8th Grade eLearning Day Choice Boards

English Spanish Somali

Directions: On each eLearning Day, **choose one activity from each of the four core classes from the Core Classes Board**. Then **choose two activities from any column on the Allied Classes Board**. Aim for 10-15 minutes per activity. Check the box for each activity you complete and submit your work to your Eagle/Tiger/Colt Time teacher within 5 school days.

Ways to Respond: Write, draw and label, make a chart, or explain aloud to someone who can write your ideas. Use English, another language, or both. You may use an imagined example when an object is unavailable. Sentence starters: I noticed... My evidence is... This shows... I think...because...

Core Classes - Choose one activity from *each* column.

Science	Language Arts	Social Studies	Math
☐ **Earth's Water** *Fact: About 97% of Earth's water is saltwater, and about 3% is freshwater.* **Draw** a simple model showing these amounts. **Explain** why freshwater is an important resource. **Compare** the two amounts and explain one challenge this creates for people or communities.	☐ **Make an Argument** **Write a response to this question:** *Should middle school students have a short break between longer classes?* **Include:** • your opinion • 2 supporting reasons • A few sentences acknowledging another point of view	☐ **Government Decisions** In a democracy, citizens help choose leaders. In an autocracy, one ruler or a small group holds most of the power. **Identify** one difference between democracy & autocracy. **Explain** how this difference could affect people's lives.	☐ **Constant Rate of Change** A person walks at a steady rate of 3 miles per hour. **Make** a table showing distance after 1, 2, 3, and 4 hours. **Write** a rule or equation connecting time and distance.
☐ **Earth Materials Change** Water, wind, heat, and pressure can change rocks and land over time. **Choose** one cause listed above. **Draw or describe** what something might look like before and after the change.	☐ **Word Choice and Mood:** Compare *"The wind **moved** through the trees"* and *"The wind **howled** through the trees."* **Explain** how *howled* changes the picture or mood. **Write** another sentence using a vivid verb.	☐ **Communities and Place** Think about a city and a rural area. **Name** 1 way they may be similar and one way they may be different. **Explain** how the location can affect daily life.	☐ **Interpret a Data Pattern** A snack stand recorded the temperature and number of cold drinks sold: 50°F → 12 drinks 60°F → 18 drinks 70°F → 25 drinks **Describe** the association (pattern showing how two quantities are related) as positive, negative, or no association. **Explain** what the data suggest about temperature and drink sales.

☐ **Forces and Motion** Think of pushing a door, rolling a ball, or stopping a moving object. **Draw or describe** what happens when the force becomes stronger, weaker, or changes direction.	☐ **Persuade with Reasons** **Write** a recommendation for a familiar activity, book, game, or show. **Include:** • your opinion • 2 reasons or examples	☐ **Map Symbols** **Draw** a simple map of a real or imagined community (ex. St. Cloud, your school, or an imaginary place) for a new student or visitor. **Include:** • 3 places • Make a key showing what each symbol means **Explain** how one symbol or map feature helps that person."	☐ **How Patterns Change** Compare the patterns: • Pattern A: 2, 4, 6, 8 and • Pattern B: 2, 4, 8, 16. **Describe** what happens each time in Pattern A and Pattern B. **Write** the next two terms in each pattern and create a third pattern that changes in a different way.
☐ **Energy on the Move** Think of an object warmed by sunlight, hot water, or a nearby heater. **Draw** arrows or write 2 sentences showing where the energy starts and where it moves.	☐ **Create a Picture with Words** **Write** 3 or 4 lines about rain, snow, wind, or sunshine. **Include** 2 details about what a person might see, hear, or feel.	☐ **Take Part in a Community** Choose a school or community issue, such as litter, safety, recycling, belonging, or access to shared spaces. **Describe** one way a person could help address it.	☐ **Cost Pattern** Plan A costs $3 per notebook. Plan B has a $4 starting fee plus $2 per notebook. **Compare** the costs for 2 and 5 notebooks on each plan. **Explain** when one plan is less expensive.
☐ **Notice a Sky Pattern** Choose something you have noticed about daylight, the moon, stars, or shadows. **Draw or describe** the pattern. **Add** one question or possible explanation.	☐ **Share a Viewpoint** Choose a school or community issue, such as litter, safety, recycling, belonging, or access to shared spaces. **Write** about your point of view on the topic including 2 reasons or examples. **Add** one question someone with another view might ask you and your answer	☐ **Compare Two Sources** Two sources describe the same community meeting: A student who says, "Most speakers asked for safer crosswalks." A newspaper summary says, "The council discussed traffic safety, park repairs, and library hours." **Identify** a detail the sources have in common and a difference. **Explain** how using both sources provides a fuller understanding of the meeting.	☐ **Show an Inequality** A ride requires a person to be taller than 48 inches. **Answer the following:** • Does a height of exactly 48 inches meet the rule? Explain. • What are 3 heights that would meet the rule? • Write this rule as an inequality symbol.
☐ **Create Your Own:** Choose an activity connected to Science. Name it, show what you did, and explain the connection. Activity: _____	☐ **Create Your Own:** Choose an activity connected to Language Arts. Name it, show what you did, and explain the connection. Activity: _____	☐ **Create Your Own:** Choose an activity connected to Social Studies. Name it, show what you did, and explain the connection. Activity: _____	☐ **Create Your Own:** Choose an activity connected to Math. Name it, show what you did, and explain the connection. Activity: _____

