

Bradford Pre-K Alternative Learning Day Choice Board

<p>MATH</p>	<p>Put a puzzle together.</p> <p>Date: Initials:</p>	<p>Sort toys into groups by color then size.</p> <p>Date: Initials:</p>	<p>Read a counting book.</p> <p>Date: Initials:</p>	<p>Help an adult cook. Practice using measuring tools.</p> <p>Date: Initials:</p>	<p>Write numbers 1-20 using shaving cream and a cookie tray.</p> <p>Date: Initials:</p>	<p>Roll a dice and count out the same number of blocks. Add those blocks to a tower.</p> <p>Date: Initials:</p>
<p>ELA</p>	<p>Read a rhyming book or a book with a flashlight.</p> <p>Date: Initials:</p>	<p>Read a book to your stuffed animals.</p> <p>Date: Initials:</p>	<p>Read a book with your family. Draw your favorite part.</p> <p>Date: Initials:</p>	<p>Read a fairy tale or farm book.</p> <p>Date: Initials:</p>	<p>Read a nonfiction book.</p> <p>Date: Initials:</p>	<p>Read a book in your room.</p> <p>Date: Initials:</p>
<p>SCIENCE & SOCIAL STUDIES</p>	<p>Play Go Fish.</p> <p>Date: Initials:</p>	<p>Make a cereal necklace.</p> <p>Date: Initials:</p>	<p>Count your spoons and forks. Which group has the most/least?</p> <p>Date: Initials:</p>	<p>Make a zoo with blocks for your animals.</p> <p>Date: Initials:</p>	<p>Take a virtual field trip to any museum or zoo!</p> <p>Date: Initials:</p>	<p>Make a monster sculpture with Play Doh-include arms, legs, eyes.</p> <p>Date: Initials:</p>
<p>SPECIALS</p>	<p>Create a collage with pictures you cut out from a magazine.</p> <p>Date: Initials:</p>	<p>Visit GoNoodle choose 5 videos to get moving!</p> <p>Date: Initials:</p>	<p>Draw in shaving cream.</p> <p>Date: Initials:</p>	<p>Place dry beans or noodles in a container to make a sensory bin. Add bowls or cars.</p> <p>Date: Initials:</p>	<p>Paint or draw on foil with sharpies.</p> <p>Date: Initials:</p>	<p>On large piece of paper draw a picture of yourself.</p> <p>Date: Initials:</p>

CHOOSE 1 ACTIVITY FROM EACH ROW FOR EACH DAY

DATE AND INITIAL THE ACTIVITIES YOU COMPLETED

Bradford K-2 Alternative Learning Day Choice Board

<p>MATH</p>	<p>Grab a deck of cards and some friends or family and choose a game to play from this website. See more here!</p> <p>Date: Initials:</p>	<p>Count cereal into piles of 10. Count by 10's to 100.. Write from 10-100 on a piece of paper.</p> <p>Date: Initials:</p>	<p>Write math story problems using the math terms more and less. Practice your math facts.</p> <p>Date: Initials:</p>	<p>Help an adult cook. Practice using measuring tools.</p> <p>Date: Initials:</p>	<p>Write your numbers 1-20 using shaving cream and a cookie tray. Take a picture!</p> <p>Date: Initials:</p>	<p>Bring out a ruler and measure items in your home.</p> <p>Date: Initials:</p>
<p>ELA</p>	<p>Grab a book or magazine, find a cozy spot and read.</p> <p>Date: Initials:</p>	<p>Visit Scholastic Learn from home and choose your grade level and begin with day 1 or continue where you left off for 30 minutes.</p> <p>Date: Initials:</p>	<p>Read a book with your family. Draw your favorite part and label it.</p> <p>Date: Initials:</p>	<p>Write 5 sentences about what you like to do with your family.</p> <p>Date: Initials:</p>	<p>Write & illustrate a story. Use characters, problem, solution.</p> <p>Date: Initials:</p>	<p>Write a list. What makes you a good friend?</p> <p>Date: Initials:</p>
<p>SCIENCE & SOCIAL STUDIES</p>	<p>Make a video interviewing a family member.</p> <p>Date: Initials:</p>	<p>Conduct a "sink or float" experiment. With an adults help, find 6 objects and predict whether they will sink or float. Test your predictions.</p> <p>Date: Initials:</p>	<p>Make paper bag puppets. Use them to role play how to react in different situations (ex: We are arguing over a toy car.)</p> <p>Date: Initials:</p>	<p>Visit PBS Design squad and choose a design to build OR get inspired and create something new with the materials you have at home.</p> <p>Date: Initials:</p>	<p>Take a virtual field trip to any museum or zoo!</p> <p>Date: Initials:</p>	<p>Visit GoNoodle choose 5 videos to get moving!</p> <p>Date: Initials:</p>
<p>SPECIALS</p>	<p>Choose an option from the attached fitness choices.</p> <p>Date: Initials:</p>	<p>Make your own copy of a famous work of art.</p> <p>Date: Initials:</p>	<p>Choose an option from the attached fitness choices.</p> <p>Date: Initials:</p>	<p>Paint with nontraditional materials like ketchup, pudding or spices.</p> <p>Date: Initials:</p>	<p>Listen to a new song and draw a picture of how it makes you feel.</p> <p>Date: Initials:</p>	<p>Take a virtual tour of a museum.</p> <p>Date: Initials:</p>

CHOOSE 1 ACTIVITY FROM EACH ROW FOR EACH DAY.

