



STRIDE Academy Middle School (Gr. 5-8) E-Learning Choice Board #1

- 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. Retell it to someone, including who the story was about and what happened.	Roll 2 dice: create addition, subtraction, & multiplication problems. Write a word problem for 3 rolls.	Interview someone at home about what school was like when they were your age.	Create your own short exercise routine (jumping jacks, lunges, sit-ups). Do it twice.	Think about your own community. What is something that needs to change?
Write a short story or poem about a favorite memory.	Play a math-based board or card game.	Conduct a mini science experiment (e.g., compare melting ice in warm vs. cool places). Record results.	Go outside and play safely or take a short indoor dance break.	Name 3 ways you can be safe and respectful on social media.
Create a short book talk & explain why others should read your favorite book.	Follow a recipe—estimate and measure ingredients as you go.	Plan a healthy meal. List what food group each item belongs to.	Time yourself completing a chore or clean-up task. Try to beat your record!	Give 15 minutes of your time to help someone else. What did you do?
Build a cozy reading nook and enjoy your favorite book for 30 minutes.	Make flash cards for tricky math facts and practice them.	Draw a map of your room or home and include a labeled key.	Pretend to be a coach & write or demonstrate a fun mini workout for your family.	Name a time that you had to wait for something you really wanted. What helped you wait?
Read aloud to a pet, stuffed animal, or family member for 15 minutes.	Write 5 equations that equal the year you were born.	Explore a news article (online or in print) and summarize what you learned.	Stretch for 10-15 minutes while listening to music.	Create a list of 5 positive things about yourself. Ask someone in your home to add to the list.
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: _____