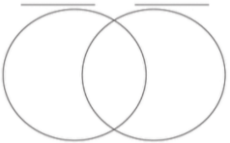


Team Northern's Polar Pride
Choice Board

Grade 2
Week of 4/06/20

GREAT job last week!
This week choose 10 or more activities.
Complete at least one under each letter.

P	R	I	D	E
Reading	Math	Writing	Content	Special
Traits and Setting Choose a character from a story you've read. Design a new place for your character to live based on his or her traits.	Equivalent Equations Make number cards with digits 0-9. Make 2 addends on either side of the equal sign. $\square + \square = \square + \square$ How many equations can you make? Can you use 3 addends?	Friendly Letter Write a friendly letter to a senior citizen in a care home.	Family Flag Design your own family flag. Write a paragraph explaining your flag.	Music Rhythm Challenge Clap a rhythm pattern. Challenge a family member to repeat the pattern. Take turns. Begin with a short pattern and make it a little longer each time. How long can you make the pattern?
Compare/Contrast: Make a Venn diagram to compare/contrast 2 characters in a story or movie. 	The answer is 20 brownies. What is the question? Write three word problems that have the answer as 20 brownies.	Word Work Scavenger Hunt Use a magazine or book to locate as many "long-a" words as possible. <i>(Ex: gate)</i>	STEM Activity Use recycled items around your house to design your own piece of playground equipment.	Art Illustrator for a Day Illustrate one of your favorite stories or books. OR write and illustrate a story of your own!
Respond to Literature Read a story of your choice. After reading, write a letter to one of the characters from the story.	Oh No 999 (directions and game board are attached)	Start a Daily Journal Make an entry each day about what you did!	Encourage community from your home! Write encouraging messages and pictures outside with your family, using sidewalk chalk, or make a sign for your window.	Library Talk to your family about something you learned in library class this year. Share with your library teacher via email. Mrs. Sabers Asabers@northernnyork.org Ms. Cimino Ncimino@northernnyork.org
Visit Tumblebooks via ClassLink. Choose a book to read. After reading, retell the story. What happened in the beginning, middle, and end? Who were the characters? Where was the setting?	Shape Art Draw a picture using only rectangles, squares, circles, and triangles. Count how many of each shape you used.	How-To Writing Write about how to wash your hands. Include details, giving directions on the best way to wash your hands. Write a "hook" introduction sentence. Use transition words. (First, Next, Then, After That, Finally.) Don't forget your concluding sentence!	Solid Search Go on a solid scavenger hunt around your house. Can you find solids that are: <ul style="list-style-type: none"> • Flexible • Rigid • Smooth • Rough • Transparent • Translucent • Flat • Pointed 	Discovery Draw a Map Draw a map of one room in your home. Label the items from the room on your map. Write a description of the room, naming the items from your map.
Read Aloud Pick a book and read it to your family! Be sure to stop and ask questions about the characters, setting, problem and solution.	Window Shopping Use an advertisement from the grocery store and practice counting the correct amount of coins.	Acrostic Poetry Brainstorm 5 words about spring. Pick one of the words and create an acrostic poem. Challenge: Write more than one.	Sink or Float Do a science experiment in the sink. What sinks and what floats?	Physical Education Obstacle Course Create an indoor or outdoor obstacle course using supplies from around your house.

Oh No, 999! (2-4 players)

Materials:	Deck of Cards	900-999 Hundred Grid	One Chip or Game Marker to Share
-------------------	---------------	-------------------------	-------------------------------------

How to Play:

1. Shuffle the cards and deal four cards to each player. Place remaining cards face down in a pile.
2. Players take turns playing one card at a time, adding or subtracting the value of their card.
Move the chip to the new value on the hundreds chart.

Aces	Jacks	Queens	Kings	Number Cards (2-10)	Jokers
+1	-10	Reverse	+0	+ the number on the card	Double Play The next player must lay 2 cards down

3. Each time a player plays a card, it must be replaced with the top card from the face-down stack.
Players should have 4 cards at all times.
4. Play continues until one player is forced to go over the score of 999.
5. The player who gets to 999 loses the game, everyone else wins!

Start 900	901	902	903	904	905	906	907	908	909
910	911	912	913	914	915	916	917	918	919
920	921	922	923	924	925	926	927	928	929
930	931	932	933	934	935	936	937	938	939
940	941	942	943	944	945	946	947	948	949
950	951	952	953	954	955	956	957	958	959
960	961	962	963	964	965	966	967	968	969
970	971	972	973	974	975	976	977	978	979
980	981	982	983	984	985	986	987	988	989
990	991	992	993	994	995	996	997	998	999

Choose some activities for healthy habits!

P	R	I	D	E
<p>Coping Skills Help yourself stay in control by setting daily goals. To set a daily goal, ask yourself "What do I want to achieve?". Think about... *How can I reach my goal? *Who can help me reach my goal? *What steps do I need to take to reach my goal?</p>	<p>Mindfulness Visit Go Noodle https://family.gonoodle.com/ Scroll down to "channels." Visit "channels" such as Flow, Think About It, and Empower Tools</p>	<p>Growth Mindset Visit YouTube to watch this ClassDojo video on Growth Mindset. http://www.viewpure.com/2zrtHt3bBmQ?st=art=0&end=0 After the video, respond to questions below... What subject do you feel frustrated by sometimes? How might you get better at that subject?</p>	<p>Mindfulness Visit Cosmic Kids, a great site to practice yoga, mindfulness and relaxation. https://www.cosmickids.com/ Select "watch" and choose from Length, Energy and Category.</p>	<p>Mindfulness Visit Go Noodle - https://family.gonoodle.com/channels/flow Visit Flow channel and try this activity Visit Go Noodle https://app.gonoodle.com/activities/rainbow-breath?s=Channel&t=Flow&sid=23&cs=flow</p>
<p>Mindfulness Grounding Technique 5 Things you can see 4 Things you can feel 3 Things you can hear 2 Things you can smell 1 Thing you can taste</p>	<p>Kindness Write a letter of appreciation to family member or friend and include your reason for valuing him/her.</p>	<p>Coping Skills Create a Calm Down Card: Identify 3 strategies that help you calm down when feeling upset. Examples: Soup Breathing, Happy Thought, Journaling, Exercise</p>	<p>Social Skills Building Friendships Visit NED Show website and watch the video titled Friendship Soup. https://www.thenedschools.com/resources/classroom-videos-and-lessons Create your own Friendship recipe card.</p>	<p>Kindness Practice Positive Self-Talk with Power Phrases. Brainstorm positive words that can help you be successful. e.g. "I got this!", "I am a valuable person!"</p>
<p>Coping Skills Help yourself stay in control by setting daily goals To set a daily goal, ask yourself "What do I want to achieve?". Think about... *How can I reach my goal? *Who can help me reach my goal? *What steps do I need to take to reach my goal?</p>	<p>Kindness Share Compliments: Give 3 compliments to 3 family members or friends.</p>	<p>Coping Skills Organization can help us to feel calm and in control. A great organization tool is a daily schedule or calendar. Think about your daily schedule and create a plan for your day. Follow your schedule through the day.</p>	<p>Kindness Self-Care Activity: Participate in a physical activity that helps you improve your physical and mental health. Examples: take a walk, sweep a sidewalk/driveway, clean room</p>	<p>Mindfulness Body scans can help calm on a hectic day or bring peace at bedtime. Try this body scan to help quiet your body. https://www.mindful.org/body-scan-kids/</p>