DATE & INITIAL THE ACTIVITIES YOU COMPLETED

Bradford K-2 Physical Education Alternative Day Learning Choice Board

Option 1: Fitness Stations

Part 1: Complete the following fitness stations. Try to complete as many of the exercises as you can in 1 minute. Take 30 seconds rest between stations.

1. Jumping Jacks
2. Squats
3. Sit-Ups or Crunches
4. Line Jumps
5. Push-Ups
6. Mt. Climbers
7. Opposites
8. Burpees
9. Arm Circles
10. Lunges

Part 2: 3rd- 8th Grades:

Identify the fitness component involved in each of the exercises above.

Fitness components choices: cardiovascular, muscular strength, muscular endurance, flexibility

Option 2: 30 Minutes of Fitness

Part 1: Go for a 30 minute walk/jog/run/bike ride.

Part 2:

K-2nd Grades: Complete your Workout Check before and after.

1. Was your heart beating faster after?
2. Were you a little sweaty?
3. Were you warmer?
4. Were you breathing harder than before?
5. Did you get a good workout? How do you know you did or did not?

3rd-8th Grades: Record your heart rate before and after. If you have access to be able to record your steps or distance, please record that as well. Based on your heart rate did you get a good workout? Explain.

Option 3: Cosmic Kids Yoga

Go to <https://www.youtube.com/c/CosmicKidsYoga>. Choose a yoga adventure to help with flexibility.

Bradford 3-5 Alternative Learning Day Choice Board

M A T H	<p style="text-align: center;">Play Prodigy or another math game online for 20 min.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Write and solve 5 math problems with a family member.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Cook or bake a fun treat! What did you make?</p> <p>_____</p> <p>Date: Initials:</p>	<p style="text-align: center;">Make a table listing the times of your snow day activities.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Practice multiplication flash cards with a family member.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Count the number of squares, triangles, and circles in a room of your house.</p> <p>Date: Initials:</p>
E L A	<p style="text-align: center;">Read for 20 minutes. You could build a blanket fort to read inside.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Write a story about anything you want. Bring it to school.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Plan a vacation you would like to go on. Bring your plan to school.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Write 5 or more sentences about winter. Bring the paper to school.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Read on Epic! or another website online for 20 minutes.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Read to a family member or pet for 20 mins.</p> <p>Date: Initials:</p>
Science/ Social Studies	<p style="text-align: center;">Place an ice cube on a plate and track how long it takes to melt.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Make a paper airplane and measure how far it can fly.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Make a map of your bedroom and label your items. Bring the map to school.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Draw a picture of an animal. Write interesting facts about it. Bring the picture to school.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Describe the weather outside in a paragraph. What mood does it create? Bring the paper to school.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Make a timeline of your day.</p> <p>Date: Initials:</p>
Specials	<p style="text-align: center;">Choose an option from the <u>attached</u> fitness choices</p> <p>Date: Initials:</p>	<p style="text-align: center;">Create a new kind of animal. Describe it! Draw it!</p> <p>Date: Initials:</p>	<p style="text-align: center;">Sing or listen to your favorite song.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Draw or paint a picture of anything you want! Bring it back to school.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Build a musical instrument. Find things in your house to make sounds with.</p> <p>Date: Initials:</p>	<p style="text-align: center;">Choose an option from the <u>attached</u> fitness choices</p> <p>Date: Initials:</p>

Choose 4 activities: 1 choice from each of the above categories for each day.

Date and initial the activities you completed.

Bradford 3-5 Physical Education Alternative Learning Day Choice Board

Option 1: Fitness Stations

Part 1: Complete the following fitness stations. Try to complete as many of the exercises as you can in 1 minute. Take 30 seconds rest between stations.

1. Jumping Jacks
2. Squats
3. Sit-Ups or Crunches
4. Line Jumps
5. Push-Ups
6. Mt. Climbers
7. Opposites
8. Burpees
9. Arm Circles
10. Lunges

Part 2: 3rd- 8th Grades:

Identify the fitness component involved in each of the exercises above.

Fitness components choices: cardiovascular, muscular strength, muscular endurance, flexibility

Option 2: 30 Minutes of Fitness

Part 1: Go for a 30 minute walk/jog/run/bike ride.

Part 2:

K-2nd Grades: Complete your Workout Check before and after.

1. Was your heart beating faster after?
2. Were you a little sweaty?
3. Were you warmer?
4. Were you breathing harder than before?
5. Did you get a good workout? How do you know you did or did not?

3rd-8th Grades: Record your heart rate before and after. If you have access to be able to record your steps or distance, please record that as well.

Based on your heart rate did you get a good workout? Explain.

Option 3: Cosmic Kids Yoga

Go to <https://www.youtube.com/c/CosmicKidsYoga>. Choose a yoga adventure to help with flexibility.