



Weekly Student Physical Activity and Nutrition Log



Nutrition Log

Do you have a happy plate?

Name: _____
Week of: _____

Fill in what you eat. Color each glass of water you drink.

fruits grains dairy
vegetables protein

(The form includes a 'happy plate' diagram with sections for fruits, grains, dairy, and vegetables, and a row of glasses for water.)

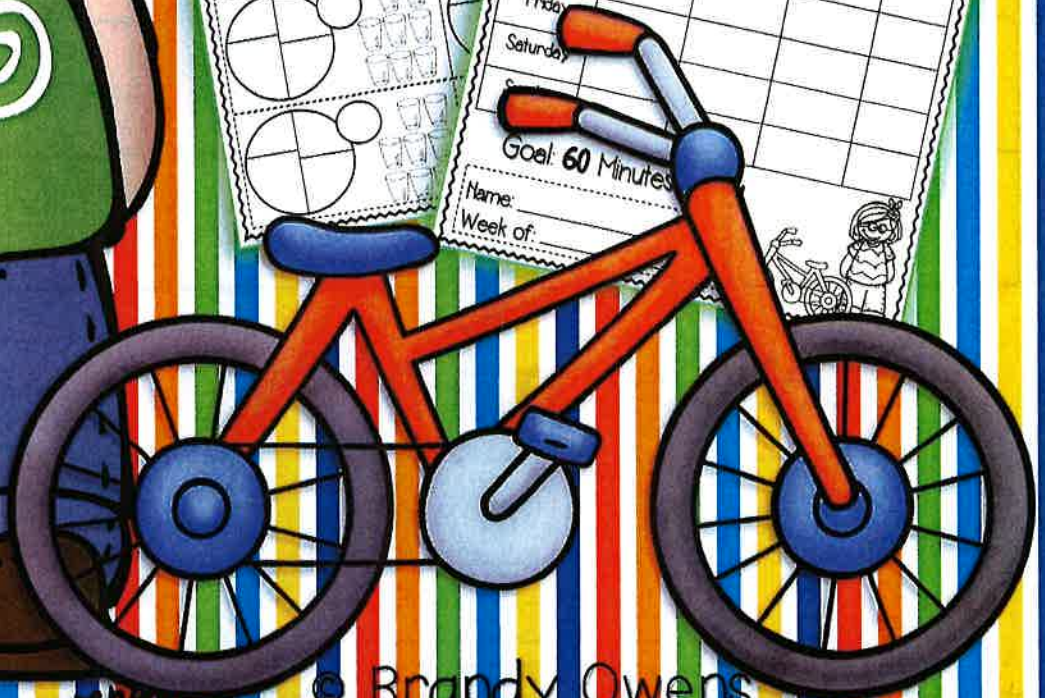
Physical Activity Log

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Wednesday 3-23-14	Soccer 15 min	Walking 30 min	Climbing trees 15 min	60 min
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Goal: 60 Minutes

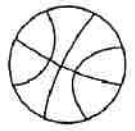
Name: _____
Week of: _____

(The form also includes a small illustration of a girl riding a bicycle.)





Physical Activity Log

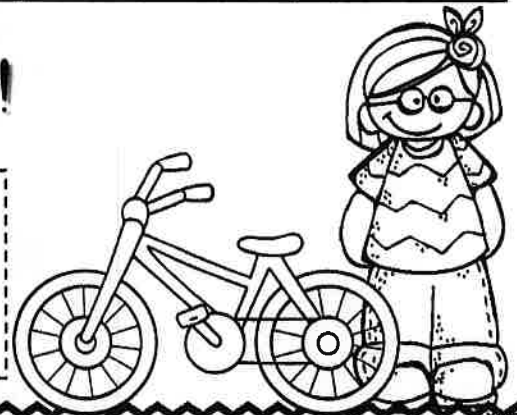


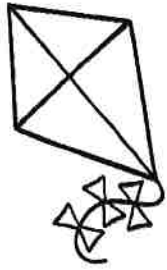
Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Wednesday 3-25-14	Soccer 15 min.	Walking 30. min	Climbing trees 15 min.	60 min.
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goal: 60 Minutes Daily!

Name: _____

Week of: _____





Sample Activities



Goal: 60 Minutes Daily!

