

# 3rd 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 30 minutes and talk about beginning, middle and end to a partner at home.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Journal Write: What would happen if it never stopped snowing? What would our world look like? Remember to use correct capitalization and punctuation.</p> <p>_____ initials</p> <p>_____ date</p>	<p>On a piece of paper, put the following words in ABC order:</p> <ul style="list-style-type: none"> <li>• Tree</li> <li>• Plant</li> <li>• Grass</li> <li>• Snow</li> <li>• Play</li> <li>• Sing</li> <li>• Wet</li> <li>• Grow</li> </ul> <p>_____ initials</p> <p>_____ date</p>	<p>Write down 20 multiplication facts that you have memorized.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Find things in your home (or outside) that are solid, liquid or gas. Write down 6 examples of things you find.</p> <p>_____ initials</p> <p>_____ date</p>
<p>Draw a picture of your favorite character and describe their personality traits on a piece of paper.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Write a letter to an adult, telling your opinion about the best way to spend a snow day.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Change the following words to plural by changing the <u>y</u> to <u>ies</u>.</p> <ul style="list-style-type: none"> <li>• cherry</li> <li>• country</li> <li>• city</li> <li>• baby</li> <li>• story</li> <li>• Library</li> </ul> <p>_____ initials</p> <p>_____ date</p>	<p>Write and solve 4 word problems, using one operation for each problem (+, -, x, ÷).</p> <p>_____ initials</p> <p>_____ date</p>	<p>Write down what adaptations animals might need to survive today's weather. How are those adaptations helping them?</p> <p>_____ initials</p> <p>_____ date</p>
<p>Read and determine the main idea and details of your non-fiction text. Write this on a piece of paper.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Draft a small-moment story about a time that has happened recently. Think about the beginning, middle and end of the story.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Write 6 sentences, using names of people or places. Make sure to use correct capitalization throughout the sentences.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Make an array, using objects at home for the following equations:</p> <ul style="list-style-type: none"> <li>• 3x4</li> <li>• 8x6</li> <li>• 5x7</li> </ul> <p>_____ initials</p> <p>_____ date</p>	<p>Think about the extra help that is needed when our town experiences snow or ice. Write a list of community workers that are working extra hard because of today's weather.</p> <p>_____ initials</p> <p>_____ date</p>

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<p>Work on your reading stamina. Try to see if you can read for 40 or more minutes.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Write about a topic you are an expert on. Think about what you would say to teach all you know about this topic.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Read through your automaticity phonics page, timing yourself for 1 minute each time. Repeat three times to see if you can read more words each time.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Write a list of numbers, using a pattern of your choice. Then, explain the pattern you used. Repeat this 3 times.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Invent a good or service that would benefit your community. You can make this or draw a picture. Then, write down how this good/service could help those around you.</p> <p>_____ initials</p> <p>_____ date</p>
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# 3-5 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>Find objects from around the house and arrange into a still life. Draw what you see.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Create a cup passing game to your favorite music 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>Create a 16 beat rhythm pattern using Quarter Notes, Eighth Notes, and Quarter Rest. Perform your rhythm for someone at your house.</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>A shoe company has asked you to design their latest shoe. Draw a picture of your design.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Listen to a song without words and draw a picture of what you imagine while listening to it.</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>Create a three frame comic strip. Each frame should include a drawing and a dialog box to help your reader understand what's happening.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Practicing naming the pitches on the music staff: lines and spaces.</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 HISTORICAL 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

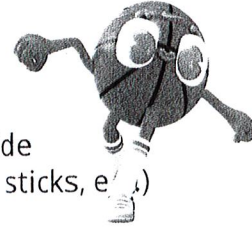
CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM. [WWW.THEYSMELL.COM](http://WWW.THEYSMELL.COM)

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

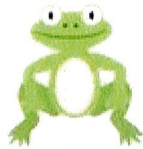
☐ STUFFED ANIMAL

☐  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



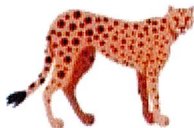
## **GORILLA SHUFFLE**

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.