

Team Northern's Polar Pride
Choice Board

Grade 5
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
<p>Read a chapter book. Keep a journal recording your predictions, your reactions, and important events as you read. Try to record at least 3 thoughts for every 20 minutes that you read.</p>	<p>Practice your multiplication facts by rolling dice and multiplying the numbers together. Whoever gets the larger product wins.</p>	<p>You have just won an all-expense paid vacation for you and your family. Choose a place you would like to go. In several paragraphs, persuade your family to agree with your choice.</p>	<p>Watch a Discovery streaming video on another culture. Create a Venn Diagram comparing and contrasting the similarities and differences between your culture and the one you viewed.</p>	<p>Visit Chrome Music Lab and create some new music. https://musiclab.chromeexperiments.com/</p>
<p>Create a Reader's Theater script (play/drama) to perform with your family.</p>	<p>Choose a card game from following site: https://www.newarkschools.us/Downloads/Math%20Games%20with%20a%20Deck%20of%20Cards.pdf</p>	<p>Look through family pictures. Use a picture from a family adventure to write a realistic fiction story.</p>	<p>Track the weather for a week. Keep a table of the highs and lows temperatures, humidity, precipitation, and wind speed.</p>	<p>Create a skee ball ramp and play skee ball.</p>
<p>Choose a character from a story on Storyworks, Epic, or another book you are reading at home. Write three inferences you can make about that character. Find text evidence to support each inference.</p>	<p>Make 7 clock faces. Divide a face into halves, thirds, fourths, sixths, and twelfths. Tell how many minutes there are in 1/2 hour, 1/3 hour, 1/4 hour, 1/6 hour, 1/10 hour, and 1/12 hour.</p>	<p>Write your own poem or song about how much you miss your friends or your teacher!</p>	<p>Create a model of one of your favorite items around your house. Build or draw your model. Be sure to include important details.</p>	<p>Make homemade salt dough with art teacher Cassie Stephens: https://www.youtube.com/watch?v=w2l_cXyilKg</p>
<p>Use a favorite jar or container in your house to collect unknown or robust vocabulary words you come across in your reading. Challenge yourself each day to draw a word from the container and use it in a sentence. Also, try to use it in your conversations throughout the day.</p>	<p>General Mills has hired you as a new cereal box designer. You are tasked with designing a box that will hold 288 cubic inches of cereal. Determine the dimensions of the best size box. Justify why it is the best size. Then design the box of the new cereal. (ex- Mathos will be in a box that is 1in long, 1 inch wide, and 288 inches high. This will make it easy to see since it will be a very tall box.)</p>	<p>Locate a list of 5th grade spelling words online and have a spelling bee with your family. Challenge: Can you also use the word in a sentence that makes sense?</p>	<p>Research a South American country, Central American country, or a Caribbean Island. Read about the kinds of food they grow and eat. Find a recipe specifically from that country and write it down. With permission, make the recipe.</p>	<p>Go to Class link or Polar Bear Resources Page https://www.northernpolarbears.com/domain/1386 and go to BrainPopJR. In the search bar, type Internet Safety. View the video. Visit Word Play. Take the Easy or Hard Quiz. Take a picture of the screen and share it with your library teacher!</p>
<p>Visit: https://classroommagazines.scholastic.com/suppor/learnathome/grades-3-5.html Choose week 1. Enjoy choosing any of the articles for days 1-5. Read and reread for fluency. Choose activities of interest to you below the article.</p>	<p>Collect receipts from around the house and add up the total bill. Check your answer with the total at the bottom. Extend by having your family create a shopping list and you calculate the total cost of the list.</p>	<p>Write a letter to a family member telling them about your break. What is your opinion of the break? What do you miss? What have you done that was fun?</p>	<p>Create a new idea for a popsicle or ice cube. Freeze your liquid into a solid for a new ice cube or popsicle.</p>	<p>Interview a family member about their favorite inventions. What was their favorite invention during their childhood and why? What is their favorite invention today and why? Use your questions and answers to create an informational writing. Be sure to include: - Topic and concluding sentence - Facts and details - One paragraph about their childhood - One paragraph about their adult life.</p>

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>