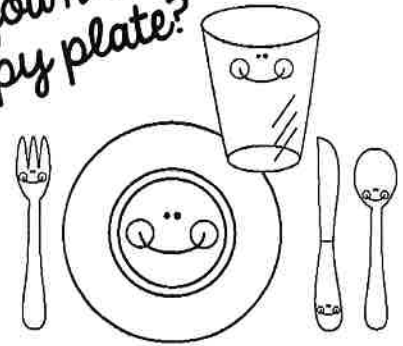
There are a LOT of ways to get 60 minutes of activity per day! Check out this list of possibilities.

- playing chase
- freeze tag
- playing catch
- climbing trees
- jumping rope
- riding a bike
- skateboarding
- playing basketball
- dribbling
- dancing
- swimming
- sledding
- walking the dog
- playing hopscotch
- running
- skating
- kicking a ball
- soccer
- flying a kite
- doing cartwheels
- riding your scooter
- jumping on the trampoline
- cleaning your room

You don't have to do just one activity for 60 minutes! You can do many activities for shorter periods of time and add them together. *It all adds up!* Try to get at least 60 minutes of some activity each day for good health.

Nutrition Log

Do you have a happy plate?

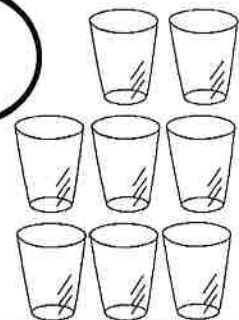
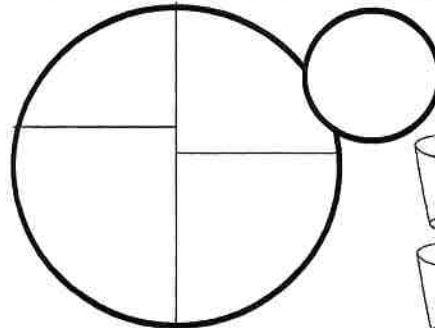
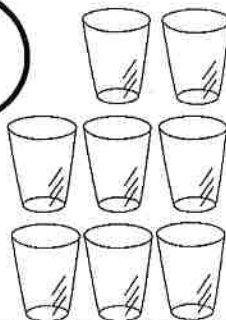
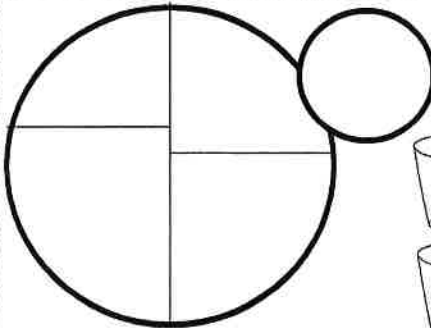
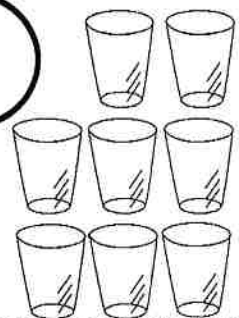
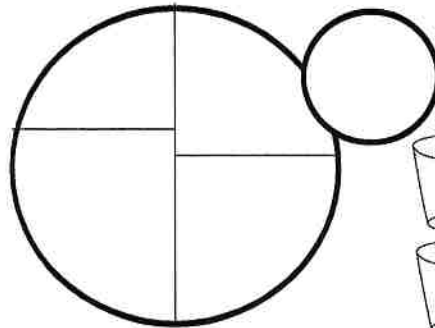
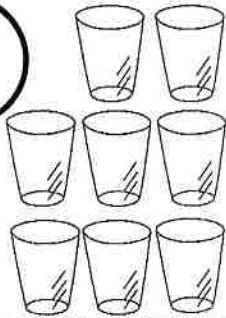
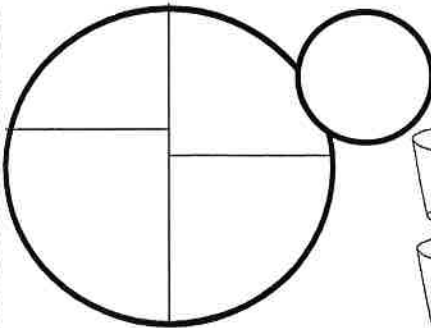
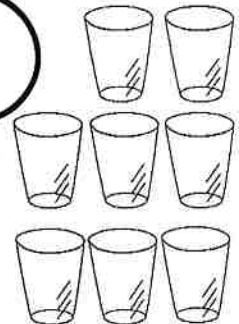
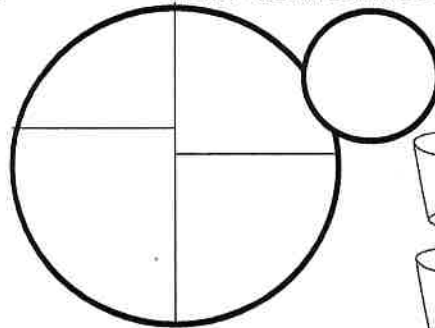
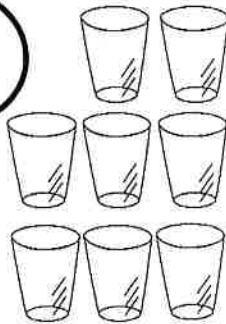
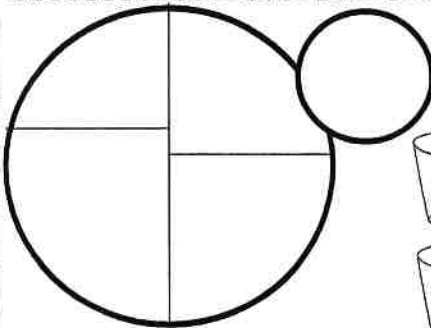
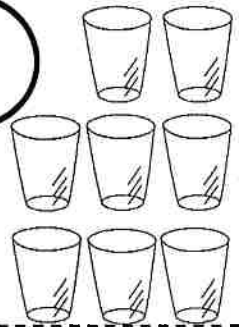
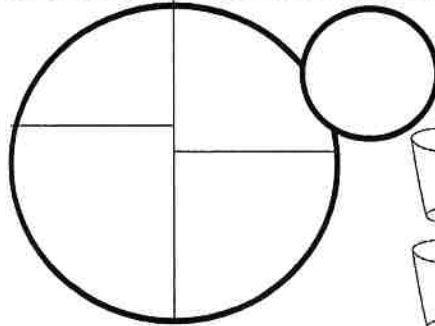
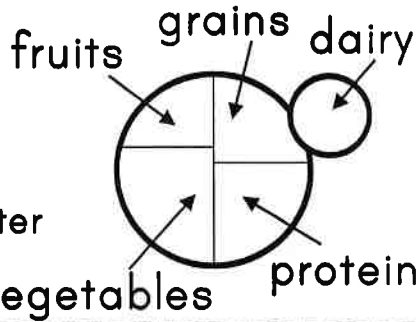


