







## 7th Grade eLearning Day choice board.



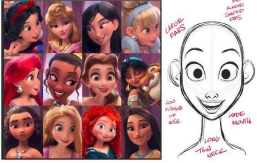
**Student Directions:** On each eLearning Day, you will choose one assignment from each of the five core classes from the Core Classes Board and two assignments from any column on the Allied Board. Each assignment/activity should take 20-30 min. for a total of 2-3 hours of school work. Turn in your finished work to your advisor the next day.

Core Classes- Do one activity from each column.				
Science	L.A.	Social	Math	PE/Health
<p><b>Freezing Liquids</b> Choose 3 different liquids to put outside. Time and record how long each takes to freeze.</p> <p>1. Liquid #1: _____ - Total time it took to freeze: _____</p> <p>2. Liquid #2: _____ - Total time it took to freeze: _____</p> <p>3. Liquid #3: _____ - Total time it took to freeze: _____</p> <p>4. Record WHY or WHAT caused one of the liquids to freeze faster than the others.</p>	<p><b>Choice Book Reading Time</b> Take 20 minutes to enjoy and read a book or article of your choice. Use this time to relax, immerse yourself in the story, and focus on your reading skills. Write a short summary of what happened in your book.</p>	<p><b>Primary Source Journal</b> We've discussed and examined many primary sources this year. Write a journal entry for your day. Include as many details as possible. (Ex. Why are you home? What are the current conditions outside your window? What are your jobs/responsibilities today?) Set a timer for 20 minutes.</p>	<p><b>Integer Review</b></p> <ol style="list-style-type: none"> <li><math>-3 + 8</math></li> <li><math>5 + (-4)</math></li> <li><math>-6 + (-11)</math></li> <li><math>14 - 15</math></li> <li><math>-3 - 2</math></li> <li><math>-4 - (-5)</math></li> <li><math>-10 \times 5</math></li> <li><math>-8 \times (-7)</math></li> <li><math>12 \times (-9)</math></li> <li><math>-45 \div 9</math></li> <li><math>-35 \div (-7)</math></li> <li><math>90 \div -10</math></li> </ol>	<p>Amrap (As many rounds as possible)</p> <p>Complete as many rounds of the following circuit as you can in 20 minutes.</p> <p>10 burpees 15 sit ups 20 jumping jacks 10 push-ups 10 side lunges</p>
<p><b>Abiotic &amp; Biotic Factors</b></p> <ol style="list-style-type: none"> <li>Observe and record at least 10 abiotic and biotic factors outside (from your window).</li> <li>Observe and record at least 10 abiotic and biotic factors from a show you watched or a book you read today.</li> </ol>	<p><b>Summary Writing</b> Write a 5-8 sentence paragraph summarizing an episode, show, or story. Include the main events, key characters, and important details, while keeping it concise and focused.</p>	<p><b>American History Interview</b> Think about important people throughout American History. If you could interview any two of these people (living or dead), who would it be and why did you choose that person. This should be 75-100 words in length. Then create three questions you would ask each of them.</p>	<p><b>Review Problems</b></p> <p>Solve for X.</p> <ol style="list-style-type: none"> <li><math>X + 6 = -5</math></li> <li><math>4 - x = 9</math></li> <li><math>3x + 2 = 8</math></li> <li><math>\frac{x}{-2} + 3 = 5</math></li> </ol> <p>Substitute and evaluate when <math>x = -5</math> and <math>y = 2</math></p> <ol style="list-style-type: none"> <li><math>7x - 2y</math></li> <li><math>y^2 - 4x</math></li> <li><math>\frac{4x}{5} + y</math></li> </ol>	<p>Write a health triangle reflection</p> <ol style="list-style-type: none"> <li>How does the snow day effect your physical health?</li> <li>How does the snow day effect your social health?</li> <li>How does the snow day effect your mental/emotional health?</li> </ol>