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Allied Board - Choose two activities from *any* column.			
Phy Ed	**Music/Theatre**	**Visual Arts**	**World Languages, Cultures & Communication**
☐ **Workout Circuit** **Choose and complete** 3 safe movements (examples: sit ups, jumping jacks, squats, toe touches, push ups, etc) for 20-30 seconds each. Rest as needed. **Write** the order you completed them in. **Explain** how your body felt before, during and after the activity.	☐ **Rhythm Pattern** **Create** an eight-beat pattern using claps, taps, rests, or written symbols. **Repeat it** and **explain** the pattern.	☐ **Transform an Everyday Object** **Draw** a familiar object, such as a shoe, cup, key, or backpack using only lines and geometric shapes. **Change** one feature—such as its size, angle, proportion, or pattern—to make the design more expressive. **Explain** how your change affects the way the object looks or feels.	☐ **Create a Time Capsule:** Imagine you are sending a time capsule to the future. **Choose** 3 items representing your family, school, community, a culture familiar to you, or an imagined community. **Write** a description of each item and why it represents the current time period.
☐ **Comfortable Stretch** **Choose and complete** a series of gentle seated or standing stretches. Hold each for 20 seconds without bouncing. Repeat the sequence for about 5 minutes. **Write** down the body area you noticed during the stretch and one way you kept the stretch safe.	☐ **Two Different Tones** **Write** a 3-sentence school announcement. **Read or imagine performing** it once with a worried tone and once with a confident tone. **Describe** 2 things that would change with each emotion.	☐ **Tell a Story Without Words** **Create** a four picture visual story showing a change, problem, or event. Use drawings, symbols, size, and position to show what happens in order. **Explain** one artistic choice that helps the viewer understand the story.	☐ **Communicate a Message 3 Ways** Choose an everyday message, such as “Welcome,” or “I need help.” **Show** the message in two ways: • With words in any language you know • With a picture or symbol • With a gesture or facial expression **Explain** which method might be clearest when two people do not speak the same language and why.

☐ **Create a PE Game** **Design** a physical activity game using household items (example: include socks for a ball). **Include:** • A **name** for the game • **Rules & how to play** • What **skills or muscles** does your game improve?	☐ **Sound and Mood** Think of a familiar or imagined piece of music. **Describe** how its speed, volume, or sound creates a mood (the feeling created for the audience). You may use words, symbols, or a drawing.	☐ **Building Design** **Draw** the front of a real or imagined building. **Include:** • An entrance • Windows • At least one repeated shape **Explain** how symmetry (matching balance) or repetition (a feature used again) affects the design.	☐ **Formal and Informal Language** **Write** a sentence asking a friend for help using informal (more casual) language. **Rewrite** it for a teacher, supervisor, or unfamiliar adult using formal (more professional) language. **Explain** what changed and why.
☐ **Build a Warm-Up** **Plan and complete** a 5-minute warm-up that includes 3 movements. **Explain** how the movements you chose help to prepare your body for more physical activity..	☐ **Create a Sound Logo** **Create** a sound logo (a short pattern of sounds that represents something) for a school, team, club, business, or imagined group.Use claps, taps, spoken sounds, or rests. **Write** the pattern with words or symbols. **Explain** how one choice represents the group.	☐ **Symbolic Portrait** **Draw** yourself or an invented person with 3 objects or symbols showing interests, experiences, or values. **Label** what the symbols represent.	☐ **Tradition and Meaning** **Describe** a celebration, food, story, art form, or tradition that is familiar to you. You may use an imagined example. **Explain** what it communicates about family, community, or culture.
☐ **Balance or Stability** Choose a safe seated or standing balance position. **Try it three times** for up to 20 seconds. **Record** one strategy to improve your balance control.	☐ **Sound Effect Design** Choose rain, wind, footsteps, or a door closing. **Describe** two safe ways to create the sound and **explain** which is more convincing.	☐ **Pointillism** **Draw** a simple object using dots instead of solid lines or shading. Place dots closer together for darker areas and farther apart for lighter areas.	☐ **Design a Flag** **Create** a flag for an imagined community or group. Use symbols, colors, and shapes that reflect important aspects of that culture. **Explain** your choices.
☐ **Create Your Own:** Choose an activity connected to Phy Ed. Name it, show what you did, and explain the connection. Activity: _____	☐ **Create Your Own:** Choose an activity connected to Music Theatre. Name it, show what you did, and explain the connection. Activity: _____	☐ **Create Your Own:** Choose an activity connected to Visual Arts. Name it, show what you did, and explain the connection. Activity: _____	☐ **Create Your Own:** Choose an activity connected to World Languages, Culture & Communication. Name it, show what you did, and explain the connection. Activity: _____

Student Name: _____ **Date**: _____ **Adult Acknowledgement:** _____