Name: _____

Week of: _____

Fill in what you eat.

Color each glass of water you drink.



Music

Cycle 4 At-Home Plans

Grade 2

1. Sing "Gray Mouse" while clapping the steady beat.
2. Sing "Doggy Doggy" while patting your knees to the steady beat.
3. Sing "Chicken on a Fencepost" while stomping your feet to the steady beat.
4. Sing "Zip-A-Dee-Doo-Dah" with the hand motions we have learned. Perform it for your parents! :)
5. Sing "Row Your Boat" in a normal singing voice, then sing *piano* (softly), and finally sing *forte* (loudly). **Remember that we don't whisper when we sing *piano*, and we do not scream when we sing *forte*!
6. Practice being a *conductor* (someone who controls the sound). Show your parents what *piano* looks like and remind them that it means to sing softly. Then show them what *forte* looks like and remind them that it means to sing loudly. Have your parents sing "Row Your Boat" as they follow your conducting gestures. You control whether they sing loud or soft! They have to watch you, so they know which volume to sing. You can change between soft and loud throughout the song, but don't change too quickly! :)

STEAM - Grade 2 *Week 1*

Please follow the directions below to login to kodable.com. Kodable is a computer science platform where kids learn core programming concepts through engaging games. During our school closure you can use some of your time to explore! Play as often as you like!

1. Go to kodable.com
2. Click on the green “Kid Sign In” button in the upper right corner of the screen
3. On the next screen, click the green “Enter Class Code Button”
4. When prompted, enter the code for your homeroom class:
 - a. 2-Dearani: 8yz5fq
 - b. 2-Franzi: imnjecb
 - c. 2-Goldsmith: eavqr28
 - d. 2-Manna: cyxm253
 - e. 2-Mayer: 9xe53jg
5. The next screen will list the name of all of the students in your class. Click the blue “Play” button next to your name.

STEAM CHOICE BOARD: Grades K-3
Week 2: March 23, 2020 - March 27, 2020

Choose one of the activities from the choice board below to complete each day!