<p><b>Snowball Tower</b> If it's warm enough to be outside: Make a bunch of snowballs of the same size. Create a stack as high as you can. Count and record how many snowballs you were able to stack before your tower tipped over. Include approximately how large your snowballs were (example: size of a baseball or softball) *If possible: Take a picture of your snowball tower!</p>	<p><b>Daily Journal</b> Write a one-page journal entry about your day, including the events and experiences that stood out to you. Be descriptive and reflect on how these moments made you feel.</p>	<p><b>Music In American History</b> Music became an important piece of the Story of America by the early 1900s. Do you have a favorite song or songs? Comprise your "Top 10" list. Include the title, artist and decade. Do you think any of these will be among the greatest hits of their decade some day?</p>	<p><b>Recipe Ratios</b> Find a recipe (family, online, cookbook, etc) and write down all the ingredient measurements.  Find the following:  How much would you need of each ingredient if you were making a double batch, triple batch, and half batch.</p>	<p>Complete nutritional food log.</p> <ol style="list-style-type: none"> <li>Record everything you eat during the day.</li> <li>Write down the calories of each item.</li> <li>Tally the amount of calories you've eaten in the day.</li> </ol>
<p><b>Brain-Dump Poster</b> Use pictures, drawings, and words to create a graphic showing what we've learned about in science so far this school year. Make it look presentable so that it could be displayed in the classroom upon your return.</p>	<p><b>Interview Journal</b> If you could interview any famous person, who would you choose and why? What are three questions you would ask them?</p>	<p><b>Your History Timeline</b> Create a timeline of 10 important events from your life. Start when you were born and end with today.</p>	<p><b>Circle and Cylinders</b> Find two circles and two cylinders around your house. Measure and record the diameter, radius and height.  Use these formulas to find the area of the circles and volume of the cylinders.</p> $V = \pi \cdot r^2 \cdot h$ $A = \pi \cdot r^2$ <p>V = Volume A = Area r = Radius h = Height</p>	<p><a href="#">Darebee Workout</a>  Pick a workout to complete  Write a short reflection on what muscle groups did your workout develop (arms, legs, etc.) and rate the workout on a scale of 1-5 on difficulty (1- very easy, 5- very difficult)</p>
<p><b>Watch an episode of National Geographic or Our Planet.</b> - Describe the type of ecosystem. - List at least 10 abiotic and biotic factors in the ecosystem. - Create a food web showing energy flow throughout the ecosystem. Include at least 5-10</p>	<p><b>Fancy Vocab Finds</b> Discover five interesting or unfamiliar words.. Write down their definitions and create a sentence for each one.</p>	<p><b>United States Travel</b> If you could travel to any place in the United States, where would you travel and why did you choose this location? How long would you stay? Does this place connect with anything we have covered in Social Studies this year? If so, how? Include as</p>	<p><b>Budget</b> You're planning a party for 20 people. Budget for the party using \$500 dollars.  Items you need to budget for..</p> <ol style="list-style-type: none"> <li>Snacks</li> <li>Meal</li> <li>Decorations</li> <li>Activities</li> </ol>	<p>Go to YouTube and watch a video on a game/sport and write a short reflection on</p> <ol style="list-style-type: none"> <li>Rules/how to play</li> <li>Skills needed (ex: catching, throwing, running)</li> <li>3 fun facts about the sport/game</li> </ol>

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Allied Board- Choose two activities from any column.				
Visual Arts	Music	Industrial Tech	Theater	World Culture Exploration
<p><b>Sculpt /Build it!</b> Create a 3D sculpture. You could use play dough, legos, sticks, snow! Plan out your design, then start to build.</p> 	<p><b>Body Percussion Video</b> Create and perform an 8-beat rhythm using body percussion (claps, snaps, etc.). Bonus points if you beatbox, too!</p> <p>Submit a short video.</p>	<p><b>Build A Catapult:</b> Build a working catapult and test how far it can launch a small object.</p> 	<p><b>Character Monologues:</b> Write a monologue for a character you create. Describe their backstory, motivations, and current emotional state.</p>	<p><b>Create a Time Capsule:</b> Imagine you are sending a time capsule to the future. Choose 5 items representing your culture today. Write a description of each item and why it represents the current time period.</p>
<p><b>Draw it!</b> Create a drawing/landscape drawing looking out a window from your house. Add value and shading to it!</p> 	<p><b>Create a Snow Day Jingle</b> Use loops in GarageBand to compose a short, cheerful jingle about snow days.</p> <p>Export and submit the audio.</p>	<p><b>Build the Tallest Tower:</b> mom and dad will allow.</p> <p>Material Ideas: Paper, Cardboard, Snow!</p>	<p><b>Rewrite a Fairy Tale:</b> Choose a well-known fairy tale and rewrite it as a dramatic scene or in a different genre (e.g., tragedy, comedy).</p>	<p><b>Design a Flag:</b> Create a flag for a new culture! Use symbols, colors, and shapes that reflect important aspects of that culture. Explain your choices.</p>
<p><b>Snap it!</b> You're a photographer, document the snow day! Take multiple photos for different angles and subject matter like a photographer.</p> 	<p><b>Podcast Starter</b> Record a one-minute podcast sharing your thoughts about snow days. Use GarageBand to edit and add background music.</p>	<p><b>Paper Roller Coaster:</b> Design and build a roller coaster for a marble using paper.</p>	<p><b>Emotion Masks:</b> Draw or craft masks that depict different emotions and write a brief scene where they're used.</p>	<p><b>Recipe Creation:</b> Research a traditional recipe from another country. Write out the recipe, include ingredients, instructions, and cultural significance.</p>

<p><b>Arrange It!</b> Create a color wheel arrangement in your closet. Organizing your clothing by the rainbow or your laundry!</p> 	<p><b>Keyboard Drawing</b> Draw a labeled diagram of the piano keyboard, identifying the notes and key groups.  Take a photo and submit it.</p>	<p><b>Build With Legos</b></p> 	<p><b>Design a Playbill:</b> Choose a favorite play and create an original playbill, including a synopsis, cast list, and production team.</p>	<p><b>Create a Cultural Story:</b> Write a short story that showcases the customs and traditions of a country or region we have studied in class.</p>
<p><b>Illustrate It!</b> Watch an animated movie and create a new character to join the cast in that illustration style.</p> 	<p><b>Genre Study</b> Research a favorite music genre and create a one-slide Google Slide about its history and key characteristics.  Submit your slide.</p>	<p>Make a <b>snowball</b> and measure how far you can throw it! (safely)</p>	<p><b>Object Stories:</b> Pick a random object in your house and write a story about its journey.</p>	<p><b>Perspective Activity:</b> Write a letter to a new penpal in a different country describing your typical day. Include foods, traditions and language you speak.</p>