



STRIDE Academy Middle School (Gr. 5-8) E-Learning Choice Board #2

- 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 or listen to a story. Write down the main idea and 2-3 supporting details.	Using the last 4 digits of your (or your caregivers) phone number, multiply that number by 2, 3, 5, 6, & 10. Show your work.	Create a timeline of your life from birth until present. Include at least 6 important events.	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 a thank you note to someone in your life for all they do.
Imagine yourself one year from now. Write a letter to your future self describing your goals and expectations.	Play a math-based board or card game.	Record the temperature every hour for 8 hours. Create a line graph with the data.		Create and share a playlist of songs that inspire feelings of gratitude and positivity.
Build a cozy reading nook and enjoy your favorite book for 30 minutes.	Find a recipe and either double or half it and rewrite the recipe, showing your math.	Plan a healthy meal. List what food group each item belongs to.	Help at home. Vacuum or sweep 2 rooms.	Give 15 minutes of your time to help someone else in your home.. What did you do?
Pretend you are on a deserted island with your best friend. Write a story of your adventures.	Make flash cards for tricky math facts and practice them.	Draw your favorite animal and write a paragraph about where it lives.	Go outside and play safely or take a short indoor dance break.	Create a vision board with your goals for the future.
Read aloud to a pet, stuffed animal, or family member for 15 minutes.	Use playing cards to practice your multiplication facts for 15 minutes.	Explore a current event news article (online or in print) and summarize what you learned.	Stretch for 10-15 minutes while listening to music.	Write down 3 responsible choices you made this week. How did this make you feel?
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: _____