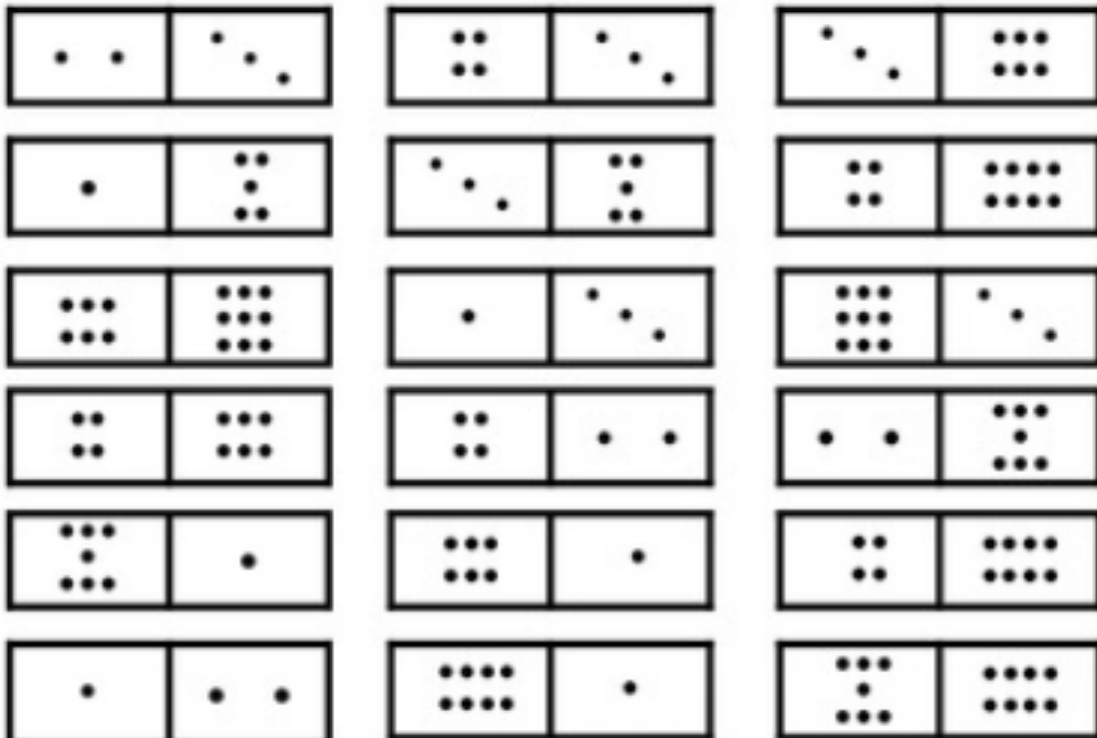


Team Northern's Polar Pride Choice Board		Grade 4 Week of 4/06/20		GREAT job last week! This week choose 10 or more activities. Complete at least one under each letter.	
P	R	I	D	E	
Reading	Math	Writing	Content	Special	
Choose 5 words from your vocabulary reference sheet (attached) to illustrate.	Using number cards from a deck of cards, create <u>five</u> "3-digit ÷ 1-digit" division problems. Solve them. (Ex: $236 \div 6$)	Make a list of your daily activities. Write a story about your day.	Social Studies - PA Natural Resources- Create a poster about conserving water or other natural resources.	Phys Ed - Create a dance and share it with someone in your family.	
Visit Wonderopolis. https://wonderopolis.org/ Explore your wonderings on a variety of topics. Read about one topic and write a paragraph including at least three details that you learned.	Use a paper plate (or trace a circle on a piece of paper) to create a fraction pizza. Divide the pizza into 8 slices. Show that it is: 2/8 pepperoni & 1/2 mushroom. Add more ingredients and write the fractions.	You've signed up to raise money for your favorite charity. Which charity did you choose? Write a plan that describes how you are going to raise money?.	Science - Write a story from the perspective of a rock that started at the top of a mountain. Tell the story of the rock eroding and weathering as it travels down the mountain.	Music - Practice your instrument. If you do not have one at home, brainstorm ways you could make an instrument out of objects you have at home.	
Choose one of your favorite short stories or picture books. Write a new ending for the story. When you are done, read the story to another family member as it was originally written. Then read it again using the new ending. Ask your audience which ending they prefer, and why?	Walk around the edge of one room in your home. Count how many steps each side measures. Draw a diagram of the room, labeling the length of the sides. Find the area and perimeter of that room. Challenge: Find the area and perimeter of your yard.	Gather materials from nature that you find in your yard. Pretend you are a pioneer child from 1750. Create a game that can be played using the gathered objects. Name your game and write the step-by-step instructions for the game. Play the game and revise your instructions.	Social Studies - Design a brochure telling people why they should move to Penn's colony. Provide three specific examples or reasons with illustrations and captions. Be creative. It can be hand-drawn or you could design one on the computer.	Art - Assemble a few interesting items from around your home. Arrange a still life. Now draw it!	
Using the vocabulary reference sheet (attached), create a comic strip that has at least 10 vocabulary words.	Use dominos (or cut from the attached page) to write five fractions. Write four equivalent fractions for each domino fraction.	Create a persuasive poster on how we can help save the earth. Be sure to use persuasive techniques.	Science - In honor of Earth Day choose one endangered animal and create a poster encouraging others to protect this animal. What can they do to help? Think about why this animal is endangered.	Library - Interview a family member about his/her favorite book. *What is the title of the book? *What is the book about? *Who is your favorite character? Why?	
A sequel to your favorite book: Pretend the author wrote a second book using the same characters. Create a book cover for the second book and give a brief summary of what the book is about.	Create a poster showing how to add fractions with like denominators. Then how to add fractions with unlike denominators. (tenths to hundredths)	Write a persuasive essay about which is better: learning at school or learning from home. Include an introductory and closing paragraph.	Social Studies - Weather Chart: Create a chart to track the weather for the week. Be sure to keep track of the two parts of climate : the temperature and precipitation each day.	Discovery - Hour of Code Complete lessons to earn stickers. Use Classlink to access Hour of Code. (Don't forget to click on the red button) <i>Continue with Google using your @northernpolarbears.com account.</i>	

