

## Flexible Instruction Activities – LC2

Choose one activity from each column below for the classes of Language Arts, Math, Science, and Specials. You can either write or draw for each activity. Send it in to school the next school day or take a picture and text or email your teacher. If your child does this for the day, they will be able to be marked as attending school for the day.

Snow Day	Language Arts	Math	Science	Specials	Group
1	<p>Choose one letter of the alphabet and find 5 objects that start with that letter.</p> <p>Write a story and use all 5 of the objects in your story.</p>	<p>Play Kaboom</p> <p>Parent or guardian writes down math facts on different slips of paper and a few pieces of paper will say Kaboom. Student will take turns with either parent or guardian. If someone has Kaboom you put all your papers back. If you get the equation right you keep your card. (This could be done with several equations division, multiplication, addition, subtraction)</p>	<p>TEST HOW SALT AFFECTS THE SNOW</p> <p>Sprinkle a little rock salt on a snowy step, wait a few minutes, and observe what has happened. The salt lowers the freezing point of water, which causes the snow to melt and evaporate away.</p>	<p><b>Gym</b> - Listen to a song and have a dance party.</p>	<p>Do an act of Kindness:</p> <p>This can be any action that shows kindness to another person. Some examples include: shovel snow for someone, give 3 meaningful compliments, help a family member etc. Students can write down who they helped, how it made them feel, and if they would do it again.</p>
2	<p>Every snowflake is different, just like you and me. Share what makes you different from everyone else.</p> <p>- 3-5 sentences</p>	<p>Count how many cars pass your window in a 5-minute time frame.</p> <p>Write the number down.</p>	<p>SEARCH FOR ANIMAL TRACKS IN THE SNOW</p> <p>Animal tracks can be super easy to find and follow in the freshly fallen snow. Take a quick walk around your neighborhood just after the snow ends to see who has been out and about.</p>	<p><b>Music</b> - Make your own instruments and have a concert.</p> <p>Draw a picture of the instrument.</p>	<p><b>Nature Scavenger Hunt:</b></p> <p>Students can set aside 10 minutes to go outside and engage in a grounding technique using their five senses. Students will look for 5 things they can see, 4 things they can touch, 3 things they can hear, 2 things they can smell, and 1 thing they can taste. Students will be reminded to take their time with this activity. They can reflect on how</p>

					the technique made them feel.
3	<p>Winter is a great time to play outside. Choose a favorite winter activity and write about it.</p>	<p>Snowball fight</p> <p>Parent or guardian crumples up three paper balls out of paper. Gives an equation and if the student gets it write they can throw the snow ball in a basket or some sort (to earn points)</p>	<p>ENGINEER/BUILD A SNOW FORT</p> <p>You can dig it out or build it up. Either way, planning and building a snow fort is a great way to learn about engineering!</p>	<p><b>Art</b> - Draw a picture about what your "Perfect Day" would look like.</p>	<p><b>Mindful Breathing:</b> There are endless guided breathing exercises online and taught here at Friendship. My personal favorite for the holidays is hot chocolate breathing. First, pretend to hold a cup of hot chocolate (students can do this with a real hot chocolate if they have it). Next, inhale the smell of the drink and marshmallows. Then, slowly exhale like you are cooling off the hot chocolate. Repeat this process until you feel calm. Students can write down if they enjoy deep breathing exercises, why it is a helpful coping skill, and how this exercise made them feel.</p>
4	<p>Look out your front door in the morning.</p> <p>Draw a picture of what you see and write a caption.</p>	<p>Use a ruler, tape measurer, or other objects to measure something in your bedroom.</p> <p>- 5-10 objects</p> <p>Draw a picture of it and write measurement down.</p>	<p>ENGINEER/BUILD A SNOWMAN</p> <p>Building a snowman is another fantastic way to exercise your students STEM muscles. As they build, talk about how why the balls get smaller and smaller as you place them on top of each other.</p>	<p><b>Tech Ed.</b> - List 5 items of technology that is in your house.</p> <p>Draw a picture or describe them.</p>	<p><b>Animal Breaths</b> Here are a few ways to practice animal breaths:</p> <p><b>Snake:</b> Take a deep breath in and exhale through your mouth, making a hissing noise.</p> <p><b>Elephant:</b> Stand with your feet wide apart, dangling both arms like an elephant trunk. Breathe in through the nose, lifting</p>

					<p>your “trunks” up. Breathe out through the mouth, allowing your “trunks” to fall.</p> <p><b>Bear:</b> Imagine a bear hibernating, breathing in slowly through the nose. Hold your breath for three seconds, breathing out slowly for three extra counts.</p>
5	<p>Compare and contrast winter and summer. Include ways the seasons are alike and ways they are different.</p> <p>- 3-5 sentences</p>	<p>Set up a toy shop.</p> <p>Students will use items around their house and come up with a price for the item and they have to give that amount of coins to the guardian. (if they do not have coins they can make pretend money. This can also be taken a step further by teaching how to count back money and teach customer service skills</p>	<p><b>STUDY THE PHYSICS OF SLEDDING</b></p> <p>Everybody loves to go sledding!</p> <p>As you whoosh down the hills, here are a few things you can test to learn about the physics of sledding:</p> <ul style="list-style-type: none"> <li>· Do you go faster down a steeper or gentler slope?</li> <li>· Do you go faster with more or less weight?</li> <li>· Which shape of sled goes the fastest?</li> <li>· Which material for the sled goes the fastest?</li> </ul>	<p><b>Library</b> - Read or listen to a book.</p> <p>Write or draw the book title.</p>	<p><b>Rainbow Breaths</b></p> <p>Rainbow breaths are simple and visual breathing exercises that are a great way to start the day. Here’s how to do it:</p> <ul style="list-style-type: none"> <li>- Start by standing or sitting comfortably.</li> <li>- Take slow breaths in and out, visualizing a different color of the rainbow each time.</li> </ul>