

1st Grade AMI Choice Board

Student Name: _____

Directions: Choose one activity from each subject area column to complete. Students should complete a Reading, Writing, Phonics, Math, Content and Special Area (see attached) activity for each AMI Day. Parents/Guardians should initial each box after completion and return to school the following day.

Reading	Writing	Phonics	Math	Content
<p>Read for 20 minutes and talk about the beginning, middle and end of the story.</p> <p>_____ initials _____ date</p>	<p>Write a small moment story about something you have done.</p> <p>_____ initials _____ date</p>	<p>Use your sight word list and write 5 sight words in a sentence.</p> <p>_____ initials _____ date</p>	<p>Write and answer 5 addition sentences up to the sum of 10.</p> <p>_____ initials _____ date</p>	<p>Explain what it means to be responsible. Write one way you show responsibility at home and at school.</p> <p>_____ initials _____ date</p>
<p>Read a book and tell a fluffy friend where the story took place.</p> <p>_____ initials _____ date</p>	<p>Write a small moment story about something you have done.</p> <p>_____ initials _____ date</p>	<p>Write rainbow words with words containing short vowels. Ex. cat, bit, fun, set, cot</p> <p>_____ initials _____ date</p>	<p>Write and answer 5 subtraction sentences subtracting from numbers up to 10.</p> <p>_____ initials _____ date</p>	<p>Write and draw 2 home and school rules.</p> <p>_____ initials _____ date</p>
<p>Draw a picture of the main character from a story you are reading and write one character trait of the main character.</p> <p>_____ initials _____ date</p>	<p>Write a small moment story about something you have done.</p> <p>_____ initials _____ date</p>	<p>Using your sight word list, write as many sight words as you can in 5 minutes. Check for spelling!</p> <p>_____ initials _____ date</p>	<p>Write related facts using these three numbers: 5, 9, 4</p> <p>_____ initials _____ date</p>	<p>Explain what it means to be respectful. Write one way you show respect at home and at school.</p> <p>_____ initials _____ date</p>
<p>Read a story and discuss a major event from the story.</p> <p>_____ initials _____ date</p>	<p>Write a small moment story about something you have done.</p> <p>_____ initials _____ date</p>	<p>Say and tap out the following words: flat, clap, snug, spin, pluck, gloss</p> <p>_____ initials _____ date</p>	<p>Write and answer 4 doubles facts.</p> <p>_____ initials _____ date</p>	<p>Write 2 ways the sun helps us.</p> <p>_____ initials _____ date</p>

K-2 Special Area AMI Choice Board

Student Name: _____

Directions: Choose one activity from the special area class you are missing. If you are unsure of the special class missed, choose one activity to complete. Parents/Guardians should initial the box for the activity that was completed and return to school the following day.

Art	Music	PE
<p>Pretend you have just landed on a new planet. Draw what you see and don't forget to include aliens.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Find something in your house that shakes. Sing your favorite song, and shake that object to the steady beat of the song.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Spell Your Name Workout: Complete 1 workout spelling your first name.</p> <p>Bonus: Complete a workout for your last name too! (see attached)</p> <p>_____ initials</p> <p>_____ date</p>
<p>Art in Nature: Find objects from outside and use your materials to create a work of art. (sticks, leaves, grass, or even make a snow sculpture!)</p> <p>_____ initials</p> <p>_____ date</p>	<p>Perform a song using all five voices: sing, speak, whisper, calling, inner/thinking voice.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Hot Shots (see attached): Play 1 round of Hot Shots.</p> <p>_____ initials</p> <p>_____ date</p>
<p>Draw from observation. Choose a favorite object from around the house and draw what you see.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Find an object in your house that makes a high sound. Find an object in your house that makes a low sound.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Indoor Scavenger Hunt: (attached) Find as many of the items from the list.</p> <p>_____ initials</p> <p>_____ date</p>
<p>Found objects: Look for objects from around your house that represent each color of the rainbow. Create your own color wheel by arranging the items in rainbow order.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Pat the steady beat while listening to your favorite song.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Animal Exercises (see attached): Do each exercise for 45 seconds with a 15 second rest in between.</p> <p>_____ initials</p> <p>_____ date</p>

Workout for beginners what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT FRIEND, PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A 10 jumping jacks

N 10 second jump rope

B 5 push-ups

O 10 russian twists

C 1 burpee

P 5 plie squats

D 20 high knees

Q 10 arm circles

E 5 crunches

R 10 skaters

F 10 mountain climbers

S 10 second jog in place

G 5 squats

T 10 butt kickers

H 10 front lunges

U 5 inchworms

I 10 side lunges

V 5 tricep dips

J 10 second wall sit

W 3 star jumps

K 5 calf raises

X 5 bird dogs

L 5 second plank

Y 10 leg raises

M 3 squat jumps

Z 5 squat jacks

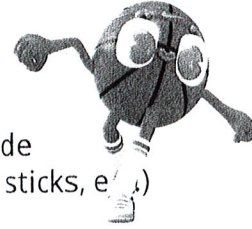
CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM. WWW.THEYSMELL.COM

If you don't know how to do an exercise, substitute an exercise that you know for that letter.

3. Hot Shots

Materials:

- Basketball and a hoop if playing outside
- Socks and a box or laundry basket if playing inside
- 5-10 Shot markers (paper plates or cups, cones, sticks, etc.)



Directions:

- Scatter your shot markers all over the ground around your basket
 - When the game starts, you have 1 minute to stand on a shot marker to try and make a shot
 - If you make it, take the marker and put it in a pile
 - If you miss, you must leave it
 - Score as many markers as you can and add them up at the end!
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INDOOR SCAVENGER HUNT

☐  BACKPACK

☐  COINS

☐  BOOKS

☐  PICTURE

☐  BALL

☐ PAPER

☐  PAIR OF SOCKS

☐  PENCIL

☐  TOOLS

☐  A SQUARE

☐  SOMETHING RED

☐  TOOTHPASTE

☐  CLOCK

☐  PLANT

☐  SPOON

☐  WATER GLASS

☐  HAT

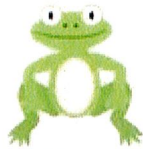
☐ STUFFED ANIMAL

☐  A BUTTON

☐  SOMETHING WITH
A FLOWER ON IT

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



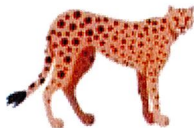
GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.