

# 4th Grade AMI Choice Board

Student Name: \_\_\_\_\_

**Directions:** Choose one activity from each subject area column to complete. Students should complete an ELA, Math, Content, Word Study 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.

ELA	Math	Content	Word Study
<p>Write about how to build a snowman. Ask a sibling or parent to build a snowman using only your directions.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Choose three 6 digit numbers. Write each one in standard, expanded and word form</p> <p>_____ initials</p> <p>_____ date</p>	<p>Look out your window and find an animal. This animal could be a squirrel, bird, etc. What do you notice about this animal? (Think about physical appearance)</p> <p>What adaptations do you think this animal uses or is using for survival during winter?</p> <p>_____ initials</p> <p>_____ date</p>	<p>Pretend like you are the classroom meteorologist for a day. Write a weather report. Be sure to use complete sentences and punctuation. Include the following words: <i>weather, temperature, predicting, precipitation, snow.</i></p> <p>_____ initials</p> <p>_____ date</p>
<p>Build a fort and read in your fort (maybe with a flashlight for 20 minutes Write a short summary (retelling) of what you read.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Write two word problems and have someone in your house solve them.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Complete the attached map activity,</p> <p>_____ initials</p> <p>_____ date</p>	<p>Write a sentence for each of the following words using them appropriately.</p> <p>hear/here your/you're weak/week nose/knows</p> <p>_____ initials</p> <p>_____ date</p>
<p>Write a letter to your teacher describing what you did today.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Write a word problem that requires more than one step to solve.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Use materials from your house to create a ramp. Roll different items down the ramp and write about the potential and kinetic energy when you change items or angle of the ramp.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Make a word cloud using winter words. Try to add as many words as you can and think about their spelling.</p> <p>_____ initials</p> <p>_____ date</p>

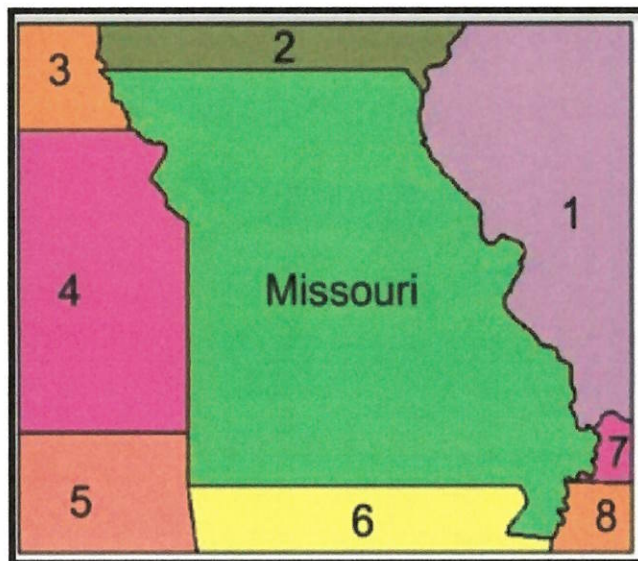
<p>Read a short story to someone in your house and retell it from a character's point of view.</p> <p>____ initials</p> <p>____ date</p>	<p>Write a six digit number. Round this number to the nearest ten, hundred, thousand and ten-thousand.</p> <p>____ initials</p> <p>____ date</p>	<p>Lewis and Clark made significant contributions to Missouri. Once the nation purchased the Louisiana Territory from France, President Jefferson sent Lewis and Clark to explore the territory. As they explored, they kept detailed notes. Why was it important that Lewis and Clark kept such detailed information about the territory?</p> <p>____ initials</p> <p>____ date</p>	<p>Have a mock spelling bee with your friends or family members. Write down the words that you use in your spelling bee.</p> <p>____ initials</p> <p>____ date</p>
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Items to be printed: [Map Activity](#)

Name: \_\_\_\_\_

**GEOGRAPHY**

1. States border (next to) other states as shown below. There are eight states that border Missouri. The states that border Missouri are in the list on the right. Find the names of the states that border Missouri based on the numbers on the map. Beside the name of the states listed below the map, write the number that represents the state. For example, the number 1 represents Illinois so beside Illinois write the number 1. Use the second map (United States) as a resource.

**Missouri Label-Me Map -- Bordering States and Bodies of Water**

Kentucky -

Kansas -

Illinois - 1

Nebraska -

Iowa -

Tennessee -

Oklahoma -

Arkansas -

**United States of America**

2. There are two major rivers that flow beside or in Missouri. Using the map below write the names of the two rivers on the lines below.



1. \_\_\_\_\_
2. \_\_\_\_\_

3. There are several lakes in Missouri that affect the economy of an area. Check the boxes below with an X that explain how people affect Missouri's economy.

<input type="checkbox"/>	People visiting the lake go shopping.
<input type="checkbox"/>	Lack of visitors to the lake affects the economy.
<input type="checkbox"/>	People visiting the lake have no influence on the economy..



4. How do rivers influence the population? Check the boxes that apply.

<input type="checkbox"/>	River activities like boating and fishing help the population go up.
<input type="checkbox"/>	River activities like boating and fishing make the population go down.
<input type="checkbox"/>	Towns grow along rivers due to easy transportation.
<input type="checkbox"/>	Rivers have no influence on the population.

5. The United States has six geographical regions. The six regions are West, Southwest, Mountain States, Midwest, Southeast and Northeast. Look at the map below and indicate the region that Missouri is in. (hint: you will need to remember the shape of Missouri to find it on the map)



Missouri is in the \_\_\_\_\_ region.

# 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

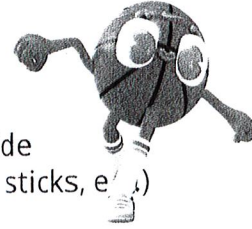
CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM. [WWW.THEYSMELL.COM](http://WWW.THEYSMELL.COM)

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

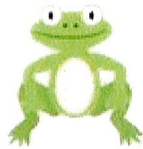
☐ STUFFED ANIMAL

☐  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



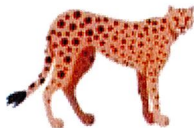
## **GORILLA SHUFFLE**

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.