Vocabulary Reference

Word Part	Meaning	Vocabulary Words
dis-	not/apart	dislike, distrust, disarm, disarming, disclosed, dispatched, display
mis-	bad/wrong	misread, misspell, mistake, miscall, mismark, misprint
un-	not/opposite of	unfair, unhurt, unkind, unlikely, unload, unroll, unlocked
fore-	before, earlier	forearm, forecast, foreground, forelock, foreseeable, foretell
mid-	middle	midday, midnight, midweek, midyear,
pre-	before	prebake, precast, preform, preheated, preload, prename, preprint, preschool
sub-	under, beneath, below	sublet, subplot, subclass, subway, subset
inter-	between, among	interlock, intermix, interplay, interweave
de-	away from, down	deform, defrost, departed, delist, demark
en-/ em-	cause to, put into or onto	encased, enchain, enclose, enlist, enrich, entwine, engrave embed, emblaze
-less	without or lacking	airless, baseless, careless, chainless, clueless, endless, fadeless, fearless, hairless, selfless, shoeless, snowless, weightless
-wise	In a specific manner, direction, or position	crosswise, lengthwise, likewise, widthwise
-ful	full of	artful, careful, fearful, fitful, frightful, harmful, hopeful, hurtful, peaceful
-ly	how or how often	brightly, broadly, carelessly, cheaply, cleanly, clearly, coldly, deeply, fairly, freely, girly, gladly, listlessly, monthly, strongly, weekly
-ness	quality, state, condition	broadness, cheapness, cleanliness, darkness, dryness, goodness, hairiness, playfulness, selflessness, sweetness, vastness, weakness
-able	able, can do	catchable, defensible, dislikable, eatable, floatable, likeable
-y	characterized by	lengthy, wordy, weighty, roomy, sunny, snowy, starry, pretty
-er	comparative	colder, deeper, faster, newer, sweeter, kinder, cleaner,
-est	superlative, the most extreme	curliest, dirtiest, cloudiest, fittest, unkindest, vastest, greatest



Choose some activities for healthy habits!

P	R	I	D	E
<u>Coping Skills</u> 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?	<u>Mindfulness</u> Visit Go Noodle https://family.gonoodle.com/ Scroll down to "channels." Visit "channels" such as Flow, Think About It, and Empower Tools	<u>Growth Mindset</u> Visit YouTube to watch this ClassDojo video on Growth Mindset. http://www.viewpure.com/2zrtHt3bBmQ?start=0&end=0 After the video, respond to questions below... What subject do you feel frustrated by sometimes? How might you get better at that subject?	<u>Mindfulness</u> Visit Cosmic Kids, a great site to practice yoga, mindfulness and relaxation. https://www.cosmickids.com/ Select "watch" and choose from Length, Energy and Category.	<u>Mindfulness</u> Visit Go Noodle - https://family.gonoodle.com/channels/flow Visit Flow channel and try this activity Visit Go Noodle https://app.gonoodle.com/activities/rainbow-breath?s=Channel&t=Flow&sid=23&cs=flow
<u>Mindfulness</u> 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	<u>Kindness</u> Write a letter of appreciation to family member or friend and include your reason for valuing him/her.	<u>Coping Skills</u> Create a Calm Down Card: Identify 3 strategies that help you calm down when feeling upset. Examples: Soup Breathing, Happy Thought, Journaling, Exercise	<u>Social Skills</u> Building Friendships Visit NED Show website and watch the video titled Friendship Soup. https://www.thenedshows.com/resources/classroom-videos-and-lessons Create your own Friendship recipe card.	<u>Kindness</u> 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!"
<u>Coping Skills</u> 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?	<u>Kindness</u> Share Compliments: Give 3 compliments to 3 family members or friends.	<u>Coping Skills</u> 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.	<u>Kindness</u> 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	<u>Mindfulness</u> Body scans can help calm on a hectic day or bring peace at bedtime. Try this body scan to help quiet your body. https://www.mindful.org/body-scan-kids/