<p style="text-align: center;">Engineer Design Challenge 1</p> <p>Use recycled materials you have at home to build a fort (or other structure) that can fit one person in it. Extra challenge: Can it fit your whole family???</p>	<p style="text-align: center;">Mystery Science 1</p> <p>Use the tinyurl listed below to watch some fun and interesting science videos!</p> <p style="text-align: center;">How Were Emojis Created? https://tinyurl.com/rlvbrzn</p> <p style="text-align: center;">Who Invented Pizza? https://tinyurl.com/th64szo</p>	<p style="text-align: center;">LEGO Challenges #1</p> <ul style="list-style-type: none"> ● Build the tallest LEGO tower you can without falling over ● Make a miniature model of your house ● Build something with your eyes closed
<p style="text-align: center;">Mystery Science 2</p> <p>Use the tinyurl listed below to watch some fun and interesting science videos!</p> <p style="text-align: center;">Why is the Ocean Salty? https://tinyurl.com/sehmvmt</p> <p style="text-align: center;">Can Animals Get a Sunburn? https://tinyurl.com/qtecuc3</p>	<p style="text-align: center;">LEGO Challenges #4</p> <ul style="list-style-type: none"> ● Build a tic-tac-toe board and then challenge someone to play ● Build your favorite food and see if someone can guess it ● Make a LEGO bridge 	<p style="text-align: center;">Engineer Design Challenge 2</p> <p>Design a paper chair that is strong enough to hold:</p> <ul style="list-style-type: none"> ● An action figure ● A stuffed toy ● A book ● You!
<p style="text-align: center;">LEGO Challenges #2</p> <ul style="list-style-type: none"> ● Build a fire station ● Build your name with LEGOS 	<p style="text-align: center;">Mystery Science 3</p> <p>Use the tinyurl listed below to watch some fun and interesting science videos!</p> <p style="text-align: center;">Why Do Cats Purr? https://tinyurl.com/wo4xoph</p> <p style="text-align: center;">How Does Hand Sanitizer Kill Germs? https://tinyurl.com/ueul5m4</p>	<p style="text-align: center;">LEGO Challenges #3</p> <ul style="list-style-type: none"> ● Make an upside down house ● Build a rainbow ● Grab a handful of LEGOS and build something using every piece

STEAM CHOICE BOARD: Grades K-3

Weeks 3 and 4: March 30, 2020 - April 10, 2020

Choose one of the activities from the choice board below to complete each day!

Engineering	Science/Math	Other
<p>Get building! Build a structure out of anything you can find at home: a deck of cards, paper plates, paper towel rolls, index cards, LEGOs. How high can you build? How long can you make the structure? How sturdy?</p>	<p>Track the weather for the week. Each morning write down the weather condition and track the high and low temperatures for the day. Make a chart to display your data!</p>	<p>Make a mini golf course in the living room! Use things around the house to make unique designs for each hole!</p>
<p>Collect recycled materials in your home and see what you can make with them! Newspapers, cereal boxes, water bottles, etc.</p>	<p>Science Video Link: What is the Most Dangerous Animal in the World? https://tinyurl.com/tbwcakc</p>	<p>Create your own secret code! Use letters, numbers, pictures or something else. Can you get someone else to try and crack it?</p>
<p>Build a reading den! Find supplies at home to make a reading nook and then use it to read your favorite book.</p>	<p>Roll a set of dice. Write that number as a two-digit number. Make a web to show how many different ways that number can be represented. You can use number sentences, drawings, models, etc.</p>	<p>Use an old sock (or pot holder!) to create a puppet. Make your favorite character from a book or movie. Or, make up a new character of your own. Then, put on a puppet show!</p>
<p>Design your own board game. Write instructions on how to play. Play with family members!</p>	<p>Science Video Link: Are Unicorns Real? https://tinyurl.com/sunp7tg</p>	<p>Use a phone or tablet to take pictures. Use the pictures to tell a story.</p>

DAY 1

BEFORE READING

What does it mean to be “queen” or “king” of something? Do you consider yourself to be a king/queen of something? Why or why not? Explain in 3 sentences. Today’s story is called *The Hula-Hoopin’ Queen*. Write a prediction of what will happen in the story.

READ

Visit <https://www.storylineonline.net/books/hula-hoopin-queen/> and watch the reading of *The Hula-Hoopin’ Queen*.

AFTER READING

Who is the “real Hula-Hoopin’ Queen of 139th Street”? Use details from the story to support your response. Your response should be a paragraph (about 5 sentences) in length.

DAY 2

BEFORE READING

Is it ever ok to steal? Why or why not? Write your response in 3 sentences.

