



STRIDE Academy Middle School (Gr. 5-8) E-Learning Choice Board #3

- Students should complete at least one activity from each column below.
- Spend about 10–15 minutes per activity.
- Mark (✓) the boxes you finish.
- Return this sheet to your teacher OR email your teacher a photo.

***If your child is sick & unable to complete E-Learning Day learning activities, a parent/guardian must still call the school to report an absence. Students will be counted present if they return their choice board to their advisory teacher within 5 days of the E-Learning Day.**

Literacy	Math	Science/Social/Health	Movement	Social Emotional
Read/listen to a story. Find 3 words that are new to you. Use context clues to write what they mean.	Write 5 story problems and solve them, showing the strategies you used to find the answer.	Explore a current event news article (online or in print) and summarize what you learned.	Set a 10 minute timer and complete as many rounds as possible. -10 jumping jacks -10 sit ups -10 squats -10 push ups How many did you complete?	Write about a time that you overcame a fear, obstacle, or struggle. What helped?
Write a persuasive letter to a friend explaining why your RCA House is best.	Play a math-based board or card game.	Interview a family member about their first job. What did they like and dislike?		Give 15 minutes of your time to help someone else in your home. What did you do?
Build a cozy reading nook and enjoy your favorite book for 30 minutes.	Survey your family members' ages. Make a line plot to represent the information.	Create a daily food menu with healthy options for breakfast, lunch and dinner.	Create a scavenger hunt. How many items can you find in 10 minutes?	What are 3 things you are good at? What are 2 things you want to get better at?
Pretend you are living 100 years in the future. Write a story about how life would be different.	How many hours old are you? How many days? How many minutes?	Research a famous scientist. Who did you research? What are 3 things you learned?	Help around your home for 20 minutes. Some ideas: clean your room, wash dishes, fold laundry, dust furniture.	Draw a picture of a mental vacation. A place you can go in your brain when you feel anxious or worried.
Read aloud to a pet, stuffed animal, or family member for 15 minutes.	Use playing cards to practice your multiplication facts for 15 minutes.	Create a travel brochure advertising a state of your choice. Highlight the "must see" attractions.	Go outside and play safely or take a short indoor dance break.	Who are 10 people in your life who need a compliment? Give those people compliments.
Your Choice Activities Literacy Choice:	Your Choice Activities Math Choice:	Your Choice Activities Science/Social/Health Choice:	Your Choice Activities Movement Choice:	Your Choice Activities Social Emotional Choice:

Student Name: _____ Parent/Caregiver Signature: _____ Date: _____