

Team Northern's Polar Pride
Choice Board

Grade 3
Week of 4/6/2020

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><u>Theme</u> Read a fiction story. Determine the theme of the text and what lesson the author is trying to teach you about the theme. Support your response with evidence.</p>	<p><u>I-Ready Math</u> Complete a lesson in I-Ready math via the Classlink website.</p>	<p><u>How To</u> Write step by step directions describing how to play a game, build a fort, make breakfast, etc. Be sure to include all needed materials!</p>	<p><u>Map Skills</u> Draw a map of your bedroom. Include a key.</p>	<p><u>PE</u> Build a cup tower and bowl it over with a ball five times.</p>
<p><u>Fluency</u> Use a timer to time yourself reading a page. Record your time and try to beat yourself next time.</p>	<p><u>Multiplication</u> Practice your multiplication facts for at least 10 minutes. Challenge: Jump rope while you recite your facts.</p>	<p><u>Mentor Sentences</u> Read a picture book (check out Tumble Books, Raz Kids, etc!). Write one sentence that stood out to you. Identify the parts of speech like verb, adjective, noun, common noun, proper noun, and adverb. Identify the JUICY words, too!</p>	<p><u>Water Cycle</u> Do some research on the weather in your area for the next week. Record yourself giving a detailed weather report.</p>	<p><u>Music</u> Visit Quaver Music from the ClassLink page. Try out an activity. https://www.northernpolarbears.com/domain/1386</p>
<p><u>Read and Repond</u> Read the following story using this link. http://www.viewpure.com/zljh4hYkhrI?start=0&end=0 Then respond to the prompt: How do the events in the story change Bear's work habits?</p>	<p><u>Fractions</u> Make a list of at least ten fractions that can be found around your house. (Ex: 2/6 of the bagels are blueberry.)</p>	<p><u>Prefix & Suffix Minute to Win it:</u> Use a book and time yourself for one minute to hunt for prefixes (like re-, in-, dis-, un-, etc.) and suffixes (like -ly, -ing, -er, etc.). Make a list of the words and try to improve each day.</p>	<p><u>Water and Climate</u> Think about the seasons. Research ways that you can make a room or house more energy efficient. Write down your ideas. Draw a house that would be more energy efficient.</p>	<p><u>Art</u> Go on a scavenger hunt around your home, searching for items in each color of the rainbow. Arrange your items in a color wheel of your own! Take a picture to share with your art teacher if you can!</p>
<p><u>Multi-syllabic Words</u> Find 20 multi-syllabic words in books or around your house. Write them down and record how many syllables are in each word.</p>	<p><u>Number sense</u> Play Shut the Box with a friend or relative. (See attached game board.)</p>	<p><u>Boggle Fun!</u> Play "Boggle" with a friend or relative. (See attached game board.)</p>	<p><u>Government</u> Read about your favorite president. Pretend you are the teacher and make up a quiz about that president.</p>	<p><u>Discovery</u> Go outside and find 3 living things. On a piece of paper, explain what they need in order to survive in their environment.</p>
<p><u>Book Recommendation</u> Write a recommendation to a friend about a great book that you have read in the last few weeks. Give them reasons why they should read the book.</p>	<p><u>Three-digit Math</u> Roll dice to create 2 three-digit numbers. Write the largest number on top. Add them. Then subtract. You can write them on paper or outside with chalk.</p>	<p><u>I Survived Story</u> Write your own "I Survived" story. It could be about any historic event or current event. (Ex: I survived the journey on the Mayflower or Titanic.)</p>	<p><u>Earth Day</u> Read (or watch) The Lorax and/or explore Earth Day on Brain Pop! Design a poster encouraging others to take care of our EARTH by providing helpful tips.</p>	<p><u>Library</u> Talk to your family about something you learned in library class this year. Share with your library teacher via email. Mrs. Sabers Asabers@northernYork.org Ms. Cimino Ncimino@northernYork.org</p>

Shut the box

Materials:

Cards 1 (ace) through 9 from a deck of playing cards.

9 game tokens, pennies, or pieces of paper

First player pulls a card and places a token on that number or group of numbers that add to that sum.

(Example: If you draw a 6, you could place a marker on 6, or 1 and 5, or 2 and 4, or 1, 2, and 3).

Same player pulls another card and continues until they can not put a marker on any other number.

Same player adds the value of the numbers that are left uncovered.

Second player follows the same process.

*Winner is the player that has the lowest sum of uncovered numbers.

1	2	3
4	5	6
7	8	9

Boggle Fun

See how many words you can make using letters that are touching one another on the board.

G	E	S	N
A	P	A	T
C	H	S	H
W	A	W	O

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?start=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>