

GRADES 3-5 WORK MENU: DINING OUT

April 20-24, 2020



<p>Appetizers -Wellness (choose 1 per day)</p> <ul style="list-style-type: none"> ○ Build a bird feeder with things from around your house. ○ Create an obstacle course out in your yard. ○ Create a craft about one of the 7 Sacred Teachings ○ Stretch your body to form of all of the letters of the alphabet. ○ 3 minute mindful listening. Go outside, sit, close your eyes, be still. Focus: what do you hear, smell, feel on your skin? Take 10 controlled, deep breaths. Open your eyes, what do you see? Be thankful. 	<p>How did you do with your activity today? (Respond with a few sentences).</p>
<p>Entrée-Literacy (choose 1 per day)</p> <ul style="list-style-type: none"> ○ Bird feeders come in all shapes and sizes which are targeted for different types of birds. Explain why you think your bird feeder is better than others you have seen on the market. List three persuasive reasons and use your descriptive words. (write) ○ What is your favourite part of your obstacle course? How would you change for someone who is older/younger and why? (write) ○ Describe what your 7 Sacred Teachings craft looks like. Details, details, details. (write) ○ Illustrate your yoga alphabet stretches as a 'How to' book. We can use this as a brain break next year in school! ○ Keep an illustration journal of what you see when you open your eyes after your mindful minutes. Draw what you see or what you imagined. HINT: This is probably best to do right after your mindful minute. You can take your journal and pencil outside with you. Here's a fun video of 'how to draw a robin'! 	<p>How did you do with your activity today? (Respond with a few sentences).</p>

GRADES 3-5 WORK MENU: DINING OUT

April 20-24, 2020



<p>https://www.youtube.com/watch?v=jyvflcCiD-w</p>	
<p>Side Dish-Numeracy (choose 1 per day)</p> <ul style="list-style-type: none"> ○ If your bird feeder was able to hold 3 lbs. (pounds) of bird seed, how much bird seed would you need if you made 4 bird feeders? Make an array to show your thinking. ○ Observe your obstacle course. What 3D shapes do you see? Cube, sphere, rectangular prism, etc. Make a list. ○ How many different ways can you represent the number 7? Use numbers, drawings, patterns, etc. ○ How many letters are in the alphabet? Use tally marks as you say the alphabet. Once you have done that, tell me what place value each digit holds? ○ Find a stick and draw growing and increasing patterns in the dirt/sand/mud. Use shapes, numbers, rocks, small twigs etc. How many did you create? 	<p>How did you do with your activity today? (Respond with a few sentences).</p>
<p>Dessert-Cross Curricular~Social Studies/Science (choose 1 per day)</p> <ul style="list-style-type: none"> ○ Did you know over 5000 different bird species migrate in the Spring and Fall months? How do they know it's time to go? Since they don't have a GPS, do they go to the same place? READ MORE HERE https://mocomi.com/bird-migration/ ○ Try out this virtual obstacle course and get your heart pumping! https://www.youtube.com/watch?v=wlyys4iDtHo ○ Watch the following video (a review for 4A and the students from 4B that Ms.Lynnds taught in grade 2 may recognize this). Pay attention to the subtle differences from varying tribes. Names (Oshkabaywis & Glooscap), 	<p>How did you do with your activity today? (Respond with a few sentences).</p>

GRADES 3-5 WORK MENU: DINING OUT

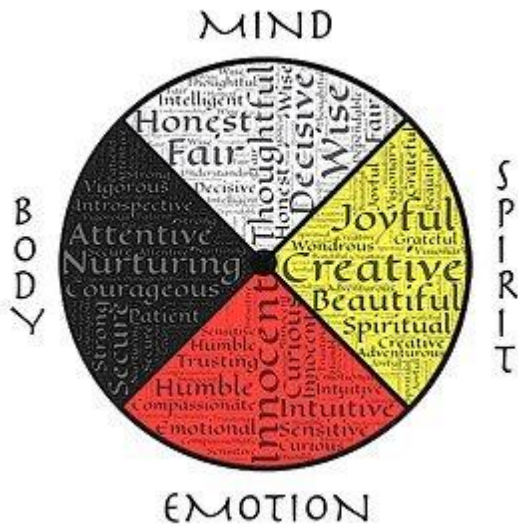
April 20-24, 2020



and the colours of the Medicine Wheel (blue & black).

<https://www.youtube.com/watch?v=stQAPEEhFHl>

- Write your full name out on a piece of paper (use all lower-case letters). How many new words can you create by just using the letters in your name? Challenge a family member.
- Here's a fun video of 'how to draw a robin'!
<https://www.youtube.com/watch?v=jyvflCciD-w>



shutterstock.com • 1241161084



shutterstock.com • 271494191