten second sprints ● Ten push-ups ● Ten sit-ups 	Do a chore around the house that will get your heart rate up like mowing the lawn or vacuuming the floors.	Practice your basketball chest passes against a brick wall. Remember to step towards your target.	Complete 25 of the following: <ul style="list-style-type: none"> ● High Skip ● Squat Jumps ● High Knees ● Walk backwards 	Look up three different yoga poses and try to hold them.