Think about what would happen if the heat were not on in your house during the winter time. How would that make you feel? Write your response in 3 sentences.

READ

Visit <https://www.storylineonline.net/books/the-coal-thief/> and watch the reading of *The Coal Thief*.

AFTER READING

What lesson did Georgie learn? Use details from the story to support your response. Your response should be a paragraph (about 5 sentences) in length.

DAY 3

BEFORE READING

Did you ever have a problem that you wish you could solve magically? If you found a magic pebble, what would you wish for? When might using magic to solve a problem not be a good thing? Write your response in 4-5 sentences.

READ

Visit <https://www.storylineonline.net/books/sylvester-magic-pebble/> and watch the reading of *Sylvester and the Magic Pebble*.

AFTER READING

Do you think it was a good thing or a bad thing that Sylvester found the magic pebble? Use details from the story to support your response. Your response should be a paragraph (about 5 sentences) in length.

DAY 4

BEFORE READING

Think of a time when you were dishonest or lied about something. Why did you do it? How did it make you feel? How did it make others feel? What happened? Write about this in 4-5 sentences.

READ

Visit <https://www.storylineonline.net/books/strega-nona/> and watch the reading of *Strega Nona*.

AFTER READING

Do you agree or disagree with Big Anthony's punishment? Use details from the story to support your response. Your response should be a paragraph (about 5 sentences) in length.

DAY 5

BEFORE READING

Suppose you found an injured, wild animal near your house. You decide to nurse them back to health. How do you think this would make you feel? Would it be an easy or hard task? Explain in at least 4 sentences.

READ

Visit <https://www.storylineonline.net/books/lotus-and-feather/> and watch the reading of *Lotus and Feather*.

AFTER READING

How did your feelings about Lotus change from the beginning to the end of the story? Use details from the story to support your response. Your response should be a paragraph (about 5 sentences) in length.

DAY 6

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 3-4 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 4 sentences. Remember to include the beginning, middle, and end!
5. Write 4 sentences about the theme of the text. Be sure to use examples from the text!

DAY 7

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 8

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 9

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 10

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 11

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 12

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 13

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 14

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 15

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 16

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 17

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 18

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 19

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

DAY 20

READ

Read a book of your choosing independently for 15 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. List 5 words you didn't understand in your reading and define them.
2. Write 5 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write 3-5 sentences telling what is happening in your picture and explaining why this part is your favorite.
4. Summarize what you read in 5 sentences. Remember to include the beginning, middle, and end!
5. Write 5 sentences about the theme of the text. Be sure to use examples from the text!

For Students in Cycle 4 World Language

Kindergarten

1. With your parents help, Google "Colors in Spanish" and watch some of your favorite videos. You can also search in YouTube.
2. Draw a picture and label the colors you used.

Grade 1

1. Google "Animals in Spanish." Watch your favorite videos and practice words.
2. Go to spanish-games.net:
 - Select Animals - Choose Pets
 - Practice the words in the tutorial and play the games we practiced together

Grade 2

1. Google "Days of the Week in Spanish" and practice the days in Spanish.
2. Ask someone at home to play hangman with you like we did in class.

K-2 Art Plans

DAILY SKETCHBOOK ASSIGNMENT



Directions for your Daily Art Sketchbook Assignment:

- ❖ Each day, starting with DAY 1, draw the listed topic/subject for 15-20 minutes on a piece of paper.
 - If you have coloring supplies available, you may use them to color and enhance your drawing.
- ❖ Each drawing should be drawn on its own piece of paper.
- ❖ Each drawing should be titled with the Day #.
- ❖ Keep your drawings together and in order.
- ❖ Write a bit about each drawing.
 - Kindergarten and Grade 1: You may tell a parent about your drawing, and they can help you write a sentence or two below your drawing.
 - Grade 2: Write at least 3 sentences about your drawing at the bottom or on the back of the paper.

DAILY SKETCHBOOK TOPICS



Day 1: yourself

Day 2: your favorite food

Day 3: something orange

Day 4: someone you love

Day 5: your favorite place

Day 6: your favorite book character

Day 7: your favorite animal

Day 8: a silly monster

Day 9: the beach

Day 10: your favorite holiday

Day 11: a plant

Day 12: an object from your house

Day 13: a superhero

Day 14: your favorite season

Day 15: your favorite toy

Day 16: your house

Day 17: free choice- anything you want!

Day 18: what you ate for breakfast

Day 19: your best friend

Day 20: something yellow