


Team Northern's Polar Pride Choice Board		Grade 1 Week of 4/06/20		GREAT job last week! This week choose 10 or more activities. Complete at least one under each letter.	
P	R	I	D	E	
Reading	Math	Writing	Content	Special	
Read a fiction book from home and retell the story to someone in your house. Be sure to include the characters, setting, beginning, middle, and end.	Go around your house and find as many shapes as you can. Categorize into piles based on their attributes.	Write about if you think playing outside or using technology is better. Make sure to state which one you prefer and give reasons for your opinion.	Check out some fun science activities here: <a href="https://www.invent.org/at-home-learning-resources">https://www.invent.org/at-home-learning-resources</a> Be sure to get permission.	Dance along with KidzBop to "The Git Up"  <a href="http://www.viewpure.com/7s_r8kSrO-0?start=0&amp;end=0">http://www.viewpure.com/7s_r8kSrO-0?start=0&amp;end=0</a>	
Read a fiction story and talk to a family member about the characters' inside and outside character traits, their feelings, and if they changed from the beginning to the end of the story.	Take any number and write it four ways. You could show it in tens and ones, pictures, or tally marks. You can write the number that is ten more or ten less than your number. You could write an adding or subtracting sentence with the number as your answer.	Pretend you are the Easter Bunny's helper. How do you help the Easter Bunny? What are your jobs? Read your story to someone or a stuffed animal.	Using a rubber band and a plastic cup make an instrument that makes sound. What do you think causes the sound? Can you change the volume? Can you change the pitch?	Dress up like a character from your favorite book. Then, do a chore around your house acting like that character.	
Search your house and write a list of objects that have the following vowel teams. (ai, ee, ea, oa, ui) Examples: -juice -fruit -paint	Create a survey about favorite ice cream flavors. Ask 10 people your survey question. (Family in your house, maybe even call/FaceTime other family members or friends.) Create a graph showing your results.	Have someone at home show you a picture of a time in your life. Write a story about what was happening in the picture. Be sure to include a beginning, middle and end to your story.	Celebrate Earth Day by doing something kind for the earth. Can you find trash to pick up? Will you plant some flowers? Can you find something in your home that you can reuse in some way?	Visit the San Francisco Symphony website and explore. <a href="http://www.sfskids.org/">http://www.sfskids.org/</a>	
Read a nonfiction text from home or on the RAZ kids app. Search for text features in the book (photographs, labels, captions, glossary, index, table of contents, maps). Explain to an adult how these text features help you as a reader to understand the text.	Roll two dice to create a 2-digit number (or use one die and roll it twice). Represent this number in as many ways as you can. (Place value blocks, number bond, ten frames, etc.)	Write a thank you letter to someone who has helped you. Draw a picture. Set up your paper like this: Dear _____, Thank you for _____ _____ Your friend, _____	On <b>BrainPOP Jr</b> watch the clip "Needs and Wants" and play the follow up game. Make a list of 10 things. Separate them into 2 columns. Which of these items do you need? Which of these items do you want? Are your needs and wants different being at home?	Create a piece of art using items found around your house. Some suggestions are cardboard boxes and other recycled materials. Be creative. Take a picture of it and send to your teacher.	
Draw a game board. Write a sight word on each square. Be creative with your game pieces (cereal, coins, stones). Roll a die and move that many spaces. When you land on a word, use it in a sentence.	Roll two dice to create an addition or subtraction number sentence.	Learn facts about an animal by reading, Epic books, research, or zoo websites. Write about what you learned.	Make a list of your roles and responsibilities at home. Share your list with your teacher.	Use your knowledge of creation to build an Easter Egg Tower with plastic eggs and measure its height. 	

*Choose some activities for healthy habits!*

P	R	I	D	E
<b><u>Coping Skills</u></b> Help yourself stay in control by setting daily goals. To set a daily goal, ask yourself "What do I want to achieve?". Think about... *How can I reach my goal? *Who can help me reach my goal? *What steps do I need to take to reach my goal?	<b><u>Mindfulness</u></b> Visit Go Noodle <a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a> Scroll down to "channels." Visit "channels" such as Flow, Think About It, and Empower Tools	<b><u>Growth Mindset</u></b> Visit YouTube to watch this ClassDojo video on Growth Mindset. <a href="http://www.viewpure.com/2zrtHt3bBmQ?start=0&amp;end=0">http://www.viewpure.com/2zrtHt3bBmQ?start=0&amp;end=0</a> After the video, respond to questions below... What subject do you feel frustrated by sometimes? How might you get better at that subject?	<b><u>Mindfulness</u></b> Visit Cosmic Kids, a great site to practice yoga, mindfulness and relaxation. <a href="https://www.cosmickids.com/">https://www.cosmickids.com/</a> Select "watch" and choose from Length, Energy and Category.	<b><u>Mindfulness</u></b> Visit Go Noodle - <a href="https://family.gonoodle.com/channels/flow">https://family.gonoodle.com/channels/flow</a> Visit Flow channel and try this activity Visit Go Noodle <a href="https://app.gonoodle.com/activities/rainbow-breath?s=Channel&amp;t=Flow&amp;sid=23&amp;cs=flow">https://app.gonoodle.com/activities/rainbow-breath?s=Channel&amp;t=Flow&amp;sid=23&amp;cs=flow</a>
<b><u>Mindfulness</u></b> Grounding Technique 5 Things you can see 4 Things you can feel 3 Things you can hear 2 Things you can smell 1 Thing you can taste	<b><u>Kindness</u></b> Write a letter of appreciation to family member or friend and include your reason for valuing him/her.	<b><u>Coping Skills</u></b> Create a Calm Down Card: Identify 3 strategies that help you calm down when feeling upset. Examples: Soup Breathing, Happy Thought, Journaling, Exercise	<b><u>Social Skills</u></b> Building Friendships Visit NED Show website and watch the video titled Friendship Soup. <a href="https://www.thenedshows.com/resources/classroom-videos-and-lessons">https://www.thenedshows.com/resources/classroom-videos-and-lessons</a> Create your own Friendship recipe card.	<b><u>Kindness</u></b> Practice Positive Self-Talk with Power Phrases. Brainstorm positive words that can help you be successful. e.g. "I got this!", "I am a valuable person!"
<b><u>Coping Skills</u></b> Help yourself stay in control by setting daily goals To set a daily goal, ask yourself "What do I want to achieve?". Think about... *How can I reach my goal? *Who can help me reach my goal? *What steps do I need to take to reach my goal?	<b><u>Kindness</u></b> Share Compliments: Give 3 compliments to 3 family members or friends.	<b><u>Coping Skills</u></b> Organization can help us to feel calm and in control. A great organization tool is a daily schedule or calendar. Think about your daily schedule and create a plan for your day. Follow your schedule through the day.	<b><u>Kindness</u></b> Self-Care Activity: Participate in a physical activity that helps you improve your physical and mental health. Examples: take a walk, sweep a sidewalk/driveway, clean room	<b><u>Mindfulness</u></b> Body scans can help calm on a hectic day or bring peace at bedtime. Try this body scan to help quiet your body. <a href="https://www.mindful.org/body-scan-kids/">https://www.mindful.org/body-scan-kids/</a>